

COMPLIMENTS OF

P. BURNS & CO., LIMITED



Foreword



In presenting you with this little book, it is not our purpose to cover the entire field of cooking, but merely to offer you a variety of carefully selected and tested recipes suitable for this season of the year.

If you will keep this book handy you will find that it will not only save you much time and energy in planning meals, but your daily menu will be saved from monotony.

The sections devoted to "Picnics" and "Quick Suppers," you will find particularly helpful.

P. Burns & Co., Limited

Service Department

Contents



Quick Suppers Salads Sausage Dishes Lamb and Mutton Beef and Pork Ham and Bacon Cheese Dishes Picnic Suggestions



PICNIC SUGGESTIONS

Broiled Dried Beef

Fold a strip of Shamrock Bacon around a slice of Dried Beef so that it is covered with the Bacon. Run a stick through the meat and broil over the camp fire. Place between bread or crackers.

Red and White Sandwiches

Cut Dried Beef in small pieces and mix with chopped pimentos and salad dressing. Slice bread, cut with fancy cookie cutter. From every other slice remove a circle in the center. Spread the plain slices with the filling and cover with the open faced slices.

Veal Loaf Sandwiches

Mince Veal Loaf, add chopped olives and salad dressing. Cut sandwich bread very thin, remove crust and spread with softened butter and the sandwich mixture; roll up like jelly roll. Wrap sandwiches in oiled paper twisting the ends, and pack in picnic basket. The bread must be very fresh.

Chill sliced Burns' Veal Loaf. Place slices of Veal Loaf with thin slices of sweet pickles between bread, spread with softened butter and salad dressing. A

lettuce leaf may be added.

Between two slices of rye bread spread with softened butter, place a thin slice of **Burns'** Veal Loaf, garnished with lettuce. Butter the top of the sandwich and place a thin slice of cheese topped by another slice of rye bread. Serve with dill pickles or olives.

Cheese, Celery and Nut Sandwiches

½ Cup Golden Loaf Cheese ¼ Cup Walnuts, chopped fine ¼ Cup Celery, chopped fine 1 Pimento, cut fine Salt to taste

Cream the cheese and add solud dressing to make it smooth and creamy. Add outs, celery, pimento and salt to taste. Spread between two thin slices of buttered bread. Trim off crusts; cut neatly into small sandwiches. Serve with gherkins.

> On your next Camping Trip take some Shamrock Ham and Bacon, and enjoy meals you'll find different, and Oh—so good.



QUICK SUPPERS - SUGGESTIONS

Shamrock Delight

Put in hot frying pan two teaspoonfuls of bacon fat or butter. Chop one pound of Summer Sausage, reserving enough for four to six slices. Brown all well in the hot fat. Take out the slices, add four well beaten eggs and half a teaspoonful of salt. Scramble as for scrambled eggs. Heap on a hot dish and garnish with the slices and triangles of toast or fresh bread.

Burns' Veal Loaf Fromage

Slice Veal Loaf and place on squares of toast. Lay two strips of Golden Loaf Cheese across the Veal Loaf and place under grill until cheese is slightly melted.

Sliced Dried Beef may also be used in place of the Veal Loaf. Serve with tomato sauce, if desired.

Veal Loaf a la King

Cut one pound of Burns' Veal Loaf in cubes. Make a white sauce by blending 1 tablespoon melted butter with 2 tablespoons flour and gradually stirring in 1½ cups of milk. Cook until thickened. Add 3 tablespoons chopped pimentos and ½ cup green peas; then add the cubed Veal Loaf. Season to taste and simmer for a few minutes to blend flavor. Serve on little biscuit patties made from short biscuit dough rolled thin and baked brown and crisp or on crisp crackers.



SALADS

Dressings-

Fundamental—Lemon Mayonnaise

½ tsp. Mustard ½ tsp. Paprika Yolk of 1 Egg ½ tsp. Salt 2 tsp. Lemon Juice Min

% Cup Oil 2 tsp. Lemon . % tsp. Sugar

Sift the dry ingredients; add egg yolk and ½ tsp. lemon juice. While beating constantly add 1 tbsp. oil drop by drop; then add oil in fine steady stream, continuing the beating and thinning occasionally with lemon juice until all of oil and lemon juice are used.

Variations-To one cup Mayonnaise add:

(1) Thousand Island 2 tbsp. Chili Sauce

1 tbsp. Chopped Pepper

1 tbsp. Chopped Onion
(2) Cucumber Sauce
1 Cup Whipped Cream

1 Cup Sliced Cucumber,

(3) Dressing Tartare & Cup Minced Sweet Pickle

(4) California Dressing
Cup Minced Ripe Olives

inced Ripe Olives 4 Cup Minced Green Olives

6

(5) Russian Dressing

¼ Cup Pimentoes, finely minced 2 tbsp. Green Pepper 2 tbsp. Catsup

(6) Manhattan Dressing

1 hard-boiled Egg, minced fine 1 tbsp. Capers 2 tbsp. Sweet Pickles

(7) Meat Dressing

¼ Cup Spiced Currants 2 tbsp. Finely Minced Preserved Ginger

French Dressing

/ Kin

1 Cup Salad Oil
1-3 Cup Cider Vinegar
1 tsp. Salt
1 tsp. Sugar
1 tsp. Sugar

Beat all ingredients together till well blended. Mix thoroughly just before using as ingredients separate while standing.

To vary, add one or more of the following:

1 tsp. Worcestershire Sauce ½ tsp. Celery Salt or ¼ tsp. Celery Extract ½ tsp. Onion Salt or ¼ tsp. Onion Extract ½ tsp Curry Powder or Few Grains Nutmeg 1-3 Cup Lemon or Lime Juice in place of Vinegar

Cooked Salad Dressing (White Sauce Foundation)

1 Cup Milk 2 Eggs 1/2 Cup Cider Vinegar 1 tbsp. Sugar 2 tbsp. Butter 1/2 tsp. Mustard 1/2 tsp. Salt Few Grains Cayenne

Make White Sauce by mixing flour, sugar, mustard, salt, cayenne, moistening with a little milk to make smooth paste, then stirring into rest of milk. Cook over hot water till thick.

Beat egg whites stiff, drop yolks into stiff whites and beat again. Stir in vinegar (If vinegar is very strong use less than half cup).

Add White Sauce to egg mixture and cook over hot water till egg thickens. Remove from fire, add butter and strain. This will keep a long time, covered and in cool place.

7

Rules for Making Salads

They must be well prepared to be good. Greens should be as crisp as can be. Nothing stale looking, wilted, mushy or limp ought to be used. Don't let salads stand long after preparing them. A salad rich in protein (chief ingredients meat, fish, lobster, cheese, eggs or nuts) should form the main course of a meal, taking the place of meat. Such a salad is usually served for luncheon or supper. It should not, as a rule, contain ingredients used in other courses of the same meal.

Wash greens carefully in cold water; when clean place in very cold water until crisp. Then put in lettuce bag or basket or on a clean towel and put on ice or in a cold place until ready to use. Drain well and dry on towel if necessary to remove all

water before using.

To marinate salad ingredients: pour over them enough French dressing to moisten; mtx well and allow to stand in ice box half hour or longer. Always drain off the extra dressing before adding mayonnaise or any other dressing. Salads that are marinated require less of the other dressings when served.

Combination Salad

34 Cup Cooked Peas

% Cup Chopped Cooked Carrots % Cup Chopped Cooked Beets

3 medium sized Green Peppers

Marinate peas, carrots and beets separately. Season with salt and pepper. Cut ¼ inch rings off the green pepper. Place three rings on a bed of shredded lettuce or cabbage. Fill one ring with peas, one with carrots and the other with beets. Serve with French dressing or mayonnaise. Garnish with small radish roses. (This makes six servings).

Springtime Salad

Slice onions very thin and martinate in French dressing. Arrange fresh crisp watercress on individual salad plates and put onions on it. Serve with French dressing. Sprinkle with paprika.

Q

get the loc Ch we na caj

To

2-3

3 (3 t) 1½ (mc

gre

mo

Gr

sli eg dre Sti

1-3

we choles chodre ser

Sa 1½ 3 t ¼

Cu lig Ba Toregto Surprise Salad

2-3 Cup Cooked Peas
2-3 Cup Chopped Celery
4/2 Cup Shredded Cabbage
6 medium sized Tomatoes

Mix peas, celery, cabbage, salt and paprika together. Marinate in French dressing and chill thoroughly. Pour boiling water over tomatoes to loosen skins. Peel and remove pulp from centers. Chill. Fill tomato shells with vegetable mixture, well drained. Serve on crisp lettuce with mayonnaise dressing. Sprinkle top with chopped olives or capers and stick a celery curl in center of each.

Green Mountain Salad

3 Cups Cooked Spinach 3 tbsp. Lemon Juice 1½ tsp. Onion Juice

(00

1 tsp. Salt ½ tsp. Paprika

Chop spinach very fine and press out all excess moisture. Add lemon juice, onion juice, salt and paprika. Mi xthoroughly. Pack into custard cups greased with salad oil and chill. Remove from moulds onto beds of crisp lettuce. Garnish with slices of pickled beets are sprinkle with hard cooked egg pressed through a lave. Serve with French dressing. (Makes six servings).

Stuffed Cherry Salad

1 Cream Cheese ½ tsp. Salt 1-3 Cup Chopped Nuts 36 large Cherries

Mash cream cheese, add nuts and salt and mix well. Shape into little rolls. Remove pits from cherries and stuff with cheese rolls. Arrange heart leaves of lettuce on individual plates. Place six cherries on each plate and serve with mayonnaise dressing sprinkled with chopped nuts. (Makes six servings).

Salad Coffee Biscuit

1½ Cups Flour3 tsp. Baking Powder¼ tsp. Salt

¼ Cup Sugar 3 thsp. Shamrock Lard ½ Cup Strong Coffee

Sift together flour, baking powder, salt and sugar. Cut in fat. Add coffee to make soft dough. Roll out lightly on floured board and cut in they biscuits. Bake in very hot oven ten minutes, or until brown.

Cabbage Salad

Remove outside leaves from a small solid white cabbage and cut off stalk close to the leaves. Cut out center and with a sharp knife, shread finely. Let stand one hour in cold or ice water to make cabbage crisp. Drain and wring in cheese cloth to make as dry as possible. Mix with equal of celery cut in small pieces and a small piece of onion.

Sy

tw

su

co

an

Moisten with a boiled dressing and refill cabbage.

Garnish with celery tips and parsley.

Combination Cheese Salad

6 Tomatoes (medium size)
1 small Cucumber (cut in cubes)
1-3 Cup Chopped Nuts
1/4 Cup Ham, minced fine
Salad Dressing to moisten
Pepper and Salt to taste
2-3 Cup Cream Cheese

Select medium sized, firm tomatoes; wash, remove skin, cut in half crosswise. Arrange each slice on a bed of crisp lettuce or watercress and sprinkle with salt. Mix cucumber cubes, ham, nuts, cheese (half of quantity) and seasonings with enough salad dressing to moisten. Pile mixture on tomato half and top with a small ball of cream cheese, rolled in nuts.

Fruit Salad

1 Cup Diced Apples 1 Cup Diced Bananas 1 Cup Diced Oranges

Mix the fruit and pour on a good salad dressing or syrup.

Any number of fruits can be used in a fruit salad, when they are in season. Grape Fruit is always desirable as an ingredient. Pineapple also. Shredded canned pineapples may be used if the fresh pineapple is not available.

Of the fruits required, Apples, Bananas, Oranges and Lemons can be obtained at any time throughout the year and these are sufficient for your purpose in the absence of other fruits.

10

Syrup

lite

Let

age

in

ge.

on

ith alf ss-

op

ng

le-

ed e-

es ut se The following is recommended as an appetising and easily prepared syrup to be used with salad.

Dissolve in one cup of boiling water the juice of two lemons and three tablespoonfuls of granulated sugar. Stir until well dissolved and put aside to cool, then pour over the salad and serve.

(or)

Use 34 cup of boiling water to juice or one lemon and two tablespoonfuls of sugar.

Select your Fruit and Vegetables with care.

Ask for

KENILWORTH

NAVEL ORANGES

SHAMROCK
VALENCIA ORANGES

The name on every Orange



CHEESE DISHES

Cheese and Spinach Timbales

3 Eggs 2-3 Cup Milk

2 tbsp. Glendale Butter

2 Cups Cooked Spinach 1/2 lb. Golden Loaf Cheese. grated

1/2 tsp. Salt Few Grains Pepper

Chop spinach very fine. Beat egg yolks; add milk, melted Glendale Butter, Golden Loaf Cheese, seasoning and stir while heating. Mix one half of cheese sauce with spinach and fold in stiffly beaten egg whites. Fill buttered timbale moulds with mixture. place in a pan of hot water and bake in a moderate oven until firm. Turn out on a hot plate, garnish with slices of hard boiled egg and pour balance of cheese sauce around timbales.

Macaroni and Cheese

1 Cup Macaroni, broken into inch pieces

1 Cup Milk

2 tbsp. Glendale Butter 2 tbsp. Flour

1/2 lb. Canadian Cheese, grated Salt, Pepper, Paprika

Cook macaroni in a large amount of boiling salted water until tender. Turn into a colander and rinse with cold water to prevent pieces from sticking together. Make sauce as follows:

Melt butter, add flour, and seasonings to taste, then milk and cook thoroughly. Add cheese and stir till melted. Arrange alternate layers of macaroni and sauce in a buttered baking dish and cover with soft bread crumbs which have been buttered.

Deviled Eggs with Cheese

Prepare deviled eggs in the usual way adding grated Canadian cheese to the yolks; mix thoroughly until very smooth. This makes a delicious novelty and adds to the nutritious value of the eggs.

Baked Potatoes and Cheese

n-se

h

of

6 large Baked Potatoes ¼ lb. Canadian Cheese, grated 1-3 Cup Hot Milk 2 tsp. Salt ½ tsp. Paprika 6 Green Onions, chopped fine

Cut potatoes in half lengthwise and scoop out centers. Mash thoroughly. Add cheese to hot milk and beat with egg beater until smooth. Mix with potatoes, add seasoning and whip until light and creamy. Refill the potato shells and bake in hot oven for ten minutes.

MENU

Cheese dish the chief source of protein and fat
Macaroni and Cheese
Raisin Bread or Date Bread
Orange and Watercress Salad
Baked Apples
Cocoa
Cocoa





SAUSAGE

Fried Fresh Shamrock Pork Sausage

Place links in a frying pan. Cover with cold water, bring water to a boil, then pour off. Turn frequently over a slow fire until sausage is nicely browned.

Pork Sausage with Coddled Apples

Slice tart cooking apples about one-half inch thick after coring them. Cover with plain sugar syrup and cook slowly till apples are transparent. Fry Shamrock Pork Sausage links until a delicate brown.

Larded Sausage

Make balls of fresh **Shamrock** Pork Sausage. Wrap each with strip of **Shamrock** Bacon and fasten with skewer or toothpick. Fry slowly until a golden brown color.

Breaded Pork Sausage

Dip links in egg mixture, then in fine bread crumbs and fry in deep fat.

SUGGESTED MENUS WITH SAUSAGE

Breaded Shamrock Pork Sausage
Macaroni and Golden Loaf Cheese Buttered Carrots
Apple Pie and extras
Shamrock Pork Sausage with Coddled Apples
Buttered Lima Beans Celery
Apricot Short Cake

LAMB AND MUTTON

Shepherds Pie

Slice the meats and season with salt and pepper and add a minced onion to it. Add any gravy or meat stock then the sliced meat and onion and let it boil for a few minutes. Put into a deep pudding dish; have some mashed potatoes beaten very light, lay them on top of the meat—smooth the top or leave it rough—bake a nice brown. Those who like onions may spread them over the meat before putting the mashed potatoes on top. The onions should be partly cooked. This may be made of many kinds of meat but is particularly nice made of the neck of mutton cut in pieces.

Lamb Surprise

Grease a casserole. Put in it 2-3 cups cooked rice, preferably hot. Grate a little cheese over the top and dot with butter. Push rice to sides of casserole. Place in cavity left in center about 1½ cups diced cold shoulder of lamb, seasoned well and mix with a slice or two of chopped bacon. Pour 1½ cups tomatoes over all. Cover top with buttered crumbs. Bake in hot oven until thoroughly heated and crumbs well browned.

BEEF AND PORK

Pork Pie

Make a pie crust, not very rich, and put around the sides of a deep pie dish. Put in layers of thin sliced Shamrock Bacon, thin sliced potatoes, onlons chopped or sliced very fine, lean fresh pork cut in small pieces. Season with pepper, salt and sage. Fill dish with any good gravy left from roasts or with water thickened for the purpose, with some butter added. Cover with crust and bake about 1½ hours. Cover pie with thick brown paper if it gets too brown.

Roast Spareribs

Choose a long piece of Burns spareribs. Wipe carefully; sprinkle with a little salt and pepper. Place a small piece of sparerib on bottom of baking pan. Form a roll around it using the large piece of spareribs. Fill cavity in center with any dressing desired. Bake in rather hot oven.

Beef Steak or Pork Chop

Make a frying pan or griller very hot. Place steak or chop on the hot surface and turn immediately. Continue to turn occasionally until it is cooked (about 10 minutes will cook it). Season both sides with salt and pepper and serve on a hot platter. Put very little water with the browning in the pan for gravy. Serve hot.

English Pot Roast

1 No. 1 Pot Roast

1 oz. Burns' Shamrock Lard, or 1 oz. Burns' Refined Beef Dripping

1 oz. Burns' Refined Beef Dripping 1 Carrot (Sliced) de

giv

rec

or

and

sta

1 Onion (Sliced)

Use a regular braising pan, and when the lard or dripping is well heated, place the pot roast in the pan, and leave until thoroughly browned. Add one sliced carrot, and one sliced onion. The addition of peppers or bay leaves lends a very pleasing flavor.

When thoroughly braised, stir in two tablespoonsful of flour, and add 1½ pints boiling water, and let simmer for 1½ hours, when it is ready to serve.

SHAMROCK LARD

for Shortening for Pastry for all Frying purposes



HAMS AND BACON

Very much depends upon the cooking of smoked meats, if these are to be the delightful dish they are designed to be.

The following recipes have been well tested and give universal satisfaction.

WHOLESOME FOODS

When buying meats with which to prepare these recipes, see that you purchase only **Shamrock** Ham or Bacon. Aside from their superior quality and the satisfaction which will be yours, you have the assurance that the meats have been prepared under Government supervision and bear the "Canada Approved" stamp—your unrivalled health insurance.

One Taste tells More than a Million Words
— if its "Shamrock"



or cr br ho

wl

SO

Se

cul

cur

SHAMROCK HAM

There is no other meat product in America that has earned for itself such popularity as **Shamrock** Ham.

It is made from the cream of Western Canada grain fed hogs, which are in a class of excellence unapproached by any other hogs elsewhere on the Continent.

Skilfully prepared and served either fried, boiled, baked, roasted or in any one other of the fifty odd forms in which it can be used. It fills the bill for the breakfast, dinner or lunch.

We recommend that you purchase the whole Shamrock Ham and secure the lower price which can be so obtained.

Here are a few suggestions for its preparation.

BOILED SHAMROCK HAM

For boiling, the large (or butt) end, the hock end, or the whole ham may be used.

If you wish some boiled slices, take these from the middle of the ham. After this has been done the remaining hock and butt ends may be placed together, tied securely and treated as a whole ham, or you may boil the whole ham without cutting.

18

Burns' Shamrock Ham the Empire's Standard

Some hams need to be soaked over night but not Shamrock Ham. Its cure is very mild.

For an ordinary sized family, a ham weighing from

7 to 10 lbs. is a convenient size.

Place in a saucepan over the fire. Cover with fresh cold water. Let it boil slowly for about five minutes, then simmer for three hours (or 30 minutes to the pound). Remove the skin and sprinkle the ham with a little brown sugar. Make a few incisions on the surface and cover lightly with fine bread crumbs. Set in a hot oven and bake until well browned. It may then be served at once if desired hot.

If not to be served hot, leave the ham in the water in which it has been boiled until cold. Remove the skin and garnish with a few whole cloves.

Baked Shamrock Ham

at ek

da

ce

he

ed,

tv

ill

m-

be

ıd.

he he

10or

Allow the ham to cool slightly in the water in which it has been boiled, then remove the skin and some fat from the boiled ham.

Mix

1-3 Cup Dry Bread Crumbs 1-3 Cup Brown Sugar 1-4 Teaspoon Ground Cloves

Spread this on the outside of the ham.

Stick whole cloves in it. Score a simple design and bake 30 minutes or until crumbs are brown. Serve with raisin sauce, made as follows:

Raisin Sauce

Put one cup of sugar and half cup of water in a saucepan and stir until sugar is dissolved, add 1 cup raisins, chopped.

> 2 Tablespoons Butter 3 Tablespoons Vinegar ¼ Teaspoon Cloves

Tablespoon Worcestershire Sauce

Teaspoon Salt Teaspoon Pepper

A few Grains Mace and 1 Glass of Jelly

Cook 5 minutes or until jelly is dissolved. Black currant, red currant, a mixture of both, or grape jelly may be used.

Pan Boiled Shamrock Ham

Heat pan very hot and lay one thick slice of Shamrock Ham (¾ to 1 inch) on to broil. Reduce the heat and cook slowly. Cover the pan to allow the ham to steam the last few minutes of cooking.

When tender and delicately browned, remove to

platter and serve.

This quantity will serve four to five persons.

Try Buying a Whole Ham. You get it Cheaper that way.

Baked Slice of Shamrock Ham

Use a 2-lb. slice of Shamrock Ham 10 Whole Cloves 1½ Cups Light Brown Sugar ½ dozen Cooking Apples (Sliced) 1 Cup Water Parsley

Rub half cup of sugar into the ham. Sprinkle with cloves. Place in baking pan and surround with the apples peeled, cored and sliced in half crosswise.

Sprinkle the remaining sugar over the apples, add the water to the pan and bake until tender, which will require about 45 minutes.

Serve on a hot platter garnished with cress or parsley. The above quantity will serve six persons.

When You buy Ham Let it be "Shamrock Brand" It's Satisfying

Fried Shamrock Bacon

Slice Bacon according to taste. Place on a hot pan. Brown nicely on one side. Turn and brown on the other side.

Cook until the fat is clear. Remove from pan. Drain on a brown paper for a minute or two and serve on a warm platter.

Fried Shamrock Ham

Cut a slice of Shamrock Ham quarter of an inch thick from the center of a Shamrock Ham.

Gash the fat on the edges in several places. Place in a hot frying pan, brown quickly on one side, turn and brown lightly on the other side. Then cook slowly until tender.

Shamrock Ham Sliced

1½ lbs. of Shamrock Ham, ¾ to 1 inch thick.

Gash the fat on the edges of the ham in several

places.

to

le

h

h

11

n

Place in a hot frying pan and sear quickly. Turn and brown on the other side. Lower the heat by reducing the electric current or gas, or place on the top of the stove and cook slowly until tender.

This formula will serve six persons.

Shamrock Ham and Egg Sandwich

Toast slices of bread on one side. On the untoasted side spread hard boiled eggs finely chopped and mixed with mayonnaise dressing. On the other untoasted side spread Shamrock Boiled Ham finely chopped and mixed with mayonnaise dressing. In the center, place a lettuce leaf spread with mayonnaise dressing.

Put the slices together and cut in two diagonally.

Burns' Potted Ham

Use the harder portions and the pieces that do not make presentable slices. Allow 1-3 fat to 2-3 lean. Mince fine enough to make smooth paste. Season with salt and cayenne pepper. Heat thoroughly and pack firmly in small pots.

Shamrock Ham Balls

Chop fine pieces of cold ham, add 2 eggs beaten, ½ cup bread crumbs, pepper and salt. Make into balls, bake or fry a nice brown.



IDEAL HAM DINNER

Baked Shamrock Ham with Pineapple Rings New Potatoes (Maitre d'Hotel) Asparagus Tips Hollandaise Sauce Hot Rolls

Lettuce Salad Sponge Cake Lemon Sherbet Coffee

Fried Apples and Shamrock Bacon

Core and peel the apples and cut in ½ inch slices. Cut the bacon into very thin slices, fry in hot pan until crisp and put on hot dish. Fry apples in bacon fat until a light brown and arrange around the bacon. Serve very hot.

Shamrock Bacon with Mashed Brown Potatoes

Slice the bacon very thin and lay on ice half an hour to make it crisp. Chop fine one pint of cold boiled potatoes, season with a little salt and pepper. In a frying pan put two tablespoons of good bacon dripping. When it is hot add the potatoes. Turn them until they begin to brown. Have a border mould buttered and heated; pack potatoes tightly into it and put in oven for 10 to 15 minutes. Broil bacon quickly and when potatoes are done turn out on a platter and put bacon in the center.







