

MENUS TO SUIT THE SLENDER PURSE

By MARJORY DALE

IN the effort to economize, to be patriotic, to help out generally in the meat conservation campaign, it must not be forgotten that meat is really essential to the well regulated diet, for the normal person. It is possible to do with very little meat, but it is not altogether

sensible to do without any.

What the wide-awake housekeeper, the up-to-the-minute cook, aims at, these days, is to excel in meat menus that combine economy and nutrition; thrift and satisfaction. The following will solve the problem for many a meal.

Beef Stew with Hominy

ONE and a half pounds neck beef, 2 teaspoonfuls sugar, 3 tablespoonfuls cut onions, 2 teaspoonfuls salt, $\frac{1}{2}$ teaspoonful pepper, 2 cupfuls of strained tomatoes, 2 tablespoonfuls flour, 4 small cupfuls boiled hominy.

Wash and wipe meat, cut into two inch pieces, boil twenty minutes with two cupfuls boiling water, add onion, sugar, salt and pepper; boil slowly two and a half hours. Add tomatoes. Boil altogether, ten minutes. Mix flour with cold water until smooth, and add to meat; boil three minutes. There should be two cupfuls gravy. Serve with border of hominy.

Veal Balls with Tomato Sauce

ONE and a half pounds neck veal, 1 cupful dry bread crumbs, 1 teaspoonful grated onion, $\frac{1}{2}$ teaspoonful of nutmeg, 2 teaspoonfuls salt, 1 teaspoonful of any table sauce, 1 teaspoonful poultry seasoning.

Put raw meat through good chopper, add breadcrumbs and seasonings. Mix well, roll into eight balls. Brown quickly in a little dripping, place on earthenware dish, cover with strained tomato sauce. Bake forty minutes. Serve in casserole.

Veal Croquettes with Tomato Sauce.

Make a forcemeat of 2 cupfuls of cooked chopped veal, 2 tablespoonfuls of bread crumbs, 1 teaspoonful salt, pinch of paprika, $\frac{1}{2}$ teaspoonful mace, 1 tablespoonful onion juice, 1 tablespoonful butter, yolks of two raw eggs. Stir in saucepan over fire till mixture is heated thoroughly. Set aside to cool. When cool make up into croquettes, dip in breadcrumbs, fry in hot fat. Serve with tomato sauce.

Meat Balls

THREE quarters of a pound lean beef, $\frac{1}{2}$ pound lean veal, $\frac{1}{2}$ cupful milk, 1 egg, $\frac{1}{2}$ cupful dried bread crumbs, 1 teaspoonful white pepper, 2 $\frac{1}{2}$ teaspoonfuls salt, 2 tablespoonfuls chopped onion, 4 tablespoonfuls butter, 2 tablespoonfuls Italian tomato paste.

Wash meat, cut into dice, put through food chopper, beat eggs, add milk and breadcrumbs and let stand till crumbs are soft. Fry onion brown in a little butter, stir into crumb mixture and then work this into the meat together with seasonings and fried onions. Form mixture into small balls, brown well in butter and add one cupful boiling water. Cover pan and let balls cook through. This will take twenty minutes. Dilute tomato paste in $\frac{1}{2}$ cupful of warm water, add to gravy. If desired thicken with a little flour.

Polpettine

TWO pounds veal steak sliced very thin, 1 tablespoonful minced parsley, 1 clove garlic minced, $\frac{1}{2}$ teaspoonful salt, few grains pepper, 1 tablespoonful butter, $\frac{1}{2}$ pound sausage meat.

Cut steak into pieces about four inches long and $1\frac{1}{2}$ inches wide. Mix together sausage, garlic, salt, pepper, and spread thin layers on veal slices. Roll slices and tie or fasten together with a skewer. Melt butter or if preferred dripping. Brown the polpettine and add enough boiling water to cover half. Place lid over frying pan and simmer for 1 to $1\frac{1}{2}$ hours. Add a little more water if necessary. For serving, untie and arrange on toast. Thicken the gravy, add salt and pepper to taste. Serve garnished with peas, spinach or mushrooms.

Lamb Curry with Rice (East Indian)

TWO pounds lamb, clear meat, 1 clove garlic, 1 large onion, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, 1 tablespoonful curry powder, 2 tablespoonfuls shredded coconut, 1 teaspoonful ground cloves, 1 teaspoonful allspice, $1\frac{1}{2}$ tablespoonfuls butter, juice of 1 small lemon.

Boil lamb in salted water till almost done, then cut into small pieces. In the meantime melt butter, add garlic and onion minced and cook slowly till onion is soft. Then add the salt, pepper, curry, coconut and spices. Add to the meat. There should be more than 2 cupfuls of broth; return the meat and curry mixture to the broth, thicken with a little flour, if necessary; let cook thirty minutes longer. Add lemon juice. Serve in a border of boiled rice.

teaspoonfuls grated onion, 1 cupful home canned peas, $\frac{1}{2}$ teaspoonful pepper.

Wash boil and drain rice, put meat on to boil in rice stock. Brush a baking dish with dripping, put in third of rice; then layer of meat, then peas, and so on till dish is filled. Have rice on top. Add seasonings to thickened stock, pour over meat. Bake in a moderate oven forty-five minutes.

Braised Short Ribs of Beef

ONE and a half pounds short ribs beef, 1 cupful cut onion, 1 tablespoonful salt, $\frac{1}{2}$ teaspoonful white pepper, $1\frac{1}{2}$ cupfuls cut carrots, $\frac{1}{2}$ cupful cut celery, $1\frac{1}{2}$ pints of potatoes, 2 tablespoonfuls flour, 1 tablespoonful caramel.

Have butcher saw ribs into 2 inch pieces. Put in double roasting pan, sear, add

Curried Veal, Rice Border

TWO pounds lean boiling veal, 2 cupfuls cut onions, 2 teaspoonfuls salt, 2 tablespoonfuls flour, 2 teaspoonfuls curry powder, 1 tablespoonful chopped celery.

Wash, wipe and cut meat in thin pieces, sear on both sides in a little dripping, then put in boiler and cover with boiling water. In pan in which meat was seared brown onions; add to meat. Add salt, boil slowly 3 hours or till tender. Mix flour and curry in a little water, add to meat with celery and boil ten minutes. Serve with boiled rice border.

Beef Olives

TWO pounds thinly cut round steak, 1 tablespoonful lemon juice, 1 tablespoonful oil, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful paprika, 2 tablespoonfuls flour.

Trim, cut steak into 3 inch squares. Brush both sides with lemon juice and olive oil. Sprinkle with salt and paprika, roll and pin each square with a toothpick. Roll in flour and set in a cold place 3 hours before baking. Put the trimmings and rolls into a shallow pan; add $\frac{1}{2}$ cupful of water, cover and put into hot oven 20 minutes. Baste, bake ten minutes longer. Serve on hot mashed potatoes. Add gravy.

Meat-Flavor Dish

ONE pound dried lima beans, $\frac{1}{2}$ pound smoked bacon, 1 teaspoonful salt, 1 teaspoonful grated onion, $\frac{1}{2}$ teaspoonful thyme, 1 egg, $\frac{1}{2}$ teaspoonful paprika.

Soak and boil the beans with bacon; drain, put through food chopper when cold, add the seasonings and the egg, well beaten. Save a little of egg to brush tops. Brush custard cups with bacon dripping and fill with mixture. Brush tops with the egg and bake for 30 minutes in a moderate oven. Turn out. Serve with tomato sauce.

Veal Spice Roll

ONE and a half pounds raw veal chopped, 3 eggs, 6 buttered crackers rolled, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, $\frac{1}{2}$ nutmeg. Mix and form in a long roll. Either bake with bits of butter on top or tie up in cloth and boil. Use cold, thinly sliced.

Turkish Lamb

STEW 1 cupful cold lamb with 1 teaspoonful minced onion in 1 cupful water till very tender, remove meat and add to the liquid enough strained tomato to make 1 pint. Season highly with salt and pepper, add little chutney sauce. Return meat, bring to boiling point. Serve on buttered squares.

Fricandilles

COLD veal, about $1\frac{1}{2}$ cupfuls chopped fine. Mix with it 2 eggs, a little grated onion, melted butter, 2 pulverized soda biscuits, pepper and salt. Form into balls. Fry in butter. Serve with gravy made of flour browned in butter, add one cupful of boiling water when thicker, juice of $\frac{1}{2}$ lemon.

Egyptian Cannelon

CHOP fine 2 pounds round steak, add and mix 2 level teaspoonfuls salt, a salt spoon of pepper, 1 cupful chopped almonds, 1 tablespoonful chopped parsley and 2 tablespoonfuls grated onion. Form in compact roll, wrap in a piece of oiled paper, place in baking pan, add a cupful of stock and a tablespoonful of butter. Bake and baste over the paper for $\frac{1}{2}$ of an hour. Remove paper and lift cannelon to centre of platter. Rub together 2 tablespoonfuls of butter and 2 of flour, put in pan with 1 pint of stock. Stir until boiling. Add level teaspoonful salt and 2 tablespoonfuls of tomato catsup, strain over roll. Garnish with toast and parsley. Cut 1 pound round steak into cubes 1 inch. Flatten them with a hard blow from a potato masher. Pare and slice three good sized potatoes and four onions. Put a layer of potatoes in the bottom of a baking dish, then a layer of meat and onions, dust lightly with salt and pepper and then another layer of potatoes, meat, etc., and season. Take the flesh of home canned tomatoes chop fine, put over top of dish, add 1 tablespoonful butter cut into pieces, and if you have it pour over $\frac{1}{2}$ cupful sour cream. Cover, stand in a pan of boiling water and cook in a slow oven 2 $\frac{1}{2}$ hours.



Beef and kidney ragout, garnished with French fried cornmeal mush

Beef and Kidney Ragout

1 beef kidney	1 tablespoon Worcestershire sauce
1 pound stew beef	1 green pepper
Salt	1 cup stoned ripe olives
Pepper	2 tablespoonfuls butter
Flour	1 cup boiling water
2 slices bacon	
1 onion	

Wash, skin and cut beef kidney into one-fourth-inch cubes and wipe beef and cut into two-inch cubes. Sprinkle with salt and pepper and dredge with flour. Cut bacon in dice, put in fireless kettle, add onion peeled and sliced and cook three minutes; then add meat, and stir and cook until well browned. Add boiling water, Worcestershire sauce and green pepper cut in strips, bring to boiling point, and cook in fireless cooker several hours, until meat is tender. Remove from cooker, add olives, and butter mixed with two tablespoonfuls of flour,

and stir until boiling point is reached. Serve garnished with rings of green pepper and French fried cornmeal mush.

French Fried Cornmeal Mush

$\frac{1}{2}$ cup cornmeal	2 tablespoons
1 teaspoon salt	grated cheese
3 cups boiling water	$\frac{1}{2}$ teaspoon paprika

Mix cornmeal and salt and add slowly to boiling water. Stir until smooth and cook in fireless cooker several hours or overnight. Add grated cheese and paprika, and spread in shallow pan three-fourths inch thick. When cold and firm, cut in strips two and one-half inches long and three-fourths inch wide; dip in sifted dried crumbs, then in egg beaten with two tablespoonfuls cold water, and again in crumbs. Fry in deep fat and drain on brown paper.

Veal en Casserole

SLICE 1 large onion, brown in hot dripping, remove the onion, put in 1 pound of stewing veal, $\frac{1}{2}$ pound lean beef cut into small pieces and brown these also. Then put both onion and meat in casserole. Add 1 teaspoonful salt, few grains pepper and 3 cupfuls boiling water, cover casserole, bring to heating point, place in moderate hot oven for $1\frac{1}{2}$ hours. Meanwhile prepare 12 small potato balls, 6 tiny white onions, $\frac{1}{2}$ dozen balls each carrots and turnips. Fry these lightly in hot deep fat and add to contents of casserole with 1 bay leaf, 1 clove, 1 chopped white pepper and 2 tablespoonfuls flour mixed to a paste in cold water. Stir until gravy is slightly thickened, cover and cook $\frac{1}{2}$ hour longer.

Beef with Horse Radish Sauce

ONE and a half pounds brisket or soup meat, 1 tablespoonful chopped onion, 1 tablespoonful salt, 2 tablespoonfuls flour, 1 tablespoonful sugar, $\frac{1}{2}$ cupful grated horse radish, 2 cupfuls chopped boiled beets.

Put meat on to boil in $1\frac{1}{2}$ quarts of boiling water, add onion and salt, and boil slowly for three hours. To 1 cupful stock add the flour, which has been mixed with cold water. Boil five minutes, add horseradish, sugar and beets. Slice meat, then pour sauce around. Serve.

Lamb Scallop with Vegetables

ONE pound stewing lamb, 1 cupful thickened stock, 2 cupfuls rice, 2 teaspoonfuls salt, 2 tablespoonfuls dripping, 2

seasonings, 2 cupfuls boiling water. Reduce heat of oven, roast $\frac{1}{2}$ hour, add carrots, celery, diced potatoes, and another cupful water. Roast 1 hour more. Serve with vegetables. To gravy add flour and caramel mixed with cold water. Boil 3 minutes. Add to meat.

Oxtail Stew

TWO oxtails, $\frac{1}{2}$ cupful flour, 2 tablespoonfuls dripping, 2 teaspoonfuls sugar, $\frac{1}{2}$ cupful cut onion, 2 cupfuls turnip, 3 tablespoonfuls chopped parsley.

After washing, dry jointed oxtail. Sprinkle with flour, fry in hot dripping. When brown put in saucepan and cover with boiling water; add seasonings; boil slowly for 2 hours; add onion and turnip, boil 30 minutes. Thicken if necessary, with 1 tablespoonful of flour dissolved in cold water. Serve piping hot, using turnips as a border.

Beef Flip

ONE pound beef chopped, $\frac{1}{2}$ pound stewing veal chopped, $\frac{1}{2}$ cupful butter, 2 cupfuls rolled crackers, 1 cupful boiling water, pepper, salt to taste. Bake in a moderate oven $1\frac{1}{2}$ hours, basting frequently.

Ham Puff

ONE cupful minced ham, 1 scant $\frac{1}{2}$ cupful flour, 1 cupful minced cooked veal, 1 cupful milk, 4 eggs, $\frac{1}{2}$ teaspoonful pepper. Dissolve flour in milk, bring to boil, add ham, veal and pepper. Separate eggs, beat yolks thoroughly, whites stiff and dry, add yolks to mixture, fold in whites. Put in buttered baking dish, set in pan of hot water, let puff rise to top of dish. This takes $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Remove from water and brown.