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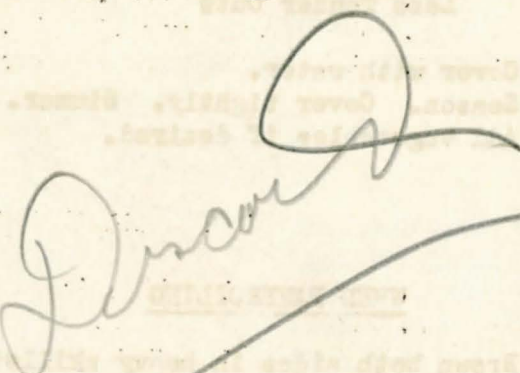
EC9958 Making the Most of our Meat Supply

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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 FOOD

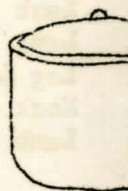
WHAT TO BRAISE -- A MONTH

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 Bone

Cross Cut Foreshank

Pork Hocks

Pork Shanks

Pork Feet

Backbones

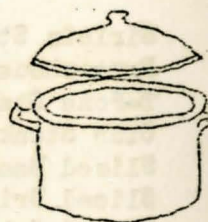
Neckbones

Spareribs

Smoked Picnic

Smoked Shoulder Butt

Smoked Hocks




COOKING METHOD

-1-

SERVINGS MOD VALUE

ST HEAT METHOD



| | |
|-------------------------|---------------------------------|
| Spareribs | Rolled Veal Breast |
| Pork Sirloin Chops | Veal Shoulder Steaks |
| Pork Blade Loin Chops | Mock Chicken Legs |
| Lamb Breast | City Chicken |
| Lamb Neck Slices | Veal Patties |
| Lamb Shanks | Hearts (beef, pork, veal) |
| Lamb Riblets | Kidney (beef, pork, veal, lamb) |
| Veal Breast with Pocket | Liver (pork, lamb) |

STEW OR LEFT IN PIECE)

| | |
|------------------|----------------------------------|
| Ham Shanks | Veal Shank |
| Smoked Spareribs | Veal Flank |
| Lamb Neck | Brains (beef, pork, veal) |
| Lamb Shank | For pre-cooking |
| Lamb Shoulder | Hearts (beef, pork, veal) |
| Lamb Breast | Kidneys (beef, pork, veal, lamb) |
| Veal Breast | Sweetbreads (beef) |
| Veal Neck | For pre-cooking |
| Veal Shoulder | Tongue (beef, pork, veal) |

MEAT PIE WITH CATSUP BISCUITS

| | |
|----------------------------------|---------------------------|
| 1 lb. ground beef | $\frac{1}{4}$ tsp. pepper |
| 2 tbsp. fat | 2 c. cooked lima beans |
| 2 tbsp. grated onion | Biscuit dough |
| $\frac{1}{2}$ c. canned tomatoes | 4 tbsp. catsup |
| 1 tsp. salt | |

Brown meat in fat. Add onions, tomato, and seasonings. Add lima beans and heat. Pour into casserole. Roll biscuit dough $\frac{1}{2}$ in. thick. Spread with catsup and roll like jelly roll. Cut into 1 in. slices and place cut side down over hot meat mixture in casserole. Bake in moderately hot oven, 425° F. 25 to 30 min.

KIDNEY OR LIVER LOAF

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

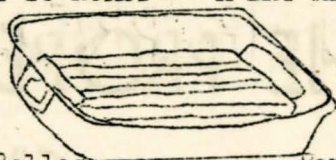
Wash the kidney in cold water. Drain well and grind, including internal fat. Pour milk over bread and soak. Combine all ingredients and mix thoroughly. Line pan with bacon. Pack firmly in loaf pan. Bake $1\frac{1}{2}$ hrs. in moderate oven at 350° F.

CHEESE TIMBALE

| | |
|-------------------------|----------------------------------|
| 1 c. soft bread crumbs | $\frac{1}{2}$ tsp. dry mustard |
| 2 c. milk | 1 Tbsp. melted butter |
| 3 eggs | $1\frac{1}{3}$ lb. grated cheese |
| $\frac{1}{4}$ 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.

WHAT TO ROAST -- A DRY HEAT METHOD



| | |
|--------------------------------|-----------------------------|
| Standing or Rolled | Pork Loin |
| Beef Blade Rib (6-7) | Fresh Cushion Picnic |
| Beef Rolled Blade Rib | Boston Butt |
| Beef Rump (high quality) | Pork Sirloin |
| Chuck Ribs (3-5, high quality) | Pork Blade Loin |
| Meat Loaves | Spareribs |
| Pork Shoulder | Smoked picnic |
| Lamb Rolled Shoulder | Smoked Shoulder Butt |
| Lamb Rolled Loin | Fresh Ham |
| Lamb Cushion Shoulder | Veal Rolled Shoulder |
| Lamb Breast with Pocket | Veal Cushion Shoulder |
| Lamb Rolled Breast | Veal Arm Roast |
| Leg Lamb | Veal Blade Roast |
| Mock duck | Veal Rump |
| Lamb Crown Roast | Veal Leg (shank or rump hal |
| | Veal Breast |
| | Veal Crown |
| | Veal Rib |

WHAT TO BROIL OR PAN BROIL -- A DRY HEAT METHOD



| | |
|-------------------------------|---|
| Sirloin Steaks | Shoulder Lamb Chops |
| Porterhouse Steaks | Lamb Choplets (from breast stuffed with ground lamb) |
| T-Bone Steaks | Lamb Chops |
| Club Steaks | Lamb Patties |
| Sliced Bacon Ends | Lamb Kidneys |
| Sliced Brisket Bacon | Veal Kidneys |
| Sliced Salt Pork or Side Pork | |
| Beef Patties | |
| Ham Butt or Shank Slices | |
| Smoked Shoulder Butt Slices | |
| Ground Beef | |

THE PROPER CO

GIVES MORE CONSERVES

WHEN BRAISING

1. Season. Brown in hot fat.
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.
2. Season. Cover tightly. Simmer.
3. Add vegetables if desired.

WHEN PAN-FRYING

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.

CONSERVE F

COOKING METHODS

-3-

E SERVINGS FOOD VALUE

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.
2. Season. Brown in hot fat.
3. Cover with hot water.
4. Cover tightly. Simmer. Add vegetables.

WHEN BROILING

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

R VICTORY