99 ways to share the MEAT

AWI-13

Point rationing is a new way and a fair way to share our food supply.

Under point rationing every civilian in the United States—man, woman, child—has a chance to buy an equal share of meat.

As meat shoppers we are free to buy at any store. We are free also to use our meat ration coupons for whatever kind and cut the market affords.

SUPPLIES LARGE—DEMAND LARGER

Any way you figure it there isn't enough meat to satisfy all appetites during wartime. Not that supplies are less than in peace years. Our meat production now is greater than at any time in history. Working day and night, American farmers, ranchers, packers, processors, are pushing meat production goals higher. It takes time, though, to produce meat . . . longer to "build" a good beef steer than to build a destroyer.

Men in the fighting forces naturally have first call on our meat supplies. Our fighting allies are often in desperate need of more meat. And men and women working here at home for long hours on hazardous war jobs have a special right to their share of the meat.

Point-ration arithmetic.—Point rationed along with meats are cheese, fats, and oils. This close partnership springs only from the fact that they are all on the wartime scarce list. For though cheese makes a good main-dish alternate for meat occasionally, fats and oils have quite a different duty in well-balanced meals.

Each family is free to portion its own points for meats, cheese, and fats. Should your family choose to follow the "average" of peacetime eating habits, roughly two-thirds of your points will go for meat and cheese, the other third for fats (including such fat meats as bacon and salt pork) and oils.

IF YOU MUST ADJUST MEAL PLANS

For many families meat rationing calls for few, if any, diet changes. Families who have used meats more generously in the past need to adjust menus carefully now.

Meat supplies six main food values in goodly amounts:

PROTEIN of good quality
IRON
PHOSPHORUS
NIACIN
THIAMINE } three of the B vitamins
RIBOFLAVIN

If you have been relying heavily on meat for these, make sure the meals you serve using less meat still supply ample amounts of the same food values.

For good protein, the B vitamins, and phosphorus—call on poultry, cheese, milk, eggs, fish, dried beans and peas, lentils, soybeans, and peanuts. Excepting milk, fish, and cheese these are also good sources of iron. For the B vitamins and iron, stress also whole-grain and enriched cereals and bread. Green leafy vegetables are rich sources of iron.

Domestic rabbit and game are still other alternates for meat.

Share and share alike is the American way

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MAKE GOOD USE OF ALL YOU GET

Get the most from every bit of meat you buy. Fight seen and unseen wastes—from butcher's block to table.

1. Be open-minded about using different cuts and kinds of meat. Try new ones, especially those with low point values.

2. Know your cuts—and the best uses for each cut.

3. Know what meat grades stand for.

4. Buy only as much meat as you have plans to use—and ways to store.

5. Put uncooked meat in a refrigerator or other very cold storage space if you keep it longer than a few hours. Cooked meat also needs careful storage. Ground meat, cooked or uncooked, needs colder storage than unground, cannot be kept so long.

6. Cook meat the modern way—at moderate heat until done and no longer. This keeps cooking losses low, and the meat is more juicy and tastes better.

7. Cook according to cut and fatness. Roast or broil a tender cut—in an uncovered pan with no water added. Give tough meat long, slow cooking in a covered pan with water or steam. Or grind tough cuts and cook as tender meat.

8. Vary the seasonings, especially when you use the same kind of meat often. Try a little onion, tomato, or green pepper . . . a dash of herbs or spices . . . to give a different taste.

9. Serve in many ways. Give stew new appetite appeal, for instance, by serving it in meat pies, as a filling for hot biscuits, or scalloped with macaroni or spaghetti.

10. Save all left-over meat, drippings, and gravy. Learn thrifty and tasty ways to use them.

SPREAD MEAT FLAVOR

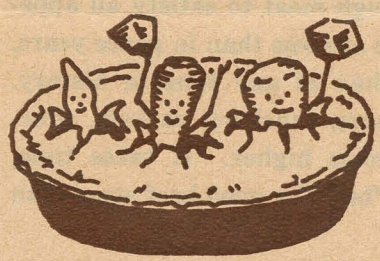
Spread out the good meat flavor in more meals by mixing meat with bulky, mild-flavored foods. Try cereals, bread, vegetables, sauces as "meat extenders."

11. Loaves and patties. Bind well-seasoned raw meat with boiled rice . . . bread crumbs . . . white sauce . . . mashed potatoes . . . cooked corn meal, oatmeal, cracked or whole wheat. Mold into patty cakes for quick top-of-stove cooking . . . or loaves for oven baking.

12. Pot roasts. Add whole or halved vegetables to pot roasts during the last hour the meat cooks.

13. Stews. Add sliced or diced vegetables when meat pieces have cooked almost if not entirely tender in water to cover. Top with dumplings to spread flavor more.

14. Meat pies—family size or individual. Top a stew with pastry, biscuit rounds, mashed potatoes, or corn-meal mush.



15. Meat broiled on toast. Toast bread on one side. Then spread untoasted side lightly with fat, sprinkle with salt and pepper, and cover with ground raw beef or lamb. Broil by direct heat.

16. Soups and chowders. Add pearl barley, macaroni, cracked or whole-grain wheat, spaghetti, or noodles to soups and chowders made from meat trimmings and bones. For more variety, add vegetables.

17. Stuffings. Make well-seasoned stuffing to "space out" a boned roast, a pair of spareribs sections, or small strips of meat for braised "birds."

18. Meat and beans. Combine beans simmered nearly tender with ground meat well-seasoned. Cook slowly until mixture thickens. For chile con carne, add chili and other "hot" seasonings.

19. Meat sauce. Brown ground raw meat, season with onions, peppers, tomatoes. Serve over cooked macaroni, spaghetti, noodles, rice, potatoes.

20. For barbecue sauce, simmer soup bones, tomatoes, and seasonings both hot and spicy—such as garlic, green peppers, bay leaf—in water to cover. Cook several hours, let set overnight, skim off fat, strain. Serve hot.

21. Croquettes. Season ground cooked meat. Bind with boiled rice, mashed potatoes, white sauce. Shape. Fry or bake.

22. Baked stuffed vegetables. Use same type mixture as for croquettes to stuff peppers, tomatoes, potatoes, eggplant, onions.

23. Turnovers. Fold a well-seasoned filling of chopped, cooked meat in rounds of pastry dough. Bake. Serve hot . . . or in place of sandwiches in the lunch box.

24. Timbales. Bake a mixture of ground cooked meat, white sauce, beaten eggs, and seasonings in custard cups set in a pan of hot water in a moderate oven.

25. Souffles. Mix ground cooked meat, bread crumbs, white sauce, seasoning, well-beaten egg yolks, folded-in beaten egg whites. Bake in cups or dish set in a pan of water in a moderate oven.

26. Creamed meat. Add chopped or ground cooked meat to milk sauce. Serve as shortcake filling for hot biscuits . . . or pour over bread, toast, waffles, potatoes, boiled rice, or macaroni.

27. Hash. Mix chopped or mashed cooked potatoes with chopped or ground meat. Season to taste and fry in cakes or in one big layer.

28. For southern hash cut cooked meat in small pieces, brown in fat. Then add diced potatoes, sliced onion and other seasonings, gravy or meat broth, and cook on top of the stove or in the oven.

29. Scalloped meat. Fill a baking dish with layers of chopped cooked meat or meat stew and cooked noodles, hominy, macaroni, or cooked vegetables. Pour sauce over all, top with bread crumbs, and bake.

30. Baked with vegetables or fruit. Put layers of sliced cabbage and apples in a baking dish, lay fried sausage cakes on top, cover and bake until cabbage and apples are tender.

31. Sandwiches. For the lunch box, give a "different" taste to meat by adding catsup, chili sauce, chopped pickle, thin slices of mild onion.

hare the meat ★★★

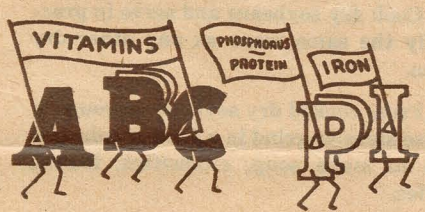
32. Make **hot open-face sandwiches** by laying slices of cold or hot meat on toast, bread, or biscuits. Top with gravy or savory sauce.

33. For a **French-toasted sandwich** spread ground cooked meat between bread slices, dip in egg-and-milk mixture, brown on both sides in a little fat in a frying pan.

34. Salad. Combine cooked macaroni, potato, or other vegetables, with cooked chopped meat, and salad dressing, and serve with lettuce, cress, or cabbage.

35. Chop suey and other meat-stretching specials are in many cookbooks.

GET ACQUAINTED WITH VARIETY MEATS



Liver, kidneys, brains, and other variety meats usually are richer in iron than the muscle meats—some are extra good sources of one vitamin or another. In protein, they rate about the same as muscle meats.

36. Liver. Fry at moderate heat long enough to change the color. Don't overcook.

37. Scallop browned slices of liver with alternate layers of potato slices and a little onion. Cover with milk, bake till potatoes are tender. Or use cooked rice, macaroni, or noodles instead of potatoes.

38. Make liver **loaf** from liver browned slightly, then ground. Mix and bake as any meat loaf.

39. For a **sandwich spread** make a paste of liver broiled, fried, or simmered, then mashed or ground and seasoned.

40. Kidney. Broil tender kidneys.

41. Make **stew** of less tender kidneys.

42. Heart. Simmer long and slowly. Serve with onion gravy made from the stew broth. Season well.

43. Fill a heart with tasty **stuffing**, cook in a covered baking dish with water added.

44. Use chopped cooked heart as the basis for a meat **loaf.**

45. Tongue. Simmer, serve sliced, hot or cold, or "extended" with a white sauce.

46. Simmer, then **bake** in a covered dish with sliced vegetables.

47. Sweetbreads. Simmer till tender. Cool in broth. Then dip lobes in an egg-and-milk mixture, and brown in fat.

48. Broil cooked lobes. Pour melted fat over them and brown slowly.

49. Cream cooked lobes and serve over toast or in patty shells.

50. Brains. Precook in simmering water. Dip in an egg-and-milk mixture, then in bread crumbs, and fry.

51. Cream cooked brains and serve on toast or over waffles or biscuits.

52. Chop cooked brains and bind for **croquettes.**

53. Scramble cooked brains with eggs.

54. Make a **salad** from chopped cooked brains, chopped celery, and salad dressing.

55. Tripe. Simmer tender in water. Cut in slices, dip in batter, and fry.

56. Dip tripe, cooked tender, in melted fat, **brown** both sides in the **broiler.**

57. Cut cooked tripe in finger lengths, serve in a seasoned medium white sauce for **creamed** tripe.

58. Spleen and lungs. Simmer, then use in stews. Lungs go well with heart in stews and loaves.

SERVE POULTRY

Chicken, turkey, duck, goose, squab, guinea—all make excellent main dishes.

59. Young, tender poultry. Broil plump young birds at moderate heat. Turn from time to time. Baste frequently.

60. Fry plump young birds in shallow or deep fat.

61. Stuff and roast young well-fattened poultry. Keep oven temperature moderate.

62. Older birds or lean young poultry. Stuff and braise in a covered roaster.

63. Or brown cut-up fowl in a frying pan, then finish cooking in a **casserole** with added water and chopped raw vegetables.

64. Old, tough birds. Stew or **steam** to make tender. Cool in broth.

65. Plus dumplings or **noodles.** Cook dumplings or noodles in a gravy made by thickening broth from stewed chicken.

66. Cream and season stewed poultry cut from bones. Season, and serve with rice, noodles, in patty shells, on crisp toast or waffles.

67. Or use chopped cooked chicken as the basis for **meat loaves, croquettes, souffles, timbales, chop suey.**

68. Cook **giblets** tender in a little water or broth. Thicken slightly. Serve piping hot with potatoes, toast, or rice.

69. For a **giblet sandwich** chop tender cooked giblets up fine. Combine with salad dressing or a little fat, and seasoning. Spread on bread.

70. Cook cut-up **livers** of young chicken in a frying pan in a little fat. Cook just long enough to change color of the liver. Serve with the drippings.

USE FISH AND SHELLFISH

Buy fish and shellfish of local varieties when possible and don't be shy about trying new kinds.

71. Fresh fish. Bake, boil, or fry fish at moderate heat.

72. Cooked fish stripped from the bones is good in cakes, scalloped dishes, loaves, croquettes, chowders, salads. Space it out with rice, mashed potatoes, spaghetti, white sauce.

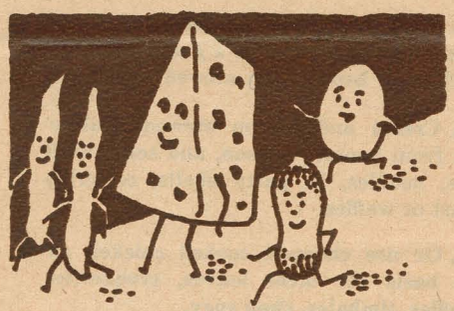
73. Salt or smoked fish, when and if available. These may be used in most of the same ways as fresh fish—except that it is necessary to soak or parboil the fish first to remove part of the strong salt or smoke taste.

74. Oysters and clams. Serve in stews or chowders. . . . Try clams chopped fine, mixed in fritter batter, fried in well-flavored fat. . . . Dip oysters in egg and crumbs and fry. . . . Scallop oysters with cracker crumbs, with rice, or other bulky food. . . . Heat oysters, then season, cream, and serve on toast.

75. Shrimp and crab. Serve hot or cold, alone or together. . . . Crab meat is good made into small flat cakes and browned in fat. Creamed shrimp and crab meat are excellent on toast, rice, or spaghetti.

Other alternate main dishes

Cheese . . . eggs . . . dried beans . . . peanuts . . . soybeans, like meat, all make a good basis for stick-to-the-ribs dishes around which to build a meal. They all contain protein, plus one or more of the other food values found in meat—and usually extra food values of their own.



CHEESE MAIN DISHES

76. Make it **eggs and cheese** in fondues and souffles.

77. Melt American cheese in **white sauce** . . . pour over cooked macaroni, spaghetti, or noodles for a hot casserole dish. Use this same sauce for vegetable dishes.

78. For a **rabbit**, combine grated American cheese, white sauce, egg. Serve over toast or bread.

79. For a main-dish **sandwich**, toast cheese on bread in the oven, under the broiler, or in a frying pan. Dip in egg-and-milk mixture, then fry for a French-toasted sandwich.

80. Serve **cottage cheese** "as is," seasoned to taste—and in salad and sandwiches.

EAT EGGS

81. Serve **eggs** as **eggs** — soft-cooked hard-cooked, deviled, poached, fried, baked, scrambled. For best results keep heat moderate when you cook eggs.

82. For a **hearty baked dish**, mix hard-cooked eggs, cheese sauce, macaroni, or spaghetti, and top with bread crumbs.

83. For **egg sandwiches**, fry an egg firm, or combine sliced hard-cooked eggs with salad dressing. . . . Mix scrambled eggs, hot or cold, with catsup or tomatoes.

84. Make a **corn pudding** from beaten eggs, cooked corn, milk, and seasonings.

DRIED BEANS AND PEAS

85. For **plain cooked** beans, soak, simmer slowly in a covered pan. Flavor with something salt, sour, fresh, crisp, bright, or spicy.

86. **Bake** beans long and slowly. Good seasonings are molasses, mustard, salt pork, onion.

87. For a **baked loaf** or **croquettes** combine mashed or chopped cooked beans, milk, beaten eggs, bread crumbs, and seasonings.

88. For better bean **soup**, add finely chopped peanuts . . . tomatoes . . . carrots . . . or a few slices of frankfurter or bits of cooked ham or sausage.

89. **Hearty bean sandwich fillings.** Combine baked beans with onion, pickle, relish, or catsup. . . . Moisten with salad dressings. . . . Combine chopped peanuts and baked beans.

PEANUTS, PEANUT BUTTER

90. For a **loaf** or **croquettes**, mix chopped roasted peanuts with carrot or other chopped vegetables. Bind together and shape.

91. Try peanuts with tomatoes, sliced onion, and other vegetables in **scalloped** dishes.

92. Vary peanut-butter **sandwiches** with chopped crisp vegetables such as carrot or onion . . . chopped dried fruit . . . jelly, jam, honey . . . catsup, chili sauce . . . salad dressing . . . chopped pickle . . . hard-cooked eggs.

93. Blend peanut butter with sieved tomatoes for a **soup**.

94. Thicken hot milk with peanut butter for a **sauce** for scalloped or creamed rice, macaroni, potatoes, and other vegetables.

95. Add peanut butter to **omelet**.

SOYBEANS

96. Cook dry soybeans and serve in practically the same ways as any other dry beans.

97. Press cooked dry soybeans through a coarse sieve or grind in a food grinder for pulp to make soup, croquettes, loaves, souffles.

98. Use cold soybean pulp as filling for sandwiches. Mix with chopped onion and enough salad dressing or milk to make it easy to spread.

99. Cook green soybeans in the pods or out. Eat as a vegetable hot—serve as a salad cold—combine in scalloped dishes.

OTHER BULLETINS AVAILABLE FROM THE U. S. DEPARTMENT OF AGRICULTURE:

Meat for Thrifty Meals.
Poultry Cooking.
Egg Dishes at Low Cost.
Cheese in Your Meals.
Dried Beans and Peas in Wartime Meals.
Green Vegetables in Wartime Meals.
Root Vegetables in Wartime Meals.
Potatoes in Wartime Meals.
Soybeans for the Table.

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