

Unusual Meats

JESSIE ALICE CLINE AND ROSALIE S. GODFREY

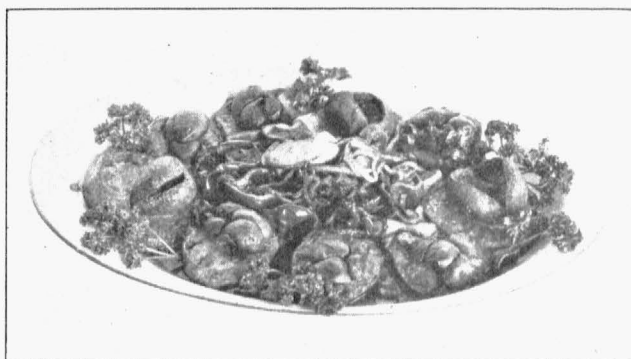


Fig. 1.—Spanish Kidney.

The internal organs of the animal, such as the liver, heart, etc., are much richer in vitamins than the more used muscular tissues. Because of this high vitamin content these parts should be much more generally used for food.

GENERAL PREPARATION

Brains.—Brains from the beef, calf, lamb, mutton or pig may be used. They are all very tender. They will not keep any length of time unless parboiled. Soak first to remove the blood, and then parboil in salted, acidulated water to make more firm and less perishable. After the parboiling, they should again be soaked in cold water.

Sweetbreads.—The sweetbreads used for cooking in this country, are the thymus glands of calves and are known as veal sweetbreads. They are in two parts and consequently are bought in pairs. The round part is the heart sweetbread, and the other the throat sweetbread. Sweetbreads spoil quickly, and so should be put in cold water as soon as they

are received. After standing in water one hour, they should be cooked in salted vinegar water. After cooking, they should be plunged in cold

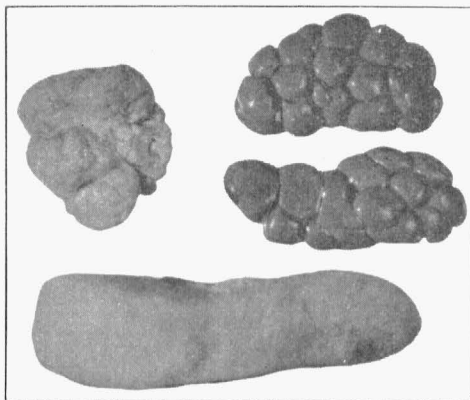


Fig. 2.—Beef Tongue, Brains and Kidneys.

water to whiten and to keep firm. Sweetbreads are always parboiled in this manner before using in any way.

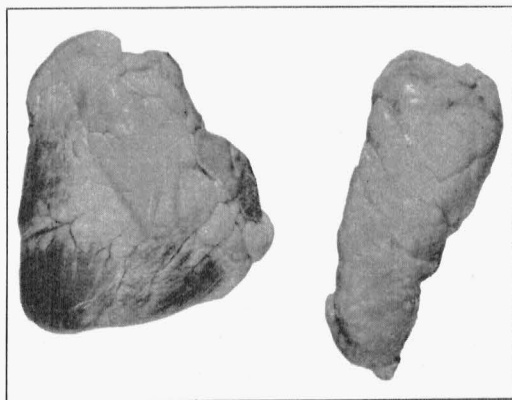


Fig. 3.—Heart and Sweetbread of Beef.

Liver.—Beef, calf, lamb and pig livers are used. Calf liver is generally considered superior to the others. If liver is to be baked or otherwise used in a large piece, it should be soaked long enough to remove the clotted blood. The heavy membrane covering it should also be removed.

Heart.—Calf, lamb and pig hearts are more tender than those from the beef and mutton. Calf heart is considered best by most people. Heart needs washing in plenty of water to remove the clotted blood.

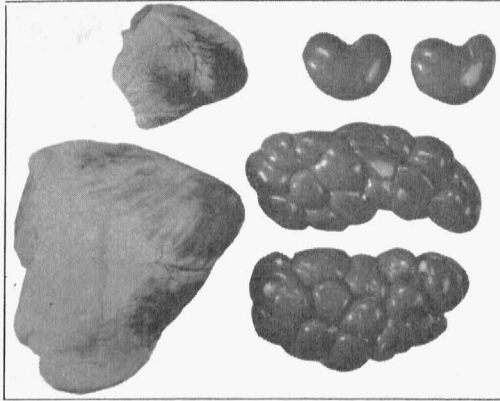


Fig. 4.—Pork Heart and Kidneys (small), Beef Heart and Kidneys (large).

Some of the veins and arteries may also be cut out to make it less tough. Heart needs long slow cooking in moist heat in order to make it tender.

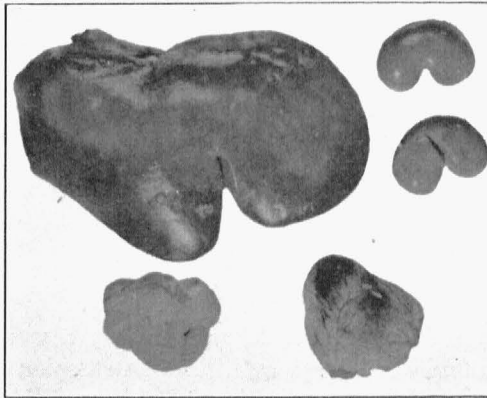


Fig. 5.—Liver, Kidneys, Heart and Brain of Mutton.

Tongue.—Calf or beef tongues are most desirable because of size. Lamb and pig tongues are good, but small. Calf tongue will cook in less time than beef. The tongues should be well scrubbed before cooking; the heavy skin and roots should be removed after cooking.

Kidneys.—Lamb, pig, or calf kidneys are good. The kidneys should be cut to remove the white tubes and fat, and then soaked in cold water for one-half hour before cooking.

Pigs' Feet, Backbone and Spareribs.—In addition to the internal organs, this list of unusual meats has been made to include pigs' feet, backbone, and spareribs.

SOME TESTED RECIPES

Brains and Scrambled Eggs

1 brain	Pepper
4 eggs	Onion
4 tablespoonfuls milk	1 tablespoon butter or oleo
Salt	Parsley

Soak the brains one hour in cold water and parboil twenty minutes in a quart of water, to which one teaspoonful of salt and one tablespoonful of vinegar have been added. Soak again in cold water. This process whitens them and makes them firmer. It also prevents their spoiling.

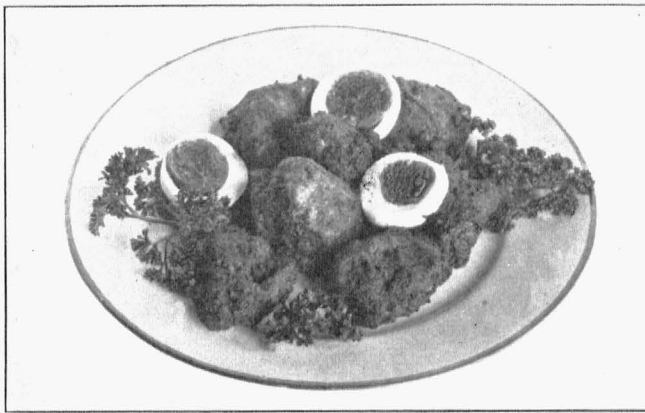


Fig. 6.—Brain Oysters.

Drain and separate in small pieces. To the slightly-beaten eggs, add four tablespoonfuls of milk, salt, pepper, a little grated onion and the brains. Cook slowly in a small amount of butter. Serve with finely chopped parsley.

Brains a la King

1 brain	1 green pepper
1 cup milk	Pimiento
2 tablespoonfuls flour	Onion
2 tablespoonfuls butter	Salt
¼ cup diced celery	Pepper

After parboiling the brains, as in the preceding recipe, separate into small pieces. Make a white sauce by melting the butter, stirring in the flour, adding the liquid and bringing to the boiling point. Season with chopped green pepper, chopped pimiento, diced celery and grated onion. Stir in the brains and heat.

Brain Oysters

1 brain	Salt
2 eggs	Bread crumbs
1 tablespoonful milk	Parsley

After the brain has been parboiled, separate into pieces about the size of large oysters. Dip in slightly-beaten egg, to which one tablespoonful of milk has been added, and then roll in seasoned crumbs, again in egg and again in the crumbs. Fry in deep fat at 175 degrees Centigrade or 347 degrees Fahrenheit until a golden brown. Serve hot, garnished with slices of hard-cooked egg and parsley.

Sweetbreads Newburg

Soak a pair of sweetbreads one hour in cold water and parboil twenty minutes in salted vinegar water, using one teaspoonful salt, one tablespoonful vinegar and one bay leaf to a quart of water. Soak again in cold

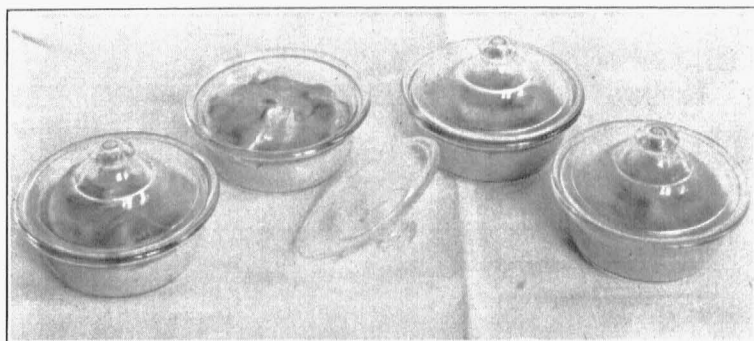


Fig. 7.—Sweetbreads Newburg.

water. This process whitens and makes them firmer. Cooking prevents their spoiling, as uncooked sweetbreads will not keep. Drain and separate into the small sections, removing any tough pieces of membrane.

SAUCE

3 tablespoonfuls flour	$\frac{1}{8}$ teaspoonful pepper
2 tablespoonfuls fat	2 eggs (beaten separately)
1 cup milk	1 cup double cream
$\frac{1}{4}$ teaspoonful salt.	

Make a white sauce by melting the fat, stirring in flour and seasoning, adding the liquid and bringing to the boiling point. Pour this into

the beaten egg yolks, add the cream and reheat over hot water. Whip in the stiffly-beaten egg whites, fold in the cooked sweetbreads and serve at once. Half of the sweetbreads may be substituted by diced breast of chicken.

Baked Liver

2 pounds liver (in one piece)	1 medium onion, sliced
$\frac{1}{2}$ teaspoonful salt	4 strips bacon

Soak liver in cold, salted water for thirty minutes, or until the blood is removed. Take off outside skin, or membrane, if it is tough. Place

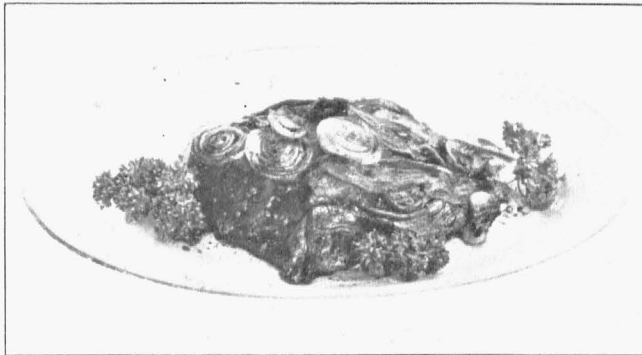


Fig. 8.—Baked Liver.

liver in a covered roasting pan. Salt and cover with slices of onion and strips of bacon. Cover and bake in a moderate oven (325 degrees to 375 degrees Fahrenheit) until the liver is well done. Allow about thirty minutes per pound for baking.

Baked Liver with Gooseberries

2 pounds liver (in one piece)	$\frac{1}{4}$ teaspoonful salt
1 tablespoonful butter	1- $\frac{1}{2}$ cupfuls canned
2 bay leaves	gooseberries
9 cloves	3 slices lemon

Soak liver in cold, salted water for thirty minutes, or until the blood is removed. Take off outside skin, or membrane which covers the liver, if it is tough. Place liver in a baking dish, or a pan with a cover. Add salt, bay leaves and cloves and dot over with butter. Pour over all the gooseberries and place the slices of lemon on top.

Bake in a moderate oven (325 degrees to 375 degrees Fahrenheit) until the liver is well done. For this amount, the cooking time will be about one hour, or thirty minutes per pound.

Liver a la Madam Begué

Remove membrane from liver, if necessary, and cut into one to one and one-half inch cubes. Marinate for thirty minutes or longer in a well-

seasoned French dressing, using twice as much oil as vinegar. Fry in deep fat at 175 degrees Centigrade (or 347 degrees Fahrenheit) until well browned. Serve piled on a plate and garnish with parsley and lemon.

Fried Liver

Remove membrane from liver, if necessary, and cut in one inch cubes. Salt, roll in egg and crumbs and fry in deep fat at 175 degrees Centigrade or 347 degrees Fahrenheit. Serve with lemon.

Oven Sautéed Liver with Onions or Bacon

Remove membrane from liver, if necessary, and slice one-half to three-fourths inch thick. Roll in seasoned flour and place in a pan with a small amount of hot fat. Put in a hot oven to brown, turning at least

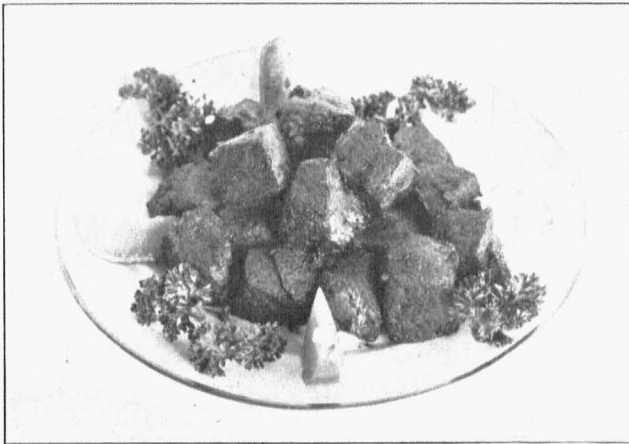


Fig. 9.—Liver à la Madam Begué.

once. When well seared, decrease the oven temperature and cook until well done. Serve with fried onions or strips of crisp bacon.

Baked Stuffed Heart Creole

Wash heart thoroughly and remove clotted blood. Stuff with a well-seasoned bread dressing. Roll in salted flour, and sear in hot fat in the same pan in which it is to be baked. Surround with canned tomatoes, sliced onions and sliced green peppers. Season well with salt and pepper, cover closely and braise slowly in an oven, a fireless cooker, or on top of stove for four to six hours. An iron "seal-top baster" is an excellent utensil to use with this recipe. Serve on a platter with the sauce around it. Carve in half-inch slices.

Baked Heart with Apricots

Wash heart and remove clotted blood. Roll in seasoned flour and sear in hot fat. Place in a covered baking dish, sprinkle with brown sugar

and butter, surround with dried apricots, a few slices of lemon, and hot water. Bake slowly, or let simmer, four to six hours.

Baked Heart with Apples

Wash heart and remove clotted blood. Roll in seasoned flour and sear in hot fat. Place in a covered baking dish. Sprinkle with brown sugar, butter, cloves and salt. Surround with quartered apples, bay leaves, a few slices of stuffed olives, four slices of lemon and hot water. Bake slowly, or let simmer, until heart is tender, about four to six hours.

Tongue a la Maryland

1 calf or beef tongue	$\frac{3}{4}$ cup brown sugar
$\frac{1}{4}$ cup butter	1- $\frac{1}{2}$ cupfuls canned or cooked cherries
$\frac{1}{2}$ teaspoonful salt	1 cup liquor
Bay leaf	$\frac{1}{2}$ lemon.
1 tablespoonful whole cloves	



Fig. 10.—Mutton Heart Braised with Apricots.

Scrub tongue and let simmer in water until tender. Trim the root end and remove all of the skin. Place in a covered pan and add salt, cloves, butter, bay leaf, brown sugar, cherries, liquor in which tongue was cooked and sliced lemon. Let simmer, covered, on top of the stove. When tender, remove the cover and cook until liquor thickens.

Jellied Tongue

1 beef tongue	2 bay leaves
1 large onion	2 tablespoonfuls gelatin
1 tablespoonful whole cloves	

Scrub tongue and cover with water. Add sliced onion, cloves, salt, pepper and bay leaves. Cook in a covered pan until very tender, keeping tongue well under water. Remove the skin and trim root end. Place in

mold large enough to hold tongue. Strain liquor and dissolve gelatin in it. Vinegar may be substituted for part of the liquor, if desired. Pour this in the mold and serve cold.

Spanish Kidney

6 slices tomato

1 beef kidney or 3 pairs lamb or pork kidneys

Cut beef kidney in six pieces (split open each lamb or pork kidney) and remove the white tubes and fat. Soak in cold water thirty minutes.

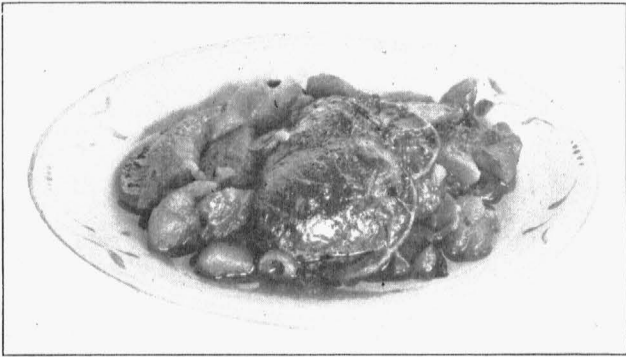


Fig. 11.—Braised Mutton Heart with Apples.

Melt fat in iron frying pan and add slices of tomato. Arrange kidneys on top of each slice. If lamb or mutton kidneys are used, they

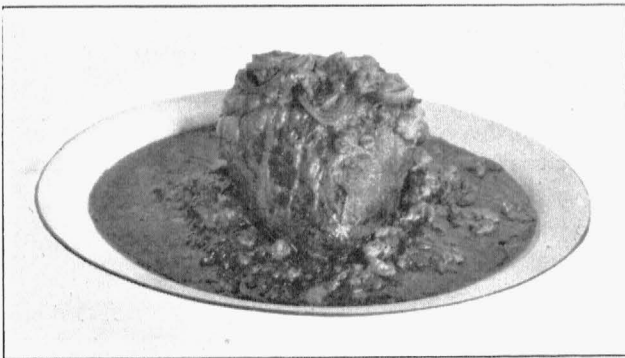


Fig. 12.—Baked Beef Heart.

may be held open with a skewer. Place a square piece of bacon over each kidney and broil until tender. Remove from under flame, cover, and simmer over fire for a few minutes. Arrange on a platter. Pour

melted butter, mixed with lemon juice and parsley, over each serving, and garnish with fried green peppers.

Pickled Pigs' Feet

4 pigs' feet, with uppers	1 stick cinnamon
1 quart vinegar	$\frac{1}{4}$ cup salt
1 tablespoonful whole cloves	2 teaspoonfuls pepper
4 bay leaves	1 small onion

Scrub the feet thoroughly, and cover with boiling water. Let simmer until the meat begins to fall from the bones. Place the pigs' feet in an earthenware or granite container. Combine the vinegar, cloves, bay leaves, cinnamon, salt, pepper and sliced onion, and let simmer for about

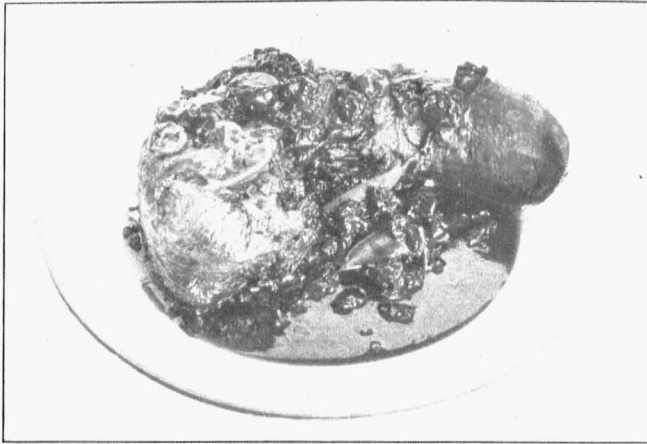


Fig. 13.—Maryland Beef Tongue.

one hour. Add to this one pint to one quart of the water in which the pigs' feet were cooked. Strain to remove the spices and pour over the feet. Set away in a cold place for two days or longer.

Pigs' Feet with Sauerkraut

4 pigs' feet	Bread crumbs
1- $\frac{1}{2}$ tablespoonfuls salt	Fat for frying
1 egg	1 pint sauerkraut
1 tablespoonful milk	

Scrape and wash the feet well. Cover with boiling water and add the salt. Cover the pan and let simmer until the meat is tender. Cool in the water in which cooked. When cold, drain, dip the feet in slightly-beaten egg to which one tablespoonful of milk has been added. Roll in

seasoned crumbs and brown in deep fat. Arrange in a baking dish with sauerkraut on top. Bake slowly one hour or longer.

Backbone with Dumplings

1 backbone	1 tablespoonful fat
2 cups flour	1 teaspoonful salt
4 teaspoonfuls baking powder	1 cup milk

Salt the backbone and pour boiling water over it. Let simmer until done. Make dumplings by sifting together the flour, baking powder and the salt, cutting in the fat and stirring in the milk. Drop by spoonfuls on top of the backbone, cover tightly and cook twelve to fifteen minutes. The dumplings must rest on the backbone and not settle into the liquid. Potatoes could also be cooked with the backbone and the dumplings added at the last.

Spareribs with Apples

1 side of pork ribs
6 apples
Salt

Split the ribs down through the center. Place one-half the side in a covered roaster, and salt. On top of this put a row of cored apples, placing the other half of the ribs, salted, on top of the apples. Cover the roaster and bake slowly for one and one-half to two hours.