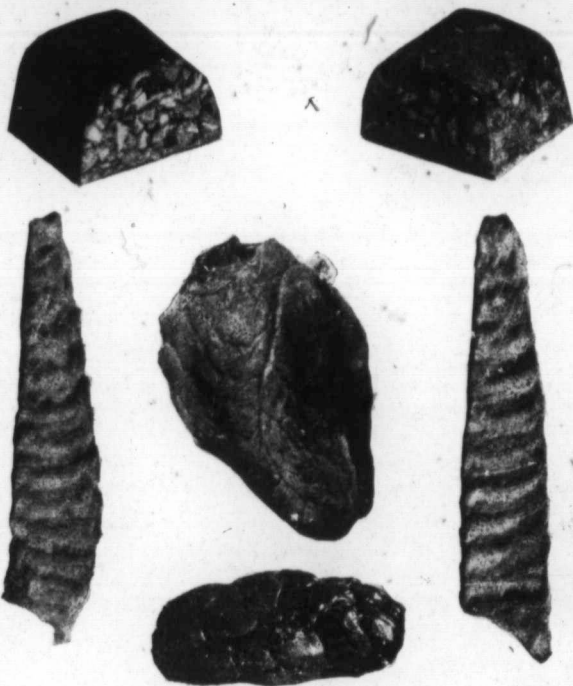


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# FANCY MEATS

in  
*Newest Dishes*



WITH THE COMPLIMENTS OF  
THE CANADA FOOD BOARD  
OTTAWA

# FANCY MEATS

IN NEWEST  
DISHES

1881

1999

## FANCY MEATS IN NEWEST DISHES

While not strictly comparative, the two tables given below furnish striking evidence of the high food value to be derived at low cost from the minor portions of meat, as compared with prime parts.

	670 calories per lb.
Lean beef.....	670
Side of beef.....	1,180
Mutton.....	1,260
Pork.....	1,435
Veal.....	640
Ham (cured).....	1,735
Ox-heart.....	1,206
Fresh ox tongues.....	1,122
Sheep heart.....	873
Sheep liver.....	911
Sweetbreads.....	847
Smoked and salted ox-tongues.....	1,859

“**C**OOKERY means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality.”

There was no thought of world-wide war or its after effects in Ruskin's mind when he wrote those words. But to-day they come home with peculiar force to women who are face to face with food problems outside the range of all their experience and with responsibility on their hands for the revolution of the eating habits of nations.



There has been nothing sudden or dramatic about the dietetic changes that have taken place in Canada since war broke out. They have been gradual, almost imperceptible. The groundwork of food control has been the saving of meat, wheat, sugar and fats. Continual hammering at the necessity for such economy has had more than ephemeral results. The war-time conservation habits adopted by us to meet emergencies will be the normal procedure of to-morrow. If we look at it in another light, it is evident that we are reverting inevitably from the extravagant habits of recent years to the thrifty ways of our grandmothers.

#### FANCY AND MISCELLANEOUS MEATS

In the change that is coming about, a fuller realization of all our resources is noticeable, and in this connection the list of meats we commonly buy is being rapidly extended to include all kinds of fancy and miscellaneous meats, or by-products and sundries, as they are sometimes called.

These portions have long been popular in Europe, where soup and stew-making is a fine art, and in the United States they have enjoyed a good market, although in Canada they have been neglected to such an extent that fully 75 per cent went to the grease tank to be rendered down or else was exported to other countries.

In the days when cattle, sheep and hogs were killed and dressed at home, the housewife was in the habit of getting the last half ounce of food value from the carcasses. But gradually the abattoirs took over this work, and as high-priced roasts, steaks and chops began to get firm grip on the market, people were apt to forget that pigs and cows still had feet, legs, livers, backbones, tails and tongues. Although these portions were all available, the demand for them fell off.

Ox tails are counted a delicacy in Europe. Yet in a Canadian city with a population of over 100,000, no less than 500 pounds of ox tails are either rendered down each week or exported to the United States where they find a ready market. They could be bought for 15 cents a pound if women were to ask their butchers for them.

It is the same with backbones and neckbones, which sell at 10 cents a pound, or with any of the other varieties of fancy meats.

#### THE FIRELESS COOKER

With the great need for economy in fuel the fireless cooker is an important factor in the preparation of meats and especially is this true in the case of the cuts that require long, slow cooking. A simple cooker may be made at home that is as useful, in the final analysis, as the more elaborate and costly specimens on the market. A box lined with fine hay, feathers, ground cork, sawdust, excelsior or crumpled paper answers the purpose quite well.

A combination gas stove and fireless cooker is one of the latest conveniences. The oven is arranged as a fireless cooker. The food is put in and the gas is lighted. Then, when a certain temperature is reached, the gas is turned off and the oven is closed tightly, thus becoming an effective fireless cooker.

The juices are retained in meat and the flavor is improved if prepared in a fireless cooker. It is a lengthy process but it saves fuel and is ideal for the woman who has to leave home during the day. An entire dinner can be put in the cooker in the morning and it will look after itself without any further attention until the time arrives to serve it.

After meats have been in the cooker long enough to allow the temperature to drop to the level of blood heat, they must be removed immediately and cooled quickly or else reheated. Otherwise decomposition sets in rapidly at this temperature, and if the meat is used later, it is liable to cause serious trouble.

#### PERSONAL MARKETING

The telephone and delivery system should be eschewed as far as possible by the careful housekeeper. Undoubtedly it is the popular *modus operandi* to-day, although it adds considerably to the cost of living and reduces the amount of satisfaction experienced by the buyer.

Every woman should endeavor to buy her meat at first hand; to see what she is getting before she gives her order and to take it home with her in the cash-and-carry way. Few women would dream of ordering blouses, gloves or shoes over the telephone, yet any one of them is ready to order a roast or steak in this long-distance fashion.

Satisfactory marketing can be done only in person. Food advertisements should be closely followed and encouraged. Reliable dealers who are up to the minute in food conservation topics, and who take care to display their license numbers on all occasions, should be regularly patronized. The local market is invariably worth encouraging.

Careful planning before setting out to buy meat often prevents waste. The "creaking board" of Dickens' time is bad form now. The wise woman sees to it that she has no more than enough. Where there are unavoidable left-overs she knows how to use them to advantage.

Meat must be taken out of its proper wrapping as soon as it is brought into the kitchen. This should be followed by careful weighing and trimming. Then it is wiped with a damp cloth, or else the surface is scraped with a knife. Finally it is put away in a cool place until ready for use. It should not be placed on ice.

#### THE COOKING OF MEAT

The finest piece of meat may easily be ruined by improper cooking. On the other hand, a tough and unpromising portion may be rendered tender and delicious by judicious handling. A much higher temperature is needed for the preparation of tender than of tough pieces of meat. If the juices are to be retained, strong heat should be applied by broiling over a flame; by cooking in the oven; by contact with hot fat or by immersion in boiling water.

To make soup, broth or stew, however, an entirely different mode of procedure is necessary, and slow cooking must be the order of the day. The meat should be put in cold water until the liquid becomes red. Then it should

be cooked slowly until all the juices are drawn out. Rapid cooking is apt to bring about a combination of tough meat and poor soup.

There is a popular supposition that the cheaper cuts use so much fuel that in the end they cost as much as the more expensive portions which can be cooked rapidly. This is not the case if the heat is properly regulated. Ten minutes' broiling of chops at a high temperature costs more than four hours' simmering of tougher cuts. Nor is the shrinkage any more pronounced in long than in short cooking, provided it is done in the proper way. The regulation of heat is the most important part of the process.



NECK RIBS OF PORK, PORK HEARTS, BEEF TONGUE

#### SELECTION OF MEAT

There is a tendency on the part of the shopper to buy meat haphazard, choosing that which seems easiest to cook and to which she is most accustomed. But the prudent housekeeper buys with discrimination, counting the ultimate cost and bearing in mind the nature of the various cuts of meat.

Meat varies little in food value when we eliminate fat. The loins and ribs of cattle, which form about one-fourth of the weight of the animal, represent nearly

one-half the retail cost. The rational way to even prices is to utilize every portion of the meat animal. At present by far the greatest demand is for centre cuts. The lower priced parts are neglected. The result is that the general rate for the prime cuts is high.

In selecting meat it is always advisable to look for the Government inspection stamp, as this is specific assurance that the cut is from healthy stock. It should be borne in mind when buying meat that it ought to be heavy for its bulk and both solid and firm. The bones of young animals are spongy, while those of mature stock are solid. Creamy, waxy fat is better than the yellow variety. Lean meat supplies muscular tissue but fat is necessary for health and energy.

#### FACTS ABOUT BY-PRODUCTS

It is astonishing how much a family meat bill may be reduced by the judicious use of these by-products. At the same time, there is the satisfactory realization that domestic pressure is being lessened on the heavier varieties of meat needed overseas.

**Liver** ranks as the favorite among fancy meats. It can be cooked in any number of ways and is as wholesome and nourishing as steak. It is very tender and requires little cooking. Fried with onions, it is a dish that none need scorn.

**Kidneys** have the distinct peculiarity of requiring to be cooked either for a very few minutes or else for a lengthy period. There can be no intermediate stage in preparing them for the table.

A **heart** is better if cooked slowly for several hours, or else it may be sliced and sautéed like liver. **Tripe** needs comparatively little cooking and is easy to digest. It should be cut in small pieces and fried or stewed. **Ox tails** make a good meal because they are rich in flavor. They are best when used in soup or in a casserole dish. An ox tail and one pound of fresh sparerib of pork will provide meat flavor for a meal for six people. The sparerib is delicious if cooked with cabbage or greens. **Sweet-**

bread is the highest priced of the fancy meats, although they can sometimes be obtained at a very reasonable price in rural districts. They need to be parboiled and freed from membrane. Then they can be cooked in a great variety of ways. They are counted among the dainties for invalid fare.

#### BY-PRODUCTS ON RETAIL MARKET

There is protection for the housewife against the prices of the minor portions of meat going up, in the appointment of fair price list committees. It is for each municipality to see that meat by-products are popularized and that the prices are kept to a satisfactory scale.

Packers are co-operating heartily with the Canada Food Board in bringing before the people the necessity for the purchase of these by-products and the advantages to be derived from their common use. They are attractively done up in boxes and pails and can be very generally secured on the retail market now. Following is a list of the different varieties obtainable:

Beef Brains	Pork Tripe
Sheep Brains	Beef Sweetbreads
Pork Brains	Calf Sweetbreads
Lamb Fries	Pork Tails
Beef Fries	Ox Tails
Calf Feet	Pork Ears
Pork Feet	Beef Hanging Tenders
Calf Heads	Beef Hearts
Lamb Heads	Pork Hearts
Pork Heads	Sheep Hearts
Calf Livers	Pork Jowls
Veal Livers	Pork Kidneys
Beef Livers	Pork Snouts
Pork Livers	Pork Lips
Lamb Livers	Pork Tongues
Calf Plucks	Lamb Tongues
Pork Plucks	Beef Tongues
Sheep Plucks	Calf Tongues
Beef Tripe	

**BRAINS****CALF'S BRAINS**

Place in cold salted water for thirty minutes, then peel off all membranes and parboil in salted water fifteen minutes. Remove from the boiling salt water and plunge them into cold water. As soon as chilled, place on ice until ready to prepare for a meal. They may be sautéd, scrambled, or baked by the following methods:

**CALF'S BRAINS WITH BROWN BUTTER**

Clean, blanch and prepare three calf's brains. Put them in a stew pan and cover with hot water, adding a half teaspoon of salt, one half cup vinegar, 1 carrot, a sprig of thyme, a bay leaf and 12 pepper corns or small whole black peppers. Boil all five minutes, then drain well and cut each brain into halves. Arrange on a dish and serve with brown butter.

**BAKED CALF'S BRAINS**

Slip narrow strips of salt pork into the folds of two pairs of brains, sprinkle with salt and pepper and dredge with flour. Bake 30 minutes in a hot oven and serve with green peas and white sauce.

**BEEF, PORK AND SHEEP BRAINS**

Soak for one hour in cold salted water. Remove from this and simmer for twenty minutes in salt water to cover, with one tablespoon lemon juice, a bay leaf and a small onion. Remove the brains from the boiling water and place them in cold water. When they are chilled remove the skin and fibres and cook in any way desired. They may be creamed, scrambled, baked or sautéd, according to the same recipes for calf's brains.

**CREAMED CALF BRAINS**

2 calf brains	1 cup milk,
2 tablespoons fat	1 teaspoon salt
2 tablespoons flour	



Place the brains in cold, salt water and let stand for twenty minutes. Then drain and cover with boiling water and boil twelve to fifteen minutes. Drain and remove all the fibre and skin. Break with a fork into pieces and cover with cream sauce flavored with onion.

#### SAUTED BRAINS

Cut up into pieces about an inch and a half long, dip in egg and in bread crumbs and fry in a little fat.

#### SCRAMBLED CALF'S BRAINS

Chop in small pieces and stir lightly into well-seasoned beaten egg. Pour into a greased hot pan and stir until the eggs are soft set.

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### FEET

#### PIG'S FEET

Pig's feet are used extensively in hotels, restaurants and in the home. Fresh feet are boiled, baked or fried. Pickled feet are boiled, cooked, spiced and served cold or else they are boiled and the bones removed. "Boneless Pig's Feet" is considered quite a delicacy.

To prepare them for cooking, scald the feet well. Scrape and clean all the skin and remove the horny part of the hoof. Cover with water and cook slowly until nearly done. Then add salt and cook until the flesh will readily drop from the bone. Remove from the fire, test for seasoning, add more if desired, and carefully take out all the bones, saving them for the soup pot. Put into a mould and serve cold sliced. The bones can be used in the making of bean or pea soup. They impart an excellent flavor.

#### BROILED FRESH PIG'S FEET

Boil the feet in salt water and spices until well done. After being thoroughly cooked allow them to cool. The feet are then split, rolled in melted butter and cracker meal, laid out in flat buttered pans and browned quickly in broiler or oven. Serve with mustard or piquant sauce.



### FRIED PIG'S FEET

Split the feet and sprinkle them with salt and pepper. Roll them in crumbs and egg and fry in deep fat. Drain and serve with lemon cut in quarters.

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### FRIES

Remove the skin from lamb or beef fries, lay in fresh water for two hours and then parboil. Roll in crumbs or meal. Fry in fat and serve hot.

### CURRY OF LAMB OR BEEF FRIES

Parboil fries and remove the skin. Boil until tender with a few spices. Then make a curry sauce, adding the curry powder last. Serve with rice.

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### HEADS

#### CALF HEADS

Calf heads are considered quite a delicacy and can be served in a number of inviting ways. Only white heads are saved for the butcher trade. Heads contain the tongue, brain, ear, lip, and lean cheek meat.

The plants at which heads are saved are provided with special equipment for scalding and cleaning and they turn out an excellent product. They are used in the preparation of mock turtle soup by soup manufacturers, in hotels and in private households. They are also served vinaigrette style and à la poulette.

#### RECIPE

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 calf's head                       | $\frac{1}{2}$ teaspoon peppercorns |
| 6 cloves (ends pinched out)         | 1 small onion sliced               |
| 1 small carrot (diced)              | $2\frac{1}{2}$ cups brown stock    |
| 2 hard boiled eggs                  | $\frac{1}{4}$ cup fat              |
| $\frac{1}{2}$ cup flour substitute  | Juice of $\frac{1}{2}$ lemon       |
| 1 cup stewed and strained tomatoes. |                                    |

Wash and clean the calf's head. Soak from one to two hours in cold water to cover. Cook until tender in three and a half quarts salted boiling water, to which the seasonings and vegetables have been added. Remove the head. Boil the stock until reduced to one quart. Strain and cool. Melt and brown the butter. Add flour substitute and stir until well browned. Then pour slowly over the brown meat, cut in dice, and add the lemon juice; also egg balls made from yolks of eggs. Heat and serve at once.

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## HEARTS

### CALF'S HEART

Wash the heart, remove the veins, arteries and clotted blood. Stuff with bread crumbs or cold rice dressing highly seasoned with pepper and sage. Fasten securely, dredge with flour and brown in a little fat in a frying pan. Place in a small, deep-covered baking pan, with some water in the pan. Cover very closely and bake two hours. Make a gravy with the liquor that is left in the pan.

### STEWED HEART WITH RICE OR POTATO BORDER

2 calf, lamb or pork hearts	2 tablespoons fat
2 tablespoons chopped onion	1 tablespoon caramel
2 tablespoons chopped carrot	1 tablespoon vinegar
or celery	1 teaspoon salt
2 tablespoons flour	

Clean the heart as for baking. Then cut it into small dice and cover for fifteen minutes with cold water; drain and cover with boiling water; add the onion and carrot and boil slowly for three hours or cook in a fireless cooker three hours. Add the salt, pepper, flour and melted fat and boil for five minutes. Then add the caramel and vinegar.

Arrange mashed potato or boiled rice around a platter and put the stewed heart in the centre. Serve very hot.

## STUFFED BEEF HEART

1 beef heart	$\frac{1}{2}$ cup hot water
2 cups fine bread crumbs	Salt and pepper to taste
1 chopped onion	3 medium sized carrots
3 medium sized onions	

Wash heart thoroughly, inside and out. Remove the veins and arteries. Make a stuffing of the bread crumbs, chopped onion, hot water, and season it with salt and pepper. Stuff the heart, and sew up the opening. Sprinkle the heart with salt and pepper, brown in fat drippings, and then cover with water and let simmer for about three hours. When almost done, add onions and carrots, cut into slices, and cook until the vegetables are tender. Remove the heart from the gravy, dredge with flour, and brown in the oven. Thicken the gravy in which the heart has been cooked.

## STUFFED HEART WITH VEGETABLES

Wash and clean hearts, stuff, skewer into shape, season with salt and pepper, dredge with flour, and sauté in fat, adding to fat 1 stalk celery, 1 tablespoon onion chopped, 2 sprigs parsley, 4 slices carrots cut in pieces, 2 slices turnips, a bit of bay leaf, 2 cloves,  $\frac{1}{4}$  teaspoon pepper corns. Turn hearts occasionally till well browned, then add  $1\frac{1}{2}$  cups stock, cover all and cook slowly  $\frac{1}{2}$  hour. Serve with carrots and turnips cut in strips.

## KIDNEYS

## CURRIED MUTTON KIDNEYS

Skin and mince a dozen mutton kidneys and fry in a little fat until well done. Make a curry sauce of a half cup of rich gravy to which has been added a tablespoon of butter and curry as desired. Boil this sauce well. Pour over the cooked kidneys and decorate with rings of onion fried to a light brown. Serve with potato croquettes.

## DEVILLED KIDNEYS

Remove the skins from as many kidneys as may be desired, parboil them in a small quantity of water, cut down the centre and dip in a little melted sweet fat. Sprinkle over with salt and pepper and a little cayenne if wished. Serve with a very little added fat mixed with parsley, pepper and salt.

## FRIED BEEF KIDNEYS

Cut into slices and soak in warm water for two and one-half hours, changing the water once or twice to thoroughly cleanse them. Take the slices out, dry them and dust in flour or flour substitute, with salt and pepper added. Fry to a light brown in a frying pan and place around the edge of a hot platter. To 1 cup of gravy add 1 tablespoon piquant sauce and 1 teaspoon of moist sugar or syrup. Pour this in the centre of the platter and serve hot.

## KIDNEY STEW

1 lb. kidney pork	2 cups water
1 carrot	2 tablespoons flour
$\frac{1}{2}$ medium-sized onion	2 tablespoons drippings

Scrape and slice carrot, peel and slice onion, and cook together in two cups of water until tender. Soak kidneys for one hour in lukewarm water. Drain, clean and dry. Dredge with flour, slice, and brown in frying pan with drippings. Remove kidneys from frying pan, add flour to the fat and brown. Add to this the two cups of water in which the carrots and onion were cooked. Boil until thickened. Add kidneys, onion and carrots. Season with salt and pepper, cook for three minutes and serve.

## LAMB'S KIDNEYS

Soak, pare, trim, and slice the kidneys. Sprinkle them with salt and pepper, fry them in a little fat and remove to a hot dish. Add to the fat in the pan one-half tablespoon finely chopped onion and fry brown. To this add three level tablespoons of flour or the equivalent in substitute flour and pour slowly over this one and

one-half cups of hot stock. Season all with salt and pepper, and strain. Add the kidneys and a little Worcestershire Sauce. Serve hot.

#### STEWED BEEF KIDNEYS

Stew some beef kidneys in a little salted water until done, put them on a hot platter and sprinkle them with salt and pepper. To the liquor in which they were stewed add sufficient flour to thicken to the required consistency, 1 tablespoon to a cup, and a little caramel or burnt sugar to color it. Pour this gravy over the kidneys and serve hot.

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### LIVER

#### BRAISED LIVER

Take a calf's liver and skewer into shape. Place a small piece of fat pork or bacon on the top of it and around it. In the covered baker place one-fourth cup each of diced carrot, onion and celery. Add one-fourth teaspoon of peppercorns, two cloves, a bit of bay leaf and two cups of water or of brown stock. Cover closely and bake slowly for two hours, removing the cover during the last twenty minutes. Make a brown sauce, using the liquid, and pour it around the liver on serving.

#### BROILED CALF'S LIVER AND BACON

Slice and trim calf's liver and season with salt, pepper and a tablespoon of vegetable oil. Mix all well and broil, turning often until done. Serve on a hot platter with thin slices of bacon fried very crisp.

#### BROILED LIVER

Cut liver into half-inch slices. Cover these with boiling water and allow to stand for five minutes to draw out the blood. Then drain, wipe and remove the thin outside skin and the veins. Sprinkle with salt and

pepper. Place in a greased broiler and broil five minutes, turning often. Remove to a hot platter, add any additional seasoning desired, such as a little more salt and pepper, and a bit of fat. Serve very hot.

#### CURRIED LIVER

Put a small quantity of fat in a frying pan, slice into this a small onion and fry to a light brown. Then add thin pieces of liver, and fry, adding more fat if necessary. Mix 1 tablespoon of curry powder with 2 tablespoons of flour or with 1 tablespoon of potato flour. Add seasonings of salt, pepper and a little cayenne. Add this slowly to the fried liver and onion and stir for two or three minutes. Then add sufficient stock—about 1 cup—to make a sauce and boil all till the sauce is cooked. Turn into a hot dish and serve.

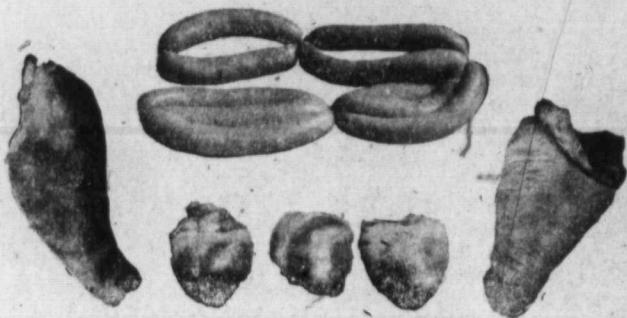
#### FRIED CALF'S LIVER

Cut calf's liver into thin slices, and sprinkle over each a little salt and some mixed spices. Dredge with flour and dip in beaten egg. Place some fat in a frying pan and when very hot put the slices of liver in and fry them until they are well browned. Sprinkle over the slices some salt, arrange on a hot platter, garnish with slices of lemon and serve.

#### LIVER KEDGEREE

½ lb. calf's liver	Seasoning to taste
1 small onion	4 tablespoons rice
2 tablespoons butter substitute	

Put the rice into a saucepan containing plenty of salted boiling water and boil for 20 minutes, or until soft. Drain and keep hot. Wash the liver and cut in half-inch cubes. Chop the onion finely. Melt the fat in a saucepan and when very hot fry the liver in it and then the onion. Season well and mix in the cooked rice. Heat until the whole is piping hot and serve immediately.



SAUSAGE. PORK SHANKS. LAMBS' HEARTS

## LIVER AND ONIONS

**Onions:**

Slice and boil in slightly salted water until done the desired amount of onions. Drain.

**Liver:**

Scald slices of liver in boiling water, drain and dry. Put on a plate 2 tablespoons of flour with salt and pepper. Dredge the liver in the flour and fry till done in a pan with any sweet fat. When the liver is thoroughly cooked, remove it to a hot platter, leaving space in the centre for the onions. After taking the liver from the pan add, if necessary, a little more fat, and turn in the onions. When they are thoroughly heated, season with salt and pepper and turn out on the centre of the platter on which the liver is placed. Serve hot.

## LIVER PIE

1½ lbs. beef's liver	1 egg
3 tablespoons fat	1 tablespoon chopped onion
½ cup bread crumbs	½ cup stock
Nutmeg, salt and pepper	2 cups potato, mashed



Wash and dry liver and cut fine. Melt the fat and add the onion. When lightly browned, add liver and seasonings and cook until liver changes color. Allow to cool. Soften bread crumbs in hot stock and cool. Combine mixtures, add the beaten egg, place in baking-dish or casserole and cover with a potato top. Cook in a moderate oven until liver is tender and potato browned.

#### LIVER WITH PARSLEY SAUCE

Cook liver or giblets of fowl. Chop fine and serve with parsley sauce on potato biscuit.

#### LIVER BAKED

Wash and thoroughly dry liver and cut in slices of uniform thickness. Roll in flour, fine oatmeal or fine bread crumbs. Place in a baking pan with dripping and cook till tender in a moderate oven. Five minutes before serving cover with Chili sauce or tomato sauce. Serve with baked potatoes. Kidneys may be served in the same way, only before rolling in flour, parboil in salted water, drain, cool and remove all tubular parts.

#### MINCED CALF'S LIVER

Chop fine  $1\frac{1}{2}$  pounds liver, one small onion and a small quantity of fat bacon. Fry the bacon and onion for about five minutes. Add to this the minced liver, salt, pepper and any other desired seasoning, and stir all over the fire for ten or twelve minutes. Turn this out and when cool add two or three well-beaten eggs. Put in a covered, well-greased mould and steam for an hour. Serve cold.

#### SAUTED LIVER

Use the same method of preparation as for broiled liver and fry in a sauce pan in a little fat, taking care not to brown or to fry too hard.



## LIPS, EARS AND TAILS

### PORK LIPS

Place lips in cold water for 30 minutes. Boil with spices until done. Allow to cool, roll in melted butter and cracker meal; lay out flat on buttered pans; place in oven or broiler and brown quickly. Serve with sweet relish or piquant sauce, two lips to a portion.

### PORK EARS

Pork ears are used in the household boiled with cabbage, greens and sauerkraut. In the larger cities in the East they are used extensively fried or made into sandwiches. They can be used in soups and in making soup stocks.

### PORK TAILS

Pork tails are very popular in most parts of Canada, the demand generally exceeding the supply. They are boiled with sauerkraut and cabbage and are also used largely in sandwiches.

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### MELTS

Beef, pork and sheep melts are similar in color and general appearance to liver. In some parts of Canada, pork melts are used in exactly the same way as liver. They can be stuffed, baked, broiled, fried, sautéed or made into stews.

### BEEF MELTS STEW

Make this the same as beef stew with carrots, onions, turnips and green peas, but cut the vegetables much smaller, as it does not take as long to cook melts as ordinary stewing beef.

## BROILED BEEF MELTS

Wash and skin the melts. Cut them in pieces the size of round or sirloin steak. Broil slowly for half an hour. When done serve with drawn butter sauce.

## FRIED PORK MELTS AND BACON

Wash and skin the melts. Cut in thin, slanting slices and dip in flour. Fry the same as liver, but for a longer period. Serve with broiled bacon or salt pork.

## BEEF MELTS—SAUTED

Wash and dry the melts thoroughly. Remove outside skin. Cut in one-inch squares and fry in hot drippings until brown. Put in stew-pan and cover with stock or water. Season to taste. When tender, thicken with corn starch.

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 OX TAILS

## OX TAIL SOUP

1 ox tail cut into small pieces	1 tablespoon salt
1 cup onion cut fine	$\frac{1}{2}$ teaspoon white pepper
$\frac{1}{2}$ cup diced carrot	1 teaspoon parsley or
$\frac{1}{2}$ cup diced potato	celery top
$\frac{1}{2}$ cup parsley	1 tablespoon caramel

Put on to cook in two quarts of cold water. Add the barley and boil two hours. Add the vegetables, all but the potato, and the salt and pepper. Boil thirty minutes. Add the potatoes and cook twenty-five minutes more. Add the parsley or celery tops for the last ten minutes. Serve with the pieces of ox tail.

## OX TAIL WITH VEGETABLES

Cut in joints. Soak for ten minutes. Remove from the cold water. Cover with boiling water and boil or simmer until tender. One-half hour before the meat is

done, cut into cubes a quantity of celery and turnip and cut some onion into slices. Place these on the bottom of a roasting pan. Put over them the pieces of ox tails. Season with salt and pepper and pour over this the stock in which the meat was cooked. Cover closely and cook till done.

## SWEETBREADS

To prepare sweetbreads place them in cold water for several hours, changing the water often. Then parboil them about ten minutes or until firm. Drain, remove the windpipe and fatty parts and wipe them on a cloth. Afterwards lay them under a light weight. They can then be cooked in any desired way, such as sautéed, broiled, fried, creamed, in croquettes, cutlets or braised in casserole.

### BAKED LAMB'S SWEETBREADS

Make up as for croquettes and bake in the oven. Serve with a good brown gravy.

### CREAMED SWEETBREADS

Parboil the sweetbreads as outlined in the instructions. Cut them into cubes and reheat in a well-seasoned white sauce. These may be served in timbale cases, on rosettes or in patty cases.

### SWEETBREAD CUTLETS

Use the parboiled sweetbreads. Cut them into slices and shape into cutlets. Dip into egg and then into seasoned crumbs and fry. It is not necessary to use deep fat frying. Place in the pan in a hot oven and turn if necessary. Arrange these cutlets on a hot platter and serve with green vegetable such as asparagus.

## SWEETBREADS SAUTED

Cut parboiled sweetbreads in slices, sauté them in fat and serve with peas. The peas should be as dry as possible and seasoned with salt, pepper and a little butter substitute.

## BRAISED TONGUE

1 beef tongue	$\frac{1}{2}$ cup celery, diced
$\frac{1}{2}$ cup carrots, diced	1 sprig parsley
$\frac{1}{2}$ cup onion, diced	$\frac{1}{2}$ cup peas

Cook tongue slowly in water for two hours. Take out and remove skin. Place in baking dish with vegetables. Add four cups of sauce. Cover closely and bake two hours, turning after first hour. If canned peas are used, do not add at first with uncooked vegetables.

## TONGUE

Place a fresh tongue in a kettle, cover with boiling water and cook slowly two hours. Drain, saving the water. Then skin and trim the tongue and place it in a deep pan. Surround with  $\frac{1}{2}$  cup each carrots, onion and celery. Make a sauce of 4 tablespoons of fat, 4 tablespoons flour and 4 cups of water. Brown the fat and flour, and add the water. Season. Pour over the tongue and vegetables. Cover closely and bake two hours.

## TRIPE

## TRIPE IN BATTER

Cut the tripe in strips. Place in a skillet. Cover with boiling water and simmer 20 minutes. Drain, wipe the tripe dry, sprinkle with salt and pepper. Brush with melted fat, dip in batter and fry in deep fat. Serve while piping hot.

A good batter can be made from one cup flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt and a dash of black pepper. Add  $\frac{1}{2}$  of a cup of milk and 1 well-beaten egg.

## BROILED TRIPE

Fresh tripe is usually preferred for broiling. Wipe it dry, dip it in fine cracker or bread crumbs. Then dip in melted fat and again in the crumbs. Broil on a greased broiler. Cook the tripe smooth side down for three minutes. Then turn, cooking the rough side for two minutes. Place on a hot platter. Dot with butter. Sprinkle with salt and pepper and serve while hot.

## TRIPE A LA CREOLE

Either fresh or vinegar pickled tripe can be prepared à la Creole. Cut the tripe in small pieces or strips. Place in a saucepan and cover with cold salted water. Boil gently until the tripe is tender. Then add an onion, part of a can of tomatoes, and cook slowly for an additional 20 minutes. Season to taste. Thicken gravy with flour and add a small piece of butter or substitute. Small bits of a green pepper may also be added if desired.

## MISCELLANEOUS

## BEEF BRISKET BOILED AND BROWNED

If the brisket has a large amount of bone, some of it may be removed to use for soup stock or else to furnish gravy to be used with the warmed-over meat for a second service. Cook the solid part of the meat until tender. Add a little celery and salt. Turn it once during the cooking, which will take from four to six hours and should be done in a fireless cooker if possible. Remove meat from the liquor and place it in a shallow pan with the skin side up. Put boiled potatoes around the meat and brown all in a hot oven for about 20 minutes. Make a gravy with the remaining liquor and serve it separately.

## SHEPHERD'S PIE

$\frac{1}{2}$ cup cold meat	3 tablespoons drippings
1 cup or more mashed potato	3 tablespoons flour
Salt	1 pint liquid—water or
Pepper	stock
Few drops onion juice	

Cut meat in small pieces and season. Melt fat and add flour. Then add the liquid gradually, stirring constantly until it boils. Gravy can be used and the flour omitted. Add meat and pour in baking dish or casserole. Cover with mashed potato and brown in oven.

#### BROWN STEW OF BEEF

Cut stewing meat into inch cubes, rejecting fat, skin, bone and gristle. Try out the fat and use the bone, skin and gristle for soup making. Put some fat in a sauce pan and in it brown an onion chopped fine. Roll the meat in 2 tablespoons of flour, and brown it in the fat, adding the rest of the flour, salt and pepper. When the meat is browned on all sides, add 1 pint of boiling water and simmer or cook in a fireless cooker until done. It will take nearly three hours in a fireless cooker or a little over an hour on the top of the stove. Meat for this can be skin, neck, flank, or any part suitable for stew.

#### SPANISH HASH

1 cup rice, uncooked	Pepper
1 quart uncooked tomatoes	Paprika
$\frac{1}{2}$ to 1 pound Hamburg steak or left-over meat	Green peppers, if de- sired
3 teaspoons salt	1 or more onions finely chopped

Add 1 cup washed rice to 1 quart of tomatoes. Add the salt, pepper, paprika, diced green peppers, onion and meat, which has been browned in a small amount of fat. Bake the hash in a covered dish in a moderate oven until the rice is tender. This takes about 2 $\frac{1}{2}$  hours. To prepare this dish in a shorter time, parboiled rice, browned meat, diced green peppers and seasoning may be added to the tomatoes and cooked on the top of the stove. This makes a large amount. The hash is delicious reheated in a double boiler.

#### GOULASH

1 lb. beef, shoulder, neck or chuck	1 $\frac{1}{2}$ tablespoons fat
1 tablespoon chopped onion	1 $\frac{1}{2}$ tablespoons flour
2 cups Water	$\frac{1}{2}$ teaspoon salt

Wash beef and cut into  $1\frac{1}{2}$  inch cubes. Brown these in a frying pan with chopped onion. Add two cups water, rinsing out frying pan, and putting meat and liquid into kettle. Cook for three hours or until the meat is tender. Add salt, and thicken gravy with flour and fat cooked together.

#### SCRAPPLE

7 cups water

3 teaspoons salt

$2\frac{1}{2}$  cups cornmeal

2 cups chopped meat

Make a mush of cornmeal. Add meat and cook two to three hours in a double boiler or fireless cooker. Put in a mold to cool. Slice and sauté in hot fat. Cracklings from fat rendering may be used in place of meat.



TOP LINE.—ROLLED SPARE RIBS, PORK LIVER, ROLLED SPARE RIBS

BOTTOM LINE.—THREE PORK KIDNEYS

#### IRISH STEW

1 lb. neck pieces of mutton

2 onions

12 potatoes

6 cups boiling water

Salt and pepper

Wash and cut meat into small pieces. Wash, peel and slice potatoes and onions. Arrange in layers with seasoning in a saucepan. Pour on water and simmer  $1\frac{1}{2}$  hours. Serve on a hot platter.

#### QUICK MEAT LOAF

Take three-quarters of a pound of some solid kind of meat and run it through the meat grinder twice. Do not



remove the fat that is on the meat. Soften enough bread in milk to make three-quarters of a cup when well drained. Add a beaten egg to the bread and seasoning of salt and pepper. Add lemon juice, nutmeg and onion juice. Add this mixture to the meat and sprinkle it with flour substitute. Melt two tablespoons of butter substitute in a frying pan. Put in a sliced onion. Cover and cook slowly until the onion is a light brown. Remove the onion and put the meat loaf in the pan, floured side up. Cover and cook for ten minutes. Turn and cook for another five minutes. Lift the meat loaf on to a platter. Put the cooked onion on top and pour over the juice remaining in the pan. The meat loaf can be served either hot or cold.

#### MEAT LOAF

1 cup raw minced meat	$\frac{1}{2}$ cup bean-pulp (beans
$\frac{1}{2}$ chopped onion	soaked, cooked till
Spray of parsley	tender, then
Pepper and salt	rubbed through a
	sieve.)

Mix all the ingredients; pack into a square bread-pan, which has been previously greased and a few bread-crumbs sprinkled in the bottom. Bake in a moderate oven about 1 hour. Turn out on a hot platter; garnish with parsley. Serve with tomato sauce.

#### MEAT AND OATMEAL LOAF

2 lbs. meat	Pinch of celery and salt
1 tablespoon salt	1 tablespoon onion juice
1 cup oatmeal	Paprika

Use a piece of meat, from the upper part of the shank. This is good on account of the marrow. Cover the meat and bone with boiling water and cook till tender. Cook and chop the meat fine. Take 4 cups of the stock. Add salt, and when boiling, add the oatmeal. Cook thoroughly and have quite thick. Add the meat and seasonings and turn into a small bread-pan. Bake and serve as a loaf with tomato sauce—or cool, cut in slices, roll in cornmeal and fry brown in hot fat.



## MEAT PIE

Cut remnants of cooked meat in 1 inch cubes. Cover with boiling water, add  $\frac{1}{2}$  onion and cook slowly 1 hour. Remove onion and thicken gravy with flour mixed with cold water; season with salt and pepper; add 2 potatoes and 2 carrots cut in slices. Place in a greased pudding dish, cover with a baking-powder biscuit mixture made with part cornmeal, oatmeal or mashed potatoes. Bake in a hot oven or steam.

## MEAT SHORTCAKES

2 cups chopped meat	1 tablespoon onion juice
1 tablespoon fat	Small quantity savoury
2 tablespoons flour	2 cups meat stock
Pinch of pepper and salt	Potato biscuit

Make a sauce of fat, flour, seasonings and stock. Add the meat. Split the potato biscuits. Pour in part of the meat sauce. Then put on the other halves of the biscuit and pour remaining sauce on top. Garnish with parsley.

## MUTTON STEW

Use shoulder or neck of mutton. Cut into small pieces and put into a stew pan. Add onion, carrot, turnip and potato diced, with salt and pepper to suit the taste. Cover with boiling water, bring to a boil on the stove and cook slowly on the top of the stove or in a fireless cooker until done. It makes a very delicate stew with celery, a small quantity of onion and salsify, but any vegetables desired can be used. A cup of barley added improves the stew.

## PATRIOTIC ROAST

1 cup cooked oatmeal	1 sweet green pepper
1 cup cold meat	1 small onion
Salt and pepper	

Remove core and seed from pepper; parboil 5 minutes. Put meat, onion, and pepper through meat-mincer; add oatmeal, salt and pepper; press into greased mould and bake in oven till brown. Serve with tomato sauce.

## POT ROAST

Use a piece of tough meat; wipe with a damp cloth. Place in a covered bake-pan or casserole with 2 cups or more hot water; cover tightly and bake in a moderate oven or on top of the stove; keeping the heat just below the boiling point. Allow  $\frac{1}{2}$  hour for each pound of meat. An hour and a quarter before serving add pared potatoes, carrots and onions in slices. When meat is ready to serve, remove it carefully to a hot platter; thicken and season the gravy; place vegetables around the meat on the platter. If meat is very fat, remove the fat from the top of the gravy before thickening it.

## RABBIT A LA MINUTE

1 young rabbit	1 teaspoon chopped
$\frac{1}{4}$ cup fat	parsley
2 tablespoons flour	Salt and pepper
1 cup boiling water or stock	

Wash, cut into neat joints and soak three hours in salt water. Then dry, place 2 tablespoons fat in a saucepan, put in rabbit and sprinkle with salt and pepper. Cover and cook gently for 45 minutes, turning and basting frequently. Melt remainder of fat. Add flour and stock. Cook until the flour thickens, pour over the rabbit and cook until tender. Add remaining ingredients and serve garnished with parsley.

## FRICASSE OF RABBIT

1 rabbit	1 carrot, sliced
4 teaspoons fat	$\frac{1}{2}$ small turnip, sliced
2 teaspoons flour	2 stalks celery, shredded
$\frac{1}{2}$ pint milk	Thyme, parsley, bay-
2 onions sliced	leaf
Salt and pepper	1 blade mace

Cut the rabbits into neat joints. Soak in salt water for two hours and rinse in warm water. Place in a saucepan and add just enough water to cover. Bring to boiling point. Add prepared vegetables, pepper and salt. Cover and cook gently about  $1\frac{1}{4}$  hours, adding a little milk to replace the stock. Melt the fat, add flour and add the

stock from the rabbit. Press the vegetables through a sieve and stir into the sauce. Season to taste, replace rabbit, make thoroughly hot and serve.

#### RABBIT PIE

1 rabbit	Salt
$\frac{1}{4}$ lb. pickled pork	Pepper
1 cup stock	Crust

Onion; herb if desired.

Wash rabbit. Divide into small pieces. Cut pork into dice. Cover all with water and cook until tender. Cool, remove the fat. Place in pudding-dish and cover with oatmeal or potato crust. Onion or herbs may be added during the first cooking.

#### ROLLED FLANK STEAK

Take a piece of flank. Wipe and trim it carefully. Sprinkle over it salt, pepper, chopped onion and, if desired, some chopped parsley. Roll tightly and tie with strong cords. Cover this with water containing some diced vegetables and seasoned with salt and pepper. When thoroughly cooked, take out of the pan and put away under a heavy weight to cool. Serve cold, sliced very thin. Use the vegetables with which it is cooked and thicken the stock for a gravy. This can be cooked in the oven in a covered baker, steamed, or boiled in water.

#### SAUSAGE ROLLS

1 lb. sausage meat	3 tablespoons milk
1 cup rolled cracker crumbs	Salt and pepper

Blend together. Roll out about 1 inch thick. Spread with a dressing of bread crumbs, savoury, a little onion, salt, pepper, and then roll. Dredge with cracker crumbs and bake for about 35 minutes. basting often.

#### SCOTCH ROLL

Mix half a tablespoon of salt and sugar, one-fourth of a teaspoon of savoury, pepper and ground cloves, and

one-fourth of a cup of vinegar. Rub this mixture thoroughly into a flank steak. Roll up the meat into compact shape. Secure it with twine or skewers and allow it to stand over night. Simmer in boiling water for three or four hours. Thicken the liquid with browned flour and fat, and serve.

#### SPICED BEEF

Take a thick piece from the solid part of the shank, cover it with diluted vinegar and season it with pickle spices. Allow this to stand for several hours. Then bring it slowly to the boil and remove the spices. Add a teaspoon each of sugar and salt and simmer the meat until tender. Half an hour before it is time to serve, make a savoury tomato sauce or add Worcestershire sauce.



## SIDE OF BEEF



- 1 CHUCK**—Suitable for pot roasts, stews, casserole dishes and spiced beef.
- 2 PLATE**—Suitable for soup and pot roast. Generally used for making corned beef.
- 3 SHANK**—Used mostly for soups and stews; also for hamburger steak.
- 4 FLANK**—Practically a boneless cut. Can be used with very little waste. Contains the flank steak. Flank meat makes excellent pot pie.
- 5 ROUND**—A juicy cut, free from fat. The top (or inside) is used for steak and roasts. The bottom (or outside) is best chopped.
- 6 RUMP**—About one-third fat and one-half lean meat. Generally used for steaks, corning, braising and pot roast.
- 7 RIBS**—There are seven ribs in this cut. About one-half is lean meat, one-third fat and one-sixth bone. The two ribs nearest the loin make excellent roasts. Ribs are always roasted.
- 8-9-10 LOIN**—Contains the choicest steaks and is divided into two portions, the short loin and the loin end. This latter cut contains the sirloin, pin-bone and porterhouse steaks.
- 11 CLOD**—There is practically no waste in this cut. It is used principally for steaks and pot roast.
- 12 BRISKET**—Used mostly for corned beef; also used for soup, pot roast and stew.
- 13 NECK**—Good for mince meat; also as a brown stew. Flavor and richness are added by cooking with salt pork.

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