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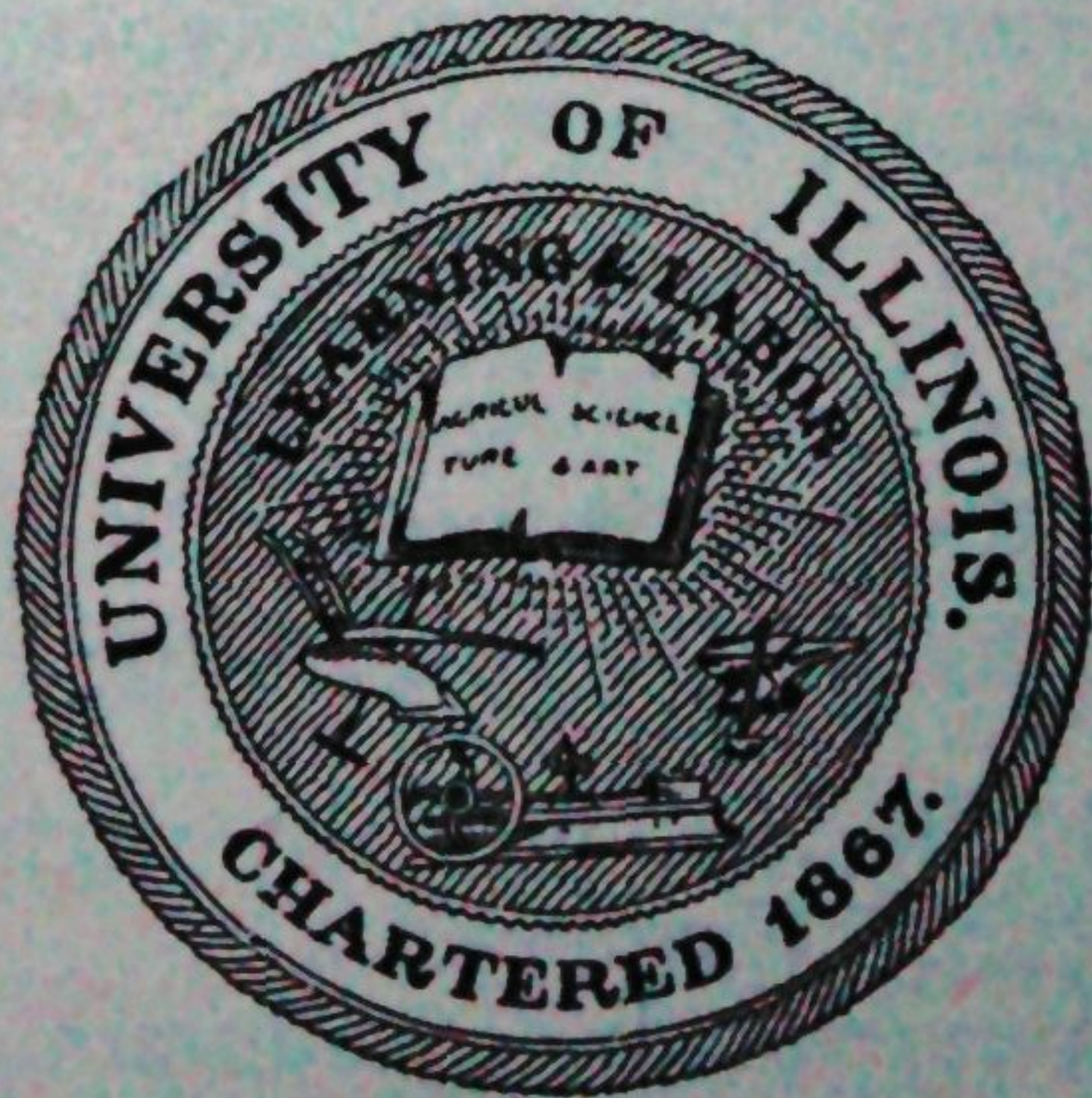
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MEAT

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Only strict economy in the consumption of meat at home will allow meat for the Allies and our soldiers abroad.

Meat cannot be kept indefinitely. Therefore, a condition may arise which will alter the meat situation temporarily.

Watch the rules issued by the Food Administration.

MEAT

WHAT TO USE—HOW TO USE IT

The necessity for a meatless day has not disappeared. A different plan is to reduce the amount of meat purchased and prepared each and every day.

Meat must be saved now more than ever.

Before the war, less than 15,000,000 pounds of meat a week were exported; now, 75,000,000 pounds a week are called for.

If the meat is consumed here it cannot be sent abroad. If each one will eat less, it can be done.

Fewer animals are being shipped to the meat centers. The meat supply cannot be increased rapidly, for it requires time and extensive acreage. We cannot spare the land, for land in potatoes produces nearly forty times as much food value as medium grass land. One acre yields six tons of potatoes or one hundred pounds of meat.

No increase in the meat supply but an increase in the demands from abroad means that *strict economy in meats is the rôle for each to play to help win the war.*

THE PROBLEM

1. To conserve the meat supply.
2. To save the meats best for export for the allies and our own soldiers.
3. To utilize in the best way the perishable meats and those not requisitioned by the government.
4. To vary and extend the consumption and to prevent waste of all meats and fats.

WAYS TO SOLVE IT

1. See meat before buying it. Telephone orders often prove disappointing.
2. If previously you have used expensive cuts, steaks, and roasts from heavy beef, use these sparingly now. A demand for only the cheaper cuts from the rich, the well-to-do, and the poor, causes a rise in price of cheap meats. Equalize the demand.
3. Save all meat trimmings, gristle, bones, left overs from choice cuts, and cook in stews and soups as tougher cuts of meat are used. The fireless cooker helps here.

4. Learn the value of small quantities of meat. Use it as a flavor to a dish rather than as the main ingredient. Stews and casserole dishes are meat extenders as they give meat flavor to a larger amount of food; they conserve the meat juices and all the nutrients of the vegetables; and they save dishes by cooking meat and vegetables together. Vary them by using different meats and vegetables. Meats with gravy go farther and increase the amount of potatoes used. Omit bread at dinner.

5. Use more lamb and mutton as you use fish to save beef.

6. Use the shoulder and sides of pork, any uncured cuts, and ground sausage. Use ham occasionally.

7. Buy only triangular pieces of bacon and trimmings from the army bacon. The boys over there get the square cut. Bacon is the ideal army meat ration. It is fuel for fighting.

8. Save all fats—chicken, beef, mutton, pork; render and clarify them. Use them in frying, in spice cakes, cookies, and bread-making. Fats are valuable not only for food for the soldier but as the source of glycerine used in explosives.

POSSIBILITIES IN MEAT COOKERY

Meat Cooked to Furnish Gravies and Sauces

Swiss steak
Beef à la mode

Pot roast
Braised tongue

Meat Extenders

Shepherd's pie
Tamale pie
Hash

Croquettes
Lamb stew
Scrapple

Meats Which Should be Used More Often

Liver
Tripe
Stuffed beef heart
Minced kidneys

Creamed calves' brains
Chipped beef
Sausage

RECIPES

Swiss Steak

Use round steak cut one to one and one-half inches thick. Cut off fat from the sides of the meat and put in frying pan to try out. Season meat with salt and pepper and place on a meat board. Dredge thoroly with flour on one side and cut this in by pounding with the edge of a plate or saucer. Turn meat and repeat. Brown a few slices of onion in the frying pan with the fat, then add the floured meat. Brown on each side. Cover with water and simmer slowly two hours or put in oven and continue slow cooking. Thicken the liquid for gravy.

Beef a la Mode

Take a two pound rump cut and remove bone (bone may be used for soup). Sear meat in a little fat to improve flavor. Put it in boiling salted water so that it is covered; simmer until tender; keep covered with water. When tender, draw off part of broth and use for gravy. Then put in one-half sweet pepper chopped fine, one carrot cubed, one can tomatoes, and allow to cook down until brown and serve with sauce that covers meat.

Casserole or Pot Roast

Brown a piece of rump of beef in a little fat. Place in casserole with chopped carrot, turnip, onion, and celery. Add water to cover and cook three hours in hot oven, basting if necessary. The roast may be cooked in a pot on top of the stove for part of the time and then transferred to the oven when potatoes are added. Serve with thickened gravy.

Braised Tongue

1 beef tongue	$\frac{1}{3}$ cup celery, diced
$\frac{1}{2}$ cup carrots, diced	1 sprig parsley
$\frac{1}{3}$ cup onion, diced	$\frac{1}{2}$ cup peas

Cook tongue slowly in water for two hours. Take out and remove skin. Place in baking dish with vegetables. Add four cups of sauce. Cover closely and bake two hours, turning after first hour. If canned peas are used, do not add at first with uncooked vegetables.

Sauce for Tongue

Brown one-fourth cup butter or other fat. Add one-fourth cup corn flour or other substitute flour and stir till well browned. Add gradually four cups of hot water in which tongue was cooked. Season with salt and pepper and one teaspoon of Worcestershire Sauce if desired.

Shepherd's Pie

$\frac{1}{2}$ cup cold meat—lamb or beef	3 tablespoons drippings
1 cup or more mashed potato	3 tablespoons flour
Salt	1 pint liquid—water or stock
Pepper	Few drops of onion juice

Cut meat in small pieces; season. Melt fat, add flour, and gradually the liquid, stirring constantly till it boils. Gravy can be used and flour omitted. Add meat and pour in baking dish or casserole. Cover with mashed potato and brown in oven.

Tamale Pie

2 cups corn meal	1 pound hamburger or lamb
$2\frac{1}{2}$ teaspoons salt	2 cups tomatoes
6 cups boiling water	$\frac{1}{2}$ teaspoon cayenne pepper or
1 onion	1 small, chopped sweet pepper
1 tablespoon fat	1 teaspoon salt

Make mush by stirring corn meal into boiling salted water. Cook in a double boiler or fireless cooker one and one-half hours. Brown onion in fat, add meat, and stir until red color disappears. Add tomato, pepper, and

salt. Grease a baking dish; put in a layer of mush, then the seasoned meat, then another layer of mush on top. Bake thirty minutes.

Meat Hash

Combine equal quantities of cold, chopped boiled potatoes and chopped meat containing some fat. Season with salt and pepper, and moisten with meat stock, gravy, or milk. Spread evenly in a hot greased frying pan. Heat slowly until brown underneath. Hash may also be baked. Vary recipe by adding vegetables, such as cooked beets.

Baked Croquettes and Meat Loaf

Meat may be combined with an equal amount of mashed potato or in the proportion of one-third meat and two-thirds potato. Various seasonings, such as onion and celery salt, may be added. Moisten with milk or water; add egg slightly beaten. Bake in a bread tin or shape as croquettes. If croquettes are fried in deep fat, shape and roll in egg and crumbs.

Lamb Stew

Wipe and cut in pieces two pounds of lamb from shoulder, flank, or breast. Cover in kettle with boiling water, cook slowly till tender, about two hours. Add diced vegetables—carrot, turnip, and slices of onion—after cooking one and one-half hours. Twenty or twenty-five minutes before serving, add potato cut in small pieces. Make a thickening of three tablespoonsful of flour and cold water to form a smooth paste and add to stew, stirring till it boils. Serve with more potatoes than usual and omit dumplings.

Casserole of Lamb

Line a casserole, slightly greased, with steamed rice. Fill center with cooked mutton finely chopped. Season highly with salt, pepper, celery salt, and onion juice. Cover with rice. Heat in oven with casserole covered. If desired to have firm enough to turn out on a platter, remove cover and brown. Serve with tomato sauce. If served in the casserole, add water, stock, or gravy to mutton and rice when filling dish. Tomatoes may also be added instead of using them as a sauce.

Scrapple

7 cups water

2 $\frac{1}{3}$ cups cornmeal

3 teaspoons salt

2 cups chopped meat

Make a mush of cornmeal. Add meat and cook two to three hours in a double boiler or fireless cooker. Put in a mold to cool. Slice and sauté in hot fat. Cracklings from fat rendering may be used in place of meat.

Sausage and Bananas

Shape bulk sausage as croquettes or use link sausages. Cut bananas in two crosswise. Place in frying pan alternately with sausage. Cook slowly on top of stove or in oven, basting occasionally till bananas are done and slightly browned.

Beef Heart

Wash heart, remove veins and arteries. Stuff with dressing and sew or tie. Roll in flour, sprinkle with salt, and brown in hot fat. Place in casserole, add water to half cover, and cook slowly two hours. Turn once or twice during cooking. When done, thicken liquid and season for gravy. The heart may be cut in small pieces and cooked with rice or potatoes as a casserole dish. Other vegetables, such as onion, carrot, green pepper, celery, may be added.

Dressing

1 cup stale Victory bread crumbs	$\frac{1}{8}$ teaspoon pepper
2 tablespoons fat	Few drops onion juice
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ - $\frac{1}{3}$ cup hot water

Calves' Brains

Soak one hour in cold water. Remove membrane and parboil twenty minutes in salted water to which a little vinegar or lemon juice has been added. Drain and put in cold water. When cold, separate in small pieces. Use as sweetbreads in various ways as follows:

1. Add chopped celery, green pepper, pimiento, and mix with mayonnaise. Serve on lettuce.
2. Reheat in medium thick white sauce and serve in timbale cases or with mashed potato rosettes. Mushrooms may be added.
3. Mix in a fritter batter. Fry by dropping by spoonfuls in deep fat or sauté in greased muffin rings arranged in a frying pan.

Fritter Batter

$\frac{1}{2}$ cup flour	$\frac{1}{4}$ - $\frac{1}{3}$ cup milk
1 teaspoon baking powder	1 egg
$\frac{1}{8}$ teaspoon salt	

Minced Kidney on Toast

Trim kidneys, removing white fat from center, cut in thin slices, dredge with flour, and sauté with a thinly sliced onion. Other seasonings, such as green pepper and celery salt, may be added to the gravy. When brown, add one pint water or stock. Simmer gently for five minutes. More flour may be needed to thicken the gravy. Serve on Victory bread toast or with mashed potatoes. Kidneys should be cooked only a short time, or they become toughened.

Jellied Veal

Have a knuckle of veal divided into small pieces (bone should be sawed). Put in kettle and cover with boiling water. For seasonings, add onion, a bit of bay leaf, summer savory, thyme, and marjoram. Cook slowly until tender. Strain off liquid and concentrate to about one to one and one-half cups, depending upon the amount of meat. Separate meat from any gristle and cut into small pieces. Put slices of hard cooked egg in the bottom of a mold. Put over them a little liquid and allow to set to hold in place. Add a layer of

seasoned veal, mixed with celery and chopped parsley, alternately with a layer of hard cooked eggs. Press meat, pour over liquid, and chill. If meat containing little bone and connective tissue is used, gelatin may be added to liquid to insure its forming a firm loaf when chilled.

Mutton Fat for Cooking¹

2 parts mutton fat
1 part lard

$\frac{1}{2}$ pint whole milk to every
2 pounds mixed fat

Heat mutton fat and leaf lard, which have been put thru a meat grinder, together in a double boiler with the milk. The fat is rendered and when allowed to cool, forms a cake which is removed from the surface of the liquid. When small amounts are rendered, the liquid may be lost thru evaporation.

Savory Fat¹

1 pound mutton fat
1 onion

1 teaspoon ground thyme or
mixed herbs tied in small cloth

1 sour apple

Heat at low temperature until apple and onion are thoroly browned. Strain off fat. This may be used in place of butter or fat in frying or on vegetables.

Use of Mutton Fat

In making gravies, it is more satisfactory to combine flour and mutton fat and then add the liquid than to add flour to the liquid for thickening. Mutton fat is useful in white sauces for combining croquette ingredients or in tomato sauces.

INDIVIDUAL WEEKLY CONSUMPTION OF MEAT

United States, 1915, average consumption, $3\frac{3}{4}$ pounds

England and the allies, 1918, compulsory ration, $1\frac{1}{4}$ pounds

Germany, 1918, compulsory ration, $\frac{1}{2}$ pound

Can we do as well as England and France? Can we, on a voluntary ration, find one and one-fourth pounds of meat, not including fish and poultry, per person per week enough?

SUGGESTIONS FOR SAVING MEAT

Buy smaller quantities
Prepare smaller quantities
Eat smaller quantities

Use more milk and milk products
Use more vegetables
Use meat substitutes
Use meat extenders

¹Bulletin 526, "Mutton and its value in the diet," United States Department of Agriculture.

REFERENCES

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Bulletin 391, Economical use of meat in the home
Leaflet 5, Make a little meat go a long way
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Circular 206, Essentials in the selection of beef
Published by the State Council of Defense, 120 West Adams Street, Chicago
Official recipe book, price ten cents
-

If we don't like potato without meat at home, would we in the trenches? Let us be sure the soldiers have meat.

LOYALTY DEMANDS THAT WE ALL

SAVE! LOAN! GIVE! WORK! FIGHT
Save food! Save fuel! Save money!

We must feed the allies as well as ourselves. The ships and munitions factories need the coal. The Government needs the money.

Loan! Loan your money to the Government. A Liberty Bond is a certificate of your faith in the justice of the cause for which we are fighting.

Give! Give generously to relieve the sufferings of the destitute and to add to the comforts and happiness of the victims of the war, and to make things as easy as possible in camp for our own boys. Give to as many of the authorized organizations and causes as you can. They are too numerous to mention separately, but some are known to us all, so

Give to the Red Cross!

Give to the Army Y. M. C. A.!

Give to the Knights of Columbus!

and to all other authorized worthy organizations and movements for the cause.

Work! Work in the Red Cross! Work in the field or the garden! Work at whatever you can find to do to help win the war!

Fight! Fight if you can. It is in man's cause and God's.