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MEAT SUNDRIES

How to Prepare and Use Them

By

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and

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The edible parts of meat animals, consisting of muscle tissue and other products or sundries, furnish an excellent source of protein, minerals, fat, and vitamins. Meat is the food around which the housewife builds the meal. Each season brings out some new facts about the value and importance of meat in the diet. Those engaged in the production of meat animals should provide their homes with a variety of meat and meat products.

In the slaughtering and dressing of meat animals, there are some rather choice edible parts or tissues that are often overlooked and thrown away, such as the blood, the brains, the tongue, the sweetbreads, the kidneys, the stomach in cattle, and the oxtail. Other parts such as the liver and the heart may be saved but their food value is oftentimes not appreciated. It is with the thought of showing how to get the most from the edible tissues of our meat animals that this leaflet has been prepared.

At the numerous meat demonstrations that have been held throughout the state the past few years, questions have frequently been asked as to how certain sundries should be handled and prepared as an appetizing meat dish. The suggestions and recipes herein set forth are some of the more common ones that have been successfully used by the farmers and farm women of South Dakota. The sundries are of a perishable nature and should be used fresh or canned as herein suggested.

The Brain

If the animal has been stunned when butchered, the brain may be covered with clotted blood. Covering the brain is a thin membrane, which should be removed as soon as the brain is taken from the head. The brain should then be washed in cold water and laid out to cool before using.

In its preparation, place the brain in acidulated cold water (one tablespoonful vinegar to one quart water) two hours, changing twice. Cook slowly 15 minutes in fresh water. Drain. Cut into small pieces. The prepared brains may then be dredged with flour, browned, and served, or they may be dipped in batter or egg and crumbs and fried in deep fat. They may be served in a cream or tomato sauce. They are also excellent when a sharp sauce is served with them.

Brains and Eggs Scrambled:

$\frac{1}{2}$ cup cooked, diced, brains	3 tablespoonfuls cream
2 tablespoonfuls fat	4 eggs
Salt	

Cook the brains 5 minutes in the fat, and cream. Beat the egg and add it. Serve as soon as the egg has set.

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The Tongue

When dressing the animal, the tongue should be removed from the head, washed in cold water, and scraped with a knife from tip to rear against the small projections on its surface. Hang it by the tip or lay it flat and allow it to cool.

The tongue may be used fresh, may be cured, or it may be canned. If cured, it can be pickled, corned, or smoked. When used fresh, it may be braised, baked, or fried.

Cold Sliced.—Serve with mustard or horseradish sauce.

With Vegetables.—Slice tongue. Place in baking pan and add $\frac{1}{2}$ cup each of carrot, onion, celery, and a bit of parsley. Cover with 4 cups of sauce made as follows:

$\frac{1}{4}$ cup butter	1 teaspoonful Worcestershire sauce
$\frac{1}{4}$ cup flour	
$2\frac{1}{2}$ cups tongue stock	$1\frac{1}{2}$ cup tomato juice

In Tomato Sauce.—Cut cooked tongue in slices, salt, and pepper. Dip in egg and crumbs. Brown in fat and serve with tomato sauce on toast.

Pickled.—Cover cooked tongue with a hot solution, consisting of 3 cups of vinegar and 1 cup of water to which 1 bay leaf, 6 cloves, salt, and pepper have been added.

In Salad.—Dice boiled tongue (3 cups) and combine with it six hard cooked eggs, $\frac{1}{2}$ cup diced celery, and mayonnaise.

The Kidneys

Beef and pork kidneys are important in the treatment of anemia. When dressing the carcass, the kidneys are usually not removed from the fat that surrounds them, but are allowed to cool out on the carcass. They may, however, be removed after the carcass has been dressed. Wash them in cold water and lay them out to cool.

Kidneys may be broiled, fried, creamed, stewed, or used in a meat pie. If broiled, they should be cooked quickly, and if stewed, they should be cooked slowly. Either method makes them tender, but an in-between method toughens them. Skin the kidneys, open them, and remove the small sack inside. Soak in a number of changes of slightly salted water.

Stew.—Simmer the prepared kidneys until tender in one and one half quarts of water with the following spices added: 2 bay leaves, 4 cloves, 4 peppercorns, 1 onion, 2 tablespoonfuls vinegar, and salt. Serve the following sauce over them: Brown 1 tablespoonful each of butter and flour, and add 1 cup of liquid in which kidneys were cooked.

Creamed.—Cut the prepared kidneys into thin slices. Dredge with flour and brown with sliced onion in fat. An equal amount of chopped green pepper and celery may be added. Add 2 cups of stock and simmer until tender. Serve over buttered toast.

Omelet.—

4 kidneys	6 tablespoonfuls butter
1 tablespoonful parsley (chopped)	2 tablespoonfuls cream
	6 eggs

Salt and pepper

Prepare kidneys, cut them into small pieces, and brown them in 2 tablespoonfuls of hot butter. Beat eggs until stiff, add kidneys and seasonings. Pour mixture into pan with remaining fat, and when partially set, fold one half over. Finish in oven. Serve on a hot platter.

The Sweetbreads

These are the thymus glands found in the neck of calves. When dressing the veal, they should be removed and placed in cold water to cool. The sweetbreads are a delicate food product and may be creamed, baked, fried, braised or used in salad.

Always blanch sweetbreads before preparation. To do this soak one hour in cold water. Drain. Place in salted acidulated water and boil 20 minutes. Drain and place in cold water. Remove inedible portion carefully.

Browned.—Cut the cooked sweetbreads in inch-size pieces. Roll in salted beaten egg and crumbs. Brown in deep fat or in a skillet.

Creamed.—

1 cup milk	2 tablespoonfuls flour
2 tablespoonfuls fat	¼ teaspoonful salt

Pepper

Cream fat and flour and add mixture to hot milk. Add seasonings and cook until smooth and thick. Add one sweetbread cut in half-inch pieces.

Tripe

As soon as the beef carcass has been dressed, remove the first and second stomachs from the entrails; these are the paunch or rumen and the honeycomb or reticulum. The paunch is by far the larger and has a velvet-like lining due to the innumerable small projections, while the appearance of the lining of the second stomach is what gives it the name "honeycomb." Split the stomachs, remove their contents, and wash them thoroughly in four or five waters. Then scald them in hot water (a little below the boiling point) until the inside lining of the stomachs can be easily removed by scraping. The inner surface will then be of a clean white appearance. Cook the stomachs in simmering water for about three hours or until tender; cooking them too fast will tend to toughen the muscle. After cooking chill them in cold water and scrape the fat from the outside of the stomachs and remove the outer lining or membrane.

The stomachs may then be cut into convenient-sized pieces for pickling. Sometimes a small amount of unpickled tripe is used in sausages, but should not make up more than 10 per cent of the sausage stock. When pickling the tripe, place it in an earthen or hardwood vessel, weight it down, and cover it with vinegar solution consisting of equal amounts of vinegar and water. Spices may be added to the pickling solution, if desired. Store it in a cool room and use it as desired.

The honeycomb tripe is the more delicate. In preparing tripe for the meal, it may be stewed, cooked in water, creamed, breaded, or used in salad.

Broiled.—Cut tripe into individual portions, salt, simmer until tender, and drain. Brush with fat and broil 5 minutes under flame or in pan. Serve each portion with a strip of crisp bacon.

Fried.—Cut tripe into small pieces, dip in salted flour or batter, and fry in deep fat or pan. To make the batter, combine 1 cup flour, ½ cup milk, 1 egg, 1 tablespoon butter.

With Onions:—Cut tripe into small pieces making 3 cups. Place in oven and heat until water is drawn out. Drain. Brown 1 tablespoonful ground onion slightly in 2 tablespoonfuls butter and add the tripe. Cook until tender and sprinkle with parsley.

Salt Pork Gravy With Tripe.—

4 cups milk	½ cup salt pork, diced
3 tablespoonfuls flour	2 cups small pieces tripe, cooked

Fry pork until crisp; add the flour. When slightly brown add the milk and cook until thick and pour the sauce over the tripe. Serve hot with boiled potatoes.

The Oxtail

During the process of skinning the beef carcass, the tail is removed by slitting the skin lengthwise on the underside of the tail, starting at the root, after which it is unjointed close to the body. Skin it out sufficiently to allow one to grasp the butt end of it with a clean cloth and then pull

the tail out of the balance of the hide. It is used mostly for soup and should be cooked slowly.

Oxtail Soup.—Disjoint two oxtails. Cover the oxtails with water and simmer an hour, then add 1 cup each of carrot and turnip, $\frac{1}{2}$ cup onion, and tie 1 small sprig parsley, $\frac{1}{2}$ bay leaf and 6 peppercorns in a cheesecloth. Salt to taste. When meat is tender, remove bones and spices and add 1 cup tomato juice. Thicken with flour or with noodles.

The Blood

When bleeding out the animal to be slaughtered, permit the blood to drain out into a clean pan, stirring constantly. As the pan fills, from time to time pour the blood into a clean pail into which has been added a quart of salt water; have a helper continue to stir the blood in the pail until the entire amount obtained has cooled out. It should be stirred until entirely defibrinated and all stringy fibres should be removed, leaving only the clear red liquid; then strain it through a cloth before using.

Blood Dumpling (Blodklub).—

1 quart blood	3 teaspoonfuls pepper
$\frac{3}{4}$ pint water	2 pounds rye flour
1 $\frac{1}{2}$ pints finely chopped suet	3 teaspoonfuls ginger
2 tablespoonfuls salt	2 teaspoonfuls cloves

Mix the ingredients thoroughly, and form into large dumplings with a spoon. In the center of each dumpling, place a piece of suet, molding the dumpling around it. Place in a pot of boiling salted water and let simmer for half an hour. Serve piping hot with butter or fat and sugar. When cold, the dumplings may also be used by slicing and frying in cream and then serving hot with sugar and syrup.

The Liver

The liver is an especially important sundry, being valuable in the treatment of anemia. It is rich in vitamins, in iron, and its protein is of a high quality. No other part of the carcass deteriorates any more quickly after butchering than does the liver. When taken from the carcass, the bile duct should be carefully removed from it and the liver washed in cold water and then placed in cold fresh water to cool. It may be fried, braised, creamed, or used in meat pie or in sausage.

Browned.—Cut liver into pieces for serving, and parboil for five minutes. Drain and wipe dry, and brown in a small amount of fat.

Liver and Bacon.—Fry bacon slowly so that it will be crisp but not burned, and remove the fat. Salt the liver and dredge in flour, then brown in the bacon fat. Serve a strip of bacon on each piece of liver.

Liver with Gravy.—

2 cups milk or tomato juice	3 tablespoonfuls flour
	4 tablespoonfuls bacon fat

Cream the flour and fat and add it to the hot liquid. Cook until thick. Serve this gravy over the cooked bacon and liver.

Breaded.—

6 slices liver	2 tablespoonfuls fat
1 cup crumbs, fine	$\frac{1}{4}$ cup lemon juice
2 eggs	Salt and pepper

Cook the liver in water. Beat the eggs with lemon juice and salt. Dip liver in egg and then in crumbs. Bake in fat until brown.

Escaloped Liver and Vegetables.—

4 cups liver, diced	$\frac{1}{4}$ cup onion, diced
2 quarts water	2 tablespoonfuls green pepper
2 cups tomato	
$\frac{1}{2}$ cup corn	4 eggs

$\frac{1}{2}$ cup peas
 $\frac{3}{4}$ cup rice

2 tablespoonfuls flour
1 tablespoonful fat

Salt and pepper

Cook rice, dredge liver in salted flour and brown in fat with onion. Add the water and tomato juice and cook an hour. Beat the eggs. Combine all ingredients. Bake 30 minutes in greased pan in moderate oven.

Escalloped Liver and Potatoes.—Cook the liver. Alternate chopped liver with sliced potatoes and salt to taste. Add milk nearly to top of dish and dot with butter. Bake until potatoes are cooked. Serve in the baking dish.

Hash.—

1 cup diced potato
2 cups diced cooked liver
1 cup milk

$\frac{1}{4}$ cup onion
2 tablespoonfuls butter
Salt and pepper

Combine all ingredients but fat and milk. Brown mixture in butter, cover with milk, and bake 30 minutes.

Sandwich Spread.—

1 cup liver cooked
 $\frac{1}{2}$ cup onion

$\frac{1}{4}$ cup crisp bacon
2 tablespoonfuls water

$\frac{1}{2}$ teaspoonful salt

Grind the liver, onion, and bacon together.

The Heart

In dressing the carcass, the heart is removed, washed thoroughly, and laid aside to cool out. Before using, wash it in warm water using one teaspoonful of soda to each quart of water. Cut it open and remove any undesirable part and soak in cold water an hour to remove the blood; boil it in salted water until tender. It should be cooked slowly.

Heart can be substituted for meat in almost any recipe. It is fine in salad, hash, in meat loaf, served cold, sliced, with horseradish or mustard sauce. It may be used fresh, corned, smoked, or pickled.

Stuffed Heart.—

2 cups dry bread crumbs
 $\frac{1}{4}$ cup onion, diced
 $\frac{1}{4}$ cup green pepper

1 egg
Milk
Salt

Combine ingredients and moisten with milk. Fill the cavities of the heart with the stuffing. Sew the heart into cheesecloth. Cook until tender. Remove cloth. Brown the outside in fat. Serve hot or cold sliced.

Canning Meat Sundries

Prepare the meat according to the recipe desired to the extent of developing the flavor. Pack the product boiling hot in jars. If no salt is used in preparation, use 1 level teaspoonful to a quart. Add drippings or sauce from the pan. Partially seal the jar and process 1 hour at 15 pounds pressure in the steam pressure cooker. If the jar is solidly packed with a finely-ground product, increase the length of processing by half.

If the water bath or oven must be used for processing, pack the jars as above and seal. Cover at least 2 inches with boiling hot water in the hot water bath and process 4 hours, counting from the time when the water begins to boil. Partially seal the jars for the oven and process 4 hours. Seal the jars after their removal from the oven.

Sources of Fats

During the coming season, the homemakers of South Dakota may experience a shortage of pork and beef fat owing to the drastic reduction in numbers of hogs and cattle on farms, and because of the lack of fat or finish on the animals to be butchered. Suitable combinations of fats can

be made by the housewife by observing certain principles. Lard and beef suet may be combined in equal amounts. Lard and mutton suet may be combined in proportions of one to two with half the weight of whole milk added; this mixture is then cooked slowly, cooled, the fat removed, and reheated to drive off the moisture.

All wholesome fats—chicken, goose, beef, mutton, pork, commercial fat, or butter—can be used successfully in cooking if the homemaker will use care in the food combination and method of serving. Chicken and goose fat can be used in pastry, for soups and gravies. Beef fat is palatable where the food is served hot, as in gravies, soups or meat dishes. Mutton fat is the most difficult to use because it is hard and some do not like the flavor. In strong-flavored vegetable dishes and in spiced foods it can be used quite successfully. One secret in using mutton and beef suet is to serve the food hot.

Savory Fats.—Savory fats may be used for frying potatoes, hominy, fish, and seasoning vegetables. To prepare savory fat, heat it with a small amount of onion, thyme, savory, bay leaf, or majoram. Heat one pound mutton fat with $\frac{1}{4}$ cup each of onion, sour apple, and one teaspoonful mixed herbs in cloth. Strain and cool.

To Clarify Fat.—Melt the fat and cook in it thick slices of raw potato. Strain and cool. To improve the flavor of fat, cook together slowly for one hour, equal amounts of water and fat. Cool, remove fat, and reheat slowly to drive off the moisture. One cup of milk to two pounds of fat used in place of the water will improve the flavor of a fat.

In case of fat shortage, the homemaker should not hesitate to use every wholesome fat in cooking.

Roast Pig

Due to the feed shortage for the past few years and to the limited outlet for feeder pigs, many farm families have been interested in preparing roast pig. The following suggestions are made to meet this demand. The pig, which should be at least four weeks old, should be butchered and the carcass allowed to cool out before using. The night before the carcass is to be used, soak it in a solution consisting of ten quarts water, one quart salt, and five tablespoonfuls of vinegar. When removed from this solution, dry it and rub it inside and outside with mixed salt and pepper (3 teaspoonful salt and 1 teaspoonful pepper). In roasting the pig it is well to stuff it with a sage dressing, as this prevents portions of the meat from becoming too crisp while the hams are roasting. Put a pint of boiling water in the roasting pan, place the pig in it on its knees with its head resting on the edge of the pan. Cover the pig with small bits of butter and a piece of white paper smeared with cold butter, or preferably baste with olive oil. Bake in a hot oven for three or four hours, leaving the oven door open the last fifteen minutes as this makes the rind more crisp.

When the rind becomes crisp and a golden brown, the pig should be well roasted. Serve it with its fat to which may be added one teaspoonful of mustard. Baked potatoes, baked apples, etc., may be served with it.

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