

# Meats



### Skillet Meat & Beans

- ½ lb. wieners, cut into chunks
- ½ lb. ground beef
- ¼ cup dry onion soup mix
- 1 teaspoon dry mustard
- 1 teaspoon seasoned salt
- ½ cup mincemeat
- 1 can (1 lb. 5 oz.) pork  
and beans

In large skillet, combine first five ingredients., Cook, stirring, until beef is browned. Gently mix in mincemeat and pork and beans. Simmer over low heat. Serves 5 to 6. Serve with a molded fruit gelatin salad, crusty french bread, and a favorite dessert.

### Ham Casserole

Mrs. Ed Williams

3 T butter	1/4 cup melted butter
1/4 cup flour	6 hard boiled eggs, sliced crosswise
1/2 tsp. salt	1 cup cubed cooked ham
2 cups milk	1/2 cup sliced mushrooms
1 cup dry bread crumbs	

Make white sauce of butter, flour, salt and milk.

Moisten crumbs with remaining ham and mushrooms in greased casserole. Pour over white sauce. Top with crumbs. Bake in 350 degree oven for 25 minutes. Serves 6.

### Baked Ham Slices

I. Moodie

1 T flour	1 T dry mustard
1 T sugar	Milk

Make paste of flour, sugar and mustard and spread over as many slices of ham as desired. Place in pan and cover with milk and bake. Delicious!

### Ham and Pineapple Slices

Mrs. J. J. Pickford

4 to 6 slices pineapple	3 or 4 medium-size sweet potatoes, mashed
4 to 6 slices ham cut same size as pineapple	4 to 6 marshmallows
Butter	1 egg, beaten
#2 can sweet potatoes, mashed or	Cream or milk
	Salt

First, prepare potatoes. Boil raw ones or heat canned ones and mash. Add egg and enough cream or milk to make the right consistency to beat until fluffy. Season. Brown ham slightly on both sides. Brown pineapple in same skillet. Place ham on cookie sheet or baking pan. Put pineapple slices on the ham. Cover each slice with several tablespoons of hot mashed potatoes. Put a marshmallow on top of each. Bake at 400 degrees until lightly brown. Serve with a tossed green salad and garlic bread.

### Old Fashioned Ham Loaf

Mrs. Dougald A. Cameron

2 eggs	1 lb. ground beef
1 cup milk	1 lb. ground lean pork
2 cups soft bread crumbs	1/2 lb. ground smoked ham
2 tsp. salt	2 1/2 cups tomatoes,
1/2 tsp. pepper	cooked

Beat the eggs. Stir in milk, crumbs, salt and pepper. Let stand a few minutes. Mix in remaining ingredients. Pack into greased 10 x 5 x 3 baking dish. Place in refrigerator for two hours. Bake in 350 degree oven for 1 1/4 hours. Pour off liquid. Bake again for 20 minutes. Serve with parsley, boiled eggs, or cooked carrots as desired.

### Ham Loaf with Mustard Sauce

Dorothy Appleton

1 lb. lean ground round	2 eggs, beaten
2 lbs. lean pork, ground	1 cup tomato soup
1 cup milk	2 tsp. sugar
1 cup bread crumbs	1/2 tsp. salt
	1/4 tsp. pepper
	2 T flour
	1 cup vinegar
	1 cup water

#### Sauce

1/4 cup dry mustard  
1 cup brown sugar

Mix all ingredients and bake in loaf pan 2 hours in 275 degree oven. Mix dry ingredients for sauce. Add liquids and cook until smooth. Serve hot or cold.

### Ham De Luxe

Charlotte McNamara

An hour or so before cooking, prepare as follows. Cover ham slice with brown sugar, rubbing it well into meat. Sprinkle with cloves and mustard. Spread peanut butter on top of this. Cover with cold milk and let stand. Bake at 350 degrees for 1 hour, basting from time to time. Remove to a platter, sprinkle with finely chopped parsley, garnish with glazed apples.

### Meat Loaf

Mrs. Bill Appleton

1 lb. ground round  
1/4 lb. pork sausage  
1 onion, finely chopped  
1 clove garlic

1 cup bread crumbs  
1 small can Hunt's  
tomato sauce  
1 egg  
Salt and pepper to taste

Mix all ingredients and bake 1 hour in 350 degree oven.

### Hamburger Stroganoff

Amelia Yuliis

1/2 cup minced onion  
1/4 cup margarine  
1 lb. beef, ground  
1 clove garlic, minced  
4 oz. can mushrooms  
1 T flour  
2 tsp. salt  
1/4 tsp. pepper

1/4 tsp. monosodium  
glutamate  
1/4 tsp. paprika  
1 can condensed cream of  
chicken or mushroom  
soup, undiluted  
1 cup Hampshire sour cream  
Chopped parsley

Saute onions in butter till golden brown. Stir in beef and next seven ingredients. Saute for five minutes. Add soup and simmer, uncovered for ten minutes. Stir in sour cream and sprinkle with parsley. Serve hot on hot mashed potatoes, fluffy rice, noodles or toast. Serves 4 to 6.

### Meat Balls Stroganoff

Dorothy Appleton

1 lb. beef, ground  
3/4 lbs. pork, ground  
1 cup cracker crumbs  
Dash pepper, oregano  
thyme  
1/2 cup milk

2 eggs  
Sauce  
2 cups sour cream  
6 oz. can mushrooms  
2 tsp. salt

Mix all ingredients and form into balls. Brown in hot fat. Drain off excess fat and add 1 1/2 cups of the sour cream. Cover and simmer 1 hour. Remove meat balls to warm serving dish. Add remaining sour cream, mushrooms. Heat and serve.

### Swedish Meat Balls

Dorothy Appleton

1 lb. round steak ground	1 tsp. allspice
1/2 lb. pork, ground	1 tsp. sugar
1/2 lb. veal, ground	1 small onion, grated
4 Melba toast slices, crushed	1 tsp. cornstarch
Salt and pepper	1 egg
	Milk or cream to make soft consistency

Mix all ingredients. Shape into balls. Brown and simmer until done.

### Doc Allen's Favorite "Lions' Club Delight"

Sis Varble

1 lb. ground beef	1 large can sliced mushrooms and liquid
2 tsps. butter	1 tsp. salt
1 cup sour cream	1/4 tsp. pepper

Brown the ground beef in butter, add mushroom liquid, seasonings. Cover and simmer for 20 minutes or until liquids are evaporated. Add sour cream and sliced mushrooms. Heat, stirring well. Serve on buttered toast. A can of undiluted mushroom soup may be added if desired.

### Veal and Brown Rice

Sue Keiser

3 T bacon fat	1 can mushroom soup
2 lbs. veal, cubed	4 oz. can mushrooms and liquid
1 onion, chopped	Salt and pepper
1 1/2 cups water	1 1/2 cups dry white wine

Brown veal and onion. Add wine, water, salt and pepper. Simmer slowly 45 minutes until veal is tender. Pour off stock. Add the soup and mushrooms to the veal and 1/2 cup of the stock. Mix well and set aside. Use remainder of stock, adding sufficient water, to cook 1 cup brown rice. Reheat veal, pour over rice and serve.

Camp or Hobo Stew

Elaine Cannell

2 slices bacon  
1 small onion, diced

1 large potato or  
2 small ones  
Salt and pepper

The above amounts are for each person to be served. Fry bacon, cut into several pieces, and sliced onion until slightly browned. Slice potato in thick slices over top. Add salt and pepper to taste. Add water until almost covered and simmer until done. Bacon is used in camp stew because it keeps when other meat spoils.

Good Camp Stew

Mrs. Arnold Appleton

1 T butter  
1 T flour  
2 cups water or beef-  
stock

2 slices bacon, chopped  
2 cups potatoes, diced  
1/2 cup onion, sliced  
1 can shredded corn beef

Brown butter and flour. Add water or beefstock, chopped bacon, potatoes and onions. Cook 20 minutes. Add corn beef and cook ten minutes more. Delicious when fresh meat is not available.

Barbecued Spareribs

Edna Best

3 or 4 lbs. pork ribs

Lemon slices  
Onion slices

Cut pork ribs in serving size pieces. Place in roasting pan with thin slice of lemon and slice of onion on each piece. Roast for 30 minutes in 450 degree oven. Make sauce of:

1 cup ketchup  
1/3 cup Worcestershire  
sauce

1 tsp. salt  
2 dashes Tabasco  
2 cups water  
1 tsp. chili powder

Bring to boil. Pour over ribs. Reduce heat to 350 degrees and bake 1 hour longer, basting frequently with sauce in pan.

### Sweet-Sour Sauce for Spareribs

Laura Frost

2 T catsup

2 T soy sauce

2 T sugar

2 T vinegar

Mix together and marinate the ribs in this for an hour or so. Cook slowly over hot water in a 300 degree oven.

### Spareribs with Barbecue Sauce

Mrs. Beh B. Stark

2 strips spareribs

1/4 cup brown sugar

1 lemon, sliced thin

1/4 cup vinegar

1 large onion, chopped  
fine

1/4 cup Worcestershire  
sauce

1 tsp. salt

1 cup tomato catsup

1 tsp. chili powder

2 cups water

1 tsp. celery seed

Few drops Tabasco

Place lemon on spareribs. Pour over them some of sauce made of remaining ingredients. Bake in moderate to hot oven. Baste as needed. Serve with baked potatoes and a tossed salad for a tangy meal.

### Bar-B-Q Rabbit

Mrs. Floyd Binns

2 rabbits

1/2 tsp. paprika

Salt

3 small mint leaves,  
minced

Pepper

3 T parsley, minced

Tabasco sauce

2 cups water

1/8 tsp. each of cinnamon,  
allspice, garlic salt

2 T butter, melted

Juice of 1 lemon

Season rabbits with salt and pepper and place side by side on rack in roaster meaty side up. Shake 1 or 2 drops Tabasco sauce on each piece. Mix spices, mint and parsley and sprinkle over rabbit. Pour water in bottom of roaster. Baste frequently with melted butter and lemon juice. Use juice in pan for further basting. Bake 1 hour in 400 degree oven. Serves 8 to 10.



## Tereyaki Steak

Mrs. J. J. Pickford

2 lbs. thinly sliced sirloin steak	2 cloves garlic chopped fine
1 T finely chopped ginger root, or	1 medium onion, chopped fine
2 tsp. powdered ginger	1/2 cup soy sauce
2 T sugar	1/4 cup water
	2 T vinegar

Slice steak into bite sized pieces. (May be cut in very thin pieces from frozen roast or two packages frozen ready-quick sandwich steaks.) Make a sauce from ginger, garlic, onion, sugar, soy sauce, vinegar and water. Pour over meat and let stand 1 to 2 hours. Spread out on shallow pan and broil 3 to 5 minutes on each side. Serve hot. Very good served with steamed white rice. Can also be cooked on top of stove instead of in broiler if preferred.

## Deviled Swiss Steak

Mrs. Floyd Binns

1 T dry mustard	1/2 cup fat
1/2 cup flour	2 T Worcestershire sauce
1 1/2 lb. top round, cut 1 inch thick	1 cup onion, finely chopped
1 tsp. salt	2 cups canned tomatoes
1/8 tsp. pepper	1 T brown sugar

Mix dry mustard, salt, pepper with flour and pound into steak. Melt fat and brown meat on both sides. Place in baking dish. Combine onions, tomatoes, Worcestershire sauce and brown sugar. Pour over meat and bake 1 1/2 hours in 325 degree oven. Serves 6 to 8,

## Simple Sauce for Barbecue Steak

Charlotte McNamara

Saute 2 cups chopped onions in 2 T butter. Add 3 T chopped parsley, 1 T chopped tarragon, juice of 1 lemon and 1 cup dry white wine. Reduce slightly. Add 1 cube butter and serve.

## Stuffed Steak Roll

Lorine Willard

2 lbs. round or flank  
steak  
Bread dressing

2 T beef drippings or  
shortening  
2 cans mushroom-spaghetti  
sauce

Have meat cut 3/8 inch thick. Spread with dressing and roll like jelly roll. Tie in several places or fasten with skewers. Brown roll on all sides in hot fat. Place in baking dish, pour spaghetti sauce over and cover tightly. Bake in 350 degree oven two hours. Remove to hot platter and serve with sauce from the baking dish.

### Bread dressing

1 1/2 cups ground stale  
bread  
1 jar ripe olives,  
chopped  
2 T minced onions  
1 T minced parsley  
1 tsp. salt

1/2 tsp. sage  
1/8 tsp. thyme  
1/8 tsp. pepper  
1 tsp. Seasonall  
1/2 cup water, boiling  
1 beef cube  
1/4 tsp. poultry sea-  
soning

Combine bread crumbs with olives and seasoning. Dissolve beef cubes in hot water. Add to crumb mixture and mix well. Use to stuff steak.

NOTE: I use six or eight times this recipe for a turkey stuffing, adding three 4 oz. cans mushrooms. Use both stems and pieces. Substitute giblet broth and minced giblets for hot water and beef cube. This will stuff a 25 lb. turkey.

## Pot Roast with Sherry

Pearl Houghton

Tie pot roast if necessary so it will fit in your largest casserole. Brown pot roast in a frying pan. Then put in casserole. Pour over it 1/2 cup sherry and sprinkle with garlic salt. Cover and bake slowly in a 300 degree oven. After one hour, turn pot roast. Again add 1/2 cup sherry

and sprinkle with garlic salt. Bake until done, basting with liquid. A pot roast baked in this manner will be very tender and not dry. Pineapple juice may be used instead of sherry but the flavor will not be so good.

### New Orleans Pot Roast

Mrs. Fred Merrill

4 lb. pot roast	1 or 2 garlic cloves
1/2 tsp. pepper	1/2 cup salad oil
1/2 tsp. ground cloves	2 T lemon juice
1/2 tsp. mace	1 T vinegar
1/2 tsp. allspice	1 1/2 cups tomato juice or canned tomatoes
1 T salt	2 small bay leaves
1 large onion	

Wipe meat dry. Mix dry ingredients and rub in cut surface of meat. Chop onion and garlic very fine and add lemon juice, vinegar and 1/4 cup of oil. Pour over meat covering as much of the surface as possible. Let stand in the refrigerator 5 hours, turning occasionally so all of meat is marinated. When ready to cook, sprinkle with flour. Heat remaining 1/4 cup of oil in a heavy pan over high heat. Brown meat well on all sides. Reduce heat, add the mixture in which the meat was soaked. Then add the tomatoes and bay leaf. Cover and simmer 3 hours. Add carrots, onions and potatoes 45 minutes before meat is done. Carve the roast cross grain, garnish with the vegetables, and pour thickened gravy over all. Serve at once.

### Oven Barbecued Pork Chops

Helen Giller

6 pork chops	4 T catsup
2 T beefsteak sauce	1/2 cup water
2 T Worcestershire sauce	1/2 tsp. salt
4 T vinegar	1/8 tsp. pepper
	4 T sugar

Place chops in a baking dish. Combine remaining ingredients and pour over chops. Bake 1 hour in 350 degree oven.

## Baked Macaroni and Cheese with Pork Chops

Lorraine Havins

2 cups macaroni	1 cup milk
1 cup grated cheese	Salt and pepper
1 onion	1 T butter
	4 pork chops, or more

Cook macaroni. When almost done drain off water. Combine all ingredients and place in buttered casserole. Flour or bread pork chops, brown and cook. When almost done put them on top of macaroni in casserole. Bake 45 to 60 minutes in 375 degree oven. Serves 4 or 5.

## Pork Liverworst

Mrs. Wm. Kolvig

1 lb. liver, ground	1/4 lb. butter
1/2 lb. side pork, ground	1/4 lb. flour
1 onion	Milk
2 eggs	Salt, pepper and cloves to taste

Make a thick white sauce with butter, flour and milk. Add pork and heat. Add liver, which has been ground twice, and remaining ingredients. Pour into a baking dish, set in a pan of water. Place strips of bacon on top. Bake in a slow oven two hours.

## Beef Upside-Down Pie

Mrs. R. C. Sims

1 1/2 cups flour	1 tsp. paprika
1 tsp. salt	1/4 tsp. white pepper
1 tsp. celery salt	3/4 cup milk
5 T shortening	1 can condensed tomato soup, plus 1/2 cup water
1/4 cup sliced onion	
1 lb. raw beef, ground	
3 tsp. baking powder	

Sift together dry ingredients. Add 3 T shortening and mix in thoroughly with fork. Add milk and stir until blended. Melt remaining 2 T shortening in 9" skillet and cook onion until

soft. Add tomato soup, water, and meat. Bring to boil. Spread baking powder mixture on top of meat mixture and bake at 475 degrees for about 20 minutes. Turn out upside down on serving plate and serve in wedge shaped pieces.

#### Dad's Favorite Meat Pie

Mrs. Perry M. Bryan

1/2 cup minced onion	1 cup carrots, cooked and diced
1/2 cup minced celery	1 T Worcestershire sauce
2 T fat	3 oz. can browned mushrooms and broth
2 T flour	1 tsp. salt
2 cups left-over beef or veal, cubed	1/8 tsp. pepper
2 T chopped parsley	1 cup left-over gravy

Cook onion and celery in hot fat until golden. Stir in flour. Add remaining ingredients. Simmer 10 minutes. Pour mixture into well-greased casserole. Cover with plain pastry. Bake in 450 degree oven for 20 minutes.

#### Plain Pastry

1 cup flour	1/2 tsp. salt
	1/3 cup shortening
	2 to 3 T cold water

Sift flour and salt. Cut in shortening until pieces are size of small peas. Slowly add cold water, tossing with fork till mixture will just hold together. Roll and cover meat pie.

#### Fricasse of Lamb

Claire Harris

2 lb. boned shoulder	2 1/2 tsp. salt
3/8 tsp. pepper	5 cups boiling water
2 cloves garlic, peeled	3 medium carrots, pared and quartered
2 cups diced onion	1/2 cup diced celery
3 large potatoes, peeled and quartered	1/4 cup chopped parsley

Cut meat in 1 1/4 inch cubes. Put meat in boiling water and cook until half done. Add carrots, garlic, potatoes, celery

and onion. Cook until tender. Drain stock from meat and vegetables. Make a thickening with 3 tablespoons butter or oil and 3 tablespoons flour. Cook until thoroughly mixed. Add stock from lamb, stir briskly and mix in chopped parsley. Add meat and vegetables. Heat thoroughly and serve.

### Kabobs

Ruth Byers

1 1/2 lb. veal or lamb  
shoulder, cubed  
1/2 tsp. salt  
1 tsp. paprika  
1/3 cup vegetable oil

18 tiny white onions or  
cubes of larger ones  
Dash of pepper  
1 clove garlic  
2 T cider vinegar  
Skewers

Spear meat with skewers, alternating each cube with onion. Combine other ingredients and beat until blended. Pour into shallow dish and marinate skewered meat 2 hours in mixture, turning occasionally. Remove and broil, or barbecue, 20 minutes, turning once. Serves 4 to 6.

Small tomatoes or chunks of solid tomatoes may be substituted for part of the onions if desired.

### Lamb with Curry

Jane R. Porter

2 large onions  
1 bay leaf  
2 lbs. lamb, cubed  
Dash cayenne

2 cloves garlic  
2 T coconut, shredded  
and chopped  
Salt, pepper and curry  
to taste

Cook onions and garlic until clear but not brown. Add curry, bay leaf, seasonings and coconut. Add hot water or stock to cover and simmer 20 minutes. Remove fat from lamb, cut in serving pieces and add to above mixture. Cook slowly until tender. Serve with hot, steamed rice and chutney.