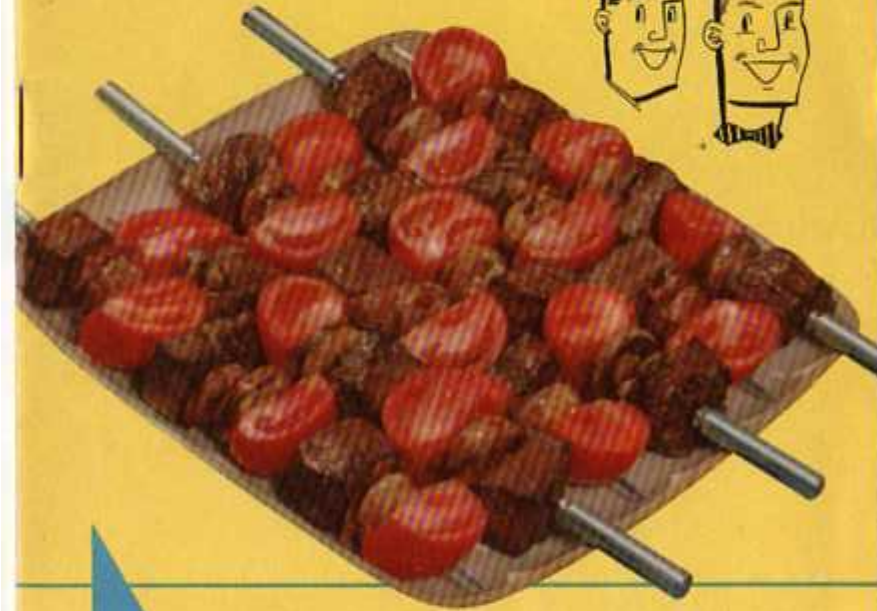
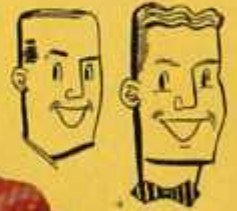


A Tested Recipe Institute Cook Book





meats for men



18

FAVORITE MEAT DISHES FOR MEN

with

-  HINTS FOR HAMBURGERS
-  STEAKS FOR A MAN
-  TRICKS WITH LEFTOVERS
-  STEWS FIT FOR A KING

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BEEF KEBAB

(see front cover)

3/4 cup vinegar	1½ pounds lean beef (top round), cut in 1-inch cubes
3/4 cup water	
2 bay leaves	3 tomatoes, cut in sixths
1 teaspoon salt	18 small mushrooms
1 teaspoon sugar	6 slices bacon, cut in thirds

Combine first 5 ingredients. Bring to a boil; simmer 5 minutes; cool. Pour over beef cubes in large bowl; marinate 24 hours. Drain; save marinade. Arrange beef cubes, tomato wedges, mushrooms, and bacon slices alternately on six skewers. Broil 15 minutes, 3 to 4 inches from heat, in shallow pan; turn often and baste with marinade. Makes 6 servings.

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BEEF STEW

3 pounds stewing beef—chuck, heel of round, or neck	1 8-ounce can tomato sauce
2/3 cup flour	5 cups boiling water
3 tablespoons fat	6 medium carrots
2 teaspoons salt	8 medium onions
1/4 teaspoon pepper	1/4 teaspoon oregano or marjoram
1 teaspoon sugar	2 cups cooked or canned peas
	1/3 cup cold water

Cut beef in 1-inch cubes; dredge in 1/3 cup of the flour. Heat fat in a large, heavy saucepot. Brown meat on all sides. Add salt, pepper, sugar, tomato sauce, and water. Simmer, covered 1½ hours, or until meat is almost tender.

Scrape carrots and cut in slices, 1 inch thick. Peel onions; add carrots and onions to meat. Cover and cook another 30 minutes. Add oregano and peas. Cook an additional 15 minutes, or until meat and vegetables are done. If desired, thicken gravy before serving.

To make gravy, blend remaining 1/3 cup flour and cold water. Stir into stew and cook until thickened. Add more salt and pepper, if necessary. Pour into a large heated serving dish. Makes 8 servings.

POT ROAST WITH VEGETABLES

- | | |
|---------------------------|--------------------------|
| 1 tablespoon fat | 4 medium onions, peeled |
| 3- to 4-pound chuck roast | 8 small carrots, scraped |
| 2 teaspoons salt | 4 medium potatoes, pared |
| 1/8 teaspoon pepper | 3 tablespoons flour |
| 1 1/2 cups hot water | 1/3 cup cold water |

Heat fat in a large, heavy saucepot. Brown meat on all sides in fat. Sprinkle with salt and pepper; add hot water. Cover; simmer 2 hours, or till almost tender. Add onions; cook 10 minutes. Add carrots and potatoes; cook 30 to 35 minutes longer, or until tender. Remove meat and vegetables. Measure liquid in pan; add water, if necessary, to make 1 1/2 cups. Bring to a boil. Blend flour and cold water; stir into liquid. Cook until thickened, stirring constantly. Makes 4 servings with enough meat left for a second meal.

BEEF STROGANOFF

- | | |
|--|---|
| 3 pounds Bermuda onions, peeled | 1 10 1/2- or 11-ounce can condensed tomato soup |
| 1/3 cup fat | 1 cup sour cream |
| 2 pounds top round steak, sliced very thin | 1 teaspoon salt |
| 1 pound mushrooms, sliced | 1/8 teaspoon pepper |
| 1 6-ounce can tomato paste | 1 teaspoon Worcestershire |

Put onions through a food chopper, using coarse blade. Drain. Save juice. Heat fat in a large, heavy saucepot. Add onions; cook over low heat 20 minutes. Add meat and mushrooms. Cook until brown. Add onion juice and remaining ingredients. Stir well. Cover; simmer 1 hour, stirring occasionally. Makes 6 servings.

LONDON BROIL

(see back cover)

- | | |
|--|------------------|
| 1 flank steak, 2 to 2 1/2 pounds | 1 can beef gravy |
| 1 3-ounce can broiled sliced mushrooms | |

Place meat on broiler rack in preheated broiler about 3 inches below heat. Broil 4 to 5 minutes on each side. Slice, diagonally, in thin slices across grain of the meat. Combine gravy and mushrooms, liquor and all. Heat; pour some over beef. Serve remainder separately. Makes 6 to 8 servings.



BROILED STEAK

Beef cuts suitable for broiling are rib steak, club steak, porterhouse or T-bone, sirloin or rump, from good quality beef. Steaks may vary from 1 inch to 2 inches in thickness.

Preheat broiler. Wipe meat with a damp cloth and cut fat on edges. Place on broiler rack with surface of meat 3 to 3 1/2 inches from heat. Broil for half the time required. Season cooked side with salt and pepper; turn, and finish broiling. Stick fork into fat to turn. Broiling time depends not on weight but on thickness of steak. It is not recommended to cook steaks well done as much of the fine flavor is sacrificed.

TIMETABLE FOR BROILING STEAK

For Steaks:	Broiling time (approximate) for rare:	Broiling time (approximate) for medium:
1 inch thick	8 to 10 minutes	12 to 14 minutes
1 1/2 inches thick	14 to 16 minutes	18 to 20 minutes
2 inches thick	20 to 25 minutes	35 to 40 minutes

STANDING RIB ROAST OF BEEF

Select a rib roast, allowing about 1/2 pound of meat per person. For best results, roast at least 2 ribs. You must know the weight to estimate cooking time. Have the meatman weigh meat after trimming or weigh it at home.

Wipe meat with a damp cloth. Place, fat side up, in an open roaster. Roast in moderately low oven, 325°F., using table below. To insure best results, use a meat thermometer. Insert so bulb is in thickest part of meat without touching fat or bone.

ROAST BEEF TIME-TEMPERATURE TABLE

If roast weighs:	And you like your meat:	Minutes per pound Approximate time	Meat Thermometer reading
3 to 5 pounds	Rare:	26	140°F.
	Medium:	30	160°F.
	Well done:	35	170°F.
6 to 8 pounds	Rare:	20	140°F.
	Medium:	25	160°F.
	Well done:	30	170°F.

ROAST LEG OF LAMB

Select a leg of lamb, 6 to 8 pounds. Allow 1/3 to 1/2 pounds per serving. Wipe with a damp cloth. Do not remove the "fell" (thin papery skin). Cut small gashes about 1 inch apart, lengthwise. Insert sliver of garlic in each gash. Place on a rack in an open roaster. Roast in low oven, 300°F., allowing 30 to 35 minutes per pound. Remove garlic after one hour. For unusual flavor, baste four times (after garlic is removed) with 1 cup unsweetened pineapple juice. Serve with brown gravy.

BROWN GRAVY: Pour off all but 1/4 cup of fat from pan drippings. Add 1/4 cup flour; blend well. Cook over low heat till brown. Add 2 cups water slowly; cook till thickened, stirring constantly. Add salt and pepper to taste.

LAMB STEW WITH DUMPLINGS

3 tablespoons fat	8 small carrots, cut in halves
2 1/2 pounds boned lamb, cut in 2-inch cubes	1 cup diced celery
1 teaspoon salt	1/2 cup diced onion
1/8 teaspoon pepper	1 cup fresh or quick-frozen peas
Boiling water	1 1/2 teaspoons celery salt
	Dumpling dough*

Heat fat in a large, heavy saucepot. Add lamb. Brown on all sides. Add salt, pepper, and enough water to just cover meat. Bring to boil; lower heat; simmer 1 to 1 1/2 hours, or until lamb is almost tender. Add vegetables and celery salt. Simmer 10 minutes longer. Add more salt and pepper if necessary.

Drop dumpling dough on stew by tablespoonfuls, being sure each spoonful rests on a piece of meat. Cook, uncovered, 10 minutes over low heat. Cover; cook 10 minutes longer. Makes 6 to 8 servings.

*Prepare a 2-cup recipe biscuit mix according to directions on the package.



BAKED HAM

Place ham, fat side up, on rack in open roasting pan. (Have ham at room temperature.) Bake in moderately low oven, 325°F., using chart below. About 45 minutes before end of baking time, remove ham from oven. Slit rind with scissors and peel off. If a glaze on the ham is desired, proceed as follows before returning it to the oven to finish baking.

With sharp knife make 1/4-inch deep cuts in fat in a diamond pattern. If desired, stud with whole cloves. Make a paste of 1 1/2 cups firmly packed brown sugar, 3 tablespoons prepared mustard, and a little water; pat over surface. Bake 45 minutes longer, basting frequently with ham fat.

TIMETABLE FOR BAKING HAM

Weight	Minutes per pound (approximate)	Total Baking Time
12 to 16 pounds	18	3 1/2 to 4 1/2 hours
10 to 12 pounds	20	3 to 3 1/2 hours
5 to 8 pounds (half ham)	26	2 1/4 to 3 hours
(picnic ham)	35	3 to 4 1/2 hours



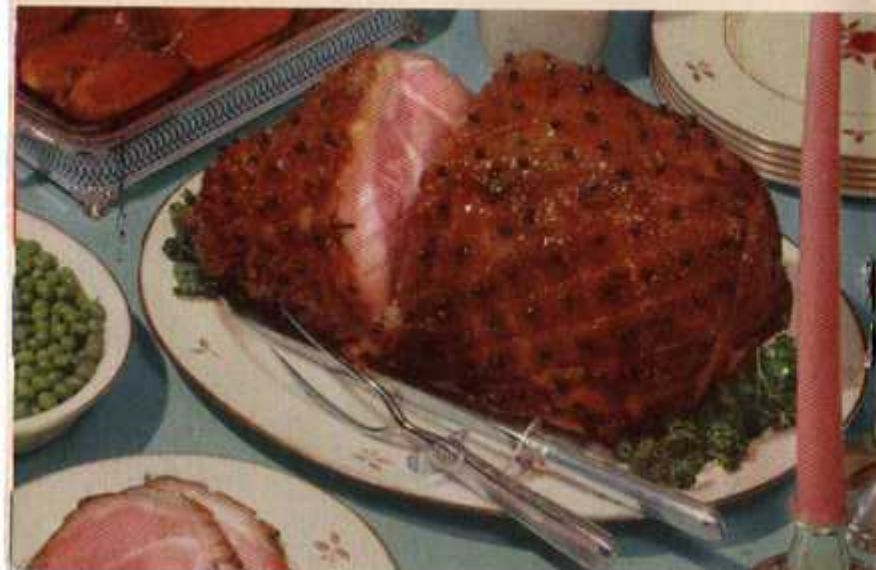
STUFFED PORK CHOPS

6 thick pork chops	1/4 teaspoon poultry seasoning, sage, or thyme
2 cups soft bread crumbs	2 tablespoons minced onion
1/4 cup melted butter or margarine	Dash pepper
1/4 teaspoon salt	1/2 cup water

Make pockets in chops, by cutting a slit from fat side to bone. Combine next 6 ingredients. Fill pockets; fasten with toothpicks. Brown chops over low heat. Season with additional salt and pepper. Add water. Cover; simmer 1 hour. Remove toothpicks. Arrange chops on a heated platter with *Bananas Sauté*. Make gravy, if desired, from pan drippings, a little flour and additional water. Makes 6 servings.

BANANAS SAUTÉ

Heat 1/3 cup butter or margarine in a skillet. Peel 6 firm bananas. Keep whole or cut in halves crosswise. Fry slowly until tender; turn them to brown evenly. Sprinkle lightly with salt. Makes 6 servings.



SAVORY VEAL CUTLET

2 pounds veal cutlet	1 garlic clove, mashed
1/4 cup salad oil	2 tablespoons fat
1 tablespoon vinegar	1/4 cup flour
1 teaspoon salt	1 cup water
1/2 teaspoon paprika	1 cup canned tomatoes
1 bay leaf	1 teaspoon sugar

Cut meat in serving-size pieces. Combine next 6 ingredients. Pour over meat; let stand at least 4 hours; turn occasionally. Drain; save liquid. Heat fat in a skillet; brown meat on both sides. Remove to a heated platter. Add flour to fat in skillet; stir until smooth. Add water, tomatoes, sugar, and reserved oil mixture. Cook until thick, stirring constantly. Add meat. Cover; simmer 1 hour, or till tender. Makes 6 servings.

VEAL CHOPS CALIFORNIA

1 1/2 cups prunes	1 3-ounce can mushrooms
Water	1 8-ounce can tomato sauce
1/4 cup fat	4 large veal chops
1 cup coarsely chopped onion	1 teaspoon salt
	Dash pepper

Cook prunes 10 minutes in water to cover. Remove pits. Cut into medium-sized pieces. Heat fat in skillet. Add onion and mushrooms; cook 5 minutes. Add tomato sauce; cook 5 minutes longer. Add prunes, chops, salt, pepper, and 2 cups water. Cover; simmer 1 hour. Add water during cooking, if necessary. Makes 4 servings.

VEAL LOAF

Combine 1 well-beaten egg, 3/4 cup milk, 1 teaspoon poultry seasoning, 1 1/2 teaspoons salt, dash pepper, and 2 cups soft bread crumbs. Let stand 5 minutes. Add 1 onion, minced, 1 pound ground veal, and 1 pound ground pork. Mix well. Pack into a loaf pan, 8 x 5 x 3 inches. Bake in moderate oven, 350°F., 1 1/2 hours. Invert on a baking sheet and lift off pan. Return to very hot oven, 450°F., about 10 minutes to brown. Makes 8 servings.

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BREADED VEAL CUTLET

1 veal steak, 1 inch thick (about 2 pounds)	1/2 cup fine dry bread crumbs
1/2 cup buttermilk	2 tablespoons fat or salad oil
	1 cup tomato juice

Dip meat in buttermilk; coat with crumbs. Chill several hours. Heat fat in skillet. Brown meat on both sides. Add tomato juice. Cover; simmer 1 hour, or till tender. Add more tomato juice, if meat becomes dry during cooking. Make pan gravy, if desired with a little flour and water or additional tomato juice. Makes 6 servings.

ROAST VEAL

Select a 3-to-4 pound roast of veal, leg, loin, or rib. Wipe with a damp cloth. Place fat side up, in an open roasting pan. Lay 3 or 4 thin slices fat salt pork on top. Roast in low oven, 300°F., allowing 30 minutes to a pound. When done, remove to a heated platter. Make gravy, if desired (see page 7). Makes 8 to 10 servings.

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HINTS FOR HAMBURGERS

SPREADS FOR HAMBURGER BUNS

Try different spreads on the buns to serve with your favorite broiled or grilled hamburgers . . . softened butter or margarine seasoned with onion or garlic salt, horseradish, prepared mustard, or blue cheese.

OPEN FACE HAMBURGERS

Spread bread which has been toasted on one side, or split buns with softened butter or margarine. Cover with a thin layer of seasoned uncooked hamburger. Be sure to bring meat to edge of bread. Broil 3 to 4 inches from heat about 5 minutes. Serve hot. These are fine for teen-age parties. Prepare them several hours ahead of time and store in the refrigerator. Broil just before serving.

HI-HAT HAMBURGERS

When almost done, spread a cheese topping on hamburger patties and finish broiling. For topping suggestions:

1. Mix sharp cheese spread with a little Worcestershire.
2. Blend blue cheese with softened butter or margarine, Worcestershire and a few drops Tabasco.
3. Mix sharp cheese spread, with a little each, grated onion, pickle relish, prepared mustard, and a dash Tabasco.

DOUBLE-DECK HAMBURGERS

Make very thin patties. Before cooking, place two together with filling between, pinching edges together. For filling, use grated cheese seasoned with chili sauce or ketchup and thin slices of onion. Broil or grill.

DE LUXE HAMBURGERS

Mix well, 1 pound hamburger, 3/4 cup light cream, 1 teaspoon salt and 2 teaspoons Worcestershire. Heat fat in a skillet. Drop meat into fat in balls, from a mixing spoon; flatten slightly with the back of the spoon. Brown on both sides. The mixture will be very soft and hamburgers must be handled carefully in turning.



BARBECUED HAMBURGERS

1 cup soft bread crumbs	1/2 teaspoon salt
1/2 cup milk	Dash pepper
1 1/2 pounds ground beef	3 tablespoons Worcestershire
1/4 cup fat or salad oil	2 tablespoons vinegar
2 small onions, peeled and sliced	1/4 cup sugar
	3/4 cup ketchup

Combine bread crumbs, milk, and beef; mix well; shape into 6 patties. Heat fat in a large skillet. Brown patties on both sides. Separate onion slices into rings; combine with remaining ingredients; pour over meat patties. Cover and simmer 15 minutes. Arrange patties on a heated platter. Pour over part of the sauce. Serve remainder on the side. Garnish patties with additional onion rings. Serve with Spring Garden Salad Bowl. Makes 6 servings.

SPRING GARDEN SALAD BOWL: Combine 1/4 pound processed American cheese, cut in cubes, 1/2 cup sliced stuffed olives, 12 green onions, sliced, 12 radishes sliced, and 2 tablespoons chopped parsley. Put 3 cups shredded lettuce and watercress in a salad bowl. Add the cheese mixture and 1/2 cup French dressing. Toss to mix well. Makes 6 servings.

TRICKS WITH LEFTOVERS

LITTLE MEAT PIES

Moisten ground or finely chopped cooked meat—any kind—with *gravy* or *condensed tomato soup*. Roll out *pastry* and cut in 4-inch squares. Put meat mixture in center. Fold over; seal edges. Bake in hot oven, 400°F., 15 to 20 minutes or till brown. Perfect for lunch box toters.

BAKED MEAT PUFF

Combine equal parts *ground cooked meat* (any kind, but ham is especially good) and *ground Swiss cheese*. Add a little *grated onion*. Spread thickly between *slices of white bread*, sandwich-fashion. Arrange sandwiches in a single layer in well-greased baking dish. For 4 sandwiches, combine 4 *beaten eggs*, 2 *cups milk*, and 1/2 *teaspoon salt*. Pour over sandwiches. Let stand 1 hour, bake in a hot oven, 400°F., 40 minutes, or until puffy and golden brown. Fine for luncheon or Sunday night supper.

MEAT 'N' CHEESE SANDWICH BROIL

Grind any kind of *cooked meat*; season with *grated onion*, *salt*, and *pepper*; moisten with *ketchup*, *mayonnaise*, or *salad dressing*. Toast *bread* on one side. Spread untoasted sides with meat mixture; top with a slice of *processed American cheese*; broil till bubbly and brown.

MEAT SCRAMBLE

Stir *finely chopped cooked meat* into *scrambled egg mixture*; cook as usual. Good in omelet, too.

STUFFED EGGS

Season *mashed cooked egg yolk mixture* with *minced meat*—ham, pork, chicken, or tongue; refill egg-white halves.

SPANISH RICE

Add extra flavor and goodness to *Spanish Rice* with *chopped cooked pork*, *veal*, *ham*. Stir in; heat just before serving.



SHEPHERD'S PIE

4 cups cubed left-over roast beef, lamb, or veal	2½ cups gravy
2 to 3 cups left-over cooked vegetables	3 cups hot, mashed potatoes
	1 egg, well-beaten

Heat meat, vegetables, and gravy to boiling. Pour into a 2-quart casserole. Combine potatoes and egg; mix thoroughly. Make a border around edge of casserole or cover top completely. Bake in hot oven, 425°F., 15 to 20 minutes or until brown. Makes 6 to 8 servings.

Note: You can use 1 No. 2 can or a 12-ounce package frozen mixed vegetables and 1 cup canned onions.

EMERGENCY GRAVY

When gravy from the roast runs short, try this. Use canned bouillon or bouillon made from cubes (2 cubes to a cup of boiling water). For each cup bouillon, use 2 *tablespoons flour* mixed with a *little cold water*. Stir into bouillon and cook until thickened.

A Tested Recipe Institute Cook Book

meats for men



London Broil
page 4

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