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Eva F. Montgomery

Iowa State College

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Uses of the Organ Cuts of Meat

By EVA F. MONTGOMERY
Instructor of Foods and Nutrition.

Serve internal organs at least once a week," says the nutrition expert. "Eat internal organs several times a week," orders the family physician, after pronouncing the patient anemic. Both nutrition expert and physician have foundation for their remarks because these internal organs are high in iron, vitamins and protein.

The organ meats (or extra carcass parts) are all much richer in iron than the carcass meat; indeed, their richness in this nutrient suggests that attention should be given the utilization of these parts as human food. In speaking of the value of these parts, E. B. Forbes and Raymond Swift report, in a number of Biological Chemistry, "Feeding twenty minutes with foods other than meats, the analyses compiled by Sherman—beef spleen, liver, kidney and blood contain more iron than do any foods of vegetable origin. Beef and veal contain two-thirds more iron than do pork and lamb and ten times as much iron as milk. Beef heart and brains contain about twice as much iron as do beef and veal. Beef liver contains twice as much iron as does beef heart. Beef spleen contains half as much again as does beef liver. Beef contains twice as much iron as do apples. Vegetable food which contains more iron than does beef are peas, beans, lentils, graham flour, oatmeal, shredded wheat and spinach."

Most housewives are accustomed to thinking of meat in terms of chops, steaks or roasts and are not familiar with ways to prepare the edible portions of beef, veal, pork or mutton, such as heart, liver, brains, kidney, tripe, tongue and sweetbreads. These organs are not only nutritious, but they are easily prepared in attractive ways.

Brains are tender, delicate and rich in protein and vitamins A and B. Well seasoned dishes where oysters are often used may be made with brains, with most satisfactory results.

Method of preparing brains: Soak brains in salted water two hours. Plunge in boiling water, cook slowly fifteen to twenty minutes. Drain, chill quickly and remove fibers. Use one of the following recipes:

Beef Brains, Omelette Belvidere
Dice half a cupful of cooked brains; melt two tablespoonsful of butter, put in brains; stir for a few minutes; add three tablespoonsful cream, season with salt and pepper.
Make an omelette with four eggs. Place brains in center, roll into oval shape and serve quickly.

Beef Brains, Fried in Batter
Prepare beef brains as above. Sprinkle with salt and pepper, dip in batter, fry in deep fat until a golden brown. Serve hot.

Beef Brains, Neapolitan
Prepare beef brains as above and cut in slices. Roll them in bread crumbs, then into some well beaten egg and bread crumbs again. Place them in a sauce pan, with half a carrot, half an onion chopped fine, a bay leaf, salt to taste, and a cup of stock; let simmer for half an hour, then strain and serve on toast.

The heart makes a very savory dish. It has high content of protein and contains vitamins A and B. There is little waste to the heart. Both English and French chefs use this product frequently. The American housewife could well do likewise.

To prepare hearts, wash, clean and remove valves and arteries; soak one hour in cold water.

Baked Stuffed Heart
Buy either beef, mutton or pork heart to the amount of four pounds. Wash the heart and remove valves and arteries. Stuff with bread dressing seasoned with sage and onion. Rub with salt and pepper, roll in flour and brown in hot drippings or vegetable fat. Place in a roasting pan and pour in boiling water to half cover. Cover tightly and allow to bake slowly. If cooking a beef heart, two hours of slow cooking will be required. If baked in an uncovered pan, baste every fifteen minutes. When heart is tender remove it from the roasting pan and thicken the remaining liquid to serve as gravy, seasoning it well with salt and pepper. Bake pork hearts about 1½ hours.

Lamb Hearts, Braised, Creole
Prepare three hearts as directed. Roll in flour and brown quickly in hot fat. Place in deep saucepan and add faggot of soup herbs and one cup of water. Cook gently until tender and then add one and one-half cups of stewed tomatoes, one-half cup of chopped onions, two teaspoonsful of salt and one-half teaspoonful of paprika. Thicken with two tablespoonsful of cornstarch dissolved in one-half cupful of cold water. Bring to a boil and cook slowly ten minutes. Serve at once with plain boiled rice.

Calves' Hearts, Smothered
Prepare two calves' hearts as above. Fill the heart with a bread and tomato dressing and sew or fasten it with skewers. Circle the hearts with two slices of bacon. Sprinkle with salt, pepper, paprika and one tablespoonful drippings; put in a casserole or a covered pan with a little water; place in a slow oven for three hours and cook until tender. Baste frequently during the baking and serve with a brown gravy.

The kidney is high in protein content and contains vitamins A, B and C. Kidney ranks second only to liver in its protein content. Kidney stew is a dish that has been famous throughout history.

To prepare kidneys: Trim and cut in half; soak in cold salted water three-fourths of an hour.

Kidney Stew
1 pork kidney or 4 small kidneys
2 tbsp. drippings
2 tbsp. finely cut onion
2 tbsp. flour
1 tsp. salt
½ tsp. cayenne
1 tsp. parsley, minced
Pepper and nutmeg to taste.

Remove the white tubes and cut the kidneys into small dice; cover with cold water and to each quart of water add one teaspoonful of salt. Let stand for thirty minutes; drain, rinse in cold water, put in saucepan, cover with boiling water, and boil slowly for two hours; drain. Put the drippings and onion into a pan; add the kidney, salt and pepper; cover, and cook or steam for twenty minutes, add one cupful of water, and the flour mixed in cold water.

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Cookery on the Farm
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pumped up by hand or supplied by a gas engine, which drives the air through the chambers of the carburetor and vapor gas is produced.

Several stoves with small side tanks or basement tank are on the market. Where used, these are giving excellent service. They are made in two, three and four burner sizes, with a fifth burner for the range. Most of them have a master burner, which, when generated, automatically generates the burners on either side. For heat production it compares with the large burner in the kerosene stove.

For family cooking, the range with the side oven is an excellent model. Different makes vary slightly in size, but the average is practically standard, since so many are near that size. The burner surface is 22½ in. wide and 23 in. deep, 12 in. high and 13½ in. wide, inside measurement. There are usually two master burners, a good oven, and adjustment for height to suit the convenience of the user.

The material is steel and enamel, both easy to keep clean, sanitary and durable. An enamel pan below the burners catches grease, food or other waste. One model features a lower cabinet for cooking utensils. The burners can be regulated to give varying amounts of heat from the minimum required for simmering to the blaze hot enough to boil a kettle of water in a very few minutes. There are no sooty pans or flames that crawl up. Some manufacturers claim for their stove that it can be turned on end while burning without danger of explosion. When disconnected for filling, the flame goes out, thus further insuring safety.

Bottled Gas as a Fuel

Another type of fuel, as yet not well known, but worthy of consideration and investigation, is called Bottled Gas. It is manufactured from gas, being liquefied, and is shipped in small steel containers, gross weight about 50 pounds, and easy to handle. The consumer has two tanks on hand and when one is empty another is connected to the stove while the first is refilled, this service of connection and refilling being supplied by the local dealer. Pressure is necessary only when the supply tank is low. The stove used is very similar to the gas ranges on the market. Good results have been secured from this clean fuel, free from soot or other by-products of combustion. Experiments in its use have resulted quite satisfactorily and compare favorably with those in using other types of fuel.

If one has never used gas or electricity for cooking purposes, she doesn’t realize what an advantage either of these fuels gives. After a country bred girl spends a quarter or more in a Home Economics cooking laboratory, then goes back to the farm, she begins to wonder if it isn’t time for a change. In the family contact at meal time, it means so much if the homemaker, whose duty it is to prepare the meals, can take her place at the table with as much eagerness and enthusiasm as the young son fresh from games and literally “starved to death.” Contrast this picture with that of the woman who faces the family all tired out, her face streaming with perspiration, and no appetite for the food she is serving to her family.

To sum up the situation, an ideal cooking device is one in which fuel is consumed only when actual cooking is in progress, and can be cut off instantly. In addition, fuels may be compared on the basis of convenience, for instance, coal and electricity, cost, efficiency, ease and accuracy of regulation, care required, and comfort to the worker. With the foregoing possibilities, which meet these requirements so completely, the farm woman may practice her culinary art about a stove as attractive, safe and efficient as that of her city neighbor. She derives pleasure from using such a stove in addition to being more physically fit and having time for other activities.

Uses of the Organ Cuts of Meat
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Liver contains a higher percent of fat. For ten minutes; add the caramel, nutmeg and parsley.

Beef Kidney, Creole Style
1 beef kidney
1 thick slice bacon
2 tbsp. chopped suet
4 tbsp. flour
1 sweet pepper
1 pint canned tomatoes
1 tsp. salt
1 tsp. cayenne pepper
½ tsp. curry powder
4 onions

Trim the fat from a fresh kidney and cut in three-quarter inch slices. Dredge with the flour. Fry the chopped bacon and suet in a deep saucepan, add the kidney, chopped onions and pepper and turn until the meat is thoroughly seared and coated with a rich brown gravy. Add the tomatoes and seasonings, cover closely and simmer three-quarters of an hour. Serve very hot on narrow strips of buttered toast.

Liver contains a higher percent of
protein than any other product and is also high in carbohydrates. Liver is highly flavored and contains vitamins A, B, and C. Calf's liver is considered a delicacy, but beef, lamb, and pork livers, although much less expensive, are equally nutritious. Liver when prepared in an attractive manner, makes an appetizing dish.

Method of preparation: Pour boiling water over sliced liver and let stand for a few minutes. Drain and wipe dry. Remove the thin outer skin and the veins.

Calf Liver, Bernaise
Remove the skin and veins from one-half pound of liver sliced thin and then roll in flour. Fry gently until brown. Place in a casserole dish. Add to the pan in which the liver was cooked two tablespoons of cornstarch, two tablespoonsful of butter, three tablespoonsful of minced onion and three tablespoonsful of minced green pepper. Tow gently, allowing the mixture to cook without browning, then add one-half cupful of strained and stewed tomatoes seasoned with salt, pepper and lemon juice. Pour over liver and place in oven for ten minutes to heat. Serve with slices of hard-boiled egg on each portion.

Beef Liver, Creole
Cut one-half pound of beef liver into thin slices. Remove skin and veins, and wipe with a damp cloth. Roll in flour and fry in hot fat until golden brown. When liver is cooked add one cupful of sliced onions, one cupful of minced tomatoes and two tablespoonsful of cornstarch, dissolved in one-half cupful of cold water. Cover and cook slowly for twenty minutes and then season to taste. Now make a mold of mashed potatoes in the center of a large platter. Lay on top the slices of liver. Pour over the gravy.

Melts or spleens of beef, pork or sheep are wholesome and delicious. The flavor and composition of melts is similar to that of liver. Melts may be used as a substitute for liver.

Method of preparation: Let slices of melts stand in boiling water for ten minutes. Then drain and wipe dry.

Beef Melts, Milanaise
Take one pound of beef melts as above. Roll in bread crumbs, then fry them in a frying pan with four tablespoons of butter on a moderate fire; when tender, sprinkle with salt, pepper and a teaspoonful of chopped parsley and serve.

Sautéed Melts
Clean and skin the melts, dry well and season with salt, pepper and lemon juice; roll in flour, dip in beaten egg, and roll in fresh bread crumbs; fry slowly in hot fat; drain on a cloth and salt a little. Serve on a hot plate with border of fried bacon, garnished with parsley and quartered lemon; serve with tomato sauce.

The term, sweetbreads, includes the thyroid or throat gland (these disappear as the animal grows older) and the pancreas or heart gland of the meat animal. The sweetbreads are high in protein, are easily digested and very delicate. The heart sweetbreads are considered superior to the throat sweetbreads, but either kind may be used in the following recipes.

To prepare sweetbreads: Wash, plunge into boiling water, add one tablespoonful vinegar, let simmer three-fourths of an hour. Drain, cool quickly in cold water, remove membrane.

Creamed Sweetbreads
Place one tablespoonful butter and seasoning of salt, paprika and grated onion in a saucepan to heat, after preparing two sweetbreads as directed above. Split the two sweetbreads in half and then melt two tablespoonsful of butter. When hot, add sweetbreads and brown gently. When ready, serve on triangles of toast, then pour over a cream sauce.

Cold Jellied Tongue
1 tongue
1/2 box of gelatine
Roll in crumbs, egg and again in crumbs. Fry. Serve with tartar sauce

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Boil a tongue until tender, and when cold press into a brick shaped mold. In a pint of seasoned tongue liquor or soup stock stir the gelatine, and when this is dissolved, pour around the tongue in the mold. When cool, set on the ice until the jelly is firm.

Tongue Omelet

5 eggs
2 tbsp. chopped cooked tongue
1 tbsp. milk
1 tbsp. minced parsley
Salt and pepper
2 tbsp. butter

Beat the eggs until frothy; add the tongue, milk, parsley and seasoning. Melt butter in frying pan, and when quite hot pour in the mixture and stir slowly with fork over a quick fire. When quite set, fold, allow it to brown in the oven and serve at once.

Tripe, while not an internal organ, is usually grouped with these organs. Tripe is the stomach lining of the beef animal, has a high percentage of fat and contains a large amount of gela­
tenous matter. It is easily digested.

Tripe, Romaine

Take one pound and a half of cleaned and blanched tripe, cut it in about two-inch squares; put these in a saucepan with a pint and a half of gravy, season with salt and pepper, add a bay leaf, and let simmer for three-quarters of an hour on a slow fire; stir occasion­ally, and serve on a hot dish.

Tripe a la Creole

1 lb. boiled tripe
2 c tomatoes
3 tbsp. bacon drippings
2 tbsp. chopped green pepper
3 tbsp. chopped onion
1 tbsp. Worcestershire sauce
2 tbsp. flour
2 tsp. salt
½ tsp. paprika

Method: Put drippings into iron frying pan; add onion and cook until brown, add tomatoes and cook ten min­utes. Mash through strainer and add flour which has been mixed with cold water; boil five minutes, season. Wash and dry tripe, cut into small pieces, sprinkle with flour, put into a hot pan with drippings, brown on both sides, add green pepper and then add to sauce. Garnish with boiled rice and parsley.

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