MEATS

COMPOSITION OF MEAT

<table>
<thead>
<tr>
<th>Food Material</th>
<th>Water %</th>
<th>Protein %</th>
<th>Fat %</th>
<th>Carbohydrate %</th>
<th>Ash %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Round med. fat</td>
<td>65.5</td>
<td>20.3</td>
<td>13.6</td>
<td></td>
<td>1.1</td>
</tr>
<tr>
<td>Ham (smoked)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>med. fat</td>
<td>40.3</td>
<td>16.3</td>
<td>38.8</td>
<td></td>
<td>4.8</td>
</tr>
<tr>
<td>Bacon (smoked)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>med. fat</td>
<td>18.8</td>
<td>9.9</td>
<td>67.4</td>
<td></td>
<td>4.4</td>
</tr>
</tbody>
</table>

TESTS FOR GOOD MEAT

1. Color—Beef, bright red after standing.
2. Texture—Fine grained, firm.
3. Juicy, not dry.
4. Fat—abundant, distributed through tissues of meat; that of beef, straw colored.
5. Odor—slight, but pleasant.
6. Connective tissue not abundant.
7. Bone—small in proportion to meat.
8. Cut made across grain when possible.

PRINCIPLES OF COOKERY

Too high heat and heat too long applied hardens protein.

For Steak—Sear meat to retain juices and then cook at a lower temperature until meat is tender.

For Boiled Meat—in order to retain flavor and keep meat from getting too dry, plunge into boiling water, let it boil hard for about ¼ hour, then lower the temperature and allow to simmer until the connective tissue and muscle tubes have become softened and gelatinized.
For Roast—Place the roast in an oven in which the temperature is 482 degrees F. This will coagulate the protein and keep the juices from escaping. After 15 minutes lower the temperature to between 347 degrees F and 383 degrees F, depending upon whether the roast is to be well done. The inside temperature of the roast should be 129 degrees F for very rare; 148 degrees F for medium rare; 156 degrees F for medium well done; and 174 degrees F for well done roasts.

For Broth—Put the meat on in cold water and allow to simmer for a long time. This gives a very nutritive broth.

For Fats—Cook fats slowly (bacon, pork chops, etc.). Remove fat as fast as it fries out of meat.

MEATS AND LEFT OVRS

MEXICAN ROAST

Take a piece of round steak cut thick and pound into it on both sides as much flour as it will take up; add salt and pepper. Sear it well, then place in the kettle on top of a sliced up onion. On top of the meat put a few slices of tomato or a few T’s of canned tomato; a green pepper sliced or a sliced canned pepper or pimento. Put enough hot water over the roast to cover and then place on the stove to simmer for about 2½ hours. When the roast is tender, the gravy, if it is too thin, should be thickened with a little flour mixed with butter.

BEEF STEW WITH DUMPLINGS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 lbs. beef (chuck)</td>
<td>c</td>
</tr>
<tr>
<td>4 c potatoes, cut in</td>
<td>c</td>
</tr>
<tr>
<td>¼ in. slices</td>
<td>c</td>
</tr>
<tr>
<td>¼ c flour</td>
<td>c</td>
</tr>
<tr>
<td>Salt</td>
<td>c</td>
</tr>
<tr>
<td>Turnip and carrot</td>
<td>2-3 c</td>
</tr>
<tr>
<td>each, cut in ½ in. cubes</td>
<td>c</td>
</tr>
<tr>
<td>σ small onion cut in thin slices</td>
<td>c</td>
</tr>
<tr>
<td>Pepper</td>
<td>c</td>
</tr>
</tbody>
</table>

Wipe meat, remove from bone, cut in 1½ inch cubes, sprinkle with salt and pepper and dredge with flour. Cut some of the fat in small pieces and fry out in frying pan. Add meat and stir constantly, that the surface may be quickly seared; when well browned, place in kettle. Rinse frying pan with boiling water, and pour the water over the meat. Add to meat remaining fat and pieces of bone. Cover with boiling water and boil five minutes. Then cook at a low temperature until meat is tender (about 3 hrs.). Add car-

All measurements level. c-cup; t-teaspoon; T-tablespoon.
rot, turnip, and onion, with salt and pepper the last hour of cook-
ing. Parboil potatoes 5 min. and add to stew 15 min. before taking
from fire. Remove bones and skim off fat. Thicken the stew, al-
lowing 2 T flour for every pt. of water used in making the stew.
Mix the flour with cold water to make a thin paste, add to this a
little of the hot liquid from stew and then pour the mixture into
the stew kettle, and gently stir the stew until the whole boils.
Lastly, place the dumplings on top of the meat and vegetables and
cook the stew closely covered ten min. longer.

The best cuts for a stew are those containing both lean and
fat meat and some bone. The flank end of a large roast, a few pounds
from the middle of the shank, or a cut from the chuck ribs, are all
good selections. Remnants of roast beef may be made into a stew.
If gravy is left, add it to the stew.

CASSEROLE OF RICE AND MEAT.

Line a mold, slightly greased, with steamed rice. Fill the cen-
ter with 2 c cold, finely chopped, cooked meat, seasoned with salt,
pepper, cayenne, celery salt, onion juice and lemon juice. Add
⅔ c cracker crumbs, 1 egg slightly beaten and enough hot stock
or water to moisten. Cover meat with rice, cover tightly while
steaming and steam 45 min. Serve on platter surrounded with to-

TOMATO SAUCE

1 can tomato 2 or 3 cloves
2 slices onion 2 bay leaves
1 sprig parsley Salt
3 T flour 2 T butter

Cook altogether until tomato is seasoned, then strain and make
into a sauce with flour and butter.

BEEF LOAF

2 T milk 3 lbs. beef or veal
1 ½ T butter ½ lb. salt pork chopped fine
3 eggs 1 c coarse bread crumbs
Pepper Salt

Mix and shape into a loaf. Just before baking pour ¾ c hot
water over loaf. Place in a roasting pan. Roast 1½ hrs. Serve
with tomato sauce.
CREAMED CHICKEN, BEEF OR VEAL

1 1/2 c cold cooked chicken cut in dice
1 c white sauce
1/8 t celery salt
Few grains of nutmeg
1 t onion (chopped)

Heat the diced chicken, beef or veal, in the white sauce to which the celery salt, onion and nutmeg have been added.

ESCALLOPED CHICKEN, BEEF OR VEAL.

Prepare as for creamed chicken, beef or veal. Add 1/2 c bread crumbs. Place in a baking dish, cover with buttered crumbs and bake until crumbs are well browned.

HAM SOUFFLE

1/4 c butter
1/4 c flour
1 c meat broth
1 c cream
1 c fresh bread crumbs
1/2 c grated cheese
3 egg yolks

2 c ground cooked ham
3 egg whites
1 pimento or slice of onion chopped fine

Melt butter and add flour. Blend thoroughly and add liquid gradually. Cook until it thickens and add all except egg whites. Fold in the beaten egg whites. Place in buttered dish. Bake in a moderate oven until firm. The souffle dish should be placed in a dish of hot (not boiling) water while baking.

MEDIUM THICK WHITE SAUCE.

2 T flour
1 1/2 T butter
1 c milk.

Melt butter until it bubbles, add flour, mixing thoroughly. Add milk, stirring constantly.

BEEF SOUFFLE

Prepare as for ham souffle, using 2 c ground beef instead of the ham. Omit the cheese.

ROYAL SCALLOP

1 c chopped ham
1 c white sauce
3/4 c buttered crumbs
4 hard cooked eggs

Chop egg whites and add them to white sauce. Grate egg yolks and add to chopped ham. Combine meat and sauce and place in a buttered baking dish. Cover with buttered crumbs and bake in a hot oven for 10 minutes.
SHEPHERD'S PIE

Mashed potatoes  Butter (mashed with potatoes)
Salt  Pepper
Roast beef gravy

Grind meat. Put beef and potatoes in layers in a buttered baking dish having potatoes at the bottom. Moisten meat layers generously with gravy. Season to taste. Have top layer potatoes. Dot over with bits of butter, and brown. This dish requires much rich gravy.

PORK CHOPS WITH FRIED APPLES

Wipe chops, sprinkle with salt and pepper, place in frying pan and cook slowly until tender and well browned on each side. Drain fat from pan as it fries out of the meat. Fry apples, cut 1/4 inch thick, in the fat remaining in the frying pan, (small amount). Arrange chops on a platter, and surround with slices of apples.

BACon

In order to slice bacon very thin, it must be cold and firm. Cut off the rind and tough lower skin, then slice very thin. Place the bacon in skillet and turn until it is brown. Drain fat from pan as fast as it fries out. Do not serve bacon that looks greasy and fat. It must be dry. The bacon slices may be put into a baking pan and cooked in the oven. Bacon should be thoroughly drained before taking to the table. It should be crisp and evenly browned.

VElNISON

Cut a very thick piece from loin—allow the bone to stick straight up. Place venison in kettle and lay over the top slices of bacon, fat pork, or fat from boiled ham. Add boiling water to cover within 2 or 3 inches of top of meat. Bake about 5 hrs. uncovered. When bacon is well crisped, cover and finish cooking.
CREAM SOUPS

CREAM OF TOMATO

\(\frac{1}{2}\) can tomatoes  
3 T butter  
2 t salt  
1 qt. milk  
4 T flour  
Few grains pepper

Scald the milk, thicken it with the flour and butter. Cook the tomatoes 10 min. or until soft. Add soda and strain. Stir the tomato slowly into the thickened milk. Serve at once. (Serves 8).

CREAM OF ASPARAGUS

1 bunch asparagus  
1 pt milk  
2 T butter  
1 t salt  
1 qt water (boil down to 1 pt)  
2 T flour  
Few grains pepper

Break off the heads and cook them with the stalks in the water. Take out the heads as soon as they are tender and either serve them on toast or put them in the tureen before turning in the soup.

CREAM OF CELERY

3 roots celery, or outside pieces of 3 stalks with leaves  
2 T butter  
1½ t salt  
1 pt hot water, or enough to cover the celery  
1 qt. milk  
\(\frac{1}{8}\) t celery salt  
\(\frac{1}{8}\) t pepper

Wash celery, cut it into short pieces, simmer it in water till soft.

CREAM OF CARROT, TURNIP, etc.

Mashed vegetable (1 to 2 c)  
1 pt milk  
2 T flour  
1 pt water the vegetable was cooked in  
2 T butter

Salt and pepper according to quantity of seasoning already added to the vegetable.

If a “left over” mashed vegetable is used, heat the milk and water together and pour them onto it. Strain and bind as usual.
BAKED BEAN SOUP

3 c cold baked beans  
3 pts water  
2 slices onion  
2 stalks celery  
Salt

2 T butter
2 T flour
(1 T chili sauce if desired)
1 1/2 c stewed and strained tomato
Pepper

Put beans, water, onion and celery in saucepan; bring to boiling point and simmer 30 min. Rub through a sieve, add tomato and chili sauce, season to taste with salt and pepper and bind with the butter and flour cooked together.

POTATO SOUP

3 large potatoes  
2 T butter  
2 T flour  
2 T salt  
2 T parsley  
2 slices onion

1 qt. milk
1/4 t pepper
Bit of bay leaf
Celery-root (if on hand)

Boil the potatoes and mash them through a strainer into a saucepan. Cook the onion in the milk. When the latter reaches the scalding point take out the onion and stir the milk into the potato. Bind with the flour and butter; season; strain into a tureen, and sprinkle with parsley.

CREAM OF ONION

3 large onions  
1-3 c butter  
1/2 c flour

2 T salt
1/4 t white pepper
1 qt. milk, stock or water

Chop or slice onions, add to hot butter and fry to a red brown. Add flour and seasonings and cook till slightly brown. Add hot liquid to make of the consistency of a thick cream. Strain, reheat and serve.

CREAM OF CORN

1 can corn  
1 pt water  
1 T chopped onion

1/4 c flour
2 T salt
1/4 t white pepper
1 qt milk

2 egg yolks.

Cook corn with water 20 minutes; cook onion in butter until a light brown, add flour and milk gradually, then add corn; strain and repeat. Beat yolk of eggs, pour soup slowly over them, mix and serve immediately.