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CURED MEATS TEMPTINGLY SERVED

by

Susan Z. Wilder
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The question of better and more extensive use of home grown products is always of interest to the farmer's wife. This is particularly true if by their use she can reduce the cost of living and at the same time serve the family well balanced meals that mean right living and better health.

Home butchering gives the family a meat supply that is much cheaper than that which can be purchased each day from the butcher shop. There is the advantage of having the finer cuts of meat at a very nominal price. If interest has been taken in the right breeding and care of the animals, a high quality of meat is the result for even the cheapest cuts.

If the homemaker will take the time, the entire carcass can be prepared for serving, canned and processed so that there is a supply of wholesome fresh meat the year around. The results are sure if she has a steam pressure cooker and follows the rules, but often doubtful if she must use the hot water bath for the processing. In the latter case she had better cure the larger pieces, and use the smaller pieces or "fry the sausage down" and pack it in lard.

The homemaker who has a good supply of both canned and cured meats to draw from for her daily meal planning is fortunate. To be forced to use cured meats only in the diet may mean monotonous meals unless they are carefully planned. The following recipes and menus are given to aid in giving variety to the diet where cured meats are used extensively. The general rules of meal planning must be observed always; that is, the meals must be balanced for the day; milk, at least a pint for every child, vegetables other than potatoes at least once a day, fruits, once a day, better twice (make the change from fresh fruits by using, tomatoes, canned fruits and stewed fruits; meat, egg, fish or cheese once a day and cereals every morning for breakfast. The question of flavor and attractiveness of the meal must always be kept in mind. A meal otherwise perfect may be ruined by the failure to observe these last two points. Food must always be well cooked.

Curing Pork on the Farm

There are two general methods of home curing meat. One of these is known as the brine cure and the other as the dry cure. Of these the dry cure probably will be the most satisfactory under the conditions which prevail on most South Dakota farms. One point to bear in mind is that for home curing, hogs should be butchered early in the season. The suitable time for butchering from the standpoint of safety in curing the meat is in November or December. The meat always should have plenty of time to cure before warm weather comes in the spring. One also should bear in mind that meat does not cure very rapidly during the very cold weather of midwinter, unless an artificial temperature suitable for curing is maintained.

This recipe, used in sections of Missouri which have long been famous for the production of home or farm cured hams is suggested. First provide a box of suitable size for packing the hams, shoulders, sides, and jowl pieces. See that there are openings in the bottom of this box so that it will drain, and place it so that one end will be from two to four inches higher than the other. Cover the bottom of this box with about an inch of a good grade of salt. Next prepare a curing mixture as follows:

For every 1,000 pounds of meat use:

40 pounds of good salt,
10 pounds of brown sugar,
4 pounds of black pepper,
 $\frac{3}{4}$ pound salt petre,
 $\frac{1}{2}$ pound of red pepper

Allow the meat to cool thoroughly and after the ingredients have been properly mixed, use half the amount for rubbing into the meat. Rub the meat well with the curing mixture especially around the exposed ends of the bones. Next pack the meat in the box putting the hams in first, the shoulders next, and the sides on top. Fill the spaces between the pieces with good fine salt. After about two weeks take the meat up, rub in the remainder of the cure, repack and let it remain in the cure for about six weeks when it will be ready to hang and smoke. It is a good plan to sample one each of the hams, shoulders, and sides at two or three different times in order to determine when the meat has taken the right amount of the cure as varying weather conditions influence the rapidity of the curing process.

When the meat is taken up brush off the cure with a stiff brush. Do not under any circumstances wash the meat as this is injurious. If one desires to smoke the meat use hickory or maple wood. Corncobs also have been used with good success. Smoke slowly taking care not to get the meat hot and cause excessive dripping. The time required for proper smoking usually is three to four weeks. A bright straw color indicates when the smoking process has been carried far enough. One should be careful not to smoke too fast thus causing carbon to be deposited on the meat. After the smoking has been completed wrap each piece in heavy brown paper, put in a heavy muslin or canvas sack, coat the sack with yellow wash, and hang. Unwashed flour sacks will serve the purpose very nicely in which case the yellow wash will not be necessary. The writer has known meat cured in this way to keep two and three years. The hams, while getting a little drier, usually develop a better flavor the second year than the first. The smoking is not essential to the cure. It adds to the flavor but the meat will keep just as well if not smoked. If it is not smoked it should hang for about three weeks to dry before being wrapped and sacked.

One should be careful to cure the meat in a cool, dry place but never in a damp, poorly ventilated cellar.

To make good sausage use the lean trimmings from around the head, shoulders, and hams and the tenderloin if this is not canned fresh. Use just enough fat with the lean to make the sausage fry well. Some folks recommend one third fat and two thirds lean but that amount of fat to the lean usually makes the sausage too greasy. It is a good practice to grind the fat and lean together then sprinkle the seasoning over the ground meat and regrind. This improves the texture of the sausage and works in the seasoning. The amount and kind of seasoning to use will depend largely upon the individual taste. The following recipe has given good satisfaction in many farm homes and on the market for more than half a century.

Sausage

20 pounds meat - 2/3 lean and 1 ounce black pepper
1/3 fat 1 " red "
1/2 pound salt 1 1/2 pounds powdered sage

--Turner Wright
Livestock Specialist

Corned Beef

The pieces commonly used for corning are the plate, rump, crossribs, and brisket; or, in other words, the cheaper cuts of meat. The pieces should be cut to convenient size, say five or six inches square. Cut them all to about the same thickness, so that they will make an even layer in the barrel. Allow ten pounds of salt to each hundred pounds of meat. Sprinkle a layer of salt one-quarter of an inch in depth over the bottom of the barrel; pack in as closely as possible the cuts of meat, making a layer five or six inches in thickness; then put on a layer of salt, following that with another layer of meat. Repeat until the meat and salt have all been packed in the barrel, care being used to reserve salt enough for a good layer on the top. After it has stood over night, add, for every 100 pounds of meat four pounds of sugar, two ounces of baking-soda, and four ounces of salt-peter, dissolved in a gallon more of water, which should be sufficient to cover this quantity of meat. A loose board cover, weighted down with a heavy stone or piece of iron, should be put on the meat to keep all of it under the brine. In case any should project, mold would start and the brine would spoil in a short time.

If meat has been corned during the winter, and is to be kept until summer, it would be well to watch the brine closely during the spring, as it is more likely to spoil then than at any other season. If the brine appears to be ropy, or does not drip freely from the finger, it should be poured off and new brine added, after carefully washing the meat. The sugar or molasses in the brine has a tendency to ferment; and, unless the brine is kept in a cool place, there is sometimes trouble from that source. To secure thoro corning, the meat should be kept in the brine from twenty to thirty days.

--Prof. Andrew Boss
University of Minnesota
Farmer's Bulletin 183

Greens with Bacon

| | |
|--------------------|---------------------------------|
| 2 c. canned greens | 1 small onion (cut fine) |
| 4 tb. bacon fat | 3 strips crisp bacon (cut fine) |
| 2 tb. vinegar | 3 hard cooked eggs |

Mix first five ingredients, heat, cover with slices of egg. Serve.

Scalloped Potatoes with Bacon

| | |
|--------------------|-----------------|
| 6 potatoes, medium | 1/4 ts. salt |
| 1/2 pound bacon | 1/16 ts. pepper |
| 2 tb. flour | milk |

Grease baking dish. Cover bottom with thin sliced potatoes. Put layer of bacon slices on top. Mix dry ingredients. Sprinkle bacon lightly with dry mixture. Alternate with layer of potato and bacon until all is used. Put bacon layer on top. Fill baking dish with milk to top of food. Bake one hour.

Bacon and Oysters

Cut bacon into thin strips. Wrap each oyster in a bacon strip, and hold in place with toothpick. Bake in a moderate oven. Serve on toast covered with gravy from bacon drippings and flour.

Ham with Rice

| | |
|--------------------------------|-----------|
| 2 c. boiled rice | 1 c. milk |
| $\frac{1}{2}$ lb. ham (cooked) | 1 tb. fat |
| 1 tb. flour | |

Make a white sauce of the last three ingredients. Put a layer of rice in the bottom of baking dish, then a layer of ham and white sauce. Alternate layers until all materials are used. Bake in moderate oven. The water in which the ham was cooked can be used in place of the milk. Mashed potatoes may be used in place of the rice.

Ham with Poached Eggs and Tomato Sauce

| | |
|-------------------|--------|
| 4 slices of ham | 4 eggs |
| 4 pieces of toast | |

Broil the ham. Poach the eggs. Place one slice of ham and an egg on toast. Cover whole with tomato sauce. Ham may be scored before placing egg.

Tomato Sauce

| | |
|------------------|------------------------|
| 1 c. tomato pulp | 1 tb. fat |
| 2 tb. flour | $\frac{1}{4}$ ts. salt |

Put the tomato pulp through a sieve. Mix dry ingredients. Moisten them with a small amount of the tomato pulp, add the rest of the heated tomato pulp gradually. Add melted fat last.

Meat Roll

Make a rich biscuit dough. Roll thin. Spread with melted butter and ground meat. Make a tight roll.

Boiled Ham

Soak a ham all night in cold water. Cover with fresh water and cook 5 to 8 hours. Serve hot or allow the ham to cook in liquor (better flavor) and slice. Steam Pressure Cooker requires one third the time at 10 pounds pressure.

Baked Ham

Cook ham four hours. Skin and score the fat. Cover with bread crumbs and brown sugar. Few cloves may be stuck into the ham. Bake.

Ham Baked in Milk

Freshen an inch slice of ham all night. Put in greased pan - sprinkle with brown sugar and slices of apples. Cover with milk. Bake slowly.

Glazed Ham

Brush peeled ham with beaten egg and cover with paste made of one cup bread crumbs, one cup milk, one tablespoon butter and one tablespoon fat. Bake.

Sandwich Ham

Put cooked ham, one third fat and two thirds lean, through the fine knives of meat grinder. Mix to a fine paste. Pepper and salt may be added. Heat and pack in small jars. Hard boiled eggs are excellent mixed with the ham paste for sandwiches.

Ham and Vegetables

1 c. diced potatoes 1 large onion
2 c. stewed tomatoes $\frac{1}{2}$ c. uncooked rice
2 c. diced carrots 1 piece of ham - $1\frac{1}{2}$ inch thick

Place the first five ingredients in a greased baking dish with the ham on top. Fill to top of meat with soup stock. Bake three hours. Cut the ham into right sized pieces for serving.

Ham Souffle

2 c. ground ham or 3 eggs
 cornedbeef 1 green pepper
1 c. meat liquor 2 tb. fat
1 c. milk $\frac{1}{4}$ c. flour
1 c. dry bread crumbs

Make a white sauce of fat, flour, salt and liquid. Cook. Add bread crumbs and egg yolks. Mix well. Fold in egg whites. Bake in a well greased pan in a moderate oven. To hold an even heat, place pan in water during baking.

Ham and Dumplings

$\frac{1}{2}$ c. fine cut ham (cooked) $\frac{1}{4}$ ts. salt
1 c. peas 1 tb. fat
1 c. flour $\frac{1}{3}$ c. milk
2 ts. baking powder

Mix the dry ingredients. Cut in the fat. Add the milk. Add ham to peas. Drop spoonfuls of dough onto peas in kettle. Steam 12 to 15 minutes. Serve hot.

Baked Sliced Ham

Cut ham $1\frac{1}{2}$ inches thick. Trim off fat. Cover with a mixture made of $\frac{1}{2}$ c. brown sugar, little powdered mustard, 2 tablespoons of vinegar, tart apple on top may be baked in a small amount of water or milk for 40 minutes.

Ham Scallop

1 c. chopped ham $\frac{3}{4}$ c. bread crumbs
1c. white sauce (medium) 4 hard cooked eggs

Chop egg whites and add to white sauce. Grate the egg yolk and add to chopped ham. Place in a buttered baking dish. Cover with crumbs. Bake 10 min.

Baked Ham and Potatoes

Place slices of ham in bottom of skillet. Fill almost full with thinly sliced potatoes. Sprinkle with a little flour and dash of pepper through potatoes. Pour milk over this until almost covered. Bake in oven slowly 45 minutes. Keep covered until last 10 minutes. Remove cover and let brown.

Hominy and Meat

| | |
|--------------------|------------------------------|
| 2 c. cooked hominy | 2 potatoes |
| 1 tbsp. fat | 1 c. carrots |
| 1 c. milk | $\frac{1}{2}$ tsp. salt |
| 1 tbsp. flour | $\frac{1}{2}$ lb. dried beef |

Make white sauce of fat, flour and milk. Add seasonings. Cook until it thickens. Cut carrots and potatoes in cubes and mix with hominy and meat. Put in baking dish in layers with the sauce. Bake 1 hour.

Meat Loaf

| | |
|-------------------------|-------------------------------|
| 1 lb. beef (cured meat) | 1 T. persley |
| $\frac{1}{3}$ lb. pork | 6 crackers or |
| 2 T. lemon juice | $\frac{1}{2}$ c. bread crumbs |
| 1 egg | 1 tsp. grated lemon rind |
| $\frac{1}{2}$ c. milk | a little water to |
| pepper, salt | prevent burning |

May be necessary to freshen meat. Cut into small pieces and put through meat grinder. Season well with salt and pepper and add lemon juice. Mix thoroughly. Beat eggs slightly, add milk and crumbs and combine with meat. Place in loaf tins and bake in moderate oven.

Corned Beef Hash

Chop fine an equal amount of corned beef hash and cold boiled potatoes. Add two tablespoons of fat and a half cup of water to four cups of the mixture. Put in a greased pan in hot oven. Bake until top is crisp and brown.

Poached Eggs with Corned Beef

| | |
|-----------------------------------|--------------|
| 1 c. corned beef hash (left over) | 3 tb. butter |
| 6 slices of toasted bread | salt |
| 6 eggs | pepper |

Reheat the hash using enough liquid to make it quite soft. Poach the eggs. Spread two tablespoons of hash over the toast. Put poached eggs and butter on top of hash. Serve hot.

Salt Pork and Milk Gravy

Make a medium white sauce the same as the tomato sauce only substitute one cup of milk for the tomato pulp. Cut slices of salt pork into tiny pieces. Soak overnight in water or parboil to remove the extra salt. Add the browned meat to the milk gravy. Served with boiled potatoes or on toast.

Creamed Dried Beef

$\frac{1}{4}$ pound dried beef $1\frac{1}{2}$ c. white sauce

Break up meat, cover with hot water. Let stand 10 minutes and drain. Add to white sauce and serve hot on toast.

Rice and Meat

| | |
|----------------------------|-------------------------------|
| 2 c. cooked rice | onion juice |
| 2 c. cooked meat (chopped) | $\frac{1}{4}$ c. bread crumbs |
| $\frac{1}{2}$ ts. salt | hot water to moisten |
| $\frac{1}{4}$ tsp. pepper | 1 egg |

Line a mold with steamed rice and add to meat seasonings, crumbs and eggs slightly beaten, water and pack into the rice mold. Cover the meat with rice, cover with buttered paper to keep out moisture. Steam 45 minutes. Serve with tomato sauce.

MEAT SAUCES

Horse-radish sauce

| | |
|--------------------------|---------------------------|
| 4 tb. horse-radish | $\frac{1}{2}$ ts. mustard |
| $\frac{1}{2}$ tsp. salt | 1 ts. sugar |
| 4 tbsp. bread crumbs | 1 tbsp. vinegar |
| $\frac{1}{8}$ ts. pepper | |

Mix these ingredients and fold in 1 c. of whipped cream.

Mustard Sauce

| | |
|--------------------------------|---------------|
| 1 ts. sugar | 2 ts. mustard |
| 1 tbsp. vinegar | 1 tsp. flour |
| $\frac{1}{2}$ c. boiling water | 1 ts. salt |
| 1 ts. soft butter | |

Mix in order given. Add the water and cook until the sauce thickens and becomes smooth.

Currant Sauce

(For Baked Ham)

| | |
|--------------------------------|----------------------------|
| 1 c. boiling water | $1\frac{1}{2}$ c. currants |
| $\frac{1}{3}$ c. vinegar | 1 tbsp. flour |
| $\frac{1}{2}$ c. currant jelly | |

Simmer the water, vinegar, currants and jelly for 10 minutes. Thicken with flour paste. Tart fruit of any kind may be used in place of the currants; apples, gooseberries, rhubarb or cranberries.

Spiced Apple Sauce

Cook 5 apples in as little water as possible. Rub through a sieve. Add $\frac{1}{2}$ cup sugar, 4 tablespoons of horse-radish, $\frac{1}{8}$ teaspoon of salt, 1 teaspoon of onion juice. Fold in 1 cup of whipped cream.

MENUS USING CURED MEATS

Breakfast

| | | | |
|-------------|-------------|-------------------|-----------------------|
| Corn Flakes | Potatoes | Bacon with apples | Cream (half and half) |
| Toast | | | Butter |
| | Milk-Coffee | | |

Dinner

| | | |
|------------------|--------------------------------|------------------|
| Browned potatoes | | Baked sliced ham |
| | | (Mustard Sauce) |
| Orange Salad | Stewed tomatoes-Escaloped corn | Wafers |
| | Milk-Coffee | |

Supper

| | | |
|------------------|-----------|-----------------------|
| Creamed potatoes | Pea Salad | Cold sliced baked ham |
| | Ice Cream | |
| Milk | | Coffee |

Breakfast

| | | |
|------------|----------------------------------------|-----------------------|
| | Stewed Peaches | |
| Grape Nuts | | Cream (half and half) |
| | Potatoes with Salt Pork and Milk Gravy | |
| Bread | | Butter |
| | Milk-Coffee | |

Dinner

| | | |
|----------------|-------------------|---------------------------|
| Sweet potatoes | | Ham with poached eggs and |
| | | tomato sauce |
| | String beans | |
| | Fresh apple sauce | |
| Milk | | Coffee |

Supper

| | | |
|------------|--------------------------|--------|
| | Spaghetti and meat | |
| Corn Bread | | Syrup |
| | Cocoanut Custard-Cookies | |
| Milk | | Coffee |

Breakfast

Stewed Figs

Cream of Wheat Cream(half and half)
Potatoes Crisp bacon
Graham muffins Preserves
Milk -- Coffee

Dinner

Baked Potatoes Ham and dumplings
Buttered onions Relish
Bread Butter
Fruit Salad
Milk -- Coffee

Supper

Potatoes Creamed dried beef
Bread Butter
Sauce Sugar Cookies
Milk -- Tea

Breakfast

Baked Apples
Oatmeal Cream (half and half)
Buttered Toast Poached Eggs
Milk -- Coffee

Dinner

Clear Soup
Baked Potatoes Ham Souffle
Greens with Bacon
Brown Bread Butter
Date Custard with Wafers
Milk -- Coffee

Supper

Hominy and Meat
Hot Muffins Currant Jell
Sauce Cookies
Milk -- Tea

Breakfast

Stewed Prunes, Lemon Flavored
Whole Wheat Breakfast Food Cream (half and half)
Toast Jelly Omelet
Milk -- Coffee

Dinner

| | | |
|------------------------|---------------------|--------------------------------------|
| | Creamed Tomato Soup | |
| Stuffed Baked Potatoes | | Ham Baked in Milk (Currant Sauce) |
| | Buttered Peas | Dill Pickles |
| Bread | | Butter |
| | Fruit Pudding | |
| Milk | -- | Coffee |

Supper

| | | | | |
|----------|-----------------|----|--------|--------------------|
| Potatoes | | | | Bacon with oysters |
| | Hot Penny Rolls | | Butter | |
| Sauce | | | | Devils Food Cake |
| | Milk | -- | Tea | |

Breakfast

| | | | | |
|----------------|----------|---------|-----------------------|--------|
| | | Oranges | | |
| Cream of Wheat | | | Cream (half and half) | |
| | Potatoes | | Crisp bacon | |
| Bread | | | | Butter |
| | Milk | -- | Coffee | |

Dinner

| | | |
|-----------------|-------------------|------------|
| | Plain Tomato Soup | |
| Mashed Potatoes | Brown Gravy | Glazed Ham |
| | Spinach Loaf | |
| Bread | Jell | Butter |
| | Baked Apples | Cream |
| | Milk | Coffee |

Supper

| | | |
|---------------|-----------------|----------------------|
| Potatoes | | Creamed ham on toast |
| | Carrots | |
| Date Nut Roll | | Butter |
| Sauce | Angel Food Cake | |
| Milk | -- | Tea |

Breakfast

Cinnamon Apple Sauce
Rice with Raisins Milk (half and half)
Potatoes Creamed Eggs
Milk -- Coffee

Dinner

Boiled Potatoes Ham and Vegetables
Sliced Tomatoes
Hot Rolls Jell Butter
Rhubarb Pudding
Milk -- Coffee

Supper

Scalloped Potatoes with Bacon
Bread Butter
Fruit Combination Salad
Cake
Milk -- Tea
