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BEEF

**How to
Choose and
Cook it**



CANADA

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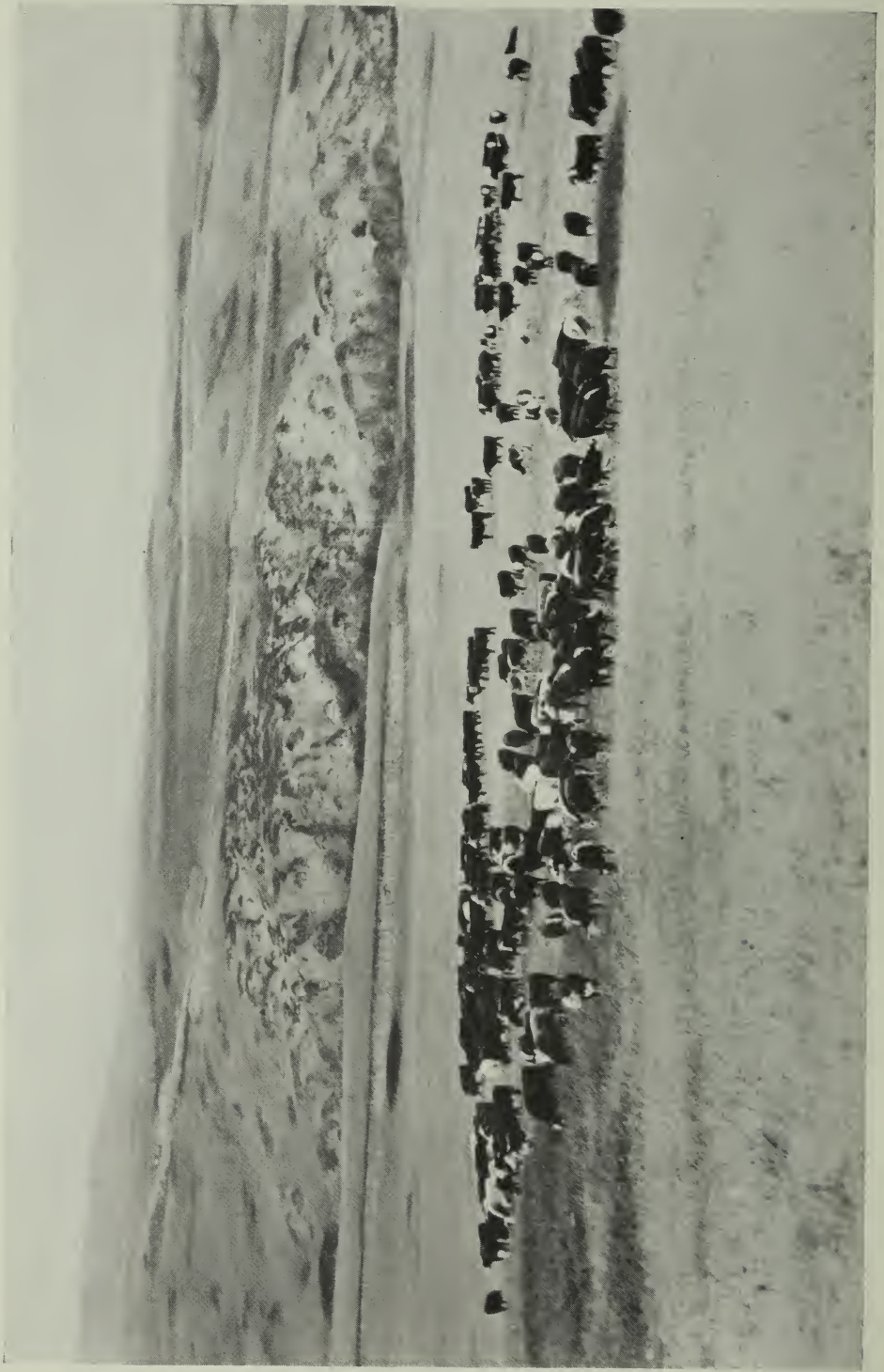
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CANADIAN BEEF IN THE MAKING

DOMINION OF CANADA
DEPARTMENT OF AGRICULTURE
LIVE STOCK BRANCH

H. S. ARKELL, Commissioner.

R. S. HAMER, Chief of Cattle Division

BEEF
How to Choose and Cook it

By
F. G. SEMPLE

DOMINION OF CANADA
DEPARTMENT OF AGRICULTURE

BULLETIN No. 135

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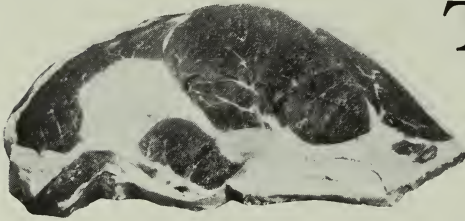
Introduction

THIS booklet has been prepared in the hope that it will create a keener appreciation of first-class beef on the part of Canadian consumers, and that it will assist them in obtaining the greatest possible value for their money. The principle that the lowest-priced article is often the dearest in the end is particularly true of beef, and it should be remembered in purchasing beef that in the interests of true economy due regard to price must be supplemented by wise selection and proper preparation.

The information presented in these pages is based on the latest and most reliable data available; it has been submitted to and approved by several authorities who are regarded as specialists on this subject. It is felt, therefore, that the suggestions given, together with the positive identification of quality now made possible through the Beef Grading Service should enable the consumer to purchase and use beef with greater assurance of securing value and satisfaction.

Additional copies of this booklet, copies of Beef Chart, showing in colours the various cuts of beef, and other information respecting the Beef Grading Service may be obtained from the Dominion Live Stock Branch Ottawa.

Food Value of Beef



Sirloin steak

THE appreciation of good beef by Anglo-Saxon peoples is traditional. Poets have sung its praises and even statesmen have waxed eloquent upon the merits of tempting roast and juicy steak. Fame and fortune have been won, and reputations which outlived the centuries have been

established upon the manner in which beef has been featured and served.

This popularity of beef is well merited. Beef, with its enticing aroma, its delicious flavour, its appetizing appearance and its remarkably high food value, is pre-eminently suited to grace the festive board or the humblest dinner table. The irresistible appeal of good beef is common to people of every walk of life; and its digestibility, availability, reasonable cost, ease of preparation and the variety of ways in which it may be served adapt it to the diet of rich and poor, young and old.

Probably no other food is more attractive to the appetite of man than a piece of good beef. As steak or roast, hot or cold, or in some other of the many varied forms in which it can be served, beef carries a universal appeal to the palate. This palatability of beef is in itself a desirable quality as it stimulates the secretion and flow of the digestive fluids and thus aids the process of digestion. It is generally sound policy to eat foods which taste good and which appeal to a normal appetite, as taste and enjoyment of food are necessary to efficient digestion.

The popularity of beef, however, has a much deeper foundation than simply its appeal to the palate. Recent experiments have shown that man's natural fondness for meat is based upon a sound scientific foundation, as meat not only contains many of the elements necessary for the proper growth and development of the human body, but it supplements and improves to a great extent the value of many of the nutrients found in grains and vegetables. Beef is a very valuable source of protein, which is a tissue building and repairing food; the fat furnishes heat and energy; and the mineral salts, such as iron and phosphorous, as well as the vitamins, contained in beef are in a form that is readily assimilated.

The dietic value, however, of any foods depend not simply upon the nutrients which it contains, but also upon the thoroughness with which

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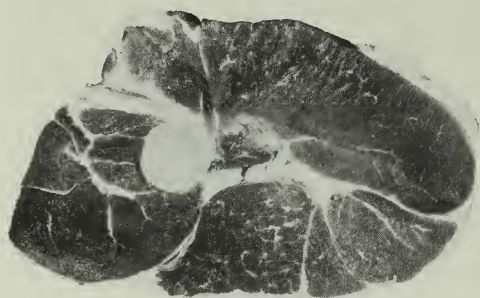
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those nutrients are utilized by the system. From this point of view, beef has a particularly high food value as it is a very easily digested and completely assimilated food. Experiments have shown that over ninety-five per cent of the protein and fat of beef is digested by the body under normal conditions. There is no satisfactory substitute for beef. While certain other foods are relatively rich in protein, the losses in digestion, or in metabolism, or in both, are so great as considerably to offset the value of these foods as suitable sources of protein.

Man's natural inclination, supported by definite scientific investigation, has established the fact that a mixed diet is most suitable to the requirements of the average human body under normal conditions. A properly balanced diet should therefore include a reasonable amount of beef in addition to green, leafy vegetables, cereals, eggs, milk and fruits. The real problem for the consumer is simply one of wise and careful buying and skilful preparation.

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Selecting



Round steak

IN selecting beef, the most important points to be considered are: freedom from disease, sanitation and quality. The purchase of beef from diseased animals may be guarded against by ascertaining that the round, purple stamp bearing the words "Canada Approved" appears on some portion of the side from which your purchase is cut. This stamp indicates that the beef has passed federal

inspection for health and that the establishment where it was dressed has complied with the sanitary requirements. Then, if only those dealers are patronized who keep their premises clean and who observe proper sanitary precautions in the handling of their goods, there should be little danger of getting beef which is unfit for food.

The quality of beef, however, is not always so easy to determine. Possibly there is no other article of food in which high quality is more important, or in which the quality is more variable, more difficult to identify, or more subject to misrepresentation. Beef of poor quality is a most unsatisfactory product, and, at the prices usually paid for it, is anything but economical buying. It lacks in flavour, tenderness and juiciness; it contains a greater percentage of bone and waste in proportion to edible matter; and because the edible matter which it does contain is so lacking in palatability, much of it is discarded and therefore wasted. On the other hand, good beef from a choice, well-finished animal not only represents greater food value, but it is delicious served either hot or cold, and is therefore utilized to the last morsel.

But unless one happens to be an expert judge, or is fortunate enough to have a dealer who can be relied upon to furnish the quality desired, the buying of beef is usually quite a serious domestic problem. Sometimes the purchase may be fairly satisfactory; at other times the same cut at the same price will prove disappointing. There is no certainty of getting consistent quality or uniform value. Unfortunately for the consumer, a considerable proportion of the beef marketed in Canada represents discards from the dairying industry. While beef of this class must necessarily be

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disposed of in some way, and therefore has a legitimate place in the market, the fact that no definite standards of quality have existed in the past has made it possible for this low quality beef, along with beef from poorly-bred and improperly-fed animals, to masquerade as first-class beef and command a price entirely out of proportion to its real value. This has, in turn, tended to depress the price obtainable for high quality beef, with the result that there has not been proper inducement for the production of the class of beef for which many consumers have vainly sought, or have been able to obtain only occasionally.

With a view to making it possible for the consumer to identify quality and, through the emphasis thus placed on quality, to provide an incentive for the production of better beef cattle, the Dominion Department of Agriculture has recently adopted a system of branding the two top qualities of beef. These grade brands are applied in ribbon-like marks the full length of the carcass, so that when the beef is cut up a section of the brand appears on each important cut. Establishments are permitted to use their trade brands, but the "Choice" Grade is always branded in red, and the "Good" Grade is always branded in blue. The "Choice" is a special grade, and represents the product of particularly well-bred and highly-finished cattle. As it costs more to produce and is available in somewhat limited quantity, it naturally commands a higher price. The "Good" Grade is the standard grade, and includes only beef that can be safely recommended as of first-class eating quality. The quality of beef which qualifies for this grade is superior to much of the beef ordinarily sold as the best obtainable.

Therefore, to be sure of receiving the quality of beef you are paying for, see that the official brand mark appears upon each cut that you purchase. And if you are purchasing by grade it is not necessary to look for the "Canada Approved" stamp in addition to the official brand, as only beef which has passed federal health inspection is eligible for branding. Therefore, the grade brands indicate both health and quality.

The colourings used in these brands are prepared by the Department, and carry the Department's assurance of harmlessness. The dealer, therefore, should not be asked to have the brand marks cut off. On the contrary, it is in the consumer's interest to insist upon the brand marks appearing upon each cut of beef purchased. They should be regarded as an official guarantee of health and quality.

For those who may be unable to purchase by grade, or who may desire to increase their knowledge of what constitutes good beef, it may be said that: The depth of the lean and the thickness of the fat are general indications of the quality of beef. Good beef should be uniform in colour,

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the cut surface being a bright, rich red. The flesh should be velvety, firm, yet springy or elastic to the touch. It should be well mottled or "marbled" with white fat, and covered by a good layer of flaky, creamy-white fat. The inside fat, such as the suet, should be brittle or crumbly, and creamy-white in colour. The bones should be soft and porous, and pinkish to red colour. Hard, flinty, white bones are an indication of age. Exposure to the air may darken beef on the outside without detracting from its eating qualities.

To be good, beef must carry a reasonable amount of fat. Contrary to the opinion of many, excessively lean beef represents neither food value, flavour nor economy:—

1. Fat from beef is itself a desirable and necessary article of food, as it supplies economically the heat, energy and many of the vitamins required by the human body, and also aids in the process of digestion. Pure fat furnishes over twice as much heat and energy as an equal weight of sugar, starch or protein. A reasonable amount of fat beef, therefore, should be eaten in order to supplement the protein and minerals in the lean and help to balance the diet.

2. Quality in beef cannot exist without a reasonable amount of fat. Lean beef is the product of animals which have not been properly fed and finished. Consequently, it is lacking in tenderness, juiciness and flavour.

3. Cooking of beef is very definitely affected by the amount of fat it includes. The outside layer of fat prevents loss of the valuable juices and extractives which give beef its flavour, and the fat which is mixed through the lean blends with it in the process of cooking and adds to its juiciness and flavour, as well as increasing its nourishment.

It should not, however, be assumed that, because beef must be fat in order to be good, all fat beef is good beef. An old, tough cow may carry a considerable amount of fat, but neither the fat nor the lean from such an animal possesses the desired quality. The fat on beef from an animal of this kind can usually be distinguished by its softness and high colour.

A certain knowledge of the names and appearance of the different cuts is an advantage in selecting beef. The Department has issued a chart showing in natural colours the various retail and wholesale cuts, and indicating the section of the animal from which each cut is obtained. This chart, having been prepared from actual photographs, shows the relative proportion of lean to fat in the different cuts from well-finished beef, and thus assists in deciding the kind and size of cut to order. Copies of this chart may be obtained free of charge from the Live Stock Branch, Ottawa.

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Higher-priced Cuts



Porterhouse roast

CERTAIN cuts of beef are commonly referred to as the "higher-priced" or "better" cuts. They come from the parts of the animal which receive the least amount of exercise and are therefore naturally more tender than cuts from the parts which are well exercised. On account of their tenderness, fine flavour and ease of preparing and cooking, and the fact they comprise only about

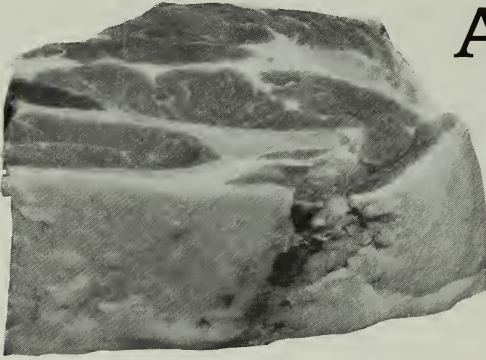
twenty-five per cent of the whole beef animal, they are in greatest demand and consequently command a higher price than the less popular cuts which make up the other seventy-five per cent. As the dealer has to dispose of these cheaper cuts in some manner in order to break even on the whole animal, it naturally follows that the popular cuts are going to be considerably higher in price than their actual food value warrants. Therefore, when one is buying porterhouse or sirloin steak he must remember that part of the price he is paying is for attractiveness, popularity and ease of preparation, but he must not think that he is getting a more nourishing piece of meat. It is necessary, therefore, in order to equalize supply and demand that all the cuts of the animal be utilized. A more general use of the various cheaper cuts will not only help in balancing the meat bill but will greatly assist in adding variety to the menu, as a greater variety of beef dishes can be served at less cost, or served more frequently at the same cost.

Classification of Higher-priced cuts

Name	Form	Manner of cooking
Sirloin	Steaks Roasts	Broiling, panbroiling, roasting.
Porterhouse	Steaks Roasts	Broiling, panbroiling, roasting
Prime ribs	Roasts—rolled or standing Steaks	Broiling, panbroiling, roasting
Tenderloin	Roasts "Fillet Mignon"	Broiling, panbroiling, roasting, braising

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Lower-priced Cuts



Chuck roast

AS already intimated, on account of their being less tender and requiring more time to prepare and cook, certain cuts of beef are less popular than others. These are fully as nourishing and digestible as the others, and the very exercise that is responsible for their coarser fibre and difference in texture has developed large amounts of extractives which give them their fine flavour. It

will be seen, therefore, that the lower price at which these cuts sell is not an indication of inferior flavour, food value or digestibility, and that if properly cooked they furnish a very palatable, nutritious and economical dish. It is also a fact that the less popular cuts from branded beef are likely to be superior to the popular cuts from an animal that is not of brandable quality.

The problem, then, is to cook these cheaper cuts so as to make them tender and at the same time retain, or enhance, their natural flavours. This is accomplished by cooking in such a way that the flavours are retained either in the meat itself or in the gravy. While the cooking of these cuts requires that an earlier start be made in order to provide for the longer period which is necessary, it does not mean that an appreciably greater amount of time has to be devoted to the preparation of the dinner. As a matter of fact, many stews, braised or casserole dishes require the expenditure of actually less time in their preparation and cooking, for once started they need much less attention and supervision than the tender cuts which are cooked at a high temperature. It also consumes much less fuel to keep a casserole dish cooking at a temperature of 175° F., or to keep a stew simmering for three hours, than it does to cook a roast at a temperature of, say, 375° F., or to broil a steak. Another advantage in favour of meat dishes which are cooked by the long, slow method is that their attractiveness and palatability is not seriously impaired should they have to stand a while, or cook a little longer, before being served; whereas steaks, and to a great degree roasts, should be served almost immediately they are cooked.

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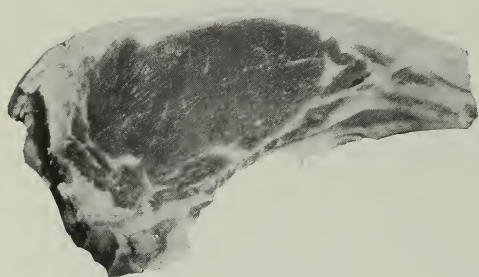
A knowledge, therefore, of the nature and characteristics of the cheaper cuts and the particular method best suited to their preparation and cooking will permit the practice of economy in serving beef, without detracting from the attractiveness or nutritive value of the bill of fare.

Classification of Lower-priced cuts

Name	Form	Manner of cooking
Rump	Steaks Roasts	Pot roasting, braising, stewing
Round	Steaks Roasts	Panfrying, braising, Hamburger, pot roasting.
Flank	Steak Stew	Panfrying, braising, stewing
Chuck	Steaks Roasts Pot roasts	Panfrying, roasting, braising
Plate	Short ribs or rib ends Plate	Roasting, braising Stewing, braising, soup
Brisket	Brisket or point	Boiling, stewing, braising, pot roasting
Shanks	Soup bone	Soup, stewing, Hamburger, jellied loaf.
Tail	Soup bone	Soup, braising, stew
Neck	Stews	Stews, soup, braising, mincemeat

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Care of Beef



Wing or Club steak

AS soon as the beef arrives at the home, remove wrappings and check the weight on kitchen scales. Wipe meat with a cloth dampened in vinegar in order to remove any dust or other foreign material. Breaking the "sealing" of the fat—that is, the outside surface—should be avoided. Do not wash with water unless absolutely necessary, as some of the juices are lost in that way.

If beef is not to be cooked immediately it should be placed on porcelain, enamelware (provided it has no cracks), crockery or aluminum dish and put in a cool place. Do not place directly on ice. Iron or tin dishes should never be used for meat under any circumstances. Beef which is to be kept for several hours before cooking should be covered. If no cold place is available, do not attempt to keep beef for any length of time without cooking or partially cooking it.

If beef is to be kept until the following day before cooking, it is a wise precaution, particularly if the refrigeration is not of the best, to adopt the treatment known as "marinating." The marinade is prepared by blending vinegar or lemon juice with olive, corn or other vegetable oil in the proportions of one part vinegar to two or three parts oil. (Note.—In preparing a marinade for the primary purpose of softening the fibres and making the meat tender, the proportions of vinegar and oil are reversed). A little salt and pepper and a dash of mustard may be added if desired. The meat is placed in a covered earthenware dish (metal should never be used, on account of acid), and thoroughly coated on all sides with this mixture. A pastry brush is handy for distributing the marinade and rubbing it well into the crevices.

This process not only protects the meat from the air and helps to preserve it, but the acid makes it more tender and the oil enriches it and improves the flavour. Cheap cuts are in this way rendered more palatable, while the good cuts are made even better.

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Cooking



Rolled rib roast

THE flavour and tenderness of meat, as well as the amount of nourishment derived from it, depends to a great extent upon the manner in which it is cooked. The tenderest and juiciest cuts may be rendered tough, dry and flavourless by improper cooking, whereas many of the tougher cuts, which, incidentally, contain equal nourishment and are fuller flavoured, may be rendered quite tender and attractive if cooked in the right way.

Objects. Meat is cooked with the object of:—

- (1) Making it tender by softening and breaking down the cell walls and connective tissue.
- (2) Developing the flavour.
- (3) Destroying any germ life or bacteria which may be present.

Purpose. Meat is cooked for two purposes: either for the meat itself, or to extract the juices which it contains, as in the making of soups. In stews, braised, or casserole dishes where both meat and liquid are to be served together, these two methods are combined.

Principles. The guiding principles in cooking meat should be to supply just sufficient heat to accomplish the aforementioned objects, without interfering with the composition of the meat itself. Tough meat and poor soup are the result of too rapid cooking. The tender cuts may be cooked at a much higher temperature than the tougher pieces. Accordingly, the method to be employed depends upon the fibre of the meat, which, in turn, varies with the different cuts. In choosing meat, therefore, consideration should be taken of the manner in which it is to be cooked, the use to which it is to be put, and the time which is to be devoted to its preparation.

The effect of intense dry heat is quite different from that of moist heat. A very attractive flavour is developed by cooking in a dry heat at a much higher temperature than the boiling point of water. This explains why a pot roast is richer than a stew, and indicates how the flavour of stewed or boiled meat may be improved by first crisping or browning the surface.

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Moist heat is more effective for softening the tissues and making the meat tender and palatable. Meat is softened and made tender in other ways, such as (a) grinding or chopping, to separate the fibres; (b) pounding, to break and crush the fibres; (c) the use of acids, such as lemon juice and vinegar; (d) freezing, or hanging—also known as aging or ripening—in a low temperature. This softens the meat through the chemical action of acids which develop in the meat itself. This aging, or hanging, is absolutely necessary to the proper ripening of meat, and no responsible dealer will sell meat which has been insufficiently hung or matured. But no matter what mechanical or chemical treatment may be adopted with a view to improving the tenderness of the meat, long slow cooking is the most reliable means of accomplishing this end.

Broiling

Broiling is unsurpassed as a method of cooking tender steaks, the flavour, delicacy and digestibility being superior to steak cooked in any other way. Minced or Hamburg steak may also be broiled with equal satisfaction. A reasonably thick steak is far better eating than a thin one, so that for a small family it is better to buy a fair-sized steak and broil parts of it at different times, rather than to choose a thin one.

In broiling, the meat is cooked by exposure to direct heat of hot coals, flame, or red-hot electrical heating units. The edges of the meat may be cut in several places to prevent curling as it contracts from the heat. The meat is placed on a hot broiler which has been rubbed with a small piece of fat, and quickly seared on one side and then on the other, keeping it about one inch from the flame. When seared on both sides, the flame is lowered, or the distance from the heat increased, and the meat completely cooked on one side before being turned. It is ready to turn when the side away from the heat has a raised appearance and little jets of steam escape. Turning the steak during cooking dries it out more and impairs the flavour. When cooked, serve on hot platter with a little butter, pepper and salt.

The cuts most suitable for broiling or pan broiling come from the loin. They are the tenderloin, or fillet, and the various loin cuts known as club, wing, T-bone, porterhouse, sirloin, etc. Round steak is sometimes broiled, but as certain of the muscles in the round are comparatively tough, this cut, unless minced, is better adapted to cooking by other methods.

The following table will give the approximate time required to broil or pan broil steaks rare to medium. The exact time required depends on the thickness of the steak, the amount of heat employed, and the degree of cooking desired. It is difficult to broil steak well-done without drying and

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hardening the outside, but if more thorough cooking is desired the cooking may be completed in the oven.

Approximate Time Required for Boiling and Pan Broiling

For steaks 1 inch thick, rare to medium. . . . 8 to 10 minutes.

“ 1½ inches thick, “ . . . 10 to 15 “

“ 2 “ “ . . . 18 to 25 “

Pan Broiling

In pan broiling the meat is cooked in a very hot pan or skillet without any fat, or with only a mere coating of fat rubbed over the surface of the pan. If the pan is hot enough when the meat is put in, it will not stick. Any surplus fat which collects in the pan during cooking should be poured off. When steak is seared on one side, turn and sear the other; then reduce heat and cook till done. Never pierce steak with knife or fork when cooking, as this permits the juices to escape. The time required for pan broiling is the same as for broiling.

Pan Frying

Pan frying is what is commonly referred to as frying, but is actually sautéing. The beef is cooked in a frying pan, or skillet, a small amount of fat being used. This method is adopted in the cooking of cuts which are deficient in fat, or which require longer cooking than is practicable in broiling. It is also the method used for cooking croquettes, Hamburger, hash, etc. If the pan is covered, this method is practically identical with braising, as the beef is then, to some extent, cooked in moist heat.

Frying

Strictly speaking, frying means cooking food immersed in hot fat, although the term is commonly used when sautéing or pan frying is meant. It is not adapted to the cooking of beef, with the exception of such forms as croquettes, etc. In fact, the less frying or the frying pan is resorted to in the cooking of meat, the more wholesome will be the finished product. The heat of the frying pan is usually over 400 F. The hot fat penetrates the meat, drives off the juices, dries and hardens the tissues, and breaks down and destroys the food elements, making it liable to cause digestive troubles. This is particularly true if the fat is permitted to scorch or become heated beyond a certain point. When this takes place, it decomposes into fatty acids and glycerine, and from glycerine becomes acrolein—a substance which is irritating to the mucous membrane. This is why the smoke and vapour from overheated fats is so offensive to eyes, nose and throat.

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Roasting

The term "roasting" as originally applied to the cooking of meat meant cooking in front of, or over, an open fire, a spit or Dutch oven frequently being the apparatus used for the purpose. This method is still followed in many European and Asiatic countries and in some sections of the American continents where modern stoves and ranges are not in universal use.

In modern cooking terminology, roasting is understood to mean cooking in an oven in dry heat. Actually, the meat is baked, although this term is seldom used in reference to meat. The meat may be cooked in an open pan or in a covered one, both methods being satisfactory and each having its preference with different cooks. In the case of a fairly large roast, or one which has a good proportion of fat, the open pan method will give the best results. On the other hand, a small or lean roast may shrink less and be cooked to better advantage in a covered pan. An excessively lean roast should have a slice of suet placed on top, or it may be larded with either beef or pork fat. If beef is roasted with the fat side up, basting is not required with either an open or a covered pan.

The roast may be placed in a very hot oven, 525° to 550° F., until the surface is seared, and then cooked until done at a temperature of 300 to 400° F.; or the oven may be kept at the lower temperature all through the cooking period. Contrary to the general opinion, the initial searing of beef in roasting, with a view to preventing escape of juices and more volatile constituents, is not important. As a matter of fact, recent scientific experiments in the cooking of meat have shown that there is very little difference in either results or appearance between roasts which have been at first seared and those which have been cooked at a moderate temperature throughout. It has been found that searing decreases the total time required for cooking but increases the losses in cooking. Roasts which are first seared brown better than those cooked at an even temperature from the start. On the other hand, roasts cooked at the lower temperature throughout are sufficiently brown to be attractive and are more evenly cooked; they are less likely to be cooked too much on the outside and extremely rare in the centre. These experiments have therefore shown that while a slightly longer period is necessary when cooking at a lower temperature than was formerly thought advisable, the lower temperature produces a more evenly cooked roast with considerably less shrinkage and loss of both fat and the volatile elements.

A roast will brown more readily if sufficient flour is rubbed into the surface to make it dry. This also assists in preventing the escape of the juices.

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The question of rubbing salt into the surface of meat before roasting is a debatable one. Salt certainly draws out the juices. The advocates of the use of salt, however, contend that the loss of juices is more than compensated for by the improved flavour the salt gives the roast.

The principles to be followed in cooking the various kinds of roasts are the same: Wipe meat with damp cloth, trim off ragged or unsightly bits, skewer or tie if necessary, and place, fat side up, on wire rack in roasting pan, keeping meat at least one inch from bottom of pan. When cooked, remove to hot platter, drain off surplus fat, and add some boiling water to soften and mix with the juices in the pan. The resultant gravy may be served "au jus" or thickened with flour in the proportion of $1\frac{1}{2}$ tablespoons of flour to each cup of liquid.

A medium-sized roast of sirloin, prime rib, or similar cut will require approximately fifteen to twenty-five minutes per pound; chuck, round shoulder, or brisket thirty to forty minutes per pound, dependent upon the size and shape of roast and degree of cooking required. A small, thin roast requires less cooking in proportion and should be cooked in a relatively higher temperature than a blocky, compact one of the same weight. A fairly large roast cooks to much better advantage than a small one, as there is not so much shrinkage or drying out, and the juices and flavour are therefore better retained. Cooking with the bone in improves the flavour. Rolled roasts are more compact, but purchasing roasts already rolled makes it difficult for the purchaser to definitely identify the cut and gives unscrupulous dealers the opportunity to include in the roll meat of an inferior cut or grade.

The cuts ordinarily used for oven roasting are the naturally tender and juicy ones from the loin, rump, rib and shoulder. This takes in the meat along the back. The inside muscles of the chuck and round are also used in this manner.

Three muscles make up the round: inside, outside, and "eye," or "kernel." The inside, or top, round muscle is more tender than the eye or the bottom cut, and is therefore the part of the round most suitable for roasting.

The rump cut is situated between the round and the loin. As this is a fairly large cut it is usually divided into what is known as the square rump roast and the round rump roast. The meat on the rump is fine-grained, and from a choice animal is reasonably tender, juicy and good flavoured.

From the loin we get the porterhouse and sirloin cuts. The roasts from this section are commonly known as wing, T-bone, porterhouse, and

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sirloin. These are considered the choicest cuts in the whole animal and therefore command the highest price.

From the front quarter we get the various rib roasts. With the rib in, these are known as standing rib roasts; boned and rolled, they are commonly referred to as prime rib roasts. These cuts are invariably prepared by roasting.

Next to the rib roasts are the various shoulder roasts, such as chuck, chuck rib, blade, round shoulder, and short rib. The meat next to the prime rib on the chuck side below the blade is a continuation of the rib muscle and is used for roasts and steaks when cut in this manner. The other chuck and shoulder cuts, being not quite so tender, are better adapted to longer and slower methods of cooking, such as pot roasting and braising.

Pot Roasting

In pot roasting the beef is seared on top of the stove and then cooked in a covered dish, either on top of the stove or in the oven. A heavy, cast iron or aluminum utensil is preferable for pot roasting as it retains the heat and the beef is not so liable to scorch. The beef is first seared in a little fat, and just enough hot water added to keep it from burning. It is then cooked at a temperature of about 225 F., which is lower than the temperature used for ordinary roasting, and slightly higher than used for braising. Pot roasting is really a form of braising applied to a large piece of meat.

Braising

Braising is a combination of stewing and baking, and is similar to pot roasting, the distinction being that the beef is usually cut up into small pieces instead of being cooked in one piece, as in pot roasting, and less liquid is used than in the case of a stew. The beef is first seared, as in pot roasting, and then cooked slowly in a covered dish, allowing about three-quarters of an hour to each pound. An oven temperature of about 175° F. is desirable. Vegetables and seasoning may be added as desired in sufficient time to provide for their cooking by the time the meat is done. The covered pans sold as roasting pans are really braising pans. Covered casseroles are also excellent for this purpose.

Boiling

The term "boiling" as applied to the cooking of meats is misleading and its literal application is largely responsible for the fact that meat cooked in water is not more popular. Boiling beef for the full cooking period hardens the albumen all the way through, and makes the meat much less palatable and digestible.

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Beef cooked by this method should be kept at the boiling point for the first few minutes only—just long enough to coagulate the albumen on the outside, and prevent the water from penetrating and making the meat dry and tasteless. For the balance of the cooking period it should be kept at the simmering point—about 180° F. The brisket, rump, plate and shoulder cuts are all used for boiling.

Stewing

In stewing, the cooking is done at what is known as the simmering point, which is a temperature of approximately 180° F. The meat is completely immersed in water, as in boiling, but in the case of a stew it is desired to extract some of the juices; therefore, the meat is cut into fairly small pieces, so as to expose more surface. Unshapely pieces and scraps from roasts or other cuts are frequently utilized to advantage in this manner. Stews may be prepared in different ways, according to the results desired:—

(a) The beef may be first browned. This makes what is known as a brown stew, and one that possesses both rich colour and flavour.

(b) The beef may be plunged into boiling water for a sufficient length of time to coagulate the surface and prevent the escape of the extractives. Such a stew will not possess the rich flavour of the brown stew, but vegetables cooked with it will have more of the real meat flavour.

(c) The beef may be placed in cold water and gradually brought to the simmering point, as in the making of soup. Like soup meat, the meat will be lacking in flavour, but vegetables cooked in the broth will be correspondingly richer.

Since stews are eaten complete, it is simply a matter of choice which part possesses the greatest flavour. The cooking in all three methods, after the initial treatment as indicated, should be at a temperature just under the boiling point (approximately 180° F.).

Steam or Pressure Cooking

The devices used for this purpose are of comparatively recent development and consist of a heavy utensil, usually of aluminum, provided with safety valve, gauge, etc. They allow for a pressure of from thirty to thirty-five pounds, and as cooking is very rapid a saving in both time and fuel may be affected. Beef cooked under pressure keeps its shape better and does not have the dull, shrunken appearance common to boiled meat. Pressure cookers are used in many households for the canning of fruits and vegetables.

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Waterless Cookers

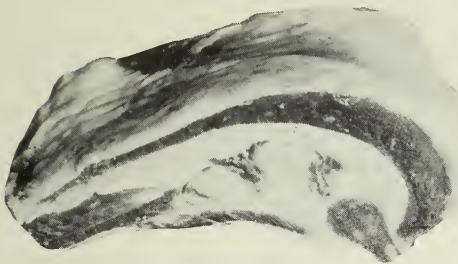
The waterless cooker is another device of quite recent introduction. It consists of a heavy aluminum kettle, with a double, insulated bottom which retains the heat and prevents scorching. It has a tight fitting cover that clamps down, and a valve to permit surplus steam to escape. As the meat is cooked on the bottom of this kettle, several vegetables, or even a dessert, may be cooked at the same time in pans which fit in the upper part. As the name implies, no water is required when cooking in this device, the juices of the meat itself providing the necessary moisture. The cooking is actually done in steam under slight pressure, and pot roasts or stewing meat cooked in this manner are made quite tender and have a very delicious flavour. It is also a very economical way of cooking, as only a minimum of heat is required.

Fireless Cookers

The various fireless and semi-fireless cookers are entirely suitable for roasting, braising and stewing. Their advantages include: fuel economy, time-saving (food does not require watching); retention of flavour; long slow cooking; and, of particular advantage in summer, the avoidance of overheating the kitchen.

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Fats



Brisket

ECONOMY in cooking necessarily includes the utilization in some manner of all fat that is not consumed at the table. The home rendering of excess fats and those remaining from cooked meats makes possible a very appreciable reduction in the bill for commercial shortening. The clarifying of used fats greatly increases their useful-

ness, and much of the fat so treated is superior to lard and other shortenings for many kinds of cooking. Rendered suet and the outside fat from roasts or steaks, as well as the fat skimmed from soups and stews, is excellent shortening for cakes and other baked articles where a slightly darker colour is not an objection, for crusts of meat pies, frying doughnuts, vegetables, fish, etc., as well as for ordinary sautéing and frying.

The surplus fat from each day's cooking may be tried out by cutting it in fairly small pieces and heating it in a double boiler until the fat has been softened to the point where it can be readily pressed through a fine wire or cheesecloth strainer. Gently pressing or mashing with a fork after it has become heated through facilitates the process of extraction.

A slightly quicker method, but one which does not give as good keeping or wholesome a product, is to place the fat, together with a little water, in a frying pan or saucepan and cook it at a low temperature until the tissue is crisp and the fat clear. Care should be taken to avoid scorching or heating the fat to the smoking point, as high temperature changes the composition of fats and makes them very irritating to the digestive system.

When fully rendered, the fat should be allowed to cool slightly and then strained into a dish kept convenient for the purpose. A covered lard pail makes a suitable receptacle, each fresh supply being added as rendered. If kept cool and covered, such rendered fat will remain sweet for some time. Fats from different kinds of meats should be kept separate.

Fat which has become slightly tainted, or fat that has been used for deep frying, may be clarified and rendered sweet again by boiling it with a few slices of raw potato. When potato is browned, allow fat to cool slightly in order to give any sediment a chance to settle, and then strain. Fat which is no longer fit for cooking may be easily converted into soap by

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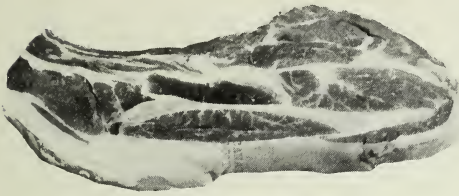
using one of the commercial lyes and following the directions which come with it.

Beef suet is a very wholesome form of fat, and can be utilized in cooking in many different ways. The best suet comes from around the kidneys. It is desirable, therefore, to either buy the suet in a piece and mince it yourself, or have the dealer mince it under your supervision. There is always a danger of ready-minced suet including some less desirable forms of fat.

Finely-chopped suet, used in proportion of two of suet to three of flour, with a little baking powder added, makes most attractive and palatable crusts for meat pies of various kinds. Suet used as a basis for steam puddings, simple or elaborate as desired, provides cheap, wholesome desserts especially suitable for cold weather meals. Dumplings made with suet are light and nourishing. Hamburg steak, when made from particularly lean beef, is made juicier and the flavour improved by the addition of a little chopped suet. Suet may also be substituted in many of the recipes contained in this book which call for the use of butter.

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Beef Soups



Chuck steak

OWING to the high percentage of water which they contain, the nutritive value of meat soups is comparatively low and is often much over-rated. Soups have, however, an important place in the diet as they contain a certain amount of protein, mineral salts,

and extractives. Their chief value lies in the fact that the high flavour of the meat extractives which they contain stimulates the flow of the digestive juices, and thus assists the process of digestion. Hence the reason for serving soups at the beginning of the meal. The actual food value of soups therefore depends largely upon the amount of vegetables and other ingredients which are added to the meat stock. In addition to the place they fill on the bill of fare, soups provide a medium for the economical utilization of the cheaper cuts of meat, also bones and scraps from roasts, steaks, etc., which would otherwise be wasted.

As space does not permit an extended treatise on the many varieties of soup, it is necessary to limit this reference to some of the principles of making beef stock. With the exception of those soups in which milk or cream is used as a base, meat stock of some kind forms the base of practically all soups. It may be served alone as "beef tea," or "beef extract," flavoured with vegetables, spice and herbs; or with vegetables, barley, etc., added.

The chief value of meat soups, as already indicated, being in the extractives, the problem in cooking is to extract as much of the flavour as possible. This is accomplished by reversing the process where it is desired to retain the flavour in the meat. The meat is cut in small pieces so as to expose a large amount of surface. If a brown stock is desired, some of the meat is first browned in the frying pan. The meat is then put into cold water and brought slowly to a higher temperature. It is then simmered for from four to eight hours, depending upon the kind of meat used and the richness of the stock desired. The smaller the meat is cut and the longer it is cooked, the richer will be the broth. Bones should be cracked. For a rich stock, the proportion of water to each pound of meat should be one pint; for a light stock, one quart. The soup should be covered while cooking in order to prevent undue evaporation.

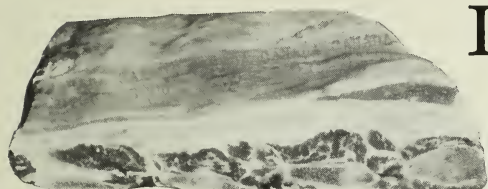
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If the stock is intended for immediate use, the fat should be removed, as a greasy soup is exceedingly unpalatable. If, however, the stock is to be kept over, the solid skim of fat which forms on top should be allowed to remain, as it acts as a preservative. Stock sours very quickly and in warm weather should not be kept over twenty-four hours. In cold weather, it may be kept for several days. Quick cooling aids in preserving stock.

The cheaper cuts of beef should be used in making soup, both because of their low cost and because they come from those parts of the animal which are richest in extractives. The shanks are especially valuable for this purpose. The proportion of two parts of lean meat to one of fat and bone gives the best results. If the cut consists of too much lean, some of it may be cut off and used for Hamburg steak or stewing. The meat from which soup has been made has lost much of its flavour, and is therefore rather tasteless. It still contains most of its nourishment, however, and may be used in hash, meat pies, ragouts, etc., where the flavour of vegetables and seasonings compensates for the lack of meat flavour.

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Recipes



Short ribs

IN selecting the following recipes, the endeavour has been to keep in mind the requirements and position of the average housewife to whom the saving of both time and expense is an important consideration. Accordingly, while the importance of attractiveness and tastiness has not been lost sight of, the majority of the recipes presented are of the more practical and economical type, special consideration being given to cost, ease of preparation and food value. A few of the more elaborate and fancy dishes have been included in order to give variety and to provide for special occasions when something a little better than usual may be desired.

Recipes based on cured meats have been largely omitted. Pickled and otherwise processed meats are not nearly as digestible or wholesome as fresh meats and should be used, if at all, sparingly and only occasionally for the sake of variety.

Highly seasoned dishes have also been avoided. Seasoning is to quite an extent a matter of individual taste or habit, and experience soon teaches the amount of seasoning required. Where definite amounts of seasoning are given, this may be taken simply as a guide and varied according to taste. It should be remembered, however, that the delicious flavour of good beef is developed and brought out by proper cooking and that this individual flavour may be entirely obscured or destroyed by the excessive use of strong spices and sauces

Broiled Sirloin Steak

Wipe steak with cloth wrung from cold water. Trim off superfluous fat. Grease broiler with fat, place meat on broiler and broil under or over strong heat, searing first one surface and then the other. When both surfaces have been seared, reduce heat and complete cooking. Steak should be cut $1\frac{1}{2}$ inches thick. Time for broiling, 12 to 15 minutes. Sprinkle with salt, pepper, and spread with Maitre d'Hôtel butter. Remove to hot serving platter and smother with sautéed mushrooms.

Broiled Steak with Blanket of Clams

Wipe a sirloin steak, cut $1\frac{1}{2}$ inches thick, and broil 10 minutes as per directions for broiling. Reduce heat somewhat and continue cooking 7 minutes. Remove to metal

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platter, cover with $2\frac{1}{2}$ cups little neck clams, place platter on grate in oven and cook until clams are plumped. Spread generously with Maitre d'Hôtel butter. Garnish with finely-shredded French fried potatoes and sprays of parsley.

Planked Sirloin Steak

Have the steak cut $1\frac{1}{2}$ inches thick. Wipe with a damp cloth. Have ready a hot, well-oiled broiler. Cook the steak over glowing coals or under a gas flame 10 to 12 minutes. Dispose steak on a hot, well buttered plank, arrange a broad frill of hot mashed potatoes around edge of plank, brush over lightly with slightly beaten yolks of eggs, diluted with milk. Set plank in hot oven to brown and reheat potato and to finish cooking steak. Remove from oven and fill space between steak and potato with tomatoes, stuffed with creole rice. Spread steak with Maitre d'Hôtel butter and garnish top with sautéed mushrooms.

Sirloin Steak a la Hollandaise

Prepare a Hollandaise sauce as follows: Put 4 egg yolks in the top of a double boiler, beat slightly, add $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup cold water. Set vessel in lower part of boiler half filled with hot water, set over low heat and stir constantly, keeping water in lower part of boiler just below the boiling point. When mixture thickens to the consistency of boiled custard, add gradually $\frac{1}{2}$ teaspoonful salt, mixed with $\frac{1}{4}$ teaspoonful pepper and few grains cayenne; continue beating. Then add 2 tablespoonsful lemon juice slowly while still beating. Pour half of sauce onto a hot platter; over this place a thick, juicy, broiled sirloin steak; cover steak with remaining sauce and serve immediately.

Sirloin Steak, Fried Bananas

Follow directions for broiled sirloin steak. Dispose on hot serving platter and arrange fried bananas alternately with crisp bacon over steak. Serve at once.

Fried Bananas. Remove skins from 6 firm bananas, cut in halves lengthwise; then cut in halves crosswise. Sprinkle with lemon juice and let stand $\frac{1}{2}$ hour. Drain, and dredge with flour seasoned with a sprinkle of salt and paprika. Sauté in melted butter; brown on one side, then turn and brown the other. Dust lightly with powdered sugar.

Fillet Mignon, Maitre d'Hotel Butter

Cut beef tenderloin in $1\frac{1}{2}$ inch slices, trim in circular shapes, surround with a thin slice of bacon, fasten with a small wooden skewer (toothpick) and broil 6 minutes in a hot, well-greased frying pan, turning often. Remove to hot serving platter and spread generously with Maitre d'Hotel butter. Surround with broiled mushrooms.

Fillet Mignons Deviled, Brown Mushroom Sauce

Have fillets from beef tenderloin cut 1 inch thick. Pat in shape and broil 4 minutes. Slightly cool, spread each on both sides with German or French mustard seasoned with Worcestershire sauce, salt and paprika; dip in crumbs, egg, again in crumbs, and sauté in hot butter or olive oil until a golden brown. Broil an equal number of tomatoes cut in halves crosswise; set $\frac{1}{2}$ on each fillet, and pour around a brown mushroom sauce.

Planked Larded Fillet of Beef

Wipe a tenderloin of beef weighing 4 pounds, trim off fat, veins, tendonous portions, and press in shape (use skewers if necessary). Lard the upper surface with grain of meat.

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(This may be done by the dealer at a slight additional cost.) Place on rack in dripping pan, sprinkle with salt, pepper, dredge with flour, and strew trimmings of fat salt pork in pan. Roast in a hot oven 30 minutes, basting every 10 minutes. Remove to a hissing hot, buttered steak plank. Surround with a border of mashed potatoes. Return to oven to brown potatoes. Garnish with tomatoes or green peppers filled with succotash. Place broiled mushroom caps down centre of fillet.

Pan Broiled Fillets Mignon, Sultana Sauce

Have fillets of beef cut in slices $1\frac{1}{2}$ inches thick. Shape in circular forms. Broil ten minutes in a hissing hot, well-buttered iron frying pan, turning every ten seconds for two minutes that the surface may be well seared. Turn occasionally afterwards. When half done, season with salt and pepper; reduce heat and finish cooking. Dispose on hot metal serving platter, spread with soft butter and pour around Sultana sauce.

Sultana Sauce. Cook 1 finely-chopped onion in 2 tablespoonsful butter five minutes. Add 1 red and 1 green pepper, 1 small clove of garlic, each finely chopped, and 1 cup thick tomato puree. Simmer slowly fifteen minutes; then season with $\frac{1}{2}$ tablespoonful Worcestershire sauce, $\frac{1}{4}$ teaspoonful celery salt, 2 drops Tabasco sauce and salt to season.

Round Steak Cutlets

Wipe a piece of meat weighing 2 to 3 pounds, cut from the round with the marrow bone in it. Separate in pieces for serving. Lay pieces on meat board, dredge heavily with flour and with the edge of a saucer pound the flour into steak, turning meat at all angles while pounding. Turn pieces over and repeat process until $\frac{3}{4}$ cup of flour has been used. In this way the long fibre of this cut of meat is completely broken up and the flour has absorbed the juices, so that nothing has been lost by pounding the steak. Sprinkle both sides with salt and pepper. Melt the marrow from bone and some of the fat trimmings in a hissing hot iron frying pan, arrange cutlets of meat in pan, turning often. When well seared on both sides reduce heat, cover and cook 15 minutes. Remove to hot serving platter, spread with soft butter. Strain fat in pan and use with brown stock for making gravy to pour around cutlets.

Round Steak en Casserole

Trim off fat, remove bone from round steak cut 1 inch thick. Cut in uniform pieces for serving. Pound each piece on both sides with the edge of a saucer. Sprinkle with salt, pepper and dredge with flour. Brown richly on both sides in a hissing hot, well-greased frying pan. Remove to hot casserole, add brown stock to cover. To the fat in pan add 2 tablespoonsful butter; in this sauté 2 cups sliced onions, previously parboiled 2 minutes. Cover steak in casserole with prepared onions, add 1 cup of sliced new carrots, season with salt and pepper, cover and cook slowly in oven until vegetables are tender. Serve from casserole with baked potatoes.

Round Steak in Individual Casseroles

Pound round steak (cut $\frac{3}{4}$ inch thick) with the edge of a saucer while dredging lightly with flour on both sides; then cut in 3 inch squares, sprinkle with salt and pepper. Melt some of the fat in frying pan, add steaks, sear quickly and richly on both sides. Remove to hot casseroles, cover with beef broth or hot water, cover and cook slowly 2 hours. Sauté 1 small sliced onion for each portion, $\frac{1}{4}$ green pepper, shredded in 2 tablespoonsful butter,

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strew over steaks. Over these lay 1 small carrot, cut lengthwise in quarters, 1 small turnip, pared, quartered and parboiled, 6 potato balls, parboiled and browned in fat in frying pan. Sprinkle with salt and pepper. Cook until vegetables are soft. Serve in casseroles.

Round Steak, Vienna Style

Remove fat, gristle, bone, etc., from round or shoulder steak, pass through meat chopper twice. There should be 2 cups. Add $\frac{1}{4}$ cup soft bread crumbs, season with salt, pepper, paprika and parsley. Add 2 tablespoonsful finely chopped bacon. With the hands mix thoroughly, adding 2 eggs, 1 at a time, while mixing. Shape in oval cutlets, dredge them with flour, dip in egg and crumbs, fry a golden brown in deep, hot fat. Serve around a mound of mashed potatoes and pour over Spanish sauce.

Round Steak, Western Style

Cut steak from the top of round in uniform pieces for serving. Score the surface well with a sharp knife in opposite directions; turn and score the other side. Plunge in cold water and roll in flour, rubbing or pounding flour well into meat. Melt suet and fat trimmings in iron frying pan, adding more fat, or dripping, if necessary. There should be sufficient fat to keep the flour from burning. When fat begins to smoke place meat in pan slightly reduce heat, and brown meat on one side and then on the other. When cooked, sprinkle with salt and pepper and place on hot platter.

For gravy, add 1 tablespoonful flour to fat in pan and brown well; add 2 cups water in which potatoes have been boiled and 1 cup of milk. Boil, stirring constantly, until gravy has thickened, and pour over steak.

Chuck Steak with Onions

Place 5 or 6 medium-sized onions in shallow sauce-pan, cover and cook over a slow fire for 15 or 20 minutes till tender. Use no water or fat as the onions contain sufficient moisture. Heat a frying pan smoking hot, and brown about 2 pounds chuck steak quickly on both sides; reduce the heat and turn the meat frequently until it is cooked through. Season both steak and onions, and serve the meat on a platter surrounded by the onions. Add butter if desired.

Swiss Steak

Pound as much flour as possible into round or flank steak with edge of plate or back of cleaver; brown steak in small quantity of fat in hot skillet, add some canned tomatoes, chopped onion, pepper and salt and sufficient hot water to cover. Cover dish and simmer until tender—about two hours. Add more water if necessary during cooking, and if gravy is too thin thicken with flour before serving.

Swiss Steak No. 2

Select about $2\frac{1}{2}$ pounds of round steak cut about 2 inches thick. Sprinkle the steak with $\frac{1}{4}$ cup of flour, $\frac{1}{2}$ teaspoonful of salt and $\frac{1}{4}$ teaspoonful of pepper. Pound this into the meat with a meat hammer or potato masher. Turn the meat and do the same to the other side. Place two or three strips of bacon in the bottom of a baking dish or casserole. Place the meat over the bacon, and add $\frac{1}{2}$ cup of water or stock to which has been added 1 bay leaf, 1 clove and $\frac{1}{2}$ teaspoonsful of celery salt. Cover the dish and cook in a moderate oven for one and a half or two hours. If necessary, add more water during the baking. There should be sufficient liquid left at end of cooking to nicely moisten the steak and provide enough gravy.

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Poor Man's Beef Steak

Cut steak from the top of the round in uniform pieces for serving; score the surface well with a sharp knife in opposite directions; turn and score the other side; sprinkle with salt, pepper and dredge with flour. Try out some of the fat trimmings in an iron frying pan. When smoking hot, lay the pieces of meat in pan and sear the surface quickly over, turn and sear the other side. When richly browned, reduce the heat and cover with beef stock or boiling water, cover closely and let simmer until meat is tender. Remove meat from pan to hot platter and thicken the liquor with flour diluted with cold water; add more seasoning, if necessary, and strain over the meat. Serve with baked potatoes. By this method this cut of steak is rendered tender and very palatable.

HAMBURG STEAK

This popular restaurant dish is equally suitable to the home as it is so easily prepared and cooked, so nourishing and satisfying, and can be served in such a variety of ways. The round and chuck cuts furnish the highest grades of Hamburger, but the lean from almost any cut can be used, the grinding making it tender and attractive. If the coarser cuts such as shank are used it is advisable to run them through the chopper twice in order to break up the connective tissue. Excessively lean cuts will be juicier if a little suet is ground with them, but as broiled steak has to be cooked at a very high temperature it is more digestible and has a more delicate flavour if the proportion of fat is kept down to the minimum. If the Hamburger is to be cooked by some slower method than broiling there is no objection to the inclusion of as much fat as may be desired.

In broiling Hamburger it is even more important to sear the surface as the grinding of it presents more cut surface for the escape of juices. Care should, however, be taken to avoid cooking so much as to harden the albumen. It is therefore advisable to make the cakes not over one inch thick for broiling so that they may cook more readily.

The raw, minced meat may be formed into cakes with the hands and cooked with nothing else added. Seasoning should be added when cooking is completed, or the steak may be mixed before cooking with a little onion, celery or parsley, or moistened with gravy, stock, tomato or other vegetable juices, or with milk. If a moist Hamburger is desired, a little beaten egg, or some mashed potatoes may be added. Moistened bread crumbs offer another suitable addition for the sake of variety.

After being formed, the cakes may be dredged in flour or dipped in beaten egg and then in crumbs and sautéd in a little fat or immersed in stock or gravy for twenty or thirty minutes.

Hamburg Steak, Plain

Remove outer skin, fibrous membrane and most of fat from round and put through meat grinder. Form into one large cake not over one inch thick and broil on well-greased

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broiler, or pan broil in very hot pan, using no fat. Season, dot with butter and serve immediately.

Hamburg Steak with Onions

Pass $1\frac{1}{4}$ pounds beef from top of round through meat chopper twice. Season with salt and black pepper. Add the white of 1 egg, slightly beaten; shape in oval steaks $\frac{3}{4}$ inch thick. Pan-broil in a well-greased, hissing-hot iron frying pan. Sear on one side, then turn and sear the other side. Remove to hot oven and bake 8 to 10 minutes. Turn once while baking. Spread with soft butter. Have ready hot sliced sautéed onions and cover each steak with a blanket of onions. Serve with brown sauce.

Hamburg Steak a la Tartare

Trim off fat, gristle and tissue from round steak. Pass through meat chopper, with $\frac{1}{4}$ pound marrow fat, twice. There should be 1 pound prepared meat. Cook to a delicate yellow 1 chopped green pepper and 1 chopped onion; when vegetables are soft add to meat. Season with salt, mix thoroughly, then shape into small steaks, dredge with flour and pan broil. Remove to serving platter and spread each with sauce tartare.

Hamburg Steak with Mushrooms

Season $1\frac{1}{4}$ cups (packed solidly) Hamburg steak with salt and pepper, add 1 tablespoonful white of egg, mix well and shape in a large, flat cake a little smaller than the frying pan. Grease a hissing-hot frying pan and lay in the steak, lifting steak with a broad bladed knife; sear quickly on one side, then turn carefully and sear on the other side. Arrange on hot plank or copper platter and finish cooking in oven. Spread with Maitre d'Hotel butter and sprinkle with salt and pepper. Garnish with sautéed mushrooms and strips of pimientoes.

Planked Hamburger

Mix together desired quantity of minced steak such as round, chuck or shoulder, with small quantity of minced onion, salt, pepper, and Worcestershire or similar sauce, together with sufficient beaten egg and milk to bind mixture together (proportion, 1 egg to $\frac{1}{2}$ cup milk). A few bread or cracker crumbs tend to make the steak lighter and may be added if desired. Form steak mixture into a cake about 2 inches thick and cook for fifteen minutes in hot frying pan. Turn once during cooking. When nicely browned on both sides remove steak carefully to hot, greased plank. Place thick slices of ripe tomatoes sprinkled with cheese, and small boiled carrots around steak. Outside this place a border of mashed potatoes seasoned with salt, pepper and butter, and place in hot oven to complete cooking of steak and brown potatoes.

Vienna Steaks

Pass through the meat chopper twice $\frac{1}{2}$ pound each lean, raw, round steak and veal, first removing all fat and tissue. Season with $1\frac{1}{2}$ teaspoonsful salt, $\frac{1}{2}$ teaspoonful each paprika and celery salt and $\frac{1}{8}$ teaspoonful nutmeg; add $\frac{1}{2}$ tablespoonful lemon juice and a few gratings of onion. Add the slightly beaten whites 2 eggs, mix well, let stand several hours. Shape into small cutlets or steaks, arrange in a well-greased, hot frying pan; sear quickly on one side, turn and sear the other. Cook 6 minutes, turning occasionally. Spread generously with Maitre d'Hotel butter. Serve with broiled tomatoes or fresh mushrooms.

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Steak Rolls

Season minced round, chuck or shoulder steak, adding a small amount of fine bread crumbs. Form into rolls about the size of small sausages, and wrap with pastry rolled fairly thick and cut into four inch squares, moistening the edges and pressing well together. Bake for three-quarters of an hour in moderate oven, and serve with tomato sauce.

Flank Steak en Casserole

Coat flank steak with a paste made in proportion of $\frac{1}{2}$ teaspoonful mustard to 3 table-spoonsful vinegar. Place steak in baking dish and cover with thinly sliced onion; add small quantity of hot water. Cover and bake in moderate oven for one and one-half hours.

Pan Broiled Flank Steak

Trim a flank steak and wipe with a piece of cheese cloth wrung from cold water. Score diagonally in opposite directions on both sides with a sharp knife; with some of the fat trimmings thoroughly grease a hissing-hot frying pan; place steak in pan and turn every 10 seconds for the first 3 minutes of cooking to sear the surface well over, after which reduce heat and turn occasionally until richly browned on both sides. Remove to hot serving platter, sprinkle with salt and pepper, and spread generously with Maitre d'Hotel butter.

Flank Steak, Stuffed

Wipe flank steak with cloth dampened in vinegar, and season with salt and pepper. Spread steak with poultry, or other, dressing, roll up and tie. Season, dredge with flour and brown meat quickly on all sides. Cook in covered dish in moderate oven for about two hours

Peeled potatoes, carrots or other vegetables may be added if desired during the cooking.

Baked Stuffed Flank

Slit flank steak to form pocket, or if the steak is thin, fold one half over the other, and fill with poultry, or other, dressing. Tie with strips of cotton. Brush with drippings or melted butter, and bake in covered roaster for 1 hour, or in open pan for $1\frac{1}{2}$ hours. If cooked in open pan, baste several times during cooking. A few slices of breakfast bacon may be placed on top of meat 10 minutes before serving.

Stuffed Steak in Fireless Cooker

Cut pocket in 2 pounds of flank steak, and fill with oyster, or other, stuffing. Roll, tie, season, and place in kettle of cooker with two radiators heated to 450° F. Allow 2 hours for cooking. When done, make gravy of juice in bottom of pan.

Other cuts, such as round, plate, brisket and chuck, may be cooked in same manner.

Pressed Beef Flank

Wipe meat, remove superfluous fat and roll flank of beef, put in kettle and cover with boiling water. Add 1 tablespoonful salt, $\frac{1}{2}$ tablespoonful peppercorns, a bit of bay leaf, $\frac{1}{2}$ dozen cloves and 3 or 4 bones. Cook slowly until meat is in shreds. There should be very little liquor in the kettle when the meat is done. Arrange shreds of meat in a granite, brick-shaped bread pan, pour over liquid, cover with a heavy weight; when cold and jellied, cut in thin slices and serve with whipped cream, horseradish sauce, or mustard sauce.

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Pot Roast

Put the meat (shoulder, chuck, or rump) in a covered iron kettle or a frying pan with the fat side down. When it is well crisped, turn and brown the other sides thoroughly. Season with salt, pepper, and a little onion (or garlic if preferred). An onion with two or three cloves stuck in it may be browned lightly with the meat. The meat should then be cooked in the same utensil, tightly covered, or in the kettle from a fireless cooker. Let it simmer until quite tender, turning it once during the cooking. No water is needed, although some cooks prefer to use a little water. The tight cover will keep in all the moisture. Allow about an hour to a pound for cooking. Make a gravy of the brown fat, using an equal amount of flour and water. A "waterless cooker" is a splendid utensil for cooking a pot roast.

Pot Roast with Vegetables

Wipe with damp cloth a 3 or 4 pound roast from chuck or rump, skewer or tie into shape and roll in flour. Sear meat on all sides in a little fat, and place in heavy kettle or braising pan. Pour over meat 1 cup each sliced carrots, onions, turnips, and diced celery, which have been boiled in salted water until soft and rubbed through a coarse strainer or colander, and 3 tablespoonsful dripping or bacon fat. Season to taste, cover tightly and cook in slow oven, or simmer, for about 4 hours. If liquid in which vegetables were boiled is not sufficient, water may be added as required. Slightly thicken gravy and serve with the meat.

Roast Beef in Fireless Cooker

Wipe roast from chuck or rump with damp cloth, tie or skewer, and place in kettle of cooker with a few small pieces of suet. Use two radiators heated to 500° F., and allow 2½ hours for cooking. Peeled potatoes may be included after roast has cooked for 1 hour. If this is done, it is advisable to re-heat top radiator to 450° F.

Beef, Algerian Style

Cut 2 pounds beef from the round or shoulder in 1 inch cubes. Sprinkle with salt and pepper, dredge lightly with flour, and sear quickly in a little tried out marrow or olive oil. Arrange cubes in layers in a buttered casserole, with sliced fresh tomatoes, finely-chopped mild red peppers, and dot over each layer with butter. Repeat until beef is used. Pour in 1 cup chicken stock or brown stock, cover and cook in the oven until meat is tender—from 2 to 3 hours.

Stuffed Hamburg Roast

Trim off fat and tissue, and remove bone from 2 pounds round steak. Pass meat through meat chopper twice with 1 green pepper and 1 medium-sized onion. Cover 1 cup stale bread crumbs with cold water and let stand 1 hour; drain and wring dry in a tea towel; add to meat mixture. Season highly with salt and pepper, add the white of 1 egg, and with the hands mix ingredients thoroughly. Pat mixture out in an oval sheet, lay bread stuffing (made as for turkey) in centre, then gradually fold meat over stuffing; press meat in an oblong loaf. Try out marrow taken from bone and fat trimmings in a dripping pan, add 4 tablespoonsful butter or drippings; place meat in pan, and roast in a medium-hot oven 1 hour, basting often with ½ cup butter melted in ¾ cup hot water; afterward with dripping in pan. Remove to serving platter and surround with tomato or brown sauce.

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Braised Beef

Cut desired quantity of chuck, plate, or other cheap meat into cubes, and brown in frying pan with drippings, stirring meat constantly. Place in kettle or other suitable dish that can be tightly covered. Rinse pan in which beef was browned with $\frac{1}{2}$ cup boiling water and pour over meat. Cover tightly and cook slowly for 2 hours either on top of stove or in oven.

Pour over meat sauce prepared as follows, and continue cooking for another hour.

Sauce.—Brown 1 chopped onion and 1 carrot in small amount of fat, add few sprigs of parsley, $\frac{1}{2}$ cup diced celery, 1 cup canned tomatoes, salt and paprika, and heat thoroughly before adding to meat.

Braised Short Ribs

To each pound of meat, allow about 2 cups water and 1 teaspoonful salt. Simmer for about 3 hours in covered vessel, turning meat at end of first hour. Add more water during cooking if necessary to prevent meat burning. At end of cooking the most of the liquid should be absorbed. Remove ribs, season, and brown in hot oven for about half an hour. Remove some of the fat from gravy, thicken, and serve with the ribs.

Short Ribs, Browned

To four or five pounds of short ribs add 1 large onion, quartered; cover with boiling water and boil for ten minutes. Reduce heat and simmer for one hour. Remove ribs to roasting pan and place in hot oven for from one-half to three-quarters of an hour, or until ribs are nicely browned. Peeled potatoes may be included during this latter period if desired. Thicken liquor in which ribs were boiled, and serve as gravy.

Short Ribs with Vegetables

Brown desired quantity of short ribs thoroughly on all sides in hot frying pan. Place in covered casserole with a few slices of onion, salt and pepper, and cook slowly for about 3 hours. When cooked, remove ribs, thicken liquid with flour, re-heat and serve together.

If desired, boiled potatoes, peas, onions, diced turnips and carrots may be added to the gravy or served separately.

Brisket with Onion Sauce

Wipe meat with damp cloth, tie into shape with strips of cloth, and place in a deep kettle with boiling water to cover. Add herbs for seasoning if desired, and simmer 4 or 5 hours, or until tender. Salt may be added when meat is partly cooked. Take meat from liquid, remove cloth, and place in shallow baking dish. Pour over meat 1 beaten egg, sprinkle thickly with coarse bread crumbs, and brown in hot oven.

For sauce for a 3 pound piece of meat, cook $\frac{1}{2}$ cup chopped onions with 2 tablespoonsful butter, or dripping, until slightly browned; add 2 tablespoonsful flour, $1\frac{1}{2}$ cups of the liquid in which meat was cooked, and 1 tablespoonful minced parsley. Pour sauce over meat, and serve.

Brisket Boiled and Browned

Simmer brisket with a little celery salt and a slice or two of onion until tender. As brisket is very fine grained, this will take from 4 to 6 hours, according to the size of cut used. Remove meat from liquor, place in a shallow pan with the skin side up, and score the top several times. Dip boiled potatoes in the liquor in which meat was cooked in order to coat them with the fat; then arrange them around the meat, and brown all in a hot oven for 20 to 30 minutes. Make gravy from some of the liquor, and serve separately.

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Beef Loaf

Remove fat and tissue from 1½ pounds round or shoulder steak, and grind together with ¼ pound Windsor bacon. Add 1 cup bread crumbs, 1 egg beaten with 3 tablespoonsful water, ½ teaspoonful mustard and ½ teaspoonful salt. Mix thoroughly and pack in well-greased bowl. Cover bowl closely and steam for 1½ hours. When cooked, drain off any moisture which may have collected, invert meat on platter and serve hot, with red currant jelly or cranberry sauce.

Beef Loaf, Panama Style

Trim off the fat and remove bone from 1½ pounds round steak (with marrow bone). Trim off rind from ½ pound salt pork or Windsor bacon, peel 1 medium-sized onion, and remove seeds and veins from 1 mild green pepper. Pass all through the meat chopper twice. Soak 1 cup stale bread crumbs 30 minutes in cold water to cover. Wring dry in a clean towel. Add to meat mixture, with 1 egg, slightly beaten. Season with salt and add 1 teaspoonful finely-cut parsley. With the hands, mix thoroughly. Shape in an oblong loaf, brush over with soft butter, sprinkle with crumbs. Place in an agate dripping pan, lay 3 thin slices salt pork over top and turn around loaf 1 quart stewed and strained tomato pulp. Bake 45 minutes in slow oven, basting 3 times with sauce in pan.

Smothered Beef

To each pound of meat from rump or chuck, add 1 sliced onion, 1 tablespoonful drippings, 1 dessert spoon prepared mustard, ½ teaspoonful celery salt, ⅓ cup strained tomatoes or tomato soup. Dredge meat with flour and brown in the drippings. Brown onions in remainder of drippings, add the other ingredients and pour all over meat. Cover and cook slowly on top of stove for 3 hours or more, or for 6 hours in a fireless cooker.

Chipped Beef, Creamed

Heat together in frying pan 2 tablespoonsful butter and ½ cup of milk. When hot, add ½ pound dried beef and cook three minutes; thicken with 4 tablespoonsful flour, previously blended with ½ cup milk to which has been added 4 tablespoonsful grated cheese. When thick, add 1 beaten egg. In centre of platter form mound of hot boiled rice; cover with equal quantity of diced buttered carrots. Surround with creamed beef mixture.

Beef Stew with Vegetables

Cut in small pieces, chuck, rump, or other inexpensive cut, and sear well. Add peeled potatoes, half as many medium-sized tomatoes, and sufficient water or meat stock to cover vegetables. Season and cook in fireless cooker with two radiators heated to 450° F. Time required, 2½ to 3 hours.

Beef Stew with Dumplings

Cut into cubes flank, rump, plate or chuck; dredge in seasoned flour, and sear in a little fat in hot frying pan, stirring constantly until well browned. Rinse frying pan with boiling water, and simmer meat for about 3 hours, or until tender. To each pound of meat use 4 cups diced potatoes, ½ small onion sliced, ⅔ cups each diced carrot and turnip, ½ cup flour mixed with water, ½ teaspoonful salt, and add to stew the last hour of cooking. If dumplings are added, allow 15 minutes for cooking.

Boiled Beef with Lentils, Horseradish Sauce

Have ready a 4 pound piece of beef, cut from the lower part of round or face of rump. Insert 12 lardoons, season with salt and pepper, dredge with flour and brown richly the

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entire surface in hot pork or marrow fat. Place on a trivet in casserole, Dutch oven, or stockpot. Surround with $\frac{1}{4}$ cup each carrot, turnips, celery and onion cut in dice, 2 sprays parsley, bit of bay leaf, and boiling water to barely cover meat. Cover closely and simmer slowly 4 or 5 hours. Remove to serving platter and surround with lentils cooked with bacon in boiling salted water. Strain the liquor in which beef was cooked, thicken, season and serve as gravy.

Boiled Corned Beef

Select 5 pounds of corned beef, cut from the brisket or rump. If very salt, soak 1 hour in cold water to cover. Drain, cover with cold water, bring to boiling point, skim carefully, then simmer (do not boil) until meat is tender. Remove meat from liquor, reduce by boiling; then return meat and let cool in the liquor if to be served cold. If served hot, remove to hot serving platter and surround with vegetables boiled separately. Serve with hot or cold horseradish sauce.

Boiled Corned Beef with Vegetables

The choice cut of corned beef is called the "fancy brisket." Cook this cut as for boiled dinner. The cabbage may be quartered, stalk removed and cooked with meat the last $\frac{1}{2}$ hour of cooking (if new, 15 minutes will suffice). Pare and quarter turnips; scrape and cut carrots in uniform strips; peel small onions. These four vegetables cook in liquor in which beef was cooked. Cook beets separately. Serve beef on hot platter, surround with vegetables. Sprinkle with finely-chopped parsley. Serve horseradish sauce.

New England Boiled Dinner

Wash desired quantity of corned beef in cold water, tie or skewer if necessary, cover with cold water and bring slowly to a boil. Allow meat to simmer for four or five hours, skimming occasionally during first period. One hour before the meat is cooked add required quantity of peeled carrots and turnips. Twenty minutes later add peeled potatoes, and fifteen minutes before serving add quartered cabbage.

Left-overs

It is practically impossible to gauge the purchasing of meats with sufficient accuracy to avoid some of it being left over. These left-overs need not be wasted, as they can be made into a great variety of tasty and wholesome dishes with the expenditure of but little time and trouble. Bones from roasts and steaks should be utilized in making soup and stock. Surplus gravy and the liquid from stews may also be used for soups. A few of the uses which can be made of left-over meats, are:—

Croquettes. Any kind of ground beef, one part mashed potato, or rice and egg, mixed with gravy, stock or white sauce, and fried in deep fat.

Hash. Two parts of any kind of ground beef and one part of mashed or chopped potatoes.

Stew. Cold roast beef, steak, etc., may be used in stews instead of fresh meat. Or it may be cubed and reheated in gravy or white sauce.

Beef Pie. With stew as a basis, put in baking dish and cover with baking powder biscuits cut about 1 inch in diameter.

Minced Beef on Toast. Chop cold beef, heat in gravy, and serve on toast.

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Escalloped Beef. Cut beef in cubes, mix with gravy, and place in baking dish with alternate layers of boiled rice or dressing. Cover with bread crumbs, and brown.

Shepherd's Pie. Same as beef pie, except that cover is of mashed potatoes.

Jellied Meat. Cold roast, steak, tongue, or tripe, cut in cubes and added to a highly-flavoured gelatin stock. Mold, cool, and slice.

Beef Sandwiches. Finely-ground cold beef, seasoned and mixed with salad dressing, Worcestershire sauce, etc.

Corned Beef Hash

Slightly cook 2 tablespoonsful minced onions in frying pan in small amount of fat, add 2 cups minced corned beef, 3 cups chopped, cooked potatoes, 2 or 3 tablespoonsful beef drippings, and $\frac{1}{2}$ cup water; mix thoroughly, cover and cook slowly for about half an hour, or until a brown crust is formed on the bottom. Fold carefully, and serve on hot platter.

If the oven is in use for other purposes, fuel may be saved by baking the hash in a shallow dish from which it can be served. A cup of white sauce may be used instead of the water for sake of variety, in which case less fat will be required for cooking.

A little chopped liver added to corned beef hash is delicious.

Corned Beef Hash with French Fried Onions

Finely chop an equal measure of cold cooked corned beef and boiled potatoes, stir in a little hot beef broth or boiling water, turn into hot salt pork fat or drippings melted in a hot frying pan; toss lightly until ingredients are well mixed and fat absorbed. Cook until mixture is heated through; then let stand until a crisp crust is formed on bottom. Fold as an omelet on a hot serving platter and surround with French fried onions. Serve immediately.

Escalloped Corned Beef

In 1 cup medium white sauce, cook 1 stalk of celery and 2 slices of onion which have been chopped fine. Place in shallow, well-greased baking dish 2 cups of cubed corned beef. Pour sauce over meat, and cover with bread crumbs dipped in melted butter. Brown in hot oven.

Sliced Roast Beef, Mexican Style

Cut cold roast beef in thin, uniform slices and re-heat in a sauce made as follows: Cook 1 finely-chopped onion in 2 tablespoonsful butter 5 minutes. Add 1 red and 1 green pepper, 1 small clove of garlic, each finely chopped, and 1 cup thick tomato puree. Simmer slowly 15 minutes, then season with $\frac{1}{2}$ tablespoonful Worcestershire sauce, $\frac{1}{4}$ teaspoonful celery salt, 2 drops Tabasco sauce and salt to season. Serve on hot platter, surrounded with potatoes on the half shell.

Beef Pie

Cut cold cooked meat in $\frac{1}{2}$ inch cubes, removing all fat, gristle and tissue, reserving some of the crisp fat. Put into a 3 pint baking dish and cover generously with brown sauce; add $\frac{1}{2}$ dozen fresh mushrooms, broken in pieces and cooked 5 minutes with 1 $\frac{1}{2}$ tablespoonsful butter. Mix well meat, sauce and mushrooms, cover with hot, well-seasoned mashed potatoes, making several openings in top to allow steam to escape. Pipe a frill of mashed potato around edge of dish, using pastry bag and rose tube. Brush over with beaten egg and bake 20 minutes in a hot oven. Serve brown gravy in sauce boat.

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Beef Steak Pie

Cover with boiling water and simmer for half an hour chuck or round steak which has been cut in small pieces or strips. Add diced carrots, minced celery, onion, halved potatoes, and any seasoning desired, and allow to simmer while pastry is being made. Thicken gravy with flour and cover with pastry or crust made as for baking powder biscuits. Brush with milk, and bake until paste is well browned—about 40 minutes.

Savory Beef Pie

Line the bottom and sides of a well-greased baking dish with hot, highly-seasoned mashed potatoes, to which was added $1\frac{1}{2}$ tablespoonsful finely-chopped chives or onion; over this place a thick layer of left-over roast beef, chopped or cut in small pieces and seasoned with salt and pepper, a few drops onion juice, 1 tablespoonful Worcestershire sauce, and moisten with brown mushroom sauce; cover with a thin layer of potato mixture, garnishing cover with some of the mixture forced through the pastry bag and star tube; brush lightly with beaten egg over top. Bake in hot oven until mixture is heated through and potato is delicately browned.

Shepherd's Pie

Butter an earthen baking dish and line to the depth of $1\frac{1}{2}$ inches with hot mashed potatoes, season with finely-chopped chives or onion (1 tablespoonful to 2 cups mashed potatoes). Fill centre with chopped left-over cold beef. Moisten with brown or cream sauce, to which add $\frac{1}{2}$ tablespoonful minced parsley and onion juice. Cover with a layer of the potato mixture, make several openings in top of pie, and brush top over with beaten egg diluted with milk. Bake in oven until heated through and well browned. Serve hot in the baking dish or unmould on hot platter, surround with sauce and sprinkle with paprika.

Beef Pies, French Style

Remove tops of French or dinner rolls with sharp knife and scoop or pull out the inside with fork or fingers. Fill each roll with corn beef hash, well-seasoned hamburger, sausage or other meat; replace tops, pour small quantity fairly thick gravy over each roll and heat in oven until rolls are nicely browned.

Curried Beef with Rice

Grind left-over beef with small amount of onion, and pepper and salt to taste. Heat in thin white sauce with which has been blended curry powder in proportion of 1 teaspoonful to each cup of sauce. Serve surrounded with hot boiled rice.

Beef on the Half Shell

Thoroughly wash six medium sized potatoes and bake until done. When cooked, cut potatoes in halves lengthwise and scoop out the pulp so as to leave the half shells whole. Mash the pulp and mix with 1 cup finely-chopped meat, 1 tablespoonful chopped parsley, 1 teaspoonful grated onion, 3 teaspoonsful butter, pepper and salt to taste, and sufficient milk to moisten. Beat well, pack lightly into potato shells, rounding slightly on top. Brush with beaten egg, sprinkle with buttered bread crumbs, and place in fairly hot oven until mixture is thoroughly heated through and crumbs are nicely browned.

Beef Steak Pudding

Cut lean beef into small pieces, or put through the meat chopper, using coarse grinder. Season. A finely-chopped onion may be added if desired. Make a stiff dough of $1\frac{1}{2}$ cups

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flour, $\frac{1}{2}$ cup finely-chopped suet, 2 teaspoonsful baking powder and a little salt. Moisten with water or milk to make a dough that will roll. Line a basin with this dough, put in the chopped meat and fold the dough over to cover the top, moistening the edges and sticking them together so that no flavours may be lost. Steam from two to four hours, according to the size of the pudding. It should turn onto a platter without breaking so that all the juices are contained within the pudding.

If desired, this may be put into a floured pudding cloth and boiled instead of steamed.

American Chop Suey

Cook until tender in large frying pan in small amount of fat or, if preferred, a little water, $\frac{1}{4}$ cup sliced onion and $\frac{1}{2}$ cup diced celery. Add 1 cup Hamburger, or minced cold beef, tongue or tripe, 1 cup canned tomatoes, 2 cups of boiled, or 1 can, spaghetti, 2 table-spoonsful Worcestershire or Chinese sauce, salt and pepper. Boil all together long enough to cook the meat and thoroughly heat other ingredients.

If the canned spaghetti is used the tomatoes may be omitted, or a few spoonsful of tomato catsup added instead.

This makes an excellent supper, luncheon or picnic dish.

Chinese Chop Suey

Brown 2 cups cubed lean beef, tongue or other meat (chicken, pork and veal are commonly used) in a little fat in large frying pan. Add 1 good sized sliced onion and cook for five minutes longer. Add $1\frac{1}{2}$ cups beef stock and 2 cups diced celery and simmer for twenty minutes. Then add $\frac{1}{2}$ cup sliced mushrooms previously browned in a little fat and $\frac{1}{2}$ tablespoonful molasses, 2 table-spoonsful Soy sauce, salt and pepper. Thicken with 2 table-spoonsful cornstarch made into a paste with a little cold water, and cook for five minutes.

Bean or bamboo sprouts may be added, in which case the celery may be omitted or a smaller quantity used. The sprouts and sauce may be obtained from any Chinese store and are also carried by many groceries. A little chopped green pepper and pimento are also suitable additions.

Jellied Meat Salad

Soak 2 table-spoonsful gelatine in cold water, then dissolve it in 2 cups seasoned, hot stock. When partly cool, coat individual molds by pouring in 2 or 3 table-spoonsful of the gelatine and rotating them until sides and bottom are covered. As this coating begins to set, press into it $\frac{1}{2}$ green pepper cut in rings, $\frac{1}{2}$ pimento cut in strips and $\frac{1}{2}$ cup cucumber slices. Mix with rest of the jelly 2 cups diced beef, tongue, tripe or other meat, 1 cup diced celery, 1 teaspoonful minced onion, $\frac{1}{2}$ cup cooked green peas or string beans salt and pepper to taste, and fill molds. Chill and serve on bed of crisp water cress or lettuce.

Cold Meats, Salads and Sandwich Fillings

The serving of tough, stringy, tasteless cold meats is largely responsible for meat in this form not being more popular. To those, however, who have tasted cold beef of either of the standard grades, the juicy tenderness and fine flavour of the lean and melting sweetness of the fat have been a revelation. The deliciousness of a cold roast or cold boiled cut, such as brisket, from branded beef, as well as the interests of convenience and economy,

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should be an inducement to serve cold meat more frequently. Beef of this quality needs no fancy sauces or condiments to make it attractive, the true flavour of the beef itself being sufficient recommendation. Hence, cold graded beef may be served plain with a little seasoning, or combined for variety in a great many attractive ways. A few suggestions suitable for luncheons, picnics, etc., follow:—

Sandwiches

Sliced cold roast beef, boiled fresh beef, corned beef or tongue, with a little pepper and salt, make most attractive sandwiches; or these meats may be chopped and mixed with a little horseradish, mayonnaise, Worcestershire sauce, olives, sweet pickles, etc. A tasty sandwich spread is made by putting through the food chopper 1 cup cold beef, $\frac{1}{2}$ cup seeded raisins, 6 ripe olives, and 6 sweet pickles. Mix this with sufficient mayonnaise to bind.

Combinations for Salads

Corned beef with finely-chopped parsley and mayonnaise, garnished with sliced pickled beets and sliced boiled eggs.

Boiled beef combined with minced parsley, chopped green peppers and onion, a little mint, and a few capers.

Liver may be combined with crisp bacon, corned beef, or salt pork.

Sweetbreads make a very tempting salad, and may be combined with diced celery and sliced olives. One pair will serve six.

Jellied tongue, hock or tripe, alone or in combinations, make excellent foundations for salads and for sandwiches.

Miscellaneous Meats

While all beef serves the nutritive requirements of the body in so many ways that it may properly be considered necessary not only for building and maintaining health but as a protective food as well, certain of the by-products, or glandular organs, are particularly valuable in this respect. By virtue of the superior quality of their proteins, and the abundance of their vitamins, they are nutritively the choicest of meats. As a result of recent research, such by-products as liver, kidney, heart, and sweetbreads stand in a new light, and they are now quite commonly and very successfully used in the treatment of specific diseases, such as anaemia, pellagra, tuberculosis, debility, etc. It is evident, therefore, that the wholesomeness of the diet can be materially enhanced and variety added to the menu by the more frequent use of these by-products, for which there is often so little demand that they usually sell at comparatively low prices.

TONGUE

The attractiveness of tongue is too well known to require much comment. While it does not possess the special qualities of some of the other miscellaneous meats, particularly the glandular organs, it contains very

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little waste and is therefore an economical form of meat. It is commonly sold fresh, pickled or smoked, and is equally delicious served either hot or cold.

Braised Tongue

Cover fresh beef tongue with boiling water. Simmer for two hours. Remove skin and roots, and place in baking dish. Add 1 can tomatoes, 1 can peas, 2 cups diced carrots, $\frac{1}{3}$ cup minced onion, $\frac{1}{2}$ cup chopped celery, or 1 teaspoonful celery salt. Season, cover, and bake for two hours in moderate oven. If necessary, some of the stock in which the tongue was boiled may be added. Serve hot, surrounded by the vegetables. If desired, the sauce may be thickened slightly with flour.

Boiled Smoked Tongue

Bend the tip of a smoked tongue around and fasten to the root with a skewer, or truss the ends together. Put in kettle and cover with cold water, heat to boiling point; drain and cover again with cold water, cover and cook slowly until tender (about $2\frac{1}{2}$ hours). Drain, remove skin, roots and fat. Serve on a bed of spinach. Garnish with hard cooked eggs.

Tongue in Tomato Aspic

Simmer together for 20 minutes 4 cups strained tomato juice, $1\frac{1}{2}$ teaspoonsful salt, 6 whole cloves, 1 small onion chopped, and pepper to taste. Add $\frac{1}{2}$ teaspoonful beef extract and $2\frac{3}{4}$ tablespoonsful gelatine previously softened in cold water. Wet a mould with cold water, pour in thin layer of the jelly and when almost set, put in 1 cooked tongue, either whole or sliced. Pour in remainder of jelly. If tongue is sliced, add jelly and tongue alternately. Chill and serve.

Boiled Calves' Tongues

Cover the desired number of fresh tongues with boiling water (about 4 for medium-sized family), add $\frac{1}{4}$ cup carrots cut in cubes, 2 blades celery broken in pieces, 1 onion stuck with $\frac{1}{2}$ dozen cloves, $\frac{1}{2}$ teaspoonful peppercorns, a small piece of bay leaf, and salt to season. Cook slowly until tongues are tender (about $1\frac{1}{2}$ hours); drain from liquid, remove skin, trim off roots and split lengthwise. Re-heat in the following mixture: Heat to boiling point 2 cups each thick tomato pulp highly seasoned, and brown stock. Dispose tongues in centre hot serving platter, pour over sauce, and surround with a border of spinach. Garnish with hard boiled eggs cut to represent daisies.

Beef Tongue en Casserole

Wash a fresh beef tongue; cover with boiling, salted water, and simmer for about 2 hours, or until tender. Remove skin and unsightly parts, and place in casserole with 1 cup sliced carrots and a little minced onion, celery and parsley. Thicken enough of the liquid in which tongue was boiled to cover meat and vegetables. Season, cover and cook in moderate oven $\frac{1}{2}$ hour. Remove cover, and cook $\frac{1}{2}$ hour longer to slightly brown meat.

HEART

Beef heart furnishes a cheap form of nourishment, and is especially valuable for those whose diet requires foods with blood-building properties. It is ordinarily cooked by dressing and roasting like a fowl. Being quite close-grained, it requires fairly long, slow cooking.

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Calves' Hearts Stuffed and Braised

Remove veins, arteries and blood clots, wash, stuff and sew. Sprinkle with salt, pepper, roll in flour and brown richly in hot dripping. Place in Dutch oven or in one of the small vessels in fireless cooker. Half cover with boiling water, surround with 6 slices carrot, 1 stalk celery broken in pieces, 1 onion sliced, 2 sprays parsley, a bit of bay leaf, 3 cloves and $\frac{1}{2}$ teaspoonful pepper-corns. Cover closely and bake slowly 2 more hours, basting often if cooked in Dutch oven. If necessary, add more water. Remove hearts to serving platter, strain the liquor, and thicken with flour diluted with water. Season with salt, pepper, and $\frac{1}{2}$ teaspoonful kitchen bouquet.

Stuffing. Mix $\frac{1}{2}$ cup cracker crumbs, $\frac{1}{2}$ cup stale bread crumbs, $\frac{1}{4}$ cup butter melted in $\frac{1}{4}$ cup hot water, season with $\frac{1}{2}$ teaspoonfull salt, $\frac{1}{8}$ teaspoonful pepper, 1 tablespoonful grated onion. Mix thoroughly.

Braised Beef Heart

Soak heart in cold water for 1 hour; trim, wash, wipe dry and fill cavity with following dressing: 1 cup bread crumbs, small onion chopped fine, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, $\frac{1}{2}$ teaspoonful poultry seasoning, 3 tablespoonsful bacon or pork drippings, stock or water to moisten. Rub heart with dripping and cook in covered casserole in slow oven $2\frac{1}{2}$ or 3 hours. Serve with tomato sauce.

LIVER

Liver, which at one time was regarded as the poor man's meat, or fit only as food for animals, has as a result of recent discoveries which have established its value in the treatment of pernicious anaemia and other diseases risen rapidly in popularity, as well as in price. An extract of liver is now successfully used in treating the sick, and the occasional use of liver in some form is recommended in the case of persons in normal health. In addition to the many ways in which liver can be prepared, liver combines well with many other meats, and a little liver added to hash is especially attractive.

Braised Calf's Liver

Cover desired quantity of sliced liver with boiling water and allow to stand five minutes. Dry, season with salt and pepper and brown lightly in frying pan. Place in casserole together with one small diced carrot, one sliced onion, salt, pepper and sufficient broth or beef stock to cover. Cook for one hour or longer. Serve on deep platter with the gravy and vegetables, surrounded by boiled onions.

Broiled Liver

Slice desired quantity of liver, cover with boiling water and let stand for five minutes. Wipe dry and dip in seasoned flour. Broil over medium heat until done. Dot with butter, season, and serve hot.

Liver and Bacon

Cook desired quantity of bacon. Slice liver one-third to one-half inch thick and cover with boiling water for five minutes. Dry, dip in seasoned flour and brown in the bacon fat. Serve liver and bacon together.

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Liver and Onions

Cook liver as indicated in recipe for Liver and Bacon. Serve together with onions which have been first boiled and then lightly browned in frying pan.

Baked Liver

Wash and thoroughly dry liver and cut in slices of uniform thickness. Roll in flour, fine oatmeal or bread crumbs, place in dripping pan and cook until tender in a moderate oven. Five minutes before serving, cover with tomato sauce.

Broiled Liver

Slice liver (calf's preferred), wipe dry, season with salt and pepper and brush with bacon fat, melted butter or vegetable oil. Broil over moderate heat, turning frequently until cooked. Serve hot with thin slices of crisp bacon.

Braised Calf's Liver

Wipe liver and skewer into shape, if necessary. Draw small lardoons through the liver in parallel rows, leaving each lardoon extend $\frac{1}{2}$ inch above surface. Place liver in a casserole or Dutch oven, surround with remnants of lardoons. Sprinkle with salt and pepper and dredge with flour. Surround with $\frac{1}{3}$ cup each carrots, onions and celery, cut in small cubes; add $\frac{1}{2}$ teaspoonful pepper-corns, 6 cloves, 1 spray parsley, a bit of bay leaf and 2 cups hot brown stock or water. Cover closely and cook in a slow oven 2 hours. Remove cover the last $\frac{1}{2}$ hour of cooking that liver may brown richly. Remove liver to serving platter and set aside in a warm place. Strain liquor in casserole and use for making a brown sauce. Pour sauce around liver and serve. Braised liver may be served cold, thinly sliced.

Braised Calf's Liver with Vegetables

Draw matchlike lardoons of fat salt pork through upper side of a calf's liver. Put the trimmings in a large frying pan, and, when the fat is tried out, lay in the liver and brown first on one side, then turn and brown the other. Remove the liver to a well-greased casserole. Add 3 tablespoonful flour to fat in pan, stir until smooth, then add gradually 3 cups brown stock, stirring constantly until boiling point is reached. Season with salt, pepper and $\frac{1}{8}$ teaspoonful cayenne. Pour sauce over liver, add 2 cups small carrots, cut in thin slices crosswise, 1 dozen small onions, cooked in butter 5 minutes, and 1 stalk celery, sliced crosswise. Cover and cook 2 hours. Remove liver to serving platter, surround with vegetables. Remove fat from sauce, add $\frac{2}{3}$ cup tomato puree, re-heat and pour over liver.

Braised Larded Liver

Skewer, tie in shape (if necessary) and lard the upper side of calf's liver. Place in a deep pan with remnants of lardoons; season with salt and pepper; dredge with flour. Surround with $\frac{1}{2}$ each carrot, onion, celery, cut in dice; $\frac{1}{2}$ teaspoonful pepper-corns, 6 cloves, bit of bay leaf and 2 cups brown stock or water. Cover closely and bake slowly 2 hours; uncover the last 20 minutes of cooking. Remove from pan, serve with French onions, or pour around brown sauce.

Liver Loaf

Cover sliced liver with boiling water and let stand for a few minutes. Wipe dry, remove any fibrous parts, and run through food chopper. To each cup of chopped liver add 1 cup bread crumbs, 1 egg, 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful celery salt, $\frac{1}{2}$ teaspoonful pepper. Mix well, and bake for one hour in greased mould set in pan of water. Serve either hot or cold.

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KIDNEYS

Kidneys are considered to be practically the equal of liver as sources of vitamins and as remedies in the treatment of certain diseases.

Fried Kidneys

Cut in slices and soak in warm water for two and one-half hours, changing the water at least twice. Wipe slices dry, dust with flour or cracker crumbs, salt and pepper. Fry to a light brown in small amount of bacon fat, butter or dripping.

Kidney Stew

Soak kidneys two hours or longer, drain, clean and dry. Slice, dredge with flour and brown in frying pan. Add one small carrot and one small onion which have been previously cooked in two cups of water. Season, thicken with flour and serve.

Beef and Kidney Pie

Soak desired number of kidneys in warm water two hours or longer, changing the water at least twice. Cut in pieces, add equal amount of round or chuck steak also cut in pieces, and place in baking dish with sufficient boiling water to cover. Add a little finely-chopped onion and sufficient flour to thicken, season to taste and cover with biscuit crust. Bake slowly until meat is thoroughly cooked and crust nicely browned.

Kidneys en Casserole

Remove skin from desired number of kidneys; split, remove fat, veins and cords, and soak in cold water three or four hours, changing the water several times. Parboil for ten minutes, and place in casserole along with sliced carrots, cubed potatoes, minced onion, and canned tomatoes. Season, and cook in moderate oven for two and one-half hours.

SWEETBREADS

Sweetbreads are considered quite a delicacy and are greatly esteemed as a food dainty in high-class restaurants and hotels.

Sweetbread meat is very perishable and should be prepared as soon as possible after being received from the market. To prepare sweetbreads, place them in cold water with a little salt for at least one hour, changing the water several times. Parboil in slightly salted water for from 10 to 20 minutes until firm. A few drops of vinegar may be added to the water. When cooked, plunge into cold water, remove fatty parts and tissue, wipe with a cloth, and keep in cool place until required. Sweetbreads thus prepared may be kept for two days and may be cooked in any desired way, such as sautéd, broiled, fried, creamed, braised, etc.

Creamed Sweetbreads

Cut boiled sweetbreads into cubes and reheat in well seasoned white sauce. Serve hot on squares of toast, in patty cases, or in forms made from loaf bread which have been well browned in hot oven. Sprinkle with parsley and a dust of paprika.

For variety, some canned or fresh mushrooms cut in small pieces may be added.

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Fried Sweetbreads

Slice parboiled sweetbreads and sauté in bacon fat or butter. Serve surrounded with green peas, season with salt, pepper and butter.

Braised Sweetbreads

Place whole parboiled sweetbreads in casserole, add, according to number of sweetbreads and quantity desired, sliced onion, canned tomatoes, celery, mushrooms, pepper, salt, and a little Worcestershire sauce. Cover and bake until vegetables are soft and well blended. If desired, thicken gravy slightly with flour before serving.

Sweetbread Patties

Parboil 1 pair sweetbreads in boiling, salted, acidulated water 15 minutes. Drain and cut in $\frac{1}{2}$ inch cubes or small pieces. Add $\frac{1}{2}$ the measure of small mushrooms, heated in the liquor in the can, drained, cooled and sliced, and 1 tablespoonful pimiento cut in bits. Reheat in $1\frac{1}{2}$ cups of Bechamel sauce and serve in puff paste patty shells. Pass the filling to each guest that more moisture may be added to patties.

Creamed Sweetbreads in Green Peppers

Parboil 1 pair veal sweetbreads in salted, acidulated water 10 minutes. Cool and cut in $\frac{1}{2}$ inch cubes. There should be 1 cup. Melt 2 tablespoonsful butter, add 2 tablespoonsful flour, stir until frothy. Then pour on gradually $\frac{1}{2}$ cup white stock or chicken broth, add $\frac{1}{4}$ cup hot thick cream, $\frac{1}{3}$ cup finely-cut fresh mushrooms. Season with salt, pepper and Worcestershire sauce. Cut slices from the stem ends of 6 mild green peppers, remove seeds and veins, parboil 15 minutes. Cool, fill with mixture, cover with buttered crumbs and bake until crumbs are brown. Pour yellow Bechamel sauce around peppers.

Breaded Sweetbreads with Noodles

Parboil 2 pair sweetbreads in the usual way. Drain, lard, and dip them in crumbs, then in egg, and again in crumbs. Cook 2 tablespoonsful each chopped onion, carrot and celery, 1 tablespoonful finely-chopped parsley in 4 tablespoonsful butter, without browning. Add sweetbreads and cook until well browned, basting and turning often. Prepare a sauce by browning 2 tablespoonsful butter in a saucepan; add 4 tablespoonsful flour, stir until well blended and richly browned. Add liquor from vegetables from pan in which sweetbreads were cooked, $\frac{1}{2}$ cup thick tomato pulp, 1 tablespoonful each pimiento pulp and grated horseradish, and $1\frac{1}{2}$ cups brown stock. Stir until well blended. Boil noodles 20 minutes in chicken stock or boiling salted water, drain, dispose in centre of platter, sprinkle with Parmesan cheese, arrange sweetbreads around noodles; strain sauce over sweetbreads.

TRIPE

Although a form of meat with which a great many people are unfamiliar, tripe is a tasty and economical dish and makes a very desirable addition to the menu. The variety of ways in which it can be prepared makes it adaptable as a dish for any meal.

Tripe as obtained from the dealer is usually already boiled. If not, it should be thoroughly cleaned in several waters and then simmered until almost tender. This will take twenty-five or thirty minutes. A teaspoonful

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or so of vinegar added to the water in which tripe is cooked helps to make it tender and improves the flavour. It may then be prepared for the table in a variety of ways. It should be dried thoroughly with a cloth or cheese-cloth before broiling or frying. As tripe does not possess any pronounced meat flavour of its own, it should be well seasoned with salt and pepper. The more highly seasoned vegetables such as onion, parsley, tomato, etc., combine well with tripe. Minced tripe may also be added to other meats in making meat loaf, hash, potted or jellied meats, etc.

Stuffed Tripe

Spread a whole piece of boiled tripe of size required with any good dressing such as sausage, potato or poultry dressing. Roll, tie well, and place in casserole or other covered dish; place a few slices of breakfast bacon on top of tripe, cover, and bake thirty or forty-five minutes.

Serve hot, sliced, either as it is, or with tartar, tomato or other sauce.

Broiled Tripe

Dip fresh tripe in melted fat, then in fine cracker or bread crumbs, and broil on well greased broiler over hot fire. Dot with butter, season and serve.

For variety, a few slices of bacon or some sausages may be broiled and served with the tripe.

Tripe a la Creole

Cut either fresh or pickled tripe in small pieces or strips, boil until tender; then add, according to quantity desired, sliced onion, canned or fresh tomatoes, a few pieces of fresh celery chopped fine, some chopped green pepper, and cook slowly for another twenty minutes. Thicken with flour, add a small piece of butter, and season to taste.

Creamed Tripe

Cut in small cubes desired quantity of boiled tripe, season with pepper and salt and reheat in rich white sauce. Serve on hot toast, in patty shells, or in cases which have been shaped from bread and browned in hot oven. Sprinkle with parsley and a dash of paprika.

Fricassed Tripe with Onions

Boil four or five medium sized onions for half an hour, drain, slice and place in frying pan with 1 tablespoonful of butter, $\frac{1}{2}$ teaspoonful or more each of salt, sugar, dry mustard, and a dash of pepper; cook together until thoroughly blended and pour over desired quantity of hot boiled tripe. Serve immediately.

Fried Tripe

Cut boiled tripe in small pieces or strips. Dip in fine, seasoned cracker or bread crumbs, then in beaten egg and again in crumbs. Sauté in bacon fat or butter, or fry in deep fat, until a rich golden brown. Serve with tartar or tomato sauce.

Fried Tripe in Batter

Cut boiled tripe in small pieces or strips, brush with melted bacon fat or butter, dip in batter, and fry in deep fat until a rich golden brown.

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Tripe Batter No. 1

1 cup flour	$\frac{1}{2}$ tablespoonful vinegar
1 egg	$\frac{1}{2}$ cup cold water
$\frac{1}{4}$ teaspoonful salt	1 teaspoonful butter.

Mix flour and salt and add water gradually, stirring until perfectly smooth; then add beaten egg, vinegar and butter.

Tripe Batter No. 2

1 cup flour	$\frac{1}{3}$ cup milk
1 well-beaten egg	$\frac{1}{4}$ teaspoonful salt.

Mix together until perfectly smooth.

OX TAILS

Ox Joints en Casserole

Separate ox tails at joints, parboil 5 minutes in boiling water to cover, drain and rinse thoroughly. Sprinkle with salt, pepper and dredge with flour. Melt $\frac{1}{4}$ cup butter in a frying pan, add 1 sliced onion and sauté until joints are well browned. Remove joints; to fat, add $\frac{1}{4}$ cup flour, brown slightly, stirring constantly. Add slowly 2 cups brown stock or water and 1 large can of tomatoes, $\frac{1}{2}$ tablespoonful salt and $\frac{1}{4}$ teaspoonful black pepper. Add onion and joints, cover and cook slowly in oven 3 to 4 hours. Add more moisture if necessary. Remove joints, strain liquor, add 2 cups each carrot and turnips cut in straws and previously parboiled in boiling salted water 10 minutes. Return joints to liquor, place in oven to finish cooking. Serve in casserole.

Braised Ox Tails

Wash ox tails thoroughly in cold water, cut in pieces for serving, wipe with cloth and roll in seasoned flour. Brown quickly in hot fat. Put in bottom of baking dish or casserole 1 cup each of diced celery and carrots, $\frac{1}{2}$ cup diced turnip, and $\frac{1}{4}$ cup sliced onion. Place the browned ox tails on top of vegetables, season with salt and pepper, and add sufficient boiling water to cover. Cover and cook in moderate oven for three hours. Thicken gravy with flour before serving.

ACCOMPANIMENTS AND SAUCES

Dumplings No. 1

Sift together 2 cups flour, 4 teaspoonsful baking powder, and $\frac{1}{2}$ teaspoonful salt. Add, gradually, $\frac{2}{3}$ cup milk to make soft dough, and drop by spoonfuls on top of hot stew. Cover and cook 15 minutes.

Dumplings No. 2

To 1 lightly beaten egg. add 2 teaspoonsful baking powder, $\frac{1}{2}$ teaspoonful salt, and mix well; then add 5 tablespoonsful milk and sufficient flour to make a soft dough. Drop by spoonfuls into hot broth; cover and cook from fifteen to twenty minutes, keeping broth at boiling point. Serve immediately.

Suet Pudding

One cup finely-chopped suet, 2 cups flour, 2 teaspoonsful baking powder, a little salt, and a few raisins or currants. Moisten with sufficient water or milk to make a fairly stiff

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dough. Shape into a roll, wrap in a floured cloth, and boil for from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour, either with the meat or in a separate pot.

This makes a nourishing accompaniment to boiled beef dinners.

Yorkshire Pudding No. 1

To $1\frac{1}{2}$ cups pastry flour and small $\frac{1}{2}$ teaspoonful salt, add gradually $1\frac{1}{2}$ cups milk, stirring to a smooth batter; then add 3 lightly beaten eggs and turn into a hot dripping pan which has been brushed with hot beef dripping. Set in warm place until well risen, baste with beef dripping and bake in hot oven 20 minutes.

Yorkshire Pudding No. 2

Mix and sift $\frac{1}{4}$ teaspoonful salt with 1 cup flour; add 1 cup milk gradually, making a smooth paste. Beat 2 eggs until light and add to batter; beat batter thoroughly and bake in well-greased pan in hot oven for 35 minutes. After pudding is risen it may be basted with drippings from roast beef.

Bechamel Sauce

Melt $\frac{1}{4}$ cup butter in saucepan, add $\frac{1}{4}$ cup flour, stir until smooth. Add gradually $1\frac{1}{2}$ cups highly seasoned chicken stock while stirring constantly. Add $\frac{1}{2}$ cup hot cream and beat until smooth and glossy. Season with salt, pepper and f.g. of nutmeg. If a yellow sauce is desired, remove sauce from range and add the beaten yolks of 2 eggs diluted with $\frac{1}{4}$ cup warm cream. Do not allow sauce to boil after adding egg yolks.

Creole Sauce

Prepare a brown mushroom sauce. Melt 2 tablespoonsful butter in a saucepan; add 1 green pepper finely chopped; 1 small onion, finely chopped; cook 5 minutes. Add 2 tomatoes, cut in pieces, or 1 cup of canned tomatoes and 10 olives pared from the pit in one continuous curl. Cook 3 minutes. Add the brown sauce and bring to boiling point. Do not strain the sauce. Serve with steaks, chops and fillet of beef.

Maitre d'Hotel Butter

Cream $\frac{1}{4}$ cup butter; add $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, 1 tablespoonful lemon juice and 1 tablespoonful chopped parsley. Mix well.

Mushroom Sauce

Melt together 2 tablespoonsful butter, 2 tablespoonsful drippings and blend with 4 tablespoonsful flour. When flour is brown add 1 teaspoonful Worcestershire sauce, $\frac{1}{2}$ teaspoonful salt and 2 cups beef stock or equal amount of water to which 2 teaspoonsful beef extract has been added; boil, stirring constantly, for 5 minutes. Add 1 can or $\frac{1}{2}$ pound fresh mushrooms sufficiently in advance of serving to heat through.

Plain Brown Sauce

Melt 4 tablespoonsful butter in saucepan; brown richly. Add $5\frac{1}{2}$ tablespoonsful flour and continue browning, stirring constantly. Add 2 cups hot brown stock gradually while beating briskly; add $\frac{1}{2}$ teaspoonful salt, $\frac{1}{3}$ teaspoonful pepper; bring to boiling point.

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Sauce Piquant

Make a plain brown sauce. Simmer 1 tablespoonful each finely-chopped chives, olives, mild red pepper, pickles and capers in 2 tablespoonsful vinegar 5 minutes. Add to brown sauce and simmer 15 minutes.

Thick White Sauce

Melt $2\frac{1}{2}$ tablespoonsful butter in saucepan; add $5\frac{1}{2}$ tablespoonsful flour mixed with $\frac{1}{3}$ teaspoonful salt, few grains pepper, stir to a smooth paste; add 1 cup scalded milk, stirring constantly. Bring to boiling point and beat until smooth and glossy.

Thin White Sauce

Melt 2 tablespoonsful butter in saucepan; add $1\frac{1}{2}$ tablespoonsful flour mixed well with $\frac{1}{4}$ teaspoonful salt and few grains white pepper; let cook 1 minute; then add gradually 1 cup hot milk or thin cream, beating constantly until mixture is smooth and glossy.

Tomato Sauce

Melt 4 tablespoonsful butter, add 2 tablespoonsful each finely chopped onion and carrot, 1 tablespoonful finely chopped parsley. Cook 5 minutes, stirring constantly, strain. Add 4 tablespoonsful flour, when well blended add 1 cup each brown stock and thick tomato puree. Season with salt, few grains cayenne and 1 tablespoonful Worcestershire sauce. Simmer twenty-five minutes.

Tomato Sauce (For Creole Croquettes)

Brown $\frac{1}{4}$ cup butter, add $\frac{1}{3}$ cup flour, continue browning, stirring constantly. Add $1\frac{1}{2}$ cups each of brown stock and thick stewed and strained tomato pulp. Add a slice each of carrot and onion, a bit of bay leaf, a sprig of parsley and 4 cloves. Simmer slowly 10 minutes, season highly with salt, pepper and Tabasco. Strain over creole croquettes.

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