1-1943

EC9958 Making the Most of our Meat Supply

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MAKING THE MOST OF OUR MEAT SUPPLY

Extension Circular 9958  Febr. 1943

University of Nebraska Agricultural College
Extension Service
United States Department of Agriculture Cooperating
W. H. Brokaw, Director, Lincoln
THE PROPER COOK GIVES MORE CONSERVES FOR

WHAT TO BRAISE — A MODIFICATION

Beef Pot Roasts
- Chuck (arm or blade)
- Boneless Chuck
- Rump
- Heel of Round
- Rolled Brisket
- Rolled Plate
- Beef Short Ribs

Beef Steaks
- Chuck (arm or blade)
- Flank
- Skirt
- Rump
- Round
- Beef Cross Cut Shanks
- Ox Joints

WHAT TO COOK IN WATER (CUT UP FOR

Beef Neck
- Beef Shank
- Beef Plate
- Beef Brisket
- Beef Flank
- Beef Chuck
- Beef Heel of Round
- Ox-Joints
- Corned Beef
- Knuckle Soup Gone
- Cross Cut Forshank

Pork Hocks
- Pork Shanks
- Pork Feet
- Backbones
- Neckbones
- Spareribs
- Smoked Picnic
- Smoked Shoulder Butt
- Smoked Hocks

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Cooking Method

First Heat Method

Spareribs
Pork Sirloin Chops
Pork Blade Loin Chops
Lamb Breast
Lamb Neck Slices
Lamb Shanks
Lamb Riblets
Veal Breast with Pocket

Rolled Veal Breast
Veal Shoulder Steaks
Mock Chicken Legs
City Chicken
Veal Fatties
Hearts (beef, pork, veal)
Kidney (beef, pork, veal, lamb)

Second or Left in Piece

Ham Shanks
Smoked Spareribs
Lamb Neck
Lamb Shank
Lamb Shoulder
Lamb Breast
Veal Breast
Veal Neck
Veal Shoulder

Veal Shank
Veal Flank
Brains (beef, pork, veal)
For pre-cooking
Hearts (beef, pork, veal)
Kidneys (beef, pork, veal, lamb)
Sweetbreads (beef)
For pre-cooking
Tongue (beef, pork, veal)
MEAT PIE WITH CATSUP BISCUITS

1 lb. ground beef 1/4 tsp. pepper
2 tbsp. fat 2 c. cooked lima beans
2 tbsp. grated onion Biscuit dough
1/2 c. canned tomatoes 4 tbsp. catsup
1 tsp. salt


KIDNEY OR LIVER LOAF

1 lb. kidney or liver 1 1/2 tsp. salt
1 c. milk 1/4 tsp. pepper
8 slices bread 3 Tbsp. grated onion
1/2 c. bacon drippings or butter 1/2 tsp. powdered sage
2 eggs 4 or 5 strips of bacon
1 green pepper, minced

Wash the kidney in cold water. Drain well and grind, including internal fat. Pour milk over bread and soak. Combine all ingredients and mix thoroughly. Line pan with bacon. Pack firmly in loaf pan. Bake 1 1/2 hrs. in moderate oven at 350° F.

CHEESE TIMBALE

1 c. soft bread crumbs 1/2 tsp. dry mustard
2 c. milk 1 Tbsp. melted butter
3 eggs 1/3 lb. grated cheese
1/2 tsp. salt 1 Tbsp. chopped onion

Soak bread in milk for five minutes. Add well beaten eggs, seasoning and grated cheese. Pour into well greased custard cups and set in a pan of hot water. Bake in moderate oven 1 hour or until set. Unmold, sprinkle with paprika and serve with tomato sauce.

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### WHAT TO ROAST — A DRY HEAT METHOD

<table>
<thead>
<tr>
<th>Standing or Rolled</th>
<th>Fork Loin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Blade Rib (6-7)</td>
<td>Fresh Cushion Picnic</td>
</tr>
<tr>
<td>Beef Rolled Blade Rib</td>
<td>Boston Butt</td>
</tr>
<tr>
<td>Beef Rump (high quality)</td>
<td>Fork Sirloin</td>
</tr>
<tr>
<td>Chuck Ribs (3-5, high quality)</td>
<td>Pork Blade Loin</td>
</tr>
<tr>
<td>Meat Loaves</td>
<td>Spareribs</td>
</tr>
<tr>
<td>Pork Shoulder</td>
<td>Smoked picnic</td>
</tr>
<tr>
<td>Lamb Rolled Shoulder</td>
<td>Smoked Shoulder Butt</td>
</tr>
<tr>
<td>Lamb Rolled Loin</td>
<td>Fresh Ham</td>
</tr>
<tr>
<td>Lamb Cushion Shoulder</td>
<td>Veal Rolled Shoulder</td>
</tr>
<tr>
<td>Lamb Breast with Pocket</td>
<td>Veal Cushion Shoulder</td>
</tr>
<tr>
<td>Lamb Rolled Breast</td>
<td>Veal Arm Roast</td>
</tr>
<tr>
<td>Leg Lamb</td>
<td>Veal Blade Roast</td>
</tr>
<tr>
<td>Mock duck</td>
<td>Veal Rump</td>
</tr>
<tr>
<td>Lamb Crown Roast</td>
<td>Veal Leg (shank or rump half)</td>
</tr>
<tr>
<td></td>
<td>Veal Breast</td>
</tr>
<tr>
<td></td>
<td>Veal Crown</td>
</tr>
<tr>
<td></td>
<td>Veal Rib</td>
</tr>
</tbody>
</table>

### WHAT TO BROIL OR PAN BROIL — A DRY HEAT METHOD

<table>
<thead>
<tr>
<th>Sirloin Steaks</th>
<th>Shoulder Lamb Chops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porterhouse Steaks</td>
<td>Lamb Choplets (from breast stuffed with ground lamb)</td>
</tr>
<tr>
<td>T-Bone Steaks</td>
<td>Lamb Chops</td>
</tr>
<tr>
<td>Club Steaks</td>
<td>Lamb Patties</td>
</tr>
<tr>
<td>Sliced Bacon Ends</td>
<td>Lamb Kidneys</td>
</tr>
<tr>
<td>Sliced Brisket Bacon</td>
<td>Veal Kidneys</td>
</tr>
<tr>
<td>Sliced Salt Pork or Side Pork</td>
<td></td>
</tr>
<tr>
<td>Beef Patties</td>
<td></td>
</tr>
<tr>
<td>Ham Butt or Shank Slices</td>
<td></td>
</tr>
<tr>
<td>Smoked Shoulder Butt Slices</td>
<td></td>
</tr>
<tr>
<td>Ground Beef</td>
<td></td>
</tr>
</tbody>
</table>
THE PROPER CO. GIVES MORE CONSERVES

WHEN BRAISING

2. Add a little liquid. Cover tightly.
3. Cook below boiling on top, or in oven.

WHEN COOKING

Less Tender Cuts

1. Cover with water.
3. Add vegetables if desired.

WHEN PANFRIEDING

1. Brown both sides in heavy skillet (hot).
2. Do not add water, nor cover. Pour off fat as it accumulates.
3. Turn occasionally. Season.

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WHEN ROASTING

1. Season. Place fat side up in open roaster.
2. Roast slowly—300° to 350° F.
3. Add no water. Do not baste.

IN WATER

Stews

1. Cut meat in small pieces.
3. Cover with hot water.

WHEN BROILING

1. Place 2 or 3 inches below heat. Temperature 350° F.
2. Broil until brown. Season.