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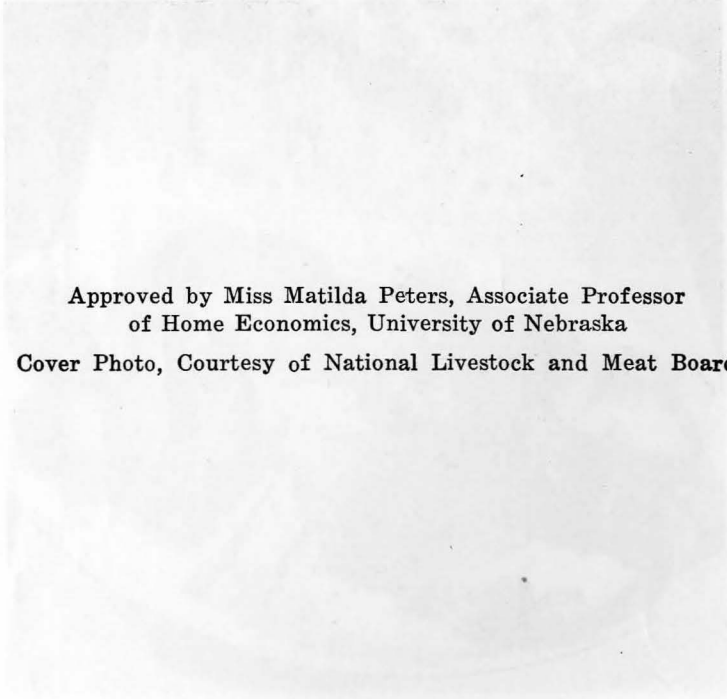
The University of Nebraska Agricultural College Extension Service
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W. H. Brokaw, Director, Lincoln

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Meat Cookery and Meat Dishes

Approved by Miss Matilda Peters, Associate Professor
of Home Economics, University of Nebraska

Cover Photo, Courtesy of National Livestock and Meat Board



The University of Nebraska Agricultural College Extension Service
and the Department of Agricultural Engineering
W. H. Jackson, Director, Lincoln

Meat Cookery and Meat Dishes

By FLORENCE J. ATWOOD

A well-balanced diet is one which satisfies all of the food requirements of the body. Our foods are made up of a number of important food elements known as proteins, fats, carbohydrates, minerals and vitamins. The protein is necessary for building and repairing the body tissues, hence is often spoken of as the "tissue builder." The fats and carbohydrates make it possible for the body to do work, so they are recognized as energy-yielding foods. Minerals are known as blood and bone builders, while vitamins are often called the protective food elements. To keep the body functioning in the most efficient manner, it must be supplied with a certain amount of each of these dietary essentials. A diet which contains each of these in the proper proportions is said to be well-balanced.

SOURCES OF FOOD ELEMENTS

To obtain the protein for tissue building, we rely chiefly on meat, fish, eggs, and milk. The protein of these foods is of high quality and is easily digested. Meat also supplies some minerals (iron and phosphorus) which are used for blood building. The fatter meats are a source of fat for energy. Some of the glandular organs are especially valuable as a source of some of the vitamins. Meat also has such an appetizing flavor that it is universally liked.

At the present time conditions of overweight, and diseases such as anemia and pellagra are being treated by using liberal amounts of meat in the diet. Anemia, which is caused by a deficiency of iron in the diet, is being treated by using a generous amount of liver and lean meat tissues. Contrary to general opinion, meat does not cause any known disease, provided it is obtained from a sound carcass, and is well prepared or carefully preserved.

Considering the criteria previously stated, meat is an extremely important article of the diet since it is valuable from a nutritive point of view and also because it is so generally liked. From an economic standpoint we are interested in the supply and demand for meat because this has an important influence on the livestock and meat industry.

DIGESTIBILITY OF MEAT

The digestibility of food is measured by

- (1) the thoroughness with which food digests
- (2) the speed with which food digests, and
- (3) freedom from digestive disturbances.

Experiments show that meat leaves the stomach less quickly than many other foods, but that about 97 per cent of the lean meat and 96 per cent of the fat meat is digested or absorbed from the digestive tract.

PRINCIPLES OF MEAT COOKERY

*** Reasons for cooking meat.** Meat is cooked to develop flavor and to make it more palatable and attractive. There are three different results at which we aim in cooking meats. They are:

1. To keep in the juices. This is done by the application of dry heat as in boiling, pan broiling, and roasting. This method is suitable only for the tender, juicy pieces of meats.

2. To soften the fibers or connective tissue. This is accomplished by cooking slowly for a long time in the presence of moisture, as in cooking in water or other liquid, stewing, and braising. These methods are suitable for the less tender cuts.

3. To extract all the juices. This is done by putting the meat on in cold water and cooking slowly for a long time. This is the method employed in making soup and sometimes stew.

EXPERIMENTAL COOKERY CHANGES OLD IDEAS

Many of the old methods used in cooking meat have been revised as a result of experimental work carried on during the past few years. It has been proved that the theory, "Meat must be seared quickly in order to seal up the juices which give meat its flavor and prevent shrinkage," does not hold true. In fact, searing contributed to greater shrinkage. Nor does the meat have a better flavor on the inside because it has been seared. It does, however, improve the flavor of the outer slices of meat and improves the appearance and aroma. Searing also improves the quality of the drippings, giving a richer brown color which is desirable for gravy. The Bureau of Home Economics at Washington, D. C. concluded that the initial sear decreases the cooking time, but **increases** the cooking losses. "Roasts put in a cold oven and those put in at the temperature maintained thruout the cooking period showed little differences in results and both were more evenly cooked than those seared at the beginning."

These principles apply to broiling steaks as well as to roasting. Therefore, when broiling steaks, broil for half the time on one side, then turn only once and complete the cooking.

* Taken from Meat and Meat Cookery, National Livestock and Meat Board.

THE TENDER CUTS

The amount of connective tissue which meat contains makes the difference between the tender and the less tender cuts of meat. The muscles which lie along the backbone such as the loin and ribs do not receive much exercise and are, therefore, tender. These are the cuts which may be broiled, panbroiled and roasted. These methods are known as cooking by dry heat.

ROASTING

This method is used for cooking thick pieces of tender meat. The process is essentially the same for different kinds of meat, but there is a variation in the length of time and a difference in the temperatures used for the roasting period. The use of a meat thermometer will assure uniform results, since the length of time per pound varies with different cuts of the same meat, with different kinds of meat, and with different roasting temperatures.

Beef. Wipe the roast with a damp cloth and place on a rack in an open pan with the fat side up. Placing the meat in this manner allows the fat to baste the roast as it cooks out. **Do not add any moisture** at any time during the roasting period. If a meat thermometer is available, insert it into the roast so that the bulb is as near as possible the center of the largest muscle of the roast. Since the seasoning penetrates the roast only a short distance, it is immaterial whether it is added at the beginning or when it is ready to be served. Place in a medium oven (325° F.) and keep at this temperature the entire roasting time. The time for roasting is found in the table below.

Pork. Pork is roasted in an open pan. See time table for length of time for roasting.

Lamb. The fell is not removed from the leg and the skin side is placed down. Use an uncovered roaster and do not use water.

Veal. A covered roaster is used for this meat to protect the surface since fat is lacking.

TIME TABLE FOR ROASTING MEATS

Beef Roast—

16-18 min. per lb. for rare roast or thermometer in roast registers 135°-140° F.

22 min. per lb. for medium roast or thermometer in roast registers 155°-160° F.

30 min. per lb. for well-done roast or thermometer in roast registers 165°-170° F.

Pork Roast—

Well-done—thermometer in roast registers 180°-182° F., or

30 min. per lb. for a 4 to 5 lb. loin

25-30 min. per lb. for fresh shoulder and ham

45-50 min. per lb. for fresh butt.

Ham—

Thermometer in roast at 185° F., or

25 min. per lb, for a 10 to 12 lb. ham

20 min. per lb. for larger hams

30 min. per lb. for half hams.

Lamb—

Well-done—thermometer in roast registers 175° to 182° F. for lamb or mutton 35 min. per lb.

Veal—

Thermometer in roast registers 160° F.

23 min. per lb.

BROILING AND PAN-BROILING

These methods are used for cooking steaks and chops. The pieces of meat are browned in a sizzling hot skillet, in a wire broiler over a bed of coals, or on broiling rods under a gas flame. When a skillet is used it is necessary occasionally to pour off the fat which accumulates, so as to avoid frying the steak. After the meat is nicely browned, if a meat thermometer is available, place it horizontally in the largest muscle with the bulb as near the center as possible. Put the steak on a meat rack in a pan and place in a slow oven until steak is done or until thermometer reads 135°-140° F., if a rare steak is desired. A small gash cut along the edge of the bone and then bending the meat back to note the color is a good way to test for doneness.

THE LESS TENDER CUTS

The cuts which have developed connective tissue by exercise require long, slow cooking in the presence of moist heat. Moist heat applied for a long time softens the connective tissues while dry heat hardens and toughens them. The less tender cuts develop extractives, hence are well flavored.

The methods used for cooking these cuts of meat are cooking in water (simmering), stewing, and braising.

Cooking in Water. By this method the water is allowed to simmer, or is kept below boiling point.

Stewing. Meat for stewing is cut in small pieces. If a brown stew is desired, the pieces are browned in a small amount of fat before the water is added. Another method of stewing is to plunge the meat into boiling water and let simmer until tender. If a highly flavored broth is desired, put the meat into cold water and bring the temperature up very slowly to just below boiling point. The meat will be tender and juicy, but have very little flavor. When stewing meat, the water should never be allowed to boil.

Braising. This is the most satisfactory method to use for pot-roast, Swiss steak, fricassee, pork chops, and veal cutlets. The meat is first browned on all sides, then a little water or other liquid is added, then covered tightly, and the cooking continued until the meat is tender. If the meat lacks fat, it may be necessary to add fat for the searing.

RECIPES

YORKSHIRE PUDDING

Beat together thoroly until smooth 1 c. milk, 2 eggs, $\frac{1}{2}$ c. flour, and $\frac{1}{2}$ t. salt. Pour the batter into the hot roasting pan containing about $\frac{1}{4}$ c. of beef drippings. Bake for 15 to 20 minutes in a moderately hot oven (400° F.), cut in squares and serve at once with roast.

POT ROAST OF BEEF OR BRAISED BEEF

Cuts of beef suitable for braising are: chuck, ribs, cross arm, clod, round, and rump. Select a piece from 4 to 6 pounds in weight. Wipe with a damp cloth. Rub with mixture of salt, pepper, and flour. Brown on all sides in a heavy kettle, using about 3 T. of beef fat or lard. Slip a low rack under the meat, add $\frac{1}{2}$ c. water, cover tightly, and simmer until tender. Time required for cooking cannot be definitely stated, but it will probably be about three hours. Turn roast occasionally. When the meat is done, remove from kettle, skim off the excess fat from the liquid and measure the remainder. For each cup of gravy desired, measure 2 T. of fat and return to kettle, add $1\frac{1}{2}$ to 2 T. of flour and stir until well blended and slightly browned. Then add 1 c. of the meat stock or cold water and stir until smooth. Season the gravy with salt, pepper, and parsley. Serve the pot roast on a hot platter with buttered carrots and stuffed onions.

If desired the following vegetables may be cooked in with the pot roast: carrots, celery, onions, potatoes, tomatoes, and turnips. Add the vegetables during the last hour of cooking the meat if they are to be served whole or in quarters, and arranged around the roast on the platter. If

preferred, they may be cooked longer, hashed and served as puree in gravy.

CREAMED MEAT

3 T. butter or other fat $\frac{1}{2}$ c. chopped pepper
 $4\frac{1}{2}$ T. flour Salt
 3 c. milk and meat stock Pepper

3 c. ground or cubed canned meat (or cooked ham)

Make a white sauce of the fat, flour, and milk. Add meat and green pepper and cook the mixture about 10 minutes. Season to taste with salt and pepper. Serve hot on toast, with waffles, or in a rice ring.

MEAT AND POTATO CAKES

3 c. ground canned meat (or cooked ham)
 3 c. seasoned mashed potatoes. Tabasco sauce
 3 T. chopped parsley.

Mix the meat, mashed potatoes, and parsley, and season to taste with salt and tabasco sauce. Mold in flat cakes, flour them lightly, and fry in hot bacon drippings or other fat until brown.

BROWNE HASH

To 1 quart mashed potatoes add 1 pint chopped canned beef or cooked corned beef, 1 finely chopped onion, and seasonings to taste, and mix thoroly. Mold into flat cakes and fry slowly on both sides until crusty. Or spread the mixture in an even layer in a greased frying pan and cook slowly until well browned. Or place in a greased baking dish and bake in a moderate oven until nicely browned.

BAKED APPLES AND SAUSAGES

2 c. crumbs (crackers or $\frac{1}{4}$ t. cinnamon
 bread) 4 large apples (cored
 12 to 18 link pork sausages and sliced)
 1 T. sugar

Place crumbs in bottom of greased baking dish. Cover with sausages, then cover sausages with sliced apples. Sprinkle apples with sugar and cinnamon. Cover and bake 25 minutes in a medium oven or until apples are tender. Uncover and brown. Serve hot.

BAKED SQUASH WITH SAUSAGE

Cut individual squash in halves, remove seeds, invert in baking dish and bake until tender. When squash is tender, turn right side up, fill cavity with sausage patty. Return to oven and cook at medium temperature until sausage is well done and attractively browned.

HUBBARD SQUASH IN CASSEROLE WITH BACON

Cut squash in quarters, remove the seeds. Boil, bake, or steam until tender and peel. Put thru a sieve or potato ricer enough squash to make 3 cups. To this add 1 t. salt, $\frac{1}{2}$ t. paprika, ($\frac{1}{8}$ t. nutmeg), and 1 c. of cream. Mix all together, turn into greased baking dish, and sprinkle with $\frac{1}{2}$ c. buttered bread crumbs. Broil 5 or 6 slices of bacon until half done. Remove and place on the squash and bake in hot oven (500° F.) from 12 to 15 minutes.

CANNED MEAT WITH NOODLES

3 T. butter or other fat	3 c. ground canned meat
3 T. flour	(or cooked ham)
3 c. milk and meat stock	Salt and pepper
2 c. cooked noodles	1 c. buttered bread crumbs

Make a white sauce of the fat, flour, and milk, and add $\frac{1}{2}$ t. salt, depending on the saltiness of the meat. Make alternate layers of noodles and meat in a shallow baking dish, pour on the white sauce, sprinkle buttered crumbs on top. Bake 20 minutes in moderately hot oven (375° F.). Macaroni or rice may be used in place of noodles.

CASSEROLE OF RICE AND MEAT

2 c. chopped canned meat	1 t. salt
1 T. chopped onion	Pepper
1 beaten egg	$\frac{1}{4}$ t. celery salt
2 T. cracker crumbs	Milk or meat stock

Combine ingredients in order given, using a small amount of milk or meat stock to moisten. Line an oiled mold with cooked rice one-half inch deep. Pack meat mixture into the mold. Cover with a layer of rice and steam 45 minutes or set in a pan of hot water and bake in a moderate oven. Serve on hot platter with tomato sauce.

BEEF SCALLOP

Cook 1 cup rice and mix with it 2 to 3 cups canned tomatoes, 1 pint cut-up canned beef, and sliced onion. Season to taste with salt and pepper. Bake slowly in a shallow pan until the mixture thickens. Or in place of the rice use cooked hominy, hominy grits, macaroni, spaghetti, noodles, or cracked or whole wheat.

CASSEROLE STEW

$1\frac{3}{4}$ c. canned beef	4 potatoes cubed
4 carrots diced	4 small onions, sliced
$\frac{1}{2}$ c. tapioca	$\frac{1}{2}$ c. peas
1 T. butter	Salt and pepper to taste

Cut the meat into medium-sized pieces. Place all the ingredients in a buttered casserole and cover with water. Bake slowly, keeping the dish covered until all vegetables are tender, stirring frequently. Keep filled with water. Serve hot. (Serves 6.)

SPANISH STEW

1 quart canned beef, ground	
1 pint tomatoes or 1 can	1 package macaroni or
condensed tomato soup	noodles
1 small onion	Salt and pepper to taste

Cook macaroni or noodles in boiling salted water until tender. Dice onion. Combine all ingredients. Place in oiled baking dish or casserole. Bake until slightly browned on top.

BEEF AND VEGETABLE STEW WITH DUMPLINGS

Cook about 2 quarts sliced vegetables in 1 quart salted water until tender. Onions, turnips, and carrots are a good combination. Thicken slightly with flour mixed with cold water. Add 1 pint cut-up canned beef. Season to taste. For dumplings, follow recipe below for dough on pies, but use more liquid (about 2 cups). Drop by spoonfuls over the stew, cover tightly to hold in steam, and cook for 15 to 20 minutes.

BEEF AND TURNIP PIE

Cook one quart diced turnips tender in 1 quart boiling salted water. Thicken with flour mixed with cold water. Add 1 pint cut-up canned beef, and pour into a shallow pan or baking dish. Cover with dough and bake in a hot oven.

For this dough, sift 1 quart of flour with $1\frac{1}{2}$ teaspoons salt, and 2 T. baking powder. Work in 4 T. of fat. Add enough liquid (water, or fresh milk, or dried or evaporated milk made up with water) about $1\frac{1}{2}$ cups, to make a soft dough. Roll out or pat the dough about $\frac{3}{4}$ inch thick. Cover the pie with the sheet of dough, or cut it into biscuits and place them close together over the top of the beef and turnip mixture.

MEAT PIE OR TAMALES PIE

1 qt. canned veal or beef, ground	2 T. sugar
1 t. chili powder	Cornmeal mush
1 can tomatoes	Salt and pepper
1 large onion	

Brown the onion in a little bacon fat or lard in a large size skillet. Add the meat. After it is slightly browned

with the onion, add the chili powder, salt and pepper and tomatoes sweetened with sugar. Cover the mixture with generous layer of cornmeal mush. Dot with butter and bake until mush is golden brown. For variety, green peppers may be sliced over top.

TAMALE PIE

Cook together 1 cup cornmeal, 2 t. salt, and 4 c. water or $4\frac{1}{2}$ c. milk to make fairly thick mush. Mix 1 pint cut-up canned beef with 1 pint canned tomatoes, add a finely chopped onion, and salt and pepper to taste. Put a layer of mush in a greased baking dish or pan, add the meat mixture and cover with the rest of the mush. Bake in a moderate oven until hot thru and lightly browned on top.

SOUFFLE FROM CANNED MEAT

- | | |
|-----------------|----------------------------------|
| 3 T. butter | 1 c. chopped canned meat (cooked |
| 3 T. flour | ham may be substituted for |
| 1 c. sweet milk | canned meat) |
| 2 eggs | Few drops onion juice |

Melt butter, add flour, and blend thoroly. Add milk gradually and stir until smooth. Bring to boiling point, then remove from fire and add egg yolks slightly beaten. Add meat and seasonings. Then fold in egg whites stiffly beaten. Pour into buttered baking dish, set in a pan of hot water, and bake in moderate oven about 20-30 minutes or until it springs back when touched. Serve at once.

PANNED CABBAGE AND CORNED BEEF

Heat 3 T. of fat in a large pan, add 3 quarts shredded cabbage, cover to keep in the steam, and cook for 10 to 15 minutes, stirring frequently. Add 1 pint canned corned beef, separated in small pieces, and heat thoroly. Season to taste with salt, pepper, and a little vinegar.

MEAT AND GREEN PEPPER SALAD

- | | |
|-----------------------------|----------------------------------|
| 1 c. diced canned meat | $\frac{1}{4}$ c. chopped parsley |
| (or cooked ham) | Salt |
| 1 c. finely cut celery | 3 medium sized peppers |
| 2 c. cheddar cheese (diced) | |

Mix the meat, cheese, celery, and parsley thoroly. Add salt to taste. Pack the mixture in green peppers and chill. Cut stuffed peppers in slices and serve on lettuce with French dressing or other desired dressing.

SAVORY SANDWICH FILLINGS

Mix ground or minced canned meat (or cooked ham) with salad dressing and chopped pickles, chopped eggs,

parsley, and celery, or with salad dressing and chopped pickles. Meat with creamed cheese, shredded lettuce, then slices of crisp cucumbers makes another savory filling.

SAVORY FAT

(Spreading for bread and toast)

Fry out some beef suet, add about one-fourth as much bacon fat, then add some onion chopped fine, a little bay leaf, chopped raw carrot and salt. Use as a spread. Keep in a cool place.

HOT BEEF AND ONION SANDWICH

Cook 1 pint sliced onions tender in 3 cups boiling salted water. Thicken with flour mixed with cold water and cook several minutes longer. Stir in 1 pint cut-up canned beef and heat thoroly. Season to taste with salt and pepper. Use as the filling for hot sandwiches with bread, toast, or hot biscuit.

SCALLOPED POTATOES WITH CANNED SAUSAGE BALLS

Butter a casserole and put in a layer of finely sliced raw potatoes and then a layer of canned sausage balls. Alternate layers of potatoes and sausage until casserole is filled within 1½ inches of the top. Cover with milk and season with salt and pepper. Bake for 1 hour on top of stove or 2 hours in the oven. Serve hot in casserole.

SAUSAGE AND SWEET POTATO CROQUETTES

Boil and mash sweet potatoes and season with butter, salt, and pepper. If potatoes are dry, add a little milk. Cook link sausages until almost done. Make croquettes of the potato mixture with sausage in the center of each. Roll in fine dry crumbs, dip in beaten egg, and roll in crumbs again. Fry in deep fat.

SAUSAGE AND FRIED APPLES

Fry sausage until brown and crisp, drain on absorbent paper, and keep hot. Leave about 4 T. of sausage fat in the skillet. Meanwhile slice or quarter apples, leaving skins on. Fill skillet with apples, sprinkle on 3 or 4 T. sugar, cover and cook until apples are tender. Then remove cover, turn apples gently, so pieces will hold shape and let them brown. Continue cooking slowly until transparent. Serve the fried apples on hot platter with the sausage.

CORN AND PORK SCALLOP

Use 1 quart of canned pork chops. Brown. Season with salt and pepper to taste. Take a 2 quart baking dish, put a layer of corn in the bottom (either fresh corn cut from

cob or canned corn), then a layer of pork, and so on until dish is full. Add 1 c. water (more will be needed if fresh corn is used), cover and bake 1 hour. Remove cover 15 minutes before serving so that the top may be nicely browned.

PORK AND APPLE PIE

2 c. diced canned pork 1 c. gravy
1 c. thinly sliced tart apples Pastry or biscuit dough

Arrange pork and apples in alternate layers in a shallow baking dish. Pour the well-seasoned gravy over them and cover with pastry. Make slits in pastry to allow the steam to escape. Bake in a hot oven (400° F.) for about 30 minutes or until apples are tender and crust is brown. (Serves 4.)

PORK CHOPS AND SAUERKRAUT

Brown six shoulder pork chops on both sides. Season with salt. Place a layer of sauerkraut in a baking dish, add the chops, cover with kraut, and add 1 c. of boiling water. Cover the dish and bake in a moderate oven for about an hour.

CASSEROLE OF PORK AND NOODLES

1 medium sized onion 2 c. diced canned pork
½ medium sized green ½ lb. noodles
pepper Salt, pepper, sugar
2 T. butter Grated cheese
2½ c. strained tomatoes or
Tomato soup

Chop onion and green pepper and cook them for a few minutes in butter. Add the tomatoes. Liquor from canned pork may be added also. Combine with pork and cooked noodles, and season to taste with salt, pepper and a little sugar. Turn into a casserole, sprinkle with grated cheese, and bake in a moderate oven (350° F.) for about half an hour. This dish may be prepared with raw chopped pork. The meat should be slightly browned in a hot skillet before it is added to the other ingredients. (Serves 4.)

LUNCHEON MACARONI WITH CANNED PORK

Cook 2 cupfuls of macaroni in plenty of boiling salted water. Drain and rinse in cold water and place in a buttered baking dish. Grind canned pork, enough to make 1 cupful, heat in a frying pan with drippings to keep it from sticking, add 1 t. of minced onion. Add slowly 2 T. flour and 2 c. milk. Stir well and cook until slightly thick-

ened. Pour this mixture over the macaroni. Cover with $\frac{1}{2}$ c. grated cheese and bake in a moderate oven. (325° to 400° F.) for 25 minutes. (Serves 6 to 8.)

SALT PORK STEW

Cut 1 pound of raw lean salt pork into small pieces, soak, and parboil. Cook until tender in 1 quart of water. Then add 1 pint each of raw potatoes, turnips, and carrots. Cook until vegetables are tender. Thicken the stew slightly with flour mixed with cold water. Season to taste with pepper, and salt if needed.

SALT PORK SCRAPPLE

Make a mush of 2 cups of cornmeal and 2 quarts of unsalted water. Add 2 to 3 c. chopped cooked lean salt pork. Season with $\frac{1}{2}$ t. rubbed sage if desired. Pour in wet pans, let stand until cold and firm, slice and fry until brown.

SPANISH RICE

Chop about $\frac{1}{2}$ pound of salt pork and fry until crisp. Slice 2 onions and brown them in the fat. Add 1 quart of fresh or canned tomatoes and 3 or 4 cups of cooked rice. Season to taste with pepper and salt if needed.

PORK CHOPS WITH APPLE RINGS

6 pork chops	2 T. lard	Salt
3 apples	Flour	Pepper

Dredge pork chops with flour, season with salt and pepper, and brown on both sides in hot lard. Pare and core the apples and cut into rings about $\frac{1}{2}$ inch thick. Place rings on top of each chop. Add a few tablespoons of water, cover, and simmer until chops are done and apples are tender.

FRIED BACON AND APPLE RINGS

Lay strips of bacon in a cold heavy skillet. Cook slowly and turn the bacon frequently. When done to desired stage, remove bacon at once and lay it on absorbent paper. If cooking a large quantity of bacon, pour off the fat occasionally.

Wash and core apples and cut crosswise into thick slices. Lay a single layer of apple rings in the hot bacon fat, sprinkle with sugar, partially cover, turn rings occasionally and cook until tender and light brown. Serve rings hot with bacon.

FESTIVE HAM

A lean ham, weighing 9 to 10 pounds

2 cups of honey

1 quart of juice from apple, peach or other pickles or pineapple juice.

The ham should be given its preliminary cooking the day before. Bring it to a boil, then simmer, allowing 20 minutes to the pound. Use the pineapple juice or pickle juice in the water in which the ham is boiled. Remove ham from liquid, skin, and pour the 2 c. honey over the ham. Let stand overnight. The next day add enough liquid which has been kept from the boiling liquid for basting purposes. Rub the skinned surface with bread crumbs, then baste frequently with the honey liquid to which has been added 1 cupful of chopped maraschino cherries. Bake the ham, uncovered, in a moderate oven (350° to 375° F.) for 1 hour, or until nicely browned on top.

BAKED HAM SLICE WITH PINEAPPLE

Thick slice of ham	1 t. prepared mustard
$\frac{1}{2}$ c. brown sugar	$\frac{3}{4}$ c. pineapple juice
$\frac{1}{2}$ c. bread crumbs	5 or 6 slices canned pineapple

Have a slice of ham cut about 1 inch thick. Trim off the rind and lean edge. Fry out a piece of fat in a heavy skillet. Brown the ham on both sides and transfer it to a shallow baking dish. Pour off fat from pan drippings and with the remainder in the skillet, mix the sugar, bread crumbs, mustard, and pineapple juice. Cover the ham with this mixture and bake without a lid in a very moderate oven (300° F.) for about 1 hour. Baste the ham occasionally.

About 15 minutes after the ham is put in the oven, arrange pineapple slices, cut in halves, in another shallow greased baking dish, and pour over them some of the liquid from the ham. Bake the pineapple slowly at 300° F. for about 45 minutes. Turn the slices during the cooking. Serve pineapple around the ham.

ACCOMPANIMENTS FOR HAM

Broiled Canned Peaches or Pineapple

Drain the sirup from the fruit. Place the rings of pineapple or the halves of peaches in the shallow baking dish, pit side up, pour over them a small quantity of melted butter or other fat, and add a very little salt. Broil under a flame or bake in oven until the fruit is thoroly hot and lightly browned. Serve with ham. These may also be served with broiled steak or lamb chops.

CIDER AND RAISIN SAUCE

$\frac{1}{4}$ c. sugar	$\frac{1}{4}$ c. seedless raisins
1 T. cornstarch	4 small pieces of stick cinnamon
$\frac{1}{8}$ t. salt	8 whole cloves
1 c. cider	

Mix the sugar, cornstarch, and salt, and add the cider and the raisins. Put in the spices tied up in a piece of cheese cloth. Boil the mixture for about 10 minutes and take out the spices. Serve the sauce hot with ham.

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