

The Pledge of the American Homemaker

I pledge the nation that my mission
Will be to practice good nutrition;
To plan those meals which every day
Yield energy for work and play;
Meals which supply the strength that wins,
With protein — minerals — vitamins.

I pledge my service to the nation
To do my part in conservation.
The rules of cooking I'll observe.
Each bit of food I will conserve.
With all the problems to be faced,
I'll do my best to outlaw waste.

I want to do my bit and more,
To help America win the war.

— H. Howard Biggar



BUY
WAR
BONDS

MEAT... rich in food
value... high quality
protein... phosphorus... iron... copper... vitamin A... thiamine (B₁)... riboflavin (B₂)... niacin... for strong bones and teeth... body building... stamina... proper nutrition... blood building... steady nerves... clear vision... healthy skin... normal growth... appetite appeal... strength... vigor... flavor... buoyant health... good - and good for you... the meat dish... a "right" food... digestible... satisfying... first on the menu... rich in food value... high quality protein... energy... phosphorus... iron... copper... vitamin A... thiamine (B₁)... riboflavin (B₂)... niacin... for strong bones and teeth... body building... stamina... proper

MEAT RECIPE BOOK

VICTORY MEAT EXTENDERS



Compliments

NATIONAL
LIVE STOCK AND MEAT BOARD



VICTORY

MEAT EXTENDERS

THE American homemaker has an important part to play in the war effort. Her uniform is the kitchen apron and she may wear it proudly; for there is no more important responsibility than hers — that of providing the family with the nourishing and appetizing food which will build strength and vigor and morale for the tasks ahead.

This meat recipe book was designed especially for this gallant soldier on the home front. Its purpose is to assist her in making the most of her meat purchases during the present emergency.

As the name implies, Victory Meat Extenders shows practical and appetizing ways of making the meat go farther in the home so that we can have meat on the table as always.

- MEAT PIES
- PATTIES
- STUFFINGS
- CASSEROLES
- LOAVES
- CREAMED MEAT
- VARIETY MEATS
- MEAT BIRDS
- SANDWICHES
- ONE DISH MEALS
- TIMBALES
- CROQUETTES
- MEAT BALLS
- DRIPPINGS FOR FLAVOR

Extender Recipes for **BEEF**

NEW ENGLAND BOILED DINNER

VICTORY MENU 4 pounds meat — Serves 12

DINNER		
New England Boiled Dinner	4 pounds corned beef	8 carrots
Hard Rolls - Butter	8 onions	8 medium potatoes
Chocolate Cup Cakes	8 small parsnips	1 head cabbage
Beverage	8 turnips	8 beets

Wash meat in cold water. Place in kettle of boiling water to cover. Cover and simmer 3 to 5 hours or until tender. One hour before serving add onions, parsnips, turnips and carrots. Fifteen minutes later add potatoes and quartered cabbage. Cook beets separately. Serve on a large platter with meat in the center and the vegetables arranged around it.

BEEF STEW ARISTOCRAT

VICTORY MENU 2 pounds meat — Serves 8

DINNER		
Beef Stew Aristocrat	2 pounds beef chuck	1 No. 2 can green beans or peas
Waldorf Salad	3 tablespoons lard	
Bread - - Butter	1 cup water	8 carrots
Boston Cream Pie	1 pound green beans or peas	8 small white onions
Beverage		8 whole cabbage leaves
		Salt and pepper

Wipe meat with a damp cloth and cut into one-inch pieces for stewing. Brown meat in hot lard. Add water. Cover and simmer for about 45 minutes. Add fresh beans, carrots and onions and continue to simmer. Season. Fifteen minutes before meat is done add separated cabbage leaves and continue cooking. If canned beans are used, add with cabbage leaves. Serve meat in cups of cabbage with other vegetables arranged around meat. Thicken liquid left in kettle and serve with stew.

MEAT FOR ENERGY PLUS

BRISKET WITH VEGETABLES

VICTORY MENU 2 1/2 pounds meat — Serves 6

LUNCHEON		
Brisket with Vegetables	2 1/2 pounds beef brisket	1 onion
Bread - - Butter	Water	6 sweet potatoes
Spiced Apples		1 medium head cabbage
Beverage		

Cover meat with water. Add onion. Cover and simmer slowly until tender allowing 1 hour per pound. A half hour before meat is done, add pared sweet potatoes. Fifteen minutes later add quartered cabbage. When done, remove meat and vegetables to chop plate. Slice the brisket across the grain and serve.

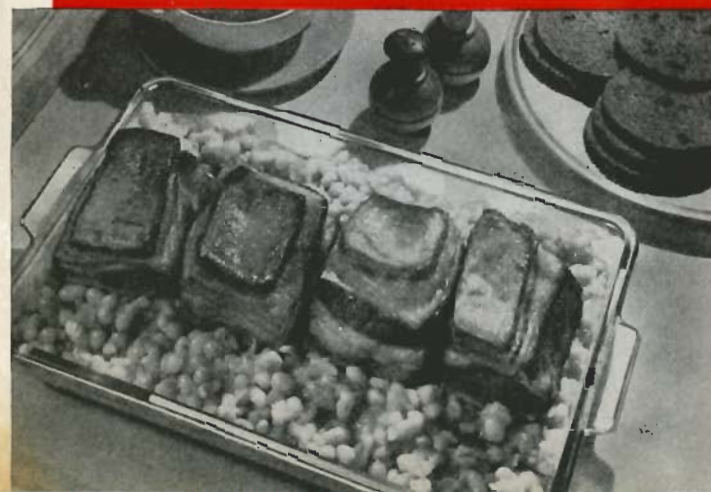
SHORT RIBS WITH BEANS

VICTORY MENU 3 pounds meat — Serves 6

SUPPER		
Short Ribs with Beans	3 pounds beef short ribs	2 tablespoons brown sugar
Chili Sauce	1 pound navy beans	
Brown Bread - Butter	Water	Salt and Pepper
Fresh Fruit		1 onion
Beverage		

Soak beans in water over night. Drain and put in covered kettle. Add brown sugar, salt and pepper and sliced onion. Cover with water and simmer 2 hours. Brown short ribs. Place beans in open pan and put brisket on top. Cook in 350° F. oven until meat is tender and beans done, about 1 hour. Add more water when necessary.

Short Ribs with Beans



Country
Thrill
for
Hungry
Folks

BROILED BEEF PATTIES

VICTORY MENU

DINNER

Broiled Beef Patties
Buttered Peas
Broiler Fried Potatoes
Spiced Peaches
Bread - Butter
Baked Custard
Beverage

1½ pounds meat — Serves 6

1½ pounds ground beef ¼ teaspoon pepper
½ cup bread crumbs 4 tablespoons chopped
1½ teaspoons salt parsley
4 tablespoons milk

Thoroughly combine all ingredients. Shape into 6 large or 9 medium sized patties. Arrange on broiler rack with 2 inches between surface of patties and source of heat. When patties are nicely browned on one side, turn and brown on second side. Total cooking time will be about 20 to 25 minutes.

BAKED MEAT HASH

VICTORY MENU

DINNER

Baked Meat Hash
Green Beans
Apple and Cabbage
Salad
Bread - Butter
Chocolate Pudding
Beverage

1 pound cooked meat — Serves 4

2 cups cooked meat 3 cooked potatoes,
1 cup gravy medium size

Use left-over meat and gravy. Dice potatoes and combine all ingredients. Place in buttered baking dish and bake in moderate oven (350° F.) for 30 minutes or until browned.

SWEDISH MEAT BALLS

VICTORY MENU

DINNER

Swedish Meat Balls
Riced Potatoes
Glazed Carrots
Watercress and
Grapefruit Salad
Bread - Butter
Butterscotch Pie
Beverage

1 pound meat — Serves 4

1 pound ground beef 4 slices bread
3 tablespoons grated 2 tablespoons flour
onion 1 cup milk
1 teaspoon salt 2 tablespoons
¼ teaspoon pepper bacon drippings
1 egg

Combine meat, seasonings and egg. Toast bread slowly until dry and brown. Cover with water and allow to soak thoroughly. Squeeze water from toast and combine toast with meat mixture. Shape into small balls and brown in drippings. Remove meat from pan. Add flour to fat, stir until smooth, then gradually add the milk, stirring constantly until smooth and thickened. Place meat balls in gravy, cover and simmer about 15 minutes.

MARCHING FEET NEED MEAT

HORSERADISH MEAT LOAF

VICTORY MENU

DINNER

Horseradish Meat Loaf
Browned Potatoes
Broccoli
Grapefruit Salad
Bread - Butter
Sugar Dumplings
Coffee or Milk

3 pounds meat — Serves 12

2 pounds ground beef 2 eggs
1 pound ground pork 1 cup cracker crumbs
¼ cup grated onion 1 teaspoon salt
½ cup horseradish ⅛ teaspoon pepper
1 teaspoon mustard ½ cup tomato catsup

Mix all ingredients except the catsup. Pack into well-greased loaf pan. Cover top with tomato catsup. Bake in a moderate oven (350° F.) for 1 hour.

SAVORY MEAT LOAF

VICTORY MENU

DINNER

Savory Meat Loaf
Spanish Rice
Buttered Squash
Lettuce and Carrot
Salad
Bread - Butter
Lemon Tapioca Cream
Beverage

1½ pounds meat — Serves 6

½ pound ground beef ¼ cup grated onion
½ pound ground veal ½ cup grated raw
½ pound ground pork potato
6 slices bread 2 teaspoons sugar
1 cup milk 2 teaspoons salt
1 cup buttermilk ½ teaspoon pepper

Have meat retailer grind meat 3 times. Remove crusts from bread and soak in milk for 1 hour. Thoroughly mix all ingredients. Pack into loaf pan (5x9 inches). Bake in a moderate oven (350° F.) for 1½ hours.

HUNTER'S SOUP

VICTORY MENU

SUPPER

Hunter's Soup
Crackers - Butter
Sliced Meat
Green Salad
Eggs and Cream Cheese
Beverage

2 pounds soup bone — Serves 12

2 pounds soup bone 2½ cups grated carrots
and meat 2 cups diced carrots
3 quarts water 3 cups diced potatoes
4 tablespoons grated ¾ cup barley
onion 1½ tablespoons salt
½ teaspoon pepper

Simmer soup bone in water for one and one-half hours with the grated onion and carrots. Add diced vegetables. Cook barley in boiling salted water until tender. Drain and add to soup. Season and cook until vegetables are done. Meat may be removed from the bone when tender and cut in small pieces to be served in the soup.

MEAT STICKS TO THE RIBS

PARKERHOUSE CUTLETS

1 pound cooked meat — Serves 6

VICTORY MENU

DINNER
Parkerhouse Cutlets
Succotash
Stewed Tomatoes
Hard Rolls - Butter
Apple Pie
Beverage

2 cups minced cold
cooked beef
1 cup thick white sauce
Few grains cayenne
1 tablespoon minced
green pepper
½ cup bread crumbs
1 egg

Add sauce to meat, then seasonings. Spread on a plate to cool. Shape in form of cutlets, dip in crumbs, beaten egg, then crumbs again. Fry in deep lard at 375° F. Drain and garnish with greens.

BEEF STEW WITH BISCUITS

VICTORY MENU

DINNER
Beef Stew with
Biscuits
Pear and Gingerale
Salad
Bread - Butter
Mocha Souffle
Beverage

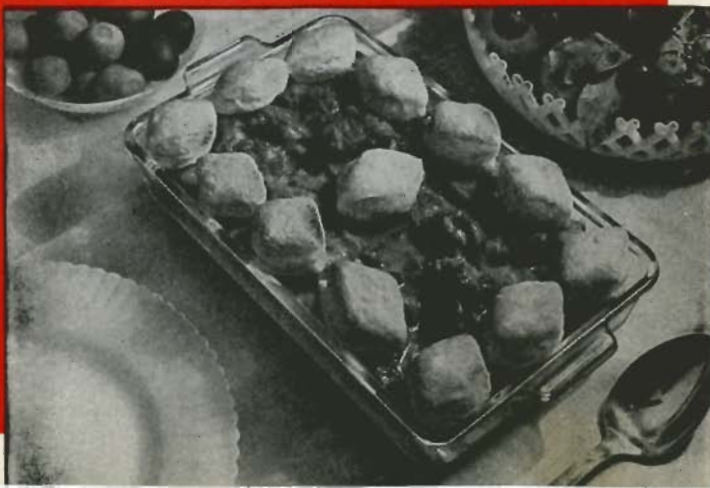
1½ pounds meat — Serves 8

1½ pounds shank of beef
4 tablespoons flour
1 teaspoon salt
Pepper
Water
6 small onions
6 small carrots
3 turnips quartered
6 potatoes quartered
Biscuits

Have meat cut in 1 to 2 inch cubes. Mix the flour, salt and pepper, and roll meat in it. Fry out some of the suet from the meat. Brown the pieces of meat and cover with water. Simmer for 2 hours. Add vegetables and cook in 300° F. oven for one hour. Place biscuits on top 30 minutes before serving.

Beef Stew with Biscuits

Something
New
in
Serving
a
Stew



MEAT ROLY POLY

3 pounds ground meat and ⅛ pound bacon — Serves 12

VICTORY MENU

DINNER
Meat Roly Poly
Cauliflower
Orange and Cranberry
Salad
Biscuits - Jam
Pumpkin Pie
Beverage

1 pound ground beef
1 pound ground pork
1 pound ground veal
2 eggs
3 teaspoons salt
¼ teaspoon pepper
Bread stuffing
3 slices bacon

Mix ground beef, pork and veal with the beaten eggs and seasonings. Combine thoroughly. Pat to rectangular shape about one-half inch thickness on waxed paper. Spread with Bread Stuffing and roll as for jelly roll. Place in a dripping pan and cover with slices of bacon. Bake in a moderate oven (350° F.) for 1¾ to 2 hours. Serve with tomato sauce to which chopped ripe olives or mushrooms are added if desired, or with brown gravy made from drippings.

Bread Stuffing

½ cup raisins
6 cups bread cubes
½ cup chopped onion
½ cup chopped celery
3 tablespoons chopped
parsley
Salt
Pepper
1 teaspoon powdered
sage
1 cup soup stock

Rinse raisins and drain. Combine raisins with bread cubes, onion, celery, parsley and seasonings. Mix thoroughly. Add enough soup stock to make a mixture that will hold together. Spread Bread Stuffing on meat mixture.

Meat Roly Poly



The
Bread
Dressing
Is a
Fine
Meat
Extender

STUFFED MEAT LOAF

2 pounds meat and 2 slices bacon — Serves 10

VICTORY MENU

DINNER

Stuffed Meat Loaf
New Peas
Vegetable Relish
Bread - Butter
Orange Ice
Beverage

2 pounds ground beef
1 chopped green pepper
1 chopped onion
1 tablespoon salt
1 tablespoon Worcestershire Sauce
½ teaspoon sage
1 cup dry bread crumbs
½ cup water
1 egg
2 slices bacon
Dressing

Combine all ingredients. Mix well. Make a layer of one-half the meat mixture in a deep 9-inch pan. Cover with dressing. Press remaining meat mixture over dressing. Place bacon on top. Bake in a moderate oven (350° F.) for 1 hour.

Dressing

¼ cup butter or meat drippings
2 cups dry bread crumbs
1 cup water
¼ cup chopped onion
¼ cup chopped celery
¼ teaspoon salt
¼ teaspoon pepper

Melt fat. Combine all ingredients. Mix well.

CREAMED GROUND BEEF ON TOAST

VICTORY MENU

SUPPER

Creamed Ground Beef on Toast
Green Beans and Corn
Potato Salad
Extra Toast
Vanilla Pudding with Blackberries
Beverage

1 pound meat — Serves 6

1 pound ground beef
3 tablespoons lard or drippings
1 onion, grated (omit onion if preferred)
6 tablespoons flour
3 cups milk
Salt and pepper to taste (depends on fat used)
6 slices toast

Brown meat in its own fat in pan on top of range, stirring frequently. Cook slowly so as not to harden the meat. Make sauce in another pan or kettle by melting the fat and cooking the onion in it; blend flour thoroughly with fat and onion. Add the milk to the fat and flour mixture, stirring gradually and bring to the boiling point. Add seasonings. Pour sauce over browned meat and simmer (not boil) until meat is tender. Add more salt and pepper if necessary.

Chopped green pepper and a teaspoon of Worcestershire Sauce may be added to sauce and simmered with the meat if desired.

Serve over toast.

This amount of meat may be extended to make 8 servings by increasing the milk to 4 cups and the flour to 8 tablespoons; 4 tablespoons of meat drippings will be needed.

MEAT FOR A STRONG NATION

TOPSY TURVY MEAT PIE

VICTORY MENU

SUPPER

Topsy Turvy Meat Pie
Shoestring Potatoes
Carrot Strips - Celery
Jellied Fruit Salad
Chocolate Cake
Coffee

1 pound meat — Serves 6

1 pound ground beef
1 cup sliced onion
2 tablespoons lard
¼ teaspoon celery seed
½ teaspoon pepper
1 teaspoon salt
1 can tomato soup
1 cup milk

Biscuit Mix

Add meat to onion which has been browned in lard. Cook until brown and crumbly but not hard. Add seasonings and tomato soup and simmer until thick. Add milk to Biscuit Mix and stir well. Pour over hot meat. Bake in a hot oven (450° F.) for 20 minutes. Turn out onto chop plate. Cut in wedges.

Biscuit Mix

1⅓ cups flour
2½ teaspoons baking powder
¾ teaspoon salt
⅓ cup lard

Sift flour once, measure and sift again with baking powder and salt. Cut in lard until mixture has fine even crumb.

NAVY BEAN SOUP

VICTORY MENU

DINNER

Navy Bean Soup
Sliced Beef Brisket
Carrot Stuffed Celery
Raw Spinach
Crackers - Butter
Lime Sherbet
Beverage

2 pounds meat — Serves 8

1 cup navy beans
2 pounds beef brisket
2 quarts water
1 tablespoon salt
Parsley leaves
Celery leaves
1 cup chopped celery
3 medium onions
1 No. 2½ can tomatoes

Wash and soak beans overnight. Wipe meat with a damp cloth. Cover with water and bring to a boil. Skim, add salt, drained beans, parsley and celery leaves which have been tied in a bunch. Simmer for two hours. Add celery, sliced onions and tomatoes. Continue cooking until beans are tender. The meat may be sliced and served with soup, or at a later meal.

FRICADILLOES

VICTORY MENU

DINNER

Fricadilloes
Creole Corn
Lima Beans
Tomato Salad
Bread - Butter
Hot Gingerbread
Milk

1½ pounds meat — Serves 8

1 pound ground beef
½ pound ground pork
1 cup mashed potatoes
¼ cup milk
3 eggs
1½ teaspoons salt
1 teaspoon pepper
½ cup dry bread crumbs
2 tablespoons lard
2 tablespoons water

Combine beef, pork, potatoes and milk. Add beaten eggs and seasonings. Mix well. Shape into small rolls about 1x2½ inches. Roll in bread crumbs. Brown in lard. Add water. Cover and simmer for 1 hour.

THERE'S NO SUBSTITUTE FOR MEAT

Basic Beef Recipes

STANDING RIB ROAST OF BEEF

VICTORY MENU

4 pounds meat — Serves 8

DINNER

Standing Rib Roast
of Beef
Baked Onions
Frenched Green Beans
Tomato Salad
Popovers - Butter
Orange Chiffon Pie
Beverage

Have meat retailer remove the short ribs and separate the backbone from the ribs by sawing lengthwise, at right angles to the ribs. Season with salt and pepper. Place meat in roasting pan with fat side up. Insert meat thermometer so that the bulb reaches center of roast. Do not cover roast and do not add water. Roast in a slow oven (300° F.) to desired degree of doneness. The meat thermometer will register 140° F. for rare roast, 160° F. for medium roast, and 170° F. for well-done roast. Allow 18 to 20 minutes to the pound for a rare, 20 to 25 minutes to the pound for a medium, and 27 to 30 minutes to the pound for a well-done roast.

POT-ROAST WITH TOMATO GRAVY

VICTORY MENU

4 pounds meat — Serves 12

DINNER

Pot-Roast with Tomato
Gravy
Onions and Carrots
Rye Toast - Butter
Cherry Tarts
Beverage

4-5 pounds blade pot-roast

Salt and pepper

4 tablespoons lard

1 No. 2 can tomatoes

1 clove garlic

4 tablespoons flour

½ teaspoon thyme

6 slices rye bread

½ cup vinegar

Boiled onions

1 cup water

Boiled carrots

Brown pot-roast in hot lard. Add garlic (in one piece), thyme, vinegar and one-half cup water. Season. Cover and cook slowly for 2 hours. Add tomatoes and simmer about 1 hour longer. When meat is tender, remove to hot platter. Remove garlic. Make paste of flour and remaining water and thicken the gravy. Serve with rye toast dipped in gravy, and boiled onions and carrots.

BROILED SIRLOIN STEAK

VICTORY MENU

2 pounds meat — Serves 6

DINNER

Broiled Steak
Grilled Tomatoes and
Onion Slices
French Fried Potatoes
Tossed Green Salad
Parkerhouse Rolls
Butter
Chilled Melon
Coffee

Have sirloin steak cut thick, at least one inch. Set regulator to broil. Place steak on rack. Insert broiler pan and rack so that the top surface of a one-inch steak will be two inches from the source of heat. If this distance must be less, reduce the temperature accordingly. When one side is nicely browned, season with salt and pepper, turn, and finish cooking the second side. Season second side, and serve immediately. Steaks cut one-inch thick require fifteen to twenty minutes for broiling.

MEAT — CENTER OF VICTORY MEALS

Extender Recipes for VEAL

VEAL STEW

VICTORY MENU

2 pounds meat — Serves 6

DINNER

Veal Stew
Cranberry, Orange,
Nut Salad
Bread - Butter
Baked Custard
Beverage

2 pounds veal shoulder

3 pieces celery

2 tablespoons lard or
drippings

1 green pepper

3 medium sized onions

1 No. 2 can tomatoes

2 pounds green beans

Salt and pepper

Cut veal in one-inch cubes. Brown cubes on all sides in hot fat. Add whole onions and green beans, celery cut in four-inch pieces, the green pepper cut in eighths and the canned tomatoes. Season. Cook slowly until the meat is tender and the vegetables done. Finish cooking uncovered to allow for evaporation. Make a paste of flour and water and thicken the liquid. The gravy may be poured over the stew or served separately. Serve stew with boiled rice.

MONTANA VEAL BIRDS

VICTORY MENU

2 pounds meat — Serves 8

DINNER

Montana Veal Birds
Potato Balls
Glazed Carrots
Jellied Vegetable Salad
Bread - Butter
Cream Pie
Beverage

2 pounds veal steak
or cutlets

½ teaspoon nutmeg

8 slices white bread

Salt

3 tablespoons butter

Pepper

2 tablespoons grated
onion

Flour

Dash sage

Fat

Water

Wipe thinly steaked veal, remove bone and trim. Cut in pieces 4 inches long and 2 inches wide. Make a stuffing as follows: Dry and toast the bread in a slow oven or use bread several days old. Crush fine and add melted butter and seasonings. If the mixture is not moist enough to hold together when squeezed between

MEAT — A FIGHTING FOOD

the fingers, add a very small amount of water. Do not have the dressing too moist as that will make it soggy. To make birds, spread mixture thinly on center of each piece of veal. Roll individually and fasten with toothpicks. Sprinkle with salt and pepper, dredge with flour and brown in hot fat. Add a small amount of water and cover tightly. Reduce heat and cook either on surface of range or in a moderate oven (350° F.) for 45 minutes or until meat is tender.

VEAL LOAF WITH MUSHROOM SAUCE

1 pound cooked meat and $\frac{1}{8}$ pound bacon — Serves 8

VICTORY MENU

DINNER

Veal Loaf with
Mushroom Sauce
Baked Potatoes
Rutabaga Souffle
Orange Salad
Bread - - Butter
Fig and Honey Bars
Coffee

2 cups chopped
cold veal

2 cups cracker crumbs

1 pimienta, chopped

1 small green pepper,
chopped

3 eggs

Salt and pepper

Meat broth or milk

3 slices bacon

Combine meat, cracker crumbs, pimienta, green pepper and well beaten eggs, and season. Add enough liquid to make very moist. Pour into loaf pan lined with bacon slices and bake at 350° F., for 30 minutes. Serve with Mushroom Sauce or left-over gravy.

Mushroom White Sauce

4 tablespoons butter

$\frac{1}{2}$ teaspoon salt

6 tablespoons flour

1 can condensed

2 cups milk

mushroom soup

Melt butter and add flour. Add milk slowly, stirring constantly until thick. Add salt and mushroom soup. Heat thoroughly.

Montana Veal Birds

Attractive,

Tender

and

Delicious,

Too



Basic Veal Recipes

VICTORY MENU

DINNER

Roast Veal Roll
Pan Gravy
Broiled Peach Halves
Stuffed Potatoes
Peas and Cauliflower
Radishes Pickles Olives
Parkerhouse Rolls
Plum Jelly
Chocolate Clifton Pie
Coffee

ROAST VEAL ROLL

3 pounds meat — Serves 12

3 to 4 pounds veal roll (boned and rolled shoulder, covered with fat and tied into long, even roll, which can be cut off in any size roast desired)
Salt and pepper

Season roast and place on rack in an open pan. Insert meat thermometer so that the bulb is in center of roast. Do not cover roast and do not add water. Place in slow oven (300° F.) and roast until meat thermometer registers 170° F. Allow 35 to 40 minutes per pound. Make gravy from drippings.

VEAL ROUND ROAST

VICTORY MENU

DINNER

Veal Round Roast
Gravy
Mashed Potatoes
Savory Tomatoes
Raw Spinach with
Bacon Dressing
Bread - - Butter
Cherry Pie
Beverage

3 pounds meat — Serves 12

3 to 4 pounds veal round Suet
Salt and pepper

Season roast and place on rack in an uncovered pan. Lay piece of suet on top of roast. Insert meat thermometer so that the bulb is in the center of the thickest part. Do not cover roast and do not add water. Place in a slow oven (300° F.) and roast until thermometer registers 170° F. Allow about 35 to 40 minutes to the pound.

BRAISED VEAL CHOPS WITH LEMON

VICTORY MENU

DINNER

Braised Veal Chops
with Lemon
Creamed Peas over
Steamed Potatoes
Tossed Green Salad
Hot Whole Wheat
Biscuits
Pumpkin Pie
Beverage

1 $\frac{1}{4}$ pounds meat — Serves 4

4 veal chops

$\frac{1}{8}$ teaspoon cayenne
pepper

2 tablespoons flour

$\frac{1}{8}$ teaspoon thyme,

1 teaspoon Worces-
tershire sauce

if desired

1 clove garlic (onion
may be substituted)

1 small lemon

1 bay leaf

2 tablespoons lard
 $\frac{1}{2}$ cup water

Rub frying-pan with cut clove of garlic before melting lard in pan. Season flour with thyme and cayenne pepper. Dredge chops in seasoned flour and brown in hot lard. Place a slice of lemon on each chop. Add bay leaf, Worcestershire sauce and $\frac{1}{2}$ cup water. Cover and let simmer for one hour.

Extender Recipes for PORK

CORN BELT SPAGHETTI

3 pounds fresh pork and 1/4 pound salt pork — Serves 9

VICTORY MENU

SUPPER

Cornbelt Spaghetti
Combination Salad
Bread Sticks - Butter
Lemon Pie
Beverage

3 pounds pork shoulder steaks
1/4 pound salt pork
3 large cloves garlic
2 medium onions
2 No. 1 1/2 cans tomato paste
1 No. 2 1/2 can tomatoes
1 No. 2 can button mushrooms
or 1/2 pound fresh mushrooms
1 red hot pepper
1 tablespoon salt
1 teaspoon pepper
1 pound spaghetti

Have pork steaks cut 3 to the pound. Dice salt pork and brown with garlic. Mash out as much juice and pulp as possible from the garlic and remove the cloves. Brown the shoulder steaks in this fat. Chop onion and add with remaining ingredients to meat. Cover and simmer for 3 hours or more. Before serving remove the bones from the steaks and cut in 2-inch pieces. Cook spaghetti in a large kettle of boiling salted water until tender, about 10 minutes. Drain. Serve meat sauce over spaghetti.

PORK AND APPLE SALAD

1 pound cooked meat — Serves 8

VICTORY MENU

LUNCHEON

Pork and Apple Salad
Raisin Toast
Meringue Shells with Ice Cream
Tea

1 cup celery
1 1/2 cups diced apple
1 1/2 cups grated carrots
1 green pepper, shredded
1 cup peas
2 cups cooked diced pork
Salt
Pepper

Mayonnaise

Cut celery in small pieces. Add apples, carrots, green pepper, peas and pork. Season. Mix with mayonnaise.

MEAT — FINE SOURCE OF IRON

HAM RING

1 1/2 pounds cooked meat — Serves 6

VICTORY MENU

DINNER

Ham Ring
Parslled Potato Balls
Frenched Green Beans
Cauliflower
Peach Pickle Salad
Buns - Butter
Washington Pie
Beverage

3 cups cooked ground ham
3 tablespoons grated onion
2 1/4 cups soft bread crumbs
3 eggs
1 1/2 tablespoons chopped parsley
1 1/2 cups milk
1/4 teaspoon pepper

Combine all ingredients with the well beaten eggs. Pour into a well greased ring mold. Place in a pan of hot water and bake in a moderate oven (350° F.) for one hour. Turn onto a hot chop plate and fill center with vegetables.

SPARERIBS AND SAUERKRAUT

VICTORY MENU

SUPPER

Spareribs and Sauerkraut
Sweet Potatoes
Green Salad
French Dressing
Hard Rolls - Butter
Plums and Cream
Beverage

2 pounds spareribs — Serves 6

2 pounds spareribs
1 No. 2 1/2 can sauerkraut
4 medium onions, sliced
1/2 teaspoon pepper

Cut spareribs into servings. Arrange sauerkraut and onions in a baking pan and cover with spareribs. Add pepper, and enough water to cover the bottom of the pan, if there is not sufficient sauerkraut juice. Cover. Bake in a moderate oven (350° F.) for 1 1/2 to 2 hours or until meat is tender enough to come off the bone. This may also be cooked on the top of the range.

Spareribs and Sauerkraut



A
Real
Favorite
for
Hearty
Appetites

MONDAY LOAF

VICTORY MENU

SUPPER

Monday Loaf
Endive and Tomato
Salad
Hard Rolls - Butter
Baked Chocolate
Pudding
Beverage

1 1/2 pounds cooked meat — Serves 8

3 cups cooked chopped pork	1 green pepper, chopped fine
2 cups diced cooked potatoes	1 cup gravy
1 medium sized onion, grated	Salt and pepper
	Celery salt to taste

Mix all together, adding milk if too dry. Bake in a moderate oven (350° F.) or brown slowly in a greased skillet on top of range.

STUFFED GREEN PEPPERS

VICTORY MENU

SUPPER

Stuffed Green Peppers
Baked Tomatoes
Cabbage Sections
Bread - - Butter
Apple Crisp
Beverage

1/3 pound cooked meat — Serves 6

3/4 cup ground cooked pork	1 tablespoon grated onion
1/4 cup milk or meat stock	1 teaspoon salt
2 cups cooked rice	1/8 teaspoon pepper
1/2 teaspoon paprika	6 medium sized green peppers

Parboil the green peppers for 5 minutes; remove, and plunge in cold water. Remove the caps and seeds. Mix the remaining ingredients together, stuff the peppers with this. Place in a pan, pour about 1 cup of hot water around the peppers, and bake at 400° F. for 45 minutes, or until the peppers are soft.

LADIES AID SALAD

VICTORY MENU

LUNCHEON

Ladies Aid Salad
Steamed Brown Bread
Butter
Broiled Grapefruit
Beverage

1 pound cooked meat — Serves 12

2 cups diced cooked ham	1 cup chopped celery
1 16-ounce package elbow macaroni, or	1/4 cup grated onion
6 cups cooked macaroni	2 teaspoons salt
1/4 cup vinegar	1/2 teaspoon pepper
1/4 cup chopped pimiento	1/2 cup mayonnaise
	Lettuce or greens
	1 tomato

Dice ham. Cook macaroni about 12 minutes and drain. Pour vinegar over macaroni and allow it to stand for 10 minutes. Toss all ingredients together except greens and tomato and chill. Pile salad on crisp greens and garnish with tomato sections.

MEAT — THE MORALE BUILDER

SPLIT PEA SOUP WITH HAM

VICTORY MENU

SUPPER

Split Pea Soup
Ham Slices
Toasted Buns - Butter
Celery Hearts
Pickle Relish
Chip Ice Cream
Coffee

2 pounds ham hocks — Serves 8

2 cups dried peas	2 small onions
3 quarts water	2 tablespoons butter
2 pound ham season- ing piece	4 tablespoons flour
1 medium sized stalk celery	1 quart milk
	Salt and pepper

Pick over, wash and soak peas over night. Drain off soaking water and add the measured water, ham and celery. Cook slowly for several hours until tender. Gently brown the finely chopped onions in the butter and add the flour. Gradually add the milk, stirring constantly. Add to rest of soup. Season to taste. The soup should be quite thick. Water, soup stock, milk or cream may be added to thin, if desired. Serve slices of ham with soup.

HAM SHANKS AND CABBAGE

VICTORY MENU

DINNER

Ham Shanks and
Cabbage
Boiled Potatoes
Catsup
Cottage Cheese and
Currant Jelly
Graham Muffins
Fresh Fruit
Coffee

2 pounds ham shanks — Serves 6

2 ham shanks	Water
	1 head cabbage

Cover ham shanks with water and simmer 2 1/2 to 3 hours. Add cabbage sections 15 minutes before shanks are done. Save broth for soup stock.

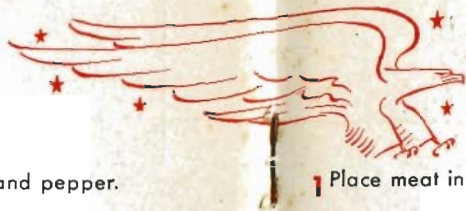
Ham Shanks and Cabbage



Chock-
Full
of
Vitamins
and
Minerals



GET MORE SERVINGS, CONSERVE FOOD VALUE BY PROPER MEAT COOKERY



★ WHEN ROASTING ★



- 1 Season with salt and pepper.
- 2 Place fat side up on rack in open roasting pan.
- 3 Insert meat thermometer.
- 4 Roast in slow oven—300° to 350° F.
- 5 Add no water. Do not cover. Do not baste.
- 6 Roast to desired degree of doneness.

★ WHEN PANBROILING ★



- 1 Place meat in heavy frying-pan.
- 2 Brown meat on both sides.
- 3 Season with salt and pepper.
- 4 Do not cover. Do not add fat or water.
- 5 Reduce temperature and turn occasionally.
- 6 Pour off fat as it accumulates in pan.

★ WHEN BROILING ★



- 1 Turn oven regulator to "broil".
- 2 Place meat 2 to 3 inches from heat.
- 3 Broil until top is brown.
- 4 Season with salt and pepper.
- 5 Turn and brown other side.
- 6 Season and serve at once.

★ WHEN BRAISING ★



- 1 Season with salt and pepper.
- 2 Brown meat on all sides in hot fat in heavy utensil.
- 3 Add small amount of liquid, if necessary.
- 4 Cover tightly.
- 5 Cook at low temperature until tender.

★ Large Cuts — WHEN COOKING IN WATER — Stews ★



- 1 Cover meat with hot or cold water.
- 2 Season with salt and pepper. Cover kettle tightly.
- 3 Cook slowly. Allow to simmer, not boil.
- 4 Add vegetables, if desired, just long enough before serving to be cooked.

- 1 Cut meat in 1 to 2 inch cubes.
- 2 Season with salt and pepper.
- 3 Brown on all sides in hot lard, if desired.
- 4 Cover with water and cover kettle tightly.
- 5 Cook slowly until done. Do not boil.
- 6 Add vegetables just long enough before serving to be cooked.



BROILED FRENCH TOASTWICHES

VICTORY MENU SUPPER

Vegetable Soup
Broiled Toastwiches
Apple Spice Dumplings
Beverage

$\frac{1}{2}$ pound cooked meat — Serves 6

6 thin slices cooked meat
 $\frac{1}{2}$ cup milk
12 slices bread

Use left-over meat or cold cuts. Make into sandwiches. Beat eggs and add milk. Dip sandwiches into egg mixture. Place on hot broiler pan to broil until sandwiches are brown, about 5 minutes. Turn with a wide spatula to brown on second side.

HAM AND CORN FRITTERS

VICTORY MENU

LUNCHEON

Ham and Corn Fritters
Creamed Asparagus
Muffins - Butter
Assorted Fresh Fruits
Tea

$\frac{1}{4}$ pound cooked meat — Serves 4

1 cup cream style
canned or fresh
cooked corn
 $\frac{1}{2}$ cup ground boiled
ham
1 tablespoon minced
onion
 $\frac{2}{3}$ cup flour
 $1\frac{1}{2}$ teaspoons baking
powder

Lard

Mix corn, ham and onion. Sift flour and baking powder together and add to corn mixture. When all is well blended, drop by teaspoonfuls into deep hot lard at 375° F. Drain well on soft paper. Serve with well seasoned cream sauce or tomato sauce. Corned beef may be used in place of the ham.

HAM LOAF IN CIDER JELLY

VICTORY MENU

LUNCHEON

Ham Loaf in Cider
Jelly
Spinach Souffle with
Cream Sauce
Julienne Carrots
Black Olives
Celery Curls
Melba Toast
Strawberry Whip
Coffee

$\frac{1}{2}$ pound cooked meat — Serves 8

$\frac{1}{2}$ cup raisins
2 cups cider
2 whole cloves
2 tablespoons brown
sugar
 $\frac{1}{4}$ teaspoon salt
1 package lemon
flavored gelatin
1 cup baked ham cut
in small cubes or
slices

Soak raisins in cider until plump; add cloves, sugar and salt and bring to boiling point. Pour over gelatin and stir until entirely dissolved. Remove cloves and chill. When it begins to thicken add the ham. Mold in loaf pan and chill until firm. Serve in slices.

MEAT MAKES MANPOWER

PORK PATTIES

VICTORY MENU

DINNER

Pork Patties
Mashed Sweet Potatoes
Red Cabbage—
Sour Sauce
Celery Hearts
Bread - - Butter
Peach Pie
Beverage

1 pound meat — Serves 6

1 pound ground pork
 $\frac{1}{2}$ clove garlic
2 tablespoons water
 $\frac{1}{2}$ cup chopped parsley
1 cup cooked rice
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon nutmeg
1 egg
2 tablespoons lard or
drippings

Have meat retailer grind pork shoulder. Cut garlic finely into water. Soak one hour. Strain. Combine garlic liquid with all ingredients except the drippings. Drop by tablespoonfuls into hot drippings. Brown on both sides. Cover and cook slowly 20 minutes. Uncover last few minutes to crisp.

HOT PORK MOLD

VICTORY MENU

DINNER

Hot Pork Mold
Buttered Potato Balls
Spinach
Vegetable Salad
Bread - - Butter
Chocolate Ice Cream
Beverage

1 pound meat — Serves 6

1 pound ground pork
shoulder
 $1\frac{1}{2}$ cups fine cracker
crumbs
 $1\frac{1}{2}$ cups milk
1 teaspoon onion juice
1 teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
Green pepper
Pimiento, if desired

Combine meat and cracker crumbs. Mix with the remaining ingredients. Line a buttered ring mold with strips of pimiento and green pepper. Pack meat mixture carefully into mold and place in a pan of hot water. Bake in a moderately hot oven (375° F.) for $1\frac{1}{2}$ hours.

Hot Pork Mold



A
Festive
Way
to
Serve
Ground
Pork

Basic Pork Recipes

ROAST LOIN OF PORK

VICTORY MENU

DINNER

Roast Loin of Pork
Baked Sweet Potatoes
Glazed Onions
Spinach Salad
Biscuits - Butter
Cream Puffs
Beverage

5 pounds meat — Serves 12

Have the meat retailer separate the backbone from the ribs by sawing lengthwise, at right angles to the ribs. Season with salt and pepper and place in an open roasting pan with the rib ends down. Insert a meat thermometer so that the bulb is in the center of the largest part. Roast in a moderate oven (350° F.) until the meat

thermometer registers 185° F. when the roast will be done. Allow about 30 minutes per pound for roasting.

BREADED PORK TENDERLOIN

VICTORY MENU

DINNER

Breaded Pork
Tenderloin
Fried Apples
Baked Potatoes
Cabbage and Carrot
Salad
Bread - Butter
Ice Cream
Beverage

1 pound meat — Serves 4

1 pound pork tenderloin	1 egg
1 teaspoon salt	2 tablespoons water
1/8 teaspoon pepper	or milk
1/2 cup bread crumbs	Meat drippings

Cut tenderloin into 2-inch sections. Flatten. Season with salt and pepper. Dip in crumbs, slightly beaten egg, diluted, and again in crumbs. Let stand in refrigerator for fifteen minutes. Brown on both sides in hot drippings. Cover and cook slowly for thirty minutes.

BROILED HAM

VICTORY MENU

DINNER

Broiled Ham
Pan Gravy
Candied Sweet Potatoes
Peas and Parsnips
Celery Cabbage Salad
Bread - Butter
Grapefruit
Beverage

1 pound meat — Serves 4

Select ham cut one-half inch thick. Butterfly ham slices cut from the butt end of the ham are a good choice. Slash the fat edge of ham slice. Turn broiler regulator to broil, and place ham on center of broiler rack; place in broiler so that top of ham is about three inches from the source of heat. If distance must be less, reduce the heat

so as to broil at moderate temperature. Brown on top side, turn and brown second side. It will take about 5 to 7 minutes to a side to broil a slice one-half inch thick. A slice one-inch thick will require 20 to 30 minutes to broil.

MEAT BUILDS HEALTH

Extender Recipes for LAMB

LAMB PATTY BROILER MEAL

VICTORY MENU

DINNER

Lamb Patty Broiler
Meal
Creamed Potatoes
Green Beans
Cabbage and Apple
Salad
Bread - Butter
Lemon Pie
Beverage

1 1/2 pounds meat — Serves 6

1 1/2 pounds ground lamb	2 tablespoons catsup
1 1/2 teaspoons salt	1 egg
1/8 teaspoon pepper	1 cup milk
1/3 teaspoon mace	1 No. 2 can green string beans
1/2 cup rye bread crumbs	Au Gratin or creamed potatoes

Combine lamb, seasonings, crumbs, catsup, egg and milk. Mix well and allow to stand for 2 hours. Arrange cooked green beans, either left-overs or canned, in one-half of heated broiler pan with potatoes or a second cooked vegetable in other half. Place broiler rack over vegetables. Shape meat into large patties. Place on broiler rack. Arrange in broiler so that the top of the meat will be about 3 inches from the source of heat. Broil on one side until nicely browned, about 20 minutes. Turn and broil on second side, about 8 to 10 minutes. Serve immediately on hot plates.

SCOTCH PANCAKES

VICTORY MENU

BREAKFAST

Two Tone Cocktail
Scotch Pancakes
Toast
Coffee

1 pound cooked meat — Serves 6

2 cups cooked oatmeal	Salt
2 cups ground cooked lamb	Pepper
2 eggs	2 tablespoons lard or drippings

Combine oatmeal, meat, eggs and seasonings. Mix thoroughly. Fry cakes, using one tablespoonful of mixture for each, in small amount of hot fat. Serve with tomato sauce.

BONDS FOR VICTORY — MEAT FOR HEALTH

STEAMED LAMB LOAF

VICTORY MENU

DINNER

Steamed Lamb Loaf
with Olive Sauce
Browned Onions
Scalloped Potatoes
Bread - - Butter
Prune Whip
Beverage

3 pounds meat — Serves 12

3 pounds ground lamb	1 tablespoon salt
3 cups moist bread crumbs	6 tablespoons chopped onion
4 teaspoons prepared mustard	3 tablespoons melted butter
1 tablespoon Worcestershire sauce	Small onions or green beans

Combine all ingredients. Mix well. Pack into a 2-quart pan and turn out on rack. Pour 1 cup water into large kettle. Lower rack with molded lamb into kettle. Cover tightly and steam 2 hours. One-half hour before meat is done add small whole onions or green beans and continue cooking. Serve with Olive Sauce.

Olive Sauce

3 tablespoons butter	1 cup cooked peas
3 tablespoons flour	Salt
2 cups milk	Paprika
6 tablespoons sliced stuffed olives	1 tablespoon chopped green pepper
1 tablespoon Worcestershire sauce	

Melt butter and add flour. Add milk gradually, stirring constantly until thickened. Add remaining ingredients and cook slowly 5 minutes. Serve hot on Steamed Lamb Loaf.

SOUTHERN HASH

VICTORY MENU

SUPPER

Southern Hash
Chef's Salad
Toasted Bread - Butter
Burnt Sugar Cake
Beverage

1 pound cooked meat — Serves 6

2 cups chopped cooked lamb	1 cup meat stock
4 or 5 raw potatoes	4 tablespoons lard or drippings
2 medium sized onions	Salt
1/2 cup tomatoes	Pepper

Put vegetables through a food chopper. Melt the fat in a frying-pan and add the vegetables with stock and cook until the potatoes are done, stirring occasionally to prevent sticking. Then add chopped meat and season well with salt and pepper. Serve hot.

MEAT IS VITAL TO VICTORY

ARMENIAN PIRAGS

VICTORY MENU

SUPPER

Armenian Pirags
Creamed Peas
Stuffed Squash
Orange and Onion
Salad
French Bread - Butter
Scones
Tea

1 pound cooked meat — Serves 6

2 cups left-over lamb	1/2 teaspoon salt
2 tablespoons grated onion	Gravy or top milk
1 tablespoon bacon drippings	1 egg
1/2 teaspoon marjoram	Milk
	Biscuit Mix

Grind left-over lamb. Brown onion in fat. Add meat, seasonings and enough gravy or milk to moisten. Break egg into cup and add enough milk to half fill; combine with Biscuit Mix. Roll to one-eighth inch thickness and cut in eight squares 6 x 6 inches. Pile meat mixture on one side of each square. Fold dough over meat and press edges together. Cut holes in top and brush with egg and milk. Bake in a hot oven (425° F.) about 30 minutes. Serve with Creamed Peas.

Biscuit Mix

1 2/3 cups flour	3/4 teaspoon salt
2 1/2 teaspoons baking powder	1/3 cup lard

Sift flour once, measure and sift again with baking powder and salt. Cut in lard until mixture has fine even crumb.

MEAT FRITTERS

VICTORY MENU

LUNCHEON

Meat Fritters
Sliced Cranberry Jelly
Scalloped Egg Plant
Bread - - Butter
Fresh Fruit Plate
Beverage

1 pound cooked meat — Serves 6

Left-over lamb	Lard for deep fat frying
Flour	
Fritter batter	

Cut left-over roast lamb, veal or pork into slices or strips about one-half inch thick. Dredge with flour, dip in batter and drop into deep hot lard (365° F.) Fry until batter is cooked and nicely browned. Serve with cream sauce.

Fritter Batter

1 cup flour	1 egg
1/2 teaspoon salt	1/3 cup milk
1 teaspoon baking powder	2 teaspoons melted lard

Sift flour. Measure and sift again with dry ingredients. Beat eggs, combine with milk and add gradually to dry mixture. Stir until batter is smooth. Add lard. This is enough batter to cover meat for six servings.

MAKE THE MOST OF MEAT

ECONOMY CROWN OF LAMB

3 pounds lamb and 1/2 pound sausage — Serves 8

VICTORY MENU

DINNER

Economy Crown
of Lamb
Buttered Peas and
Cauliflower
Hard Rolls - Butter
Blueberry Pie
Beverage

2 lamb breasts
Salt and pepper
Water

4 tablespoons flour
1 tablespoon Worces-
tershire sauce

Have meat retailer remove breast bones from lamb breasts. Trim edges to make rectangular pieces. Fold lean sides of both breasts at right angles to rib section to make a bottom in the crown. Sew sections together with the ribs on the outside. Season with salt and pepper. Fill with Rice Dressing. Place on a rack in a large kettle over water to cover bottom of pan. Cover and simmer until meat is tender, about 2 1/2 hours. Remove crown to hot platter. Add enough water to the liquid in kettle to make 2 cups. Mix flour with one-half cup cold water. Add to hot liquid, season with Worcestershire sauce and additional salt and pepper, if necessary. Cook gravy, stirring constantly, until thick and smooth.

Rice Dressing

1 cup uncooked rice	2 tablespoons chopped
1/2 pound bulk pork	parsley
sausage	1 1/2 teaspoons salt
2 tablespoons grated	1/8 teaspoon pepper
onion	Meat Stock

Cook rice in boiling salted water for 10 minutes. Drain and rinse. Brown sausage and onion in skillet. Add partially cooked rice with seasonings and enough meat stock to make slightly moist.

Economy Crown of Lamb

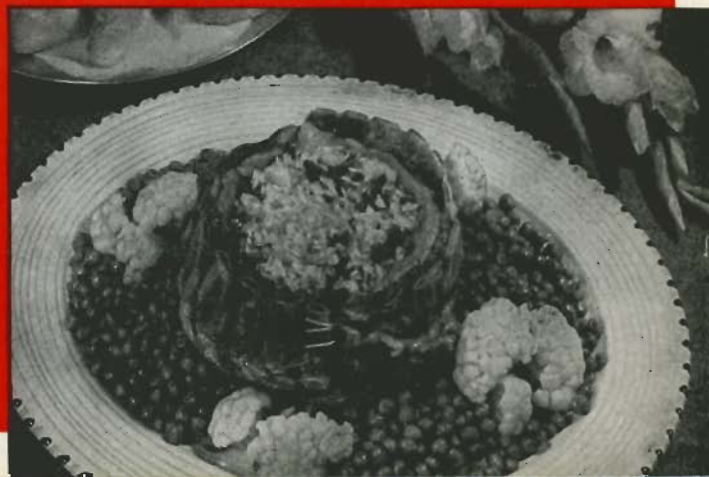
A

Budget

Dish

with

Style



SCOTCH SOUP

1 1/2 pounds lamb neck — Serves 8

VICTORY MENU

LUNCHEON

Scotch Soup
Raw Spinach and
Cauliflower Salad
Crackers - Butter
Baked Custard
Beverage

1 1/2 pounds lamb neck
1 quart cold water
2 potatoes
2 onions

2 tablespoons rice or
barley
Salt and pepper to
taste

Cut the lamb from the bones and place with bones in a stew kettle with the cold water. Cook slowly for several hours. One hour before serving, remove the bones, add the sliced potatoes, onions, rice or barley and seasonings. Thicken with a little flour combined with cold water, if desired. Slices of carrot and a stalk of celery may be added.

TASTY LAMB STEW

VICTORY MENU

SUPPER

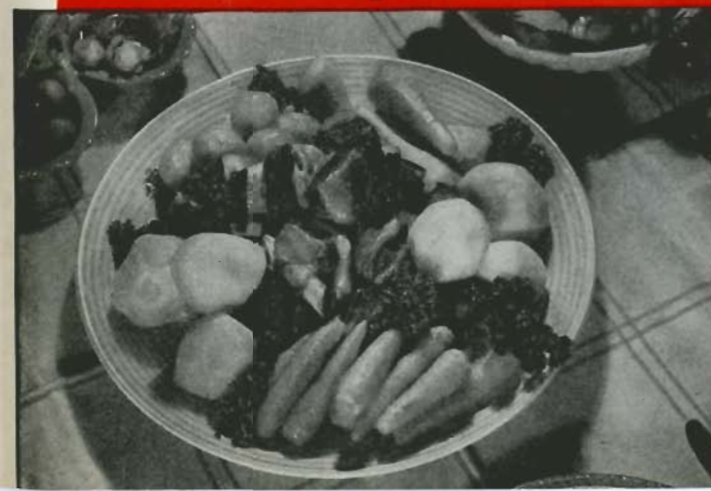
Tasty Lamb Stew
Cranberry Relish
Whole Wheat Rolls
Butter
Brown Betty
Milk

2 pounds meat — Serves 8

2 pounds lamb stew	1/2 cup tomato juice
meat	8 potatoes
2 tablespoons lard	4 parsnips
2 teaspoons salt	8 whole carrots
1/2 teaspoon pepper	8 pieces celery
2 1/2 cups water	6 sprigs parsley
1 onion	2 tablespoons flour

Brown meat in lard. Season, add water, onion and tomato juice. Cover and simmer 1 hour or until meat is nearly done. Prepare vegetables. Cut potatoes

Tasty Lamb Stew



Old

Fashioned

Stew

for

Economy.

Variety

in half and quarter the parsnips. Add all vegetables to stew. Sprinkle with remaining seasonings. Cover and simmer until vegetables are done, about 45 minutes. Pile meat and vegetables on chop plate. Make a paste with flour and small amount of water. Use to thicken gravy. Serve gravy separately.

GREEN PEPPER RING LAMB LOAF

VICTORY MENU

DINNER

Green Pepper Ring
Lamb Loaf
Scalloped Potatoes
Browned Onion Slices
Muffins - Butter
Tomato Salad
Apricot and Orange Pie
Milk or Coffee

1½ pounds meat — Serves 6

1½ pounds ground lamb	⅛ teaspoon pepper
1½ cups bread crumbs	2 tablespoons chopped
1 cup milk	parsley
3 tablespoons grated	1 small bay leaf
onion	¾ cup cooked rice
1 cup cooked peas	1 egg
1½ teaspoons salt	4 small green peppers

Buy lamb from the shoulder, breast or shank for grinding. Soak bread crumbs in milk. Add onion, peas, salt and pepper, chopped parsley and finely crumbled bay leaf. Mix thoroughly. In a separate bowl combine the cooked rice, egg, and salt and pepper to season. Remove seeds and membrane from peppers. Parboil pepper cases about 5 minutes or until tender. Drain, rinse with cold water, and fill with rice mixture. Line the bottom of a loaf pan (5 x 9 inches) with waxed paper. Pack a one-fourth inch layer of meat mixture into loaf pan. Arrange stuffed peppers at even intervals on meat and pack remaining meat around peppers to make a firm loaf. Bake in a moderate oven (350° F.) for 1½ hours.

Green Pepper Ring Lamb Loaf

There's

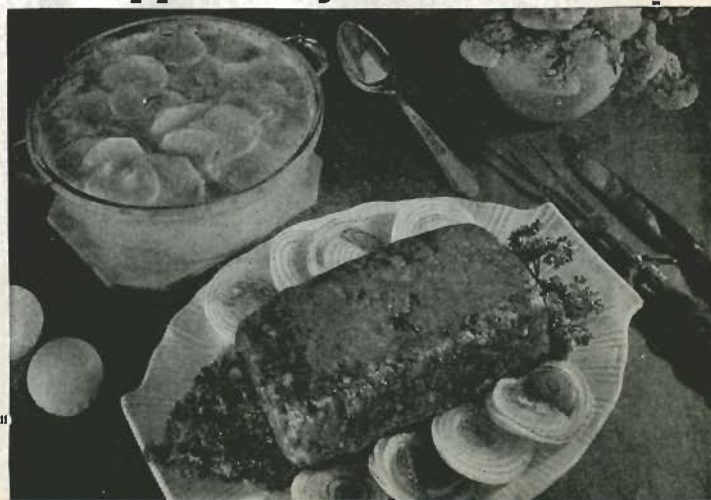
a

Surprise

In

Each

Slice



Basic Lamb Recipes

AMERICAN STYLE LEG OF LAMB ROAST

VICTORY MENU

DINNER

Leg of Lamb Roast
Grilled Stuffed Peach
Halves
Parslled Potatoes
Brussel Sprouts
Bran Rolls - Jelly
Lime Gelatin
Fruit Mold
Coffee

5-pound leg — Serves 12

Do not have the fell removed. Season with salt and pepper and place meat, skin side down, on a rack in an open pan. Insert a meat thermometer so that the bulb reaches the center of the thickest part. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the desired degree of doneness is reached. If a meat thermometer is used, it should register 175° F. for medium-done lamb and 180° F. for well-done lamb. Allow approximately 30 to 35 minutes per pound.

BRAISED LAMB SHANKS

VICTORY MENU

DINNER

Braised Lamb Shanks
Gravy
Steamed Rice
Buttered Carrot Strips
Head Lettuce—Thou-
sand Island Dressing
Cloverleaf Rolls
Mint Jelly
Whipped Gelatin with
Shredded Cocoanut
Beverage

3 pounds meat — Serves 6

3 lamb shanks	1 onion
(1 pound shanks)	Salt and pepper
Flour	1 teaspoon curry pow- der, if desired
2 tablespoons lard	Water
1 bay leaf	

Roll lamb shanks in flour and brown in hot lard. Add seasonings. Add a small amount of water and cover. Cook slowly on top of range or in a slow oven (300° F.) for about one and one-half to two hours, or until the shanks are tender, adding more water if needed. Remove shanks to hot platter, and take out the bay leaf and onion. Thicken the liquid for gravy, add curry powder if desired.

BROILED LAMB CHOPS

VICTORY MENU

QUICK SUPPER

Broiled Lamb Chops
Plum Jelly
Hashed Brown
Potatoes
Tomato and Green
Pepper Slices
Bread - - Butter
Hot Apple Brown Betty
Cream
Beverage

2 pounds meat — Serves 6

Select shoulder chops cut three-fourths to one-inch thick. Have regulator set for broiling. Place the chops so that there is a distance of about two inches between the top of chops and source of heat. If the distance must be less, reduce the temperature accordingly so that the chops will broil at a moderate temperature. When chops are browned on one side, season with salt and pepper, turn and finish the cooking on the second side. Season. Chops one-inch thick require about 15 minutes.

★ Extender Recipes ★ for VARIETY MEATS

TONGUE ROLLS FLORENTINE

VICTORY MENU

1 pound tongue — Serves 8

DINNER

Tongue Rolls
Florentine
Parslled Potato Balls
Jellied Lime Salad
Bread - Butter
Floating Island
Beverage

16 slices boiled tongue 1/8 teaspoon pepper
2 pounds spinach 1 tablespoon flour
2 tablespoons melted 4 tablespoons grated
butter horseradish
1 teaspoon salt 1 cup top milk

The tongue slices should be one-eighth inch thick and unbroken. Carefully wash spinach. Remove stems and cook covered with only the water which clings to the leaves. Cook only until leaves wilt. Drain well. Chop fine. Add melted butter and seasonings. Place a spoonful of spinach on each slice of tongue. Roll and fasten with a wooden pick. Place in a greased casserole. Combine flour, horseradish and milk and pour over tongue. Cover. Cook in moderately hot oven (400° F.) for 20 minutes.

LIVER LOAF

1 1/2 pounds liver and 2 slices bacon — Serves 8

VICTORY MENU

DINNER

Liver Loaf
O'Brien Potatoes
Broccoli
Coleslaw
Hard Rolls - Butter
Grapefruit
Beverage

1 1/2 pounds liver 1/8 teaspoon pepper
2 slices bacon 1/2 teaspoon marjoram
1 medium onion 1 cup cracker crumbs
2 eggs 1 1/2 cups liquid
1 teaspoon salt 1/2 cup catsup

Wash liver in cold water. Cook slowly 5 minutes in water to cover. Reserve liquid. Put liver through food chopper with bacon and onion. Add all other ingredients except the catsup. Tomato juice, milk, bouillon or liquid in which the liver was cooked may be used for moisture. Mix thoroughly. Pour the catsup into a well greased loaf pan. Pack meat mixture over catsup. Bake in a moderate oven (350° F.) for 1 hour.

MEAT WILL HELP WIN THE WAR

BREADED SWEETBREADS

1/2 pound sweetbreads — Serves 4

VICTORY MENU

LUNCHEON

Breaded Sweetbreads
Biscuits - Jelly
Green Bean and
Onion Salad
Fresh Fruit and
Cheese
Beverage

2 pairs sweetbreads
Water
1 egg, beaten
Bread Crumbs
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons drippings



Remove membrane from sweetbreads. Simmer 20 minutes in water to which one teaspoon of salt and one tablespoon of vinegar have been added for each quart of water used. Drain and plunge into cold water. Roll in egg, diluted, and bread crumbs, and season with salt and pepper. Brown in hot drippings.

TONGUE WITH CARROTS IN SPINACH NESTS

4 pounds tongue — Serves 12

VICTORY MENU

DINNER

Tongue with Carrots
in Spinach Nests
Raisin Sauce
French Fried Potatoes
Cottage Cheese Salad
Bread - Butter
Blackberry Dumplings
Beverage

1 fresh beef tongue
Water
2 teaspoons salt
1 No. 2 1/2 can spinach or
3 1/2 cups cooked
spinach
2 cups cooked diced
carrots



Cover tongue with water and add salt. Cover. Allow to simmer about one hour to the pound, or until tender. Remove from water and skin. Serve hot. Arrange nests of hot spinach and carrots on platter around tongue.

KIDNEY LOAF

1 pound kidney — Serves 8

VICTORY MENU

DINNER

Kidney Loaf
Creamed Potatoes
Buttered Zucchini
Bread - Butter
Baked Apple
Beverage

1 pound beef kidney
1 cup milk
8 slices bread
1/4 cup bacon drippings or
butter
2 eggs
1 green pepper, minced
1 1/2 teaspoons salt
1/4 teaspoon pepper
3 tablespoons grated onion
1/2 teaspoon powdered sage



Wash the kidney in cold water. Drain well and grind, including the internal fat. Pour milk over bread and soak. Combine all ingredients and mix thoroughly. Pack firmly in loaf pan. Bake in a moderate oven (350° F.) for 1 1/2 hours.

MEAT — IMPORTANT FOR PHOSPHORUS

★

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BARBECUED SAUSAGE CASSEROLE

1 pound sausage — Serves 8

VICTORY MENU	1 pound sausage links
SUPPER	2 tablespoons water
Barbecued Sausage Casserole	1 onion
French Fried Potato Sections	½ green pepper
Cabbage Salad	6 pieces celery
Bread Sticks - Butter	1 can tomato soup
Gingerbread Shortcake	½ cup catsup
Beverage	2½ cups cooked kidney beans



Place sausage in cold skillet. Add water, cover and simmer until water evaporates. Remove cover, increase heat and brown sausage. Add onion, green pepper and celery, which have been chopped, tomato soup and catsup. Cover and simmer slowly for 30 minutes. Add beans to cooked mixture and heat.

BAKED FRANKFURTERS WITH STUFFING

VICTORY MENU	¾ pound frankfurters and ¼ pound bacon
SUPPER	Serves 6
Baked Frankfurters with Stuffing	6 frankfurters
Scalloped Cabbage	1½ cups bread cubes
Assorted Fresh Vegetable Plate	3 tablespoons grated onion
Corn Muffins - Butter	3 tablespoons butter
Apple Turnovers	1 tablespoon chopped parsley
Coffee	Salt and pepper
	6 slices bacon
	Wooden picks

Purchase the large frankfurters. Cut each frankfurter partially through, lengthwise. Cut bread into small cubes. Cook onion slowly in melted butter until lightly brown. Add parsley, bread cubes and seasonings. Place dressing in opening in each frankfurter. Wrap with slice of bacon and fasten with a wooden pick. Bake in a shallow pan in a moderate oven (375° F.) for 30 minutes.

BROILED OPEN SANDWICHES

1 pound sausage — Serves 8

VICTORY MENU	1 pound small sausage links
LUNCHEON	2 tablespoons water
Broiled Open Sandwiches	1 cup unsweetened applesauce
Assorted Relishes	8 slices buttered toast
Raspberry Drop Cake	8 thin strips American Cheese
Tea	



Place sausage in cold skillet. Add water, cover and cook until water has evaporated. Remove cover, increase heat and cook until sausage is browned. Spread 2 tablespoons of applesauce on each slice of toast. Arrange 2 sausage links on each. Place cheese strip across sausage. Broil slowly until cheese has melted.

Tips on the Use of Bones, Trimmings and Meat Drippings

Bones, trimmings and meat drippings, once carelessly tossed aside, are now treasured for the fine flavor they extend to other foods.

The bones may be simmered in water to make meat stock for soups, gravies or sauces. Bones which have bits of meat attached will season dried or fresh vegetables.

Meat trimmings add flavor to soups, vegetables and casserole dishes, such as potatoes, rice, spaghetti, macaroni and noodles. Tasty dressings and stuffings can also be made from scraps of meat.

No waste kitchen fat should be thrown away. Waste fats are needed by the war industry. However, meat drippings are high in nutritive value and full of flavor, and should be used as much as possible in cooking. Drippings should be strained, clarified and stored in a cool, dark, dry place. A tin can, such as a coffee can, with a tight fitting cover is a good receptacle for keeping fats in the refrigerator. Meat drippings can be used for frying, seasoning and shortening. Use meat drippings for:

Gravies

For consistently good gravy measure the ingredients.

Easy Gravy. Measure 4 tablespoons drippings and return to roasting pan or skillet with one cup water. Put one cup water and 4 tablespoons flour into jar with tight lid. Shake until mixture is perfectly smooth. Add to hot drippings and water and cook until thickened. Yield: 2 cups.

Natural Gravy. Measure one cup pan drippings. Add ½ cup boiling water. Season to taste with salt, pepper and Worcestershire sauce. Heat. Serve just enough over meat to moisten well.

Brown Gravy. Measure 4 tablespoons drippings and return to roasting pan or skillet. Mix 4 tablespoons flour with drippings. Brown slowly. Add 2 cups hot water gradually, stirring constantly. Boil 2 minutes. Season with salt and pepper to taste. Yield: 2 cups.

Cream Gravy. Use milk or a mixture of half milk and half water in place of water. Do not brown flour.

Frying Vegetables

Potatoes, breaded egg plant, onions, sweet potatoes, tomatoes, cabbage and squash may be fried in meat drippings.

Seasoning Vegetables

Green beans, Texas rice, lima beans, dried peas, dried corn, hominy, potatoes and onions are seasoned by meat drippings.

Shortening

Bacon fat or ham drippings may be used as shortening in cakes, cookies, pastry, muffins, biscuits, yeast bread and rolls, griddle cakes and waffles.

Drippings may also be used to brown meat, such as pot-roasts and stews.

EAT THE RIGHT FOOD DAILY TO MAKE YOU STRONG

MEAT/POULTRY or FISH



1 or more servings

MILK

*1 pint for adults, more for children -
or evaporated milk or cheese*



EGGS

3 or 4 a week



POTATOES

1 or more servings



VEGETABLES

*2 servings - include
yellow or green - often*



FRUITS

*2 servings -
include citrus or tomatoes often*



BREAD & CEREAL

*as desired - whole grain products or
enriched white bread and flour*



FATS & SWEETS

as desired



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