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New Meat Dishes



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Brookings, South Dakota

New Meat Dishes

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MEAT is likely to take too important a place in the average American diet. Many home makers think they cannot serve a meal without meat. This means an unbalanced daily diet. If this practice is continued over a long time, conditions of ill health may result.

The mineral needs for a small well planned diet, the place of meat in the diet and new ways to serve meat are discussed in this circular.

Minerals

There are three minerals, calcium, phosphorus and iron that are needed in the daily food supply if the body is to grow normally and keep in health. The homemaker must plan to provide her family every day with the foods rich in these minerals. She cannot leave it to chance.

There are other minerals that are important for the best nutrition but they are so widely scattered and are needed in such small amounts that if the calcium, phosphorus and iron needs are supplied these will be taken care of.

Calcium

Calcium is a necessary mineral in the animal body. It makes up a larger percent of the body weight than any other inorganic substance. About 99 percent of it is in the bones. Experiments have been done on animals to determine the effect of a low calcium diet. Pigeons fed on such a diet showed no apparent ill effects over a year's time. But when they were killed the large flat bones such as the shoulder blades and hip bones were perforated with holes showing that the muscle tissue need for calcium was supplied at the sacrifice of the bone tissue. Other experiments have been made showing that the body will excrete through the urine and feces more calcium than it receives in the food to meet the daily calcium requirement. The difference was probably made up from the bone skeleton.

Children often show deformities which are due to a lack of calcium. The fact that children do not grow as they should may be due to a too low calcium content in their food.

Mothers and young children always need a generous supply of calcium. The breaking down of the teeth of mothers during pregnancy and nursing is largely due to the added need for calcium. The proper development of the unborn child requires calcium. The supply will be met at the sacrifice of the mother's bone tissue if it is not provided in the food. Due to the change in foods after weaning, the calcium supply in the foods of children is likely to be deficient. The growing child probably needs a more generous supply of calcium relatively than the adult. Experiments on boys showed that they used three to four times as much calcium in proportion to weight as required to maintain a man. Some calcium is lost in cooking and in digestion. Therefore, foods rich in calcium should be liberally provided for in the diet. Probably there is no danger of getting too much calcium. The dietaries of people are likely to be deficient in calcium where they have ready access to refined foods unless they supplement these foods with those rich in calcium.

Milk is the food richest in calcium. Experiments have been done on children to determine the amount of milk required to supply the necessary calcium. A quart of milk a day from properly fed cows was found to supply this need. The leafy vegetables should be used with the milk but not in place of it to furnish calcium.

Phosphorus

For normal growth a child needs one and a half times as much phosphorus as the grown man for maintenance.

A mother during pregnancy and nursing has a greater demand upon the calcium and phosphorus supply than is the demand of growth. If the supply cannot be taken from the food it will be taken from the bones. To make this up will require the intake of calcium and phosphorus above the regular maintenance over a long period of time. Milk is nearly as rich as meat in phosphorus. Whole grains are fairly rich in calcium and phosphorus. The milling removes more than half in the germ and outer husk. The calcium and phosphorus requirements of growth can be met by a quart of milk per child per day. However, this should be supplemented by other foods rich in calcium and phosphorus.

There may be enough calcium and phosphorus present in the diet but it may not be properly deposited in the bone tissue. Experiments seem to show that Vitamin D is a factor in the utilization of calcium and phosphorus for normal bone growth.

Iron

Animals need iron in their nutrition. It is used in the hemoglobin of the blood and in the vital processes of the cells. The greatest amount in the body is found in the liver, spleen and kidneys. However, there is very little reserve supply of iron in the body. The intake must balance the outgo, otherwise there is likely to be a shortage of iron in the blood and anemia may result since the supply of iron and anemia seem closely related. It has been found that when inorganic iron is given along with the organic iron of common foods that both are equally digested, absorbed and excreted but when inorganic iron is given with foods poor in organic iron the result is not the same. The inorganic iron in medicine is not as effective alone in the treatment of anemia as when given with foods high in iron. In anemia there is "excessive putrefaction" in the intestines. The high iron content and the cellulose of certain vegetables and fruits tend to overcome this. The failure to get sufficient iron means lowered vitality even though the condition may not become serious enough to be diagnosed as anemia. It requires months of treatment under the advice of a skilled physician to build up the body after it has suffered from a low iron diet.

The adult man needs fifteen milligrams of iron per day. During the child bearing period women need a greater supply. The new born child if it has been properly nourished has three times as much iron stored in its body as needed in adult life. This supply must come from the mother's diet. She must eat iron-high foods to meet the demand. The child will draw on this iron reserve during the nursing period. From this time on the mother must see that there is sufficient iron in the child's food to cover the outgo as a result of the processes of growth. Children too need more than the adult man. All young animals that live on milk alone have this supply of iron at birth while animals that begin to eat vegetables immediately have no reserve supply. They obtain theirs from the green leaves they eat. Animals that live on vegetables are not subject to anemia as are flesh eating animals.

The fuel foods, sugar, starch, and fat contain no iron or very little. Refined cereals and lean meat except in the hemoglobin of the blood, contain almost no iron. Milk contains very little iron but it is readily utilized by the body. There is not a sufficient amount to consider milk a valuable source of iron.

The ill effects on the body of too little iron can be prevented by using a well balanced daily diet. In most diets the amount of protein (meat) and fat forming foods can be cut and the high iron foods can be

increased. This means the use of more fruits and vegetables, especially the leafy vegetables, and more whole cereals. Specific foods rich in iron are spinach, dandelions, swiss chard, and all other greens, raisins and prunes.

Experiments seem to show that the supply of iron and Vitamin E are closely related.

Summary

A well planned diet will include milk, fruits and vegetables, especially the leafy vegetables, whole cereals and protein (meat, fish, cheese or eggs). The rest of the diet may include any wholesome foods.

Meat Economy Notes

1. Buy meat by the whole, half or quarter carcass.
2. Learn to cook tender cuts of meats. Sear the meat over direct heat or in a pan—plain steaks and roasts.
3. a. Buy the cheaper cuts of meat (neck, shoulder, lower round, flank).
b. Learn to cook the cheaper cuts of meat. Make the cheaper cuts of meat (tough cuts) tender by pounding, grinding and slow cooking. Tough meat is cut into small pieces, covered with water and simmered until tender—plain stews, soup stock.
4. Prepare left over meats in attractive ways.
5. Extend the flavor of meat to other dishes—meat pies, dumplings, baking powder biscuit, rice macaroni, beans, potatoes and vegetables.
6. Use scraps of raw meat and bones for soup (large bones are crushed to expose the marrow).
7. Use all fat. The less desirable fats, chicken fat, drippings, and suet when combined with butter or lard make excellent shortening.
8. Learn to develop the flavor of meats.
 - a. Careful cooking.—Proper cooking of meats means the retention of the nutritive material. A well-cooked cut of meat is tender, juicy and well flavored.
 - b. Browning meats
 - c. Adding vegetables, sweet green peppers, celery stalk or seed, onion, bay leaves, sage, carrots, tomatoes.
 - d. Meat sauces.
 - e. Pickles.
9. Cut down on the amount of meat used.
 - a. Serve meat once a day.
 - b. Serve smaller portions of meat.
 - c. Cheese, milk, eggs, fish can be used in place of meat.
10. Learn to can meat. Variety in canning meats means variety in serving. "Meat Canning"—Extension Circular No. 121 (revised).
11. Learn to cure meats. "Cutting, Curing and Canning Pork"—Extension Circular No. 253.
12. Learn to cook and serve cured meats.
13. Know the food value of meat.
 - a. Lean meat is rich in a good quality of protein. Gelatin is a protein of the connective tissue.
 - b. Fat meat is an excellent fuel food.
 - c. Meats are deficient in the same vitamins and minerals as the refined cereals. Meat is poor in calcium. Lean meat contains iron in the hemoglobin of the blood. Meat is rich in phosphorus.
 - d. Meat extractives have no food value but they do give flavor to the meat.
 - e. Meat is made up of muscle fibers which are held together with connective tissue. The juices are in the tubes of the fibers.

Recipes

Bacon Loaf

Partially fry ten slices of bacon. Pour off some of fat. Cover with a thin layer of drop batter. Brown on both sides. Place on a platter bacon side up. Pour tomato or onion sauce over top. Serve hot.

Chicken a la King

1 c. cooked chicken	$\frac{1}{4}$ c. pimentos (cut)
$\frac{3}{4}$ c. chicken stock	$\frac{1}{4}$ c. chopped almonds
$\frac{3}{4}$ c. milk	1 T. flour
$\frac{1}{2}$ c. mushrooms (cut)	2 T. chicken fat
1 egg yolk	$\frac{1}{2}$ t. salt

Combine the fat, flour, salt and brown. Add the milk and stock. Bring to boil. Add the other ingredients except the egg. Beat the egg and add it last. Serve in patty shells.

The browning of the chicken fat and the addition of the mushrooms and almonds give a very fine flavor.

Chicken Loaf

5 lb. chicken	3 eggs
1 c. milk or chicken broth	$1\frac{1}{2}$ t. salt
$\frac{3}{4}$ c. bread crumbs	$\frac{1}{4}$ t. celery salt
$\frac{1}{2}$ c. chopped peanuts	$\frac{1}{4}$ c. pimentoes

Chop the cooked meat. Beat the yolks. Add the other ingredients. Fold in the well beaten whites. Bake in greased pan.

Place tart jell on slices of cold meat loaf. Garnish platter with pickles or parsley.

Creamed Chicken

Creamed chicken is attractive served on platter inside a ring of cooked rice. Garnish rice with bits of jell, chopped parsley or paprika.

Chops with Apples

6 pork chops	2 T. fat
2 apples, cored and sliced thin	1 c. buttered bread crumbs
2 T. sugar	1 t. salt
$\frac{1}{2}$ c. water	

Bone and brown the chops. Place in baking dish. Cover with slices of apple. Add water, fat, sugar and salt. Cover with crumbs and bake.

Chops (Mutton)

Broil the chops. Serve hot garnished with slice of jelly.

Brown the boned chops. Roll in bread crumbs. Dip in beaten egg and then in bread crumbs or salted flour. Fry in deep fat. Serve with fruit fritters.

Chop Suey

2 pounds lean pork, chicken or hamburger (chopped)	$\frac{1}{4}$ c. crisp bacon
2 medium onions	$\frac{1}{4}$ c. bacon fat
$\frac{1}{4}$ c. celery	2 T. flour
	2 T. sugar

Brown the meat in fat. Add the vegetables chopped fine. Add a sauce of flour, sugar and water. Cook one hour in double boiler. Serve with separate dish of rice.

One and one-half cups of macaroni may be used in place of flour. Add one cup of tomato juice. Bake. One tablespoon of Worcestershire sauce and one-half cup of mushrooms may be added to above recipe.

Chow Mein

$\frac{1}{2}$ pound lean pork	$\frac{1}{2}$ pound bean sprouts
$\frac{1}{2}$ pound beef	$\frac{1}{2}$ c. almonds (chopped)
$\frac{1}{2}$ pound veal or chicken	2 onions
2 c. celery	2 c. broth or water
$\frac{1}{2}$ c. mushrooms	salt

Chop the meat. Add the celery, mushrooms, onions and bean sprouts in broth. Cook. Add almonds. Serve hot with chow mein sauce and crisp noodles.

The bean sprouts, chowmein sauce and crisp noodles can be bought or ordered through your grocer.

Baked Fish

3 c. boiled flaked fish	2 T. flour
$\frac{1}{2}$ c. grated cheese	1 t. salt
1 c. milk	pepper
2 T. fat	1 c. buttered bread crumbs

Make a white sauce of milk, fat, flour, salt and pepper and add the fish. Pour in greased individual baking dishes or large dish. Cover with cheese and buttered bread crumbs. Bake.

Fish with Tomato

Soak codfish overnight. Brown the fish in fat. Add one cup of rice and tomato, 1 teaspoon salt, 1 chopped onion. Cover with buttered bread crumbs. Bake.

Meat Oysters

Cut cooked meat into small pieces. Spread with ground sweet raisins. Roll in bread crumbs. Dip in beaten egg and then in bread crumbs. Fry in deep fat. Serve meat oysters in center of platter with garnish of orange slices.

Creole of Liver

Prepare liver for cooking. Cut in thin slices. Roll the slices in salted flour and brown in fat. Add a sauce of one and one-half cup of tomato pulp, two tablespoons of flour and butter. Cook twenty minutes. Serve hot on a large platter around a mound of potatoes.

Ham Pineapple

1 c. pineapple syrup	$\frac{1}{4}$ t. salt
2 T. butter	6 slices pineapple
2 T. flour	6 slices ham

Make a sauce of the first four ingredients. Add the ham and simmer ten minutes. Dip the slice of pineapple in flour and brown. Serve as a garnish around the ham.

Ham with Noodles

Slice baked ham. Alternate layers of ham and noodles in a greased baking dish. Cover with meat broth. Bake two hours.

Creamed Ham in Patty Shells

6 T. ground ham	1 T. cream
1 T. tomato pulp	2 eggs

Add the cream, tomato and ham to well beaten eggs. Fill patty shells and bake.

Ham Roll

Spread seasoned bread dressing over a fourth inch slice of ham. Roll and tie. Roll in flour. Brown. Pour one cup strained tomato pulp over the ham. Bake two hours.

Baked Beef Heart

Wash thoroughly. Stuff with bread dressing, one cup dry bread crumbs, 1 teaspoon salt, 3 teaspoons fine sage, 1 apple chopped fine, 2 tablespoons butter. Roll heart in flour. Brown in bacon fat. Bake three hours. Baste often with tomato sauce. Make a gravy of the tomato drippings.

Baked Potato with Meat

Select well shaped potatoes. Bake. Scoop out inside. Add fine chopped and browned seasoned meat, chopped parsley and onion to the potato. Heap mixture in shells. Brown.

Hot Meat—Cheese Sandwiches

Butter bread and spread with chopped meat. Place a thin layer of cheese over the meat. Brown sandwich on both sides in greased skillet. Garnish with slice of jell. Serve hot.

Mince Meat (Green Tomato)

2 pounds suet	} ground	8 c. apples cut fine
½ pound ham		3 c. raisins
3½ lbs. cooked ground meat		2 c. vinegar
6 lbs. green tomatoes		2 c. water
8½ c. sugar		4 T. cinnamon
salt		1 T. ground cloves

Make a syrup of sugar, vinegar, water. Cook the tomatoes in syrup. Add rest of ingredients. Pack hot in sterilized jars.

Sausage with Corn

4 c. corn	3 eggs
2 c. sausage	1 t. salt

Brown the sausage. Add the corn and salt. Beat the eggs. Scramble the eggs into the mixture. Serve on platter garnished with slices of ripe tomatoes or pickled beets.

Scrapple

4 c. meat broth	1 c. ground meat
¾ c. cornmeal	or cracklings
	1 t. salt

Sift the cornmeal into the hot broth. When thick add the meat and seasonings. Pour into pan and cool. Slice. Brown in hot fat. Serve plain, with jell, syrup, fried apples or hot tomato sauce.

Souffle of Meat

1 c. ground meat	½ t. salt
1 c. milk	½ t. fine chopped onion
1 T. fat	½ t. fine chopped parsley
1 T. flour	2 eggs

Combine all ingredients but the eggs. Add the beaten yolks. Heat in the double boiler. Fold mixture into well beaten egg white. Place in greased baking dish in pan of water. Bake twenty minutes. Serve with slices of tomato or tomato sauce.

Fancy Baked Steak

Select a tender steak, 1½ to 2 inches thick. Brown on both sides. Spread top with with a paste of two tablespoons each of butter, peanut butter, flour, sugar and one teaspoon salt. Cover with layer of chopped onions and two cups of seasoned tomato sauce. Bake until tender.

Sour Steak

Cut beef steak into convenient pieces. Soak in vinegar water one hour ($\frac{1}{4}$ c. vinegar to a quart). Drain. Roll in bread crumbs. Dip in egg and then in bread crumbs. Fry in deep fat.

Tongue with Cheese

1 boiled tongue (chopped)	$\frac{1}{4}$ c. fat (butter)
$\frac{1}{2}$ c. boiled rice	2 onions
$\frac{1}{4}$ c. grated cheese	$\frac{1}{2}$ t. salt
pepper	

Chop the onion and brown slightly in the fat. Add the rest of the ingredients. When the cheese is melted serve over salt wafers.

Sauces

Serve these sauces with hot or cold sliced meat.

Foundation Sauce

1 c. liquid	2 T. flour
2 T. fat	$\frac{1}{4}$ t. salt
pepper	

Cream the fat, flour and salt and add it to the hot liquid.

1. Sauce supreme—use chicken broth and fat. Heat the fat and flour until well browned.
2. Tomato sauce—use one cup of strained tomato pulp seasoned with onion for the liquid.
3. Cheese sauce—add one-half cup of grated cheese. Serve as soon as cheese is melted.
4. Lemon sauce—add two teaspoons lemon juice and one teaspoon grated rind. Pour mixture hot over one well beaten egg yolk beating constantly.
5. Onion sauce—brown slightly one-half cup chopped onions in fat. Add onions only to sauce.
6. Mustard sauce—add two teaspoons of mustard with flour.
7. Tart sauce—add $\frac{1}{3}$ c. vinegar, $\frac{1}{2}$ c. tart jell.
8. Horseradish sauce—add 4 T. horseradish, 1 T. vinegar, $\frac{1}{2}$ t. mustard, 1 t. sugar.
9. Spiced apple sauce—add 1 c. fruit sauce rubbed through sieve, $\frac{1}{2}$ c. sugar, $\frac{1}{4}$ c. horseradish, 1 teaspoon onion juice, $\frac{1}{8}$ teaspoon salt.

REFERENCES

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