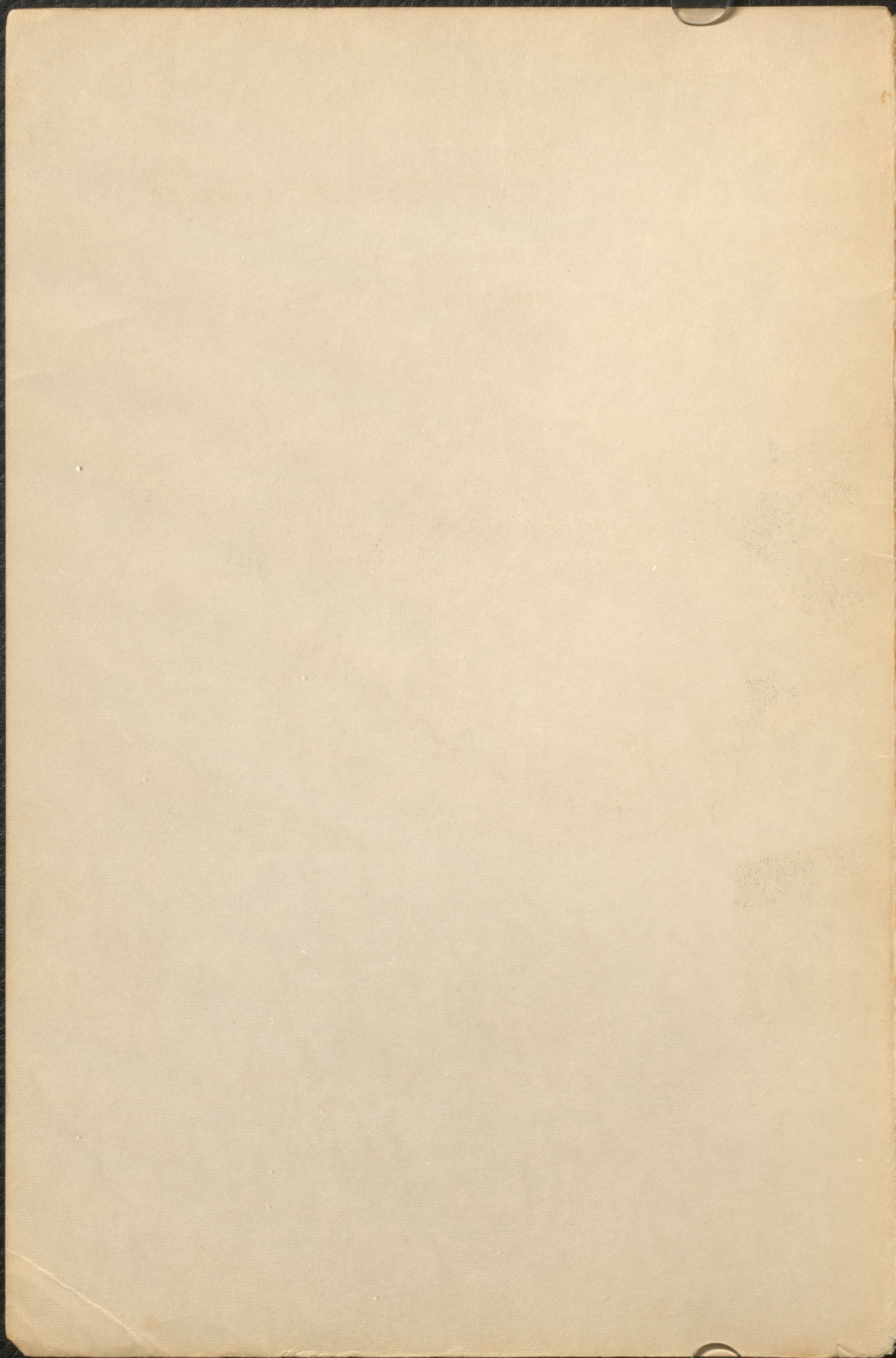


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Meat

HOW TO BUY
HOW TO COOK

CANADA DEPARTMENT OF AGRICULTURE



meat

HOW TO BUY -- HOW TO COOK

*Consumer Section, Marketing Service
Canada Department of Agriculture*

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meat

HOW TO BUY -- HOW TO COOK

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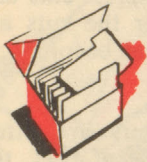
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Meat...



- is a good food around which to plan daily meals.
- combines well with many vegetables, cereals and fruits.
- can be served hot or cold at any meal.
- has appetite appeal, rich flavor and satisfying qualities.



- is an important food for good nutrition.
- supplies valuable amounts of protein of highest quality.
- is a good source of the B vitamins and minerals. Liver, kidney and heart are richest. Pork is rich in thiamine and liver ranks high in Vitamin A.
- supplies energy in proportion to the amount of fat it contains.
- varies in food value between different kinds more than between different cuts of the same kind
- retains more food value if properly cooked and the drippings used in gravy.



- is an important item to consider in planning the food budget.
- is available in many forms; fresh, cured, smoked, frozen, canned and cooked.
- should be purchased with a knowledge of cuts and consideration of cost per serving.
- should be bought government health inspected and graded whenever possible.

Statements re nutritional value of meat approved by Nutrition Division, Department of National Health and Welfare.

Let This Booklet be Your Guide to Buying and Cooking Meat

Buy Wisely

Consumers should become familiar with the kinds and the various cuts of meat in order to buy to best advantage. Here are some points to keep in mind:

- Color of lean and fat of each kind of meat.
- Shape of each cut and proportion of meat to bone.
- Carcass from which cut comes (see meat charts). Tenderest cuts are from the center section along back bone; the farther the cuts are from this section, the coarser and less tender the meat becomes.
- Grades, in the case of beef, indicate the quality.

Read the label. Prepackaged meats in self-service counters are often labelled with the name of the meat, the cut, and in the case of beef, the grade.

How Much to Buy

Approximate pounds of meat to buy for an average serving:

Boneless roasts	1/4 to 1/3	Ground meat	1/4 to 1/3
Bone-in roasts	1/3 to 1/2	Cold cuts	1/8
Steaks	1/3 to 1/2	Liver	1/4 to 1/3
Chops	1/3 to 1/2	Kidneys	1/3
Stew meat (boneless)	1/3	Heart	1/4 to 1/3
Stew meat (bone in)	1/2	Tongue	1/2

The number of servings which can be obtained from a pound of meat depends on:

- Amount of bone, fat and gristle. Bone may account for 10 to 15% of the weight of the meat.
- Cooking loss which may amount to 25 to 30%.
- Size of each serving.

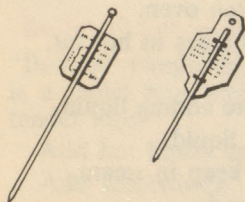
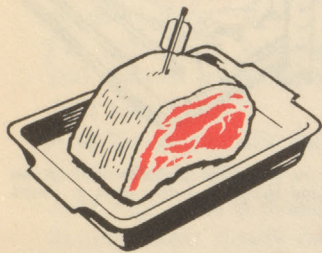
Store Carefully

Approximate number of days to store meat in the refrigerator (40°F.):

Roasts	2 to 3	Sausages	1 to 2
Steaks and chops	2 to 3	Wiensers	2 to 3
Ground meat	1 to 2	Cooked meats	3 to 4
Liver, heart, kidney, etc.	1	Leftover casseroles, stews	2 to 3
Cured, smoked meats	6 to 7	Jellied meats	1 to 2

Before storing the meat, paper and transparent wrappings should be removed except from cured and smoked meats which may be stored in the wrapping. Fresh roasts should be wiped with a damp cloth, placed on a dry plate and covered loosely preferably with waxed paper. Cooked meat should be cooled, then tightly covered to prevent drying out and absorption of odors. (See also frozen meat storage times, page 69.)

Cook Carefully



How to Roast

Roasting is a dry heat method of cooking large tender cuts.

Roast all meats in a moderately slow oven (325°F.).

Do not sear meat before roasting.

Place roast fat side up on a rack in a roasting pan.

Do not cover pan.

Do not add water.

Insert meat thermometer, if available, in center of meatiest part of roast so that the tip is not touching bone or fat.

Place roast in oven so that center of roast is in center of oven.

Baste occasionally during roasting.

Season halfway through cooking.

Roast pre-cooked vegetables around meat if desired.

Roast meat to the desired stage of doneness or until meat thermometer registers required internal temperature.

Let roast stand for at least 10 minutes to make carving easier.

Make gravy from drippings in pan.

Note: Some cuts of meat when roasted in the oven are referred to as "baked".

How to Panfry

Panfrying is a dry heat method of cooking thin, tender cuts.

Use a heavy frying pan.

Add a small amount of fat or fat cut from the meat.

Snip fat edge of meat to prevent curling.

Brown meat on both sides.

Season meat after browning.

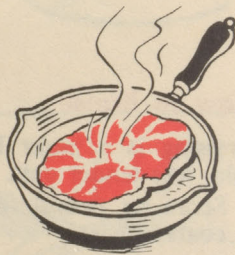
Avoid pricking meat to prevent juices escaping — use tongs to turn meat.

Do not cover pan except as directed for certain meats.

Cook to desired stage of doneness.

Serve with gravy.

When cooking fat meat do not add fat. Cook in ungreased pan, uncovered and pour off excess fat. This is sometimes called "pan-broiling".



*Good Meat
can be spoiled
in the cooking*

How to Broil

Broiling is a dry heat method of cooking thin tender cuts. Directions vary with type of broiler unit used, thickness and kind of meat and degree of doneness desired.

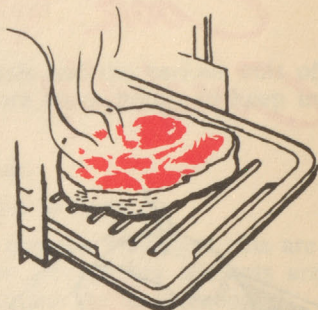
* Preheat broiler. Leave door ajar.

Snip fat edge of meat to prevent curling.

Place meat on cold rack of broiler pan at recommended distance from heat.

Broil meat on both sides to desired stage of doneness.

Season meat as each side is browned.



* Since manufacturers' directions for using broiler in gas and electric ranges vary, follow instructions supplied with your particular range as to: (i) preheating broiler, and (ii) leaving door open or closed.

How to Pot Roast

Pot roasting is a moist heat method of cooking large, less tender cuts.

Use heavy kettle or Dutch oven.

Brown meat well on all sides in hot fat.

Season meat well.

Cool kettle slightly before adding liquid.

Add a small amount of liquid.

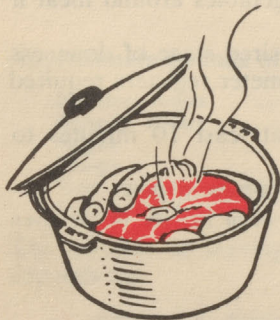
Cover kettle closely to keep in steam.

Add vegetables, if desired.

Cook meat slowly over low heat on top of stove or in moderately slow oven (325°F.).

Cook until tender and well done.

Uncover oven-cooked pot roasts last half hour of cooking for better brownness.



How to Braise

Braising is a moist heat method of cooking thin, less tender cuts.

Score or pound the meat to break down coarse fibers.

Brown meat well in a little hot fat.

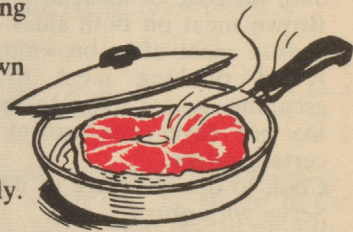
Season meat well.

Sprinkle with flour and brown again slightly.

Add liquid, stir well and turn meat.

Cover and cook slowly over low heat on stove or in moderately slow oven (325°F.).

Cook until tender and well done.



Stewing

Stewing is a moist heat method of cooking small pieces of less tender cuts.

Trim off excess fat and gristle.

Use a heavy kettle.

Brown meat well in a little hot fat.

Sprinkle browned meat with flour and brown again slightly.

For light stews, omit browning and flouring and thicken before serving.

Add seasonings.

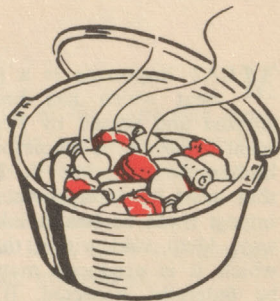
Add liquid and stir well.

Cover kettle closely.

Add vegetables if desired.

Simmer meat slowly over low heat on stove or in a moderately slow oven (325°F.).

Cook until tender and well done.



"Boiling" (Simmering)

"Boiling" (simmering below the boiling point) is a moist heat method of cooking large less tender cuts.

Add hot liquid to cover meat.

Add seasonings.

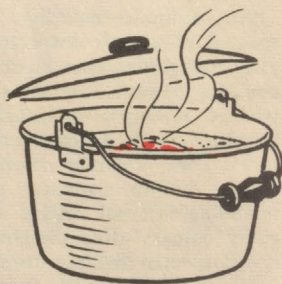
Cover kettle closely.

Add vegetables if desired.

Simmer meat slowly on low heat until tender.

Allow meat to cool in the liquid to improve flavor and juiciness.

Use stock for soup or to serve with meat.



Pressure Cooking

Pressure cooking is a moist heat method of cooking the less tender cuts in a pressure saucepan. Follow manufacturer's directions for each type of pressure saucepan.

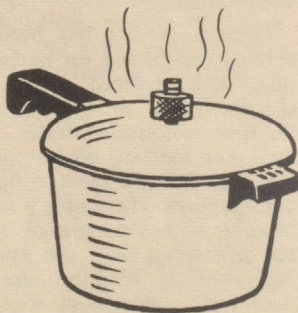
Brown meat well on all sides, if directed.

Add a small amount of water.

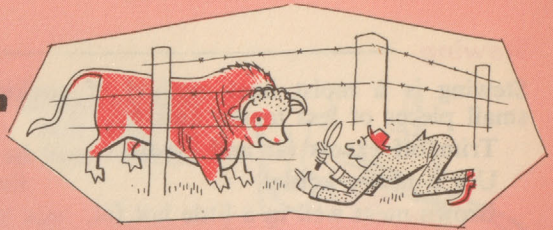
Cover and cook for given time.

Allow pressure saucepan to cool slowly to prevent juices being drawn out.

Add vegetables, if desired, at end of cooking time to avoid overcooking.



MEAT INSPECTION for your protection



MEAT inspection is a guarantee that meat which has been health inspected and passed by Federal Government inspectors is wholesome and fit for human consumption. It is compulsory that meat for interprovincial, foreign or import trade be health inspected in this way. Meat sold within the province in which it is produced may or may not be federally inspected. It is estimated that more than 70 per cent of Canada's meat supply is federally inspected. Some provinces and municipalities have their own regulations requiring the inspection of meat sold within the province or municipality.

All animals entering federally inspected plants are inspected before and after slaughter. This is done under the constant supervision of the inspectors who are qualified veterinarians employed by the Canada Department of Agriculture. They examine each animal for disease before slaughter and all parts including internal organs and glands of every carcass after slaughter. The meat is reinspected during storage and when it leaves the plant. The inspection system also checks the maturity of calves. If not considered sufficiently mature to be sold as veal, they are condemned by the veterinarian.

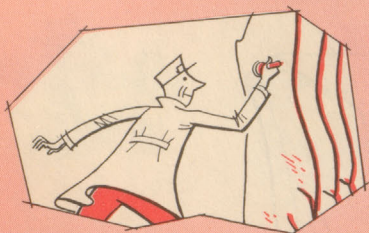
Once a carcass has been health inspected and passed for human consumption, it is stamped with a health inspection stamp in several places usually on each wholesale section. The stamp does not indicate quality or grade but indicates that the meat is fit for human consumption. The stamp is round, brown in color with a pattern of the crown in the center and bears the words "Canada Approved". A harmless vegetable dye is used for stamping and need not be cut off before cooking.

Through its inspectors, the Federal Government closely controls facilities which ensure the sanitary preparation, handling and storing of meat and meat products.

Meat inspection is also carried out in the processing departments of the meat packing plants. Meat used in the making of sausage, wieners, prepared and canned meats, etc. is also inspected. This guards against possible contamination from improper handling of the meat and against adulteration or the addition of harmful preservatives. The inspection stamp is included on the label of all federally inspected products such as canned and packaged meat. The stamp is burned into smoked pork and, although not readily discernable, into liver, hearts, tongues and oxtails.

Standards have been established and are administered by the Food and Drug Directorate, Department of National Health and Welfare, as to what spices, preservatives and stabilizers are permitted in prepared meat products such as sausage, headcheese and bologna. The amount of meat binder and moisture content is specified and, in the case of hamburger, the kind of meat and the fat content. The labelling of these products is also checked to see that it is informative and not deceptive.





MEAT GRADING -

your guide to quality

GRADED meat is the consumer's guide to quality. The Canada Department of Agriculture has established grades for beef, veal, lamb and mutton. Only meat which has passed health inspection may be government graded.

It is not within the jurisdiction of the Federal Government to make grading compulsory unless the product is shipped from province to province or exported. Any province may set up a grading system for meat and make it compulsory within its boundaries. The regulations which the province enforces may be identical with federal grading regulations and the grading may be done by federal graders. When there is sufficient consumer demand for grading, all beef, veal, lamb and mutton killed under inspection can be graded and branded according to quality.

Meat carcasses are graded on the following points:—

- The general shape of the carcass and the proportion of meat to bone.

Top quality meat from a good-proportioned, well-fleshed carcass will have a good proportion of meat to bone.

- The amount of fat covering and the distribution of fat through the lean.

Top quality meat will have a good covering of fat and, in the case of beef, will be well marbled with fat.

- Color and character of fat and bone.

Top quality meat will have a smooth, even fat covering of uniform color

characteristic of the particular meat. The age of the animal is indicated by the size and degree of hardening of the bones; young animals have soft, reddish colored bones which gradually become hard, flinty and greyish-white as age progresses.

Texture and color of lean.

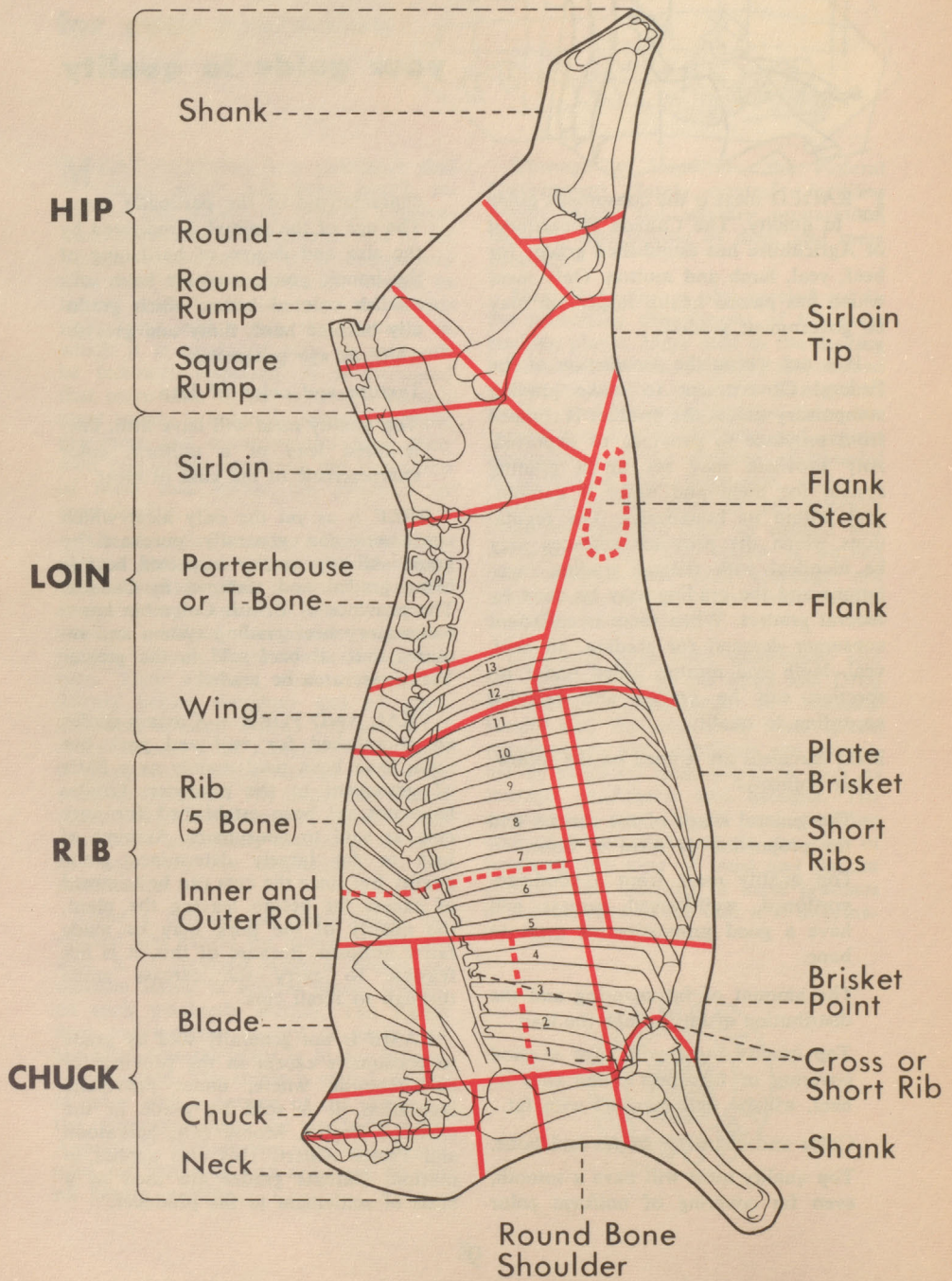
Top quality meat will have firm, fine-textured lean of a uniform color characteristic of the kind of meat.

BEEF is as yet the only meat which consumers can generally purchase by grade. All top quality inspected beef is being graded and stamped in Canada. The province of British Columbia has a compulsory beef grading system and requires that all beef sold in the greater Vancouver area be graded.

VEAL AND PORK — Carcass grades are established for veal and pork but these have been used mainly as a basis of settlement to the producer. Grades have not yet been established for pork cuts as sold to consumers. Amount of lean to fat largely determines grade quality but since the cuts can be trimmed of excess fat before leaving the plant, the quality of the pork may be made fairly uniform. Because of this, it is not feasible to carry the carcass grade through to retail cuts.

LAMB is not generally sold by grade to consumers except in the province of Saskatchewan where, under provincial legislation, it is sold by grade in the cities of Regina, Moose Jaw, Saskatoon and Prince Albert. This also applies to mutton. Carcass grades are used as a basis of settlement to the producer.

BEEF CHART





Beef



BEEF, with its tempting aroma and distinctive flavor is the traditional favorite of Canadians. Beef is available in many qualities and cuts. There is a greater range in quality, more cuts are available and there are more ways of cooking beef than any other meat.

Canada has always produced more beef than required for the domestic market. Over a 5-year period (1956-60) 4½ out of every 10 pounds of meat eaten were beef. During this period, the annual consumption of beef averaged about 69 pounds per person.

Baby beef which is produced from high quality calves specially fed to produce finished beef at 10 to 12 months of age, is available but not in great supply.

Buying

Beef is the only meat which consumers can generally purchase by grade. Look for the following characteristics when buying:

The meat is firm, velvety and fine-grained with streaks of fat through it.

It is a uniform, rich red color but may vary from light red to dark red. Dark meat may result from the length of time hung or it may have come from an older animal.

The outside fat is white or creamy-white and firm. The color may range from white to bronze or amber depending on the maturity of the carcass.

Yellowish fat may be due to the animal's advanced age or type of feed. Grass-fed animals will develop this color of fat but the palatability is not affected.

The bones of young animals are red and porous; in older animals they are greyish white and harder depending on the age.

Baby beef is bright pink, lighter than the typical beef color, fine-grained and has a light covering of fat.

Aging Beef

All beef should be properly aged for maximum tenderness and flavor. Packing plants hang it as sides, quarters or wholesale cuts, under controlled refrigeration (34 to 38°F.) for a certain period of time. This varies from one to two weeks, depending on the age and weight of the animal and the amount of fat covering. Aging will result in a darkening of the surface of the lean meat. Beef is usually aged for a shorter time before freezing than if it is to be sold as fresh.

Grading

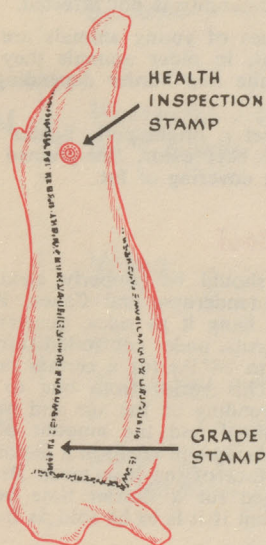
Beef which has been federally health inspected may also be graded and stamped by federal graders with the grade mark. The grader's stamp appears on the wholesale cuts of each side of beef.

A ribbon-like mark running the full length of the side indicates the grade. A

section of the mark should appear on each retail cut so that the grade can be recognized.

Some establishments use their own grade name in the ribbon mark but the color always indicates the grade i.e. red for Canada Choice, blue for Canada Good, brown for Canada Standard. The dye is not harmful and the stamp mark does not need to be cut off the meat before cooking.

The sale of beef by grade to the consumer is optional in Canada but may be made compulsory by provincial regulations. For example in Vancouver, B.C. all grades are stamped and carry a ribbon mark. In other areas Canada Commercial and Canada Utility do not as a rule carry this mark.



Grade Names

Canada Choice (Red Brand)—is the highest quality beef, comes from carcasses of young steers and heifers of choice quality and has a high proportion of meat to bone. It has a good covering of fat and the lean is well marbled with fat.

Canada Good (Blue Brand)—is from carcasses of young steers and heifers of good quality and has a slightly lower proportion of meat to bone and less fat than Canada Choice.

Canada Standard (Brown Brand)—is from carcasses of young steers and heifers having a lower proportion of fat to lean meat than Canada Good.

Canada Commercial—is from carcasses of young steers and heifers not eligible for Canada Standard and from young cows of good quality. It may have a lower proportion of meat to bone and the proportion of fat may vary.

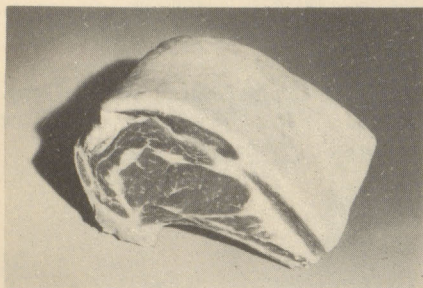
Canada Utility—is from lean steers and heifers and from cows of medium to good quality not eligible for Canada Commercial.

Availability of Graded Beef

Graded beef is available throughout the year but the quantity varies in certain areas with the season and the supply and demand.

In Canada all beef of Canada Choice or Canada Good quality is ribbon marked and retail stores feature these grades. Approximately 45% of all graded beef slaughtered under federal inspection falls into either Choice or Good grade. Standard and Commercial each represent about 9% of the beef graded. Utility beef is usually sold as processed meat.

TENDER CUTS



Standing Rib (Roast)*

From the rib section. Each roast contains one or more ribs. Lower ends of the ribs are usually removed. May be called "prime rib" when taken from the 5-bone rib section next to wing.



Rolled Rib (Roast)*

From the rib section with bones removed. The blade end is often divided into **inner and outer roll**. The outer roll is less tender and contains more fat than the inner roll and should be pot roasted.



Wing (Roast)*

From the loin section, next to the rib. Contains rib bones. It is triangular in shape and contains little or no tenderloin.



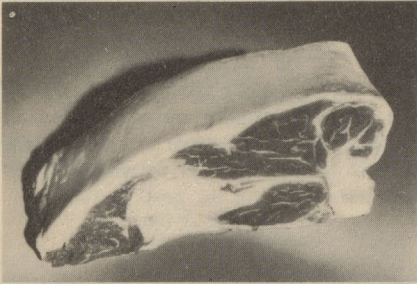
Wing or Club Steak

*(Panfry, Broil)**

Cut from the wing. One of the smaller steaks.

* *Cooking Methods*

TENDER CUTS



Porterhouse or T-Bone

*(Roast)**

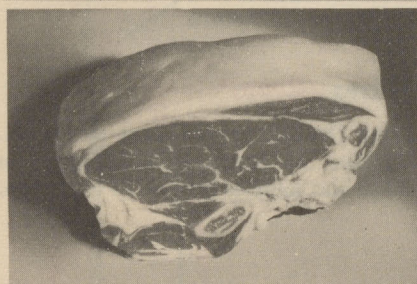
From the loin section next to the wing. Contains T-shape bone and most of the tenderloin ("undercut").



Porterhouse or T-Bone Steak

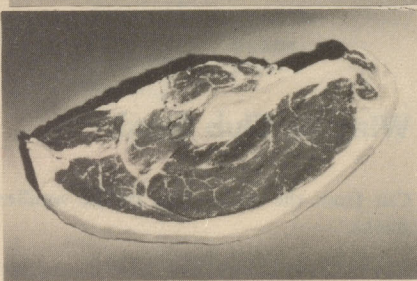
*(Panfry, Broil)**

Cut from the porterhouse. The tenderloin may be removed and sold separately as "fillet mignon".



Sirloin *(Roast)**

Next to the porterhouse. Contains some tenderloin. Usually cut into steaks.



Sirloin Steak *(Panfry, Broil)**

Cut from the sirloin. Largest of the tender steaks. The amount and shape of bone and proportion of tenderloin vary depending on their position in the cut.

** Cooking Methods*



Pin Bone



Double Bone

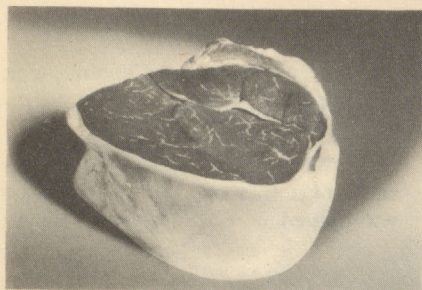


Round Bone



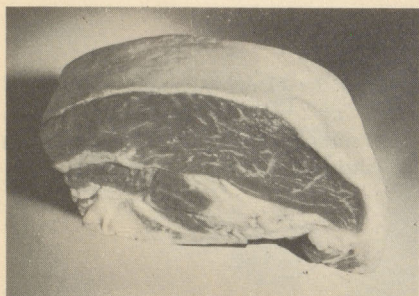
Wedge Bone

MODERATELY TENDER CUTS



Sirloin Tip (Roast)*

A triangular cut touching on the sirloin and round of the hip section. It is boneless and the meat is very lean. May be sold as a roast or as "cube" or "minute" steaks. The steaks may be panfried.



Square Rump

(Roast, Pot Roast)*

From the hip section, next to the sirloin. It is lean and fairly tender. CANADA CHOICE, CANADA GOOD, CANADA STANDARD grades may be roasted and the other grades pot roasted.

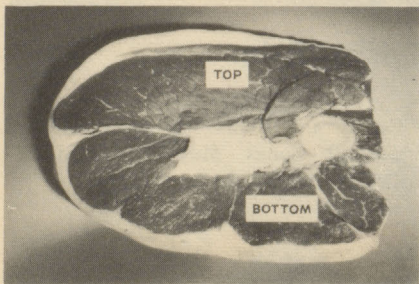


Round Rump (Roast)*

Next to the square rump. It is more tender than the square rump and may be roasted.

CANADA CHOICE, CANADA GOOD, CANADA STANDARD grades may be roasted and the other grades pot roasted.

Whole Rump may be boned and rolled.



Round Steak

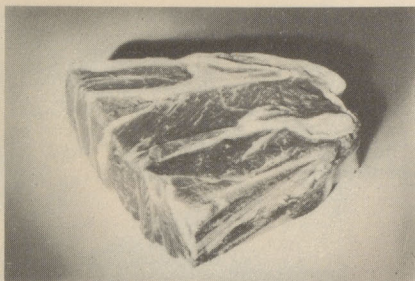
(Braise, Panfry, Broil)*

Cut from round next to rump. Mostly lean meat. Oval-shaped, containing small round bone. May be divided into **top** and **bottom** round. Top round is considered more tender. Choice, Good and Standard grades may be panfried or broiled and the other grades braised. Bottom round in all grades should be braised.

Round may also be sold as cuts which may be roasted.

* Cooking Methods

LESS TENDER CUTS



Blade (*Pot Roast*)*

From the chuck section. Contains long thin blade bone and some smaller bones. Blade bone may be removed.

Note: The chuck (not shown) is located next to the blade cut. May be pot roasted or cut for stew.



Cross Rib (*Pot Roast*)*

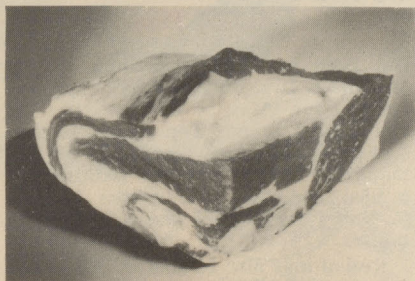
Next to the blade. Contains portions of blade rib bones. Thick and meaty. Sometimes called **Short Rib** depending on cutting method.



Round Bone Shoulder

(*Pot Roast*)*

Between the cross rib and shank. Contains the round shoulder bone and sometimes includes small portions of blade rib bones depending on the cutting method. May be boned.



Brisket Point

(*Pot Roast, "Boil"*)*

Next to the shank. Contains ends of blade rib bones. May be boned and rolled or pickled for corned beef.

* *Cooking Methods*

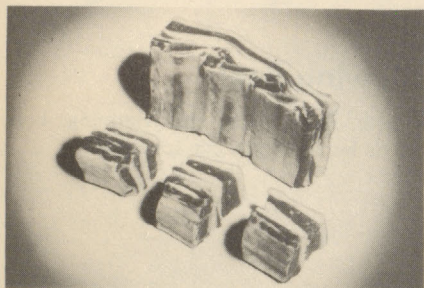
LESS TENDER CUTS



Plate Brisket

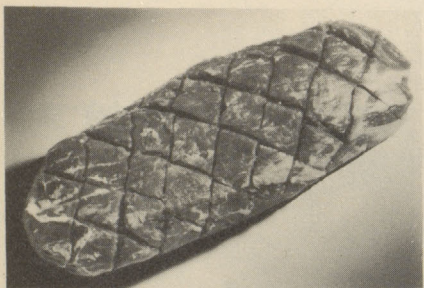
*(Pot Roast, "Boil")**

Between brisket point and flank. Contains ends of rib bones and layers of lean and fat. May also be boned and rolled.



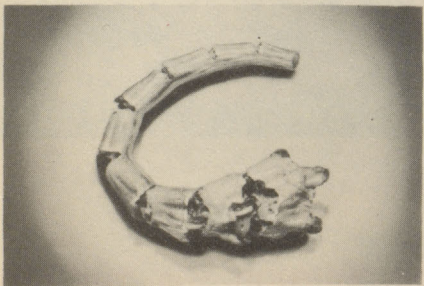
Short Ribs *(Braise, Stew)**

Contain short portions of rib bones and layers of lean and fat. Often sold in pieces.



Flank Steak *(Braise)**

From inside flank under loin. A flat, lean piece of meat, with coarse fibers running lengthwise.

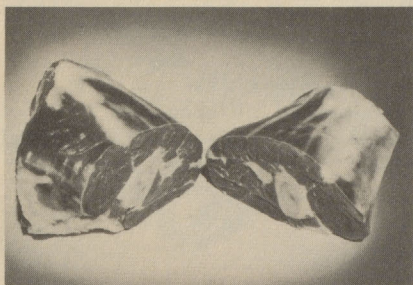


Oxtail *(Braise, "Boil")**

Contains considerable bone, usually separated at the joints, rich in flavor. Used for soup.

** Cooking Methods*

LESS TENDER CUTS



Shank (*"Boil", Stew*)*

From the hind or fore leg. Contains coarse meat with considerable bone and gristle. Used for soup. Meat may also be trimmed for stew.



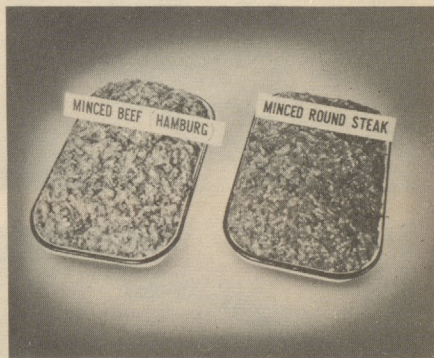
Stewing Beef (*Stew*)*

Shank, flank, neck, and trimmings bone in or boneless are cut for stew.

Minced Beef

(*Pan-fry, Broil, Braise, Bake*)*

Made by grinding together trimmings and some of the less tender cuts such as shank, flank, neck etc. It is commonly called "hamburg" and, according to Food and Drug Regulations, should contain not more than 30% of the fat which is normally on the beef used. Minced beef may also be made from round steak and is labelled as such. It is leaner and higher priced than "hamburg". Used in patties and loaves.



**Cooking Methods*

CHOOSE THE PROPER COOKING METHOD FOR THE CUT

HOW TO COOK BEEF *Roasts*

Tender cuts may be roasted.

Roast uncovered in oven to the desired degree of doneness—rare (rose-red), medium (light pink), well done (brownish-grey).

Cover top of lean roast with pieces of fat or dripping.

Season halfway through cooking.

Add vegetables during roasting if desired.

Roasting times are based on the temperature of the meat (40°F.) when taken from the refrigerator.

General roasting directions are given on page 5.

Roasting Timetable

(325°F. Oven)

MINUTES PER POUND

	Rare (130°F. - 140°F.)*	Medium (140°F. - 150°F.)*	Well Done (150°F. - 170°F.)*
Standing Rib, Wing, Porterhouse or T-bone, Sirloin.....	20 to 25	25 to 30	30 to 35
Rolled Rib, Round (boneless) Round Rump.....			
Square Rump**.....	25 to 30	30 to 35	35 to 40
Rolled Rib (Inner Roll) Sirloin Tip Rolled Rump**.....	30 to 35	35 to 40	40 to 45

NOTE: Allow the longer times given per pound for 3 to 6 pound roasts and the shorter times for 6 to 8 pound roasts.

- To cook frozen roasts—
Thawed—cook as fresh.
Unthawed—increase cooking time by half that required for fresh. e.g. if a fresh roast takes 30 minutes per pound, a frozen roast will require 45 minutes per pound.

How To Make Gravy For Roasts

For each cup of gravy:

Pour off fat leaving 2 tablespoons fat in pan.

Add 1½ to 2 tablespoons flour. Stir until well browned.

Remove from heat, stir in a little cold water to make a smooth paste and gradually add 1 cup hot liquid (water, meat stock or vegetable liquid) to flour-fat mixture.

Continue stirring over low heat until gravy is smooth and thickened, about 5 minutes.

Allow approximately 3 to 4 tablespoons gravy per serving.

* Internal temperature as indicated on a meat thermometer.

HOW TO COOK *Tender Steaks*

Sirloin, porterhouse or T-bone, wing or club, and top round are tender beef steaks and may be panfried or broiled.

Before cooking, snip fat edge of steak. Season after browning. Cook to the desired stage of doneness, rare (bright rose-red to bright pink), medium (light pink), well done (brownish-grey). Serve with gravy. Cooking times are based on the temperature of the meat (40°F.) when taken from refrigerator.

PANFRY

Rub hot pan with fat cut from steak. Brown over high heat 1 minute each side. Turn steak and cook over moderate heat. Panfry:

MINUTES PER SIDE

	Rare	Medium	Well done
1-inch steaks	3 to 4	4 to 5	5 to 6
½-inch steaks	1 to 2	2 to 3	3 to 4
• To panfry frozen steaks—			
Thawed—panfry as fresh.			
Unthawed—			
1-inch steaks	9 to 11	11 to 12	12 to 13
½-inch steaks	3 to 4	4 to 6	6 to 7

BROIL

Preheat broiler 5 minutes. Leave door ajar. Place steak on cold rack of broiler pan so that top of meat is 3 inches from heating unit for 1-inch steak and 2 inches from heating unit for ½-inch steak. Broil:

MINUTES PER SIDE

	Rare	Medium	Well done
1-inch steaks	5 to 7	7 to 9	9 to 11
½-inch steaks	1½ to 2	2 to 2½	2½ to 3

• To broil frozen steaks—

Thawed—broil as fresh. For 1-inch steaks allow 1 minute longer each side for good browning.

Unthawed—Preheat broiler 5 minutes. Leave door ajar. Place steak on cold rack of broiler pan so that top of meat is 7 inches from heating unit, about center of oven. Heat steak until thawed, 7 to 8 minutes each side for 1-inch steak and 3 to 4 minutes each side for ½-inch steak. Continue broiling as for fresh steak, raising broiler pan 3 inches from heating unit for 1-inch steak and 2 inches for ½-inch steak. Broil on both sides allowing the same times as for fresh steak.

Pan gravy for steaks—Drain off excess fat in pan. Add 2 or 3 tablespoons hot water to pan. Stir well to loosen particles adhering to pan. Season as desired.

Cube or Minute Steaks

Thin boneless slices from moderately tender and less tender cuts of beef may be pounded and scored or cubed by a machine to break down the coarse fibers. Panfry over high heat 2 minutes each side.

HOW TO COOK BEEF *Pot Roasts*

Less tender cuts of beef may be pot roasted.

Brown well on all sides. Season. Add 2 to 3 tablespoons water. Cover. Pot roast on top stove or in oven until tender and well done (internal temperature 170°F. as indicated on a meat thermometer).

Add vegetables during cooking, if desired.

Uncover oven-cooked pot roasts last half hour of cooking for better brownness.

Pot roasting times are based on the temperature of the meat (40°F.) when taken from the refrigerator.

General pot roasting directions are given on page 6.

Pot Roasting Timetable

	MINUTES PER POUND	
	Top Stove	325°F. Oven
Blade, Short or Cross rib, Square Rump (Grade C)	25 to 30	30 to 35
Rolled Rib (Outer roll) Round Bone Shoulder, Chuck Rolled Rump (Grade C) Brisket Point, Plate Brisket	30 to 35	35 to 40

NOTE: Allow the longer times given per pound for 3 to 6 pound pot roasts. Allow the shorter times given per pound for 6 to 8 pound pot roasts.

- To cook frozen pot roasts—

Thawed—cook as fresh.

Unthawed—brown pot roasts well and increase cooking time by half that required for fresh. e.g. if a fresh roast takes 30 minutes per pound, a frozen roast will require 45 minutes per pound.

To pressure cook: Brown pot roast well on all sides. Season. Add ¼ cup water. Cook 12 to 15 minutes per pound in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Add vegetables at end of cooking, if desired. General pressure cooking directions are given on page 7.

- To pressure cook frozen, less tender cuts—

Thawed—cook as fresh.

Unthawed—brown frozen cuts well and increase cooking time by one quarter that required for fresh. i.e. allow 15 to 20 minutes per pound for frozen pot roasts.

How To Thicken Pot Roast Gravy

To each cup of liquid from pot roast slowly add a thin paste made by mixing 1½ to 2 tablespoons flour with 3 to 4 tablespoons cold water and then blend with some of the hot liquid. Add to liquid in pan and stir constantly over low heat until gravy is smooth and thickened, about 5 minutes. Season if necessary. Allow approximately 3 to 4 tablespoons gravy per serving.

SERVE WITH **Beef**



Seasonings and Sauces with Beef

- For special flavor, sprinkle over or rub into the cut surface of roasts before cooking one or more of these seasonings: savory, basil, thyme, mustard, paprika, garlic, chili powder, celery or onion salt.
- When cooking pot roasts, add one or more of the following: parsley, green pepper, onion, cloves, bay leaf and mixed pickling spices.
- For spicy pot roasts marinate meat in a mixture of half vinegar and half water with added pickling spices *OR* coat well with French dressing. Let stand 2 to 3 days in the refrigerator before cooking.
- Baste pot roasts with barbecue or chili sauce during cooking.
- Serve one of the following sauces with sliced cooked beef: horseradish sauce, Barbecue sauce, mustard sauce, chili or Worcestershire sauce.
- Serve a butter sauce over panfried or broiled steak. Melt butter and add one or more of the following: chopped parsley, chives or garlic, grated strong cheese or Worcestershire sauce.

Vegetables with Beef

Prepare and cut potatoes, onions and carrots into serving-size pieces.

With roasts—Parboil vegetables 10 minutes in salted water to cover. Drain, coat with fat and place around meat 45 to 50 minutes before meat is cooked. Baste several times.

With pot roasts—Sprinkle vegetables with salt and pepper and arrange around pot roast. *Cooking times for vegetables:* 1 to 1¼ hours if pot roast cooked on top of stove; 2½ to 2¾ hours if cooked in oven; 3 to 5 minutes if cooked in pressure cooker.

With steaks—Broil or fry tomatoes, mushrooms or onions.

Yorkshire Pudding

Remove cooked roast from oven and raise oven temperature to 375°F. Pour about 1½ tablespoons of drippings from roast or melted fat into muffin tins (3 inches in diameter). Heat in oven until fat is hot. Add enough chilled batter to half-fill each tin. Bake 30 minutes in moderately hot oven (375°F.).

To make batter: Beat 2 eggs, add 1 cup milk. Add 1 cup sifted flour and ½ teaspoon salt and beat well. Chill batter 1 hour in refrigerator before using. 8 servings.

Swiss Steak

- | | |
|---|--|
| 1½ to 2 pounds round <i>OR</i> flank steak (½" to ¾" thick) | 1½ to 2 cups tomato juice <i>OR</i> |
| 1 small onion, sliced | 2 to 2½ cups canned or stewed tomatoes |
| 1 teaspoon salt | 1 teaspoon Worcestershire sauce |
| ⅛ teaspoon pepper | 1 tablespoon chopped celery |
| 2 tablespoons flour | 1 tablespoon chopped green pepper |

Snip fat edge of steak. Pound meat on both sides with a steak mallet or edge of plate to break down coarse fibers. Brown steak well in a small amount of fat over high heat allowing 4 minutes each side. Brown sliced onion. Add salt and pepper. Sprinkle both sides with flour and brown again slightly. Add remaining ingredients. Stir well. Add more liquid during cooking if necessary. Cover closely. Turn meat halfway through cooking. Cook slowly on top of stove or in center of moderately slow oven (325°F.) 1¼ to 1½ hours. 4 to 6 servings.

To pressure cook: Follow above recipe. After browning, season and sprinkle both sides of meat with 1 tablespoon flour and brown again. Add only ¾ cup tomato juice or 1 cup canned or stewed tomatoes. Stir well. Cover and cook in pressure saucepan at 15 pounds pressure—round steak 15 minutes, flank steak 18 minutes. Allow pressure saucepan to cool slowly.

Stuffed Flank Steak

- | | |
|---------------------------------------|--|
| 1½ to 2 pounds flank steak (½" thick) | ⅛ teaspoon pepper |
| 2 cups bread stuffing | 2 tablespoons flour |
| 1½ to 2 tablespoons fat | 1 teaspoon paprika |
| 1 teaspoon salt | 1½ cups liquid (water, beef broth or vegetable liquid) |

Snip edge of steak. Pound or score steak. Spread with stuffing seasoned with ⅛ teaspoon savory or marjoram or ½ clove garlic, minced. Roll and skewer or tie. Brown well in fat over moderate heat, about 15 minutes. Add salt and pepper, sprinkle with flour and brown again slightly. Add paprika and liquid and stir well. Cover closely. Turn halfway through cooking. Cook slowly on top of stove or in moderately slow oven (325°F.) 1 to 1¼ hours. Remove the skewers or string, slice the roll and serve with the gravy. 6 servings

Braised Short Ribs or Oxtails

- | | |
|--------------------------------|---------------------|
| 3 pounds short ribs or oxtails | 3 tablespoons flour |
| 3 tablespoons fat | ½ cup chopped onion |
| 2 teaspoons salt | 3 cups tomato juice |
| ⅛ teaspoon pepper | |

Cut meat in 2-inch serving-size pieces. Brown in fat over moderate heat about 10 minutes. Add salt and pepper. Sprinkle browned meat with flour and brown again slightly. Add onion and tomato juice. Stir well. Cover closely and cook slowly on stove or in moderately slow oven (325°F.): *short ribs* 2-2¼ hrs.; *oxtails* 2½-3 hrs.

To pressure cook: Follow above recipe. Sprinkle browned meat with 1 tablespoon flour and brown again slightly. Use only 1 cup tomato juice. Cook *short ribs* 25 minutes, *oxtails* 30 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. 6 servings.

"Boiled" Beef Dinner

3 to 4 pounds fresh or corned beef brisket	1 bay leaf
6 to 8 cups hot water	1 teaspoon celery seed
1 cup sliced onion	1 clove garlic, cut
	¼ teaspoon pepper
	2 tablespoons salt

Vegetables: carrots, turnips, onions and potatoes cut in serving-size pieces.

Fresh Beef Brisket: Cover beef with hot water. Add sliced onion and other seasonings. Cover closely. Simmer on top of stove 3 to 4 hours until tender. Skim liquid and add vegetables 45 to 50 minutes before end of cooking time. Arrange vegetables around meat and serve with broth.

Corned Beef Brisket: Soak corned beef brisket in cold water to cover, overnight in refrigerator. Drain, and cook as fresh beef brisket omitting salt. Allow 4 to 5 hours cooking time.

To pressure cook: Follow above recipe using only 2 cups hot water. Cover and cook fresh or corned beef brisket 20 to 22 minutes per pound in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Add vegetables and cook 3 to 5 minutes longer at 15 pounds pressure. Cool slowly.

Corned Beef and Cabbage

Soak and cook corned beef brisket as above. Add 1 small head of cabbage cut partially through in sixths from core end, 10 to 12 minutes before end of simmering time or 1 minute in pressure saucepan.

Beef and Kidney Pie

1 to 1¼ pound beef kidney	3 to 3½ cups hot water
1 pound boneless stewing beef	3 whole cloves
½ cup chopped onion	½ teaspoon mixed pickling spice
4 tablespoons fat	2 teaspoons salt
½ cup flour	¼ teaspoon pepper

Soak kidney 1 hour in cold, salted water (1 tablespoon salt to 4 cups water). Remove the white membrane and cut lobes away from fat and tubes. Cut in ½-inch pieces or ¼-inch slices. Cut beef in 1-inch cubes. Brown onion in 2 tablespoons fat and remove from pan. Brown beef well, about 5 minutes and remove from pan. Brown kidney, ½ pound at a time, in 2 tablespoons fat 5 minutes over high heat. Combine browned meats, sprinkle with flour and brown again slightly. Add hot water to cover and stir well. Add cloves and pickling spices tied in cheesecloth, browned onion, salt and pepper. Cover closely and simmer until tender, about 2 hours. Remove spices. Place meat in a greased casserole. Cover with pastry or biscuit dough and bake in a hot oven (425°F.) 35 to 40 minutes. 6 servings.

To pressure cook: Follow above recipe. Add only 1½ cups hot water to the browned meats. Cover and cook 15 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Place meat in casserole and cover with pastry or biscuit dough and bake as above.

Hamburg Patties

1½ pounds hamburger or minced beef	1 egg
1 teaspoon salt	2 tablespoons milk, broth or tomato juice
¼ teaspoon pepper	2 tablespoons finely chopped onion
2 teaspoons Worcestershire sauce	

Mix meat, seasonings, egg, liquid and onion. Brown onion if desired. Shape into 12 patties (½ to ¾ inch thick). Panfry, broil or braise. 6 servings. For more tender, juicy patties use 2/3 cup liquid and add 1/3 cup dry bread crumbs.

Panfry—Cook in a little fat over moderate heat 7 to 8 minutes each side.

Broil—Preheat broiler 5 minutes. Leave door ajar. Place on cold rack of broiler pan so that top of patties is 3 inches from heating unit. Brush both sides with melted fat. Broil 7 to 8 minutes each side.

Braise—Brown patties in a small amount of fat over moderate heat, 1 to 2 minutes each side. Season with salt and pepper. Sprinkle both sides lightly with flour and brown again. Add 1½ cups liquid (water, tomato juice or vegetable liquid). Stir well. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.) 10 minutes each side.

One or more of the following may be added: ¼ to ½ teaspoon marjoram or savory; 3 tablespoons chopped parsley or chopped green pepper; ½ clove finely minced garlic; 1½ teaspoons horseradish and ¾ teaspoon dry mustard.

Hamburgers

To 1½ pounds hamburger add 1 tablespoon Worcestershire sauce and season with salt and pepper. Shape into 7 to 8, 4-inch hamburgers (4" x ½" thick). Panfry or broil 6 to 8 minutes each side.

Top with one or more of the following: raw or fried onion slices; cheese; horseradish sauce; prepared mustard; pickles or relishes; tomatoes; lettuce. Serve in warmed or toasted hamburger bun.

Meat Balls in Tomato Sauce

Mix 1½ pounds hamburger as Hamburg Patties above and shape into 1-inch balls. Brown meat well on all sides in a small amount of fat about 10 minutes. Add Tomato Sauce and cook slowly until meat is well done and sauce is thickened, about 20 minutes. Turn meat balls halfway through cooking. Serve over cooked spaghetti. 6 to 8 servings.

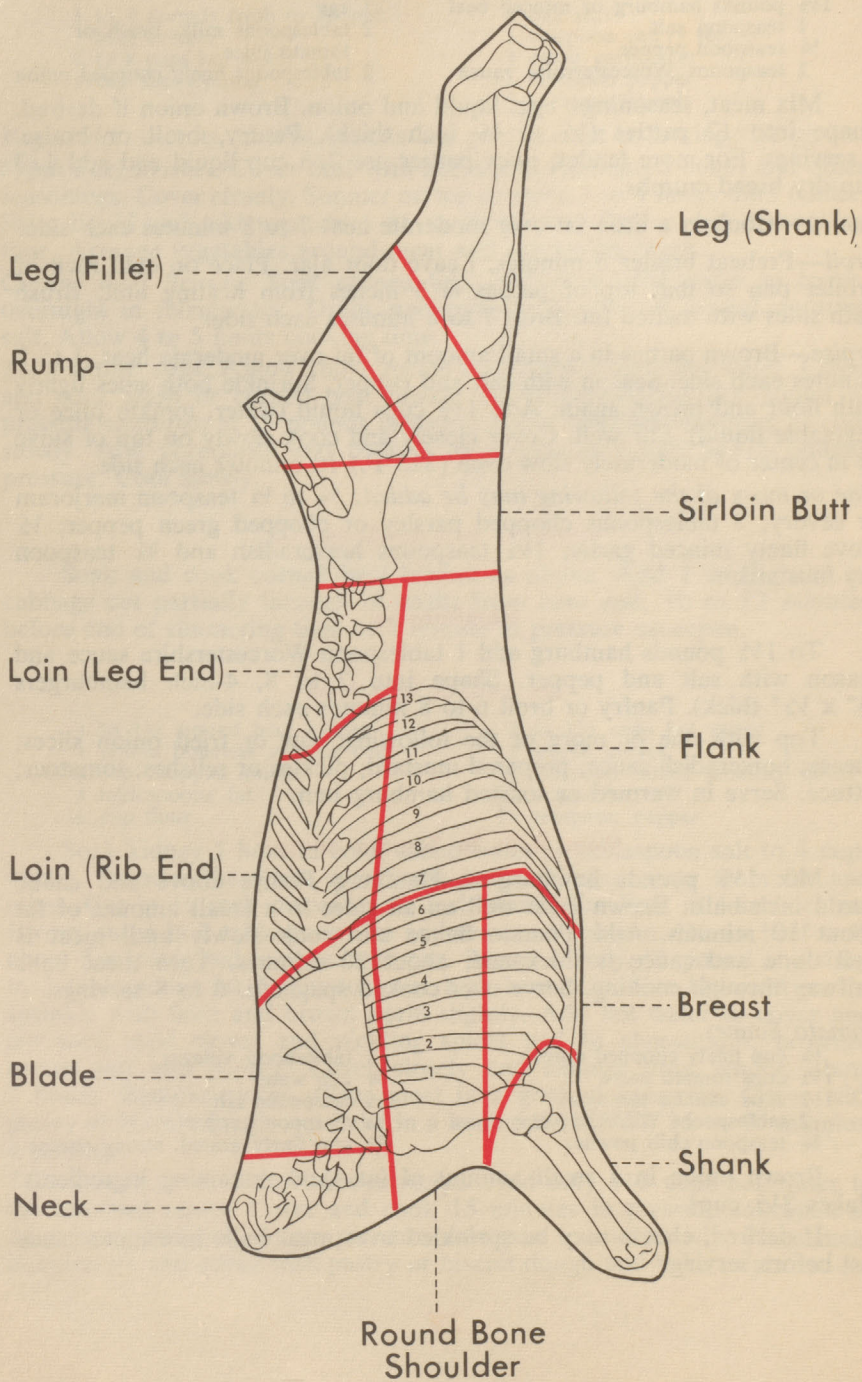
Tomato Sauce:

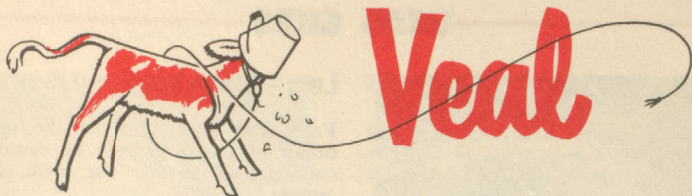
¼ cup finely chopped onion	1 tablespoon vinegar
1½ cups tomato paste	¾ cup water
1½ cups canned tomatoes	1½ teaspoons salt
2 tablespoons Worcestershire sauce	¼ teaspoon pepper
¾ teaspoon chili powder	¾ cup finely grated, strong cheese

Brown onion in a small amount of fat. Add remaining ingredients. Makes 3½ cups.

If desired, cheese may be sprinkled over meat balls in tomato sauce just before serving.

VEAL CHART





VEAL is a mild-flavored meat which combines well with many foods and seasonings. Its delicate flavor is enhanced by cooking in well-seasoned sauces. Although it comes from young animals it needs long, slow cooking to make it tender.

Veal is most plentiful in the spring and early summer months but usually some is available the year round. It may come from young calves of dairy or beef type, 3 to 12 weeks old. Most veal is marketed under 8 weeks of age but for best quality it should not be too young.

Veal in the carcass is thoroughly chilled but not aged before cutting.

Veal consumption in Canada is low, averaging each year about 8 pounds per person (1956-60-average).

Buying

Veal is not sold by grade on the retail market. Consumers, however, should be familiar with the characteristics of good quality veal:

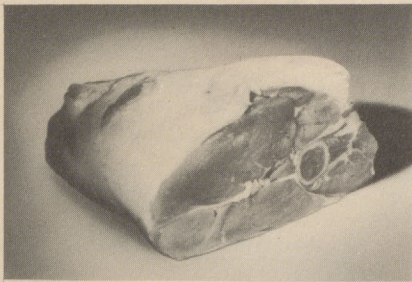
The meat is fine-textured and rather velvety. The more mature veal tends to be firmer than the young veal.

Cuts vary greatly in color and size since they come from animals of different maturity and weights. The color of the meat is usually an indication of maturity, the younger being greyish-pink and the older shading to pinkish-brown.

Veal has much less fat than other meats and some cuts may lack fat covering. The fat may be white, creamy white or tinged with pink. It usually requires added fat for cooking.

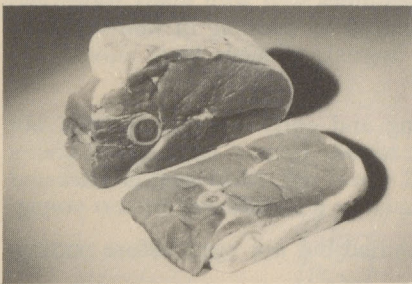
The bones in young veal are reddish in color and fairly porous while those from more mature animals are larger, less porous and less reddish.

VEAL CUTS



Leg - Shank (*Roast*)*

From the lower part of the leg. Part or all of the bone may be removed for stuffing. A meaty cut with a small amount of fat.

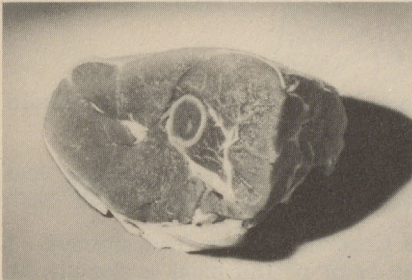


Leg or Fillet (*Roast*)*

Leg Steak

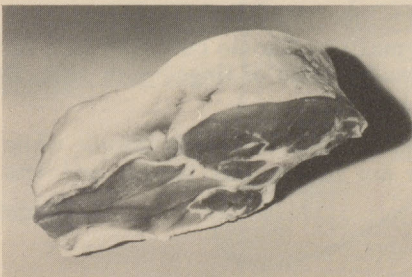
(*Pan-fry, Bake, Braise, Broil*)*

From the mid-section of the leg containing the round bone: May also be boned and cut in thinner slices for cutlets.



Rump (*Roast*)*

From the upper part of the leg, next to the fillet. Lean and triangular in shape. The large bone may be left in or part removed. It is more tender than the shank but is not as easy to carve.



Sirloin Butt (*Roast*)*

Next to the rump. A compact, meaty cut. Part of the bone may be removed for stuffing. May also be cut into steaks.

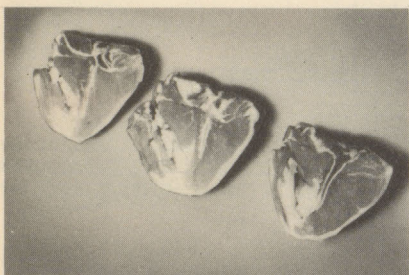
* *Cooking Methods*

VEAL CUTS



Loin - Leg End *(Roast)**

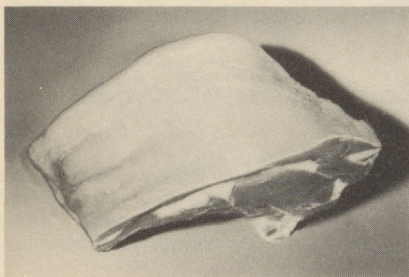
Next to the sirloin butt. The meaty end of the loin. Contains T-shape bones and tenderloin. May be sold as a roast but is usually cut into chops.



Loin Chops

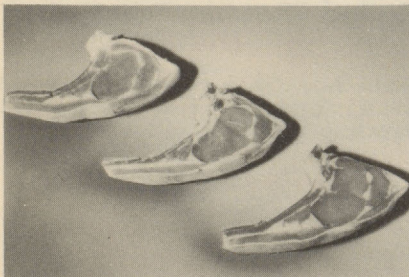
*(Panfry, Bake, Braise, Broil)**

Cut from the leg end of the loin. The kidney is sometimes left in and cut with the chops.



Loin - Rib End *(Roast)**

Less meaty than the leg end, contains rib bones and no tenderloin. Backbone should be partially cut through to make carving easier.



Rib Chops

*(Panfry, Bake, Braise, Broil)**

Cut from the rib end of the loin. Triangular in shape.

**Cooking Methods*

VEAL CUTS



Flank (*Braise, Stew*)*

Under the loin. Contains layers of lean, fat and bone. May be left whole, boned, cut in strips or minced.



Blade (*Roast*)*

Blade Chops

(*Braise, Bake, Panfry*)*

From the shoulder section. Contains the thin blade bone which may be removed from roasts for easy carving and for stuffing.



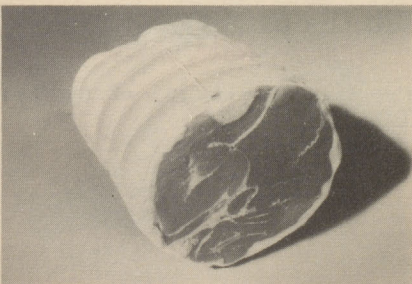
Round Bone Shoulder

(*Roast*)*

Round Bone Shoulder

Chops (*Braise, Bake, Panfry*)*

Next the blade and finer in texture than the blade. Contains the small round shoulder bone and rib bones. Roast may be partly or completely boned.



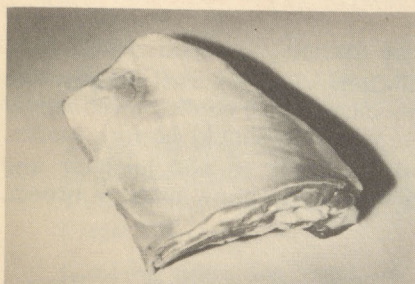
Rolled Shoulder

(*Pot Roast, Roast*)*

Entire fronts of veal may be boned and rolled. They are usually frozen and dipped in a covering of fat.

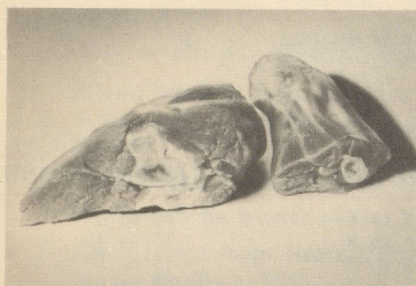
**Cooking Methods*

VEAL CUTS



Breast (*Braise, Stew*)*

Next the round bone shoulder. Contains layer of lean, fat and bone.



Shank (*Braise, Stew, "Boil"*)*

From the forelegs. Contains coarse meat with bone and gristle. May be used to make jellied meats and soups.



Neck (*Braise, Stew*)*

Contains considerable bone. May be left whole, cut in slices or in pieces.



Stewing Veal (*Stew*)*

Neck, shank, breast, flank and trimmings, bone in or boneless, are cut for stew.

* *Cooking Methods*

HOW TO COOK VEAL **Roasts**

Most cuts of veal are tender enough to be roasted.

Roast uncovered in oven to the well-done stage (internal temperature 180°F. as indicated on a meat thermometer). The cooked meat should be greyish in color with no trace of pink and should be fork tender.

Cover with pieces of fat, salt pork or bacon to add juiciness and flavor. Remove fat for last hour of roasting to allow meat to brown.

Season halfway through cooking.

Serve with gravy (page 19).

Roasting times are based on the temperature of the meat (40°F.) when taken from refrigerator.

General roasting directions are given on page 5.

Roasting Timetable

(325°F. Oven)

	WEIGHT (pounds)	MINUTES PER POUND
Leg, Shank	4 to 6	40 to 45
	6 to 8	35 to 40
Leg, Shank (boneless)	5 to 7	45 to 50
Leg, Fillet	3 to 5	55 to 60
Rump	4 to 6	45 to 50
Sirloin Butt	3 to 5	45 to 50
Loin	4 to 6	35 to 40
Blade	5 to 7	35 to 40
Round Bone Shoulder	3 to 5	40 to 45
Rolled Shoulder	4 to 6	50 to 55

NOTE: Allow the longer roasting times for lighter weight roasts and the shorter times for heavier roasts.

- To cook frozen roasts—
Thawed—cook as fresh.
Unthawed—increase cooking time by half that required for fresh. e.g. if a fresh roast takes 40 minutes per pound, a frozen roast will require 60 minutes per pound.

Spicy Rolled Veal Shoulder

Brown rolled veal shoulder in a small amount of fat on moderate heat. Sprinkle with chopped parsley, chopped onion, salt, pepper, paprika and thyme. Cover with strips of salt pork or bacon. Add 2 to 3 tablespoons water. Cover and simmer on top of stove or in moderately slow oven (325°F.).

—for 4 to 5 pound roast allow 40 to 45 minutes per pound

—for 6 to 8 pound roast allow 30 to 35 minutes per pound

Seasonings for veal—thyme, savory, garlic, marjoram, curry, paprika, parsley and mustard.

HOW TO COOK VEAL *Chops, Steaks, Cutlets*

Veal chops, steaks and cutlets are tender enough to panfry or bake. For extra flavor they may be braised in a well-seasoned gravy. Loin and rib chops may be broiled if brushed well with fat.

Before cooking snip fat edge of meat. Season after browning. Cook to the well-done stage. The cooked meat should be greyish in color with no trace of pink and should be fork tender. Serve with gravy (page 19).

Cooking times are based on the temperature of meat (40°F.) when taken from the refrigerator.

PANFRY — chops, steaks, cutlets

Brown veal in 2 to 4 tablespoons fat over moderate heat allowing 3 to 4 minutes each side. Turn meat, cover and cook slowly over low heat. Panfry:

1-inch chops, steaks	20 to 22 minutes each side.
½-inch chops, steaks, cutlets	8 to 10 minutes each side.

- To panfry frozen chops, steaks, cutlets—
Thawed—panfry as fresh.
Unthawed—allow 5 to 10 minutes longer total cooking time than for fresh.

BAKE (breaded) — chops, steaks, cutlets

Dip in seasoned flour and then into slightly beaten egg mixture (2 tablespoons water to 1 egg). Roll in fine bread crumbs. Brown veal in 2 to 4 tablespoons fat over moderate heat allowing 3 to 4 minutes each side. Add extra fat to brown second side. Turn meat and place uncovered in the center of moderately slow oven (325°F.). Bake:

1-inch chops, steaks	28 to 30 minutes each side.
½-inch chops, steaks, cutlets	18 to 20 minutes each side.

- To bake frozen chops, steaks, cutlets—Thaw and bake as fresh.

BROIL — loin rib chops

Preheat broiler 5 minutes. Leave door ajar. Brush surface of chops well with melted fat. Place on cold rack of broiler pan so that top of meat is 6 inches from heating unit, about center of oven. Broil:

1-inch chops	12 to 15 minutes each side.
½-inch chops	7 to 8 minutes each side.

Brush second side of chop with fat after turning.

- To broil frozen chops—Thaw and broil as fresh.

HOW TO COOK VEAL *Chops, Steaks, Cutlets*

BRAISE — chops, steaks, cutlets

Brown veal in a small amount of fat over moderate heat allowing 4 to 5 minutes each side. Season with salt and pepper. Sprinkle both sides lightly with flour and brown again. Add liquid (water, tomato juice, vegetable liquid) to a depth of one-quarter inch. Stir well. Add more liquid if necessary during cooking. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.). Braise:

1-inch loin, rib chops	20 to 22 minutes each side
1-inch shoulder chops, steaks	28 to 30 minutes each side
½-inch loin, rib chops	10 to 12 minutes each side
½-inch shoulder chops, steaks, cutlets ..	18 to 20 minutes each side

- To braise frozen chops, steaks, cutlets—Thaw and cook as fresh.

Veal Birds

Cut 1½ to 2 pounds ½-inch veal shoulder chops or steaks in serving-size pieces. Remove bone and snip fat edge of meat. Flatten meat, spread with 2 cups bread stuffing, seasoned with ¼ teaspoon thyme. Roll and skewer or tie. Brown well in a small amount of fat over moderate heat, about 15 minutes. Season with salt and pepper, sprinkle lightly with flour and brown again. Add 1½ cups water and stir well. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.) 45 to 50 minutes. 5 to 6 servings.

Veal Paprika

Brown 1½ to 2 pounds ½-inch veal shoulder chops. Season with salt and pepper and sprinkle generously with paprika. Add 1½ cups dilute sour cream or dilute condensed cream soup. Cover closely and cook slowly 18 to 20 minutes each side. 5 to 6 servings.

Veal Scallopini

Flatten 1½ pounds veal cutlets, coat with French dressing and let stand 15 minutes. Brown meat and 1 small, sliced onion. Sprinkle both sides of meat with 2 tablespoons flour and brown again slightly. Season with salt and pepper. Add 1 to 2 tablespoons chopped green pepper and 1½ cups chicken broth or consomme. Stir well. Cover closely and cook slowly 18 to 20 minutes each side. Sliced olives and ½ pound sliced, browned mushrooms may be added before serving. 5 to 6 servings.

Veal Risotto

Brown 1½ to 2 pounds ½-inch veal shoulder chops or steaks and 1 small, sliced onion. Sprinkle both sides of meat with 2 tablespoons flour and brown again slightly. Season with salt and pepper. Add a dash of oregano and of basil, 1 to 2 tablespoons chopped parsley, ¾ cup stewed or canned tomatoes and about ¾ cup beef broth. Stir well. Cover closely and cook slowly 18 to 20 minutes each side. Serve on cooked rice or noodles. 5 to 6 servings.

Braised Veal

3 pounds veal, bone-in (shank, breast, neck, flank)	4½ cups tomato juice
1½ cups sliced onion	2 tablespoons Worcestershire sauce
1½ cups sliced carrots	1 to 2 tablespoons chopped parsley

Trim meat and cut in serving-size pieces. Brown well on all sides in a small amount of fat, about 10 minutes. Season with salt and pepper. Add onions, carrots, tomato juice and Worcestershire sauce. Sprinkle with parsley. Cover closely and cook slowly on top stove or in moderately slow oven (325°F.) 1½ to 1¾ hours. Uncover for last 15 minutes of cooking.

To pressure cook: Brown veal well as above. Season and sprinkle with 2 to 3 tablespoons flour and brown again slightly. Add only 1½ cups tomato juice and 2 teaspoons Worcestershire sauce. Cook 9 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Add 1½ cups each of sliced onions and carrots and cook 3 minutes longer at 15 pounds pressure. Cool slowly.

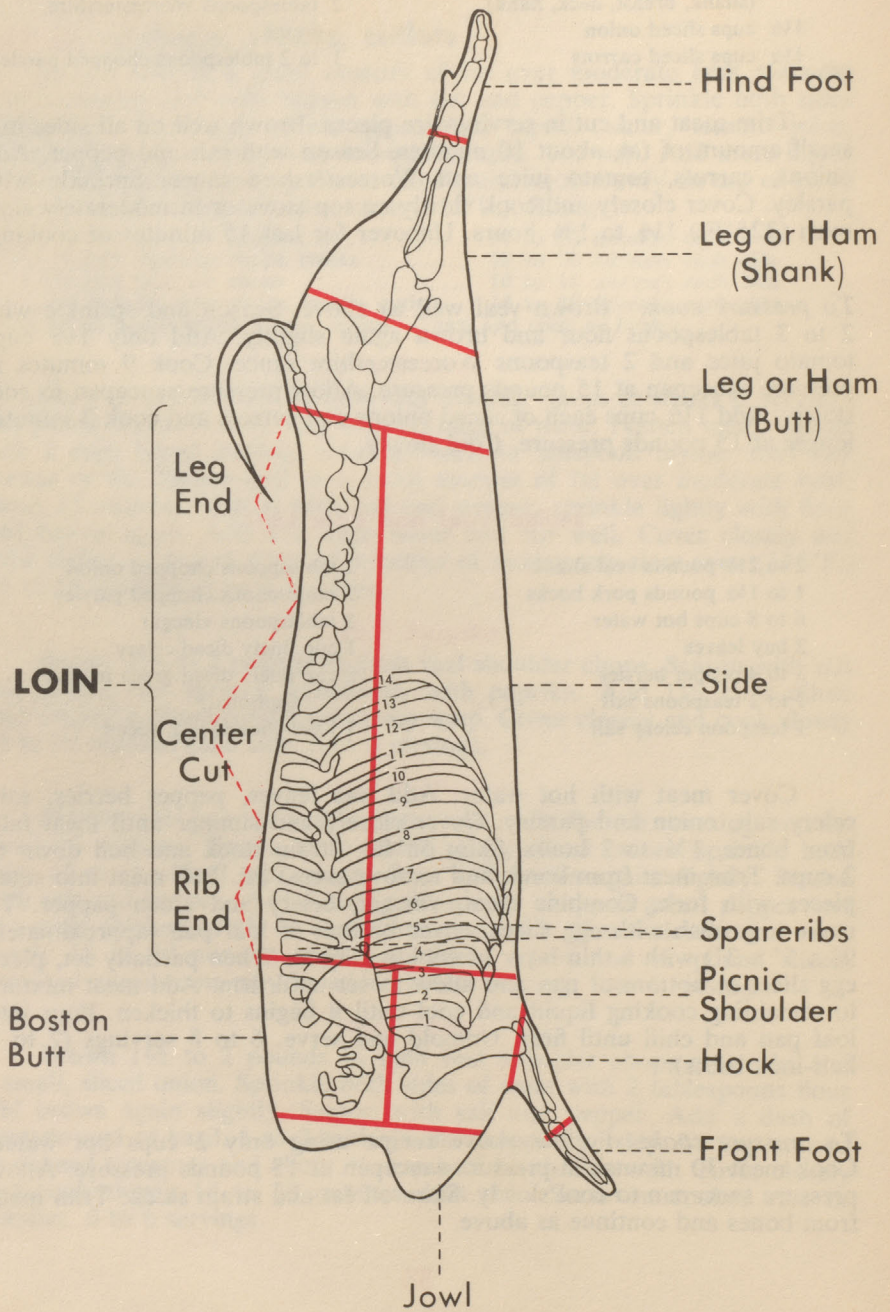
Jellied Veal and Pork Loaf

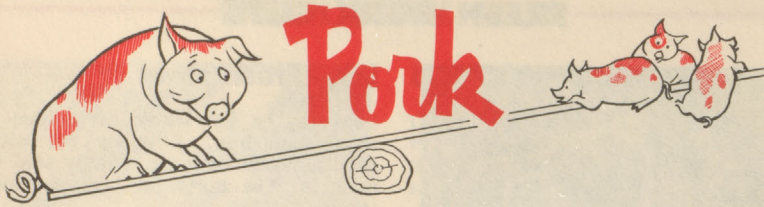
2 to 2½ pounds veal shank	2 tablespoons chopped onion
1 to 1½ pounds pork hocks	2 tablespoons chopped parsley
6 to 8 cups hot water	2 tablespoons vinegar
2 bay leaves	1 cup finely diced celery
3 to 4 pepper berries	½ cup finely diced green pepper (optional)
1 to 2 teaspoons salt	1 hard-cooked egg, sliced
1 teaspoon celery salt	

Cover meat with hot water. Add bay leaves, pepper berries, salt, celery salt, onion and parsley. Cover closely and simmer until meat falls from bones, 1¾ to 2 hours. Skim off fat. Strain stock and boil down to 2 cups. Trim meat from bones and remove excess fat. Pull meat into small pieces with fork. Combine meat, vinegar, celery and green pepper. To make a garnish with egg slices, cover bottom of loaf pan (approximately 9" x 5" x 3") with a thin layer of cooking liquid. When partially set, place egg slices in bottom of pan and allow to set until firm. Add meat mixture to remaining cooking liquid and cool until it begins to thicken. Pour into loaf pan and chill until firm. Unmold and serve. 6 to 8 servings (2 to 3 half-inch slices).

To pressure cook: Follow above recipe using only 2 cups hot water. Cook meat 30 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Skim off fat and strain stock. Trim meat from bones and continue as above.

PORK CHART





PORK—fresh, cured or smoked—is a tender, juicy, flavorful meat. Because it is sold in so many different forms, it can be served often.

Pork is available the year round but is most plentiful and economical to buy during the fall and winter months.

Pork in the carcass is thoroughly chilled but not aged before cutting.

In Canada over a 5-year period (1956-60) $3\frac{1}{2}$ out of every 10 pounds of meat eaten were pork. During this period, the yearly consumption of pork averaged 52 pounds per person.

Pork rivals beef in popularity. Each year the consumption of pork and beef varies with the relative prices.

Buying

Pork is not sold by grade on the retail market.

Good quality pork is firm and fine grained. The lean should be light, greyish pink in color and a deeper rose color in older animals.

The outer fat covering should be firm and white and there should be a good proportion of lean to fat. Pork cuts are usually trimmed and made fairly uniform before they come on the retail market.

The bones will be porous and slightly pink in color. The amount of bone in relation to meat is small.

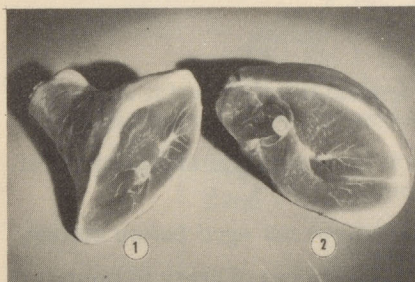
Smoked hams and bacon may often be purchased according to brand names. Many companies have two or more brands which represent differences in quality. With hams, the differences are mainly in the amount of fat, type of cure, texture and weight; with bacon, in the proportion of lean to fat, uniformity of slice and type of cure.

FRESH PORK CUTS



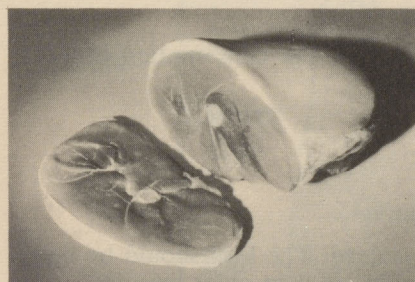
Leg - Fresh Ham (*Roast*)*

Leg may be left whole or divided into shank and butt. A meaty cut with a small amount of bone, usually sold with bone in. The outer fat layer is usually trimmed.



Leg (*Roast*)*

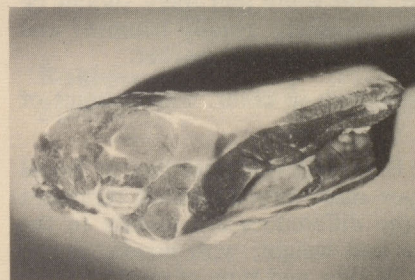
(1) **Shank**—The lower end of the leg containing shank and part of leg bone.
(2) **Butt**—The upper, thicker part of the leg containing part of leg and hip bone.



Leg - Fresh Ham Steak

(*Pan-fry, Bake, Braise*)*

Steak cut from the center part of leg, oval in shape, with a small round bone.

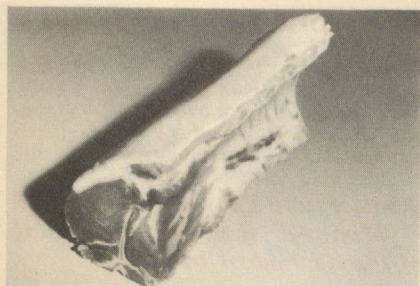


Loin - Leg End (*Roast*)*

The meaty part of the loin. Contains most of the tenderloin and some bone. Skin and most of surface fat is removed. May be sold as roasts or chops.

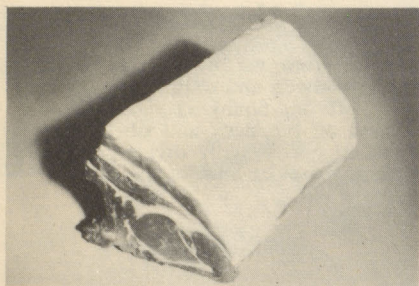
**Cooking Methods*

FRESH PORK CUTS



Loin - Center Cut (Roast)*

Less meaty than the leg end. Contains rib bone, T-shape bone and little or no tenderloin. Skin and most surface fat is removed. May be sold as roasts or chops.



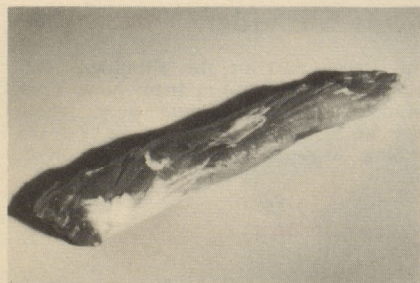
Loin - Rib End (Roast)*

Contains rib bones, a portion of the blade bone and no tenderloin. Skin and most surface fat is removed. May be sold as roasts or chops.



Chops (Panfry, Broil, Bake)*

(1) Rib, (2) Loin-center, (3) Loin-leg end are cut from the three parts of the loin.



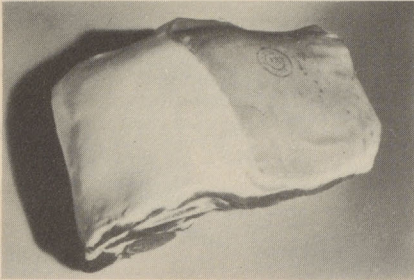
Tenderloin

(Bake, Braise, Panfry)*

Long, tapering, very tender piece of lean meat from the loin. May be sold in one piece or cut into thick slices which are sometimes "Frenched" (flattened) to make the slices larger and thinner.

*Cooking Methods

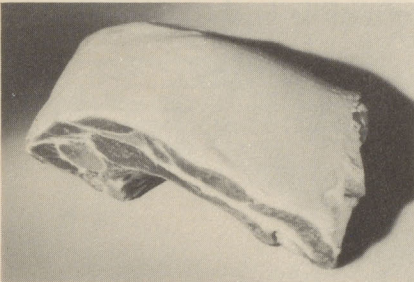
FRESH PORK CUTS



New York Shoulder

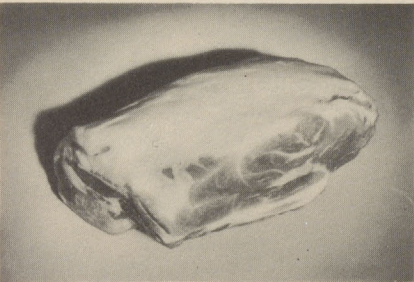
Shoulder from which skin and surface fat is removed from the butt end only. Shank is usually removed, jowl is trimmed off and neck and rib bones taken out. Usually divided and sold as picnic shoulder and Boston butt.

Shoulders are known as New York or Montreal shoulders depending on the method of trimming.



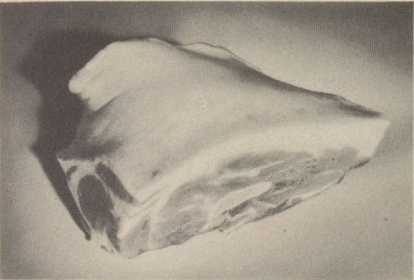
Montreal Shoulder

Shoulder from which the skin is completely removed and only a thin layer of fat is left on. Shank is removed, jowl trimmed off but neck and rib bones are not taken out. Usually divided and sold as picnic shoulder and Boston butt.



Boston Butt (Roast)*

From the upper part of the shoulder. Contains a portion of the blade bone and has a thin layer of surface fat. May be boned.

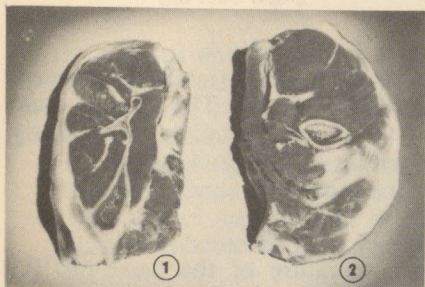


Picnic Shoulder (Roast)*

The lower part of the shoulder. Skin is left on if cut comes from New York shoulder. Contains round bone which may be removed leaving a pocket for stuffing. May be sold with shank on or off.

**Cooking Methods*

FRESH PORK CUTS

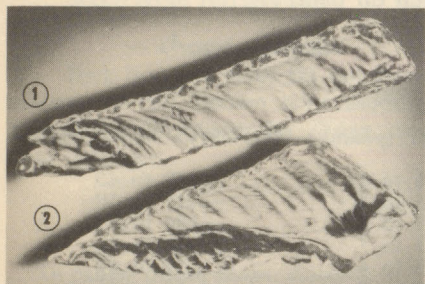


Shoulder Chops

*(Panfry, Bake, Braise)**

(1) **Blade Chops**—Cut from the Boston butt. Most chops contain a portion of blade bone.

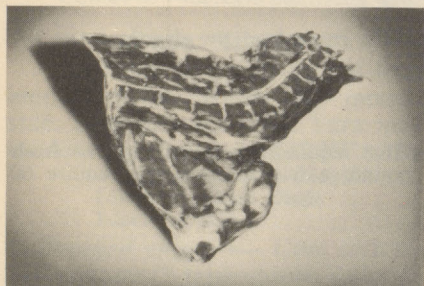
(2) **Round Bone Shoulder Chops**—Cut from the picnic shoulder. Contain small round bone and are finer grained than blade chops.



Spareribs

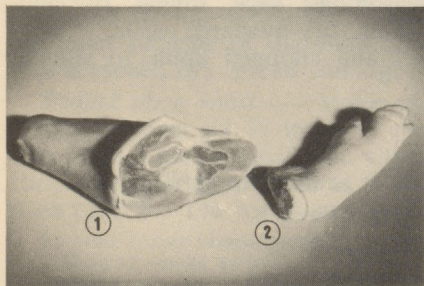
*(Bake, Pressure Cook)**

(1) **Loin (Back)** (2) **Side**—Contain ends of ribs and breast bone. There are two types—loin (back) and side ribs named from the section from which they are taken. The back ribs have more meat in proportion to bone than the side ribs. May be sold fresh or pickled.



Neck Bones, Riblets *(Boil)**

Neck and rib bones removed in trimming a New York shoulder.



Hocks, Pigs Feet *(Boil)**

(1) **Hocks**—From the front leg. Round tapering cut containing shank bones. May be sold fresh or pickled.

(2) **Pigs Feet**—Contain bone and tendons of feet and ankles with very little meat. May be sold fresh or pickled.

**Cooking Methods*

HOW TO COOK PORK *Roasts*

All cuts of fresh pork are tender enough to be roasted.

Roast uncovered in oven to the *well-done* stage (internal temperature 185°F. as indicated on a meat thermometer). The cooked meat should be greyish white in color with no trace of pink, particularly near the bone, and should be fork tender.

Score the rind or remove it before roasting.

Season halfway through cooking.

Serve with gravy (page 19).

Roasting times are based on the temperature of the meat (40°F.) when taken from the refrigerator.

General roasting directions are given on page 5.

Roasting Timetable

(325°F. Oven)

	WEIGHT (pounds)	MINUTES PER POUND
Leg, Shank	6 to 8	40 to 45
Leg, Butt	5 to 7	45 to 50
Loin	3 to 4	40 to 45
	5 to 7	35 to 40
Shoulder (Picnic, Boston butt)	3 to 4	55 to 60
	5 to 7	40 to 45
Rolled Shoulder	3 to 5	55 to 60

NOTE: Allow the longer times for lighter weight roasts and the shorter times for heavier roasts.

- To cook frozen roasts—

Thawed—cook as fresh.

Unthawed—increase cooking time by half that required for fresh; e.g., if a fresh roast takes 40 minutes per pound, a frozen roast will require 60 minutes per pound.

Seasonings for Pork

For special flavor, sprinkle or rub into the cut surface of the pork before cooking, any of the following seasonings: sage, thyme, oregano, paprika, cloves, chili powder, marjoram, dry mustard, garlic.

Add sage or savory, onion, parsley and chopped apple to stuffing for roasts.

Serve with Pork

Applesauce or spiced apples, broiled or sautéed apple rings.

Apple or currant jelly, cranberry sauce or relish.

Pickled peaches, crabapples or mustard pickles.

Baked beans, heated or cooked around the roast.

HOW TO COOK PORK *Chops, Steaks*

All pork chops and leg steaks are tender enough to panfry (covered) or bake. Shoulder chops and leg steaks may be braised in a well-seasoned gravy. Loin and rib chops may be broiled but care should be taken to thoroughly cook them.

Before cooking, snip fat edge of meat. Remove rind from round-bone shoulder chops. Season after browning. Cook to the *well-done* stage. The cooked meat should be greyish white in color with no trace of pink and should be fork tender. Make slit in meat near bone to check doneness.

Cooking times are based on the temperature of meat (40°F.) when taken from refrigerator.

PANFRY — chops, steaks

Rub hot pan with fat cut from pork or, if meat is lean, add a small amount of fat. Brown over moderate heat allowing 3 to 4 minutes each side. Pour off excess fat. Turn meat, cover and continue cooking slowly over low heat:

1-inch chops	8 to 10 minutes each side
½-inch chops	4 to 6 minutes each side
1-inch steaks	12 to 14 minutes each side
½-inch steaks	8 to 10 minutes each side

- To panfry frozen chops, steaks—
Thawed—panfry as fresh.
Unthawed—increase panfrying time by half that required for fresh.

BAKE — chops, steaks

Rub hot pan with fat cut from pork or, if meat is lean, add a small amount of fat. Brown over moderate heat allowing 3 to 4 minutes each side. Pour off excess fat. Turn meat and place uncovered in the center of moderately slow oven (325°F.). Bake:

1-inch loin and rib chops	10 to 12 minutes each side
1-inch shoulder chops	16 to 18 minutes each side
1-inch steaks	26 to 28 minutes each side

Breaded chops — Coat with seasoned flour and dip into slightly beaten egg mixture (2 tablespoons water to 1 egg). Roll in fine, dry bread crumbs. Bake as above.

Stuffed chops — To stuff 1-inch chops before baking, cut a slit along the outer fat side of the chop almost to the bone. Fill this pocket with well-seasoned dry, bread stuffing. Skewer and bake as above.

Stuffed chop roast — Make about 3 cups well-seasoned, dry bread stuffing. Brown six ½-inch rib chops well on each side. Place chops fat side up in a greased loaf pan, alternating chops and stuffing. Skewer or tie chops and stuffing together as a roast. Bake in center of a moderately slow oven (325°F.) 1¾ to 2 hours. 6 servings.

- To bake frozen chops, steaks—
Thawed—bake as fresh.
Unthawed—increase baking time by half that required for fresh.

HOW TO COOK PORK *Chops, Steaks*

BRAISE — shoulder chops, steaks

Brown pork in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Season with salt and pepper. Sprinkle both sides lightly with flour and brown again. Add water or vegetable liquid to a depth of one-quarter inch and stir well. Add more liquid if necessary during cooking. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.). Braise:

1-inch shoulder chops, steaks	28 to 30 minutes each side
½-inch shoulder chops, steaks	24 to 26 minutes each side

- To braise frozen chops, steaks—Thaw and braise as fresh.

BROIL — loin and rib chops

Preheat broiler 5 minutes. Leave door ajar. Place chops on cold rack of broiler pan so that top of chops is 6 inches from heat, about center of oven. Broil:

1-inch chops	12 to 14 minutes each side
½-inch chops	6 to 8 minutes each side

- To broil frozen chops—Thaw and broil as fresh.

Baked Pork Tenderloin

Split lengthwise 2 whole tenderloins (½ to ¾ pound each). Spread open and cover one tenderloin with bread or apple stuffing. Place second split tenderloin on top and skewer or tie. Place two or three strips of bacon or pieces of fat pork over the top. Roast on rack in shallow pan in center of moderately slow oven (325°F.) 1¼ to 1½ hours. 4 to 6 servings.

"Frenched" Pork Tenderloin

Cut 1½ pounds tenderloin in pieces 2-inches long. "French" (flatten) pieces into patties ½-inch thick. 6 servings (2 to 3 patties per serving).

Braise—Brown patties in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Season with salt and pepper. Sprinkle both sides lightly with flour and brown again. Add liquid (water, tomato juice, dilute mushroom soup or dilute sour cream) to a depth of one-quarter inch and stir well. Add more liquid if necessary during cooking. Cover closely and cook slowly on top stove or in center of moderately slow oven (325°F.) 15 to 17 minutes each side.

Pan-fry—Coat patties with seasoned flour. Brown in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Turn patties, cover and cook slowly over low heat 7 to 8 minutes each side.

Bake—Coat patties with seasoned flour. Brown in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Turn patties and place in center of moderately slow oven (325°F.) 12 to 15 minutes each side.

Baked Spareribs

Use 2 pieces side spareribs (1½ pounds each). Sprinkle with salt and pepper. Place one piece, hollow side up, on rack in shallow roasting pan. Spread with well-seasoned bread or apple stuffing. Cover with second piece placed hollow side down. Skewer or tie ribs together. For individual servings cut spareribs in 3-inch pieces, 5 to 6 ribs each, stuff, roll and tie. Bake uncovered in center of a moderately slow oven (325°F.) 2 hours. 4 to 6 servings.

Barbecued Spareribs

Use 3 pounds side ribs or 1½ to 2 pounds back ribs. Cut in 3-inch pieces, 3 ribs each. Place on rack in roasting pan. Bake in center of very hot oven (425°F.) 30 minutes. Pour off fat. Remove rack and cover with 3 cups Barbecue sauce (page 78). Reduce oven temperature to 325°F. and continue baking 1½ hours. Baste several times with sauce. 4 servings.

To pressure cook: Brown spareribs well in a small amount of fat, about 10 minutes. Add ¼ cup water and cook 10 minutes in a pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Place ribs on rack in roasting pan and baste with 1 cup Barbecue sauce. Brown 10 minutes under preheated broiler with ribs about 6 inches from heating unit. Baste several times with sauce.

Sweet and Sour Spareribs

Add cooked spareribs to Sweet and Sour sauce (page 78) and simmer slowly until sauce is thick and transparent.

NOTE: Pickled spareribs may be used in above recipes in place of fresh. Soak them overnight in cold water to cover, wipe dry and cook as for fresh.

"Boiled" Pork Hocks

3 pounds pork hocks	2½ cups drained sauerkraut
6 to 8 cups hot water	(28 ounce can) OR
½ cup sliced onion	1 small cabbage
1 tablespoon salt	
1 tablespoon mixed pickling spice	

Scrub pork hocks well. Cover with hot water. Add sliced onion and seasonings. Cover closely and simmer on top of stove 1½ to 1¾ hours. Skim off fat and strain cooking liquid. Add 1 cup cooking liquid and sauerkraut or cabbage to pork hocks. Simmer 10 to 12 minutes. Arrange sauerkraut or cabbage around pork hocks. 6 servings.

To pressure cook: Follow above recipe using only 1½ cups water. Cook hocks 30 to 35 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Add sauerkraut and simmer 10 to 12 minutes in about 1 cup strained cooking liquid OR add cabbage and cook 1 minute at 15 pounds pressure.

Sausages

Sausages are available on the market in many forms. They are sold fresh, smoked, or cooked. They are made from a mixture of pork and pork fat or a mixture of beef, pork and fat with added salt, spices, cereal and water. The cereal and moisture content must comply with Food and Drug Regulations.

Fresh sausage may be sold in casings, skinless or in bulk. The "Country style" or "Farmer's sausage" is made from coarsely ground pork packed into a large casing which is not linked.

When first made, sausages are bright pink in color turning to grey on exposure to air. Since they are made from uncooked meat, they must be kept refrigerated.

How to Cook Fresh Sausages

Since sausages shrink considerably, owing to their high proportion of fat, they should be cooked slowly over moderate heat to reduce shrinkage.

Pan-fry—Place sausages in cold pan and brown over moderate heat 20 to 25 minutes. Turn occasionally. Pour off fat as it collects. Sausages in casings may be parboiled 5 to 10 minutes before browning, in enough water to cover.

Bake—Bake uncovered in the center of moderately slow oven (325°F.). Turn when first side is browned. Bake 30 to 35 minutes; "Country style" 40 to 45 minutes.

Broil—Preheat broiler 5 minutes. Leave door ajar. Place sausages on cold rack of broiler pan so that sausages are 6 inches from heating unit, about center of oven. Broil 4 to 6 minutes each side.

Sausage Patties

Make sausage meat into 3-inch patties, ½-inch thick. Brown lightly over moderate heat 1 to 2 minutes each side. Pour off fat. Cover and cook slowly over low heat 8 to 10 minutes each side.

Wieners

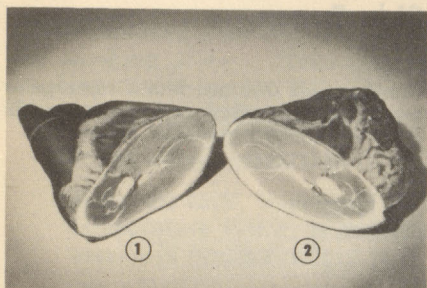
Wieners are made from beef and pork or all beef with a blend of spices and seasonings. They are smoked in the casing and are fully cooked.

To heat: Place in boiling water to cover. Do not prick. Simmer over low heat 4 to 6 minutes.

Broil: Preheat broiler 5 minutes. Leave door ajar. Place on cold rack of broiler pan so that wieners are about 6 inches from heat. Brush with fat or baste with Barbecue sauce. Broil about 6 minutes.

Wieners may be split lengthwise and stuffed before broiling with one of the following: processed cheese, pickle, chili sauce, prepared mustard or baked beans *OR* wrapped with bacon before broiling.

CURED AND SMOKED PORK CUTS



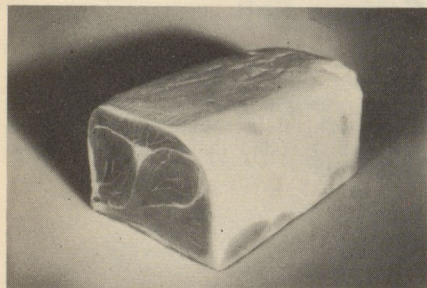
Ham (*Bake*)*

(1) Shank (2) Butt. The ham is a leg of pork which has been cured and smoked. It may be left whole, divided into shank and butt, cut lengthwise or sliced as ham steaks. Hams are sold bone-in or boneless. Skin may be partly or completely removed. They may be partially or completely cooked.



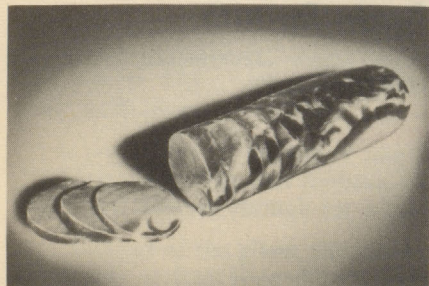
Boneless Ham (*Bake*)*

Boneless hams may be sold in transparent casings.



Cooked Ham

Cooked hams are cured, boned, skinned and trimmed. They are then pressed into special containers, completely cooked, chilled and wrapped, or processed in cans.



Back Bacon

(*Panfry, Broil, Bake*)*

The back (loin) from which the surface fat, tenderloin and bones are removed. It is cured and smoked, sold in the piece or sliced, with or without the casing. "Peameal" bacon is back bacon cured but not smoked and is rolled in cornmeal.

**Cooking Methods*

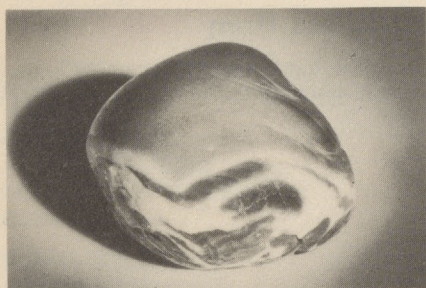
CURED AND SMOKED PORK CUTS



Side Bacon

*(Panfry, Broil, Bake)**

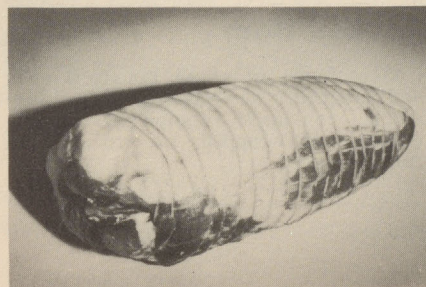
Boneless side trimmed into a rectangular piece, cured, smoked and sold either in slabs or as sliced breakfast bacon.



Picnic Shoulder

*(Bake, "Boil", Pressure Cook)**

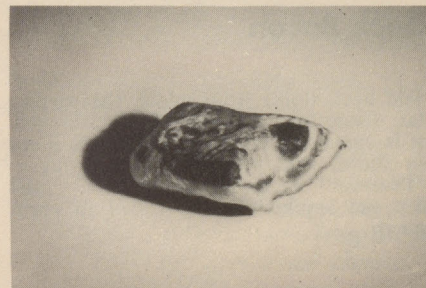
The lower part of the shoulder which is cured, smoked and sold bone-in or boneless. May be sold with shank on or off.



Cottage Roll

*(“Boil”, Pressure Cook, Bake)**

The butt end of the shoulder which is boned, cured and often smoked. When cured only, it is sold as sweet pickled roll and if rolled in cornmeal as “peameal” roll.



Bacon Squares (“Boil”)*

Jowls which are trimmed, cured and smoked. Very fat.

**Cooking Methods*

CURED AND SMOKED PORK

Cured, smoked pork cuts are given varying degrees of "tenderizing" during the smoking process. Some may be fully cooked. It is wise to follow the cooking directions for the particular cut when they appear on the label. The following cooking directions are given only as a guide.

Many cured, smoked pork cuts are tender enough to be baked.

Bake on rack, uncovered in oven, to the well-done stage (internal temperature 170°F. as indicated on a meat thermometer). The cooked meat will become a light pink color and should be fork tender.

The casing is best left on during cooking.

Glaze if desired.

Baking times are based on the temperature of the meat (40°F.) when taken from refrigerator.

Baking Timetable

(325°F. oven)

	WEIGHT (pounds)	MINUTES PER POUND
Whole ham	13 to 15	20 to 25
Ham (boneless)	9 to 12	25 to 30
Half ham (shank or butt)	5 to 8	30 to 35
Half ham (boneless)	4 to 6	35 to 40
Picnic shoulder	5 to 7	35 to 40
Picnic shoulder (boneless)	3 to 5	40 to 45
Cottage roll (pickled, smoked)	4 to 6	35 to 40
Midget pork roll	3 to 4	45 to 50

NOTE: Allow the longer baking times for lighter weight cuts and the shorter times for heavier cuts.

When cooking picnic shoulders, cottage rolls and midget rolls in the oven, a covered pan may be used and ½ cup water added.

Hams marked as "ready-to-serve", "ready-to-eat" etc. may be heated in a 325°F. oven 10 to 15 minutes per pound before serving.

Ham Glaze

Remove rind or casing from cooked meat. Cut gashes diagonally in the fat, about ¼-inch deep, to form diamonds. Spread with glaze and stud with cloves. Bake in very hot oven (425°F.) 15 minutes, basting once or twice with glaze.

To make glaze: Combine 1 cup brown sugar, 2 teaspoons dry mustard, 3 tablespoons flour and moisten with 3 tablespoons vinegar. Spread glaze over meat (makes enough for a half ham).

Instead of the glaze, the meat may be basted with maple syrup, honey, apple jelly or fruit juice during cooking.

Picnic Shoulders and Cottage Rolls

Picnic shoulders and cottage rolls may be cooked in water. Add hot water to cover meat. Cover and simmer slowly until tender and well done (internal temperature 170°F. as indicated on a meat thermometer). Boil:

	Minutes per pound
5 to 7 pound picnic shoulder	30 to 35
4 to 6 pound picnic shoulder (boneless)	35 to 40
4 to 6 pound cottage roll (pickled, smoked)	35 to 40

To pressure cook: Add 1 cup water to pressure saucepan. Cook meat at 15 pounds pressure for required time. Allow pressure saucepan to cool slowly. General pressure cooking directions are given on page 7. Pressure cook:

	Minutes per pound
5 to 7 pound picnic shoulder	16 to 18
4 to 6 pound picnic shoulder (boneless)	20 to 22
4 to 6 pound cottage roll (pickled, smoked)	18 to 20

How to Cook Ham Steaks

Cured and smoked ham steaks are tender enough to panfry, broil or bake.

Before cooking snip fat edge of meat. Cook to the well-done stage. The cooked meat will become a lighter pink color and should be fork tender.

Cooking times are based on the temperature of meat (40°F.) when taken from refrigerator.

Panfry—Brown steak over high heat 1 to 2 minutes each side. Turn steak, cover and cook slowly over moderate heat. Panfry:

1-inch steak	8 to 10 minutes each side
½-inch steak	6 to 8 minutes each side

Add 1 to 2 tablespoons maple syrup after turning.

Broil—Preheat broiler 5 minutes. Leave door ajar. Place ham steak on cold rack of broiler pan so the top of the meat is 3 inches from heating unit. Broil:

1-inch steak	9 to 10 minutes each side
½-inch steak	4 to 5 minutes each side

Glaze with Ham Glaze (page 49) after turning.

Bake—Stick several cloves in steak fat if desired. Place steak in shallow baking pan. Spread with Ham Glaze. Place in center of moderately slow oven (325°F.) Bake:

1-inch steak	50 to 55 minutes
½-inch steak	25 to 30 minutes

½ cup apple juice may be added halfway through cooking.

Bacon

Side Bacon

Side bacon which is cured and smoked is usually sold as sliced breakfast bacon, rind on or rindless, in half-pound or one-pound packages. It may also be cured but not smoked and sold in pieces.

Bacon may be purchased by brand name. Many companies have two or more brands which represent differences in quality (i.e. the proportion of lean to fat, uniformity of slice and type of cure).

Side bacon even of high quality has a fairly high proportion of fat to lean. The fat is firm and white and the lean is deep pink to reddish-brown in color. The flavor may vary with the type of cure.

Back Bacon

Back bacon which is cured and smoked is sold in the piece or sliced, with or without casing. "Peameal" bacon is back bacon cured but not smoked and is rolled in cornmeal. It is a deep pink color, leaner than side bacon and usually higher priced.

Storing—Bacon should be well wrapped and kept in the refrigerator. Bacon drippings may be stored in a covered jar in a cool place and should be used within two weeks for panfrying.

How to Cook Bacon

Since bacon shrinks considerably owing to its high proportion of fat, it should be cooked slowly over moderate heat to reduce shrinkage. If overcooked, it will become hard and very crisp.

Panfry—sliced side and back (smoked or peamealed)

Place bacon slices in a cold pan and separate slices so that they will be flat in the pan. Cook slowly over moderate heat until well browned, 6 to 8 minutes. Turn bacon often during cooking. For more uniformly cooked slices, pour off the fat as it collects. Drain on absorbent paper.

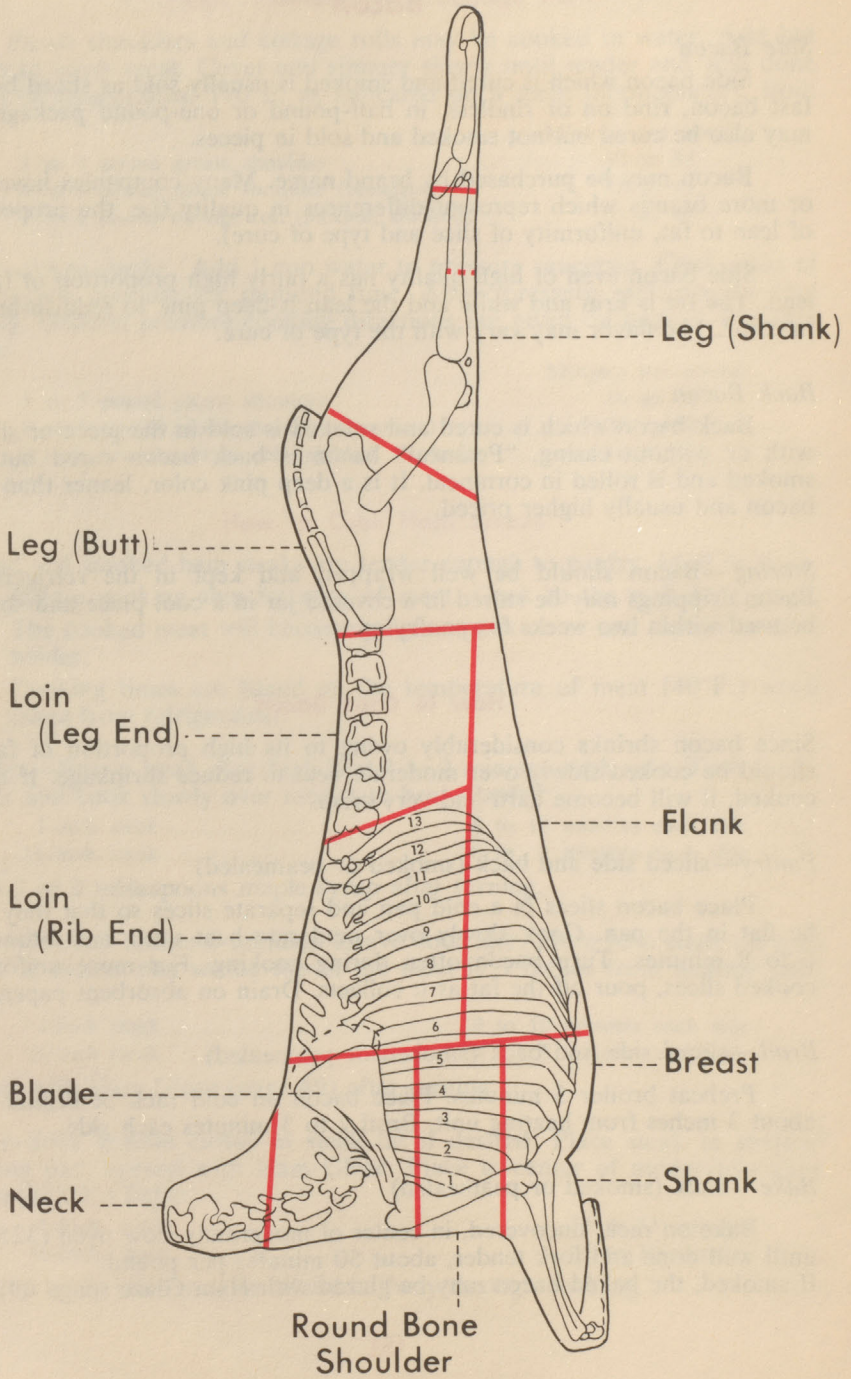
Broil—sliced side and back (smoked or peamealed)

Preheat broiler 5 minutes. Place bacon on cold rack of broiler pan about 3 inches from heating unit. Broil 2 to 3 minutes each side.

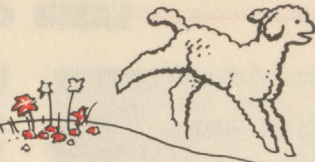
Bake—back (smoked or peamealed)

Bake on rack, uncovered, in center of moderately slow oven (325°F.) until well done and fork tender, about 50 minutes per pound. If smoked, the baked bacon may be glazed with Ham Glaze (page 49).

LAMB CHART



Lamb



LAMB, tender, juicy and distinctively flavored, can add variety to the meat course.

From September to December, Canadian lamb is most plentiful and reasonably priced although it is available throughout the year.

Meat from animals up to approximately 14 months of age is referred to as "lamb" while meat from animals over that age is generally referred to as "mutton". It is difficult to buy mutton in this country since most of it is used in soups and processed meats. "Spring lamb" is a term which refers to meat from young lambs which are slaughtered at ages ranging from 3 to 5 months.

Lamb in the carcass is thoroughly chilled before cutting. Top quality lamb is sometimes aged a few days.

Canadians eat less than three pounds of lamb per person annually, including that which is imported.

Buying

Lamb is not generally sold by grade to consumers except in the province of Saskatchewan. In the cities of Regina, Moose Jaw, Saskatoon, Prince Albert, under provincial regulations, lamb is stamped with the grade **Canada Choice (red)**, **Canada Good (blue)**, **Canada Commercial** and **Canada Utility**.

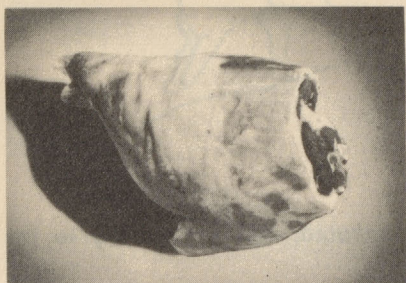
When buying lamb, look for meat that is firm, fine grained, smooth and velvety. The color of the lean meat in lamb varies from a light to dark pink and in mutton from light to dark red.

Lamb fat is firm, smooth, soft, creamy white or slightly pink in color. Mutton fat is more brittle and white in color.

The bones of young lamb are small and porous with a reddish tinge and can be easily cut or sawed. As the animal matures, the bones become larger, harder and whiter and cannot be easily cut.

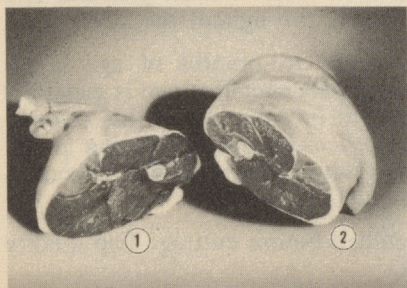
The "fell" is a thin, paper-like covering on lamb and mutton. It is generally removed from lamb chops but it is not necessary to remove it from roasts. The "fell" on mutton is less tender than that on lamb and should be removed from all cuts.

LAMB CUTS



Leg (Roast)*

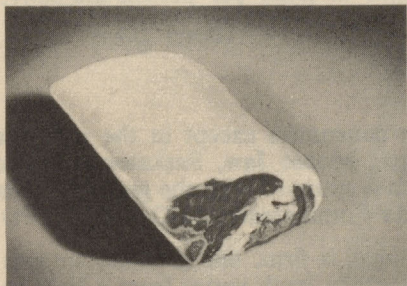
Leg may be left whole or divided into shank and butt. A tender meaty cut.



Leg (Roast)*

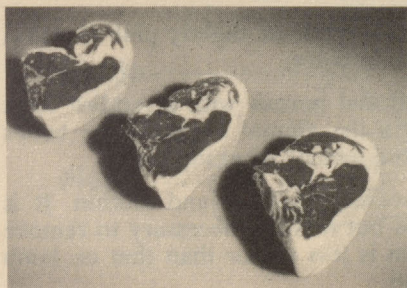
(1) **Shank**—The lower part of the leg. The shank bone is usually cut through at the end and folded under but is left attached.

(2) **Butt**—The upper half or thicker part of the leg. Contains large hip bone. Not as easy to carve as shank end.



Loin — Leg End (Roast)*

The meaty end of the loin. Contains T-shape bones and tenderloin. Usually cut into chops.



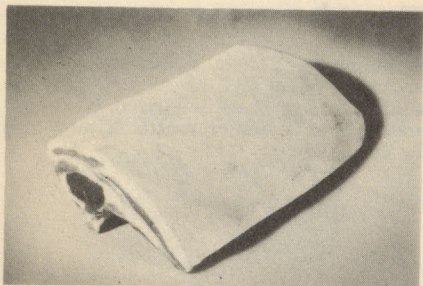
Loin Chops

(Panfry, Broil, Bake)*

Cut from the leg end of the loin. The kidney may sometimes be left in and cut with the chops.

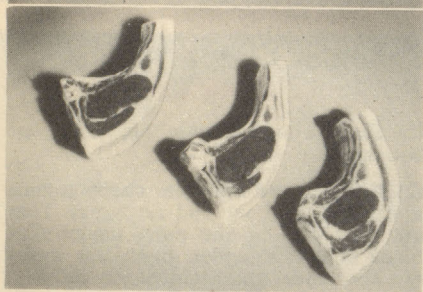
*Cooking Methods

LAMB CUTS



Loin — Rib End (*Roast*)*

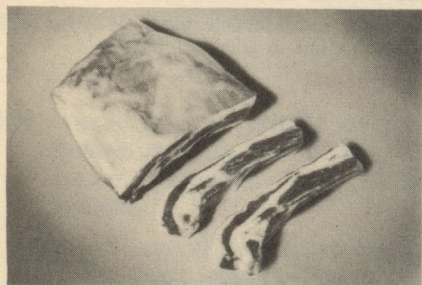
Less meaty than the leg end. Contains rib bones and no tenderloin. Usually cut into chops.



Rib Chops

(*Pan-fry, Broil, Bake*)*

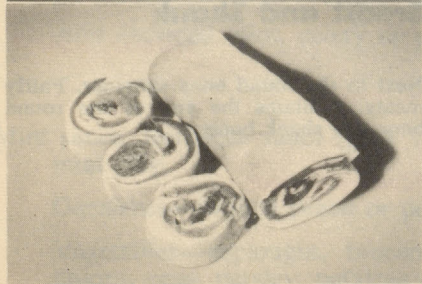
Cut from the rib end of the loin. Triangular in shape. Rib bones may be cut off.



Flank — Bone-In, Boneless

(*Braise*)*

Under the loin. Contains layers of fat, lean and bone. May be left whole, boned and rolled or minced. The rib bones cut from this section with a little meat left on, are called "riblets".



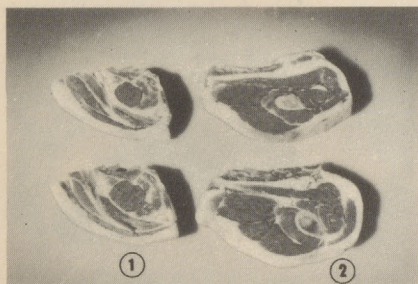
**Cooking Methods*

LAMB CUTS



Shoulder Roast (*Roast*)*

Contains thin blade bone, small round shoulder bone and rib bones. May be sold as one roast or divided as blade and round bone shoulder roasts. It may also be cut as chops.

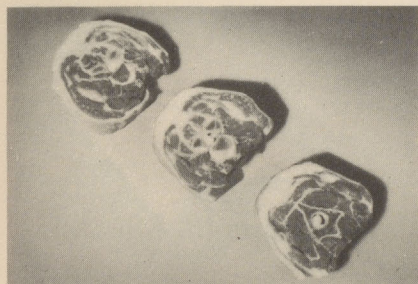


Shoulder Chops

(*Pan-fry, Broil, Bake*)*

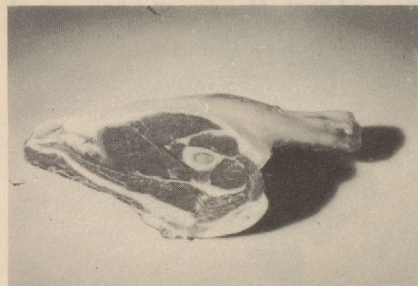
(1) **Blade chops** contain blade and rib bones.

(2) **Round Bone Shoulder chops** contain a small round bone and rib bones. They are finer grained and more tender than blade chops. Shoulder chops are meaty but less tender than loin or rib chops.



Neck (*Braise, Stew*)*

Contains considerable bone. May be left whole or cut in slices or pieces.



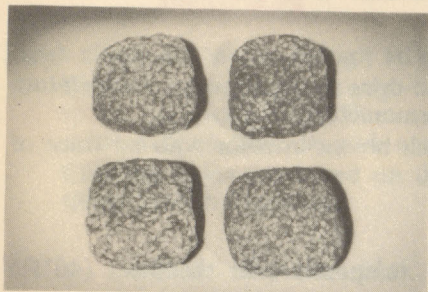
Breast and Shank

(*Braise, Stew*)*

Next to the round bone shoulder. Fairly meaty. Contains the end of the round bone and shank bone.

**Cooking Methods*

LAMB CUTS



Lamb Patties (*Pan-fry, Broil*)*

Flank, breast, shank, neck and trimmings are ground and made into patties.



Rolled Shoulder (*Roast*)*

One complete shoulder including blade, round bone shoulder, neck, breast and shank with bones removed. May be stuffed.

**Cooking Methods*

"Lamb in a Basket". This is a method of merchandising lamb shoulder. Blade roasts or chops, round bone shoulder chops and stewing meat are packaged and sold together.

Seasonings for Lamb

For special flavor, sprinkle over or rub into the cut surface of roasts before cooking, any of the following seasonings: thyme, mint, marjoram, rosemary, basil, ginger, curry powder, chili powder, dry mustard.

Make several slits in top of roast before cooking and insert slivers of garlic, mint leaves or sprigs of parsley.

Add chopped mint, celery or parsley to stuffing for boneless roasts.

Serve with Lamb

Mint sauce, Barbecue sauce (page 78) cranberry sauce, grape, currant or mint jelly.

Garnishes—broiled peach or pear halves, tomatoes or mushrooms.

Vegetables—asparagus, broccoli, carrots, cauliflower, green beans, onions, peas, parsley, potatoes or squash.

HOW TO COOK LAMB *Roasts*

Most cuts of lamb are tender enough to be roasted.

Roast lamb uncovered to the well-done stage (internal temperature 180°F. as indicated on a meat thermometer).

The cooked meat should be greyish brown in color with no trace of pink and should be fork tender.

Season halfway through cooking.

Serve with gravy (page 19).

Roasting times are based on the temperature of the meat (40°F.) when taken from refrigerator.

General roasting directions are given on page 5.

Roasting Timetable

(325°F. oven)

	WEIGHT (pounds)	MINUTES PER POUND
Leg, whole	5 to 7	25 to 30
Leg, shank	3 to 4	50 to 55
Leg, butt	3 to 4	45 to 50
Loin, leg or rib end	2 to 3	50 to 55
Blade	3 to 5	45 to 50
Square Shoulder (blade out)	4 to 6	35 to 40
Rolled Shoulder	4 to 6	35 to 40

NOTE: Allow the longer times for lighter weight roasts and the shorter times for heavier roasts.

- To cook frozen roasts—

Thawed—cook as fresh.

Unthawed—increase cooking time by half that required for fresh; e.g., if a fresh roast takes 30 minutes per pound, a frozen roast will require 45 minutes per pound.

Mint Glaze

Add ½ teaspoon dry mustard and 2 tablespoons vinegar to ½ cup mint jelly. Spread over meat last half hour of roasting, basting several times. (Makes enough for 5 to 6 pound roast).

Mint Sauce

Mix ¼ cup vinegar, ¼ cup hot water and 2 tablespoons sugar. Bring to boil and pour over ¼ cup finely chopped mint leaves. Let stand 30 minutes to develop full flavor of mint.

HOW TO COOK LAMB Chops

Lamb chops are tender enough to panfry, broil or bake.

Before cooking snip fat edge of chops. Season after browning. Cook to the well-done stage. The cooked meat should be greyish brown in color with no trace of pink and should be fork tender.

Cooking times are based on the temperature of meat (40°F.) when taken from refrigerator.

PANFRY — loin, rib, shoulder chops

Rub hot pan with fat cut from chop. Brown chops over high heat 1 minute each side. Turn chops and continue cooking slowly over moderate heat:

1-inch chops	7 to 8 minutes each side
½-inch chops	3 to 4 minutes each side

- To panfry frozen chops—
Thawed—panfry as fresh.
Unthawed—panfry twice as long as fresh over moderate heat for entire cooking time.

BROIL — loin, rib, shoulder chops

Preheat broiler 5 minutes. Leave door ajar. Place chops on cold rack of broiler pan so that top of 1-inch chop is 3 inches from heating unit and top of ½-inch chop is 2 inches from heating unit. Broil:

1-inch chops	8 to 10 minutes each side
½-inch chops	4 to 6 minutes each side

- To broil frozen chops—
Thawed—broil as fresh.
Unthawed—Preheat broiler 5 minutes. Leave door ajar. To thaw chops place on cold rack of broiler pan so that top of chops is 6 inches from heating unit, about center of oven. Allow 7 to 8 minutes each side for thawing 1-inch chops and 3 to 4 minutes each side for ½-inch chops.
Raise broiler pan to 3 inches from heating unit for 1-inch chops and 2 inches for ½-inch chops. Turn and continue broiling, allowing same broiling times as for fresh chops.

BAKE — loin, rib, shoulder chops

Rub hot pan with fat cut from chop. Brown chops over high heat 1 minute each side. Turn chops and place in center of moderately slow oven (325°F.). Bake:

1-inch chops	7 to 8 minutes each side
½-inch chops	3 to 4 minutes each side

- To bake frozen chops—
Thawed—bake as fresh.
Unthawed—bake twice as long as fresh.

Curried Lamb

2 pounds boneless stewing lamb	1 clove garlic (optional)
1 cup finely chopped onion	2 tablespoons cornstarch
2 to 3 tablespoons fat	1 tablespoon curry powder
1 tablespoon salt	¼ cup cold water
⅛ teaspoon pepper	¼ cup raisins
1 cup hot water	3 tablespoons chutney (optional)
1 tablespoon chopped parsley	1½ cups chopped, tart apple
¼ teaspoon thyme	

Trim fat from meat. Cut meat in 1-inch cubes and brown well. Brown onions in fat. Drain off excess fat. Sprinkle meat with salt and pepper. Add hot water, parsley, thyme and garlic, finely minced. Cover and simmer 1 hour until tender. Combine cornstarch and curry powder with the cold water to make a smooth paste. Blend with some of the hot cooking liquid and add gradually to the meat mixture. Stir well. Add raisins, chutney and apples. Cook 15 minutes longer. Serve with cooked rice or noodles. 6 servings.

Curried Veal—Follow above recipe using 2 pounds boneless stewing veal.

Curried Lamb or Veal (using cooked meat)—Follow above recipe using 4 cups diced cooked meat. Use 1¼ to 1½ cups hot water. Simmer only 30 minutes before thickening.

Lamb Kabobs

1 pound boneless lamb	1 teaspoon curry powder (optional)
2 tablespoons salad oil	3 medium tomatoes
2 tablespoons vinegar	2 medium onions <i>OR</i>
½ teaspoon mustard	12 whole, pickled onions
1 teaspoon salt	12 medium mushroom caps
1 clove garlic, minced	

Cut lamb in 1-inch cubes. Let stand 1 hour in marinade of salad oil, vinegar, mustard, salt, garlic and curry powder. Cut tomatoes in quarters and raw onions in thick slices. Make kabobs by placing alternate pieces of lamb, mushrooms, tomatoes and onion on 6 metal skewers. Brush vegetables with oil and sprinkle with salt and pepper. Broil kabobs in preheated broiler 3 inches from heating unit, 5 to 7 minutes each side. Makes 6 kabobs.

Kabobs may be made with other meats. Use any of the following: beef steak, cooked ham, canned luncheon meats, wieners, bacon.

Barbecued Lamb

3 pounds lamb, bone-in (shank, breast, neck slices, flank) <i>OR</i>	1½ cups sliced carrots
2 pounds boneless flank	3 cups Barbecue sauce* <i>OR</i>
½ cup water	3 cups tomato juice
1½ cups sliced onion	1 to 2 tablespoons Worcestershire sauce

Trim meat and cut in serving-size pieces. Brown well on all sides, about 10 minutes. Pour off fat. Add water, onions and carrots. Cover closely and cook slowly on top of stove or in a moderately slow oven (325°F.) 30 minutes. Pour off fat and liquid. Add Barbecue sauce or tomato juice and Worcestershire sauce. Cover and continue cooking 1 to 1¼ hours. Uncover for last 30 minutes of cooking. 6 servings.

To pressure cook: Brown lamb well as above. Pour off fat. Add only ¼ cup water and cook 8 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Pour off fat and liquid. Sprinkle meat with 2 to 3 tablespoons flour and brown again slightly. Add only 1½ cups Barbecue sauce or tomato juice and Worcestershire sauce, onions and carrots. Cook 3 minutes longer at 15 pounds pressure. Cool slowly.

Barbecued Riblets

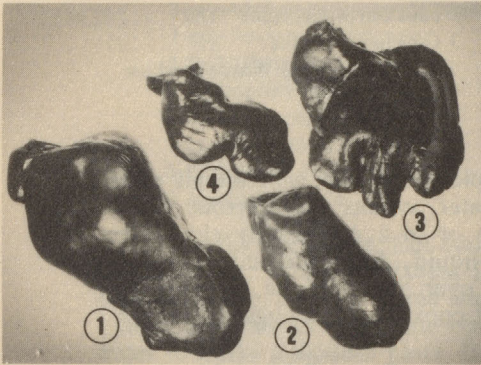
Cut 3 pounds lamb riblets in 2-rib pieces. Place on rack in shallow roasting pan. Bake in center of very hot oven (425°F.) 30 minutes. Pour off fat. Remove rack and cover riblets with 3 cups Barbecue sauce*. Reduce oven temperature to 325°F. and continue baking 1 hour. Baste several times with sauce. 6 servings.

To pressure cook: Brown riblets well, about 10 minutes. Add ¼ cup water and cook 8 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Place riblets on rack in roasting pan and baste with 1 cup Barbecue sauce. Brown 10 minutes under preheated broiler with ribs about 6 inches from heating unit. Baste several times with sauce.

* See page 78 for Barbecue sauce recipe.

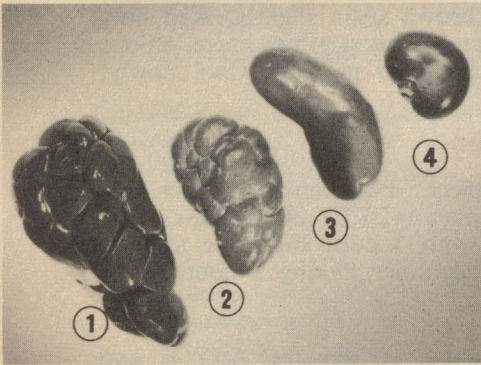
FOR DISTINCTIVE FLAVOR SERVE LAMB

VARIETY MEATS



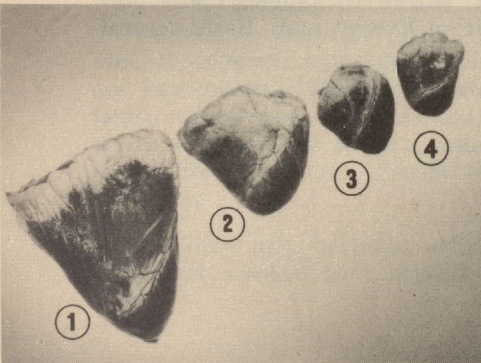
Liver

- (1) **Beef**—dark reddish brown, less tender than calf or lamb; somewhat coarse grained with a pronounced flavor. (10 to 12 pounds)
- (2) **Calf or Veal**—light reddish brown, most tender, mildest flavor; considered the choicest liver. (2 to 2½ pounds)
- (3) **Pork**—dark reddish brown, less tender than calf or lamb liver with a characteristic pronounced flavor. (2½ to 3¼ pounds)
- (4) **Lamb**—dark reddish brown, less tender than calf liver; mild flavored. (¾ to 1¼ pounds)



Kidney

- (1) **Beef**—dark brown, not as tender as other types; composed of many large, irregularly shaped segments or lobes; strong flavored. (1 to 1¼ pounds)
- (2) **Veal**—similar to beef kidney but lighter brown; composed of small, well-rounded, uniform lobes; milder flavored than beef kidney. (4 to 5 ounces)
- (3) **Pork**—light reddish brown, smooth, bean-shaped and thinner and flatter than other types; characteristic, strong flavor. (3 to 5 ounces)
- (4) **Lamb**—dark brown, smooth, bean-shaped. (2 to 3 ounces)



Heart

- (1) **Beef**—color varies considerably from a deep reddish brown to a pale pinkish brown; shape is triangular with a border of firm, creamy fat at the broadest part; less tender than other types. (3 to 4 pounds)
- (2) **Veal**—light pinkish grey; similar in shape and appearance to beef heart; most tender. (¾ to 1 pound)
- (3) **Pork**—slightly brighter red than beef heart. (7 to 9 ounces)
- (4) **Lamb**—dark reddish brown. (3 to 5 ounces)

Variety Meats

Variety meats include the organ meats—liver, kidney, heart, tongue, sweetbreads, brains and tripe.

In Canada, approximately five pounds of variety meats are consumed per person each year. Nutritionists recommend frequent use of these meats because they are high in food value.

Variety meats are perishable and should be kept refrigerated until ready for cooking.

Liver

Liver is a tender meat but there is some variation in the tenderness and flavor of the different types. Although it is not necessary to soak liver before cooking, beef and pork liver will have a milder flavor if covered with milk and allowed to soak for 2 hours in refrigerator.

Wipe liver well before cooking. Remove skin by inserting a sharp knife under it and pulling or scraping the skin away from the meat. Carefully cut out tubes with sharp pointed scissors. If liver is to be ground for liver loaf (page 73) scald it for 5 minutes in boiling water to make grinding easier.

Liver may be cooked medium done (light pink in center) or well done (when pink color has just disappeared). Do not overcook liver or it will become tough.

Allow 1/4 to 1/3 pound per serving.

PANFRY — beef, veal, pork, lamb (1/4- to 1/2-inch slices)

Coat liver slices with seasoned flour. Brown in a small amount of fat 1 minute over high heat. Turn and cook over moderate heat 2 to 3 minutes each side. After browning, partly cover to make liver more juicy.

Liver and Bacon: Panfry bacon first, then remove it from pan and drain on absorbent paper. Then panfry liver in a small amount of the bacon fat.

BROIL — calf, baby beef (1/4- to 1/2-inch slices)

Preheat broiler 5 minutes. Leave door ajar. Brush liver slices with melted fat. Place on cold rack of broiler pan so that liver is 3 inches from heating unit. Broil 4 to 5 minutes each side. Brush second side with fat after turning.

BRAISE — beef pork (1/4- to 1/2-inch slices)

Coat liver slices with seasoned flour. Brown in a small amount of fat 1 minute over high heat. Reduce heat. Add liquid (water or tomato juice) to cover, about 1 cup liquid per pound of liver. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.) 25 to 30 minutes.

Kidney

Kidneys differ in flavor and tenderness and all are not cooked the same way. Beef and pork kidneys have a milder flavor if they are covered with cold, salted water (1 tablespoon salt to 4 cups water) and allowed to soak for 1 hour in refrigerator.

To prepare kidneys for cooking, remove the membrane and cut lobes away from fat and tubes with sharp pointed scissors. Cut kidneys crosswise in $\frac{1}{4}$ -inch slices or $\frac{1}{2}$ -inch slices or pieces. They may be cut in half lengthwise for panfrying or broiling. Kidney is well done when the red color has disappeared in the center.

Brown a small amount of kidney at a time for best color.

Do not overcook kidney or it will become tough.

Allow $\frac{1}{3}$ pound per serving.

PANFRY — veal, lamb, pork

Brown kidney in a small amount of fat over high heat 1 to 2 minutes. Continue cooking over moderate heat, turning often:

$\frac{1}{4}$ to $\frac{1}{2}$ -inch slices	3 to 5 minutes
half kidney, sliced lengthwise	7 to 9 minutes

BROIL — veal, lamb, pork

Preheat broiler 5 minutes. Leave door ajar. Run a skewer through kidney sliced lengthwise. This will prevent it from curling during cooking. Place on cold rack of broiler pan so that kidney is 3 inches from heating unit. Brush kidney with melted fat. Broil:

$\frac{1}{4}$ to $\frac{1}{2}$ -inch slices	3 to 4 minutes each side
half kidney, sliced lengthwise	5 to 7 minutes each side

Brush second side with fat after turning.

BRAISE — beef, pork ($\frac{1}{4}$ -inch slices or $\frac{1}{2}$ -inch slices)

Brown kidney in a small amount of fat over high heat 1 to 2 minutes. Season with salt and pepper. Sprinkle browned kidney lightly with flour and brown again. Add liquid (water or tomato juice) to a depth of one-quarter inch, about $\frac{2}{3}$ cup liquid per pound of kidney. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.) 35 to 40 minutes.

Mixed Grill

A combination of meats and vegetables may be broiled together and served as a "Mixed Grill". Broil half kidney, cut lengthwise, lamb chops and bacon or sausages with tomatoes and mushroom caps dipped in French dressing.

Heart

Hearts should be plump and well rounded in appearance, with a smooth, shiny finish. Because the meat is firm textured and muscular all types of heart—beef, veal, pork and lamb—require long cooking at low temperature.

BAKE

Wash heart thoroughly and wipe with a damp cloth. Trim off coarse fibers, tubes and excess fat. Trim out heart cavity to prepare for stuffing. Season cavity with salt and pepper and fill with well-seasoned bread stuffing. Fasten with skewers and lace with string, if necessary. Place suet or fat trimmings over surface. Roast on rack in shallow pan in center of moderately slow oven (325°F.). Baste several times. Bake:

Beef (3 to 4 pounds)	2½ to 3 hours
Veal (¾ to 1 pound)	1½ to 2 hours
Pork (½ to ¾ pound)	2 to 2½ hours
Lamb (¼ to ⅓ pound)	1 to 1¼ hours

For 6 servings: 1 beef heart; or 2 to 3 veal hearts; or 3 pork hearts; or 6 lamb hearts.

Stuffing—Allow 2 cups bread stuffing for 6 servings. Meat trimmings from heart cavity may be minced, browned in a small amount of fat and added to stuffing. For seasoning add:

- ½ teaspoon savory or marjoram to stuffing for beef hearts.
- ½ teaspoon thyme or savory to stuffing for veal hearts.
- ½ teaspoon sage to stuffing for pork hearts.
- ½ teaspoon thyme or 2 tablespoons fresh mint to stuffing for lamb hearts.

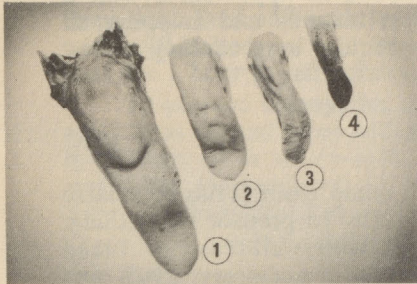
To pressure cook: Prepare hearts as above. It is best to stuff only beef hearts as the stuffing in smaller hearts will become very soggy when pressure cooked.

Brown hearts well on all sides in a small amount of fat. Season with salt and pepper. Add ¼ cup water and ¼ cup chopped onion. Cook in pressure saucepan at 15 pounds pressure:

Beef (3 to 4 pounds)	50 to 55 minutes
Veal (¾ to 1 pound)	18 to 20 minutes
Pork (½ to ¾ pound)	30 to 35 minutes
Lamb (¼ to ⅓ pound)	8 to 10 minutes

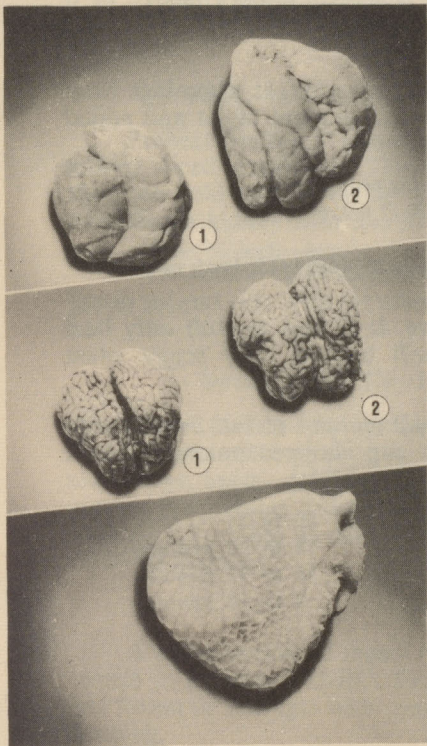
Allow pressure saucepan to cool slowly.

VARIETY MEATS



Tongue

- (1) **Beef**—Outer skin rough, coarse, greyish; meaty part under the skin is brownish pink in fresh tongue and greyish pink in pickled. (2 to 6 pounds)
- (2) **Calf or Veal**—Similar in appearance to beef tongue with a smoother surface; skin pale grey; meaty part light greyish pink. Usually sold as fresh. ($\frac{1}{2}$ to 1 pound)
- (3) **Pork**—Outer skin pale grey; meaty part pale brown, fine grained, wrinkled, pointed, smooth to the touch. Usually sold as fresh. ($\frac{1}{4}$ to $\frac{3}{4}$ pound)
- (4) **Lamb**—Outer skin usually greyish but is sometimes black; surface is smooth and center of the tip slightly grooved. Usually sold pickled in glass jars but may be sold as fresh. ($\frac{1}{4}$ to $\frac{1}{3}$ pound)



Sweetbreads, Brains, Tripe

Sweetbreads are from the thymus gland of young beef (1) and calves (2), and are pinkish white. Veal or calf sweetbreads are considered a great delicacy. They are largest in size (1 to $1\frac{1}{2}$ pounds) when the calf is 5 to 6 weeks of age and decrease in size as it becomes older.

Brains—Pinkish grey, very tender, soft consistency, delicately flavored. (1) Veal, $\frac{1}{2}$ pound each; (2) Beef, $\frac{3}{4}$ pound each; lamb and pork, $\frac{1}{4}$ pound each (not shown).

Tripe—Prepared from the muscular inner lining of the stomach of beef or sheep. Creamy yellow and is either smooth or honeycombed. It is sold fresh or pickled. Fresh tripe is usually partially cooked before it is sold. Most tripe is minced and used in commercially-prepared luncheon meats, sausages and soups.

Tongue

Tongue is a less tender variety meat and requires long, slow cooking in moist heat to tenderize it. Fresh beef, veal and pork tongues when cooked are greyish in color; cooked pickled beef tongues are reddish brown. The waste trimmed off after cooking amounts to about one fifth of the original weight of the tongue.

Spiced Tongue

1 fresh or pickled beef tongue <i>OR</i>	1 clove garlic, cut
3 to 4 veal tongues <i>OR</i>	¼ teaspoon pepper
5 to 6 pork tongues <i>OR</i>	½ cup sliced onion
6 to 8 lamb tongues	1 tablespoon salt*
10 to 12 cups hot water	1 teaspoon celery seed <i>OR</i>
3 bay leaves	1 cup diced celery
1 tablespoon mixed pickling spice	¾ cup sliced carrots

* With pickled tongue omit salt.

Wash and scrub tongue well. Soak pickled tongue in cold water 2 hours before cooking. Cover with hot water. Add seasonings and vegetables. Cover and simmer slowly until well done:

Fresh beef (2 to 6 pounds)	55 to 60 minutes per pound
Pickled beef (2 to 6 pounds)	45 to 50 minutes per pound
Veal (½ to 1 pound)	1¾ to 2¼ hours
Pork (¼ to ¾ pound)	2 to 2½ hours
Lamb (¼ to 1/3 pound)	1¾ to 2¼ hours

Tongue will be well done when it is fork tender and the skin comes off easily.

Remove skin, excess fat, glands and bones from thick end of tongue while still hot. Strain cooking liquid. Heat tongue in cooking liquid if it is to be served hot *OR* serve with Horseradish sauce (page 78) *OR* glaze with Cranberry Glaze (page 78).

For 6 servings: 2 to 3 pounds beef tongue; or 3 to 4 veal tongues; or 5 to 6 pork tongues; or 8 to 10 lamb tongues.

To pressure cook: Follow above recipe. Soak pickled tongue overnight. Use only 2 cups hot water to cook all types of tongue. Cook in pressure saucepan at 15 pounds pressure:

Fresh or pickled beef (2 to 6 pounds) ..	12 to 15 minutes per pound
Veal (½ to 1 pound)	25 to 30 minutes
Pork (¼ to ¾ pound)	18 to 20 minutes
Lamb (¼ to 1/3 pound)	20 to 25 minutes

Allow pressure saucepan to cool slowly. Remove skin, fat, glands and bone from tongue. Strain cooking liquid and serve as above.

Jellied Tongue

Strain and heat 3 to 4 cups cooking liquid from cooked tongue. Press tongue into mold and pour over enough liquid to cover it. For each 1½ cups hot liquid used, add 1 teaspoon vinegar and stir in 1 tablespoon gelatine soaked in ¼ cup cold water. Chill. When thoroughly set, unmold. Cut in thin slices and serve.

Sweetbreads

Sweetbreads are tender and delicately flavored. Since they are very perishable, they are usually sold frozen. After thawing, wash and soak them for 30 minutes in cold, salted water to cover ($\frac{1}{2}$ teaspoon salt to 2 cups water). Drain. Remove membranes and fat. Dry. Panfry or broil.

For a milder flavor and firmer texture, sweetbreads may be parboiled after soaking. Cover with hot, salted water ($\frac{1}{2}$ teaspoon salt to 2 cups water) and 1 tablespoon vinegar. Simmer 15 to 18 minutes. Drain. Cover with cold water and when cool remove membranes and fat. Dry. Panfry or broil.

Sweetbreads may be breaded using flour, eggs and crumbs.

Sweetbreads may be served with cream sauce or tomato sauce.

Allow $\frac{1}{2}$ pound sweetbreads per serving.

Panfry—Cook slowly in a small amount of melted butter over moderate to low heat. Turn often. Panfry sweetbreads 18 to 20 minutes—allow 10 to 12 minutes for parboiled sweetbreads.

Broil—Preheat broiler 5 minutes. Leave door ajar. Place on cold rack of broiler pan so that sweetbreads are 6 inches from heating unit. Season. Brush with melted butter. Broil sweetbreads 10 to 12 minutes each side—allow 6 to 8 minutes each side for parboiled sweetbreads. Brush second side with butter after turning.

Brains

Brains are soft and delicately flavored. They should be soaked and cooked, with or without parboiling, following the same methods as for sweetbreads. To panfry brains allow 3 to 4 minutes longer than for sweetbreads. To broil brains allow same cooking time. Brains may be breaded if desired.

Allow $\frac{1}{4}$ to $\frac{1}{3}$ pound brains per serving.

Tripe

Tripe is one of the least tender of the variety meats. Tripe has been cleaned and partially cooked before it is sold but additional cooking is necessary. Wash and cut tripe into $\frac{1}{2}$ -inch strips. Cover with hot, salted water (1 tablespoon salt to 4 cups water). Add one sliced onion and $\frac{1}{2}$ bay leaf. Cover and simmer until tender, about $1\frac{1}{2}$ hours.

Savory Tripe

1½ pounds cooked tripe	2 whole cloves
2 to 2½ cups strained cooking liquid	$\frac{1}{8}$ teaspoon pepper
1 tablespoon chopped parsley	Dash of cayenne
$\frac{1}{4}$ teaspoon thyme	1 cup diced carrots
$\frac{1}{2}$ teaspoon marjoram	$\frac{1}{2}$ cup sliced onion
$\frac{1}{4}$ teaspoon ground ginger	2 to 2½ tablespoons flour
	1 teaspoon vinegar

Brown tripe, if desired, in a small amount of fat. Add cooking liquid, seasonings, carrots and sliced onion. Cover closely and simmer 30 minutes. To thicken, mix flour to a smooth paste with 3 to 4 tablespoons cold water. Blend with some of the hot cooking liquid. Stir gradually into tripe mixture and cook until smooth and thickened, about 5 minutes. Add vinegar and serve. 5 to 6 servings.

Frozen Meats

Good quality beef, pork, lamb and veal may be frozen in a home freezer or locker at or below 0°F.

Meat should be thoroughly chilled in the carcass for at least 24 hours before freezing. Beef is usually aged for a shorter time before freezing than if it is to be sold fresh.

Meat to be frozen should be prepared in cuts of the size and weight to suit the needs of the family. Roasts and stew meat may be boned and all excess fat removed to save freezer space.

Packaging

Special freezer wrappings, freezer bags and cartons are available for packaging meats for freezing. Freezer wrappings include locker papers, moisture-vapor-proof cellophane, laminated papers, plastic films and metal foil. Plastic films or cellophane may be heat sealed. Locker paper is taped or tied with string. Metal foil should be shaped around the meat. Freezer bags made of cellophane or plastic films may be heat sealed or closed with an elastic band or metal closure.

Roasts, steaks, chops, stew meat, patties, loaves, etc. may be packaged in freezer wrappings or bags. They should be tightly wrapped to exclude as much air as possible. Roasts should be packaged individually. Steaks, chops and patties will separate more easily if folded freezer wrapping or waxed paper is placed between the pieces. Cooked leftover meats, gravies, stews, etc. may be packed in freezer cartons.

Storage Times

A guide to the maximum length of time which meat may be stored at 0°F. is as follows:

Beef steaks, roasts	10 to 12 months	Lamb roasts	6 to 8 months
Veal roasts, chops	4 to 5 months	Lamb chops	4 to 5 months
Pork roasts	4 to 5 months	Variety meats	3 to 4 months
Pork chops	3 to 4 months	Minced meat (raw)	2 to 3 months
Pork (cured, smoked)	4 to 5 months	Cooked roasts	2 to 3 months
Bacon	3 to 4 months	Gravy (unthickened)	3 to 4 months
Sausage, wieners	2 to 3 weeks	Cooked meats, stews, meat loaves, etc.	1 to 2 months

It is important to mark on each package the kind of meat, name of cut, weight and date and to keep a record of the meat frozen so that no meat will be kept longer than the recommended storage time.

Frozen Meats

Although some meats will store satisfactorily for several months if properly wrapped, it is not practical to fill up limited storage space for long periods of time. Large or thick cuts of meat can be held considerably longer in storage than small pieces which tend to dry out and develop off-flavors.

Thawing

Meat may be thawed in the refrigerator, at room temperature or during cooking. It is best to thaw meat in the wrapping to prevent evaporation of juices. Thawing times will vary depending on the size, thickness and shape of the meat. As a general rule 2 to 3 hours per pound thawing time at room temperature should be allowed and 12 hours per pound thawing time in the refrigerator. Meat which is completely thawed should not be refrozen. It should be cooked promptly to prevent spoilage. Thawing time at room temperature may be reduced considerably if the meat is thawed in front of an electric fan. Cooked meat may be thawed and heated over hot water.

Cooking

Roasts, steaks and chops may be thawed before cooking or cooked unthawed from the frozen state. Whether or not the meat is thawed before cooking is a matter of time and convenience.

Thawed meat will require about the same cooking time as fresh meat taken from the refrigerator. If roasts are thawed before cooking, a shorter and more even cooking is assured particularly with larger cuts.

Roasts cooked from the frozen state require a considerably longer cooking time than those thawed before cooking and the use of a meat thermometer is the only sure way to determine doneness. It can be inserted in the roast when the roast is at least half cooked. As a general rule, for roasts cooked frozen, the cooking time should be increased by half that required for fresh roasts.

Steaks and chops are a little more difficult to brown when cooked frozen. Beef steaks and lamb chops when cooked frozen require twice as long to cook as fresh; pork chops require an increased cooking time of half that required for fresh; veal chops require only 5 to 10 minutes longer than for fresh.

Variety meats, cured and smoked pork, sausages and bacon may be partially or completely thawed before cooking.

Recipes

Brown Stews

3 pounds stewing meat, bone-in (beef, veal or lamb) <i>OR</i>	3½ to 4 cups liquid (water, tomato juice or vegetable liquid)
2 pounds stewing meat, boneless	6 medium onions
5 to 6 tablespoons flour	6 medium carrots, cut in pieces
2 teaspoons salt	6 medium potatoes, cut in halves
¼ teaspoon pepper	2 cups turnips, cut in cubes
2 tablespoons chopped parsley	1 20 oz. can drained green beans or peas (optional)

Trim meat and cut in 2-inch pieces. Brown well on all sides over high heat. Sprinkle browned meat with flour and brown again slightly. Add seasonings and liquid and stir well. Cover closely and simmer on top of stove. Add raw vegetables about 1 hour before end of cooking time and canned vegetables 10 minutes before end of cooking time. 6 servings (allows 5 to 6 oz. cooked meat, bone-in, or 4 oz. boneless, per serving).

Beef Stew—Add ¼ to ½ teaspoon savory. Simmer meat 1¾ to 2 hours.

Veal Stew—Add ¼ to ½ teaspoon thyme. Simmer bone-in meat 1½ to 1¾ hours and boneless meat 1¼ to 1½ hours.

Lamb Stew—Drain off excess fat after browning. Add ¼ to ½ teaspoon thyme. Simmer bone-in meat 1½ to 1¾ hours and boneless meat 1¼ to 1½ hours.

To cook in oven: Follow above recipe for any type of stewing meat. Add vegetables at the beginning of cooking time. Cover closely and cook in moderately slow oven (325°F.) allowing 15 minutes longer than for stews cooked on top of stove.

To pressure cook: Follow above recipe for any type of stewing meat. After browning meat, sprinkle with 4 to 5 tablespoons flour. Use only 1½ to 2 cups liquid. Add seasonings. Cook meat 8 to 10 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Add onions, carrots and potatoes and cook 4 minutes longer at 15 pounds pressure. Cool slowly.

Light Stew

Follow above recipe using any type of stewing meat. Do not flour or brown meat. To thicken stew, make a thin paste with the flour and a little cold water and blend with some of the hot cooking liquid. Stir gradually into the stew and cook until thickened, about 5 minutes.

Hungarian Goulash

	2 pounds boneless stewing beef	1 teaspoon paprika
OR {	1 pound boneless stewing beef	1 teaspoon caraway seeds
	1 pound boneless stewing veal	1 tablespoon Worcestershire sauce
	5 to 6 tablespoons flour	1 medium sliced onion
	2 teaspoons salt	3½ cups water
	¼ teaspoon pepper	½ cup sour cream

Cut meat in 1-inch cubes. Brown well on all sides in hot fat. Sprinkle browned meat with flour and brown again slightly. Add seasonings, Worcestershire sauce and onion. Add water. Cover closely and simmer until tender, about 2 hours. Add the sour cream just before serving. Serve over cooked noodles and garnish with parsley. 6 servings.

Meat Ball Stew

1½	pound hamburger or minced beef	1	egg
	1 teaspoon salt	2	tablespoons milk
	¼ teaspoon pepper	2	tablespoons finely chopped onion
	1 tablespoon Worcestershire sauce	5	tablespoons flour

Mix meat, seasonings, egg, milk and onion. Shape into 2-inch meat balls. Brown meat well in a small amount of fat about 10 minutes. Sprinkle with flour and brown again lightly. Make into stew using the following:

6	small onions	2	teaspoons salt
6	medium carrots, cut in 2-inch pieces	⅛	teaspoon pepper
6	medium potatoes, cut in half	2	tablespoons chopped parsley
4	to 5 cups vegetable liquid	½	teaspoon nutmeg
		½	pound sliced mushrooms

Partially cook vegetables about 10 minutes, in salted water to cover. Add vegetable cooking liquid and seasonings to meat balls and stir well. Add vegetables. Cover closely and simmer 20 minutes. Sauté mushrooms in a small amount of fat, about 5 minutes and add to stew just before serving. 6 servings.

Quick Supper Chili

1½	cups sliced onion	½	teaspoon pepper
1	pound wieners or hamburger (cut in 1-inch pieces)	1	to 2 teaspoons chili powder
		1½	cups tomato juice
1	teaspoon salt	1-2/3	cups kidney beans (15-oz. can)

Brown onion in a small amount of fat. Remove from heat. Brown meat—wieners about 5 minutes, hamburger about 10 minutes. Add browned onion and remaining ingredients. Cover and simmer slowly about 20 minutes until thickened. 6 servings.

One or more of the following may also be added:

1½ cups drained kernel corn (15-oz. can); 1½ cups peeled, diced, tart apple; 1 cup grated cheddar cheese, added 5 minutes before serving.

Beef Loaf

2 pounds hamburger or minced beef steak	1½ teaspoons salt		
1 cup soft stale bread crumbs	OR	1/8 teaspoon pepper	
1/2 cup dry bread crumbs		2 teaspoons Worcestershire sauce	
2/3 to 1 cup milk (see note)		1/4 cup chopped parsley (optional)	
2 eggs		1/4 cup chopped celery (optional)	
2 tablespoons finely chopped onion		1/2 teaspoon savory	OR
		1/4 teaspoon marjoram	

Mix meat with crumbs, milk and eggs beaten together. Add remaining ingredients and mix thoroughly. Fill a loaf pan (approximately 9" x 5" x 3") to about 1/2-inch from top. Bake in a moderate oven (350°F.) 1½ to 1¾ hours. 8 to 10 servings (2 half-inch slices).

NOTE: In place of milk use broth, tomato juice, or half Chili sauce (or catsup) and half milk. Chili sauce or catsup may be spread over the top of the meat loaf before baking. May be served with tomato or mushroom sauce.

Beef Loaf Variations

Beef and Pork Loaf—Use 1¼ pounds hamburger or minced beef steak and ¾ pound minced pork.

Beef and Liver Loaf—Use 1¼ pounds hamburger or minced beef steak and ¾ pound beef or pork liver. Scald liver 5 minutes in boiling water, drain and grind. Use only 2/3 cup liquid and 4 tablespoons finely chopped onion.

Beef, Veal and Pork Loaf—Use 1 pound hamburger or minced beef steak, 1/2 pound minced veal and 1/2 pound minced pork. Season with 1/4 teaspoon sage or thyme in place of savory or marjoram.

Pork and Veal Loaf—Use 1¼ pounds minced pork and ¾ pounds minced veal. Use only 2/3 cup liquid. Season with 1/4 teaspoon sage or thyme in place of savory or marjoram.

To pressure cook: Follow any of above recipes. Omit liquid. Fill a loaf pan to about 1/2-inch from top, cover with aluminum foil and place in pressure saucepan. Cook 20 minutes at 15 pounds pressure. Allow pressure saucepan to cool slowly. Remove foil. If desired, brown meat loaf under broiler or in hot, lightly greased frying pan.

Stuffed Meat Loaf

Line the bottom and sides of a loaf pan with meat loaf mixture. Fill with 2 cups well-seasoned bread stuffing and cover with remaining meat mixture. Bake in a moderate oven (350°F.) 1½ to 1¾ hours.

Minced Meat Patties

1½ pounds minced meat (veal, pork or lamb)	1 tablespoon Worcestershire sauce
¾ teaspoon salt	1 egg
¼ teaspoon pepper	2 tablespoons water or broth
	½ cup finely chopped onion

Mix meat, seasonings, egg, liquid and onion. Brown onion if desired. Shape into 12 patties, ½-inch thick. Panfry, broil or braise.

Patties may be breaded before they are panfried or broiled. Coat with seasoned flour and then dip into slightly beaten egg mixture (2 tablespoons water to 1 egg). Roll in fine dry bread crumbs.

Panfry—Brown lightly in a small amount of fat over moderate heat, 1 to 2 minutes each side. Pour off excess fat. Turn meat, cover and continue cooking slowly over low heat 8 to 10 minutes each side. Do not cover lamb patties.

Broil—Preheat broiler 5 minutes. Leave door ajar. Place patties on cold rack of broiler pan so that top of meat is 3 inches from heating unit. Broil 5 to 7 minutes each side.

Braise (pork and veal)—Brown in a small amount of fat over moderate heat, 2 to 3 minutes each side. Pour off excess fat. Season with salt and pepper. Sprinkle both sides lightly with flour and brown again. Add about 1½ cups liquid (water, tomato juice or vegetable liquid) to almost cover. Stir well. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.) 10 to 12 minutes each side.

NOTE: One or more of the following seasonings may be added to recipe:
With minced veal add ¼ to ½ teaspoon thyme, marjoram or savory.
With minced pork add ¼ to ½ teaspoon marjoram, sage or savory.
With minced lamb add ¼ to ½ teaspoon thyme or basil.

• To cook frozen patties—

Panfry or Braise:

Thawed—cook as fresh.

Unthawed—cook twice as long as fresh. Panfry patties over moderate heat for entire cooking time.

Broil:

Thawed—broil as fresh.

Unthawed—broil 1 to 2 minutes longer each side.

USE MINCED MEAT FOR QUICK, THRIFTY MEALS

"Tournières" (Pork Pies)

3 pounds minced lean pork
3/4 to 1 cup boiling water
1/3 to 1/2 cup finely chopped onion
1 1/2 teaspoon salt
1/8 teaspoon pepper

Simmer pork in water 5 minutes. Add onion, salt and pepper and simmer until meat is white, about 10 minutes. Cool and skim off fat. Line 3 nine-inch pie pans with pastry. Divide meat evenly and place in pans. Cover with pastry. Bake in a very hot oven (425°F.) until browned, about 30 minutes. Makes 3 nine-inch pies.

NOTE: These pies may be made using part veal or chicken and part pork.

Pork Casserole

2 cups diced cooked pork
1 can whole kernel corn (14 ounces)
3 tablespoons fat
3 tablespoons flour
3/4 teaspoon salt
1 1/2 cups milk
3/4 cup grated Cheddar cheese
1/8 teaspoon savory
1/4 cup dry bread crumbs,
buttered

Place diced pork and corn in layers in a greased casserole. Make a sauce of the fat, flour, salt and milk. Add the cheese and savory to the sauce and stir until well blended. Pour sauce over the corn and pork. Sprinkle with buttered crumbs. Bake in a moderate oven (350°F.) until lightly browned, about 35 minutes.

NOTE: A 12-ounce can canned pork luncheon meat or 2 cups diced cooked ham may be used in place of the cooked pork. In either case omit salt.

Quick Chow Mein

2 cups cooked pork or beef,
cut in 1/4-inch strips
2 cups celery, sliced diagonally
1/4-inch thick
2 cups sliced mushrooms
2 cups sliced onion
4 tablespoons fat
1/2 cup sliced green pepper
1/2 cup chicken broth
1 tablespoon cornstarch
1 teaspoon salt
2 teaspoons Worcestershire sauce
1-28 ounce can drained bean
sprouts
1 tablespoon soy sauce

Sauté pork, celery, mushrooms and onion in fat 7 to 8 minutes. Add green pepper and sauté 2 to 3 minutes longer.

Thicken broth with cornstarch and add salt and Worcestershire sauce. Add thickened broth and bean sprouts to meat and vegetables and toss mixture lightly with a fork. Cover and heat 5 minutes longer. Add soy sauce, sprinkle with Chinese fried noodles and serve immediately with cooked rice. 5 to 6 servings.

Ways To Use Left-Over Meats

Mince 3 cups cooked left-over meat. Add $\frac{1}{4}$ cup finely chopped onion and $\frac{1}{4}$ cup catsup or gravy. Add 1 tablespoon spicy meat sauce and salt and pepper to taste. Use in one of the following:

1) Pinwheels —

Roll biscuit dough in a rectangle $\frac{1}{4}$ -inch thick and spread with meat mixture. Roll up like a jelly roll, and seal edge. Cut in slices about 1 inch thick. Lay cut side down in baking sheet and bake in a very hot oven (425°F.) about 30 to 35 minutes. Serve with brown gravy or tomato sauce. To make biscuit dough see Topping for Meat Pies and Stews (page 77).

2) Turnovers —

Make pastry dough using 2 cups flour. Roll dough $\frac{1}{4}$ -inch thick. Cut into 6-inch squares. Place meat mixture on half of each square. Fold over the other half to form a triangle. Press edges together with a fork. Brush with milk. Bake in a very hot oven (425°F.) about 20 minutes until lightly browned.

3) Patties —

Add 1 egg to 3 cups cooked meat to the meat mixture. Shape into patties $\frac{1}{2}$ -inch thick. Panfry over moderate heat in a small amount of fat 4 to 5 minutes each side.

Shepherd's Pie

3 cups cooked minced beef or lamb	3 to 4 tablespoons broth or gravy
$\frac{1}{2}$ cup chopped onion	1 can kernel corn (14 ounce)
4 tablespoons fat	3 cups seasoned mashed potatoes
1 teaspoon salt	1 tablespoon butter
$\frac{1}{8}$ teaspoon pepper	

Brown onion lightly in fat. Add meat, salt and pepper. Spread mixture evenly in casserole and add broth or gravy and corn. Top with mashed potatoes. Dot with butter. Bake in moderately hot oven (375°F.) 40 minutes. 6 servings.

Bread Stuffing

2 cups soft, stale bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup chopped onion	$\frac{1}{8}$ teaspoon pepper
2 tablespoons fat	2 tablespoons chopped parsley

Brown onion lightly in fat. Add seasonings and bread crumbs and heat slightly.

NOTE: One or more of the following seasonings may be added to stuffing:

For beef add $\frac{1}{2}$ teaspoon savory or marjoram

For veal add $\frac{1}{2}$ teaspoon thyme or savory

For pork add $\frac{1}{2}$ teaspoon sage or savory

For lamb add 4 tablespoons chopped mint or $\frac{1}{2}$ teaspoon thyme.

Dumplings

1½ cups all-purpose flour ¾ teaspoon salt
3 teaspoons baking powder ¾ cup milk

Sift dry ingredients and add milk to make a very soft dough. Drop by tablespoons on top of hot stew. Cover tightly and cook 18 to 20 minutes. Do not lift cover while dumplings are cooking. Serve at once. Makes 9 dumplings.

Parsley Dumplings

Add ¼ cup finely chopped parsley and 1 tablespoon finely chopped chives or green onions to sifted dry ingredients.

Onion Dumplings

Add 2 tablespoons grated onion and 2 teaspoons very finely chopped green pepper to sifted dry ingredients.

Tomato Dumplings

Use 1 cup tomato juice in place of milk in dumpling recipe. Sprinkle dumplings with paprika before covering.

Topping for Meat Pies and Stews

2 cups all-purpose flour ¼ to ½ cup shortening
4 teaspoons baking powder 2/3 cup milk
1 teaspoon salt

Sift dry ingredients. Cut in shortening until mixture resembles fine bread crumbs. Add milk and mix quickly, making a soft dough. Turn out on floured board and knead gently into shape. Roll to about ¼-inch thickness. Makes enough for 6 to 8 servings.

Place stew in a baking dish, cover with topping. Cut one or two slits in topping to allow steam to escape. Bake in very hot oven (425°F.) 25 to 30 minutes. 6 to 8 servings.

Vegetable Pinwheels

Make up dough as for topping. Roll dough ¼-inch thick. Brush with melted fat and sprinkle with ½ cup shredded carrot and 2 tablespoons chopped parsley. Roll up like jelly roll and seal edges. Cut in slices ¾-inch thick and lay cut side down on stew. Bake in very hot oven (425°F.) 25 to 30 minutes.

SAUCES AND GLAZES

Barbecue Sauce

2 tablespoons brown sugar	1½ tablespoons spicy meat sauce
1½ teaspoons dry mustard	3 tablespoons vinegar
½ to ¾ teaspoon chili powder	¾ cup finely chopped onion
1 teaspoon salt	3 cups tomato juice
⅛ teaspoon pepper	

Mix brown sugar and seasonings. Add remaining ingredients and mix. Simmer 10 minutes. Makes 3 cups. Use with lamb, spareribs, etc.

NOTE: May be simmered until thick, about 30 minutes, and served with cooked meat.

Horseradish Sauce

To 1 cup whipped sour cream or ½ cup mayonnaise add ¼ teaspoon salt and 1 teaspoon sugar. Gradually stir in 3 tablespoons grated horseradish. Serve with cooked beef or tongue. Makes 2/3 to 1 cup.

Sweet and Sour Sauce

¼ cup brown sugar	1 clove garlic, cut in half (optional)
3 tablespoons cornstarch	5 tablespoons vinegar
¼ teaspoon dry mustard	1 cup tomato juice
⅛ teaspoon ginger	1 cup water
1 teaspoon salt	1 teaspoon soy sauce (optional)
¾ teaspoon chili powder	

Mix brown sugar, cornstarch and seasonings. Add garlic, vinegar, tomato juice and water and mix well. Simmer 10 minutes until thickened, stirring constantly. Remove garlic and add soy sauce. Makes 2 cups.

Cranberry Glaze

1/3 cup brown sugar	½ teaspoon whole cloves
1/3 cup molasses	1½ inch stick cinnamon
1/4 cup vinegar	2 cups cranberries
1/2 cup water	

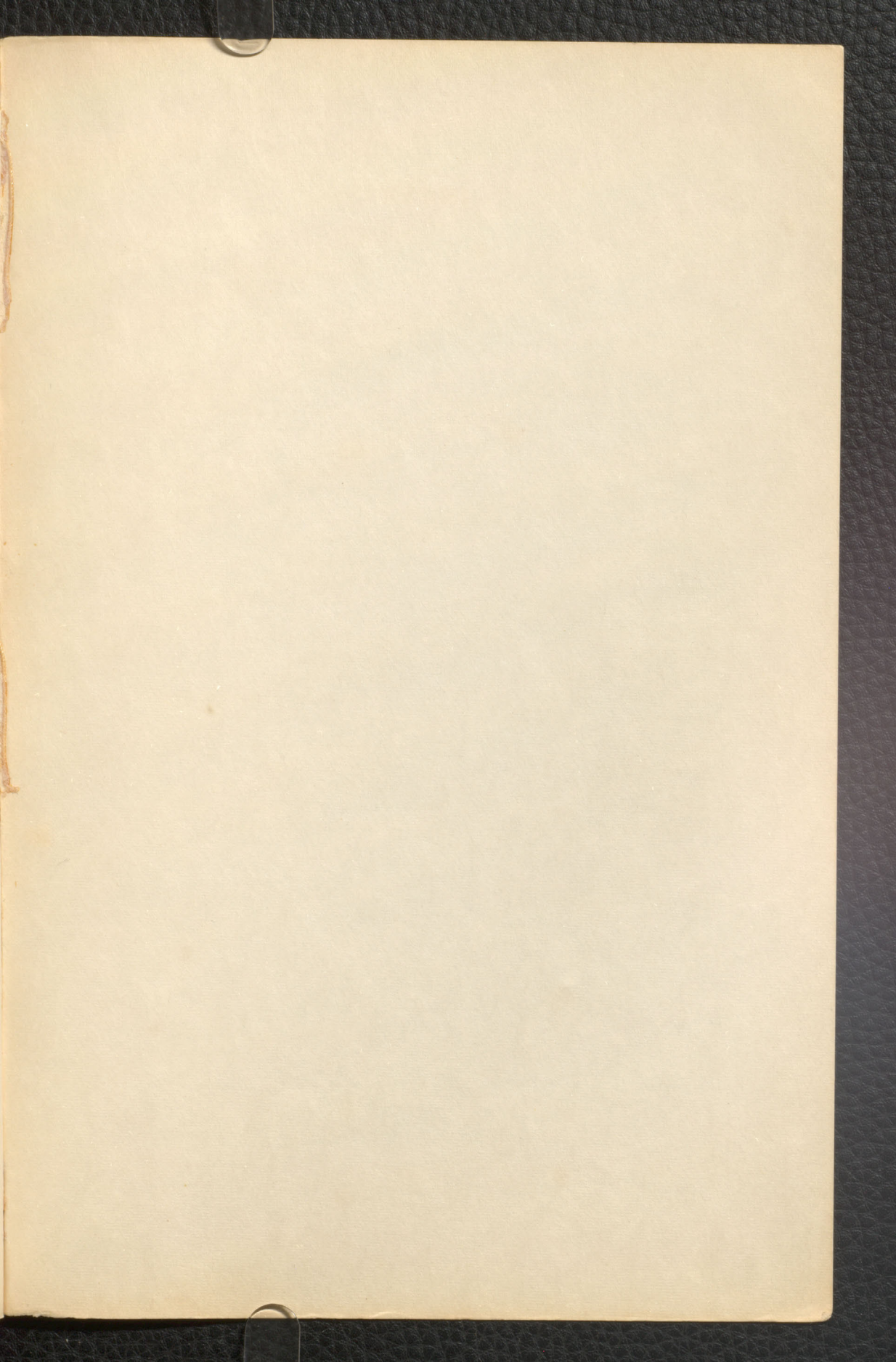
Combine brown sugar, molasses, vinegar, water and spices. Bring to boiling point and add washed cranberries. Cook slowly 15 minutes. To make a smooth glaze, press mixture through sieve. Pour over cooked fresh or pickled tongue or baked ham. Glaze in hot oven (425°F.) for 15 minutes, basting several times. Makes 1½ cups.

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