

1966

EC66-944 Variety Meats

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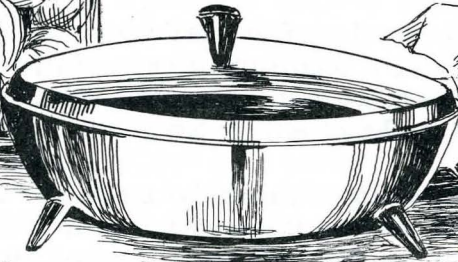
EC 66-944

VARIETY MEATS

BY ETHEL DIEDRICHSEN

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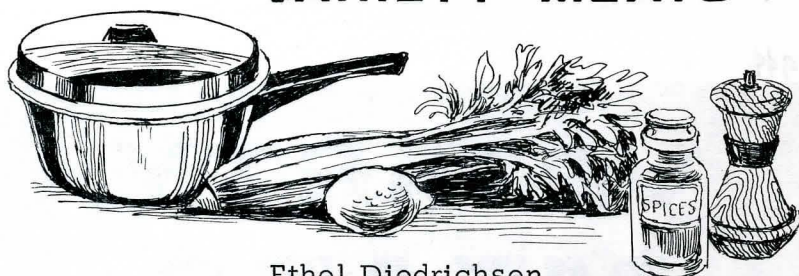
Extension Service

University of Nebraska College of Agriculture and Home Economics
and U. S. Department of Agriculture Cooperating

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VARIETY MEATS



Ethel Diedrichsen
Extension Specialist - Food and Nutrition

Variety meats are the edible organ meats. They include liver, heart, tongue, brains, sweetbreads, kidneys and tripe. They are excellent sources of protein and essential vitamins and minerals. They are often economical and offer interesting variations for meals.

Other cuts which give variety to meals include ox-tails and pig knuckles. These also offer flavor, food value and appetite appeal.

Liver is the most popular of variety meats. It is rich in iron, copper, vitamins A and B complex. Of the various kinds, calf liver is the most tender and delicate in flavor. Pork liver is usually the least expensive.

The membrane around liver should be peeled or trimmed before cooking. This may be done with a pair of kitchen shears. Grinding is easy if liver is cooked in fat or simmered for 2 or 3 minutes in water. Ground liver may be made into patties, liver loaf or sandwich spread.

To broil: Slice liver $1/2$ to $3/4$ inch thick. Dip slices in bacon drippings or melted butter. Broil each side about 3 minutes or just long enough to brown. Calf and lamb liver broil successfully.

To panfry: Roll slices of liver in seasoned flour. Brown on both sides in small amount of fat. Avoid over-cooking.

To deep fat fry: Cut liver in long thin strips. Roll in flour and fry in deep fat at 360° until browned. The strips may be dipped in egg and crumbs before frying.

To braise: Roll slices of liver in seasoned flour and brown in fat. Add 1/4 cup liquid, cover tightly and cook about 20 minutes. Pork and beef liver are suitable for braising.

Heart is firm textured meat which requires long, slow cooking. Be sure to trim large veins and arteries with kitchen shears before cooking. A beef heart weighs about 3 1/2 pounds and makes from 8 to 10 servings. Lamb, veal and pork hearts are much smaller.

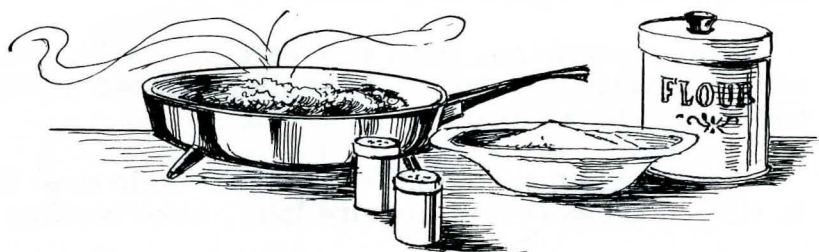
To braise: Brown the heart in a small amount of fat. Add 1/2 cup liquid and season with salt and pepper. Cover tightly and continue cooking at low temperature about 2 hours. Heart may be stuffed with bread dressing before braising if desired.

To stew: Cover heart with salted water. Use 1 tea-spoon salt per quart of water. Cover tightly and simmer until tender.

Tongue is a popular variety meat that may be purchased fresh, pickled, corned or smoked. Tongue should be cooked slowly in liquid for 3 or 4 hours. When it is tender, remove the skin and cut away the roots. If the tongue is to be served cold, it will be more juicy if cooled in the liquid in which it is cooked. After cooking, smoked or pickled tongue may be sliced and served cold, or reheated in a spicy sauce.

Brains are soft in consistency, very tender and delicately flavored.

To fry: Remove membrane, then roll in flour or crumbs and brown in a small amount of fat. Turn occasionally and cook about 20 minutes or until done.



To braise: Prepare as for frying. When browned, cover and cook slowly about 20 minutes.

To precook: Simmer brains for 20 minutes in water to which 1 teaspoon of salt, 1 tablespoon of lemon juice or vinegar have been added for each quart of water used. This helps to keep the brains white and firm. Drain, cover with cold water and remove membrane. Use at once or chill. After precooking, brains may be scrambled with eggs, creamed, brushed with butter and fried or broiled.

Sweetbreads are tender with a delicate flavor. Veal and young beef furnish nearly all of the sweetbreads on the market. They may be broiled, fried, braised or cooked in liquid. Sweetbreads may be precooked and used in the same way as brains.

Kidneys are prized by gourmets. Beef kidney should be cooked in liquid or braised. It is less tender than pork, lamb and veal kidneys which may be broiled. Before cooking, remove membrane and heavy veins. Slice or cut kidney in pieces if desired.

To cook in liquid: Cover kidney with water and simmer about 1 hour or until tender. Water should be changed several times during cooking. Use in stew or fry with onion.

To braise: Roll pieces in flour seasoned with salt and pepper and brown in fat. Add a small amount of liquid, cover tightly and cook slowly until tender, about 1 hour.

Tripe has a very delicate flavor and is one of the less tender variety meats. You can buy it fresh, pickled or canned. The fresh type is partly cooked but requires further cooking in salted water before serving. Tripe may also be purchased fully cooked.

After precooking, tripe may be served with tomato sauce, brushed with butter and broiled, dipped in batter and fried, or combined in a thick soup.

Oxtails are bony pieces with considerable meat that is rich in flavor. They require long, slow cooking in

moist heat to make them tender and are prepared in two ways.

To make soup: Cover separated joints with salted water and cook slowly for 2 hours. Take the meat from the bones and add to the broth with barley and vegetables.

To braise: Roll the joints in flour seasoned with salt and pepper. Brown in hot fat. Add one cup of water, one cup of stewed tomatoes, onion, bay leaf and cloves if desired. Cover closely and simmer for 3 or 4 hours.

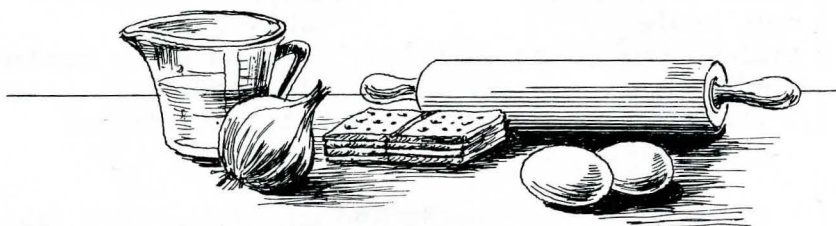
Pig Knuckles are mild in flavor. They have much bone and connective tissue and require long slow cooking in water to soften and change some of the connective tissue to gelatin. Vinegar, spices and seasonings may be added to the cooking liquid to give added flavor.

RECIPES

Chicken Fried Liver

- | | |
|---------------------------|-------------------------|
| 1 1/2 pounds liver | 1/4 teaspoon basil |
| 2 tablespoons lemon juice | 2 eggs, well beaten |
| 1/4 cup flour | 1/3 cup evaporated milk |
| 1 teaspoon salt | 2 cups fine cracker- |
| 1/4 teaspoon pepper | crumbs |
| 1/4 teaspoon garlic salt | 1/4 cup minced onion |
| | 1/4 cup fat |

Sprinkle liver with lemon juice. Combine flour with seasonings. Mix eggs and milk together. Roll liver in flour; then dip in egg mixture and cracker crumbs. Add onions and brown in hot fat until cooked through but still moist inside. Makes 6 servings.



Baked Liver in Mushroom Sauce

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| 6 slices liver | 2 teaspoons instant |
| 1/2 teaspoon salt | minced onion |
| 1/8 teaspoon pepper | 2 tablespoons fat |
| 1/2 cup flour | 1 can condensed cream |
| | of mushroom soup |

Slash edges of liver to prevent curling. Roll in seasoned flour. Brown liver with onion in fat in heavy skillet. Add mushroom soup, cover and bake at 325° for 20 minutes. Makes 6 servings.



Deviled Liver Loaves

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| 1 pound beef liver | 1 tablespoon lemon juice |
| 1/2 pound bulk sausage | 1 tablespoon chopped onion |
| 2 eggs, beaten | 1 teaspoon salt |
| 1 cup cracker crumbs | 1/2 teaspoon chili powder |
| 1/2 cup milk | 1 teaspoon Worcestershire sauce |
| 2 tablespoons catsup | |

Simmer liver in small amount of hot water for 3 minutes. Grind and mix with remaining ingredients. Place in greased muffin pans or 8 x 4 inch baking pan. Bake at 350° for 1 hour. Makes 6 servings.

Heartburgers

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|-----------------------------------|---------------------------------|
| 1 pound ground heart | 1/2 teaspoon garlic salt |
| 1 pound ground beef | 1 teaspoon Worcestershire sauce |
| 1 egg, beaten | |
| 2 tablespoons evaporated milk | 1/2 teaspoon dry mustard |
| 1/2 teaspoon monosodium glutamate | 1/4 teaspoon salt |
| | 1/8 teaspoon pepper |

Combine all ingredients and mix well. Form into 8 or 10 patties and fry, broil or grill to desired doneness.

Spiced Tongue

1 beef tongue	2 teaspoons mixed
1 lemon, sliced	pickling spice
2 teaspoons salt	Leafy tops of 3 celery stalks

Cover tongue with hot water; add remaining ingredients and simmer covered for 3 hours or until tender. Plunge in cold water remove skin and carve in thin diagonal slices. Serve hot or cold with raisin sauce, cherry sauce or horseradish sauce.

Brainy Scrambled Eggs

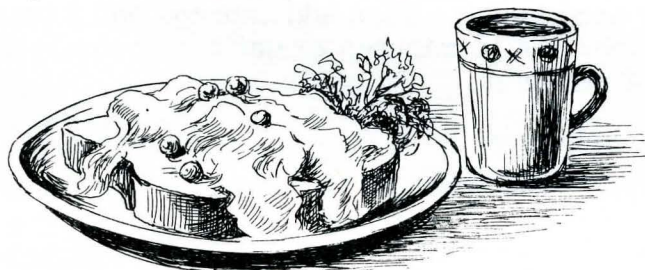
1/2 to 1 pound brains	4 eggs, beaten
1/2 cup diced ham or bacon	1/2 teaspoon salt
2 tablespoons bacon fat	1/8 teaspoon pepper

Precook brains and cut in pieces. Brown with ham in fat. Combine with beaten eggs. Add seasonings and cook over low heat, stirring just enough to scramble. Makes 6 servings.

Creamed Sweetbreads

1 pound sweetbreads	1/8 teaspoon white pepper
1/4 cup butter	1/2 cup cooked & diced ham, veal or chicken
1/4 cup flour	1/2 cup cooked peas
2 cups milk or light cream	Parsley
1 teaspoon salt	

Precook sweetbreads and cut in pieces. Make a sauce of butter, flour, milk and seasonings. Combine sweetbreads and sauce with ham and peas. Heat and serve on toast or in pastry shells. Garnish with sprig of parsley or slivered toasted almonds.



Breaded Tripe

1 pound cooked tripe	1/2 cup dry bread crumbs
1 egg	2 tablespoons fat
1 tablespoon milk	

Cut cooked tripe into serving pieces. Dip in slightly beaten egg mixed with milk, and then in bread crumbs. Brown in fat. Season with salt and pepper and garnish with parsley. Makes 4 servings.

Oxtail Stew

2 pounds oxtails	1 teaspoon salt
Seasoned flour	4 whole allspice
1 cup tomato juice	1 bay leaf
1/2 cup water	1 clove garlic, minced
1 cup chopped onion	2 tablespoons lemon juice

Roll oxtails in flour, seasoned with salt and pepper and brown in hot fat. Add other ingredients except lemon juice and simmer for 3 hours. Remove all spice and bay leaf and add lemon juice. Serve with hot buttered noodles. Makes 4 to 6 servings.

Pigs' Knuckles

4 pigs' knuckles	1 clove garlic, minced
1 tablespoon salt	1 medium head green
1 cup celery tops	cabbage, cut into 2
1 bay leaf	inch wedges
8 to 10 whole black peppers	2 teaspoons salt

Wash knuckles; place in large kettle and cover with boiling water. Add 1 tablespoon salt, celery tops, bay leaf, black peppers and garlic. Simmer covered for 2 hours or until tender. Then add cabbage and 2 teaspoons salt. Cook for 10 minutes or until cabbage is tender. Makes 4 servings.