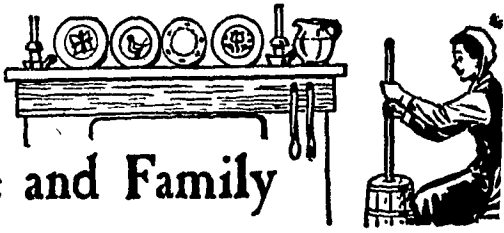


For the Farm Wife and Family



Variety Meats For Variety

By Mrs. Richard C. Spence

Variety meats are not used enough in our meals today for the simple reason that we do not know how to prepare them so that they will be most palatable. If you have bought beef or pork for your freezer and keep pushing these pieces out of the way, you might try some of these recipes. Occasionally these pieces are featured as "specials" at your meat counter.

Take advantage of the savings and put some "variety" in your meals.

BAKED STUFFED HEART

- 1 beef heart or 2 veal hearts
- 2 slices salt pork
- 2 cups bread crumbs
- ½ cup diced onion
- 1 tablespoon salt
- 3 tablespoons flour
- 3 tablespoons shortening
- ½ cup water
- 1 tablespoon Worcester-sauce

Dice salt pork; fry until crisp. Combine with bread crumbs, onion, and 1 teaspoon salt. Trim out white tubes from heart cavity. Season cavity with remaining salt. Fill with bread stuffing; fasten with skewers to hold

in stuffing. Dip heart into flour; brown in shortening in a heavy kettle. Add ½ cup water and the Worcestershire sauce. Cover and cook slowly in a moderate oven (350 degrees) or simmer on top of range for two hours, or until heart is tender, 8 to 10 servings.

MOCK CHOP SUEY

- 1 beef heart
- Water
- 1 teaspoon salt

- ¼ cup cooking oil
- Enriched flour
- ½ cup chopped onion
- 1 cup sliced celery
- 2½ cups tomatoes (1 pound 4-oz. can)
- 4 teaspoons soy sauce
- ½ teaspoon salt
- ½ cup water
- 8 ounces long spaghetti

Rinse heart with cold water and remove membranes. Cover with water and add 1 teaspoon salt. Bring to boiling, reduce heat and simmer about 2½ hours, or until tender. Remove from water. Cool. Cut into small strips, enough meat for 2 cups. Coat strips with flour. Heat oil in skillet. Add meat & brown well. Add onion, celery, tomatoes, soy sauce, salt and water. Simmer about twenty minutes. To cook spaghetti, add 4 teaspoons salt and spaghetti to 1½ quarts boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes. Rinse with hot water and drain well. Serve sauce over spaghetti. Makes 4 to 6 servings.

HEART GOULASH

- 1 cup chopped cooked heart
- 1 cup chopped cooked pork
- ½ onion, chopped
- 1 tablespoon fat
- 1 cup water
- 1¼ teaspoons salt
- ½ cup diced carrot
- 1 cup diced celery
- ½ cup diced tomatoes
- ½ cup sour cream
- 2 tablespoons cold water
- 2 tablespoons flour
- 2½ cups cooked rice or noodles

Brown heart, pork and onion in fat. Add water, salt, carrot and celery. Cook until vegetables are tender, about 20 minutes. Add tomatoes & sour cream. Mix water and flour to a smooth paste and add to meat mixture. Cook slowly until thickened. Serve with rice or noodles. Serves five.

LIVER WITH SPECIAL CREAM SAUCE

- 1½ pounds sliced calf or beef liver
- ½ teaspoon salt

- ¼ teaspoon pepper
 - ½ cup flour
 - ¾ cup shortening
 - Special Cream Sauce: 2 tablespoons butter or margarine, 3 tablespoons flour, 1 cup chicken bouillon, 2 cups dairy soured cream, 2 tablespoons pickle relish, Salt
- Dip slices of liver into combined salt, pepper, and flour. Brown quickly on both sides in hot shortening. Remove from skillet to a warm platter. Cover and keep warm while sauce is prepared.

Sauce: Add 2 tablespoons butter to drippings in skillet. Melt. Blend in flour. Add bouillon and cook mixture over low heat, stirring constantly, about 10 minutes. Stir in sour cream, then pickle relish. Season with salt as needed. Stir as the mixture heats. Serve hot on liver. 6 servings.

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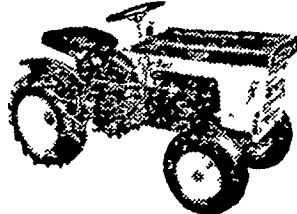
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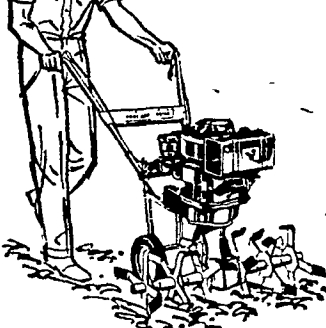
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