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### Conserving Meat

Maud E. Stitt

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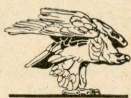
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# Conserving MEAT



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SOUTH DAKOTA EXTENSION SERVICE  
SOUTH DAKOTA STATE COLLEGE, BROOKINGS



## Timely Tips for Conserving Meat

Conserving meat is one more way the resourceful homemaker may do her bit in our war program. In times of war and stress, she will accept this challenge by using more eggs, cheese, milk, legumes and "meat extender" dishes than were used in days of peace and plenty. These dishes, which the family does not often have, will be a welcome change. When planning meatless menus, we will build our meals around a hearty dish of foods that "stay by you." Seeing that the family obtains the necessary food values by use of these alternates is our problem. The wise homemaker will learn to know the good in meat and how the nutritional values may be obtained through use of other foods in planning tasty, well rounded meals.

### The Good in Meat

**PROTEIN:** Meat is an excellent source of protein which is a "body builder." Children need protein for growth and both children and adults need it to maintain their body tissues.

**NIACIN:** Niacin, found in meat, helps your nerves and digestion, makes for a healthy skin, and also helps to ward off pellagra. Meat normally supplies over half of the total niacin we get in our food.

**VITAMIN B-1 OR THIAMINE:** Meat furnishes Vitamin B-1 which promotes growth, aids nerves, digestion and proper use of starches and sugars.

## On *Meatless Days* What Will You Have To Eat?

**VITAMIN B-2 OR RIBOFLAVIN:** Meat is one of our most valuable sources of riboflavin which is necessary for health of the eyes and skin.

**IRON:** Meat is a rich source of iron which is necessary for building good red blood.

### When Meat Is Not So Plentiful

**PLAN FOR VARIETY OF ANIMAL PROTEIN:** Most efficient protein comes from animal sources. When meat is not available, use more eggs, milk, cheese, poultry and fish. Use more protein foods when making desserts.

**PLAN FOR VARIETY OF VEGETABLE PROTEIN:** Peas, beans, soybeans, nuts and grains give protein, too, but more of this group must be used, and in good variety, to equal any given amount of animal protein.

**PLAN FOR VARIETY OF OTHER SOURCES OF NIACIN, VITAMIN B-1, RIBOFLAVIN AND IRON:** Whole grain cereals, enriched bread and flour, legumes, eggs, leafy green vegetables, yeast, kidney, liver, lean pork and other lean meat are all good for Vitamin B-1.

Riboflavin may be secured through using cheese, dried legumes, bran, poultry, eggs, fish, milk, nuts, yeast, vegetable greens, heart, kidney, liver and lean meat.

For Iron, use egg yolk, whole grains, molasses, green vegetables, prunes, raisins, peas, potatoes, apricots, liver, other meat organs and lean meat.

### Use of Alternates

Remember, when you use alternates for meat, that all protein foods are at their best when cooked at moderately low temperatures to keep the protein from becoming tough and unpalatable. Of the legumes, soybeans will prove a valuable addition to meatless menus, since they contain about 1½ times as much protein, 12 times as much fat, and one-half as much carbohydrate as other kinds of dry beans.

### For Family Approval

#### SOYBEAN CASSEROLE (6-8 servings)

2 c. cooked soybeans, chopped	6 T. flour
¼ c. diced salt pork	2 c. milk
2 c. chopped celery	1 T. salt
2 T. chopped onion	1 c. buttered bread crumbs
2 T. chopped green pepper	

Brown salt pork in a frying pan, add chopped vegetables and saute for five minutes. Add milk and thicken mixture. Add cooked beans and salt. Pour mixture in buttered baking dish. Cover with buttered crumbs. Bake in a moderate oven 30 min. or until crumbs are brown. If desired, other dried beans may be used in place of soybeans.

## Get The Most From Your Meat Allowance

Save bones and trimmings for soups and flavor.

Combine with bland foods to extend flavor.

Use glandular organs high in Vitamins and Minerals.

Cook meat according to cut and fatness.

Cook all meats at moderately low temperatures, avoiding excess shrinkage.

You Will Get Essential Food Elements from *Meat Alternates*



## SALTED SOYBEANS

Because soybeans contain so much protein and fat, they are good fried in deep fat and salted to serve like salted nuts. Any of the edible soybeans may be used. Wash and soak the dry beans over night, then drain and spread them out at room temperature until the surface is dry. Fry a few at a time in deep fat at 350 degrees for 8 to 10 min. Drain on absorbant paper and sprinkle with salt while still warm.

## CHEESE BISCUIT RING WITH CREAMED EGGS (6-8 servings)

### BISCUITS

2 c. flour  
3 t. baking powder  
 $\frac{1}{2}$  t. salt  
 $\frac{1}{3}$  c. shortening  
 $\frac{2}{3}$  to  $\frac{3}{4}$  c. milk  
 $\frac{1}{2}$  c. grated cheese  
Melted butter

### CREAMED EGGS

$1\frac{1}{2}$  c. milk  
4 T. butter  
4 T. flour  
1 t. salt  
6 hard cooked eggs  
Ham, peas or carrots if desired  
Bacon for garnish

For biscuits, sift dry ingredients, cut in shortening. Add milk to make a soft dough. Turn out on a lightly floured board and knead gently. Cheese may be added with dry ingredients and biscuits baked individually or dough may be rolled out thin, brushed with melted butter, and sprinkled with grated cheese. Roll up like a jelly roll and place in a heavily buttered ring mold. Bake 425 degrees 15 min. or until done. Arrange biscuit in circle and fill with creamed eggs. Addition of ham, peas or carrots lends color to the dish. Garnish with bacon strips.

## MEAT BALLS (6-8 servings)

1 pound ground beef or  
bulk sausage  
 $\frac{1}{2}$  c. uncooked rice  
Pepper

1 small onion, grated  
2 c. tomato juice  
1 T. flour  
1 t. salt

Mix ground meat and rice and season with salt and pepper. Shape into small balls. Thicken tomato juice, add grated onion. Simmer meat balls slowly in tomato juice until meat and rice are thoroughly cooked, approximately  $1\frac{1}{2}$ -2 hours.

## MEAT ROLL-UP (6-8 servings)

### MEAT MIXTURE

1 lb. ground beef  
 $\frac{1}{4}$  lb. ground pork  
1 beaten egg  
 $\frac{1}{4}$  c. liquid  
1 t. salt  
Pepper  
4-8 slices bacon for garnish

### BREAD STUFFING

3 T. butter, melted  
2 c. dry or soft bread crumbs  
 $\frac{1}{4}$  t. pepper  
 $1\frac{1}{2}$  T. minced parsley  
1 t. salt

Combine meats. Add egg liquid, (milk, water or vegetable liquid) seasoning. Mix well and pat  $\frac{1}{2}$  in. thick on waxed paper. Make bread stuffing by adding melted butter, parsley and seasoning and mixing lightly. A small amount of water or egg may be added if a moist stuffing is desired. Spread meat with bread stuffing and roll as a jelly roll. Place in a greased baking pan, cover with bacon. Bake in moderate oven 350 degrees one hour. Garnish with buttered whole onions and parsley.

## LIVER LOAF (6-8 servings)

1 lb. liver  
1/2 lb. pork sausage  
1/2 c. stock  
2 eggs  
2 small onions  
1 c. bread crumbs

1 t. Worcestershire sauce or  
catsup  
1 T. lemon juice  
1 t. salt  
1/8 t. pepper  
1 t. celery salt  
2 slices bacon

Place liver in sauce pan and add small amount of hot water. Simmer gently for five min. Reserve 1/2 c. liquid for loaf. Grind liver and onions. Add stock, sausage and seasonings. Beat eggs slightly and combine with other ingredients. Place in greased loaf pan and top with bacon. Bake in 325-350 degree oven 45 min. Serve either hot or cold.

## CHEESE TIMBALE (6 servings)

1 c. soft bread crumbs  
2 c. milk  
3 eggs  
1/4 t. salt

1/2 t. dry mustard  
1 T. melted butter  
1/3 lb. grated cheese  
1 T. chopped onion

Soak bread in milk for five minutes. Add well beaten eggs, seasoning and grated cheese. Pour into well greased custard cups and set in a pan of hot water. Bake in moderate oven 1 hour or until set. Unmold, sprinkle with paprika and serve with tomato sauce.

## CHEESE SPREAD

4 c. very dry cottage cheese  
1/2 c. butter  
1 1/2 t. soda  
2 t. salt

3 c. thick sour cream  
Pimiento, pickles or olives  
if desired

Add butter, soda and salt to cheese. Mix thoroughly and let stand 2 hours. Place in top of double boiler until all lumps are melted. When completely melted, add cream in small amounts, stirring well. Remove from stove. Add butter coloring if desired. Store in covered jar allowing cheese to age at least three days. Add pimiento, green onion, pickles or olives as needed for sandwiches.

## COTTAGE CHEESE PIE (1 pie)

1 lb. cottage cheese (dry)  
1/2 c. sirup  
1 1/3 T. milk  
3 eggs, beaten  
1/2 c. raisins or dates, chopped

1/2 t. salt  
1 T. melted butter  
Juice and rind of small  
lemon

Put cheese through a fine sieve. Add sirup and beaten eggs. Combine remaining ingredients. Pour into a deep tin lined with graham cracker crust and bake until firm (about 20 min.) in moderate oven.

For crust, use 20 crushed graham crackers and 5 T. melted butter. Combine and line tin with mixture.

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### Compiled by Maud Stitt, Extension Nutritionist

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