1935

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Recommended Citation

Warburton, Therese (1935) "Broil Along With the Meat?...Not if You Serve These," The Iowa Homemaker: Vol. 15 : No. 2 , Article 7. Available at: http://lib.dr.iastate.edu/homemaker/vol15/iss2/7

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Broil Along With the Meat?  . . . Not if You Serve These

By Therese Warburton

What is so rare as a thick, juicy steak in June? That savory dish will never be missed in a dinner menu of crisp vegetables with a cheese souffle topped off with strawberry shortcake.

Dietitians tell us that even though we don't cram heavy meats on summer days we must have 10 percent of our total requirement of calories in protein. That means ingenuity on the part of the hostess to substitute other proteins for meats as well as to plan some lighter meat dishes.

Lighter meat dishes bring to one's mind appetizing sliced cold meats, pickled meats and other delicacies.

Here is a ham roll that would tickle anyone's palate, so be sure to have "more in the kitchen."

Spread mustard on slices of boiled ham not quite an eighth inch thick. Place a teaspoon of baked beans on each slice and roll. Fasten with toothpicks and heat ten minutes in a medium oven.

We can't forget meat altogether. A combination with bread crumbs requires less meat and makes a tasty product when carefully prepared. Swedish cooks have gained renown for their famous recipe for meat balls:

**Swedish Meat Balls**

- 2 cups soft bread crumbs
- 1/4 cup minced onion
- 1 egg slightly beaten
- 2 tbsp. flour
- 1/2 cup milk or cream
- 1 lb. ground beef or pork and beef
- 1 tbsp. butter

Soak bread crumbs in milk for 10 minutes. Sauté onion in 2 tablespoons butter until delicate brown; add with meat, nutmeg, paprika and egg to crumb mixture. Put through food chopper. Form balls 11/2 inches in diameter. Sauté in skillet in 2 tablespoons butter until light brown on all sides. Sprinkle flour over all, coat each meat ball well, cover skillet and cook five minutes. Add top milk, cover, cook five minutes longer. Add salt and pepper to gravy if necessary. Serve over boiled potatoes.

Other meals include pickled tongue, pickled or smoked herring, sardines, anchovies, head cheese, liver loaf and shrimp. Lesser amounts of these foods are needed because of their spiciness. The flavor makes a unique combination with more bland flavored foods.

If you are at your wit's end and thinking up cool, nourishing foods for hot days, or if you are trying to cut down on the food budget, or if you are having trouble getting your family to drink enough milk, here is the answer in two words—cottage cheese!

Cottage cheese is one of our choice foods and a good meat substitute. It may be combined with other foods in a salad. A frozen fruit and cheese salad using these ingredients makes a delicious dish.

**Frozen Cheese Salad**

- 1/2 cup canned pineapple, diced
- 1 tbsp. sugar
- 2 tsp. lemon juice
- 1/2 cup mayonnaise
- 1 cup cottage cheese

The method is as follows: Fruit added to pineapple and banana may be either fresh or canned. The best fruits to use are pears, peaches, apricots, cherries, strawberries and grapes in any desired combination. All canned fruit must be well drained before measuring. After fruit is prepared, add sugar, lemon and salt and let stand 30 minutes. Rub cottage cheese through sieve and add with the mayonnaise to fruit. Freeze about 4 hours.

Another salad may be made with prunes, dates or canned cherries stuffed with cottage cheese to which a little grated onion and salt have been added. Serve this on lettuce with French dressing.

Sandwiches are never too many or too varied for picnic lunches. Have you ever tried a cottage cheese sandwich paste? Here's the way it goes:

**Cottage Cheese Salad**

- 1 cup drained cottage 1 tsp. drained horseradish
- 1 cup mayonnaise
- 1 tbsp. anchovy paste 1 tbsp. mayonnaise

These ingredients are blended well and spread with mayonnaise on thin slices of white bread and garnished with sliced stuffed olives.

Cream cheese is also an excellent meat substitute. For a simple luncheon try a cheese grill. You needn't think further about color in your menu for this open face sandwich adds the right touch of color to any menu. Toast the bread lightly. On each piece of toast place a slice of American cheese. Spread the cheese with mustard. Cross two bacon strips on the cheese and garnish with stuffed olives, sliced. Grill under a low flame until the bacon is crisp and the cheese is melted. A sprig of parsley adds just the right amount of green to this picture.

Then there's a more elaborate gelatin cheese dish.

**Molded Cheese Ring**

- 1 pkg. Philadelphia cream cheese
- 11/4 cups cottage cheese
- 1 tbsp. anchovy paste
- 1 tbsp. mayonnaise
- 1 tsp. Worcestershire sauce
- 1 tsp. cayenne pepper
- 1 tsp. salt
- 1 tbsp. cold water

Here is how you do it. Soak the gelatin in cold water 10 minutes and dissolve over hot water. Wash the cheese and blend with seasonings. Add dissolved gelatin and pour into ring mold which has been rinsed with cold water. Set in refrigerator to congeal. Unmold on the platter, fill center with mixed vegetables or chicken or tuna salad.

Eggs are another good substitute for meats and the ways of fixing them are many and varied. There are soufflés, fondues, custards, puddings, salads and many other appetizing dishes in which eggs are served.

Another favorite salad that contains meat is the chicken salad. It may be combined with enough vegetables to make it the main dish in the meal and how appetizing it is!

Now haven't you forgotten all about that juicy steak?