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For Luncheon or Supper, For Quantity Food Service  
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M. Faith McAuley, Home Economics  
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# LUNCHEON OR SUPPER

FOR QUANTITY FOOD SERVICE

- **MADE RIGHT**
- **PRICED RIGHT**
- **ADEQUATE AND**
- **SATISFYING**

**GOOD  
FOOD  
IS  
GOOD  
BUSINESS**

**MICHIGAN STATE COLLEGE  
EAST LANSING**

EXTENSION SERVICE AND AGRICULTURAL EXPERIMENT  
STATION, COOPERATING

**JUNE 1947**  
(Second Printing)



## FOREWORD

This pamphlet has been prepared to aid those responsible for the food service supplied the tourist and vacationist in Michigan. Good food, to be most effective nutritionally, must be carefully planned, well prepared, attractively served, and enjoyed by the patron. Good food is a vital part of a recreation program. It helps in developing a satisfied patronage and is a requisite in building a stable food business. Good food is good business for both operator and patron.

In "*For Luncheon or Supper*," an effort has been made to bring together for convenience in use a few generally usable recipes of good quality and of average cost. They are so standardized as to be easily altered to suit any number to be served.

Method, as well as materials, is responsible for results, and in this pamphlet an effort has been made to suggest the best present practice in quantity food production.

Preparation of this publication has been a cooperative undertaking. The staff of the Institution Administration Department, of the School of Home Economics supervised the testing of the recipes in the campus kitchens. The recipes have been gathered from many sources, often unknown, and have been modified to suit the average situation in size, cost and kind. Both recipes and ideas have been generously contributed by many, and appreciative acknowledgment is here given.

For further information, or additional copies of this pamphlet R-503, "*For Luncheon or Supper*," write to the Conservation Institute, Michigan State College, East Lansing, Michigan.

# FOR LUNCHEON OR SUPPER

By M. Faith McAuley\*

## I. INTRODUCTION

*THE RECIPES* offered have been selected on the basis of suitability for the main dish for luncheon or supper where simple, good, attractive foods at medium cost are desired. They are not designed for either the snack bar or the establishment offering high priced service. The preparation has been kept simple. Foods used are those generally available on the market. The importance of featuring local items and specialties should not be overlooked.

Since meat is the outstanding item of the dinner only economy cuts are used in these luncheon-supper recipes. For convenience in using, the recipes are given in groups making use of the economy cuts, remade meats, cheese, eggs, fish, poultry and vegetables. Thus these recipes, used in the preparation of a main luncheon or supper item, offer a protein-rich dish built on meat or a substitute for meat. The dish has a place in the well balanced diet for the day by contributing to the protein or vegetable needed.

*AMOUNTS NEEDED.* One of the common problems in quantity food production is the amount of materials needed for a different number of servings. The recipes for main dishes suitable for either luncheon or supper have been set up for 50, 100, and 250 as an aid in determining the amounts of material needed. Also when one uses the quantity given for 100, the amounts stated in recipes can be easily raised or lowered to determine the materials needed for any number desired. For example, 24 pounds of pork needed for pork patties for 100 becomes  $17\frac{1}{2}$  pounds ( $24 \times .73$ ) for 73, or 29 pounds ( $24 \times 1.21$ ) for 121.

The *STANDARD RECIPE* is needed to control quality, yield, cost. It may be noted that unusual fractions and small amounts, too small to influence quality and requiring undue time in determining, have been ignored when indicating amounts for the larger numbers like 250. For example, 30 ounces of butter in cheese fondue for 250 is made 2 pounds.

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Deceased December 31, 1946.



Measure and weight are both given where feasible, weight being the more satisfactory measure if the scales are accurate.

The abbreviation A.P. indicates "as purchased" and E.P. "edible portion." These abbreviations are used only with items where the amount to be used might otherwise not be clear.

*YIELD*, as an aid in kitchen preparation, has been indicated in "pans," the size being that of a standard steam table pan, approximately 12" x 20" x 2½" with slightly slanting sides holding 1½ gallons. This size, with product marked as a guide in serving or cut 4 x 6 yields 24 portions 3" x 3 1-3"; cut 4 x 7 it yields 28 portions 3" x 3". The weight of a serving of this size depends upon the depth to which the pan is filled and the materials. A serving will vary from about 4 to 7 ounces. The Pullman pan referred to is a bread pan 4" x 4" x 16".

*TEMPERATURE* is a very important factor in successful food preparation. In general, too high temperatures are used, especially in oven cooking. Since ovens are now commonly equipped with a temperature control the following terms used to describe oven temperatures are given:

<i>*Term</i>	<i>Degrees Fahrenheit</i>
Slow	250 to 300
Very Moderate	300 to 325
Moderate	325 to 375
Moderately Hot	375 to 400
Hot	400 to 450
Very Hot	450 to 500

*STANDARD RECIPE CARDS* are a great convenience for kitchen use. It is suggested that copies of the recipes found to be suited to a local situation be made on cards the size now being used and this pamphlet be kept as a reserve in case of loss or need

\*Adapted from "Terminology Used in Food Preparation." American Home Economics Association. 1935.

for renewal of cards. The cost of the recipe and of the single serving based on current prices can be determined and recorded. This should be dated, and is very valuable in determining the raw food cost of the meal.

## II. WHITE SAUCE

Since white sauce is so frequently used, the following summary of amounts needed for one quart and also for one gallon may be found helpful. Four sauces are shown, ranging in texture from thin to thick and the use for which each is best adapted is shown.

### AMOUNTS FOR ONE QUART

<i>Ingredients</i>	<i>Thin for Soups</i>	<i>Medium thin for Vegetable or Fish</i>	<i>Medium for Souffles</i>	<i>Thick for Croquettes</i>
Fat	2 oz.	4 oz.	6 oz.	8 oz.
Flour	1 oz.	2 oz.	3 oz.	6 oz.
Salt	1 t.	1 t.	1 t.	1 t.
Pepper	$\frac{1}{4}$ t.	$\frac{1}{4}$ t.	$\frac{1}{4}$ t.	$\frac{1}{4}$ t.
Milk	1 qt.	1 qt.	1 qt.	1 qt.

### AMOUNTS FOR ONE GALLON

Fat	8 oz.	12 oz.	12-16 oz.	1-1 $\frac{1}{2}$ lb.
Flour	4 oz.	6 oz.	8 oz.	1 lb.
Salt	1 T.	1 T.	1 T.	1 T.
Pepper	1 t.	1 t.	1 t.	1 t.
Milk	1 gal.	1 gal.	1 gal.	1 gal.

*Method:* Melt the fat in top of double boiler over direct heat.  
 Add flour and blend.  
 Heat the milk and add it gradually to fat.  
 Stir constantly and bring to boil.  
 Continue cooking 10 minutes over hot water.  
 Add salt and pepper.  
 Stir occasionally.  
 Hold covered to prevent crust forming.

## III. CHEESE

Cheese, essentially a concentrated form of milk, is an important protein food and so is much used in the preparation of dishes where, in the day's diet, one serving of meat and a second pro-



tein other than meat is desired. About  $3\frac{1}{2}$  to 4 ounces of cheese, such as cheddar, is equivalent to a quart of milk. Cheese is one of the best sources of calcium and phosphorus and also a good source of vitamin A. Cheddar cheese contains about 25 percent protein, 30 percent butterfat, 5 percent minerals and milk sugar, and 40 percent water.

One may purchase young cheese with a short curing period or aged, well cured cheese. Young cheese is very bland in flavor, rubbery in texture and does not combine readily with other ingredients in cooking. A well cured cheese has superior texture, flavor, and cooking quality. The proteins of well cured cheese are more soluble, and in cooking are more easily blended with other ingredients like milk, eggs, or white sauce than the proteins of uncured cheese. Well cured cheese is higher in price and is worth the difference.

In preparing dishes with cheese, high temperatures should be avoided. High temperatures convert cheese to a rubbery, insoluble mass. Cheese, then, is combined with ingredients like milk, white sauce, eggs, at low temperatures, 120 to 130 degrees F., and with constant stirring. Cheese dishes cannot be successfully prepared by hurrying the cooking process with high temperatures.

Cheese is important as a protein food in its own right, and as an ingredient of dishes such as cheese fondue or cheese souffle. It adds food value, flavor and interest used with macaroni, noodles, rice or in sauces and salad dressings. A piece of good cheese with crackers should also be mentioned as a popular dessert.

When possible it is economical to purchase the whole natural cheese. If held in a cool storeroom the ripening process continues and the flavor and texture improve. If the cut surface is oiled or coated with a neutral fat after each portion is cut for use, shrinkage is reduced and molds discouraged. Common sizes for natural cheddar are:

Cheddar	70 lb.	Young Americas	8 - 12 lb.
Flats	30 - 40 lb.	Longhorns	8 - 12 lb.
Daisies	20 lb.	Midgets	10 lb.

# Cheese Dishes

## CHEESE FONDUE

*Serving: 5 ounces approximately*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Combine				
	Bread, stale, soft, cubed	3 qts.	6 qts.	3¾ gal.
	Cheese, ground . . .	3 lb.	6 lb.	15 lb.
	Butter, melted . . . ¾ c.; 6 oz.	1½ c.; 12 oz.	4 c.; 2 lb.	
	Mustard . . . . .	5 t.	10 t.	8 t.; 3 T.
	Paprika . . . . .	1 t.	2 t.	5 t.
	Salt . . . . .	4 t.	3 T.	7 T.; 4 oz.
Beat				
	Eggs, yolks . . . . .	24	4 doz.	10 doz.
Scald				
	Milk . . . . .	3 qt.	6 qt.	3¾ gal.

Add milk to beaten egg yolks, stirring vigorously.

Put bread mixture into pudding pans.

Pour milk-egg over bread.

Beat egg whites stiff and fold in.

Bake at 325°F. about 45 minutes.



## CHEESE SOUFFLE

*Serving: 5 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		
Scald in double boiler			
Milk* . . . . .	1 gal.	2 gal.	5 gal.
Add and cook about 15 minutes, stirring often			
Tapioca* . . . . .	1 lb.	2 lb.	5 lb.
Remove from heat, add and stir until cheese is melted			
Cheese, ground . . .	3½ lb.	7 lb.	17½ lb.
Salt . . . . .	2 T.	4 T.; 2 oz.	10 T.; 5 oz.
Pepper . . . . .	½ t.	1 t.	2½ t.
Add			
Eggs, yolks, beaten	3 doz.	6 doz.	15 doz.
Mustard . . . . .	1 t.	2 t.	5 t.

Fold in stiff-beaten egg whites carefully.  
 Pour into pudding pans greased only on bottom.  
 Set in pan containing hot water.  
 Bake at 325°F. for about 1¼ hour.

*Comment:* \*The corresponding amount of medium white sauce can be used in place of the milk and tapioca, that is ½ lb. of fat and 1 lb. of flour for each gallon of milk used.

## CHINESE OMELET

*Serving: 4 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans

Method	Ingredients	Amounts		
Boil or steam so grains are whole. Drain but do not rinse				
	Rice.....	2 c.; 1 lb.	1 qt.; 2 lb.	2½ qt.; 5 lb.
	Salt.....	2 T.	4 T.	10 T.; 5 oz.
Melt in double boiler				
	Fat.....	1 lb.	2 lb.	5 lb.
Combine and add				
	Flour.....	½ lb.	1 lb.	2½ lb.
	Salt.....	1 T.	2 T.	5 T.; 2½ oz.
Add and bring to a boil, stirring constantly,				
	Milk, hot.....	1 gal.	2 gal.	5 gal.
Grind and add to white sauce to melt, stirring until smooth				
	Cheese.....	1 lb.	2 lb.	5 lb.
Beat and add				
	Eggs, yolks.....	18	3 doz.	7½ doz.
Add seasonings				
	Pepper.....	1 t.	2 t.	5 t.
	Mustard.....	1 t.	2 t.	5 t.

Fold in the rice.

Fold in the egg whites beaten stiff.

Pour into shallow pudding pans or into any baking pan to depth of about 2 inches.

Bake at 325°F. for 45 to 50 minutes.



## MACARONI AND CHEESE

*Serving: 6 ounces approximately*

For	50	100	250	
Approximate Yield	2 pans	3 pans	4 pans	
Method	Ingredients	Amounts		
Cook. Drain. Do not rinse. Keep cooking water for soup base				
	Macaroni.....	3 lb.	6 lb.	15 lb.
	Water, hot.....	3 gal.	6 gal.	15 gal.
	Salt.....	¼ c.; 4 oz.	½ c.; ½ lb.	1¼ c.; 1¼ lb.
Melt in double boiler				
	Fat.....	8 oz.	1 lb.	2½ lb.
Combine, add and stir until smooth				
	Flour.....	1 c.; 4 oz.	2 c.; ½ lb.	5 c.; 1¼ lb.
	Salt.....	1 T.	2 T.	5 T.
	Pepper.....	1 t.	2 t.	5 t.
	Mustard.....	2 T.	4 T.	10 T.
	Paprika.....	2 T.	4 T.	10 T.
Add, stirring constantly, and cook until smooth and thickened				
	Milk, hot.....	1¼ gal.	2½ gal.	6¼ gal.
Add, and stir until cheese is melted and remove from heat				
	Cheese, ground...	2 lb.	4 lb.	10 lb.
Add				
	Worcestershire....	1 T.	2 T.	5 T.
Combine macaroni and sauce. Pour into greased pudding pans.				
Bake at 350°F. about 30 minutes.				

*Comment:* A popular variation is contributed by

Ripe olives, chopped	1 c.	2 c.	5 c.
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# TOMATO RABBIT

Serving: 1/2 cup approximately

For	50	100	250
Approximate Yield	1 1/2 gal.	3 gal.	7 1/2 gal.
Method	Ingredients		
	Amounts		
Melt in double boiler			
Butter or margarine	3/4 lb.	1 1/2 lb.	3 3/4 lb.
Combine and add			
Flour.....	1 1/2 c.; 6 oz.	3 c.; 3/4 lb.	7 1/2 c.; 21 lb.
Pepper.....	1/2 t.	1 t.	2 1/2 t.
Salt.....	2 T.	4 T.; 2 oz.	10 T.; 5 oz.
Paprika.....	1 t.	2 t.	5 t.
Add and bring to a boil stirring constantly			
Milk.....	3 qt.	1 1/2 gal.	3 3/4 gal.
Grind, add to white sauce and remove from heat stirring constantly until cheese is melted			
Cheese.....	2 lb.	4 lb.	10 lb.
Grind or chop			
Tomatoes,			
canned No. 10..	1; 3 1/4 qt.	2; 6 1/2 qt.	5; 16 qt.
Thicken the tomato with			
Flour.....	2 oz.	4 oz.	6 oz.
Cook and hold separately until just before serving rabbit.			

## WELSH RABBIT

*Serving: 1/2 cup approximately*

For	50	100	250
Approximate Yield	1 1/2 gal.	3 gal.	7 1/2 gal.

Method	Ingredients	Amounts
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Melt in double boiler

Butter or margarine	1 1/4 lb.	2 1/2 lb.	6 1/4 lb.
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Combine and add

Flour . . . . .	4 c.; 1 lb.	2 qt.; 2 lb.	5 qt.; 5 lb.
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Mustard, dry . . . .	2 t.	4 t.	10 t.; 1 oz.
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Salt . . . . .	2 T.	4 T.; 2 oz.	10 T.; 5 oz.
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Pepper . . . . .	1/2 t.	1 t.	3 t.
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Add and bring to boil, stirring constantly

Milk, scalded . . . .	1 1/2 gal.	3 gal.	7 1/2 gal.
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Add, and stir until cheese is melted and mixture is smooth. Keep hot but do not cook after cheese is added or cheese becomes stringy

Cheese, ground . . .	3 1/2 lb.	7 lb.	17 1/2 lb.
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Add

Worcestershire . . .	2 T.	4 T.	3/4 c.
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Serve over toast points.

*Comment:* This rabbit, by using less cheese, may be used as a cheese sauce over such items as rice, rice croquettes, or over vegetables like asparagus or broccoli.

Olives, ripe, chopped coarse, may be added and are especially good.

Cheese, cheddar is best well cured. Young cheese gives little flavor to the rabbit. If young cheese must be used it is well to add 2 ounces of well cured cheese per pound of young.



## IV. EGGS

Eggs are comparable to meat, fish and poultry and so are important for use in place of meat in luncheon dishes where a protein is desired in addition to the dinner meat.

In preparing eggs and egg dishes temperature is very important. High temperature toughens the product and, so, a long cooking period at low temperatures is the rule. The best "boiling" temperature is about 185 degrees F. or simmering temperature, and at this temperature an egg will cook "hard" in about 30 minutes. The cooked egg will be tender, with no dark ring between the yolk and white. In baking egg dishes, a moderate oven of about 325 to 350 degrees F. is used with a cooking time of 1 to 1 $\frac{1}{4}$  hours. To secure low, even cooking temperatures in the oven, egg dishes are commonly prepared by placing the container in a pan of hot water.

# Egg Dishes

## ASPARAGUS WITH EGG

*Serving: 3-1/2 T. of cheese sauce*

For	50	100	250
Approximate Yield, Sauce	3 qt.	6 qt.	15 qt.
Method	Ingredients		
	Amounts		

Prepare and cook in salted water

Asparagus, fresh, E.P. 7 lb. 14 lb. 35 lb.

or heat and drain and keep the liquid

Asparagus,  
canned No. 10 . . . 2 4 10

Hard cook

Eggs . . . . . 50 100 250

Keep hot by holding over hot water. Slice lengthwise as used.

Melt in double boiler

Butter or margarine 1/2 lb. 1 lb. 2 1/2 lb.

Combine, add and stir until smooth

Flour . . . . . 1/4 c.; 1 oz. 1/2 c.; 2 oz. 1 1/4 c.; 5 oz.

Salt . . . . . 1 1/2 t. 3 t. 2 1/2 T.; 1 oz.

Pepper . . . . . 1/2 t. 1 t. 2 1/2 t.

Add, stirring constantly and cook about 10 minutes

Milk, hot . . . . . 1 1/2 qt. 3/4 gal. 2 gal.

Asparagus liquid . . 1/2 qt. 1 qt. 2 qt.

Add, stir until cheese is melted and remove from heat

Cheese, ground. 1 1/4 qt.; 1 3/4 lb. 2 1/2 qt.; 2 1/2 lb. 6 3/4 qt.; 6 3/4 lb.

Onion,  
chopped fine . . . . 1 1/2 T. 3 T. 1/2 c.

Serve asparagus, with egg at side and cheese sauce over.

*Comment:* If canned spears instead of cut in No. 10 cans are used, the equivalent in drained weight can be substituted.

## BAKED EGG SOUFFLE

*Serving: 4-1/2 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		
Melt in double boiler			
Butter or margarine	1 lb.	2 lb.	5 lb.
Combine and add			
Flour.....	1 lb.	2 lb.	5 lb.
Salt.....	1 T.	2 T.	5 T.
Pepper.....	1/4 t.	1/2 t.	1 1/4 t.
Worcestershire sauce	1 t.	2 t.	5 t.
Add and bring to a boil stirring constantly and cook about 10 minutes			
Milk, scalded.....	1 gal.	2 gal.	5 gal.
Remove from heat and cool to about 120°F.			
Add to sauce mixing lightly			
Egg yolks, beaten slightly	40	80	200
Beat stiff the egg whites.			
Pour the sauce into the egg whites and fold in very slowly.			
Pour into pudding pans and set into larger pans containing warm water.			
Bake at 325°F. about 1 1/4 hour.			

*Comment:* This dish is best served with a sauce such as:

- |                 |   |
|-----------------|---|
| 1. Creole sauce | 4. Meat gravy with small cubes of meat      |
| 2. Tomato sauce | 5. Chicken gravy with bits of diced chicken |
| 3. Cheese sauce | 6. Mushroom sauce                           |

## EGGS A LA KING

*Serving: 2/3 cup approximately*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Melt in double boiler				
	Butter or margarine	1 ½ lb.	3 lb.	7 ½ lb.
Combine, add and stir until smooth				
	Flour . . . . .	¾ lb.	1 ½ lb.	3¾ lb.
	Salt . . . . .	2 T.	4 T.; 2 oz.	10 T.; 5 oz.
	Pepper . . . . .	¾ t.	1½ t.	4 t.
Add, stirring constantly, and cook about 10 minutes until thickened				
	Milk, hot . . . . .	1½ gal.	3 gal.	7½ gal.
Saute for about 5 minutes and add to white sauce				
	Mushrooms, sliced	1 lb.	2 lb.	5 lb.
	Onions*, minced	4 oz.	½ lb.	1¼ lb.
	Green pepper, sliced	¾ lb.	1½ lb.	3¾ lb.
	Butter or margarine	2 oz.	4 oz.	10 oz.
Add				
	Parsley*, minced	¼ c.	½ c.	1¼ c.
	Pimiento, shredded	8 oz.	1 lb.	2½ lb.
Hard cook and slice				
	Eggs . . . . .	3 doz.	6 doz.	15 doz.
Pour about ⅔ of white sauce mixture into baking pans.				
Cover with sliced eggs.				
Pour remaining sauce over eggs.				

*Comment\**: Wash mushrooms, do not peel.

A white sauce made with chicken broth in place of milk or half broth and half milk is excellent.

Serve with French fried potatoes or—

Serve on toast points with a strip of bacon or—

Serve on a toasted English muffin.

Onions and parsley may be used if liked.



## HARD-COOKED EGG WITH WELSH RABBIT

*Serving: 1/3 cup approximately*

For	50	100	250
Approximate Yield for Rabbit	1½ gal.	2½ gal.	6¼ gal.
Method	Ingredients	Amounts	
Melt			
	Butter.....	10 oz.	1¼ lb.      3 lb.
Combine and add			
	Flour.....	½ lb.	1 lb.      2½ lb.
	Salt.....	2 T.; 1 oz.	4 T.; 2 oz.      10 T.; 5 oz.
	Pepper.....	½ t.	1 t.      3 t.
	Mustard.....	1 t.	2 t.      5 t.
Add, bring to a boil stirring constantly, and cook about 10 minutes			
	Milk, scalded....	1 gal.	2 gal.      5 gal.
Add and stir until cheese is melted			
	Cheese, ground...	1½ lb.	3 lb.      7½ lb.
Add			
	Worcestershire....	2 T.	4 T.      ¾ c.
Pour over hard-cooked, cut lengthwise			
	Eggs.....	50	100      250
Serve on toast.			

## MUSHROOM OMELET

This omelet is well liked and is made as in plain, pan omelet. The mushrooms may be sliced, or chopped coarse, fried in butter and added after the omelet is removed from the fire and ready to have its last fold. The mushrooms may also be served whole as an accompaniment instead of being folded in. In which case, do not slice before frying.

For	10	50	100	250
Method	Ingredients	Amounts		
Clean but do not peel. Slice stems thin if tender and add to the caps.				
Fry for about 8 minutes at low temperature				
	Mushrooms.....	½ lb.	2 lb.	4 lb. 10 lb.
	Butter.....	1 oz.	5 oz.	10 oz. 1 ½ lb.
Add				
	Salt.....	½ t.	2 ½ t.	5 t. 4 T.

## CHICKEN LIVER OMELET

In this omelet the chicken liver is boiled and fried lightly just before making the omelet. It may be fried, chopped coarse and added to the omelet when the last fold is made, or the livers may be fried whole and served as an accompaniment.

### OMELET

*Serving: 3-1/2 ounces approximately*

For	10	50	100	250
Approximate Yield				

Method	Ingredients	Amounts
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Combine and beat lightly, only enough to break up the whites and mix in the yolks

Eggs.....	1 doz.	5 doz.	10 doz.	25 doz.
Milk.....	1 c.	1 1/4 qt.	2 1/2 qt.	6 1/2 qt.
Salt.....	1 t.	5 t.	3 1/3 T.	8 T.; 1/2 c.
Pepper.....	1/4 t.	1 1/4 t.	2 1/2 t.	6 1/2 t.

Heat omelet pan or frying pan and add

Butter.....	3 oz.	1 lb.	2 lb.	5 lb.
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Pour in the beaten eggs as soon as butter begins to sizzle. Cook at low temperature, and as soon as bottom of omelet becomes firm lift the edge nearest the handle and throw it into the center of the pan, allowing the uncooked egg to run into its place. Repeat this 2 or 3 times, and you should have a tender moist omelet, impregnated with butter.

Tip out into a hot serving pan and serve at once.

*Comment:* Twelve eggs are all that can be successfully handled at one time by the pan method by the average worker with the average equipment. A pan omelet is very good served with a Creole sauce. Finely chopped parsley or chives may be added to the egg before pouring into the frying pan.

## POTATO OMELET

*Serving: 1 cup approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method    Ingredients	Amounts		

Arrange in meat pans and oven fry

Bacon.....	50 sl.	100 sl.	250 sl.
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Remove bacon from pan to serving pan and hold hot.

To the bacon fat add

Potatoes, cooked, cubed.....	8 lb.	16 lb.	40 lb.
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Fry potatoes golden brown and remove to baking pans.

Combine and beat until light

Eggs.....	3 doz.	6 doz.	15 doz.
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Salt.....	4 T.	4 oz.	10 oz.
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Pepper.....	1 t.	2 t.	5 t.
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Heat and add to eggs slowly

Milk.....	1 gal.	2 gal.	5 gal.
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Bake at 325°F. for 1 hour.

Serve with slice of bacon on top.

## SCRAMBLED EGG AND HAM

The method is quite as important as the materials in preparing good scrambled eggs. Temperature and time are important factors. Eggs begin to coagulate at 149 degrees F. and so must be cooked well below boiling. If cooking is continued past the cooked stage the eggs tend to separate or "curdle" and grow "watery" or "leak." As short a cooking period as possible at low temperature is needed. This means prepare in small amounts in shallow pans set in roasting pan of hot water or in the bain marie or steam table or, if available, a large shallow double boiler rather than a deep one. Less egg mixture in several pans can be cooked more quickly than more egg mixture in one pan. Large amounts can be prepared in a roasting pan in the oven if cooked at a low temperature. The amount that can be handled successfully depends on the equipment available.

*Serving: 1 cup approximately*

For	25	50	100	250
Approximate Yield	1½ gal.	3 gal.	6 gal.	15½ gal.
Method	Ingredients                      Amounts			

Beat very slightly with fork to break up the whites and mix in the yolks

	Eggs.....	3 doz.	6 doz.	12 doz.	30 doz.
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Add

	Pepper.....	¼ t.	½ t.	1 t.	2½ t.
	Salt.....	1½ T.	3 T.	6 T.; 3 oz.	1 c.; 8 oz.
	Milk.....	2 qt.	1 gal.	2 gal.	5 gal.

Melt

	Butter.....	6 oz.	¾ lb.	1½ lb.	3¾ lb.
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Add

	Ham, cubed....	3 c.	1½ qt.	3 qt.	2 gal.
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Put butter and ham into cooking pan, pour in eggs and, stirring lightly, cook with water well below boiling, about 160°F., until done. They should begin to thicken in about 5 minutes and continue for some minutes longer.

Turn out into a warm, not hot, serving dish.

Serve at once.



## SPINACH AND EGGS

*Serving: 6 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method    Ingredients	Amounts		

Pick over, wash thoroughly and cook for about 10 minutes in only enough water to make steam

Spinach . . . . . 13 lb.;  $\frac{3}{4}$  bu.      25 lb.;  $1\frac{1}{2}$  bu.      65 lb.;  $3\frac{3}{4}$  bu.

Drain.

Cook hard but do not boil

Eggs . . . . . 50                                  100                                  250

Make

Medium white sauce       $\frac{3}{4}$  gal.                                   $1\frac{1}{2}$  gal.                                   $3\frac{3}{4}$  gal.

Chop the spinach.

Combine and add to spinach

Salt . . . . . 1 T.                                  2 T.; 1 oz.                                  5 T.;  $2\frac{1}{2}$  oz.

Pepper . . . . .  $\frac{1}{2}$  t.                                  1 t.                                   $2\frac{1}{2}$  t.

Vinegar . . . . .  $\frac{1}{4}$  c.                                   $\frac{1}{2}$  c.                                   $1\frac{1}{4}$  c.

Butter, melted . . .  $\frac{1}{2}$  c.; 4 oz.                                  1 c.; 8 oz.                                   $2\frac{1}{2}$  c.;  $1\frac{1}{4}$  lb.

Onion, minced . . .  $\frac{1}{2}$  t.                                  1 t.                                  3 t.

Reheat.

Spread spinach in greased pudding pans.

Pour white sauce over top, reserving a small amount.

Cover with layer of eggs cut in half lengthwise.

Top the eggs with the remaining cream sauce.

Keep hot over hot water.

## V. FISH

Fish, both fresh and salt water, are a food resource not yet fully used in the United States.

The amount of fish to purchase for a given number is difficult to indicate. Filleted stock, round (not eviscerated) or flat (eviscerated) stock may be purchased. For round and flat stock,  $\frac{1}{2}$  pound per person is a general rule; for filleted stock, 1 pound per 3 or 4 persons is usual. Cost and selling price also are factors always influencing the size of serving and, hence, the amount to be purchased.

The type of fish, whether dry meated or oily meated, may well determine the method of cooking. Commonly found on our fish markets are the following kinds:

<i>Dry Meated</i>		<i>Oily Meated</i>	
Carp	Pickeral	Bluefish	Sablefish
Cod	Pike	Catfish	Salmon
Bass*	Pollack	Cisco	Shad
Flounder	Red Snapper	Halibut	Smelt
Haddock	Rockfish	Herring	Lake Trout
Hake	Sheepshead	Mackerel	Tuna
Mullet	Trout, Brook**	Pompano	Whitefish
Perch	Whiting		

The flesh of fish is not like that of other meats. The connective tissue is gelatinous and the flesh tender, so long cooking is not required. Cooking is not a question of rendering tough tissue tender but of preserving the juice. Too frequently fish are over cooked, the juices gone and the product dry. Whatever the cooking method, it should be short and at a relatively high temperature. Oil is the best fat to use because it can be heated to a higher degree than other fats without burning.

The oily meated fish have a very soft flesh, making them difficult to handle. Oven frying or the hot-oven method is a good method for cooking them. This method, suitable for any fish, is especially good when large quantities are to be prepared. Very little fat is required, so there is no left-over fat to be stored until next "fish day." An attractive product results because of reduced handling—no turning needed. It is easier than broiling because no watching is needed, only timing. Uniform results are

\*Large mouth and small mouth bass, calico bass or crappies are game fish in Michigan and cannot be sold legally.

\*\*Can be sold only by licensed markets in Michigan.

easily obtained. This hot-oven or oven-frying method known as the Spencer method is given by Mrs. Spencer in substance as follows:

Clean and cut in portions for serving.

Dip in salted milk (1 T. salt to 1 c. milk).

Drop into fine bread crumbs, covering both sides. Bread crumbs give a more uniform brown than flour, corn-meal or cracker crumbs.

Arrange in greased baking pan.

Sprinkle each piece with oil or melted fat (about 1 T. fat for each pound of fish).

"Bake" in hot oven at 600 degrees F. for 10 minutes for thick cuts, less for thin.

It is well to sort portions for thickness, putting thick and thin in separate pans so that the cooking time can be regulated and a uniform result be gotten.

Shrimp are growing in popularity and are usable in many ways—fried, creamed, curried for hot luncheons, and in cold dishes such as salads and cocktails. The raw shrimp are bought by the pound and graded for size, the jumbo running 18 to 20 per pound, the medium 24 to 30, and the small 35 to 60. The small size is chiefly canned and is mostly used in cocktails and salads. The medium size of 24-30 count per pound weighs from 5 to 6 pounds per gallon or  $1\frac{1}{4}$  to  $1\frac{1}{2}$  pounds per quart. A serving of four of these medium shrimp weighs about 3 ounces.

# Fish Dishes

## BAKED CARP IN CREOLE SAUCE

Serving: 5 ounces

For	50	100	250
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Method	Ingredients	Amounts		
Clean, skin, fillet, and cut into portions of desired size				
	Carp, prepared. . . . .	17 lb.	34 lb.	85 lb.
Place fillets in greased baking pan.				
Bake at 350°F. from 5 to 10 minutes depending on the thickness of fillets.				
Prepare Creole sauce, pour over fillets, return to oven and cook about 10 minutes longer.				
Garnish with minced parsley or celery leaves				
		1 c.	2 c.	5 c.

*Comment:* The skin is removed in preparing carp, as the flavor, considered undesirable by some, seems to be strongest in the skin and underlying fat.



## BAKED CREAMED OYSTERS

*Serving: 3/4 cup approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		

Put in pan

Oysters, standard . . .	1 gal.	2 gal.	5 gal.
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Pour over

Water, cold . . . . .	1 qt.	2 qt.	5 qt.
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Lift oysters from liquor, inspecting for bits of shell. Retain liquor.

Add liquor to oysters, carefully discarding any last portion containing grit or shell.

Cook oysters until edges curl, or about 5 minutes.

Make white sauce by heating in double boiler

Butter . . . . .	12 oz.; 1 1/2 c.	1 1/2 lb.; 3 c.	3 3/4 lb.; 7 1/2 c.
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Combine and add stirring until smooth

Flour . . . . .	6 oz.	3/4 lb.	2 lb.
Salt . . . . .	1 1/2 T.	3 T.	1/2 c.
Pepper . . . . .	1/2 t.	1 t.	3 t.

Add to fat-flour gradually, stirring constantly, and cook 10 minutes

Liquor and milk, hot, to make	1 gal.	2 gal.	5 gal.
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Add to white sauce

Nutmeg . . . . .	1/2 t.	1 t.	2 1/2 t.
Parsley, minced . . . . .	2 t.	4 t.	3 1/2 T.
Onion, minced . . . . .	2 t.	4 t.	3 1/2 T.

Combine oysters and white sauce.

Put in greased baking pans.

Cover with

Crumbs . . . . .	3 c.	6 c.	3 3/4 qt.
Fat . . . . .	1/4 lb.	1/2 lb.	1 1/2 lb.

Bake at 450°F. about 10 minutes to brown.

*Comment:* Individual baking dishes or ramekins may be used.

## BROILED HERRING

For	50	100	250
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Method	Ingredient	Amounts	
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Prepare for cooking.

Place on oiled baking sheet

Herring . . . . .	17 lb.	34 lb.	85 lb.
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Sprinkle with salt and pepper.

Put pan under broiler and broil from 3 to 5 minutes on each side.

Garnish with parsley.

Serve with section of lemon.

*Comment:* Herring are very well suited to broiling, and it is more satisfactory to use a baking sheet than to place fish directly on broiler. If the fish are small and broiled whole, the skin is left on. The larger fish, split open or filleted, are broiled on the flesh side first. If oven-fried, instead of broiled, no turning of fish is necessary. The oven should be hot enough, about 550°F., to brown fish on both sides.

## CREAMED SALMON

*Serving: 5 ounces, approximately; 2/3 cup*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans

Method	Ingredients	Amounts	
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Drain, remove skin and bones from

Salmon, 1 lb. cans . . .	10	20	50
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Break carefully into large pieces about an inch in diameter and put into baking pans

Melt

Fat . . . . .	6 oz.	3/4 lb.	1 3/4 lb.
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Combine and add to fat

Flour . . . . .	3 oz.	6 oz.	1 lb.
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Salt . . . . .	1 1/2 t.	1 T.	2 1/2 T.
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Pepper . . . . .	1/4 t.	1/2 t.	1 1/2 t.
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Add gradually and cook about 10 minutes, stirring constantly

Liquor drained from salmon and

Milk, hot, to make . .	6 1/4 qt.	12 1/2 qt.	7 3/4 gal.
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Pour white sauce over salmon.

Bake at 350°F. about 30 minutes.

*Comment:* If desired, peas, celery, or hard-cooked egg may replace part of the salmon.

## CODFISH CAKES

*Serving: 5-1/2 oz. approximately; two cakes*

For	50	100	250
Approximate Yield	100 cakes	200 cakes	500 cakes
Method	Ingredients	Amounts	

Wash and soak in warm water 45 minutes

Salt cod . . . . .	5 lb.	10 lb.	25 lb.
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Drain and reserve the water.

Pick out bones and shred fine with fork or cut with scissors.

Peel and slice

Potato E. P. . . . .	10 lb.	20 lb.	50 lb.
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Add shredded cod to potato.

Add part (or all if needed) of water in which cod was soaked and cook until potatoes are tender.

Drain, mash and beat well.

Add and beat until light and fluffy

Eggs, beaten . . . . .	12	2 doz.	5 doz.
Butter, melted . . . . .	1/2 c.; 4 oz.	1 c.; 8 oz.	2 1/2 c.; 1 1/4 lb.
Pepper . . . . .	3/4 t.	1 1/2 t.	3 3/4 t.

Use No. 16 scoop and form into balls.

Roll very lightly in

Flour . . . . .	4 oz.; 1 c.	8 oz.; 2 c.	1 1/4 lb.; 5 c.
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Arrange on baking sheet and flatten slightly.

Allow to cool.

Fry in frying basket in deep fat at 385°F.

Drain.

## CURRIED SHRIMP WITH RICE

Servings: 3 oz. approximately, or 4 shrimp

For	50	100	250
Approximate Yield	2½ gal.	5 gal.	12½ gal.
Method    Ingredients	Amounts		

### Melt

Butter . . . . . 1 c.; ½ lb.                      2 c.; 1 lb.                      5 c.; 2½ lb.

Add, and cook about 5 minutes without browning

Onion, minced . . . . . 1 c.                                      2 c.                                      5 c.

Combine and add to onion

Flour . . . . . 2 c.; 8 oz.                                      4 c.; 1 lb.                                      2½ qt.; 2½ lb.

Curry powder . . . . . 4 T.                                      ½ c.                                      1¼ c.

Salt . . . . . 2½ T.                                      5 T.                                      ¾ c.

Cayenne . . . . . bit                                      pinch                                      ⅓ t.

Add slowly, stirring to keep smooth

Water, boiling . . . . . 2 qt.                                      4 qt.                                      2½ gal.

Add and cook over water until thickened

Evaporated milk . . . . . 2 qt.                                      4 qt.                                      2½ gal.

Shrimp,\* cooked. 1½ gal.; 8 lb.                      3 gal.; 16 lb.                      7½ gal.; 40 lb.

Wash, cook in boiling salted water about 20 minutes until tender

Rice . . . . . 1½ qt.; 3 lb.                                      3 qt.; 6 lb.                                      7½ qt.; 15 lb.

Water, boiling . . . . . 3 gal.                                      6 gal.                                      15 gal.

Salt . . . . . 6 T.                                      ¾ c.                                      2 c.

Drain, do not rinse rice.

Add to rice combining lightly

Peas, cooked . . . . . 1 qt.                                      2 qt.                                      5 qt.

Pimiento, diced . . . . . 6                                      12                                      30

Shake out into greased baking pans and hold hot over hot water or covered in oven.

Serve rice with spoon, accompanied by serving of shrimp in curry sauce. Using a dipper for rice tends to pack it. Shrimp may also be served on toast points or in ramekins with crackers.

*Comment:* \*About 6 pounds of shrimp A.P. will yield approximately 1 gallon cooked and shelled.

Canned or fresh-cooked shrimp can be used.

Fluid milk can be used in place of evaporated milk and water.

If equipment is available, steaming of rice is easier than boiling. Use 1 part rice to 1½ parts boiling water; sprinkle salt over rice. Steam about 45 minutes. When done the water should be wholly absorbed, the rice tender and flaky.

### To Cook Fresh Shrimp

To each quart of water in which shrimp are cooked, add:

Vinegar.....	¼ c.
Salt.....	2 t.
Celery.....	1 stalk
Onion, sliced.....	¼ c.
Peppercorns, crushed....	1 t.
Cloves.....	½ t.
Bay leaf.....	½

Simmer about 20 minutes until shells turn pink; do not boil.

Let cool in cooking water.

### FINNAN HADDIE—SMOKED HADDOCK

Serving: 4 ounces

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	
Place in baking pans			
	Haddie.....	13 lb.	25 lb. 65 lb.
Almost cover with boiling water and let stand on edge of range about 5 minutes.			
Pour off the water and cut into pieces of size desired for serving.			
Arrange the haddie closely in greased baking pan.			
Pour over the fish			
	Milk.....	2 qt.	4 qt. 10 qt.
Put in oven at 250°F. for 10 to 15 minutes to heat through. Do not allow it to boil.			
Serve with hot butter sauce.			
Add			
	Butter, melted....	2 c.	4 c. 10 c.
Add and reheat			
	Salt.....	2 t.	4 t. 3 1/3 T.
	Pepper.....	1/4 t.	1/2 t. 1 1/4 t.
	Lemon juice.....	1/2 c.	1 c. 2 1/2 c.

*Comment:* Evaporated milk, undiluted may be used in place of fluid milk and is very good.

Boiling temperature tends to toughen and harden salt fish, so cook at low temperature.

Chopped parsley or celery leaves may be added to the butter sauce.



## HADDOCK IN CASSEROLE

*Serving: 4-1/2 ounces*

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	
Prepare fish fillets of haddock, sucker, carp, or other fish available			
	Haddock fillets....	15 lb.	30 lb. 75 lb.
Fry lightly in			
	Fat or salad oil....	2 c.	4 c. 10 c.
Prepare			
	Carrots, diced.....	2 qt.	4 qt. 10 qt.
	Onions, minced...	2 qt.	4 qt. 10 qt.
	Garlic cloves, minced	4	8 20
	Celery, minced....	2 qt.	4 qt. 10 qt.
Add, mixing well			
	Salt.....	8 t.	1/4 c. 3/4 c.
	Pepper.....	1 t.	2 t. 5 t.
Put about half of vegetables in a greased casserole or baking pan.			
Lift the browned fillets and place on vegetable layer in baking pan.			
Cover the fish with the remaining half of vegetables.			
Add to fat in pan in which fish was fried			
	Water or fish stock	2 qt.	4 qt. 10 qt.
	(if on hand)		
Pour water over the vegetables.			
Cover casserole tightly.			
Bake at 325°F. about 1/2 hour.			
Serve with a rich sauce like Hollandaise or tartar.			

*Comment:* This may be cooked in individual baking dishes if fillets are somewhat broken up.

A 4 1/2-ounce serving will yield approximately 3 1/2 servings per pound of haddock.

# SCALLOPED FLAKED FISH

(carp, cod, hake)

Serving: 1 cup approximately

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Mix				
	Crumbs, bread . .	1¼ lb.	2½ lb.	6¼ lb.
	Crumbs, cracker	1¼ lb.	2½ lb.	6¼ lb.
Put thin layer of crumbs in greased baking dish.				
Over crumbs put a layer of				
	Fish, cooked, flaked	3½ qt.	7 qt.	10½ qt.
Season with				
	Salt.....	1 T.	2 T.	5 T.
	Pepper.....	½ t.	1 t.	2½ t.
	Lemon juice....	2 T.	4 T.	10 T.
Make and add a layer of thin white sauce.				
For white sauce, heat				
	Fat, melted.....	¾ c.	1½ c.	3¾ c.
Add and stir until smooth				
	Flour.....	½ c.	1 c.	2½ c.
Add slowly, stirring constantly and cook about 10 minutes				
	Milk, hot.....	1 gal.	2 gal.	5 gal.
Add				
	Salt.....	4 t.	2⅔ T.	7 T.
	Pepper.....	1 t.	2 t.	5 t.
	Lemon peel, grated fine	1 t.	2 t.	5 t.
	Nutmeg.....	1 t.	2 t.	5 t.
Follow with another layer of crumbs, fish, white sauce.				
Combine and top with				
	Crumbs.....	½ qt.; ½ lb.	1 qt.; 1 lb.	3 qt.; 3 lb.
	Fat, melted.....	½ c.	1 c.	2½ c.
Bake at 400°F. about 15 minutes until crumbs are brown.				
Serve with tartar sauce in a small lettuce leaf, on the side.				

*Comment:* To scallop is a good way to make use of left-over fish.

Canned flakes of haddock, hake, cod, salmon, pollack can also be scalloped.

Various seasonings may be used to give variety.

## SMELT, OVEN-FRIED

(Spencer Method)

Serving: 5-1/2 ounces approximately

For	50	100	250	
Approximate Yield				
Method	Ingredients	Amounts		
Prepare for cooking; clean, wash, and drain well				
	Smelt, prepared weight	17 lb.	34 lb.	85 lb.
Dip one by one into				
	Milk.....	1 qt.	2 qt.	5 qt.
	Salt.....	4 T.	½ c.	1¼ c.
Allow to drain.				
Dip into				
	Bread crumbs, fine sifted	1 qt.	2 qt.	5 qt.
Arrange in rows on an oiled baking sheet.				
Sprinkle lightly with oil using a grease brush or swab				
	Oil.....	1 c.	2 c.	5 c.
Bake at 550°F. about 10 minutes. Do not turn. Oven should be hot enough to brown both sides.				
Sprinkle with				
	Parsley, minced.....	1 c.	2 c.	4 c.
Garnish with section of lemon.				

*Comment:* The Spencer method is essentially oven frying and is one of the best methods for use where fish is prepared in large quantities. It consists of dipping in heavily salted milk, (1 T. salt to a cup of milk), crumbing, sprinkling lightly with oil, and baking at about 550°F. for 10 minutes.

It is well to sort the smelt for size, else the smallest are over-cooked and dry and the largest are under-cooked.

The Spencer method is one of the best and easiest ways to cook this small fish for large numbers.

## VI. MEATS — ECONOMY CUTS

In these recipes only cheaper cuts of meat have been used. Such cuts are equal in food value to those higher priced. Many have a very excellent and distinctive flavor—oxtails—or flank steak for example—and all should be more widely used. No apology is needed for braised short ribs, fricassee of lamb, Creole liver or flank steak.

On a luncheon selling for 60 cents not more than 8 cents or at most 10 cents can be allowed for the cost of the serving of meat. Lamb shanks, oxtails, pork hocks are good and are well liked when properly prepared.

Economy cuts are the less tender type, and cooking is therefore done with moist heat and at low temperatures. In boiling, a simmering temperature of about 185 degrees F. is best, and a longer cooking period than is required when higher temperature is used. In braising the initial browning is done preferably in the oven (hot to very hot) at 450 to 500 degrees F. This requires frequent turning of the meat and constant watching to prevent burning. The cooking is at about 300 degrees F. (slow oven) with the addition of a small amount of water. Few economy cuts are roasted or broiled. In using these methods, lower constant temperatures (about 300 degrees F. for roasting and 350 degrees F. for broiling) with a longer cooking period, are also advocated.

# Meats—Economy Cuts—Dishes

## AMERICAN CHOP SUEY

*Serving: 7-1/2 ounces; 3/4 cup approximately*

Serving for	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		
Cut into inch cubes			
Beef.....	8 lb.	16 lb.	40 lb.
Put into roasting pan			
Oil, cooking, or fat.	1/2 c.; 1/4 lb.	1 c.; 1/2 lb.	2 1/2 c.; 1 1/4 lb.
Add beef and heat through, stirring frequently; brown lightly.			
Add			
Water.....	2 qt.	1 gal.	2 1/2 gal.
Salt.....	4 T.; 2 oz.	1/2 c.; 4 oz.	1 1/4 c.; 10 oz.
Pepper.....	2 1/2 t.	1 1/2 T.; 1/2 oz.	4 1/2 T.; 1 1/2 oz.
Onion, medium sliced	1	2	5
Simmer until meat is tender.			
Add to meat and cook without stirring about 20 minutes			
Water, boiling....	2 qt.	1 gal.	2 1/2 gal.
Celery, 1 1/2 inch strips	5 lb.	10 lb.	25 lb.
Add			
Cabbage, shredded fine	5 lb.	10 lb.	25 lb.
Onion, sliced.....	4 lb.	8 lb.	20 lb.
Make a paste of flour and water and add to meat-vegetable, distributing throughout by lifting rather than by stirring			
Flour.....	1 c.; 1/4 lb.	2 c.; 1/2 lb.	5 c.; 1 1/4 lb.
Wash and add			
Mushrooms, sliced	1 lb.	2 lb.	5 lb.
Add			
Chop Suey sauce..	1 c.	2 c.	5 c.
Cook in moderate oven about 15 minutes.			
Serve with			
Rice.....	1 1/2 qt.; 3 lb.	3 qt.; 6 lb.	7 1/2 qt.; 15 lb.

*Comment:* Bean sprouts may be used instead of mushrooms. Either are added shortly before serving; 2 lb. of either per 100 servings. Both may be omitted.

Green peppers make a desirable addition; 2 lb. per 100 servings.

A combination of beef, pork, and veal is liked by many.

The amount of water and flour needed will vary considerably, depending on vegetables and weather.

The chop suey is well liked when served with rice krispies.

Both meat and vegetables being included, the serving is large.

## BAKED SPARE RIBS

*Serving: 8 ounces*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Clean and cut into approximately 4 ounce pieces				
	Spareribs.....	30 lb.	60 lb.	150 lb.
Sprinkle ribs with				
	Salt.....	6 T.; 3 oz.	6 oz.	1 lb.
	Pepper.....	1 t.	2 t.	5 t.
	Sage.....	1 t.	2 t.	5 t.
Put in roasting pan				
	Fat.....	1 c.; 8 oz.	2 c.; 1 lb.	5 c.; 2½ lb.
Add spare ribs.				
Bake in oven at 450°F., turning frequently until brown, about 25 minutes.				
Reduce heat to 325°F. and add				
	Water.....	1 qt.	2 qt.	5 qt.
Continue baking until meat is tender about 1½ hour.				
Add more water if needed.				

## BARBECUED MEAT LOAF

*Serving:*

For	50	100	250	
Approximate Yield				
Method	Ingredients	Amounts		
Combine				
	Beef, ground.....	10 lb.	20 lb.	50 lb.
Moisten				
	Bread crumbs, dry	2½ qt.	5 qt.	3 gal.
	Eggs, beaten.....	10	20	4 doz.
	Milk or stock.....	2½ qt.	5 qt.	3 gal.
	Onion, chopped fine	½ c.	1 c.	2½ c.
	Salt.....	3 T.	6 T.; 3 oz.	½ c.; 7½ oz.
	Pepper.....	1 t.	2 t.	5 t.
Shape into loaves by packing into bread pans. Then turn out onto greased baking sheet, or bake in regular meat loaf pans.				
After baking about ½ hour, pour barbecue sauce over the top.				
Bake at 325°F. about 1½ hours.				



### BARBECUE SAUCE

For	50	100	250
Approximate Yield	2¼ qt.	4½ qt.	11¼ qt.
Method	Ingredients	Amounts	

Combine

Catsup.....	1¼ qt.	2½ qt.	6¼ qt.
Vinegar.....	2 c.	4 c.	2½ qt.
Worcestershire....	6 T.	¾ c.	2 c.
Chili powder.....	10 t.	3 T.	½ c.
Onions, minced...	1¼ c.	2½ c.	1½ qt.

### BRAISED LAMB SHANK

*Serving: 8 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients	Amounts	

Clean and prepare by cutting into servings of desired weight

Lamb shank*.....	25 lb.	50 lb.	125 lb.
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Put in roasting pan.

Add

Fat, melted.....	3 c.	6 c.	3¾ qt.
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Brown slowly, for about 40 minutes turning to brown evenly.

Prepare and add to meat

Carrots*, diced....	2 qt.	4 qt.	2½ gal.
Onions, sliced.....	2 qt.	4 qt.	2½ gal.
Celery rings.....	2 qt.	4 qt.	2½ gal.
Salt..... 1 T.; ½ oz.		2 T.; 1 oz.	5 T.; 3 oz.
Pepper corns, crushed	1 T.	2 T.	¼ c.
Paprika..... 3 T.; 1 oz.		6 T.; 2 oz.	5 oz.
Water.....	7 qt.	3½ gal.	9 gal.

Simmer about 10 minutes.

Remove meat-vegetable to pans.

Make gravy

Pan liquid and

water to make...	3½ qt.	7 qt.	18 qt.
Flour..... 1 c.; 4 oz.		2 c.; 8 oz.	4 c.; 1 lb.

Pour gravy over meat-vegetables.

Bake in moderate oven (325°F.) about 45 minutes.

*Comment:\** Lamb shanks can usually be purchased of a given weight. A ½ lb. shank sawed in the center makes an attractive 2-piece serving. Vegetables are attractive prepared and served whole or halved with the gravy served separately.

## BRAISED SHORT RIBS

*Serving: 6 ounces approximately*

For	50	100	250
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### Approximate Yield

Method	Ingredients	Amounts
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Clean ribs, washing if needed.

Saw, and cut into about 4 ounce portions

Short ribs . . . . .	25 lb.	50 lb.	125 lb.
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Combine, and dredge the meat with

Flour . . . . .	12 oz.	1½ lb.	3¾ lb.
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Salt . . . . .	4 T.	4 oz.	10 oz.
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Pepper . . . . .	2 t.	4 t.	3 T.
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Put scraps of suet in roasting pan and add the short ribs.

Brown in oven at 450°F., being careful not to burn fat or meat.

Remove from oven.

Clean and scatter over meat

Green pepper, quartered	4	8	20
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Celery, tops . . . .	1 lb.	2 lb.	3 lb.
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Parsley, sprig . . .	8	16	1 bunch
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Onion, slice coarse	½ lb.	1 lb.	2½ lb.
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Pepper corns, crushed	1 t.	2 t.	5 t.
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Add

Water, boiling . .	2 qt.	1 gal.	3 gal.
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\*Return to oven and bake at 325°F. until tender, about 3 hours, adding a little water from time to time as needed.

When tender remove ribs from pan.

Remove seasoning material and excess fat if any.

Make gravy

Pan liquor and water to make	3 qt.	6 qt.	3¾ gal.
Flour . . . . .	6 oz.; ¾ c.	¾ lb.; 1½ c.	2 lb.; 3¾ c.
Fat . . . . .	12 oz.; 1½ c.	1½ lb.; 3 c.	3¾ lb.; 7½ c.

*Comment.\** After browning the ribs may be finished in the steamer instead of being returned to the oven.

## BROWN BEEF STEW

*Serving: 4 ounces meat  
4 ounces vegetable*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Trim off excess fat and fry out in roasting pan.				
Remove crisped tissue.				
Cut into 1½ inch cubes				
	Chuck, boneless A.P.	13 lb.	26 lb.	65 lb.
Combine	and dredge meat with			
	Flour.....	½ lb.	1 lb.	2½ lb.
	Salt.....	4 T.; 2 oz.	½ c.; ¼ lb.	1¼ c.; 10 oz.
	Paprika.....	3 T.; ¾ oz.	6 T.; 1½ oz.	15 T.; 3¾ oz.
	Pepper corns, crushed			
	or pepper.....	1 t.	2 t.	5 t.
Put in roasting pan and brown in oven at 400°F. about 10 minutes, stirring once or twice to get uniformly brown.				
Add to meat and continue cooking at 250°F. for 1½ hour or until nearly tender				
	Water, hot.....	2½ gal.	5 gal.	12½ gal.
Prepare, add and continue cooking 20 to 30 minutes. Do not overcook vegetables.				
	Carrots, quartered, and cut in thirds...	3½ lb.	7 lb.	18 lb.
	White turnips, quartered and sliced	3 lb.	6 lb.	15 lb.
	Onions, quartered	4 lb.	8 lb.	20 lb.
	Garlic cloves, minced	1	2	5
	Potato.....	2 lb.	4 lb.	10 lb.
Remove meat and vegetables to serving pans, distributing equally.				
Thicken pan liquor with				
	Flour.....	12 oz.	1½ lb.	3¾ lb.
Add, if needed				
	Water or stock to make	1 gal.	2 gal.	5 gal.
Cook 10 minutes.				
Remove any excess free fat.				
Pour over meat and vegetables in pans.				
Hold hot in low oven.				
Garnish just before serving with				
	Parsley, minced.	½ c.	1 c.	2½ c.

## CREAMED CHIPPED BEEF

*Serving: 3/4 cup approximately*

For	50	100	250
Approximate Yield	1¾ gal.	3½ gal.	8¾ gal.

Method	Ingredients	Amounts		
Tear apart, removing any gristly portions				
	Chipped beef....	3½ lb.	7 lb.	17½ lb.
Melt				
	Fat, bacon or margarine	1 lb.	2 lb.	5 lb.
Add and blend				
	Flour.....	14 oz.	1¾ lb.	4½ lb.
	Pepper.....	1½ t.	3 t.	7½ t.
Add slowly, stirring constantly, and cook 10 minutes				
	Milk, hot.....	2 gal.	4 gal.	10 gal.

Distribute the chipped beef equally into serving pans.

Pour over the white sauce.

Cook in oven at 300°F. for 30 minutes. Do not allow to boil.

Serve on toast points, or with boiled, baked, or French fried potato.

*Comment:* If preferred, the beef may first be sauted lightly in the fat for about 5 minutes then proceed as above.

## CREOLE LIVER

*Serving: 4 ounces approximately*

For	50	100	250
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### Approximate Yield

Method	Ingredients	Amounts
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Skin and remove heavy veins from liver

Liver, steer. . . . .	13 lb.	26 lb.	65 lb.
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Parboiling or soaking in water is not recommended.

Roll in

Flour. . . . .	½ qt.; ½ lb.	1 qt.; 1 lb.	2½ qt.; 2½ lb.
Salt. . . . .	2 T.; 1 oz.	4 T.; 2 oz.	½ c.; 5 oz.
Pepper. . . . .	½ t.	1 t.	2½ t.

Fry lightly, to brown on both sides, not to cook

Fat. . . . .	1 lb.	2 lb.	5 lb.
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Place closely, in single layer in roasting pan.

Bake at 300°F. for 10 minutes, being careful not to burn.

Make Creole sauce.

Cook together about 10 minutes

Tomato, chopped, canned or tomato juice	2 qt.	4 qt.	10 qt.
Clove, whole. . . .	¼ t.	½ t.	1¼ t.
Bay leaf. . . . .	1	2	5
Celery, leaves or stalk, chopped. . . . .	2 c.; ½ lb.	4 c.; 1 lb.	10 c.; 2½ lb.

Saute lightly about 10 minutes. Do not brown

Onions, chopped	8 oz.	1 lb.	2½ lb.
Garlic cloves, minced	2	4	10
Fat, or salad oil	1 c.; 8 oz.	2 c.; 1 lb.	1¼ qt.; 2½ lb.

Add, stirring to blend well

Flour. . . . .	1 c.; 4 oz.	2 c.; 8 oz.	5 c.; 1¼ lb.
Salt. . . . .	2 t.	4 t.	3½ T.
Pepper. . . . .	¼ t.	½ t.	1½ t.

Add to tomato and simmer the whole about 10 minutes.

Pour over liver and return to oven for 10 minutes.

Garnish just before serving with

Parsley, chopped	1 c.	2 c.	5 c.
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## FRANKFURTERS WITH BARBECUE SAUCE

*Serving: 4 ounces*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Fry until golden brown				
	Onions, sliced...	1½ lb.	3 lb.	7½ lb.
	Fat.....	¾ c.; 6 oz.	1½ c.; ¾ lb.	3¾ c.; 2 lb.
Cook for 10 minutes				
	Celery rings....	1 qt.	2 qt.	5 qt.
	Water.....	1 qt.	2 qt.	5 qt.
Combine and add to celery-onions and simmer 20 minutes				
	Vinegar.....	1 c.	2 c.	5 c.
	Brown sugar....	1 c.	2 c.	5 c.
	Lemon juice....	1 c.	2 c.	5 c.
	Catsup.....	1 qt.	2 qt.	5 qt.
	Worcestershire	½ c.	1 c.	2½ c.
	Prepared mustard	4 T.	½ c.	1¼ c.
Put in serving pans				
	Frankfurters—			
	size 8 to lb..	12½ lb.	25 lb.	63 lb.
Pour over frankfurters the barbecue sauce.				
Put in oven at 250°F. and cook 20 minutes.				

*Comment:* For barbecue sauce, see Barbecued Meat Loaf.



# FRICASSEE OF LAMB

Serving: 3/4 cup

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	
Clean, trim out excess fat and cut in 2-inch pieces			
	Lamb, breast. . . . .	10 lb.	20 lb. 50 lb.
Cover with			
	Water, boiling. . . . .	1 gal.	2 gal. 5 gal.
Add to lamb and simmer about 1 1/2 hours until tender			
	Celery tops. . . . .	1/2 lb.	1 lb. 2 1/2 lb.
	Onions, sliced. . . . .	1/2 lb.	1 lb. 2 1/2 lb.
	Pepper corns, crushed	1 t.	2 t. 5 t.
	Marjoram. . . . .	1 t.	2 t. 5 t.
	Salt. . . . .	2 T.; 1 oz.	4 T.; 2 oz. 10 T.; 5 oz.
Prepare and cook about 20 minutes so vegetables are still slightly crisp			
	Carrots, diced. . . . .	2 lb.	4 lb. 10 lb.
	Onions, sliced. . . . .	1 lb.	2 lb. 5 lb.
	White turnip, diced	2 lb.	4 lb. 10 lb.
	Celery, inch long pieces	1 lb.	2 lb. 5 lb.
	Salt. . . . .	2 T.; 1 oz.	4 T.; 2 oz. 10 T.; 5 oz.
	Water. . . . .	(2 gal.)	(4 gal.) (10 gal.)
Thicken lamb stew, using some of vegetable water, if needed, with			
	Flour. . . . .	1 1/2 c.; 6 oz.	3 c.; 3/4 lb. 8 c.; 2 lb.
Put meat into serving pans alternating with vegetables and pour gravy over all.			
Garnish top of each pan with			
	Peas. . . . .	3 c.	1 1/2 qt. 3 3/4 qt.
Hold hot in low oven.			
Serve with browned potato.			

## HAMBURGER PATTY WITH MUSHROOM SAUCE

Serving: 4 ounces

For	50	100	250
Approximate Yield			

Method	Ingredients	Amounts		
Soak				
	Bread.....	1½ lb.	3 lb.	7½ lb.
	Water.....	1¼ qt.	2½ qt.	6¼ qt.
Add and combine thoroughly but lightly, handling as little as possible				
	Beef, ground.....	8 lb.	16 lb.	40 lb.
	Onions, chopped fine	1¼ lb.	2½ lb.	6¼ lb.
	Salt.....	5 T.; 2½ oz.	½ c.; 5 oz.	1¼ c.; 12 oz.
	Pepper.....	1½ T.	3 T.	7½ T.
	Eggs, beaten.....	4	8	20

Scoop out with a cup or No. 12 ice cream dipper onto greased baking sheet.

Flatten out to about ½ inch thick.

Bake at 325°F. for 15 to 20 minutes.

A bit of hot, well flavored stock poured over the patties when partly done reduces the shrinkage.

Transfer to serving pan and pour over the patties the juice from the baking pan.

*Comment:* Patties may be served on toast points, with Spanish sauce or catsup or mushroom sauce.

# MUSHROOM SAUCE

Serving: 1/4 cup

For	50	100	250
Method	Ingredients		
	Amounts		
Melt in top of double boiler			
Butter or			
margarine	1 1/4 c.; 10 oz.	2 1/2 c.; 1 1/4 lb.	6 1/4 c.; 3 lb.
Wash and slice caps, do not peel.	Slice and use all tender stems		
Mushrooms.....	1 1/2 lb.	3 lb.	8 lb.
Add mushrooms to fat and cook about 5 minutes.			
Add, sprinkling over mushrooms and stirring			
Flour, browned....	2 c.; 1/2 lb.	1 qt.; 1 lb.	2 1/2 qt.; 2 1/2 lb.
Remove from heat and add			
Good stock or water	2 1/2 qt.	5 qt.	12 1/2 qt.
Heat until sauce boils and cook about 5 minutes.			
Add			
Salt.....	5 t.	3 T.; 1 1/2 oz.	8 T.; 4 oz.
Pepper.....	1 t.	2 t.	5 t.
Worcestershire....	1/2 t.	1 t.	2 1/2 t.

## IRISH STEW

*Serving: 4-1/2 ounces meat  
4 ounces vegetables*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		
Trim off excess fat and cut into 1½-inch cubes			
	Lamb, breast, shoulder, neck, or shanks E. P.		
	10 lb.	20 lb.	50 lb.
Cut into ½-inch dice and add			
	Salt pork.....		
	2 lb.	4 lb.	10 lb.
Cut into ¼-inch, slice, dice and add			
	Bacon.....		
	2 lb.	4 lb.	10 lb.
Add and simmer about 1 hour or until nearly tender			
	Water, hot.....		
	1 gal.	2 gal.	5 gal.
Prepare, add and continue cooking 20 to 25 minutes until vegetables are barely tender			
	Potatoes, quartered.....		
	6 lb.	12 lb.	30 lb.
	Onions, sliced.....		
	3 lb.	6 lb.	15 lb.
	Carrots, quartered and cut in thirds.....		
	3 lb.	6 lb.	15 lb.
Remove meat and vegetables to serving pans, distributing equally.			
Measure pan liquor and add			
	Water to make.....		
	1 gal.	2 gal.	5 gal.
Thicken with			
	Flour.....		
	12 oz.	1 ½ lb.	3¾ lb.
Cook, simmering for 10 minutes.			
Skim off any free excess fat.			
Pour over meat and vegetables in pans.			
Hold hot in low oven.			
Serve with open biscuit or cornbread or dumplings.			

## MEAT LOAF

*Serving: 4 ounces approximately*

For	50	100	250
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### Approximate Yield

Method	Ingredients	Amounts
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#### Combine

Beef, ground.....	10 lb.	20 lb.	50 lb.
Bread, stale, soaked.....	1 $\frac{1}{4}$ lb.	2 $\frac{1}{2}$ lb.	6 $\frac{1}{4}$ lb.
Carrots, raw, chopped fine	2 lb.	4 lb.	10 lb.
Onions.....	$\frac{1}{2}$ lb.	1 lb.	2 $\frac{1}{2}$ lb.
Pepper.....	2 t.	4 t.	3 T.
Salt.....	3 T.	6 T.; 3 oz.	1 c.; 8 oz.
Milk.....	1 $\frac{3}{4}$ qt.	3 $\frac{1}{2}$ qt.	8 $\frac{3}{4}$ qt.
Eggs, beaten slightly.....	9	1 $\frac{1}{2}$ doz.	3 $\frac{3}{4}$ doz.
Worcestershire sauce.....	1 T.	2 T.	5 T.

Shape into loaves and place close in greased roasting pan or in meat loaf pans.

Bake at 325°F. for about 1  $\frac{1}{2}$  hour.

Serve with gravy or mushroom or Creole sauce

3 qt.	6 qt.	15 qt.
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*Comment:* Stale bread may be replaced by

Rolled oats, uncooked	1 $\frac{1}{2}$ qt.	3 qt.	7 $\frac{1}{2}$ qt.
Stock or milk.....	1 $\frac{3}{4}$ qt.	3 $\frac{1}{2}$ qt.	8 $\frac{3}{4}$ qt.

A better slicing loaf with a more uniform slice and a shorter cooking time results from use of a single pan than when several loaves are placed closely in a roasting pan.

## MIXED GRILL

*Serving: Meat, 7 ounces approximately*

For	50	100	250
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### Approximate Yield

Method	Ingredients	Amounts
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A mixed grill is a combination of foods, broiled or sauteed, each item being served as a portion of an individual plate. Usually two kinds of meat are used and one or more vegetables or fruits. If the foods do not require the same time for cooking they are broiled in succession as the broiling progresses so that all will be ready at the same time.

Arrange on broiling sheet, broiling successively

Lamb chop, 1 . . . . .	50
Sausage, 2 small links . . .	100
Pineapple, slice 1 . . . . .	50
Potato, stuffed, baked, 1/2 .	25

### Other Combinations

Veal chop, 1 . . . . .	50
Bacon, 2 slices . . . . .	100
Tomato, 1/2 . . . . .	25
Sweet potato, boiled, 1/2 . .	25

Lamb patty, 1 . . . . .	50
Ham, boiled, 1 slice . . . .	50
Corn fritters, 1 . . . . .	50
Apple, half or slices, 3 . . .	25

In broiling meat 15 to 30 minutes are needed depending on thickness. Place about 3 inches from the heat. Broil until top is well browned, season on browned side with salt and pepper and turn. Do not season salt, smoked meats. One turning should be sufficient. Watch heat and adjust flame so that meat is browned by the time it has reached the degree of doneness desired. Longer broiling at lower temperature gives the best result.

In broiling tomato, season and cover top with buttered crumbs pressed well down into flesh of tomato.

The sweet potato should be spread with butter or margarine.

Corn fritters, apple slices, are most easily pan-broiled or fried.



## PAPRIKA VEAL

*Serving: 5 ounces approximately*

For	50	100	250	
Approximate Yield				
Method	Ingredients	Amounts		
Cut in 1-inch cubes				
	Veal, shoulder or clod....	18 lb.	36 lb.	90 lb.
Saute in roasting pan				
	Garlic clove, sliced.....	1	2	5
	Fat.....	1 c.; 8 oz.	2 c.; 1 lb.	5 c.; 2½ lb.
Add veal and cook until lightly browned.				
Add				
	Water.....	3 c.	1½ qt.	1 gal.
	Salt.....	2 T.	4 T.	10 T.
Cook over low heat or in oven at 300°F. about 1 hour or until perfectly tender.				
Add				
	Cream, sweet or sour or evaporated milk.....	1½ qt.	3 qt.	7½ qt.
	Paprika.....	2 T.	4 T.	10 T.
Reheat thoroughly.				
Serve over toast points or with				
	Noodles.....	3 lb.	6 lb.	15 lb.
Cook noodles in salted boiling water about 15 minutes.				
Drain; need not rinse. Retain water for use in soup.				
Add and distribute throughout noodles				
	Butter.....	½ lb.	1 lb.	2½ lb.

## PORK PATTIES

*Serving: 4-1/2 ounces approximately*

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	
To			
	Sausage, bulk.....	12 lb.	24 lb. 60 lb.
Combine, and add			
	Onion, minced.....	1 T.	2 T. 5 T.
	Apple, chopped.....	2½ lb.	5 lb. 12½ lb.
	Oatmeal, uncooked.....	3 c.	6 c. 3¾ qt.
	Sage, ground.....	1 t.	2 t. 5 t.
Mix thoroughly but lightly.			
Form into patties of about 4½ ounces.			
Arrange closely on baking sheet.			
Bake at 375°F. for 30 minutes.			

# PRAIRIE OYSTERS WITH CREAM GRAVY

(FRIED SALT PORK)

Serving: 3 ounces approximately

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	
Cut in slices $\frac{1}{4}$ -inch thick and about 4 inches long			
	Salt pork . . . . .	10 lb.	20 lb. 50 lb.
Soak over night in			
	Milk . . . . .	1 $\frac{1}{2}$ gal.	3 gal. 7 $\frac{1}{2}$ gal.
Remove from milk and drain. Keep the milk.			
Gash edge of each rind 4 or 5 times about $\frac{1}{8}$ inch deep.			
Combine and roll pork in			
	Flour . . . . .	2 c.; $\frac{1}{2}$ lb.	1 lb. 2 $\frac{1}{2}$ lb.
	Pepper . . . . .	$\frac{3}{4}$ t.	1 $\frac{1}{2}$ t. 4 t.
Pan fry until crisp and well browned, turning frequently in			
	Pork fat . . . . .	$\frac{3}{4}$ c.; 6 oz.	1 $\frac{1}{2}$ c.; 12 oz. 4 c.; 2 lb.
Remove browned slices to hot serving pan.			
Measure fat in frying pan and use it with its browned crumbs to make cream gravy.			

## CREAM GRAVY

To	Fat.....	1 c.; 8 oz.	2 c.; 1 lb.	5 c.; 2 $\frac{1}{2}$ lb.
Add and stir until well blended				
	Flour.....	1 $\frac{1}{2}$ c.; 6 oz.	3 c.; $\frac{3}{4}$ lb.	7 $\frac{1}{2}$ c.; 2 lb.
Measure the milk in which pork was soaked.				
Add if needed				
	Milk to make.....	1 $\frac{1}{2}$ gal.	3 gal.	7 $\frac{1}{2}$ gal.
Add milk slowly to fat-flour stirring constantly.				
Simmer about 10 minutes stirring occasionally.				
Add				
	Salt to taste			
	Pepper to taste			
Serve with baked or boiled potato.				

## SAVORY FLANK STEAK

*Serving: 4 ounces*

For	50	100	250
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### Approximate Yield

Method	Ingredients	Amounts
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Trim so as to make a rectangular piece for rolling, using trimmings to secure a uniform roll

Flank steak.....	16 lb.	32 lb.	80 lb.
Cut into strips $\frac{1}{2}$ inch thick and $\frac{1}{2}$ inch wide			
Salt pork.....	4 lb.	8 lb.	20 lb.

Place strips of salt pork lengthwise down center of steak.

Roll steak around pork and trimmings and skewer tightly at about  $1\frac{1}{2}$ -inch intervals.

Cut between the skewers.

Combine and dip flank slices in

Flour.....	2 lb.	4 lb.	10 lb.
Salt.....	$\frac{1}{2}$ c.; 4 oz.	1 c.; 8 oz.	$2\frac{1}{2}$ c.; $1\frac{1}{4}$ lb.
Pepper.....	$1\frac{1}{2}$ t.	3 t.	$7\frac{1}{2}$ t.

Fry slowly until lightly browned on both sides in

Fat.....	$\frac{1}{2}$ lb.	1 lb.	$2\frac{1}{2}$ lb.
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Place browned slices closely in greased roasting pan.

Combine

Tomato, canned, No. 10	$\frac{1}{2}$	1	$2\frac{1}{2}$
Green pepper, chopped	8	16	40
Onion, chopped fine....	2 lb.	4 lb.	10 lb.
Salt.....	1 t.	2 t.	5 t.

Pour over steak.

Cook at 300°F. about 2 hours or until tender.

Serve with gravy made from liquid on steak.

## SAVORY POT ROAST

*Serving: 6 ounces*

For	50	100	250	
Approximate Yield				
Method	Ingredients	Amounts		
Clean, trim and cut into pieces suitable for carving				
	Beef shoulder.....	20 lb.	40 lb.	100 lb.
Rub the meat thoroughly with				
	Garlic, bruised clove...	4	8	20
Combine and dredge meat with				
	Flour.....	¼ c.; 2 oz.	½ c.; 4 oz.	1 ¼ c.; 10 oz.
	Salt.....	2 T.; 1 oz.	4 T.; 2 oz.	10 T.; 5 oz.
	Pepper.....	½ t.	1 t.	2 ½ t.
Brown on all sides in roasting pan in				
	Fat.....	¼ lb.	½ lb.	1 ¼ lb.
Add				
	Bay leaf.....	4	8	20
	Onions, chopped.....	1 lb.	2 lb.	5 lb.
	Worcestershire.....	1 T.	2 T.	5 T.
	Tomato, canned.....	1 qt.	2 qt.	5 qt.
	Water, hot.....	½ qt.	1 qt.	2 ½ qt.

Add more water from time to time if needed to keep from going dry.

Cover and bake, turning occasionally, at 300°F. about  $2\frac{1}{2}$  hours or until tender.

Make gravy from liquor remaining in pan.

## SAVORY VEAL AU GRATIN

*Serving: 8 ounces approximately*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Cut into 1½ inch cubes				
	Veal, shoulder or clod . .	13 lb.	26 lb.	65 lb.
Drop veal into boiling water.				
Add to meat and simmer until tender, about an hour				
	Onion, chopped . . . . .	1¼ lb.	2½ lb.	6 lb.
	Green pepper, chopped .	½ qt.	1 qt.	2½ qt.
	Garlic, minced . . . . .	1 T.	2 T.	5 T.
Remove meat from stock and distribute into serving pans.				
Measure stock.				
Drain tomatoes				
	Tomatoes, No. 10 . . . .	1	2	5
Combine stock and tomato juice and add if needed				
	Water to make . . . . .	1 gal.	2 gal.	5 gal.
Thicken with blended				
	Flour . . . . .	6 oz.	12 oz.	2 lb.
	Fat, margarine . . . . .	¾ lb.	1½ lb.	3¾ lb.
Cook 10 minutes.				
Add to thickened stock				
	Pimiento, chopped . . . .	½ qt.	1 qt.	2½ qt.
	Parsley, chopped . . . . .	2 T.	¼ c.	¾ c.
	Tomatoes, No. 10			
	drained above . . . . .	(1)	(2)	(5)
	Kitchen Bouquet . . . . .	2 T.	4 T.	½ c.
	Worcestershire . . . . .	2 T.	¼ c.	¾ c.
Cook for about 20 minutes				
	Spaghetti . . . . .	3 lb.	6 lb.	15 lb.
	Water, boiling . . . . .	3 gal.	6 gal.	15 gal.
	Salt . . . . .	4 T.; 2 oz.	½ c.; 4 oz.	1¼ c.; 10 oz.
Drain; need not rinse.				
Distribute into serving pans with meat and combine lightly.				
Pour over the meat-spaghetti the stock-tomato mixture.				
Combine by lifting from bottom with fork. Do not stir.				
Sprinkle over top				
	Cheese, grated . . . . .	1 c.; ¼ lb.	2 c.; ½ lb.	5 c.; 1¼ lb.
Bake at 300°F. for about 30 minutes until cheese is melted.				

## VII. MEATS — REMADE

The following recipes are suggested as aids in using meats left from an earlier service. Since such supplies are usually limited in amount, the recipes are given for smaller number, 25 to 100.

Quality and cost are especially important in remade dishes. The remade dish should have an individuality of its own and not suggest its previous appearance. Flavor is very important and so seasoning needs special attention. Remade meats should not be regarded as cheap; they never are. It takes skillful handling to convert the remade material into a popular dish without lifting it to a higher cost level through the addition of other and usually higher cost ingredients. Cost and yield need careful checking in remade dishes if loss is to be avoided.



# Meat—Remade Dishes

## BAKED HASH AND EGGS

*Serving: 6 ounces approximately*

For	24	48	96	
Approximate Yield	1 pan	2 pans	4 pans	
Method	Ingredients	Amounts		
Chop				
	Meat, cooked, cold . . . .	2½ lb.	5 lb.	10 lb.
	Potato, cooked . . . . .	3½ lb.	7 lb.	14 lb.
	Onions . . . . .	¼ lb.	½ lb.	1 lb.
Combine and add				
	Salt, to taste . . . . .	(1½ t.)	(1 T.)	(2 T.)
	Pepper . . . . .	½ t.	1 t.	2 t.
Add				
	Stock or milk . . . . .	⅓ c.	1¼ qt.	2½ qt.
	Fat, bacon or ham melted	2 oz.	¼ lb.	½ lb.
Mix whole lightly but thoroughly.				
Separate into equal portions and spread evenly in greased baking pans.				
Using cup, make 24 depressions in hash.				
Bake at 350°F. about 30 minutes until lightly browned.				
Remove from oven and into each depression.				
Break				
	Eggs . . . . .	24	48	96
Return to oven and bake at 250°F. about 10 minutes until eggs are set.				
Sprinkle with				
	Butter, melted . . . . .	4 oz.	8 oz.	1 lb.

*Comment:* It is well to bake only one pan of eggs at a time and bake successively as needed.

Hash made with scraps from baked ham or corned beef is very good.

## BEEF PINWHEEL WITH GRAVY

Serving: 1 pinwheel

For	24	48	96
Approximate Yield			
Method	Ingredients	Amounts	
Chop			
	Beef, cooked.....	4 lb.	8 lb. 16 lb.
Fry and add to meat			
	Onions, minced.....	4 oz.	$\frac{1}{2}$ lb. 1 lb.
	Fat.....	2 oz.	$\frac{1}{4}$ lb. $\frac{1}{2}$ lb.
Combine and add to meat			
	Eggs, beaten lightly....	2	4 8
	Stock or milk.....	$1\frac{1}{2}$ c.	3 c. 6 c.
	Salt, to taste.....	(1 t.)	(2 t.) (4 t.)
	Pepper.....	Pinch	$\frac{1}{4}$ t. $\frac{1}{2}$ t.
Separate meat mixture into			
	Parts.....	2	4 8
Make and separate into parts....		2	4 8
	Biscuit dough		
	Flour.....	1 qt.	2 qt. 4 qt.
	Salt.....	$1\frac{1}{2}$ t.	1 T. 2 T.
	Baking powder.....	4 T.	$\frac{1}{2}$ c.; $3\frac{1}{4}$ oz. 1 c.; $6\frac{1}{2}$ oz.
	Fat.....	$\frac{1}{2}$ c.	1 c. 2 c.
	Milk.....	$1\frac{1}{3}$ c.	$2\frac{2}{3}$ c. $5\frac{1}{3}$ c.
Turn out onto floured board, handle lightly and knead about 20 seconds.			
Roll out each part into a strip 8 x 12 inches and about $\frac{1}{4}$ inch thick.			
Brush lightly with melted butter.			
Spread $\frac{1}{4}$ of meat mixture evenly over each strip of biscuit dough.			
Roll up from long side like a jelly roll and seal with milk.			
Cut roll into inch slices (12 pieces) and place, touching each other, on a greased baking sheet.			
Bake at 450°F. for 15 minutes.			
Serve with			
	Gravy or tomato sauce.	$1\frac{1}{2}$ qt.	3 qt. 6 qt.

## CORNED BEEF HASH

*Serving: 5-1/2 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		
Chop, coarse			
Corned beef, cooked . . .	7 lb.	14 lb.	35 lb.
Prepare, chop or dice, and mix with the corned beef			
Potato, raw E. P. . . . .	10 lb.	20 lb.	50 lb.
Onions, chopped fine . .	1 lb.	2 lb.	5 lb.
Salt, to taste . . . . .	—	—	—
Pepper . . . . .	1/2 t.	1 t.	1 1/2 t.
Add, combining well			
Stock, corned beef or			
plain stock . . . . .	2 qt.	4 qt.	10 qt.
Melt in baking pans			
Fat . . . . .	4 oz.	1/2 lb.	1 1/4 lb.

Add hash, mix well, stirring once or twice then spread evenly in pans.

Bake at 350°F. about 1 hour until potatoes are cooked and hash is lightly browned.

When serving, garnish with a sprig of parsley.

*Comment:* Cooked potato may be used, but the raw makes a superior hash.

About 13 pounds of potato A. P. yields 10 pounds prepared.

Tartar sauce is much liked as an accompaniment.

## CREAMED HAM WITH NOODLES

*Serving: 2/3 cup creamed ham approximately*

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	
Cut in $\frac{1}{2}$ inch cubes			
	Ham, cooked. . . . .	7 lb.	14 lb. 35 lb.
Melt in double boiler			
	Ham fat. . . . .	$\frac{3}{4}$ lb.	$1\frac{1}{2}$ lb. $3\frac{3}{4}$ lb.
Add and stir until smooth			
	Flour . . . . .	6 oz.	$\frac{3}{4}$ lb. 2 lb.
	Salt. . . . .	2 t.	4 t. 3 T.
	Pepper. . . . .	1 t.	2 t. 5 t.
Adding gradually, stirring constantly, cook about 10 minutes			
	Milk, hot. . . . .	1 gal.	2 gal. 5 gal.
Cook for about 20 minutes in boiling, salted water. Drain, need not rinse			
	Noodles. . . . .	$3\frac{1}{2}$ lb.	7 lb. $17\frac{1}{2}$ lb.
	Water, boiling. . . . .	3 gal.	6 gal. 15 gal.
	Salt. . . . .	2 oz.	4 oz. 10 oz.
Serve, partly covering the noodles with the creamed ham.			

## CREAMED VEAL WITH DUMPLING

(Beef or Lamb)

Serving: 2/3 cup approximately

For	25	50	100
Approximate Yield	1 pan	2 pans	4 pans
Method	Ingredients		
	Amounts		
Dice			
Veal, cooked.....	4 lb.	8 lb.	16 lb.
Melt in sauce pan			
Margarine.....	½ c.; ¼ lb.	1 c.; ½ lb.	2 c.; 1 lb.
Add the veal and			
Onions, minced.....	2 oz.	¼ lb.	½ lb.
Flour.....	¼ lb.	½ lb.	1 lb.
Fry quickly to a golden brown.			
Make white sauce			
Melt			
Fat.....	¾ c.; 6 oz.	¾ lb.	1½ lb.
Add			
Flour.....	3 oz.	6 oz.	¾ lb.
Salt.....	1 t.	2 t.	1⅓ T.
Pepper.....	½ t.	1 t.	2 t.
Add			
Milk, hot.....	½ gal.	1 gal.	2 gal.
Scald, and boil 5 minutes			
Green peppers.....	6	1 doz.	2 doz.
Cool and chop peppers and add to meat.			
Combine meat and white sauce.			
Serve with dumplings or on open biscuit.			

### DUMPLINGS

Sift together			
Flour.....	1¼ lb.	2½ lb.	5 lb.
Baking powder.....	1½ oz.	3 oz.	6 oz.
Salt.....	2 t.	4 t.	3⅓ T.
Combine and add to flour mixing as quickly as possible			
Eggs, beaten.....	3	6	12
Milk.....	2¾ c.	5½ c.	2¾ qt.
Dip with No. 24 dipper onto greased baking sheet.			
Place in steamer uncovered and steam 15 minutes.			

## HAM LOAF

*Serving: 2-1/2 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		

Grind, medium coarse, only once

Ham, scraps.....	5 lb.	10 lb.	25 lb.
Pork, shoulder or butt..	5 lb.	10 lb.	25 lb.

Add to meat and combine thoroughly but lightly

Bread crumbs, soft....	1 1/2 qt.	3 qt.	7 1/2 qt.
Milk.....	1 1/4 qt.	2 1/2 qt.	6 qt.
Eggs, beaten.....	5	9	2 doz.
Paprika.....	1 t.	2 t.	5 t.

Separate into parts, of approximately

7 1/2 pounds each	2	4	10
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Put into greased Pullman pans... 2 4 10

Pour over loaves

Tomato Puree.....	1 1/2 qt.	3 qt.	7 1/2 qt.
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Bake at 350°F. about 1 1/2 hour.

Allow to stand in warm place for half hour before slicing.

Slice 28 to the loaf if baked in a Pullman pan.



## INDIAN CURRY OF LAMB

*Serving: 3/4 cup approximately*

For	25	50	100
Approximate Yield	1 pan	2 pans	4 pans
Method	Ingredients		
	Amounts		
Melt in sauce pan			
Margarine.....	3/4 c.; 6 oz.	1 1/2 c.; 3/4 lb.	3 c.; 1 1/2 lb.
Slice thin, add to fat and fry a golden brown			
Onions.....	1 1/2 lb.	3 lb.	6 lb.
Garlic clove, minced...	1/4	1/2	1
Mix, add, and combine well with the onion			
Flour.....	3/4 c.	1 1/2 c.	3 c.
Curry*.....	2 T.	1/4 c.	1/2 c.
Add			
Tomatoes, cooked.....	3 qt.	6 qt.	3 gal.
or No. 10.....	1	2	4
Sugar.....	4 T.	1/2 c.	1 c.
Add, and simmer 20 minutes			
Lamb, cooked, diced...	4 lb.; 2 qt.	8 lb.; 1 gal.	16 lb.; 2 gal.
Cook, drain and distribute rice to greased baking pans			
Rice, uncooked.....	1 c.; 1/2 lb.	2 c.; 1 lb.	4 c.; 2 lb.
or cooked.....	1 qt.	2 qt.	4 qt.
Pour the meat-tomato over rice.			
Add			
Salt to taste.....	—	—	—
Pepper to taste.....	—	—	—
Put in oven at 300°F. for 10 minutes.			
Serve with fried potatoes or toast.			

*Comment:* A very popular dish.

The foregoing recipe runs large and will serve 30, 60, and 120. It can best be reduced if desired by reducing the tomato.

\*The amount of curry, too, will depend on the kind of curry and on the reaction of the patrons. It is well to flavor lightly at first and increase as patrons indicate approval.

## MINCED MEAT IN GRAVY

*Serving: 2/3 cup approximately*

For	25	50	100
Approximate Yield	1 pan	2 pans	4 pans
Method Ingredients	Amounts		
Chop or grind medium fine			
Beef, cooked.....	4 lb.	8 lb.	16 lb.
Add to beef and simmer about 45 minutes or bake at 250°F.			
Beef gravy if available and			
Water to make.....	2 qt.	1 gal.	2 gal.
Butter or margarine...	—	—	—
Flour.....	—	—	—
Onion, minced.....	2 oz.	¼ lb.	½ lb.
Salt, to taste.....	—	—	—
Pepper, to taste.....	—	—	—
Add			
Worcestershire sauce..	¼ c.	½ c.	1 c.

The amount of fat and flour needed will depend on water used.

Serve on toast points, or with rice, spaghetti, boiled or baked potato.

*Comment:* This is a popular item and a good way to use small amounts of left-over meats.

If flavor needs a bit of a "lift", commercial soup base or bouillon cubes may be added to the liquid.

## SCALLOPED POTATO AND HAM

*Serving: 5 ounces approximately*

For	25	50	100
Approximate Yield	1 pan	2 pans	4 pans
Method	Ingredients		
	Amounts		
Clean and slice			
Potatoes E. P. . . . .	6 lb.	12 lb.	24 lb.
Place a layer in greased baking pan.			
Sprinkle over potato layer			
Flour . . . . .	$\frac{1}{4}$ lb.	$\frac{1}{2}$ lb.	1 lb.
Salt . . . . .	2 T.; 1 oz.	4 T.; 2 oz.	$\frac{1}{2}$ c.; 4 oz.
Pepper . . . . .	$\frac{1}{4}$ t.	$\frac{1}{2}$ t.	1 t.
Ham fat, melted . . . . .	$\frac{1}{2}$ lb.	1 lb.	2 lb.
Add, over potato			
Ham, diced . . . . .	1 $\frac{1}{2}$ lb.	3 lb.	6 lb.
Add a second layer of all ingredients.			
Add			
Milk, hot . . . . .	2 qt	4 qt.	8 qt.
Bake at 325°F. for about 1 $\frac{1}{4}$ hour.			

## SLIVERED BEEF IN GRAVY

*Serving: 2/3 cup approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients	Amounts	
Cut in very thin slices left-over boiled or roasted beef			
	Beef.....	6 lb.	12 lb.
			30 lb.
Put in frying or roasting pan.			
Add			
	Fat.....	1 1/2 c.	3 c.
			7 1/2 c.
	Flour, see comment....	—	—
Brown lightly.			
Add and simmer 10 minutes			
	Beef gravy if available and		
	Water to make.....	1 gal.	2 gal.
			5 gal.
Add			
	Salt, to taste.....	—	—
	Pepper, to taste.....	—	—
Serve on toast points, over rice or spaghetti, or with potato.			

*Comment:* The amount of flour needed will depend on the amount of water used;  
 1/2 cup flour to 1 quart of water will make a medium thick gravy.  
 If only a little additional water is needed the fat may be reduced.  
 No free fat should appear on the gravy.

This is also popular served like a hot meat sandwich.

An interesting addition can be made with sliced mushrooms

Mushrooms.....	1/2 lb.	1 lb.	2 1/2 lb.
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## STUFFED GREEN PEPPERS

Serving: 1/2 pepper

For	25	50	100
Approximate Yield	2 qt.	4 qt.	8 qt.
Method	Ingredients		
	Amounts		
Grind			
Meat, cooked.....	3 lb.	6 lb.	12 lb.
Fry and add to meat			
Onion, chopped.....	3 oz.	6 oz.	3/4 lb.
Fat.....	3 oz.	6 oz.	3/4 lb.
Add to meat			
Bread crumbs, dry.....	4 c.	2 qt.	4 qt.
Parsley, chopped.....	2/3 c.	1 1/3 c.	3 c.
Add, mixing well			
Egg, beaten slightly....	4	8	16
Add to moisten			
Tomato juice, or stock, or milk.....	3/4 qt.	1 1/2 qt.	3 qt.
Season			
Salt, to taste.....	(2 t.)	(4 t.)	(8 t.)
Clean, cut in half lengthwise and steam or cover with boiling water and let stand 10 minutes or boil 5 minutes			
Peppers.....	13	25	50
Stuff pepper-halves and cover with buttered crumbs			
Crumbs.....	2/3 c.; 2 oz.	1 1/3 c.; 1/4 lb.	2 2/3 c.; 1/2 lb.
Butter.....	1/2 oz.	1 oz.	2 oz.
Bake at 325°F. about 30 minutes until browned lightly.			

*Comment:* About 1/4 c. of filling is required for a half pepper of medium size; 1/2 c. for large size. The amounts given for 50 can therefore be used for 13 large peppers.

## VIII. POULTRY

Because of relatively high price, chicken or other poultry can find a place on the average-priced meal only when so prepared as to extend the meat. Only a few recipes are given, all making use of chicken, and the cooked meat is used in all.

Chicken is available on most markets, freshly killed and undrawn; chilled (ice-packed) and drawn or undrawn; frozen, drawn or undrawn. The form used is largely determined by the local market.

If frozen stock is used, time should be allowed for defrosting. This is best done by holding in the refrigerator over night. Thawing in sink with running water is not advised. Complete defrosting before cooking is best, and prompt cooking after defrosting is advised.

Cooking at low temperatures to "fork tenderness" is considered the best procedure for all cooking methods. For boiling, in this case simmering, this means from 2 to 4 hours. Low temperature cooking prevents hardening and toughening of the meat, reduces shrinkage and cooks the entire chicken uniformly. Cooked chicken needs to be cooled out quickly and refrigerated at once. Cooling in running water is poor practice; it is better to cover with a clean, thin cloth and set in a draught. Hold covered chicken in refrigerator to reduce drying and taking on odors and flavors. The refrigerated period for cooked stock should not exceed three days as flavor is slowly changed.

The market classes of chicken are based on age and sex. The common classes and usual age and weight for the classes are of help in determining yield and cost of a serving and are as follows:

<i>Class</i>	<i>Age</i>	<i>Weight</i>
Broiler	2 to 3 mo.	1 to 2½ lb.
Fryer	3½ to 5 mo.	2½ to 3½ lb.
Roaster	5 to 9 mo.	3½ lb. and over
Capon	7 to 10 mo.	4 to 9 lb.
Fowl (hen)	12 mo. or more	3½ lb. and over



## CHICKEN NOODLES

*Serving: 7 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		

Clean chicken, removing any pin feathers and oil sack, singeing and washing skin thoroughly

Fowl\*,  $4\frac{1}{2}$  to 5 lb. A.P.      (4) 18 lb.      (8) 36 lb.      (20) 90 lb.

Hold in refrigerator until ready to cook.

Put chicken closely into cooking kettle.

Sprinkle with

Salt..... 3 T.      6 T.      1 c.

Cover with

Water, boiling..... (6 qt.)      (3 gal.)      (7½ gal.)

Add

Celery tops..... ½ lb.      1 lb.      2½ lb.

Onion..... ¼ lb.      ½ lb.      1¼ lb.

Bay leaf..... 1      2      5

Pepper corns, crushed.. 1 t.      2 t.      5 t.

Bring to boil, reduce heat and simmer from 1½ to 2½ hours or until tender.

Remove from heat and allow to cool in liquid in which it was cooked.

When cool remove skin.

Remove meat from bones and separate into pieces of size easy to serve.

Grind or chop the skin fine.

Cook for 10 minutes

Noodles..... 3 lb.      6 lb.      15 lb.

Water, boiling..... 3 gal.      6 gal.      15 gal.

Salt..... ¼ c.      ½ c.      1¼ c.

Drain; need not blanch. Keep cooking water for use in soups and gravies.

Add ground skin to noodles and mix lightly but thoroughly.

Put half of noodles for each pan into greased serving pans, spreading uniformly.

Cover with half of meat for each pan.

Repeat with meat layer on top.

Make gravy using

Chicken stock..... 2 qt.      1 gal.      3 gal.

Milk..... 2 qt.      1 gal.      3 gal.

Flour..... ½ lb.      1 lb.      2½ lb.

Butter or chicken fat  
or combination.....  $1\frac{1}{2}$  c.; ¾ lb.      3 c.; 1½ lb.      7½ c.; 3¾ lb.

Pour gravy over noodle-meat.

Sprinkle over top, buttered crumbs

Crumbs..... ½ qt.      1 qt.      2½ qt.

Butter or margarine,  
melted..... 6 oz.      12 oz.      2 lb.

Bake at 350°F. (moderate oven) about 25 minutes until browned.

Hold hot in low oven.

*\*Comment:* Three pounds of veal may be substituted for one chicken; 3 chickens and 3 lb. of veal for 50; 6 chickens and 6 lb. of veal for 100; 15 chickens and 15 lb. of veal for 250. Cook the veal with the chickens and handle same as chicken.

## CHICKEN PIE

*Serving: 1 cup approximately*

For	50	100	250
Approximate Yield	4 gal.	8 gal.	20 gal.
Method	Ingredients	Amounts	
Clean and cook as for chicken noodles or use chicken left from a previous service			
	Fowl, 4½ to 5 lb. A.P.	(4) 18 lb.	(8) 36 lb. (20) 90 lb.
Cut into cubes or separate into usable pieces with forks			
	Chicken meat, cooked . .	5 lb.	10 lb. 25 lb.
Prepare and cook in salted water until slightly underdone			
	Celery, rings.....	2 qt.	4 qt. 10 qt.
	Potato, cubed.....	2 qt.	4 qt. 10 qt.
Prepare chicken gravy, using			
	Chicken stock.....	2¼ gal.	4½ gal. 11¼ gal.
	Chicken fat.....	1 qt.	2 qt. 5 qt.
	Flour.....	4 c.; 1 lb.	2 lb. 5 lb.

Combine chicken, celery, potato, distributing evenly without stirring.

Add the chicken gravy.

Fill individual pot pie dishes.

Cover with biscuit dough, cut to fit pot pie baking dish.

Bake about 20 minutes at 450°F.

*Comment:* Regular biscuit dough can be used for the top or a lighter drop crust, using about 2 T. per pie, dropped on top of the hot chicken mixture.

The amount of milk needed will vary with the flour used, and may need to be increased or decreased.

## DROP BISCUIT CRUST

Flour . . . . .	3 lb.	6 lb.	15 lb.
Baking powder . . . . .	2¾ oz.	5½ oz.	14 oz.
Salt . . . . .	2 T.	4 T.	5 oz.
Fat . . . . .	12 oz.	1½ lb.	3¾ lb.
Milk . . . . .	1¾ qt.	3½ qt.	8¾ qt.

## CHICKEN RICE

*Serving: 8 ounces approximately*

For	50	100	250
Approximate Yield	3 gal.	6 gal.	16 gal.
Method    Ingredients	Amounts		
Heat			
Chicken stock.....	3 gal.	6 gal.	15 gal.
Cook in chicken stock until done but vegetables still crisp			
Onions, chopped.....	1 $\frac{1}{4}$ lb.	2 $\frac{1}{2}$ lb.	6 $\frac{1}{2}$ lb.
Celery, rings.....	1 $\frac{1}{4}$ lb.	2 $\frac{1}{2}$ lb.	6 $\frac{1}{2}$ lb.
Rice.....	1 $\frac{1}{2}$ lb.	3 lb.	8 lb.
Melt and blend			
Chicken fat.....	$\frac{3}{4}$ lb.	1 $\frac{1}{2}$ lb.	4 lb.
Flour.....	$\frac{1}{2}$ lb.	1 lb.	2 $\frac{1}{2}$ lb.
Add to chicken-vegetables and simmer about 5 minutes.			
Add			
Salt, to taste.....	—	—	—
Pepper.....	1 $\frac{1}{2}$ t.	1 T.	2 $\frac{1}{2}$ T.
Add about 10 minutes before serving			
Chicken, chopped coarse	1 $\frac{1}{2}$ lb.	3 lb.	8 lb.

## CREAMED CHICKEN WITH BISCUIT

*Serving: 6 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method    Ingredients	Amounts		
Prepare and cook as for chicken noodles or use chicken left from a previous service			
Fowl, 4 $\frac{1}{2}$ to 5 lb. A.P.    (4) 18 lb.                      (8) 36 lb.                      (20) 90 lb.			
Cut into cubes or separate into usable pieces with forks			
Chicken meat, cooked..	6 lb.	12 lb.	30 lb.
Make gravy, using			
Chicken fat or butter			
or a combination....	1 $\frac{1}{2}$ c.; $\frac{3}{4}$ lb.	3 c.; 1 $\frac{1}{2}$ lb.	7 $\frac{1}{2}$ c.; 3 $\frac{3}{4}$ lb.
Flour.....	3 c.; $\frac{3}{4}$ lb.	1 $\frac{1}{2}$ qt.; 1 $\frac{1}{2}$ lb.	3 $\frac{3}{4}$ qt.; 3 $\frac{3}{4}$ lb.
Chicken stock, hot....	1 gal.	2 gal.	5 gal.
Milk, hot.....	2 qt.	1 gal.	2 $\frac{1}{2}$ gal.
Salt, to taste.....	—	—	—
Pepper, to taste.....	—	—	—

Put 3 pounds of meat into each pan.

Pour gravy over the meat.

Run pans into oven at 300°F. for about 30 minutes.

Serve over open biscuit.

*Comment:* Pimiento chopped coarse adds a bit of color.

## IX. VEGETABLE DISHES

Vegetables are rich in vitamins and minerals and so are known as protective foods. In preparing these vegetable dishes it is well to avoid soaking the vegetables for long periods in water; minerals and some vitamins are soluble in water and so are lost. Vitamins are destroyed by exposure to air, so avoid chopping or grinding vegetable material until ready to use it. Use promptly after preparation and cook quickly. Have water boiling and salted and use a bit of sugar. Use only the amount of water needed, except in case of very strongly flavored vegetables.

### BAKED LIMA BEANS WITH SALT PORK

*Serving: 5 ounces approximately*

For	50	100	250
Approximate Yield	3 pans	6 pans	15 pans

Method	Ingredients	Amounts
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Pick over, wash in hot water, rinse and soak over night in water enough to cover about 2 inches deep

Lima beans.....	5 lb.	10 lb.	15 lb.
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In morning add to the soaking water

Water, boiling, to make	1 gal.	2 gal.	5 gal.
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Add to beans

Salt pork.....	3 lb.	6 lb.	15 lb.
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Onions, minced.....	½ lb.	1 lb.	2½ lb.
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Simmer beans until tender, usually about 45 minutes.

Distribute beans into baking pans.

Slice the salt pork ¼ inch thick and about 4 inches long.

Arrange pork in rows on top of beans.

Make sauce of

Fat, bacon.....	1 c.; 8 oz.	2 c.; 1 lb.	5 c.; 2½ lb.
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Flour.....	¾ c.; 3 oz.	1½ c.; 6 oz.	3¾ c.; 15 oz.
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Salt.....	2 T.; 1 oz.	4 T.; 2 oz.	10 T.; 5 oz.
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Bean water.....	3 qt.	6 qt.	15 qt.
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Pour sauce over beans.

Bake at 400°F. for about 1 hour.

Add more water if beans appear too dry.

## BAKED NAVY BEANS

*Serving: 6 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method    Ingredients	Amounts		

Pick over, wash, and flush with hot water.

In utensil in which they will be cooked, soak for 12 hours in water to cover beans about 2 inches

Beans, navy . . . . .	6 lb.	12 lb.	30 lb.
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Need not drain after soaking but

Add enough more water to cover beans well, heat slowly and cook at simmering point until beans are tender or skins wrinkle when exposed to air, about 1½ hour. Add more water if needed.

Cut into ½ inch cubes and fry until lightly browned

Salt pork . . . . .	2½ lb.	5 lb.	12½ lb.
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Add to pork and fat and mix thoroughly

Mustard, dry . . . . .	2 T.	4 T.	10 T.
Salt . . . . .	4 T.; 2 oz.	½ c.; ¼ lb.	1¼ c.; 10 oz.
Brown sugar . . . . .	1 c.	2 c.	5 c.
Molasses . . . . .	½ c.	1 c.	2½ c.
Vinegar . . . . .	2 T.	4 T.	½ c.
Onions, chopped . . . . .	12 oz.	1½ lb.	3¾ lb.

Add to beans and combine thoroughly.

Pour into baking pans.

Bake at 300°F. (moderate oven) for about 1½ hour.

Add more water if beans become too dry.

Serve with catsup.

## BAKED STUFFED TOMATO

*Serving: One 4-ounce tomato*

For	50	100	250
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### Approximate Yield

Method	Ingredients	Amounts
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Cut a slice from stem end of

Tomatoes . . . . .	(50) 14 lb.	(100) 25 lb.	(250) 65 lb.
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With a teaspoon remove center leaving a rim about  $\frac{1}{2}$ -inch thick.

Drain in a collander, the pulp and seeds removed.

Add to the drained pulp and seeds

Bread crumbs . . . . .	2 $\frac{1}{2}$ c.	5 c.	12 $\frac{1}{2}$ c.
Celery, minced . . . . .	1 $\frac{1}{2}$ lb.	3 lb.	7 $\frac{1}{2}$ lb.
Parsley, minced . . . . .	2 oz.	4 oz.	10 oz.
Onion, minced . . . . .	$\frac{1}{2}$ lb.	1 lb.	2 $\frac{1}{2}$ lb.
Salt . . . . .	4 T.; 2 oz.	$\frac{1}{2}$ c.; 4 oz.	1 $\frac{1}{4}$ c.; 10 oz.
Pepper . . . . .	1 t.	2 t.	5 t.
Sugar . . . . .	2 T.	4 T.	10 T.

Refill tomatoes with the mixture.

Cover with

Crumbs . . . . .	2 c.	1 qt.	2 $\frac{1}{2}$ qt.
Butter or margarine . . .	2 oz.	4 oz.	10 oz.

Place closely in greased baking pan.

Bake at 375°F. (moderate oven) about 30 minutes until crumbs are brown.

*Comment:* Cooked rice may be used instead of crumbs.



## BANANA SCALLOPS

*Serving: 5 ounces approximately*

For	50	100	250
Approximate Yield			

Method	Ingredients	Amounts		
Beat, slightly				
Add	Eggs.....	12	2 doz.	5 doz.
	Salt.....	2 t.	4 t.	3 T.
	Evaporated milk.....	2 c.	1 qt.	1 ½ qt.
Grind				
	Crumbs, fine.....	1 qt.	2 qt.	5 qt.
Peel and cut in 1 inch lengths				
	Bananas.....	4 doz.	8 doz.	20 doz.
The bananas should be ripe, but with skin showing touch of green, not brown spots.				
Dip banana pieces in egg-milk.				
Roll in crumbs.				
Fry in deep fat at 375°F. about 2 minutes. The banana can also be fried in skillet in hot fat about ¼-inch deep.				

*Comment:* A tart sauce is well liked with these "scallops".

### TART SAUCE

Sugar syrup.....	1 c.	2 c.	1 ¼ qt.
Tobasco sauce.....	10 drops	¼ t.	⅔ t.
Lemon juice.....	3 t.	6 t.	5 T.

# CABBAGE—CELERY CASSEROLE

*Serving: 8 ounces approximately*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Wash and cut in $\frac{1}{2}$ -inch slices				
	Cabbage E. P. ....	9 lb.	18 lb.	45 lb.
Wash and cut in rings				
	Celery E. P. ....	5 lb.	10 lb.	25 lb.
Wash and chop coarse				
	Onion. ....	1 lb.	2 lb.	5 lb.
	Parsley. ....	4 oz.	$\frac{1}{2}$ lb.	$1\frac{1}{4}$ lb.
Prepare				
	Potato, diced E. P. ....	4 lb.	8 lb.	20 lb.
Cut in $\frac{1}{4}$ -inch squares				
	Pimiento. ....	4 oz.	$\frac{1}{2}$ lb.	$1\frac{1}{4}$ lb.
Put vegetables in layers into greased baking pans adding				
	Salt. ....	2 T.; 1 oz.	4 T.; 2 oz.	10 T.; 5 oz.
	Pepper. ....	1 t.	2 t.	5 t.
Melt and pour over				
	Fat, bacon. ....	$\frac{1}{2}$ lb.	1 lb.	$2\frac{1}{2}$ lb.
Melt in double boiler				
	Butter or margarine. . .	$\frac{1}{2}$ lb.	1 lb.	$2\frac{1}{2}$ lb.
Add and stir until well blended				
	Flour. ....	$\frac{3}{4}$ qt.; 12 oz.	$1\frac{1}{2}$ qt.; $1\frac{1}{2}$ lb.	$3\frac{3}{4}$ qt.; $3\frac{3}{4}$ lb.
	Salt. ....	$\frac{1}{2}$ T.	1 T.	$2\frac{1}{2}$ T.
	Pepper. ....	$\frac{1}{2}$ t.	1 t.	$2\frac{1}{2}$ t.
Add, and cook for 10 minutes stirring constantly				
	Milk, hot. ....	2 qt.	1 gal.	$2\frac{1}{2}$ gal.
Add, stirring until smooth. Do not cook after adding cheese.				
	Cheese, ground. ....	1 lb.	2 lb.	3 lb.
Pour over vegetables.				
Bake in oven at 375°F. (moderate) about 1 hour.				
When vegetables have cooked about $\frac{1}{2}$ hour, crumb the top.				
	Crumb. ....	2 c.	1 qt.	$2\frac{1}{2}$ qt.
	Butter. ....	2 oz.	4 oz.	10 oz.
Continue baking until vegetables are tender and crumbs browned.				
Serve with Canadian bacon.				

## CARROT LOAF WITH BACON

Serving: 5-1/2 ounces

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		
Peel, cook and mash			
Carrots E. P. ....	12 lb.	24 lb.	60 lb.
Add			
Eggs, beaten .....	1 1/2 doz.	3 doz.	7 1/2 doz.
Onion, minced .....	1/2 c.	1 c.	2 1/2 c.
Parsley, chopped .....	1/2 c.	1 c.	2 1/2 c.
Butter, melted .....	1/2 c.	1 c.	2 1/2 c.
Nutmeg .....	1/2 T.	1 T.	2 1/2 T.
Salt .....	4 T.	1/2 c.	1 c.
Melt in double boiler			
Fat, butter, margarine..	1/4 lb.	1/2 lb.	1 1/4 lb.
Add and stir until well blended			
Soy flour .....	8 oz.	1 lb.	1 1/2 lb.
Flour .....	4 oz.	8 oz.	1 1/4 lb.
Salt .....	1/2 t.	1 t.	2 1/2 t.
Pepper .....	1/4 t.	1/2 t.	1 1/4 t.
Add and cook 10 minutes, stirring constantly			
Milk, hot .....	1 qt.	2 qt.	5 qt.
Add to vegetables and mix thoroughly.			
Divide into portions of about			
8 1/2 lb. each . . . .	2	4	10
Put into greased Pullman pans.			
Bake at 350°F. (moderate oven) for 45 minutes.			
Cut into slices about 3/8-inch thick or 24 slices per pan.			
Serve with creamed pea sauce and bacon.			

*Comment:* This may also be baked in the 12" x 20" pudding pans and served like a souffle instead of slicing.

It is desirable to wash and steam carrots unpeeled, peeling after cooking. Soy flour may be omitted. Its use adds protein value.

## CURRIED RICE AND KIDNEY BEANS WITH CHEESE SAUCE

*Serving: 5 ounces approximately,  
or 3/4 cup*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients	Amounts	
Wash			
	Rice..... 1 qt.; 2 lb.	2 qt.; 4 lb.	5 qt.; 10 lb.
Add, and boil 15 to 25 minutes or until tender			
	Water, boiling..... 2 gal.	4 gal.	10 gal.
	Salt..... 4 T.	1/2 c.	1 c.
	Vinegar..... 1/4 c.	1/2 c.	1 1/4 c.
Drain; need not rinse.			
Cook lightly, for about 5 minutes			
	Onions, minced..... 1 1/2 c.	3 c.	7 1/2 c.
	Fat..... 3/4 c.	1 1/2 c.	3 3/4 c.
Combine rice and onion.			
Add, mixing lightly by lifting with fork, not by stirring			
	Curry powder..... 1 t.	2 t.	5 t.
	Red kidney beans, canned No. 10, drained..... 1	2	5
Put into greased baking pan.			
Brush top with			
	Butter or margarine, melted..... 1/4 lb.	1/2 lb.	1 1/4 lb.
Bake in moderate (350°F.) oven for 30 minutes.			
Serve with cheese sauce.			

### CHEESE SAUCE

A very good cheese sauce can be easily and quickly made.

Put into top of double boiler to heat

	Evaporated milk..... 2 qt.	1 gal.	1 1/2 gal.
Add			
	Cheese, grated..... 1 1/2 lb.	3 lb.	7 1/2 lb.
	Pepper..... 1 t.	2 t.	5 t.

Stir until cheese is melted. Do not cook after cheese is added.

# **GREENS WITH EGG AND CANADIAN BACON** (Dandelion, Turnip)

*Serving: 3 ounces of greens approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		
Clean and weigh			
Greens <sup>1</sup> , dandelion E.P.	10 lb.	20 lb.	50 lb.
Cook until barely tender in uncovered kettle			
Water, boiling.....	3 gal.	6 gal.	15 gal.
Salt.....	½ c.; 4 oz.	1 c.; ½ lb.	2½ c.; 1¼ lb.
Sugar.....	2 T.; 1 oz.	¼ c.; 2 oz.	½ c.; 5 oz.
Drain and distribute to serving pans.			
Combine and pour over greens			
Water <sup>2</sup> in which greens			
were cooked.....	1½ qt.	3 qt.	7 qt.
Vinegar.....	1 c.	2 c.	5 c.
Butter or bacon fat....	½ lb.	1 lb.	2½ lb.
Salt.....	2½ T.; 1½ oz.	5 T.; 3 oz.	¾ c.; 8 oz.
Return to stove and bring to boil but do not continue cooking.			
Hard cook and peel			
Eggs.....	25	50	125
Fry or broil			
Canadian bacon,			
¼-inch slices.....	50	100	250
Serve greens with hot Canadian bacon and half egg on top and side.			

*Comment:* <sup>1</sup>For these E.P. values approximately 13 lb. (for 50) as purchased, 26 lb. (for 100) and 65 lb. (for 250) will be needed.

<sup>2</sup>In cooking the strongly flavored greens the cooking water may need to be somewhat diluted for best flavor.

## ITALIAN SPAGHETTI

*Serving: 9 ounces; 1 cup approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		

### Fry

Onions, diced.....	2½ c.; 1 lb.	1 qt.; 2 lb.	2½ qt.; 5 lb.
Garlic clove, minced..	1	2	5
Fat, salad oil.....	½ c.	1 c.	2½ c.

### Add

Tomato, canned, chopped	2 qt.	1 gal.	2½ gal.
Green pepper, chopped	2 c.	1 qt.	2½ qt.
Celery, diced.....	2 c.	1 qt.	2½ qt.
Brown sugar.....	4 T.	½ c.	1¼ c.
Mustard, dry.....	1 T.	2 T.	5 T.
Stock or water.....	1 qt.	2 qt.	5 qt.
Catsup.....	3 c.	1½ qt.	3¾ qt.
Salt.....	2 t.	4 t.	3 T.
Pepper.....	1 t.	2 t.	5 t.

Simmer slowly about 45 minutes. Liquid should be reduced nearly half.

### Brown

Meat, ground coarse...	4 lb.	8 lb.	20 lb.
Fat, oil.....	¼ c.	½ c.	1¼ c.

Add meat to sauce.

Cook for 10 minutes

Spaghetti.....	3 lb.	6 lb.	15 lb.
Water, boiling.....	3 gal.	6 gal.	15 gal.
Salt.....	¼ c.	½ c.	1¼ c.

Drain; need not blanch. Keep cooking water for use in soups and gravies.

Distribute spaghetti into greased baking pans.

Add sauce, about 3 c. per pan.

Bake at 325°F. (slow oven) about 30 minutes.

Ladle remaining sauce over spaghetti as it is served.

Sprinkle grated cheese over top if desired, Parmeesan, Romano, or Cheddar.



## SCALLOPED CORN

*Serving: 6-1/2 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans
Method	Ingredients		
	Amounts		

### Combine

Corn, No. 10, cream...	1	2	5
Sugar.....	1 1/2 T.	3 T.	1/2 c.
Salt.....	1 T.	2 T.	5 T.
Pepper.....	1 t.	2 t.	5 t.
Crumbs, bread, coarse.	2 c.	1 qt.	2 1/2 qt.
cracker, coarse.	2 c.	1 qt.	2 1/2 qt.
Butter or margarine			
melted.....	1/4 lb.	1/2 lb.	1 1/4 lb.
Pimiento, chopped			
coarse.....	4 oz.	1/2 lb.	1 1/4 lb.

### Combine gradually

Eggs, well beaten....	10	1 doz.	2 1/2 doz.
Milk, hot.....	1 1/2 qt.	3 qt.	7 1/2 qt.

Add to corn and mix lightly.

Pour into greased baking pans.

Set in roasting pan of water and bake at 350°F. (moderate oven), about 1 hour or until custard is set.

## SCALLOPED SWEET POTATO AND APPLE

*Serving: 4-1/2 ounces approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans

Method	Ingredients	Amounts
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Steam or boil until only partly done so they peel easily

Sweet potatoes A. P....	12 lb.	24 lb.	60 lb.
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Peel and slice.

Wash, core, and cut in small sections

Apples, tart.....	3 lb.	6 lb.	15 lb.
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Put a layer of sweet potatoes in greased baking pan.

Cover with a layer of apple.

Combine and sprinkle with (use only half on first layer)

Brown sugar.....	1½ lb.	3 lb.	7½ lb.
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Salt.....	2 T.; 1 oz.	4 T.; 2 oz.	10 T.; 5 oz.
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Dot with

Butter or margarine....	½ lb.	1 lb.	2½ lb.
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Repeat, putting in a second layer of potato and apple and top with remainder of salt-sugar and butter.

Add to each pan, 2 cups of hot water.

Cover.

Bake at 350°F. for 45 minutes.

Uncover, and continue baking for ½ hour.

Serve with bacon strips.

## SPANISH RICE

*Serving: 1/2 cup approximately*

For	50	100	250
Approximate Yield	2 pans	4 pans	10 pans

Method	Ingredients	Amounts		
Wash				
	Rice . . . . .	2 1/4 lb.	4 1/2 lb.	11 lb.
Steam or cook in				
	Water, boiling . . . . .	2 1/2 gal.	5 gal.	12 1/2 gal.
	Vinegar . . . . .	1/4 c.	1/2 c.	1 1/4 c.
	Salt . . . . .	4 T.	1/2 c.	1 c.

Add rice slowly to boiling water and cook 15 to 25 minutes until tender. If water is quite hard rice will be a better color if vinegar is added to the water, about 2 T. per gallon. Avoid overcooking. Avoid stirring; lift from bottom occasionally with skimmer or fork.

Turn into collander and drain; need not rinse.

Save rice water for soups and gravies.

Distribute the rice to serving pans by shaking it out lightly from collander.

Cover with a cloth and run into a low oven.

Slice and cut into 1/2-inch dice

	Salt pork . . . . .	1 1/4 lb.	2 1/2 lb.	6 lb.
Add and fry in the fat				
	Onions, minced . . . . .	1/2 lb.	1 lb.	2 1/2 lb.
	Green pepper, chopped . . . . .	1/2 lb.	1 lb.	2 1/2 lb.

Combine and simmer for 10 minutes

	Tomato, No. 10, chopped . . . . .	1/2	1	2 1/2
	Tomato puree, No. 10 or dehydrated . . . . .	1/2	1	2 1/2
	Bay leaf . . . . .	1	2	5
	Sugar . . . . .	4 T.	1/2 c.	1 1/4 c.
	Cloves . . . . .	1 t.	2 t.	5 t.
	Pepper corns, crushed . . . . .	1 t.	2 t.	5 t.

Combine all other ingredients and add to rice in serving pans.

Mix lightly with fork. Avoid stirring.

Cover with buttered crumbs if desired.

Reheat at 350°F. for 1/2 hour.

## STUFFED GREEN PEPPERS

*Serving: 1/2 pepper*

For	50	100	250	
Approximate Yield	2 pans	4 pans	10 pans	
Method	Ingredients	Amounts		
Wash, cut in half lengthwise and remove seeds				
	Green peppers . . . . .	25	50	125
Boil 15 to 25 minutes or until tender				
	Rice, washed . . . . .	1½ lb.	3 lb.	7½ lb.
	Water, boiling . . . . .	2 gal.	4 gal.	10 gal.
	Salt . . . . .	3 T.	6 T.	1 c.
	Vinegar . . . . .	¼ c.	½ c.	1¼ c.
Drain; need not rinse.				
Cook until not quite tender				
	Celery, rings . . . . .	1 qt.; 1 lb.	2 qt.; 2 lb.	5 qt.; 5 lb.
	Carrots, diced . . . . .	1 qt.; 1 lb.	2 qt.; 2 lb.	5 qt.; 5 lb.
Chop, combine and fry				
	Bacon, chopped . . . . .	1 lb.	2 lb.	5 lb.
	Onions, chopped . . . . .	¼ lb.	½ lb.	1¼ lb.
Combine celery-carrots, bacon-onion.				
Add and mix lightly				
	Corn, whole grain, No. 10 . . . . .	½; 1½ qt.	1	2½
	Tomato, cooked, chopped	2 c.	1 qt.	2½ qt.
Combine all ingredients lightly with rice.				
Add				
	Salt, to taste . . . . .	—	—	—
	Pepper, to taste . . . . .	—	—	—
Stuff peppers and arrange closely in baking pans.				
Pour into each pan				
	Water, hot . . . . .	1 c.	2 c.	5 c.
Bake at 350°F. about ½ hour until peppers are done.				
Cover tops with				
	Crumbs . . . . .	1 qt.	2 qt.	5 qt.
	Butter, melted . . . . .	½ c.	1 c.	2½ c.
Return to oven at 450°F. to brown.				

## VEGETABLE PLATES

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	

Vegetable plates are well liked and seem to be growing in popularity. Three vegetables and potato are commonly used with, if desired, bacon, egg, or cheese.

The following are desirable selections, served hot.

Salad plates for luncheon may be found in the bulletin on salads.

- I (Hard cooked egg, paprika garnish)  
Spinach, mashed rutabaga, tomato broiled  
Parsley butter potato
- II (Canadian bacon)  
Green beans, carrots, cauliflower  
French fried potato
- III (Bacon)  
Asparagus, creamed corn, white turnip  
Scalloped potato
- IV (Creamed egg)  
Baked acorn squash, broccoli, sliced tomato  
Mashed potato
- V (Deviled egg)  
Tomato on toast, green beans, five minute cabbage  
Hash browned potato
- VI (Cold boiled ham)  
Lima beans, carrot, cauliflower  
Creamed potato
- VII (Broiled cheese on toast points)  
Beet greens, with beets, buttered corn  
O'Brien potato
- VIII (Cottage cheese and nut balls)  
Baked squash, green beans, buttered celery  
Dalmonico potato

## VEGETARIAN STEW

*Serving: 1 cup*

For	50	100	250
Approximate Yield			
Method	Ingredients	Amounts	
Combine and cook about 10 minutes			
	Carrots, diced.....	2½ qt.	5 qt. 12½ qt.
	Potatoes, diced.....	2½ qt.	5 qt. 12½ qt.
	Celery, rings.....	2½ qt.	5 qt. 12½ qt.
	Water.....	2 qt.	4 qt. 10 qt.
	Salt.....	3 T.	6 T. 1 c.
Add and continue cooking 15 minutes			
	*Peas, fresh.....	2½ qt.	5 qt. 12½ qt.
	*Tomatoes, fresh.....	1 qt.	2 qt. 5 qt.
Fry until tender but not brown and add to other vegetables			
	Onions, sliced.....	1½ c.	3 c. 2 qt.
	Butter or margarine...	10 oz.	1¼ lb. 3 lb.
Heat whole thoroughly and serve.			

*Comment:* \*Canned peas and tomatoes can be used. In this case drain, and cook the raw vegetables in the liquid drained from the canned, adding more water if needed. Add the canned peas and tomatoes with the fried onions.



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