

# HOW TO COOK MEAT



*Prepared By*

HOME SERVICE DEPARTMENT  
ROCHESTER GAS & ELECTRIC

89 EAST AVENUE  
ROCHESTER, NEW YORK

14604



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## MEAT NOTES

### SELECTING FRESH MEATS

When buying fresh meat there are three major considerations: inspection stamp, grade stamp, appearance. (Small cuts or chops may not have visible label due to size.) The inspection stamp guarantees that the meat came from healthy animals and was slaughtered under sanitary conditions. It may be inspected on a federal, state, or city basis.

Grade stamps are used to indicate quality in meat. The most common grades are prime, choice, good, commercial, utility. Prime is the highest quality and is not often seen in markets. Choice and good are the grades most commonly purchased for home consumption.

In selecting meats, those cuts with full muscles and large proportion of meat to bone are more desirable. High quality meats have abundant marbling (small streaks of fat running through the lean portions), a smooth covering of firm, white fat on outside portion of the meat, fine grain, and good color. They are also resilient and firm to the touch.

### FREEZING

1. Meat can be stored successfully for extended periods only in the food freezer, the combination refrigerator-freezer or the frozen food locker.
2. Remove meat from store wrappings (unless they are moisture proof) and rewrap tightly in freezer paper or heavy duty aluminum foil. Package meats in amounts to be used at one time, label and date.
3. Place wrapped meat in contact with freezing surface. Freeze not more than 5-6 pounds of meat at one time, for each cubic foot of freezer space.
4. Meat which has begun to thaw may be refrozen if the meat still contains some ice crystals, or the temperature of the meat has not exceeded 50°F.
5. Meat which has completely defrosted should be cooked and may then be refrozen.
6. Check recommended storage times of various meats in the freezer to get best results.

## THAWING

*Frozen meat may be cooked without thawing. However, there is more "drip" or loss of moisture.*

Meat may be cooked from the frozen state, or thawed and then cooked. The quickest way of thawing meat is to place it in front of an electric fan for 45 minutes per pound.

Defrosting at room temperature will take 2 hours per pound.

Defrosting meat in the refrigerator requires 5 hours per pound. Slow thawing of meat is recommended for less shrinkage and loss of juice. All meat should be left in freezer wrapping while thawing.

*For roasting, allow half again to twice as much time for frozen meat as for fresh meat. A meat thermometer is especially helpful in determining degree of doneness. Insert thermometer after meat is about half done.*

## STORAGE OF UNCOOKED MEAT

Remove meat from wrapping paper. Wipe off with damp paper toweling to remove bone chips. Place on plate or meat dish of refrigerator. Cover loosely with a single piece of waxed paper.

Ground meats and variety meats should be used the same day they are purchased. Depending on freshness when purchased, other meats may be kept 4-5 days in the refrigerator. Smoked meats must be kept refrigerated.

## COOKING

If meat is completely thawed, proceed as for fresh meat.

Allow  $1\frac{1}{2}$  times normal cooking time if meat is frozen or partially thawed.

## STORAGE OF COOKED MEAT

Cooked meat need not be cooled before refrigerating. Whether warm or not, cover lightly with paper toweling or waxed paper and refrigerate. Meat should never be allowed to stand at room temperature overnight.

## MEAT TENDERIZER

Meat tenderizer is used to make less tender cuts of meat more palatable by breaking down the tough fibers. When using meat tenderizer allow  $\frac{1}{2}$  t per pound. Add tenderizer one-half hour before cooking, not before storing. Then, pierce at one inch intervals with a fork. If seasoned tenderizer is used, omit salt and pepper. Cooking time will be reduced.

## ROASTING MEAT



If there is very little fat on a roast, place some small pieces of suet on the roast before cooking.

Do not remove the fell (thin paper-like covering) from the leg of lamb.

When using a meat thermometer, insert the bulb into center of lean meat. It should not rest in fat or touch the bone. To make carving easier, ask your butcher to cut the chine bone on a roast loin of pork.

1. Choose a shallow pan with a rack so the meat does not rest on the bottom of the pan.
2. Wipe the meat with a damp paper towel. Check the weight after adding dressing. Place on rack in roasting pan, fat side up, to eliminate basting. As salt penetrates the meat only slightly, it does not matter whether it is added before or after cooking.
3. Place uncovered in preheated oven.
4. Roast uncovered, without adding water and without basting for the length of time specified in the Meat Roasting Chart. For any roast under 3 lbs. add an extra hour to the cooking time.
5. Just before serving, make gravy from drippings in bottom of roasting pan.

A large roast can stand out at room temperature for 30 min. after being taken from the oven without cooling down. Letting it stand for this time makes carving easier.

### YORKSHIRE PUDDING (to be served with roast beef)

*Temp: 450°F Time: 20-30 min.*

1 c all-purpose flour	1 c milk
$\frac{1}{2}$ t salt	2 eggs
	1 t oil

1. Mix and sift the flour and salt, add milk, eggs, and oil, and beat for 2 minutes.
2. Cover bottom of an 8 x 8 x 2" pan generously with melted butter or hot beef drippings.
3. Pour mixture into pan and bake in preheated oven.
4. Cut into squares and serve hot.

TIME TABLE FOR ROASTING MEATS  
Add one extra hour for any roast under 3 lbs.

Meat	Position in Pan	Temperature	Approximate Time	Internal Temp. (use meat thermometer)
Beef (chuck, top round) see pg. 21	On rack.	300°F-350°F	35-39 minutes per lb.	160°F
Beef (rolled)	On rack.	300°F-325°F	Rare: 28-32 min./lb. Med: 35-39 min./lb. Well done: 40-45 min./lb.	140°F 160°F 170°F
Beef (standing)	Fat side up, no rack needed	300°F-325°F	Rare: 18-22 min./lb. Med: 25-29 min./lb. Well done: 30-35 min./lb.	140°F 160°F 170°F
Beef (tenderloin) Whole Half	On rack.	450°F	45-60 min. 45-50 min.	140°F
Chicken	Breast down on rack.	375°F	30 min./lb. (weight after stuffing)	185°F
Lamb	On rack.	300°F-325°F	30-40 min./lb.	170°F-180°F
*Pork				
Loin	Fat side up on rack.	325°F	45 min./lb.	185°F
Chops	Flat on pan, single layer	325°F	1 hr. total	185°F
Veal	On rack.	300°F-325°F	30-40 min./lb.	170°F

\* Fresh ham is cooked as pork.

## GENERAL DIRECTIONS FOR BROILING



1. Preheat broiler pan or not according to directions for the range you are using.
2. If oven and broiler are in separate compartments, turn broiler key on full. If broiler is under the oven, or if oven and broiler are in the same compartment, set heat control at "Broil" or at the hottest point.

In broiling, temperature is regulated by the distance food is placed from the heat, usually 2-4". Thick pieces of meat or meat to be cooked well done is placed farther from heat; thin pieces of meat or meat to be cooked rare is placed nearer the heat. Chicken should be placed 4-5" from heat.

3. Place food on broiler rack. Vary distance from heat according to type of food as suggested above, and according to chart, page 6.
4. Broil until top is nicely browned. Season with salt and pepper and turn.
5. Broil second side, season and serve immediately.
6. While meat is being broiled, cooked vegetables may be heated in the bottom of the broiler pan. Drippings from the meat will add flavor.
7. Do not replace soiled broiler pan in hot broiling compartment. This makes pan difficult to clean.
8. Remove the broiler pan from the oven when you use the oven for baking. This avoids discoloration of broiler pan and insures more even oven heating.

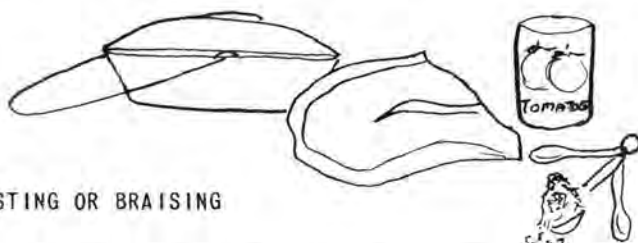
For ease of cleaning the broiler pan, sprinkle detergent on broiler pan and cover with wet paper towels. This keeps food particles from hardening.

## BROILING TIME TABLE (minutes per side)

	Thickness	Rare	Medium	Well
Steaks				
(Club, Filet mignon,	1"	5	6	7-8
Porterhouse, Rib,	1½"	9	10	12-13
Sirloin, T-bone)	2"	16	18	20-21
Smoked ham slice	1"			10-12
Lamb chops	1"		5-6	8-10
Beef patties				5-12
Chicken	1-1½ lb.			15-23
Bacon				3-4
Liver	½-¾"			3-5

**NOTE:** *Pork chops may be broiled safely if they have been frozen at 0°F for 1 month. Veal chops should not be broiled because their connective tissue needs moist heat for tenderizing.*

Aluminum foil should never be put on the broiler rack, as it does not allow fat to drip away from the meat. It may, however, be used to line the bottom of the broiler pan.



### POT ROASTING OR BRAISING

Braising means the same thing as pot roasting; that is, browning meat in a small amount of fat, adding water, covering, and cooking with low heat.

It is possible that various stores or markets may give different names to the same cut of meat. The following are cuts usually cooked by braising or pot roasting: Arm, Boston or English cut, brisket, \*chuck, \*eye of the round, flank steak, \*round steak, rump, shoulder steak, \*sirloin tip, Swiss steak.

\*These cuts of meat may be cooked by broiling or oven roasting only if they are of very high quality. Use of meat tenderizer makes chuck, round steak and sirloin tip palatable when broiled. If roasted, low to medium cooking temperatures are recommended (300°F - 350°F). See p. 4. Eye of the round, sirloin tip, and top round may be oven roasted. Be especially careful not to overcook as this results in loss of meat juices.

1. Melt small amount of fat in a heavy skillet or dutch oven.
2. Brown meat on all sides on top of range. Season with salt and pepper.
3. Add a small amount of water ( $\frac{1}{2}$ -1c).
4. Cover pan tightly and cook in 325<sup>o</sup>F oven or over low heat on top of range.

## ROTISSERIE COOKING

### GENERAL RULES

1. Meat should be thoroughly defrosted.
2. If rotisserie has a high-low position, use the high for browning and the low for cooking and barbecuing.
3. If rotisserie has only one heat position, use a meat thermometer for best results.
4. It is wise to consult manufacturer's instructions if in doubt. This sheet is meant only as a general guide.

MEAT	WGT. IN LBS.	INTERNAL TEMP.	MIN/LB	TOTAL TIME
Beef	4	140 <sup>o</sup> F rare 160 <sup>o</sup> F medium	25	1 $\frac{1}{2}$ -2 hrs.
Eye of the Round	4	160 <sup>o</sup> F medium	35-40	2 $\frac{1}{2}$ -3 hrs.
Lamb	3-4 $\frac{1}{2}$	140-150 <sup>o</sup> F rare 175-180 <sup>o</sup> F medium	15 20	1-1 $\frac{1}{4}$ hrs.
Pork Loin	4	185 <sup>o</sup> F well done	25-30	1 $\frac{1}{2}$ -2 hrs.
Ham (Canned)	6		15	1 $\frac{1}{2}$ hrs.
Veal Leg	3-6	165-170 <sup>o</sup> F well done	25-30	2-2 $\frac{1}{4}$ hrs.
Sausage	1			10 min.
Frankfurters	8 franks			High position
Chicken	5	185 <sup>o</sup> F	30-35	2 $\frac{1}{2}$ -3 hrs.
Rock Cornish Game Hen	1-3 lb. birds	185 <sup>o</sup> F		10 min. high 40-50 low

*Rotisserie spit, skewers and brackets can easily be cleaned with soap and water, using steel wool.*

**ROAST TENDERLOIN OF BEEF**

Temp: 450°F

Whole: 45-60 min.

Half: 45-50 min.

1 beef tenderloin\*

Fat or drippings

1. Place tenderloin on rack in roasting pan. Tuck narrow end under to make the roast an even thickness.
2. Serve hot with fried onion rings or browned mushrooms.

\*Lower quality grades of beef tenderloin are best for roasting. Top quality beef tenderloin is usually cut into filet mignon for broiling.

**ROAST OF BEEF FROM ROTISSERIE**

Time: 1½-2 hrs. on low heat

then: 10 min. on high to brown

4 lb. top quality sirloin tip or

4 lb. rolled rib roast of beef

1. Put spit lengthwise through center of roast. Fasten securely with prongs.
2. Slip the spit into rotisserie and roast using low heat. To brown turn to high heat for last 10 min.

**SAVORY ONION ROUND STEAK**

Temp: 350°F Time: 1¼ hrs.

1½-2 lbs. round steak

½-1 pkg. dehydrated onion soup

A.1. Steak Sauce

1 can mushrooms plus 2 T drained liquid or water

1. Place steak in the center of extra wide foil in a baking pan.
2. Brush A.1. Steak Sauce liberally over the meat.
3. Sprinkle meat with onion soup and mushrooms. Complete wrapping meat by bringing edges of foil together and folding over.
4. Cook in preheated oven.

**SWISS STEAK**

Temp: 325°F Time: 2 hrs.

2 lb. round steak 1½" thick

3 T fat

¼ c flour

1 t mustard

1 t salt

1 T chopped onion

½ t pepper

1½ c tomato juice

1. Cut meat into pieces for serving.
2. Mix flour, salt and pepper. Pound into the meat.
3. Melt fat, add meat and brown well.
4. Put into a greased baking dish, sprinkle mustard and onions on top of meat. Add tomato juice.
5. Cover and bake in preheated oven, or cook on top of range for 2 hours.

## CHATEAUBRIAND

Melted butter or margarine	1 $\frac{3}{4}$ c beef bouillon
2 T diced onion	1 T tomato paste
$\frac{1}{4}$ c grated carrot	1 small bay leaf
2 T butter or margarine	$\frac{1}{2}$ t salt
$\frac{3}{4}$ c sliced mushrooms	Freshly ground black pepper
2 T flour	1 Chateaubriand (beef tenderloin)

1. Saute onion and carrot in butter until onion is transparent.
2. Add mushrooms and flour. Cook until brown.
3. Add remaining ingredients, bring to boil and simmer uncovered for 30 min. Remove bay leaf.
4. The sauce should be well-flavored and glossy.
5. Cut beef tenderloin into thick slices 1-1 $\frac{1}{2}$ " thick.
6. Arrange on broiler rack 3" from heat. Broil 9 min. on each side for rare and 10 min. for medium. Brush second side with melted butter.
7. Serve sauce with broiled steak.

NOTE: *If desired use porterhouse, sirloin or rib steaks.*  
*Sauce may also be used on hamburgers or other broiled meats.*

## SIZZLING SALISBURY STEAK

1. Shape seasoned beef to resemble a large steak.
2. Place on broiler rack 3 to 4" from heat and broil 5-8 min.
3. Turn and broil on second side 5-8 min. longer.
4. Serve with mushroom sauce.

## LONDON BROIL

1 clove garlic	Melted butter or margarine
1 top quality flank steak	

1. Peel garlic and slice in half.
2. Rub both sides of steak with garlic and brush with melted butter.
3. Broil 2" from heat for 5 min.
4. Turn steak, brush with melted butter and broil 5 min. longer.
5. To serve - Slice very thin on the diagonal across grain. Pass Bearnaise Sauce.

## BARBECUED BEEF

Temp: 300°F Time: 35 min/lb.

1. Arrange 4-5 lb. chuck roast of beef on rack in roasting pan.
2. Brush with Barbecue Sauce from time to time while roasting.
3. Slice and serve in buns with sauce.

An oven meal using your oven and broiler.

**BROIL STEAK THE EASY WAY**      *Temp: 350°F Time: 1 hr.*

1. Scrub medium potatoes and brush with fat.
2. Arrange well-drained beans in bottom of broiler pan and season with salt and pepper.
3. Score fat on steak and arrange on rack in broiler pan.
4. Place potatoes on rack in preheated oven.
5. Make Brownie Pudding (or any dessert which bakes at 350°F) and at end of 20 minutes, place in oven.
6. Place broiler pan containing beans and steak under broiler burner. For 1" steak, place 2" from heat, or for 2" steak, place 3" from heat. Broil 20 minutes.
7. Turn steak. Place tomato halves on broiler rack. Broil another 20 minutes (grated cheese may be sprinkled on tomatoes the last 10 minutes of broiling).
8. Remove food from oven and broiler. Cut potatoes and add butter and paprika. Dot steak with butter.

**NOTE:** *If rare steak is desired, have steak cut 2" thick. A steak  $\frac{3}{4}$ " thick will be well done. Any precooked vegetable may be used instead of green beans.*

**MEAT LOAF WITH TOMATO SAUCE**      *Temp: 375°F Time: 45-50 min.*

$\frac{3}{4}$ c mashed tomatoes	1 egg
1 c soft bread crumbs	$\frac{1}{2}$ c chopped celery
1 lb. ground beef	2 T chopped onions
$\frac{1}{2}$ lb. ground pork	2 T chopped parsley
$\frac{3}{4}$ env. French salad dressing or 1 t Worcestershire sauce + $\frac{1}{2}$ t salt	3 slices bacon, cut in half
	Tomato sauce

1. Combine tomatoes and bread crumbs. Set aside.
2. Combine beef, pork, salad dressing mix, egg, celery, onions and parsley; mix well.
3. Stir in tomatoes and crumbs.
4. Shape into a loaf on a shallow pan. Lay bacon strips cross-wise on top of loaf.
5. Bake in preheated oven for 45-50 min.

**NOTE:** *Allow to cool 15 min. before slicing. Serve with Tomato Sauce.*

#### TOMATO SAUCE

1 can condensed tomato soup	F.g. cloves
1 T horseradish	F.g. pepper
	1 T prepared mustard

1. Combine all ingredients and heat in saucepan, stirring often.
2. Pour over meat loaf.

### BURGER-RICE PIE

Temp: 350°F Time: 1 hr.

- |                                      |  |
|--------------------------------------|--|
| 1 lb. ground beef                    | $\frac{1}{4}$ t pepper                 |
| 2 T instant potato                   | 2 - 7 oz. cans tomato sauce            |
| $\frac{1}{4}$ c chopped onion        | *2 c cooked rice                       |
| $\frac{1}{4}$ c chopped green pepper | $\frac{2}{3}$ c grated American cheese |
| 1 t salt                             |  |

1. Mix beef, instant potato, onion, green pepper, seasonings, and  $\frac{1}{2}$  can tomato sauce.
2. Using a piece of wax paper or a custard cup, pat out to form a shell in a greased 9" pie pan.
3. Combine remaining tomato sauce, rice and  $\frac{1}{2}$  c grated cheese. Pour into meat shell.
4. Sprinkle with remaining cheese. Bake in preheated oven.
5. Cut into pie-shaped pieces for serving.

NOTE:  $\frac{1}{2}$  c fine dry bread crumbs can be used in place of 2 T instant potato.

\* $\frac{2}{3}$  c uncooked rice - 2 c cooked rice.

### SALISBURY STEAK WITH SOUR CREAM SAUCE

- |                                 |                              |
|---------------------------------|------------------------------|
| $1\frac{1}{2}$ lbs. ground beef | $\frac{3}{4}$ c water        |
| $\frac{1}{4}$ t pepper          | $\frac{3}{4}$ c sour cream   |
| $1\frac{1}{4}$ t salt           | $1\frac{1}{2}$ t horseradish |
| 3 T fat                         | $\frac{1}{4}$ t thyme        |
| 3 T flour                       |                              |

1. Combine beef, pepper and salt. Shape into 6 small steaks. Brown in fat.
2. Remove patties. Add flour to drippings in pan and cook until frothy.
3. Add remaining ingredients and bring to the boiling point. Pour over patties. Serves 6.

### SAUERBRATEN

- |                             |                 |
|-----------------------------|-----------------|
| 3 lbs. beef rump or brisket | 1 t salt        |
| 1 c water                   | 3 bay leaves    |
| 1 c vinegar                 | 12 whole cloves |
| 2 large onions              | 1 T sugar       |
| $\frac{1}{8}$ t pepper      |                 |

1. Pour water and vinegar over meat. Slice onions and add with remaining ingredients. Allow to stand in refrigerator 48 hrs. turning several times.
2. Remove from vinegar and brown well in hot fat.
3. Add  $2\frac{1}{2}$  c water, bring to the boiling point, simmer gently until tender, about  $1\frac{1}{2}$  hrs.
4. Remove from liquid and thicken liquid to make gravy. For each cup of liquid use 2 T fat and 2 T flour.
5. Place meat on a large platter and arrange mounds of cooked noodles around it.

## POT ROAST OF BEEF WITH VEGETABLES

Temp: 325°F Time: 2 hrs.

- |                                      |                |
|--------------------------------------|----------------|
| 3 lb. rump or chuck roast<br>of beef | 6 carrots      |
| 3 T fat                              | 6 small onions |
| Salt and pepper                      | 6 potatoes     |
| $\frac{1}{2}$ c water                |                |

1. Wipe meat with a damp paper towel.
2. Melt fat, add meat and brown well on all sides over high heat. Season with salt and pepper.
3. Add water, cover tightly, and place in preheated oven.
4. During last hour of cooking, add vegetables.
5. Arrange meat and vegetables on a platter and make gravy.

NOTE: *This may be cooked on top of the range. Place on simmer or lowest position after it comes to the boiling point. Cook 2 hours.*

*For variety, use 3-4 pound shortribs made into a crown and 2 cups water. Place crown in shallow pan and roast in preheated oven for  $\frac{1}{2}$  hour. Add water, cover pan, and continue roasting. One hour before serving, add vegetables and cook until tender.*

## BEEF STROGANOFF

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ lbs. lean beef, cut<br>into $\frac{1}{2}$ " strips | 1-4 oz. can mushrooms, drained |
| $\frac{1}{4}$ c flour  | 1 clove garlic, minced         |
| 1 t salt   | 2 T flour                      |
| $\frac{1}{4}$ c fat  | 1 c beef bouillon              |
| 1 medium onion, chopped  | 1 T Worcestershire sauce       |
|  | 1 c sour cream                 |

1. Dredge beef in flour and salt. Brown in fat in a large frying pan.
2. Push beef to one side; saute onion, mushrooms and garlic for 5 minutes.
3. Push aside, stir flour into fat. Add bouillon and Worcestershire sauce. Cook until thickened, stirring occasionally. Simmer until beef is tender, about 10 minutes.
4. Add sour cream, cook only until thoroughly heated.
5. Serve on hot rice, toast or noodles.

## HAMBURGERS

- |                       |                          |
|-----------------------|--------------------------|
| 2 T instant potatoes  | Salt and pepper to taste |
| 1 egg                 | 1 lb. ground beef        |
| $\frac{1}{2}$ c water |                          |
1. Combine all ingredients. Make into patties and fry or broil.

## CORNERD BEEF AND CABBAGE

- 3 to 4 lbs. corned beef            1 small head of cabbage
1. Wash meat thoroughly under running water to remove brine. If very salty, soak 30 min. in cold water or let come to a boil, then drain.
  2. Place meat in kettle, cover with boiling water and simmer  $2\frac{1}{2}$  to 3 hours or until tender.
  3. One-half hour before serving add the cabbage cut in quarters.
  4. Serve the beef on a platter with cabbage as a garnish.
  5. To make New England Boiled Dinner the following vegetables are added 1 hour before serving:

3 carrots	6 medium potatoes
6 medium onions	2 small turnips

## HUNGARIAN GOULASH

*Temp: 325°F Time: 2½ hrs.*

- |                      |                          |
|----------------------|--------------------------|
| 1 lb. beef chuck     | 3 T finely chopped onion |
| 1 lb. veal or pork   | 2 T minced parsley       |
| 1/3 c flour          | 2½ c boiling water       |
| 1 t salt             | ¾ c thick sour cream     |
| ¼ t pepper           | 1 t paprika              |
| 3 T fat or drippings | Cooked noodles           |
1. Cut meat into 1" cubes. Roll in flour that has been mixed with salt and pepper. Brown in fat. Arrange in 2 qt. greased casserole.
  2. Add onion, parsley and water. Bake in preheated oven.
  3. Last 20 minutes of baking add sour cream and paprika.
  4. Serve with buttered noodles.

NOTE:  $\frac{3}{4}$  c tomatoes can be used in place of sour cream, if desired.

## SWEDISH MEAT BALLS

- |                        |                   |
|------------------------|-------------------|
| 1 lb. ground beef      | ½ t pepper        |
| ½ lb. ground veal      | 1/8 t allspice    |
| ¼ lb. ground pork      | ¼ t nutmeg        |
| 1 c milk               | 3 T fat           |
| 3 slices toast         | 1 c beef bouillon |
| 1 medium onion, minced | 3 T flour         |
| 2 eggs, beaten         | 3 T fat           |
| 2 t salt               | 2 c milk          |
1. Soak toast in milk. Crumble into small bits.
  2. Add toast bits, minced onion, beaten eggs and seasonings to meats. Mix thoroughly.
  3. Shape into small balls and brown in fat. Add beef bouillon, cover, and simmer 20 minutes.
  4. In another pan melt fat, stir in flour until smooth. Add milk and cook until smooth and creamy.
  5. Combine cream sauce with meat balls and bouillon sauce.

## NEAPOLITAN SPAGHETTI WITH MEAT BALLS

### Meat Balls

1 lb. ground beef	$\frac{1}{4}$ t sage
1 egg	Few grains ground cloves
2 cloves garlic, minced	1 t salt
or $\frac{1}{2}$ t garlic salt	$\frac{1}{2}$ t pepper
1 T minced parsley	1 c soft bread crumbs
	$\frac{1}{2}$ c grated cheese
	2 T fat

1. Mix ingredients in order given except for the fat.
2. Shape mixture into small balls.
3. Brown well in fat and add Neapolitan Sauce  $\frac{1}{2}$  hour before serving.

### Neapolitan Sauce

$\frac{1}{4}$ c onion, minced	$\frac{1}{4}$ t sage
2 cloves garlic, minced	Few grains ground cloves
or $\frac{1}{2}$ t garlic salt	1 can tomato paste
2 T fat	1 qt. tomato juice
1 leaf basil	or canned tomatoes
	1 lb. spaghetti

1. Saute onion and garlic in fat until lightly browned.
2. Add seasonings, tomato paste and tomato juice. Simmer uncovered, until thick, about 1 hour. Add meat balls and drippings and cook  $\frac{1}{2}$  hour longer.
3. Cook spaghetti in boiling salted water until tender, drain.
4. Arrange on platter and serve with sauce, meat balls and cheese.

## SHISH KABOBS

1 lb. stew beef or chuck roast	$\frac{1}{2}$ lb. mushrooms
$\frac{1}{2}$ t meat tenderizer	1 c Barbecue Sauce
2 onions	Skewers
2 green peppers	

1. Cut meat into 1" pieces. Sprinkle tenderizer on meat and pierce with a fork. Let stand 1 hour.
2. Cut onions and peppers into 1" chunks.
3. Wash mushrooms and separate stems from caps.
4. Arrange food on skewers in the following order: a piece of meat, onion, green pepper, mushroom. Repeat until skewer is filled to 1" of end. Brush with Barbecue Sauce.
5. Cook over an outdoor fire or in a broiler. Turn skewer every few minutes, brushing with sauce. Takes approximately 20-25 minutes.

### CHILI CON CARNE

$\frac{1}{4}$ c fat or drippings	Few grains cayenne pepper
1 large onion, chopped	1 T chili powder
1 green pepper, chopped	1 bay leaf
1 lb. ground beef	3 whole cloves
$\frac{1}{2}$ t salt	$3\frac{1}{2}$ c canned tomatoes
$\frac{1}{2}$ t paprika	1 lb. kidney beans, cooked

1. Melt drippings, add onion and pepper, cook until transparent.
2. Add meat and brown lightly.
3. Add seasonings, tomatoes, cooked beans and liquid. Simmer slowly until as thick as desired.

NOTE: *More chili powder may be added for a hotter Chili Con Carne.*

### PORCUPINE BALLS

1 lb. ground beef	$\frac{1}{8}$ t pepper
$\frac{3}{4}$ c uncooked rice	1 T Worcestershire sauce
1 egg	1 can condensed tomato soup
1 small onion	1 c water
1 t salt	

1. Mix the beef, rice, egg, onion, and seasonings together thoroughly.
2. Shape mixture into about 15 small balls.
3. Mix the soup and water in a sauce pan. Bring to the boiling point.
4. Drop meat balls into the hot soup. Cover closely and simmer for 45-50 minutes.

### SPANISH NOODLES

2 slices bacon	1 onion diced
$\frac{1}{2}$ lb. ground beef	1 #2 $\frac{1}{2}$ can tomatoes
1 small package noodles	$\frac{1}{2}$ c chili sauce
1 green pepper, shredded	Salt and pepper

1. Dice the bacon and cook until crisp and brown.
2. Add meat and cook until slightly browned.
3. Add rest of ingredients, cover closely and cook until steam comes from cover.
4. Turn heat low and cook 35 to 45 minutes.

*Kitchen shears are convenient for dicing bacon.*

### SPANISH RICE

Substitute  $\frac{1}{2}$  c uncooked rice for the noodles and 1 T Worcestershire sauce for the  $\frac{1}{2}$  c chili sauce in the Spanish Noodles.

If desired  $\frac{1}{2}$  lb. ground beef or  $\frac{1}{2}$  lb. chopped leftover beef, veal, or pork may be added. Brown in bacon fat.

NOTE: *Spanish Rice or Noodles may be baked in a 350°F oven for 1 hour in a covered casserole.*

VEAL

BREADED VEAL CUTLET

- |   |                                  |
|---|----------------------------------|
| Slices of veal from leg,<br>cut $\frac{1}{2}$ " thick | 1 egg, beaten                    |
| Salt and pepper                                       | Fine bread crumbs                |
| $\frac{1}{4}$ c flour                                 | $\frac{1}{4}$ c fat or drippings |

1. Remove skin and bone from veal and cut into pieces for serving.
2. Sprinkle with salt and pepper, dip in flour-egg mixture and then in bread crumbs.
3. Brown in hot fat. Cover closely and simmer for 35 minutes.
4. Serve on hot platter with Tomato Sauce. (See page 10.)

NOTE: *After browning, the cutlets may be put in greased casserole. Pour over one can condensed tomato soup. Cover and bake at 350°F for 1¼ hours. Pork chops and shoulder lamb chops may be prepared in the same way.*

FLAMENCO VEAL CHOPS

Temp: 350°F Time: 1 hour

- |                               |  |
|-------------------------------|--|
| 6 loin veal chops             | 1 T cornstarch                           |
| Salt and pepper               | $\frac{1}{4}$ c water                    |
| Flour                         | $\frac{1}{2}$ c chopped green pepper     |
| $\frac{1}{4}$ c olive oil     | $\frac{1}{2}$ c whole pitted ripe olives |
| 1 can condensed beef consomme | $\frac{1}{2}$ c chopped onion            |
| 2 t grated lemon rind         | $\frac{1}{4}$ c chopped pimienta         |
| 1 T Worcestershire sauce      | 2 T capers                               |

1. Sprinkle veal chops with salt and pepper.
2. Roll in flour, brown in oil.
3. Arrange in 2 qt. casserole.
4. To drippings in pan add consomme, lemon rind and Worcestershire sauce. Bring to boil.
5. Combine cornstarch and water. Stir into consomme and cook until thickened.
6. Add rest of ingredients to sauce. Pour over veal chops.
7. Cover and bake in preheated oven.

NOTE: *Veal cutlet can be used in place of veal chops if desired.*

VEAL PARMESAN

- |                              |                                  |
|------------------------------|----------------------------------|
| 6 veal chops                 | $\frac{1}{4}$ c Parmesan cheese  |
| $\frac{1}{4}$ c flour        | $\frac{1}{4}$ c olive oil or fat |
| 1 t salt                     | 1 c tomato sauce                 |
| $\frac{1}{2}$ t pepper       | $\frac{1}{4}$ c minced onion     |
| 1 egg, beaten                | 1 clove garlic, minced           |
| $\frac{3}{4}$ c bread crumbs | Dash thyme or oregano            |
|                              | 6 slices Mozzarella cheese       |

1. Dip veal in seasoned flour, then in egg, and in bread crumbs mixed with Parmesan cheese.
2. Brown in olive oil or fat.
3. Add tomato sauce, onion, garlic and thyme. Top with sliced cheese.
4. Cover and cook over low heat 35-45 min.

## VEAL BIRDS

Temp: 325<sup>o</sup>F Time: 2 hrs.

2 thin slices veal	1 t salt
1 c soft bread cubes	1/8 t pepper
1 T minced parsley	Seasoned flour
1 T lemon juice	1/4 c fat
2 T melted drippings	1 1/2 c hot water

1. Have the butcher put veal slices through steak cuber, they will be more tender.
2. Cut thin slices of veal into pieces for serving.
3. Mix crumbs, parsley, lemon juice, drippings, salt and pepper.
4. Spread a spoonful of stuffing on each piece of meat, roll up and fasten with toothpicks.
5. Roll in seasoned flour and brown in melted fat.
6. Add water, bring to boiling point, cover and bake in preheated oven.

NOTE: *Beef Birds may be made also from round steak cut 1/4" thick or flank steak.*

## LAMB

### LAMB POT ROASTS

1/4 c fat or salad oil	1 t salt
1 clove garlic, minced	1/4 t pepper
4 lamb shanks	1/2 c rich milk
1 T Kitchen Bouquet	2 T flour
3/4 c water	1 can lima beans
2 t dried mint leaves	1 can boiled onions

1. Saute garlic in fat.
2. Trim fat from shanks and brush generously with Kitchen Bouquet.
3. Brown well over moderate heat, for 15-20 min., turning frequently.
4. Add water, mint, salt and pepper. Cover and simmer until tender about 1 hr.
5. Remove shanks to hot platter to keep warm.
6. Combine milk and flour. Add to broth and cook until thickened, stirring constantly.
7. Heat vegetables and arrange around meat on platter. Serve gravy separately.

### THREE OR MORE MEALS FROM A LEG OF LAMB

Meal #1 - Lamb to broil

Meal #2 - Lamb roast

For best flavoring  
and least shrinkage,  
roast at 300-325°F for 35  
min/lb. on a rack in a  
shallow pan uncovered.

Immediately after removing roast from oven, spread entire  
surface with mint jelly.

Meal #3 - Stew, Curry or Shish-Kebobs

#### CUSHION ROAST OF LAMB WITH STUFFING

Temp: 300°F Time: 35 min/lb.

Cushion or boned shoulder of lamb	3 c soft bread cubes
$\frac{1}{4}$ c drippings	1 t salt
$\frac{1}{4}$ c chopped onion	$\frac{1}{4}$ t pepper
	2 T lemon juice

1. Have butcher remove shoulder blade from a shoulder of lamb. Sew the roast on 2 sides, leaving one side open for stuffing.
2. Wipe meat with a clean damp paper towel. Do not remove the "fell" or thin papery covering. It does not affect the flavor in any way and helps the meat to cook more quickly, hold its shape better and be more juicy.
3. Melt drippings, add onion and cook until transparent.
4. Add rest of ingredients and fill cavity in roast. Close openings with skewers or string.

NOTE: A shoulder of pork may be prepared in the same way.  
Roast at 350°F for 35 minutes per lb. If desired 1 t  
sage may be added to the stuffing.

#### CROWN ROAST OF LAMB OR PORK Temp: 350°F Time: 30-35 min/lb.

1 crown roast (about 14 ribs)	1 t sage or poultry seasoning
$\frac{1}{4}$ c butter	1/8 t pepper
1 c chopped celery	3 c soft bread cubes
1 T chopped onion	$\frac{1}{4}$ c hot water
$1\frac{1}{2}$ t salt	

1. Wipe meat with a damp paper towel. Place on a rack in a roasting pan.
2. Melt butter, add celery and onion and cook until transparent.
3. Add seasonings, bread and water. Toss lightly to mix and use to stuff crown.
4. Roast in a preheated oven. Serve garnished with a ring of pickled peaches and prunes.

### LAMB STEW WITH BISCUIT CRUST

Temp: 425°F Time: 20-25 min.

2 lbs. shoulder lamb	2 stalks celery
1 T drippings	2 sprigs parsley
1 qt. water	12 small carrots
1 bay leaf	6 small onions
1 t salt	1 T fat
$\frac{1}{4}$ t pepper	2 T flour



1. Cut lamb in 1" dice and brown in drippings.
2. Add water, bay leaf, salt, pepper, celery and parsley. Cover and simmer for  $1\frac{1}{4}$  hours.
3. Add vegetables and cook 20 minutes longer.
4. Mix the fat and flour to a paste and stir into stew to thicken.
5. Pour into a greased casserole, top with Savory Biscuit Crust and bake in a preheated oven.

NOTE: *Shoulder of veal and beef can be prepared in the same way.*

### SAVORY BISCUIT CRUST

Temp: 425°F Time: 10-15 min.

2 c sifted all-purpose flour	$\frac{1}{4}$ c shortening
5 t baking powder	$\frac{2}{3}$ c tomato juice or milk
1 t salt	
$\frac{3}{4}$ c grated cheese	

1. Mix and sift the flour, baking powder and salt.
2. Add cheese and shortening and cut into mixture until it looks like cornmeal.
3. Add tomato juice or milk to make a dough soft enough to handle, but not sticky.
4. Turn out onto a floured board and knead lightly for 1 min. Pat out to  $\frac{1}{2}$ " thickness.

### STEW WITH DUMPLINGS

Prepare stew and add dumplings after thickening in step 4. Cook.

### DUMPLINGS

2 c sifted all-purpose flour	$\frac{1}{2}$ t salt
4 t baking powder	$\frac{3}{4}$ c milk

1. Sift and mix flour, baking powder and salt.
2. Add milk and stir until mixed.
3. Drop by spoonfuls on gravy; cover closely and cook 20 min.

## PORK

### FRUITED PORK CHOPS

Temp: 350°F Time: 1½ hrs.

- 4 pork chops
- 1/3 c chopped apple
- 1/3 pkg. prepared stuffing (1½ c)
- 2 T chopped raisins

1. Have pork chops cut double or about 1" thick. Using a sharp knife, cut a gash along the bone to make a pocket. Trim off excess fat.
2. Prepare stuffing as directed on package, mix with apple and raisins (or prepare favorite stuffing.)
3. Stuff chops loosely. No skewers are necessary, as the pocket will pull together and hold stuffing in place during baking.
4. Arrange chops on heat-proof platter and bake in preheated oven.

### KRAUT AND COUNTRY SPARERIBS

Temp: 350°F Time: 50 min. plus  
35 min. longer

- 3 lbs. country spareribs
- ½ c chopped apple
- Salt and pepper
- 1 T fat
- 1 T horseradish
- 1 #2½ size can sauerkraut
- 1/3 c chopped onion

1. Season spareribs with salt and pepper. Spread with horseradish.
2. Arrange in a rectangular casserole or baking pan. Bake uncovered for 50 min.
3. Saute onion and apple in fat. Add to sauerkraut.
4. Spread in pan with spare ribs. Bake 35 min. longer.

NOTE: Allow ¾ lb. per serving of country spare ribs.

### BARBECUED PORK CHOPS

Temp: 350°F Time: 1 hr.

1. Wipe thick pork chops with damp cloth.
2. Brown chops in melted drippings.
3. Arrange chops in baking dish, add barbecue sauce and bake uncovered in a preheated oven.

### BARBECUED SPARERIBS

Temp: 350°F Time: 2 hrs.

Place spareribs (about 2 lbs.) in roasting pan. Brush with Barbecue Sauce from time to time while meat is roasting.

## POULTRY

### ROASTING TURKEY

1. Clean, stuff and truss turkey, weigh, rub with vegetable shortening. Chill stuffing before adding to bird, if turkey is stored overnight.
2. Place turkey breast down on rack in roasting pan. Do not cover. Do not sear. Do not add any water.
3. Place in 325°F oven and roast according to weight:

6 lbs.	- 35 min.	per lb.	- 3	to	3½ hrs.
8 lbs.	- 30 "	" "	"	- 3½	to 4 hrs.
10 lbs.	- 25 "	" "	"	- 3½	to 4 hrs.
15 lbs.	- 16 "	" "	"	- 4	to 4½ hrs.
20 lbs.	- 15 "	" "	"	- 4½	to 6 hrs.

NOTE: *For turkeys of 20 lbs. or over, 6 hours roasting is usually sufficient.*

HALF A TURKEY - Place cut side down over dressing in greased casserole. Place on rack in roaster. Roast according to chart.

CHICKEN is prepared and roasted in the same way. Use only half of stuffing recipe. Allow 30 min. per lb. for roasting at 375°F.

DUCK AND GOOSE - Follow directions given above and use half of stuffing recipe, allowing 20-30 min. per lb. at 350°F. (Do not rub with shortening.) Prick skin of goose in several places.

### ROASTING TURKEY PARTS

Breast - rub with shortening, roast in open pan with breast down 23-28 minutes per lb. at 325°F.

Leg - rub with shortening, roast in open pan with skin side up about 30-35 minutes per lb. at 325°F.

### TO ROAST A FROZEN TURKEY

1. A frozen turkey should be completely thawed before cooking. Place bird on shelf of refrigerator for 48 hours, let stand overnight at room temperature, or place in front of electric fan.
2. After turkey is thawed, stuff truss and bake as directed.

FROZEN STUFFED TURKEY should be roasted without pre-thawing follow directions on freezer bag.

## TO ROAST A TURKEY IN ALUMINUM FOIL

1. Prepare turkey as in step 1. under Roast Turkey
2. Place turkey on a long sheet of foil. If bird is large, join two peices lengthwise with a tight double fold, bring foil up over turkey, seal edges and mold to shape of bird.
3. Place wrapped turkey on rack in pan in 450°F oven and roast according to weight:
  - 8 to 10 lbs. - 16 min. per lb. - 2¼ to 2½ hrs.
  - 10 to 12 lbs. - 14 " " " - 2¾ to 3 hrs.
  - 14 to 16 lbs. - 13 " " " - 3 to 3¼ hrs.
  - 18 to 20 lbs. - 10 " " " - 3¼ to 3½ hrs.
  - 22 to 24 lbs. - 9 " " " - 3¾ to 3¾ hrs.
4. Open foil last 20 minutes to brown turkey and juices.

## HOW TO TELL IF TURKEY IS DONE

1. Drum stick will turn easily in socket.
2. Meat on heavy part of leg feels soft when touched with a paper towel.  
With some roasted turkeys the meat around the bone is pink. This may be due to the feed given the turkey. If turkey has been roasted according to weight, the meat will be cooked.

## STUFFING FOR 10-12 LB. TURKEY

1/3 c butter or drippings	2 t salt
¼ c chopped onion	½ t pepper
3 T chopped parsley	2 t sage or poultry seasoning
3 c diced celery	¼ c hot water
8 c soft bread crumbs*	

1. Melt butter or drippings. Add onion, parsley and celery. Cook until onion is transparent.
2. Combine with crumbs, add seasonings and hot water. Chill.
3. Stuff turkey loosely. Do not pack tightly, as stuffing will swell as it cooks.

\*1 large loaf will make 8 cups. Use crusts, if desired.

NOTE: Vary flavor by adding any of the following:

1 pt. raw oysters	2 c chopped cranberries
2 c chopped apples	2 c cooked corn
1 lb. cooked chestnuts, chopped	1 lb. sausage, browned

CAUTION: Do not allow cooked turkey to stand at room temperature. Remove stuffing from bird and refrigerate turkey and stuffing promptly.

### TO MAKE GRAVY

1. Skim off fat from drippings.
2. For  $\frac{1}{4}$  c fat add  $\frac{1}{4}$  c flour.  
Cook until smooth and foamy in separate saucepan.
3. Add enough more water to drippings to make 2 c. Stir to blend and loosen crusty bits in roaster.
4. Pour on fat and flour.  
Cook until thickened, about 5 minutes.
5. Season with salt and pepper.

### GIBLET GRAVY

6 T fat from turkey pan	$\frac{3}{4}$ t salt
6 T flour	3 c broth
$\frac{1}{4}$ t pepper	Chopped cooked giblets

1. Cook fat and flour until nicely browned.
2. Add seasonings and broth from giblets. If necessary, add enough water to make 3 cups.
3. Bring to boiling point and simmer 10 min. Add chopped giblets, bring to boiling point. Serve.

### OVEN FRIED CHICKEN

*Temp: 350°F Time: 1 hr.*

1. Have frying chicken (about 3 lbs.) cut into serving pieces. Wash and drain thoroughly.
2. Place in uncovered pan or baking dish and brush with salad oil or melted butter.  
Sprinkle with garlic salt if desired.
3. Bake until cooked, about 1 hour.

*NOTE: This recipe may be done at 400°F for 40-50 minutes.*

### CORN-CRISPED CHICKEN

*Temp: 375°F Time: 50-60 min.*

1 fryer or broiler cut in serving pieces	$1\frac{1}{2}$ t salt
$\frac{1}{2}$ c evaporated milk	$\frac{1}{2}$ t pepper
1 c corn flake crumbs.	

1. Dip chicken in milk, then roll in mixture of crumbs, salt and pepper.
2. Place in shallow pan lined with aluminum foil.
3. Bake in 350°F oven 1 hour or until tender.

*NOTE: Pork chops may be prepared with the same method at 350°F temperature for 1 hr.*

**BARBECUED CHICKEN**

1 c salad oil  
 $\frac{1}{4}$  c lemon juice  
 1/8 t tabasco sauce  
 4 t prepared mustard  
 2 T brown sugar

*Temp: 375°F Time: 1 hr.*

2 t salt  
 1/8 t pepper  
 1 clove garlic  
 Fryers ( $2\frac{1}{2}$  to 3 lbs) cut into  
 pieces for serving

1. Make barbecue sauce by combining salad oil, lemon juice, tabasco sauce, mustard, sugar, salt and pepper. Add garlic cut in half. Let stand several hours. Remove garlic and shake before using.
2. Let chicken stand in sauce overnight.
3. Remove chicken from sauce and arrange in a shallow baking pan.
4. Bake in preheated oven. During baking, brush chicken with sauce 2 or 3 times.

**CHICKEN IN HERB SAUCE**

1 frying chicken, quartered  
 $\frac{1}{4}$  c softened butter  
 1 T paprika  
 2 t ground thyme  
 1 t salt

*Temp: 400°F Time: 1 hr.*

$\frac{1}{2}$  t pepper  
 1 large carrot, quartered  
 $\frac{1}{4}$  c consomme  
 $\frac{1}{4}$  c lemon juice  
 4 - 12" squares heavy foil

1. Wipe chicken with damp paper toweling.
2. Combine butter, paprika, thyme, salt and pepper. Blend to smooth paste. Rub onto both sides of chicken.
3. Place piece of carrot and chicken on each square of foil.
4. Pour 1 T consomme and 1 T lemon juice over each chicken quarter.
5. Bring up sides of foil in tight double-fold; fold ends of foil in same manner. Place on cookie sheet and bake in preheated oven.
6. Serve chicken on opened foil.

**ROCK CORNISH GAME HEN**

1. Wash and dry bird. Stuff, if desired.
2. Tie legs to tail. Secure wings with skewers or tie closely to body. Rub with vegetable shortening or brush with oil.
3. Place on spit. Roast for 10 min. on high heat, then 40-50 min. on low heat to desired brownness.

**OVEN ROASTED**

Follow steps 1 and 2 above. place on rack in shallow pan with breast down. Roast at 350°F for 1 hour.

## CHICKEN CACCIATORA

1 3½-4 lb. chicken	1 t thyme
Salt	1 bay leaf
Pepper	2 c canned tomatoes
½ c olive oil	1 c (¼ lb.) sliced mushrooms or 1-4 oz. can
1 clove garlic, minced	
1 lg. onion diced	

1. Wash chicken and cut in serving pieces. Sprinkle with salt and pepper.
2. Brown chicken in olive oil. Add garlic and onions, cook until onion is transparent.
3. Add remaining ingredients. Cover and simmer over low heat until chicken is tender, about 1 hr.
4. Remove bay leaf. Serve with rice.

## BOMBAY CHICKEN

Temp: 375°F Time: 45 min.

4 chicken breasts boned	½ t paprika
1 chicken bouillon cube	¼ t celery salt
2/3 c water	Dash of pepper
2 c pkg. bread stuffing	3 T fat
3 oz. can chopped mushrooms, drained	1½ t toasted sesame seeds*
1 t dried parsley	2 t soya sauce
½ c all-purpose flour	2 T brown sugar
	¼ t ginger
	2/3 c pineapple juice

1. Cut chicken breasts in half with kitchen scissors. Using a very sharp knife, carefully pull and scrape the meat away from breast bone and ribs.
2. Using a meat hammer or rolling pin, flatten each breast cut side up, to about ¼" thick.
3. Dissolve bouillon cube in water. Add to stuffing with mushrooms and parsley.
4. Place a portion of stuffing on each half breast. Roll up and fasten with toothpicks or skewers.
5. Dredge with flour mixed with seasonings. Brown in fat.
6. Arrange chicken in baking dish.
7. To drippings in skillet add remainder of ingredients. Bring to boiling point.
8. Pour sauce over chicken breasts and bake covered in preheated oven.

NOTE: Use chicken bones to make soup.

\*Toast sesame seeds in shallow pan in 350°F oven for 20 min. Stir occasionally to brown evenly.

## COOKING SMOKED MEATS

### TO BAKE HAMS

*Temp: 325°F*

1. Wipe ham with damp paper towel. Place fat side up on a rack in a shallow uncovered roasting pan.
2. Do not sear, do not add any water, do not baste. Bake in preheated oven.
3.  $\frac{1}{2}$  to  $\frac{3}{4}$  hour before ham should be done, remove skin and score fat. Press cloves about 1" apart over whole surface. Sprinkle with brown sugar and return to oven until glazed.

#### Uncooked Hams

6-8 lbs. (half ham)	30-36 min./lb.
10-12 lbs.	18-20 min./lb.
12-14 lbs.	16-18 min./lb.
14 and over	15-17 min./lb.

#### Cooked Hams (Heat to 160°)

"Cook before eating"

Whole	18-20 min./lb.
Half	25 min./lb.
Boned	30 min./lb.

Picnic, Shoulder or Calli (Heat to 170°F)

Fully Cooked (Heat to 130°F) 40-45 min./lb.

Whole	12-15 min./lb.
Half	15-17 min./lb.
Boned	12-15 min./lb.

Canned	8-13 lbs. 10-15 min./lb.
	6 lbs. 20 min./lb.

Picnic 14 min./lb.

Most hams sold in retail stores are either fully cooked or "cook before eating" hams. Fully cooked ham, including canned hams, can be served cold or reheated, according to personal preference. "Cook before eating hams" require additional cooking before serving and should be roasted to an internal temperature of 160°F (see chart). Picnics are shoulder cuts and are available both as fully cooked or "cook before eating hams".

### BONELESS SMOKED SHOULDER BUTT

1. Cover the meat with water, bring to boiling point, simmer, 30 minutes per lb. If cooking directions are given with the ham, follow these directions.
2. Drain the liquid; score the fat in squares and stud with cloves.  $\frac{1}{2}$  c brown sugar may be added to the ham, or it may be basted with Cherry Sauce, or slices of pineapple may be baked on it.
3. Bake in preheated oven for 25 minutes at 375°F.

### SMITHFIELD, TENNESSEE OR HEAVY CURED COUNTRY STYLE HAMS

1. Cover ham with cold water and soak 24 hours.
2. Next day, scrub ham with stiff brush; rinse well.
3. In large kettle, cover ham with cold water; bring to boiling point. Reduce heat; cover and simmer until ham is tender. Large bone in the heavy end will become loose. This will take about 25 min. per pound.
4. Remove from water and remove skin and excess fat with a sharp knife.
5. Place ham fat side up on a rack in a low baking pan. Cut fat into diamonds and arrange cloves in center of each diamond. Sprinkle with brown sugar.
6. Bake in a 325°F oven for 30 min. or until glazed.
7. Serve hot or cold in thin slices.

### SMOKED PORK LOIN

*Temp: 325°F Time: 20-25 min./lb.*

1. Place fat side up on a rack in a shallow uncovered roasting pan. Do not add any water.
2. Roast in a preheated oven.

### SMOKED PORK CHOPS

Cook smoked pork chops as you would smoked sliced ham.  
They may be broiled, pan fried or baked.

### OVEN BAKED BACON

*Temp: 400°F Time: 15-20 min.*

1. Arrange slices of bacon on a rack in a pan.
2. Bake in a preheated oven until crisp and nicely browned.

### POLISH SAUSAGE

To Cook in Water: Cover sausage with water. Simmer 20 min. Serve hot.

To Serve Browed: Simmer sausage in water 10 min. Drain and brown slowly for 10-15 min. turning to brown evenly. Serve hot.

**ROTISSERIE BAKED HAM***Time: 1½ hrs. (15 min/lb.)*

6 lb. canned ham

 $\frac{1}{2}$  c apricot jam

Whole cloves

Apricot halves

1. Place spit through center of ham. Adjust in rotisserie. Roast using low heat.
2. Stick with whole cloves and spread with apricot jam 25 min. before time is up.
3. Remove to platter and garnish top of ham with apricot halves.

**BROILED HAM IN ORANGE SAUCE**

2 oranges

1 t liquid smoke

 $\frac{1}{2}$  c honeyHam steak,  $1\frac{1}{2}$ " thick

2 T vinegar

1. Shred rind from oranges, then extract juice.
2. Mix orange rind and juice, honey, vinegar and liquid smoke in a jar. Cover tightly and shake thoroughly.
3. Broil ham steak in preheated broiler for 6 min. on each side. Baste frequently with orange sauce. Serve leftover sauce on ham.

**FROSTED HAM LOAF***Temp: 375°F Time: 50 min.**450°F**15 min.*

1 lb. ham

2 T finely chopped parsley

 $\frac{1}{2}$  lb. pork or beef $\frac{1}{4}$  t salt

1 c bread crumbs

Dash of pepper

2 eggs, beaten

2 c instant mashed potato

 $\frac{1}{2}$  c milk

1 T mustard

 $\frac{1}{4}$  c horseradish

Melted butter

1. Have ham and pork ground together. Add bread crumbs, eggs, milk, horseradish, parsley, salt and pepper. Mix thoroughly.
2. Pack mixture into a loaf pan. Bake in preheated oven.
3. Remove loaf from pan and place on cookie sheet or heat-proof platter.
4. Mix potatoes following directions on package. Add mustard and blend in thoroughly.
5. Frost with mashed potato and make decorative ripples with tines of fork.
6. Brush with melted butter and brown in hot oven.
7. Garnish serving platter with hot peas, glazed carrots or parsley sprigs.

## VARIETY MEATS

Included in the group called variety meats are brains, heart, liver, sweetbreads, tongue, tripe. Comparatively speaking, these cuts are often less expensive, and they contain many valuable nutrients.

### STUFFED HEART

Temp: 350°F Time: 1½-2 hrs.  
for lamb, pork  
or veal; 2½-3  
hrs. for beef

1 c bread crumbs	3 T melted butter
1 t salt	1 heart, uncooked
½ t pepper	3 T drippings
½ t onion juice	¼ c water

1. Make stuffing of crumbs, salt, pepper, onion juice and butter.
2. Remove arteries from heart, wash thoroughly. Fill with stuffing and tie with string.
3. Brown on all sides in melted drippings.
4. Add water, cover tightly and bake in a preheated oven.

### HEART CHOP SUEY

1 beef heart	2 c water
½ c fat	2 bouillon cubes
2 c chopped onion	2 T Worcestershire sauce
1 c diced celery	2 t salt
½ c coarsely chopped green pepper	¼ t pepper

1. Clean heart, cut into ½" cubes and dust with flour.
2. Melt fat, brown meat and onions; add celery, green pepper, water and bouillon cubes. Cover and simmer until tender, 1-1½ hours. Add seasonings.
3. Serve over hot noodles.

NOTE: *Lamb, pork or veal may be used. Use two or more.*

### KIDNEY CREOLE STYLE

1 beef kidney	1 medium onion
4 T flour	1 - #2 can tomatoes
1 slice bacon	1 t salt
2 T chopped suet	Few grains cayenne pepper
1 small sweet pepper	6 slices toast

1. Cut kidneys in ¾" slices and dredge with flour.
2. Fry chopped bacon and suet in a deep saucepan, add kidneys, chopped onion and pepper. Turn until meat is browned.
3. Add tomatoes and seasonings, cover closely and simmer 45 minutes.
4. Serve on hot buttered toast.

### CREOLE LIVER

4 slices bacon, diced	2½ c cooked tomatoes
1 lb. liver, ¼" thick	1/8 t cayenne
3 T flour (about)	1½ t salt
1/3 c diced green pepper	1/8 t chili powder

1. Saute bacon in a skillet until nearly crisp.
2. Dredge liver with flour and brown in bacon fat. Add remaining ingredients.
3. Cover and simmer 45 minutes.

### PICKLED PIG'S FEET

4 pig's feet with uppers	¼ c salt
1 qt. vinegar	2 t pepper
4 bay leaves	½ onion cut in eighths
1 T whole cloves	1 blade mace
1 T broken stick cinnamon	

1. Simmer feet until meat separates from bones. Remove from water and place in stone jar, taking out the largest bones. Save water.
2. Heat vinegar, bay leaves, cloves, cinnamon, salt, pepper, onion and mace. Simmer slowly 45 min. but do not boil.
3. Remove fat from water in which feet were cooked. Strain through a sieve and add vinegar mixture and pour over meat in jar. Chill 2 days.

### TONGUE A LA MODE

*Temp: 375°F Time: 30 min.*

1. Wash tongue thoroughly. Cover with boiling water and simmer until tender, 1½ to 2 hours.
2. Remove from water; remove skin, fat and roots.

*NOTE: Fresh or smoked tongue are prepared in this way. Either can be used with A La Mode Sauce. See page 32.*

### SPICED OR PICKLED TONGUE

This is made by allowing a cooked fresh tongue to stand in a pickling syrup. Use syrup for pickled pig's feet, above. It is served cold, cut in thin slices.

Leftover tongue can be diced and added to a medium white sauce. Serve on hot corn bread.

## SAUCES

### EASY BARBECUE SAUCE

$\frac{1}{4}$ c ketchup	2 T water
3 T vinegar	5 t Worcestershire sauce
$\frac{1}{2}$ T fat or salad oil	$\frac{1}{4}$ t salt

1. Combine ketchup, vinegar, fat or salad oil, water, Worcestershire sauce and salt.
2. Bring to boiling point, stirring occasionally.
3. Cook 3 minutes.
4. Serve with meat or poultry. Makes  $\frac{1}{2}$  cup.
5. Add sliced cooked meat and heat through.

### BARBECUE SAUCE FOR MEATS

$\frac{1}{4}$ c shortening or meat drippings	2 T Worcestershire sauce
$\frac{1}{4}$ c chopped onion	1 t garlic salt
$\frac{1}{2}$ c finely chopped celery	$\frac{1}{4}$ c sugar
$\frac{1}{2}$ c vinegar	1 c water
$\frac{1}{2}$ c tomato puree or tomato paste	$\frac{1}{2}$ t pepper
	1 t salt

1. Melt shortening, add onion and celery and saute until tender.
2. Add remaining ingredients. Simmer 10 minutes.

### BEARNAISE SAUCE

3 egg yolks	$\frac{1}{4}$ t dried parsley
2 T lemon juice	1 t dried tarragon
1 T tarragon vinegar	$\frac{1}{8}$ t dried thyme
$\frac{1}{4}$ t onion salt	Pinch cayenne
$\frac{1}{4}$ t freshly ground black pepper	$\frac{1}{2}$ c butter, melted

1. Place egg yolks, lemon juice, tarragon vinegar, seasonings and herbs in blender jar.
2. Turn motor on low speed.
3. Immediately remove cover and add hot butter gradually.
4. When well blended, turn off motor. Serve immediately or keep warm over hot water. Yield  $\frac{3}{4}$  c.

### HERB BUTTER

$\frac{1}{4}$ c softened butter	$\frac{1}{4}$ t garlic salt
$\frac{1}{4}$ t salt	2 t chopped fresh parsley
$\frac{1}{8}$ t pepper	1 t dried thyme
2 t lemon juice	1 t dried basil

1. Mix all ingredients thoroughly.
2. Spread over hot cooked fish, green beans, peas, cooked seafood, lamb chops, etc. This butter adds wonderful piquancy to foods which are usually just "buttered".

## SAUCES

### A LA MODE SAUCE - FOR TONGUE

4 c tomatoes	$\frac{1}{2}$ c raisins
2 large onions	2 T shortening
4 bay leaves	1 T sugar
$\frac{1}{2}$ t salt	2 T flour
$\frac{1}{8}$ t pepper	$\frac{1}{2}$ c water

1. Put tomatoes, onions, bay leaves, salt, pepper and raisins in saucepan. Cook for 20 minutes and strain.
2. Melt shortening, add sugar and brown. Add flour and cook until nicely browned. Add water and stir until smooth. Add to tomato mixture, simmer 20 minutes.

### RAISIN SAUCE - FOR HAM

$\frac{1}{4}$ c sugar	$\frac{1}{2}$ c raisins
1 T cornstarch	1 T butter
1 c boiling water	

1. Mix sugar and cornstarch. Add boiling water and raisins and cook 5 min. Add butter.

NOTE: *The juice and grated rind of one orange may be added, just before serving. Serves 6-8.*

### TOMATO SAUCE - FOR VEAL CUTLET

$\frac{1}{2}$ c tomato juice	3 T butter or margarine
1 onion, diced	3 T flour
1 bay leaf	$\frac{3}{4}$ t salt
1 whole clove	$\frac{1}{8}$ t pepper

1. Cook tomato juice, onion, bay leaf and clove for 10 min. Strain.
2. Melt butter, add flour, salt and pepper and cook until frothy.
3. Add tomato juice, bring just to the boiling point and simmer 5 minutes.

### MUSHROOM SAUCE

$\frac{1}{2}$ lb. mushrooms	2 T flour
4 T butter	1 c milk
1 beef cube	Salt and pepper to season

1. Wash mushrooms and slice.
2. Melt butter, add mushrooms, cover and simmer 10 min.
3. Push mushrooms to one side add beef cube and flour, when smooth add milk and bring just to the boiling point.
4. Season to taste and simmer 5 min.

## VENISON

The standard methods of meat cookery for beef and lamb are most successful for venison. Venison may be substituted for beef or lamb in recipes calling for moist heat cooking such as swiss steaks and stew.

Less tender cuts can be ground into hamburger. Season to taste and broil or saute as you would ground beef.

The tender cuts of venison from the young animals are rib and loin chops, round steak, and leg roasts and can be broiled or roasted.

### Roast Venison

*Temp: 350°F Time: 15 min. per lb.*

Lard with strips of fat salt pork or bacon or rub with drippings or vegetable shortening. Venison as a rule is served rare or medium done.

### Broiled Venison Steak

Broil the same as beef steak. For 1" thick steak broil 5 min. on each side for rare, 6 min. on each side for medium. If desired, steak may be marinated in French dressing for 30 min. before broiling.

## USES OF LEFT-OVER MEATS

### HAM

- ...Grind the ham with pickle and onion. Moisten with mayonnaise and use as a sandwich filling.
- ...Cut into cubes and add the ham to creamed or scalloped potatoes.
- ...Add finely chopped ham to scrambled eggs or a puffy omelet.

### HAM BROCCOLI DIVAN

*Temp: 400°F Time: 25 min.*

2 lbs. broccoli, cooked	1 t grated onion
6 slices cooked ham, $\frac{1}{4}$ " thick	$\frac{2}{3}$ c grated cheese
4 T butter or margarine	$\frac{1}{2}$ T prepared mustard
4 T flour	$\frac{3}{4}$ t salt
2 c milk	Dash of cayenne pepper

1. Place the cooked broccoli in bottom of shallow baking dish. Arrange ham slices over broccoli.
2. Melt the butter or margarine. Add the flour and stir in the milk and onion. Cook until smooth. Add the cheese and cook, stirring constantly, until the cheese has melted. Stir in the mustard, salt, and cayenne pepper.
3. Pour mustard cheese sauce over the ham and broccoli. Bake in preheated oven.

NOTE: *Avoid over-cooking the broccoli. Slices of chicken or turkey can be used in place of the cooked ham.*

**COUNTRY CASSEROLE***Temp: 375°F Time: 25 min.*

- |   |                                  |
|---|----------------------------------|
| 2 c diced cooked ham                    | $\frac{1}{2}$ c milk             |
| 6 hard cooked eggs                      | 2 c grated sharp cheese          |
| 1-6 oz. can mushrooms,<br>drained       | 2 t Worcestershire sauce         |
| 1 can condensed cream of<br>celery soup | Few drops Tabasco sauce          |
|   | $\frac{3}{4}$ c dry bread crumbs |
|   | 1 T melted butter                |

1. Arrange alternate layers of ham, eggs, and mushrooms in 2 qt. greased casserole.
2. Combine soup and milk. Add cheese, Worcestershire sauce and Tabasco sauce. Pour over mixture in casserole.
3. Mix crumbs and butter, sprinkle over top.
4. Bake uncovered in preheated oven. Serves 6.

**TURKEY, HAM AND MUSHROOM CASSEROLE***Temp: 375°F Time: 30 min.*

- |                                      |  |
|--------------------------------------|--|
| 6 oz. noodles                        | $\frac{1}{4}$ t dry mustard                                  |
| 2 T minced onion                     | Dash pepper  |
| 1 T butter or margarine              | $1\frac{1}{4}$ c diced cooked ham                            |
| 1 can condensed mushroom soup        | $1\frac{1}{4}$ c diced cooked turkey                         |
| $\frac{1}{2}$ c turkey broth or milk | $\frac{1}{4}$ c blanched toasted almonds,<br>cut into strips |
| $\frac{1}{4}$ t salt                 |  |

1. Cook noodles in boiling salted water until tender. Drain.
2. Saute onion in butter until transparent.
3. Add soup, broth and seasonings. Stir until well blended. Heat to boiling.
4. Put half of noodles in a greased 2 qt. casserole. Add half of the ham, turkey and mushroom sauce. Repeat with rest of noodles, turkey, ham, and sauce. Sprinkle almonds over top.
5. Bake in preheated oven.

**CAUTION:** *Do not allow turkey to stand at room temperature. Remove stuffing from turkey and refrigerate both turkey and stuffing promptly.*

**TURKEY ALMONDINE***Temp: 350°F Time: 30-35 min.*

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 - 5 oz. box precooked rice         | $\frac{1}{4}$ t salt             |
| 1 can condensed chicken soup         | Few grains pepper                |
| $\frac{1}{2}$ c turkey stock or milk | $\frac{1}{2}$ c slivered almonds |
| $\frac{1}{2}$ t paprika              | 3 T butter or margarine          |
| Dash nutmeg                          | 2 c diced cooked turkey          |

1. Cook rice according to directions on box.
2. Combine soup, stock and seasonings. Brown almonds in butter.
3. Arrange rice, half of almonds and turkey in layers in 2 qt. greased casserole. Pour sauce over all. Top with remaining almonds. Bake in preheated oven.
4. Serve garnished with pimiento strips and chopped parsley.

**CHINESE CHICKEN***Temp: 350°F Time: 1 hr.*

- |                         |                       |
|-------------------------|-----------------------|
| ¼ c butter or margarine | 1 c crushed pineapple |
| 1 c uncooked rice       | 2 c chicken broth     |
| 3 c diced chicken       | ¼ t salt              |

1. Melt butter and add washed, drained rice. Cook until slightly browned. Add rest of ingredients.
2. Pour into greased 2 qt. casserole dish, cover and bake in preheated oven. Remove cover last 10 minutes of baking.

**NOTE:** *If desired, cook on top of range. Cover closely, and when mixture begins to steam, turn heat very low and cook 40 minutes.*

**BEEF, LAMB, PORK, VEAL**

- ...Cut into dice and use in making Spanish Rice, Chili Con Carne or Chop Suey.
- ...Slice meat very thin, heat in Barbecue Sauce. Serve for dinner as meat course or serve on heated buns for lunch. This is also a grand idea for a picnic.

**BEEF AND LIMA CASSEROLE***Temp: 450°F Time: 30 min.*

- |                                |                         |
|--------------------------------|-------------------------|
| 2 c cooked lima beans          | ½ t salt                |
| 2 c cooked beef or corned beef | 2 t sugar               |
| 1 c sliced onions              | 1 t prepared mustard    |
| 3 T flour                      | 2½ c tomatoes           |
|                                | 2 T butter or drippings |

1. Arrange lima beans, meat and onions in 2 qt. greased casserole dish.
2. Combine flour, salt, sugar and mustard. Add to tomatoes and pour over mixture in casserole.
3. Dot with butter or drippings and bake uncovered in preheated oven.

**MEAT PIE***Temp: 450°F Time: 12-15 min.*

- |                            |                          |
|----------------------------|--------------------------|
| 2 c diced cooked meat      | 1 onion, minced          |
| 2 c left-over gravy        | 1 t Worcestershire sauce |
| 1 c cooked peas or carrots | Salt and pepper          |
|                            | Pastry or biscuit dough  |

1. Combine meat, gravy, vegetables and seasonings. Heat to boiling point.
2. Place in greased 1½ qt casserole. Cover with pastry or rounds of biscuit dough.
3. Bake in preheated oven until crust is brown.  
Cut biscuits for meat pie with doughnut cutter, serve a dab of jelly in the center of each biscuit.

### BAKED CROQUETTES

1 c cooked meat  
1 c fine bread crumbs  
 $\frac{1}{2}$  c canned celery soup

Temp: 450°F Time: 30 min.

1 t salt  
 $\frac{1}{8}$  t pepper  
1 t minced onion  
Buttered bread crumbs

1. Grind meat and mix with the crumbs and soup. Add the salt, pepper and onion.
2. Shape into balls or cones and roll in buttered crumbs. Place in a buttered baking dish.

NOTE: *These croquettes may be shaped into patties or finger shapes and broiled or pan fried.*

### RED AND GREEN CASSEROLE

3 c soft bread crumbs  
1 c milk  
 $\frac{3}{4}$  t salt  
 $\frac{1}{4}$  c butter, melted

Temp: 350°F Time: 45 min.

3 eggs, well beaten  
1 c chopped cooked spinach  
2 T diced pimiento  
1 c cubed cooked meat

1. Combine bread crumbs, milk and salt.
2. Add butter, eggs, vegetables and meat to the first mixture.
3. Pour into a greased casserole and bake uncovered in a pre-heated oven until just set.

NOTE: *Chopped cooked asparagus may be substituted for the spinach.*

### GARNISHES

1. Chill a jar of cranberry or mint jelly. Remove from jar and cut in slices, then cut in shape desired with cookie cutter. Place on well drained slices of chilled pineapple.
2. Drain peach halves and stud the outside with whole cloves or fill centers with mayonnaise.
3. Fill halves of pears with cream cheese and top with a sprig of parsley or water cress.
4. Fill centers of baked apple halves with cranberry sauce.
5. Color halves of pears either green or red with food coloring.

## NOTES

## NOTES

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- ... that the Rochester Gas and Electric is not owned or operated by any government body despite the fact that the word "Rochester" appears in our name?
- ... that the RG&E is owned by more than 25,000 shareholders and that many thousands of them are local area people? Perhaps you are one.
- ... that the RG&E IS A REGULATED company in the sense that the Public Service Commission, not the RG&E regulates the cost of our electric, gas and steam service to our customers?
- ... that the RG&E gets none of your tax money to conduct its operations as do so-called public power companies? The fact is that the RG&E pays more than 20 cents of every dollar it takes in to federal, state and local governments in the form of taxes.

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*Our Home Service Department is made up of a staff of Home Economists. They will be glad to help you with your homemaking problems. New recipes and suggestions are always available. Call us for help with freezing, baking and laundry questions, too. Special telephone service is maintained so that you may call in for recipes or other help with homemaking problems.*

*When you buy a new appliance from the RG&E, a Home Service girl will call at your home to advise you on its care and use.*

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### HOME SERVICE DEPARTMENT

Rochester Gas and Electric Corporation  
89 East Avenue Rochester, N.Y., 14604

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