

Meat Dishes



<i>Beef Ragout</i>	<i>Ina's Sister's Beef Stroganoff</i>	<i>Pork Chops and Rice</i>
<i>Casserole Corn Beef</i>	<i>Jeannine's Stuffed Pork Chops</i>	<i>Pot Roast</i>
<i>City Chicken</i>	<i>Leah's Meat Balls</i>	<i>Scrapple</i>
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1979 - Virginia Leipper, Thanksgiving Turkey

Beef Ragout

Virginia Leipper

- | | |
|--|------------------------------|
| 4 lbs rump, pot roast beef
or stew meat | 1/2 teaspoon leaves rosemary |
| 3/4 cup flour | 1/4 teaspoon savory |
| 3 Tablespoons salad oil | 1/4 teaspoon marjoram |
| 1 cup hot water | 1/4 teaspoon basil |
| 7 oz. (about 1 cup) beer | 1 cup carrots |
| 1 teaspoon salt | 1 cup celery |
| 1/4 teaspoon pepper | 1 strip (3x1") peel lemon |
| 1/2 teaspoon flakes
parsley | 1 peeled onion |
| | 8 whole cloves |
| | 2 Tablespoon catsup |

Cut the beef into 1" cubes, coat with the flour. Brown in hot oil in dutch oven. Pour in the hot water, the beer, seasonings, carrots, celery, lemon peel strip. Stud the onion with the whole cloves and place in with the meat. Cover and cook gently for about 1 1/2 hours, stirring occasionally, until the meat is tender. Remove the onion with cloves and stir in the catsup.

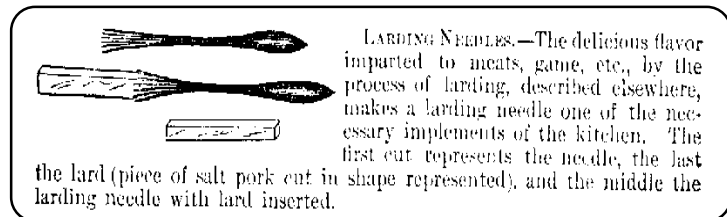
You may add sliced mushrooms, artichoke bottoms, boiled and quartered or hard cooked egg yolks. Makes 6 servings. I usually serve with noodles.

Pot Roast

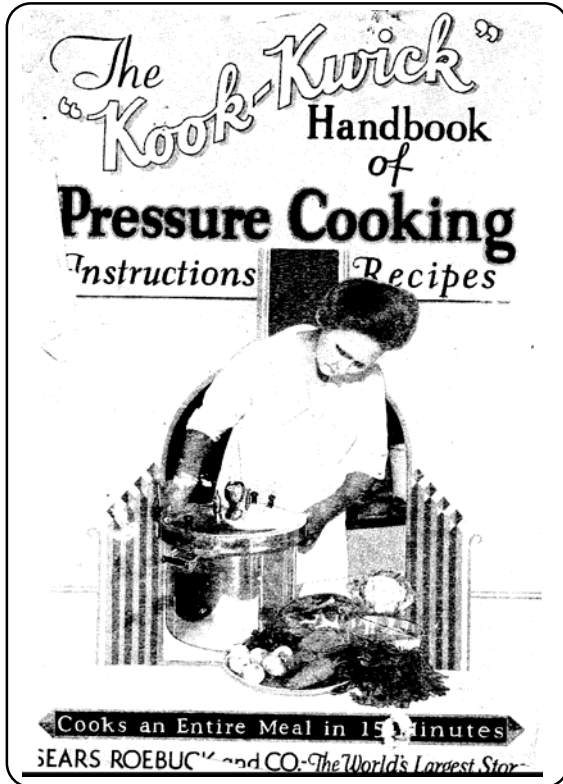
Virginia Leipper

- | | |
|---------------------------------------|--------|
| Roast (Chuck, blade, round or
rump | Onions |
| Potatoes | Salt |
| Carrots | Pepper |
| Celery | flour |

Lightly dust roast with a couple of tablespoons of flour mixed with salt and pepper to taste. Chop onion and saute in large deep skillet, dutch oven or pan in a couple of tablespoons of oil, shortening or bacon fat on medium high heat. Add roast. When browned on both sides add enough water to cover. Cook on low heat for about 1 hour. Add vegetables and continue cooking till they are soft



From a 1930's "owner's manual" for a pressure cooker. This book belonged to Jo Harrison. - DLF



Anita took Mom and I to a shop near Eureka, CA that rebuilds stoves from the 1920's, 30's and 40's. Some were similar to this picture. Those stoves are amazing! Some have really unique features such as built in soup pots, and trash burners, with side vents to help heat the room. - DLF

The Kook-Kwick Goes to School!

A Kook-Kwick pressure cooker in the school room solves the problem of serving the children a hot dish at noon, to supplement their cold lunch brought from home.

With the pressure cooker, the teacher can easily and quickly prepare soups, cereals, baked beans or a vegetable, cocoa or a simple, hot dessert. The cooker can be used over any type of fuel.

The co-operation of the parents in working with the teacher will be needed. Funds for the cooker and small equipment necessary can be raised by donations or a public entertainment, if the school board cannot supply them.

The teacher should make out a schedule of menus and plan of work. She may be given the money with which to buy supplies or they may be brought by the children from home, equally divided. The children will quickly enter into the spirit of the hot dish program and do their full share of the work. The reward will be better nourished children, better able to handle their school work.



A Pressure Cooker Should be in Every Rural School

CHAPTER VII

Dried Fruits and Vegetables

The Kook-Kwick pressure-cooker is invaluable for cooking dried fruits and vegetables. The following recipes illustrate the simplicity of cooking these nutritious foods the pressure cooker way.

Stewed Prunes

Wash the prunes and put them in the inset dish, well covered with water. Place the dish in the cooker on the rack, using the short legs and having a cup of water in the bottom of the cooker. Cook at 15 lbs. pressure for 15 minutes. BE SURE THE HAND-ON-DIAL OF STEAM GAUGE REGISTERS ZERO BEFORE OPENING THE PETCOCK AND REMOVING THE COVER.

Dried peaches, apricots, pears and other dried fruits are cooked in the same way.



Many Delicious, Economical Dishes May be Made from Dried Fruits and Vegetables

Meat Loaf

Myrtle Leipper

2/3 cup bread crumbs	1/4 cup onion
1 cup milk	1 teaspoon salt
1/2 lb. ground meat (beef)	1/8 teaspoon pepper
2 eggs slightly beaten	1/2 teaspoon sage

Sauce

3 tablespoons brown sugar	1/4 teaspoon nutmeg
1/4 cup catsup	1 teaspoon mustard

Pour sauce over loaf and bake at 350 degrees for 1 hour.

Meatloaf is a family favorite. There are many varieties depending on what happens to be in the cupboard and refrigerator. Usually meat loaf contains the basic ingredients of ground beef, tomato sauce, onions, eggs, and bread. - DLF

Ham Loaf

Aunt Tress

1 # cured ground ham	1 cup cracker crumbs or oatmeal
2 beaten eggs	salt
1 1/2 lbs lean pork	pepper
1 cup milk	
→ Baste frequently with	
1/2 cup brown sugar	1 Tablespoons mustard
1/4 cup vinegar	

from Aunt Tress to Dana, July, 1958

Funny, I have recipes of Corinne that she's made a thousand times from her Swedish background. She likes the repetition, makes the same meal every Christmas. By the time I came along in the extended Leipper family there were many great cooks in the family and my claim to fame was to try something different. Aunt Tress was kind enough to say that was why she enjoyed coming to our house. It is still a characteristic of my cooking. I never do the same thing twice. - MFS

Ham Casserole

Jo Harrison

2 cups chopped ham

1 can mushroom soup

1 pkg frozen peas

Mix and put in casserole. Mash some sweet potatoes, season with salt, cinnamon and spoon on top of first mixture and bake 30 minutes.

I feel very fortunate that we have a hunter in the family. Uncle Ted hunts all sorts of game animals like elk and antelope. Aunt Dorothy would do all the butchering. They both have developed the process of hunting and preparing game in such a way that you ended up with tender, delicious meat. I have especially fond memories of elk roasts. You just can't buy anything that compares. - DLF

City Chicken

Leah Grosse

1 lb ground veal

1/4 lb ground pork

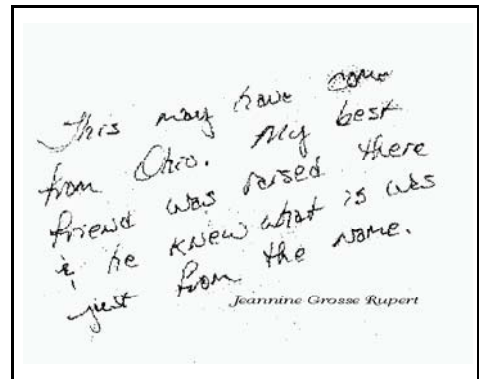
1 teaspoon salt

1/4 teaspoon pepper

1 Tablespoon chopped green pepper

1/4 cup crushed pineapple

Mix and wrap on skewers like chicken leg, then roll in cracker crumbs, then in egg and again in crumbs, brown in butter and steam or bake until done. Place an olive on the end of the skewer when ready to serve.



© *Beef-Steak For Winter Use.* - Cut the steak large, and the usual thickness; have ready a mixture made of salt, sugar and finely powdered saltpetre, mixed in the same proportion as for corning beef: sprinkle the bottom of a large jar with salt, lay in a piece of steak, and sprinkle over it some of the mixture, as much or little more than you would use to season in cooking, then put in another slice, sprinkle, and so on till jar is filled, with a sprinkle of the mixture on top: over all, put a plate, with a weight on it, and set in a cool, airy place, where it will not freeze. This needs no brine, as it makes a brine of its own. Twenty-five or thirty pounds may be kept perfectly sweet in this way. Take out to use as wanted, and broil or fry as usual.

© *Hints for the Well - The condiments, pepper, ginger, etc. are less injurious in summer. Fat beef, bacon, and hearty food may be eaten more freely in winter.*

Hasinpfeffer

Jo Harrison

2 cups water	1 rabbit cut in serving pieces
1/2 cup vinegar	3 Tablespoons butter or shortening
3 Tablespoons sugar	1 medium onion, sliced
1 teaspoon salt	1 1/2 Teaspoon flour
10 whole cloves	3 Tablespoons water
1/2 bay leaf	1/2 cup sour milk
10 Whole black peppers	

Prepare a marinade with the first 7 ingredients in a sauce pan. Heat to boiling quickly. Cool. Put rabbit in a glass bowl cover with marinade. Cover bowl and refrigerate overnight.

Lift rabbit from liquid and drain slightly. Brown in hot butter medium heat (about 15 minutes) Reduce heat add 1/2 cup strained marinade. Cover and simmer 1 hour or until tender.

Add onion and a little more liquid, continue to simmer till very tender.

Make a paste of flour and water and stir into gravy (2 minutes) Stir in sour milk. Blend thoroughly heat just to boiling. Serves 3 or 4

Jo Harrison's father was a chef in San Francisco in the late 1800's. This recipe probably came from him. - VJL

Six in one Dish

Myrtle Leipper

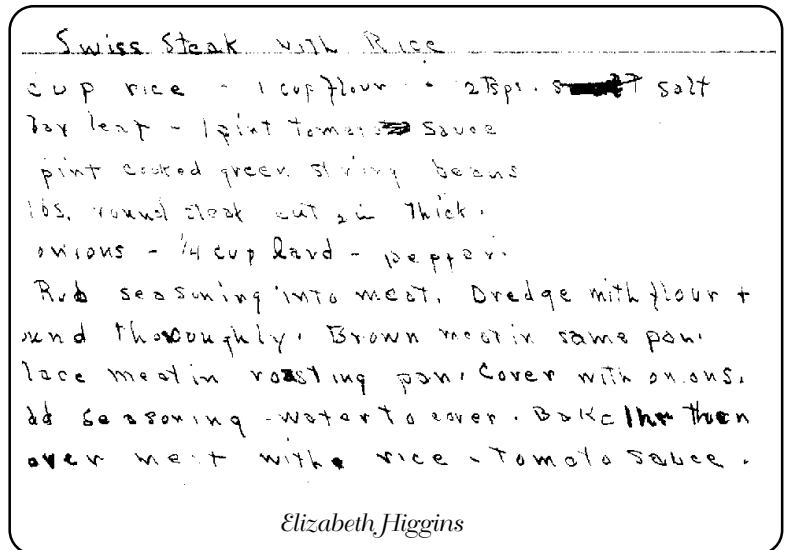
1/2 cup rice	1 lb. ground beef
1 layer potatoes	1 can tomato soup
1 green pepper	enough water to cover
1 onion, cut fine	

cook covered.

Swiss Steak with Rice

Elizabeth Higgins

- 1 cup rice
- 1 cup flour
- 2 teaspoons salt
- 1 bay leaf
- 1 pint tomato sauce
- 1 pint cooked green string beans
- 2 lbs round steak cut 2 inches thick
- 1 teaspoon salt
- 6 onions
- 1/4 cup lard
- pepper



Rub seasoning into meat. Dredge with flour and pound thoroughly. Brown meat in same pan. Place meat in roasting pan. Cover with onions. Add seasoning and water to cover. Bake 1 hour then cover meat with rice and tomato sauce. Cover and bake 1 hour. Serve on platter and garnish with beans.

© To make meats tender - A spoonful of vinegar put into the water in which meats or fowls are boiled makes them tender.

Casserole Corn Beef

Jo Harrison

- 1 pkg noodles
- 1 can mushroom soup
- 1 can milk
- 1 onion
- 1 pepper
- 3/4 lb. cheddar cheese
- 1 can corn beef
- potato chips

Cook noodles. Brown onion and pepper add other ingredients. Put into casserole and top with crushed potato chips. Bake for 25 to 45 minutes at 375 degrees.

Pork Chops en Casserole

Jo Harrison

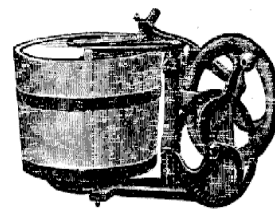
Select 6 or more tender and lean pork chops. Dip in egg and cracker crumbs and fry until nicely browned. Place in a casserole and pour over them 1 can peas (drained) and 1 can tomato soup. Cover with cracker crumbs and bake in a moderate oven 1 hour.

Pork Chops & Rice

Janet L. Smith

Brown pork chops in bacon drippings. Add cup of rice and brown. Add 2 cups hot water and stir. Cover and put heat on low. Stir occasionally. Simmer about an hour or until rice is tender. Salt and pepper to taste

MEAT CHOPPER.—This little machine is indispensable in every family where sausage and mince pies are favorite dishes. It does its work perfectly and with great rapidity. Men who buy mowing machines and hay forks can not afford to let their wives work away in the kitchen with old-fashioned implements when better ones are to be had at a small outlay of money. If any husband refuses to buy it, let the wife cut off his supply of hash and sausages on trial, and then take severer means afterward if necessary.



Jeannine's Stuffed Pork Chops

Jeannine Grosse Rupert

- | | |
|--------------------------------|--|
| 1.5 cup raspberry jam | 1 Tablespoon fresh lemon juice |
| 1/2 cup chopped dried apricots | salt and pepper to taste |
| 1/2 cup honey | 4 1.5 inch thick pork chops with pockets |
| 2 Tablespoons diced onion | 1/2 onion sliced into rings |
| 2 Tablespoons cider vinegar | |

Preheat oven to 350 degrees. Combine jam, apricots, honey, diced onion, vinegar, lemon juice, salt & pepper in medium bowl. Stuff pockets generously and secure with toothpicks. Bake in 9 X 13 pan for 30 minutes. Top each chop with reserved jam mixture and onion rings. Cover and bake for another 30 to 40 minutes.

☺ *Food for the sick Raw Beef Tea - Cut up lean, fresh meat, soak eight or ten hours in a small quantity of cold water. This is good after severe cases of typhoid fever.*

Shipwreck Stew

Jo Harrison

1 Tablespoon fat	1/2 teaspoon salt
1 large onion, sliced	1/4 teaspoon chili powder
3 cups potatoes, diced	1/4 teaspoon worcestershire sauce
1/4 cup uncooked rice	1 cup tomato sauce
1 lb. ground beef	2 cups cooked kidney beans
1 cup celery, sliced	1/2 cup water

Melt shortening in heavy pan. Arrange in layers first the onions, spuds, ground beef, rice and last celery and beans. Combine seasonings and water add to tomato sauce and pour over stew. Cover tightly and cook on high 5 to 10 minutes. Turn to simmer for 2 hours. Serves 8

© *The Laundry - Do not have beefsteak for dinner on washing or ironing days - arrange to have something roasted in the oven, or else have cold meat.*

Meatballs & Cabbage

Isabelle Stitt

→ Cook over low heat for 30 minutes:

2 onions, sliced	1/4 teaspoon pepper
2 16 oz. can stewed tomatoes	3 - 4 Tablespoons honey or brown sugar
1 large can tomato juice	1/4 cup lemon juice
1 teaspoons salt	

→ Mix and form into balls:

1 lb. ground meat	3 Tablespoons water
3 Tablespoons rice	1 egg
2 Tablespoons dried minced onion	

Add meatballs to sauce, cover and simmer for 1 1/2 hours. Add wedges of cabbage 15 minutes before serving. Serve with rice

This same recipe was originally made into stuffed cabbage rolls, but over the years my Mother would prepare it the "lazy way" by making it into meatballs instead. It tasted great either way. - IS

My diary writing this morning mentions Hallowe'een 1939. Betty was recovering from an appendectomy but had us for dinner, served seven ducks, my first wine. I'm glad you included her and wondered about Betty Jane. She lived with us during a year when Betty and Eugene were trying to make a go of barbeque restaurant in either Baltimore or Hartford - MLS

Ina's Beef Stroganoff

Ina Volgamore

Mix together	1 lb pkg stir fry beef
3 to 4 Tablespoons flour	1/2 cup minced onions
1 teaspoon salt	2 cans Cream of Chicken Soup
pepper	1 cup sour cream or IMO (I use IMO)
granulated garlic	1/4 cup oil.
Next	

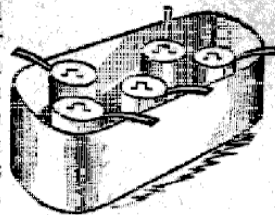
Pound flour mixture into meat with rim of a saucer. Heat oil in heavy dutch oven, medium hear. Brown meat, turning often. When brown push to side - add onion - cook until golden. Add soup 1 can at a time dilute each with 1/2 can water - stir till all lumps are gone. Cook over low heat for approximately 20 minutes. Just before serving add sour cream stir until all is melted, Serve over boiled noodles or rice

Stroganoff is one of my favorites. I use a similar method to these but I always include fresh mushrooms which I saute and I add about 1/4 to 1/2 cup of dry white wine or cooking sherry. I add these when I add the sour cream . - DLL

KITCHEN LUXURIES

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THE BAIN MARIE is a very useful open vessel which is kept filled with hot (not boiling) water at the back of the stove or range or in some warm place. In this several stew pans, or large tin cups with covers and handles, are fitted in, which are intended to hold all the cooked dishes which are to be kept hot until the rest of the dinner is ready to serve. When a dinner is delayed, there is no better way of keeping all dishes hot, and preserving their flavor. It is also convenient to keep sauces, and vegetables used for garnishing meats, which can not be prepared at the last minute.



Ina's Sister's Beef Stroganoff

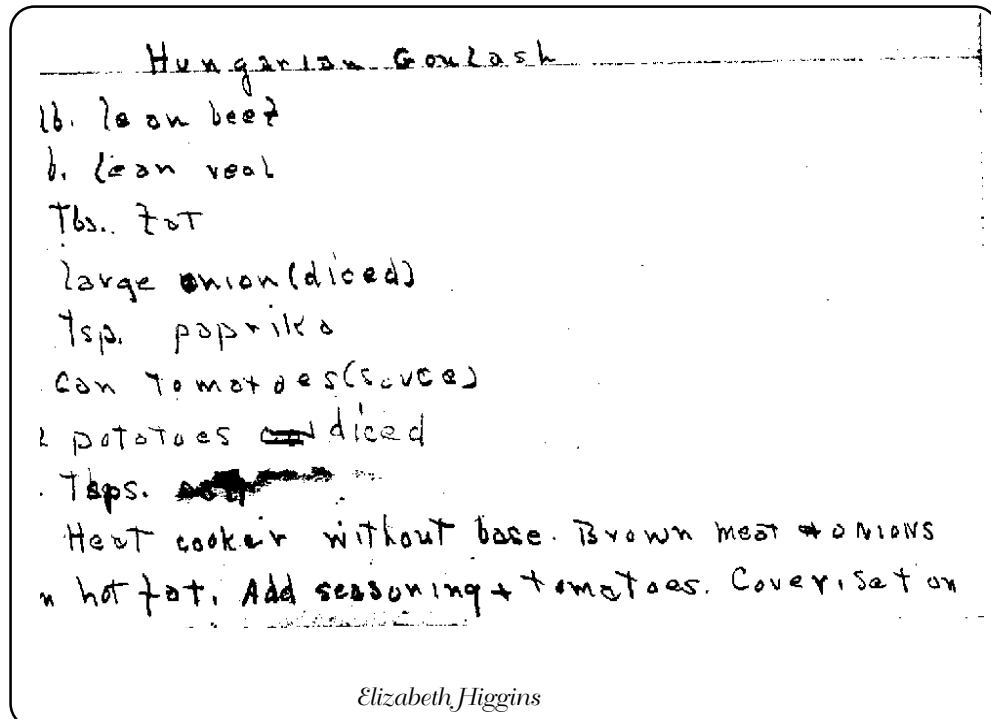
Ina Volgamore

3 to 4 Tablespoons flour	1/2 cup minced onions
1 1/2 teaspoon salt	1 cup water
1/4 teaspoon pepper	2 cans Cream of Chicken Soup
1 lb beef tenderloin 1/4 inch thick	1 6 oz can broiled mushrooms (optional)
1 clove garlic (chopped)	1 cup sour cream
1/4 cup butter or margarine	

→ First about 1 hour before serving: combine flour salt, pepper. Trim fat from meat. Rub both sides of meat with garlic. With rim of a saucer, pound flour mixture into both sides of the meat. Cut meat into 1 1/2 inch by 1 inch strips.

→ Second in hot butter in dutch oven, brown meat strips turning often. Add onions, saute till golden, add water and stir to dissolve brown bits in bottom of skillet. Add undiluted soup. Cook uncovered over low heat until meat is fork tender (about 20 minutes).

→ Third Just before serving stir in sour cream. Stir until dissolved - do not boil. Serve over rice, mashed potatoes or noodles.



Dear friends

Sun 3 PM

So glad you found time to write which are you making with the crocheted hook?

We are not so good Pa has had a bad cold for a while got sick very sudden last Sun & has a ball in his head & coughing. I hoped to keep well but since you & ache & feel dizzy so we are part of in the house will be glad when March is over its always a chilly mo. but so far the winter has not been too bad.

Marguerite & Joe came Sat the 16th got here at 10:30 & left at three. She brought a qt of blackberries & we had a good pie she also got me 2 doz eggs from Arlene. she knows I always want them. I make scrapple & its very good you better try it I get piece of pork say 3 lbs off loin end of ribs boil in plenty water until tender - then

grind the meat - put back into broth season with salt & pepper have at least quart of juice, then I use 1 cup corn meal (dampened). then it won't lump. Add to meal & cook slowly for 20 min & mold it ready to fry. I use yellow corn meal, can you get it. of course while will do. I've made it 4 or 5 times - this winter.

Don't think I know who Minnie Bush is, you speak of mead, is that Charles's wife?

Francis son is working & seems to be able to hold a job. It seems to have a lot of headaches.

Its so nice for you to have your family fairly near you. I don't see Clarence very often she works & they have lots to do on the ends. Pearl gets here once a yr she sent photos of Jeanne & baby taken at Christmas time. We hope to see our great grand daughter this summer so you know more. I'd like to do the same out of this big house.

Write again Lots of love Flo

This is from the letter above, written to Myrtle Leipper. I don't know for sure who Flo is. - DLF

Scrapple

Flo

I get piece of pork, say 3 lbs off loin end of ribs. Boil in plenty water until tender - then grind the meat - put back into broth season with salt and pepper. Have at least quart of juice, then I use 1 cup corn meal (dampened). Then it won't lump, add to meal and cook slowly for 20 minutes and mold. It's read to fry. I use yellow corn meal.

This recipe sure sounds a lot more edible than other scrapple recipes I have seen. Below is a description I found on the Casa de Scrapple Web site. - DLF

"Revered across the vast and rugged plains of Pennsylvania as "Much More'n Just Parts!," Scrapple sits atop all others in the pantheon of breakfast meats composed primarily of the unmentionable.

First, a few more words for the uninitiated... Scrapple is a processed meat product composed of cuts and pieces of meat which -- for one reason or another -- will not make meals in themselves. The bulk of these come to us courtesy of the face, head, and chest cavity of the common hog."

Leah's Meat Balls

Leah Grosse

1 1/2 lb meat
1 apple, peeled
1 pear peeled

1 bermuda onion
1 green pepper

put (above) through meat grinder
2 eggs
1 cup crushed corn flakes
1 teaspoon salt
1/8 teaspoon pepper

1 teaspoon nutmeg
pinch of allspice
2 Tablespoons butter melted
1/2 cup blanched almonds sliced

Place in pan greased with butter bake 10 minutes at 400 degrees. Broil to brown 1 minute. Sauce Heat to golden brown and remove from heat blend in 2 Tablespoons cornstarch and 1 Tablespoon brown sugar. 1 1/2 cups water add 2 chicken bullion cubes. Cook over low heat until clear. Stir in 1 can baby food apricots apple sauce. 1 cup seeded green grapes.

Both of these were in a letter to Mom in 1973 from Aunt Tress. - DLL

Hamm-Loaf
1 lb Cured Ham
1 1/2" lean pork
2 eggs
1 C. Cracker crumbs
1 C. milk
salt & pepper
Baste with
1/3 C. Brown sugar
1/4 vinegar
1 tbs mustard
I guess that is enough for
one time.
Tressia Lang

*1979 Thanksgiving Dinner from left - Virginia, Anita, Diane, Dale,
Bryan Leipper. Right front Bryan, Harrison*



Notes