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UNUSUAL MEATS

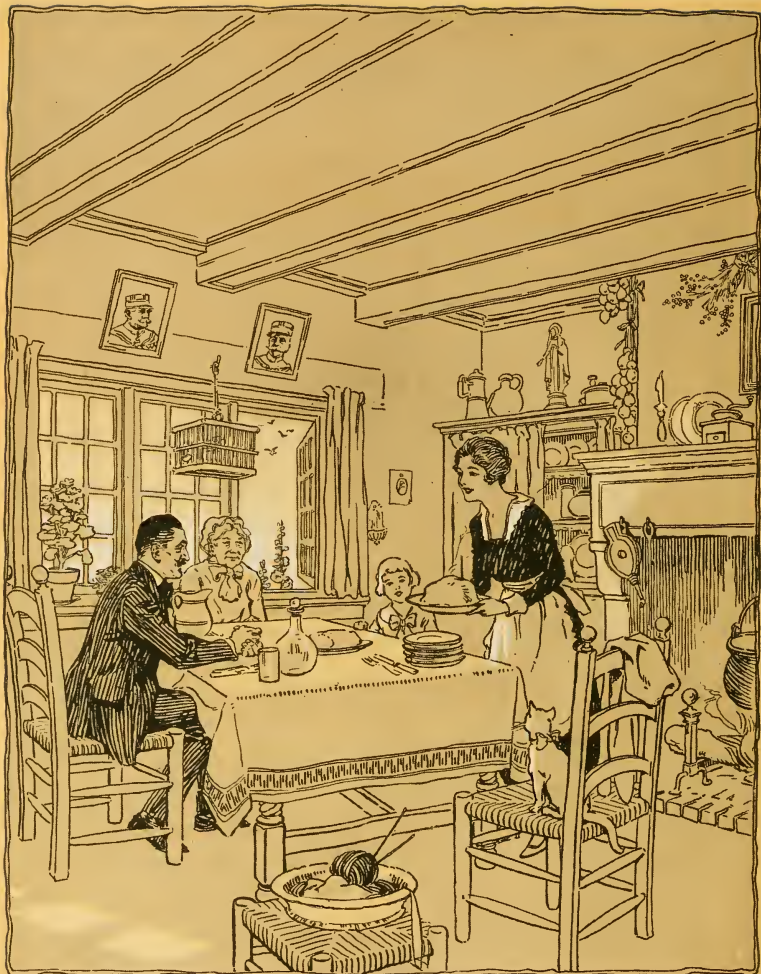
Unusual Meats



Recipes prepared
by Mrs. Harriet
Ellsworth Coates.

Chicago
Swift & Company

U · S · A ·



*"Somewhere in France"
the Unusual Useful*

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Unusual Meats

SOME meat foods that have always been considered delicacies by the most discriminating epicures of Europe, and that have been used in many delicious dishes by famous hotel chefs in the United States, have been neglected by the American housewife.

Fancy Meats, as they are known to the trade, consisting principally of livers, hearts, brains, melts, and kidneys, have not been given the place on the menus in this country that they deserve. Because of their perishable nature, it was not until recent years possible at all times to deliver them in perfect condition. With the use of modern refrigeration in plant, car, and branch house, we are able to promise prompt delivery, at all seasons, of these meat products at the very height of their perfection.

When your dealer opens a case of Swift & Company's Fancy Meats to fill your order, he finds a product that was under the watchful eye of United States Government Inspectors during its progress through a plant equipped with every known device for insuring perfect cleanliness; a product that was packed in a new cloth and paper lined wood case, and promptly frozen; then shipped in a refrigerator car as spotlessly clean as soap and hot water could make it; stored in a branch-house cooler maintained with great care at a low temperature, and delivered in a condition guaranteed to be perfect.

This booklet contains a few new recipes by Mrs. Harriet Ellsworth Coates, the well-known authority on domestic science. These dishes have been given careful study and trial and will be found to be unusually palatable and very nutritious. Similar recipes can be found in most cook books, in many magazines, and in the daily newspapers.

The use of Fancy Meats, in attractive ways, such as are herein described, will give a pleasing variety to the home menu, will result in a very decided reduction in the cost of the meat item of the family budget, and will help the solution of the present world problem of food production.

If your dealer does not have a full assortment of these products, he will be glad to get them promptly for you from our conveniently located branch.

Swift & Company

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Beef Melts - Salisbury

WASH and dry the melts and remove the outside skin. Chop two ounces of suet; mix it with two cupfuls of bread crumbs in a bowl; add one tablespoonful of chopped parsley, half a teaspoonful of savory herbs, the thinly peeled rind of half a lemon, salt, and pepper; beat one egg and stir in. Spread the melts with this forcemeat; roll it up in a bolster-like shape; tie round with string, and skewer it. Put it in a roasting pan; pour drippings over the top; put it in the oven, and cook for about two hours; baste frequently while cooking. Serve on hot dish; garnish with parsley. Make a brown gravy with the drippings in the pan; strain and serve in sauce tureen.

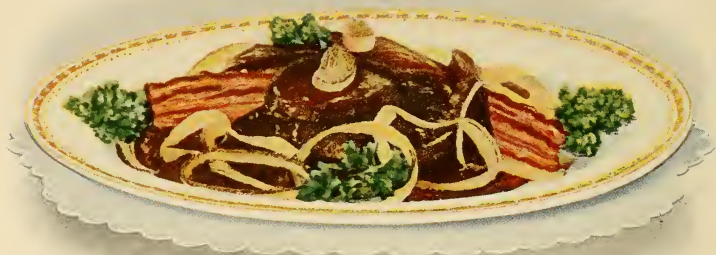
Melts are considered a rare treat at "killing time" in every farm home. City housewives may now secure them the year round and will find beef, pork, or sheep melts both wholesome and delicious.



Pork Melts - Provencale

WASH and dry melts and remove all thick outside skin; cut into squares; put into a bowl, add a crushed clove of garlic, two cloves, six peppercorns, one bay-leaf, sprig of parsley, one sliced onion, salt, and one-half cup vinegar. Let melts remain in this for three hours, turning occasionally. When ready to cook, drain meat, dry, and fry in butter; take up meat and fry one onion in the sauce butter; add a tablespoonful of flour, and brown; stir in the strained liquid that melts were soaked in and two cups of stock. Put melts into this and simmer slowly for about two hours. Remove them, strain sauce, put the meat into dish, pour sauce over, garnish round with boiled string beans.

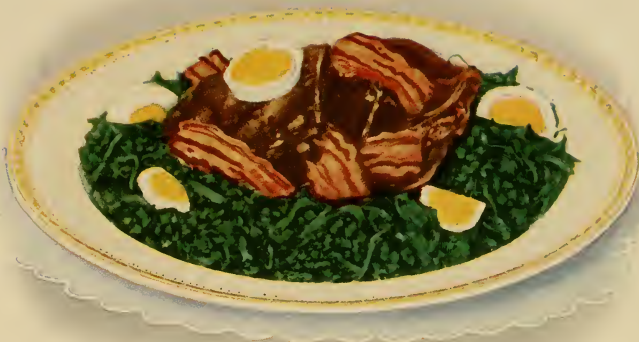
All Swift & Company Fancy Meats are from Government inspected animals, freshly frozen, transported in refrigerator cars to our branches throughout the country and handled under refrigeration until they reach the retailer.



Calf's Liver - Long Beach

SOAK liver in cold water, then wipe dry and cut into slices about one-fourth of an inch thick. Mix into two tablespoonfuls of flour a teaspoonful of salt and a little pepper; dip slices of liver into it; cut half pound of bacon into thin slices and fry in frying pan. Have ready a hot dish, put bacon on it; fry slices of liver in bacon fat; when cooked, place in the center of hot platter with bacon arranged around. Put into pan a tablespoonful of flour, stir until brown, then add a cup of water, cook a few minutes and then pour it over the liver. Garnish the top of liver with an onion cut into wheels and sprigs of green parsley.

Liver is a wholesome meat food that may be prepared in many appetizing ways. For variety, the thrifty housewife may choose from these kinds: calf, veal, beef, lamb, or pork liver.



Pork Liver - Fermiere

CUT the liver into slices and soak it in cold water for a few minutes; then drain it from the water, dredge the slices with flour, and fry them in butter substitute; remove the liver and put a cupful of water in the pan with a lump of butter rolled in flour; add a spoonful of vinegar and a little cayenne pepper; boil till it thickens, stirring all the while. Serve the liver on a bed of boiled spinach with thin slices of fried bacon. Garnish the dish with quarters of hard boiled eggs. This recipe can be varied by the substitution of sheep liver, calf liver, veal liver, or lamb liver with the best of results.

Many additional recipes for preparing these meats will be found in recent and current issues of many women's magazines. Serve them often and both save and please.



Beef Heart - Claridge

PUT heart in cold water for half an hour; remove pipes, wipe dry, stuff with herb stuffing, tie securely, roast for about three hours in moderate oven; remove strings, serve hot with gravy poured around. *Stuffing*—Chop one ounce of suet fine, add two cups bread crumbs, one chopped onion; season with parsley, a little thyme, pepper, salt, and grated nutmeg. Mix well and add one whole egg to bind it.

Sauce—Mix three large ripe tomatoes (or half a can of drained canned tomatoes), two sliced onions, two cupfuls stock, juice of one lemon, and teaspoonful prepared mustard; boil fifteen minutes, mix with teaspoonful of cornstarch dissolved in cold water; rub through fine sieve, reboil, and add a tablespoonful of finely chopped parsley.

Hearts have been a staple article of diet in many homes and may be economically served in many attractive ways. Serve beef, pork, or sheep hearts.



Pork Hearts - Wayside Inn

TAKE two or three pork hearts, remove cores and clean inside of hearts; season with salt and pepper, stuff with herb farce, fasten with needle and string; rub hearts over with drippings, put in a baking tin, and roast for about one hour, basting them frequently. Serve on hot dish, garnish with tomatoes or olive potatoes. Serve with mustard sauce in sauce-boat.

Mustard Sauce—Fry two tablespoonfuls of oleomargarine and same amount of barley flour till a light brown color, mix with a cup of brown stock, stir till it boils, and add a teaspoonful of vinegar, a tablespoonful of Worcestershire sauce (or tomato catsup), half a teaspoonful of prepared mustard, and a dust of paprika.

Swift & Company have devised improved sanitary methods for handling and packing hearts. They reach the retailer in as perfect a state as when they leave our modern plants.



Sheep's Brains - Morningside

BOIL the sheep's brains, chop them, and put into a saucepan with some slices of ham, a chopped onion, salt, and pepper; heat in a cup of cream, and serve on fried bread with grated yolk of hard-boiled egg on top.

Omelette Belvidere—Dice half cupful of cooked brains; melt two tablespoonfuls of butter; put in brains; stir for a few minutes; add three tablespoonfuls cream, season with salt and pepper; keep hot. Beat four eggs, season to taste, melt one tablespoonful of butter; when hot, pour in eggs; stir until it begins to set round edge; place brain stew in center, roll quickly into oval shape, turn onto hot dish, pour remainder of sauce round. Garnish with watercress.

Brains are rapidly coming into favor throughout the United States as a tasty, savory meat food. You may secure calf, beef, pork, or sheep brains. They are freshly frozen and packed in sanitary tin pails.



Pork Brains - Deviled

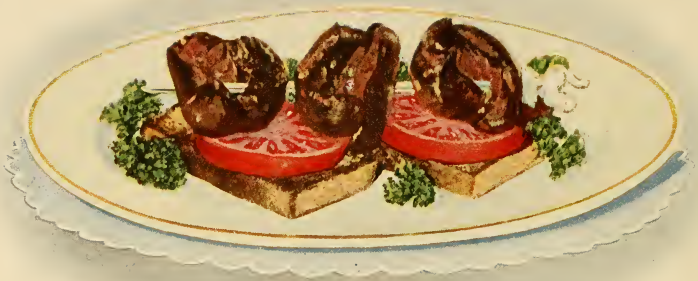
CUT toasted and buttered slices of bread into cutlet-shapes, about a quarter inch in thickness; sprinkle with grated cheese, put pieces of blanched pork brains on each; cover slices with prepared mustard; season with paprika; sprinkle a little more grated cheese and browned bread crumbs on top; put into oven till cheese begins to melt. Serve with watercress salad.

Claremont—Take off fibres and skin; soak in cold water for two hours; put into boiling water; add teaspoonful vinegar, salt, and pepper; let scald; take out, pass through cold water. Fry two onions in butter substitute, pour in two cups stock, bunch sweet herbs, and mushrooms; stir. Cut brains into squares, mix with sauce, put into casserole and into slow oven for thirty minutes. Garnish.

Brains are taken from freshly killed, Government inspected animals, carefully cleaned and packed in sanitary tin pails. They are frozen and travel under refrigeration until they reach the retail distributor.



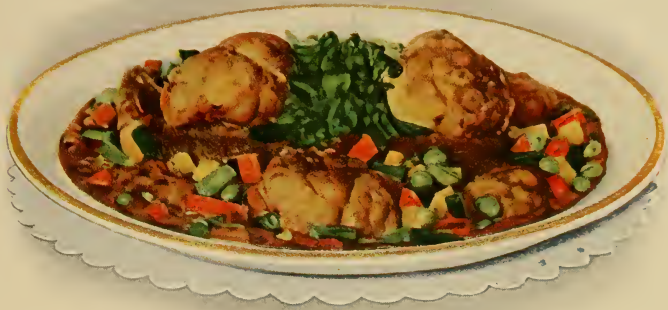




Pork Kidneys - Friars

TAKE some pork kidneys, remove the cores and skins and split them open; season the cut side with a little salt, pepper, finely chopped onion, and parsley; place a thinly cut piece of raw bacon on each, over the seasoning; pass a small skewer through the kidneys and attach the bacon to it. Then dip into some warm butter substitute and from that into some browned bread crumbs, and broil for about eight to ten minutes; then take up and arrange on slices of broiled tomatoes that have been dredged with salt, pepper, and a little onion juice, dipped in melted butter, then in cracker crumbs. Arrange on slices of toast and serve.

Kidneys are used and recognized as an essential meat food by the chefs of most hotels and clubs. They should be more generally used in the home.



Braised Sweetbreads

SOAK sweetbreads in cold water for an hour, put into saucepan with cold water to cover; bring to boil; take up, press till cold; trim, remove fat and gristle; make bed at bottom of saucepan with onion, carrots, and turnips diced, string beans cut into short lengths, green peas, and a bouquet of herbs; add some good stock, lay sweetbreads on this, put on lid of saucepan, braise slowly for thirty minutes. Cook mixed vegetables separately—string beans, green peas, white turnips, and carrots; when cooked, mix together; keep hot. Put slice of fried bread on hot dish, dress sweetbreads on it; reduce liquor to glaze, coat sweetbreads; garnish with watercress; put groups of vegetables round dish. Pour sauce round; serve hot.

Sweetbreads are delicacies that enable the discriminating housewife to vary her menus with certain success. Either beef or calf sweetbreads will answer this need.



Pork Lips - Favorite

SCALD pork lips, scrape, wash and put into stewpan of cold water and bring to a boil; strain, cover again with cold water, simmer till the lips are tender; take up, wash two quarts of spinach thoroughly and put into stewpan in the pork lips liquor. When cooked, drain thoroughly, add salt, pepper, a little grated onion, juice of half a lemon; turn out onto a hot dish in a mound shape, arrange pork lips in circles, sprinkle with grated cheese. Serve mustard sauce for the pork lips in separate dish.

Mustard Sauce—Cream two tablespoonfuls butter; add the juice of one raw onion, saltspoonful cayenne pepper, one of salt, a tablespoonful of prepared mustard, mix with vinegar to soft paste.

Pork lips offer a high food value at a very low cost. Serve them as directed above and surprise your family. They make an appetizing dish.



Pork Tails - Westchester

WASH and trim two or three pork tails; divide them into two- or three-inch pieces at the joints; put them into a stewpan and cover with cold water; when it boils, take off the scum and add a bunch of herbs, a small onion cut into slices, a blade of mace, and a little salt and pepper; let the tails simmer slowly until they are tender; when done, take them out, thicken the gravy with a tablespoonful of flour, strain the gravy, and add two tablespoonfuls of catsup. Serve the pork tails on a bed of boiled samp and pour the gravy over them.

When preferred, boiled rice may be used in place of samp.

Pork tails are cheap and full of nutriment. They are widely used in the old countries and will be in American homes when more is known of the economy of their use.

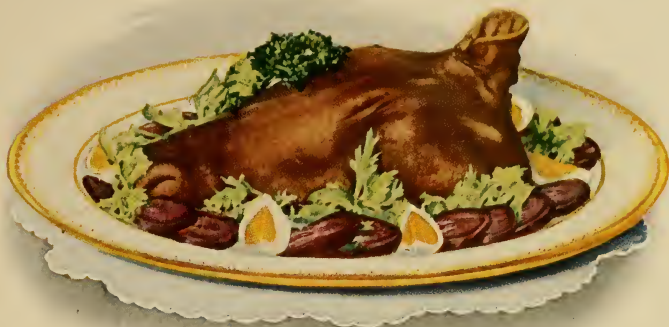


Oxtails - Londonderry

WASH two oxtails; dry and cut into joints; melt two tablespoonfuls drippings, add pieces of oxtail and fry brown; put into casserole and add two cups brown gravy, four whole small onions, three quartered carrots, handful string beans, cup green peas, two chopped green peppers, and six allspice and peppercorns. Cover; put into oven and simmer slowly for one and one-half hours; remove spice; serve hot in casserole.

Meurice—Cut oxtail into joints, put into cold water and boil; take up, dry, put into saucepan, add quart of stock, two peeled onions, bay-leaf, sprig of parsley, one-eighth teaspoonful thyme; simmer gently; drain on sieve, let cool. Beat an egg, dip ox joints, brush with egg, then in bread crumbs, and fry in hot fat. Drain, serve.

Oxtail joints are fairly well known and should be more generally used. They are splendid for both soups and stews.



Calf's Head

SOAK half a calf's head in cold water for an hour and then for ten minutes in hot water before it is thoroughly dressed; remove brains and bone, clean, and tie in a clean cloth; put into saucepan, cover with water, add a bunch of parsley, peppercorns, large onion with five cloves stuck into it; cover and cook until tender; drain, place on hot dish and garnish with sliced tongue, hard boiled egg, and crisp celery.

Française—Soak calf's head as above; bone, tie in cloth, cover with cold water, season; bring to boil; strain, rinse in cold water, replace cloth, put into stewpan with bunch of herbs, peppercorns, two onions, three carrots, celery, juice of two lemons; cover with water, bring to boil; simmer gently for three hours; take up, remove cloth and tongue; place on hot dish. Garnish.

Calves heads are considered a rare delicacy and many attractive, delicious dishes may be concocted from them by a thrifty housewife.

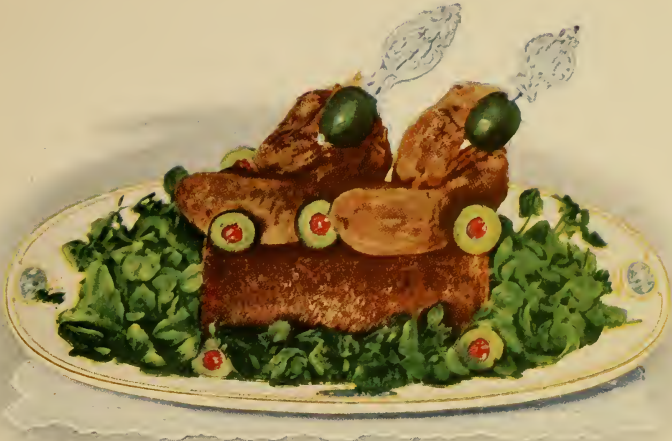


Pork Feet in Batter - Epicurienne

CLEAN pork feet, put into saucepan of cold water, bring to a boil; strain, cover again with water, let simmer until tender; cool. Sift half cup of flour into bowl, beat in one egg yolk, one tablespoonful salad oil, and one of milk; stir in whipped white of egg. Have ready a pan of hot fat; dip in batter, then drop into fat, fry a golden brown; take up, drain, serve hot on fried cornmeal mush cakes; garnish with lemon slices, pour sauce around.

Sauce—Put into saucepan three sliced onions fried in bacon fat without browning, teaspoonful of salt, quarter teaspoonful pepper, two cupfuls strained tomato puree, juice of two lemons; stir till it boils, add tablespoonful of dissolved cornstarch. Stir again till it boils, add two tablespoonfuls of grated cheese and use.

Pickled is one of the flavory ways of serving pig's feet. They may also be boiled, baked, or fried in several delicious ways.



Pork Tongue with Italian Sauce

BOIL pork tongue till tender, then place the tongue on fried slices of bread. Garnish the dish with watercress and pimento olives. Serve with Italian sauce in separate dish.

Sauce—Fry one clove of garlic, two chopped onions, and one green pepper in butter; add one cup of tomato pulp; season with salt, pepper, and paprika, and teaspoonful of tarragon vinegar; strain and use.

With Currant Sauce—Boil pork tongue and skin and trim it very carefully. Melt a glassful of currant jelly in a saucepan; when hot, add a tablespoonful of chopped citron, one-quarter cup of seeded raisins and same amount of blanched almonds. Put tongue on a hot platter and pour the sauce around. Pork tongue is very appetizing when served as above.

Many housewives know and use beef tongue. These will be agreeably surprised at the zest with which their families will greet dishes prepared from pork and lamb tongues.

Your Dealer Will Help You Vary Your Menu

NO one is in a better position to recommend a change from the "eternal round of roasts, steaks, and chops," than the dealer. He has made it his business to learn all about meat foods and he is ready and willing to tell you how best to add new items to your menus. There are seasons of plenty and shortage in all meats, so that if you include in your bill-of fare this item or that item when in season, you will benefit and you will aid in the conservation of food.

Before placing your order, you will find it most satisfactory to ask for the dealer's advice.

The value of variety in the menu is appreciated by everyone who buys meat products for the home table. The frequent substitution of toothsome dishes like those described in this booklet will add a variety to the meal hour that will be better than a tonic for jaded appetites.

The use of these recipes will also prove to be an economy. With the people clamoring for steaks and roasts, the rest of the beef products must sell for what they will. The saving through the use of some of the less familiar items is, therefore, often fifty cents on the dollar.

Fancy Meats are also more nourishing than many of the cuts of meats frequently ordered. Laboratory tests show, for instance, that a pound of liver contains nearly twice as much protein as a pound of beef, which has an average percentage of bone and fat.

Why not go to the market and let your dealer show you his stock of these Unusual Meats? He will be glad to do this and to tell you when and how to buy to your greatest advantage.

Swift & Company
U. S. A.

Fancy Meats

Beef Brains	Beef Tripe
Sheep Brains	Beef Sweetbreads
Pork Brains	Calf Sweetbreads
Lamb Fries	Pork Tails
Beef Fries	Oxtails
Calf Feet	Pork Ears
Pork Feet	Beef Hanging Tenders
Calf Heads	Beef Hearts
Lamb Heads	Pork Hearts
Pork Heads	Sheep Hearts
Calf Livers	Pork Jowls
Veal Livers	Pork Kidneys
Beef Livers	Pork Snouts
Pork Livers	Pork Lips
Lamb Livers	Pork Tongues
Beef Melts	Lamb Tongues
Pork Melts	Beef Tongues
Sheep Melts	Calf Tongues
	Oxtail Joints

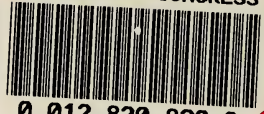
Ask your dealer to show you the above in the original improved Swift & Company package, just as they were delivered to him.

*THE preparation of these
meats by our departments
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your dealer—has been a mat-
ter of studied care.*





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