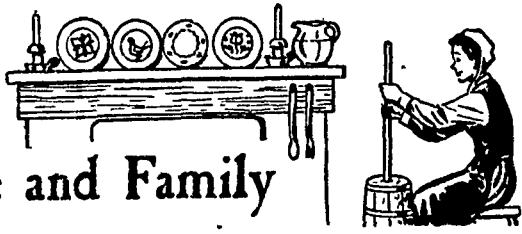


For the Farm Wife and Family



Variety Meats Such as Kidney, Hearts Make Hearty Main Dishes

Beef and kidney pie is an old fashioned favorite you'll find featured in many fine restaurants the country over, and especially in those restaurants which cater to men. For beef and kidney pie is a savory mixture of some of America's favorite foods and makes a hearty meal that appeals to anyone who enjoys a succulent beef entree.

Round steak, one of the best buys currently available, is used with beef kidneys to make the delectable pie. Sliced onions, a pinch of salt and pepper, and some Worcestershire sauce are the only ingredients cooked with the rich-flavored meats. The combination is turned into a casserole and topped with a flaky crust made extra tasty and nutritious by the lard used as its shortening.

Serve the hearty pie with a crisp combination salad, hard rolls, and apple crisp for dessert.

OLD FASHIONED BEEF AND KIDNEY PIE

- 1 beef kidney
- 2 pounds round steak
- 2 tablespoons lard or dripping

HEAR

The Mennonite Hour
Each Sunday

Lancaster WLAN 12:30 P. M.
Norristown WNAR 8:00 A. M.
Hanover WHVR 1:00 P. M.

- 1 large onion, chopped
- 1 tablespoon salt
- ¼ teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 1 cup water
- 3 to 4 tablespoons flour

Pastry topping.

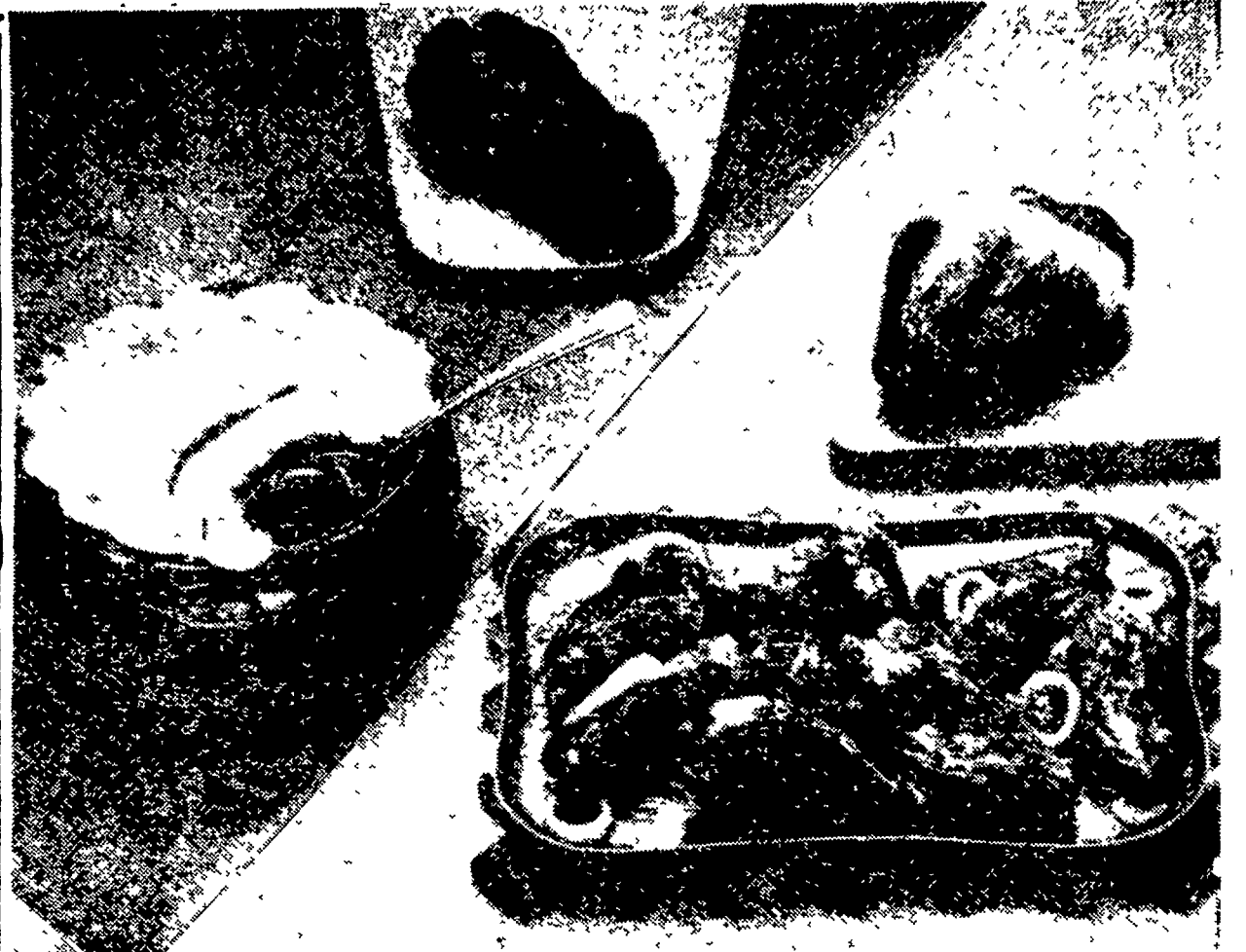
- ¾ cup sifted flour
- ¼ teaspoon salt
- ¼ cup lard
- 1½ tablespoons cold water

Remove outer membrane of kidney; split open; and remove all fat and veins. Cut kidney into sections. Cut round steak into inch cubes. Brown meats in hot fat. Add onion and cook three minutes longer. Add salt, pepper, Worcestershire sauce and water. Cover and cook over low heat 1½ hours or until meat is tender. Blend flour with one-half cup of broth from pan. Stir into meat and cook until thickened.

To prepare pastry topping, sift flour and salt, and cut in lard with a pastry blender or two knives. Stir in water as for pie crust. Roll into thin pastry on a lightly floured board or pastry cloth.

Transfer meat and gravy to a two-quart casserole and top with pastry. Cut several vents in pastry to allow steam to escape. Bake at 425° for 20 minutes, or until pastry is browned. Six to eight servings.

Veal and pork hearts are not only packed with valuable nutri-



THRIFTY AND NUTRITIONAL beef kidneys and veal hearts make tasty main courses. Here, beef kidneys and round steak are the main ingredients of beef

and kidney pie, and veal heart is quartered and braised with onions for the plattered variety meat. (AMI Photo)

tonal elements, but they are high in good flavor as well. Though veal is more tender and delicate in flavor than pork hearts, either may be used in the following recipe, but the pork hearts may require slightly longer cooking.

BRAISED QUARTERED PORK HEARTS

- 2 veal or pork hearts
- 2 tablespoons flour
- 3 tablespoons lard or drippings
- 2 medium onions, sliced
- 1 teaspoon salt
- ½ cup water

Cut out coarse fibers at top of hearts; quarter. Dip in flour and brown in hot fat. Add onions, salt and water. Cover and cook over low heat two hours or until meat is tender. Thicken drippings for gravy, if you wish. Four servings.

STORING VARIETY MEATS -- Like all variety meats, hearts and kidneys are highly perishable and should be handled carefully. Place them promptly in the fresh

food compartment or the meat compartment of the refrigerator. If wrapped in market paper, wrap before placing in refrigerator.

(Continued on page 9)

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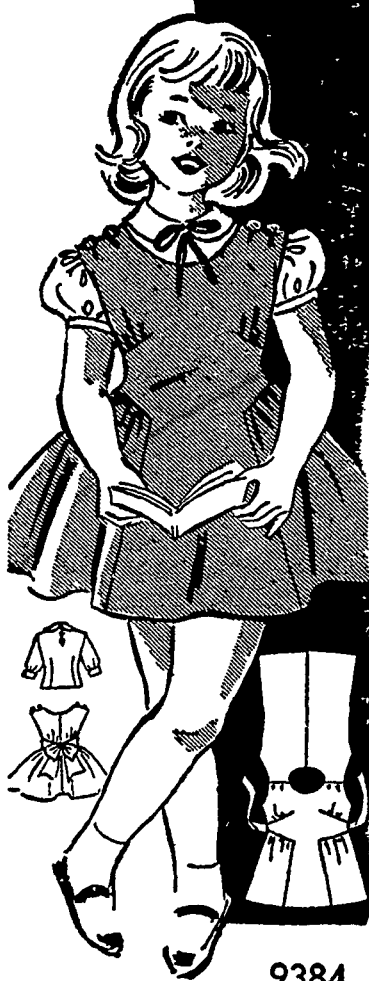
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