

Recipe Exchange . . .

Home on the Range

Although most people appreciate a thick juicy steak or pot roast with gravy, the cost of meat these days has caused many consumers to look at other "low cost" cuts of meat for protein.

Variety meats such as the

heart, liver, kidney sweetbreads and tongue are often cheaper to buy than the choice cuts and can offer some interesting menu changes for the family.

This week we are featuring some recipes that have been developed especially for

variety cuts of beef, pork, lamb and veal. We hope you will enjoy trying some of the recipes or sharing them with your friends.

The recipes came to our attention from a pamphlet entitled "Variety Meats," published by the National Livestock and Meat Board in Chicago.

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Liver Loaf with Carrots

2 pounds of sliced liver
2 tablespoons cooking fat
1 small onion
½ cup pork sausage
2 eggs, slightly beaten
1 cup milk
1¾ cups soft bread crumbs
1 teaspoon salt
2 large carrots cooked
Cook liver in cooking fat until lightly browned. Grind liver and onion, combine with sausage, eggs, milk and bread crumbs. Season and cut the carrots into 3 lengthwise slices. Pack about one-third of the liver mixture on the bottom of a greased loaf pan. Lay 3 slices of the carrot lengthwise on top. Cover with another layer of the liver mixture, 3 more

carrot slices and top with remaining liver mixture. Bake in a slow oven at 300 degrees for 1 hour. Makes 6-8 servings.

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Heart Fricassee

1 small beef heart or 2 veal hearts
flour
¼ cup cooking oil
1 teaspoon salt
¼ teaspoon pepper
½ cup sliced onion
1 cup diced carrots
1 cup canned tomatoes
Wash the heart and remove hard parts if necessary. Slice across grain. Dredge in flour and brown in cooking fat. Season. Add onion and brown. Add carrots and tomatoes and cover tightly and cook slowly 1½ - 2½ hours or until tender.

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Sweetbreads - Canadian Style

1 pound sweetbreads
1 quart water
1 teaspoon salt
1 tablespoon vinegar or lemon juice
5 slices of canadian - style bacon cut ¼ inch thick
6 pineapple slices
2 tablespoons butter or margarine melted.
Wash sweetbreads. Add water, salt and vinegar or lemon juice. Simmer 20 minutes. Drain. Remove

membrane and divide sweetbreads into 6 servings. Place bacon slices and pineapple on broiler rack. Insert broiler pan and rack so the surface of the meat and pineapple is about 3 inches from the heat. Broil 4 minutes and turn meat and pineapple. Arrange a slice of bacon on each pineapple slice and top with sweetbreads. Brush with butter and continue broiling for 3 to 4 minutes or until lightly browned.

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Kidney Stew

2 pounds kidneys
1 cup water
2 large bouillon cubes
2 large onions, diced
1 teaspoon salt
pepper
4 carrots, diced
¼ cup lemon juice
2 tablespoon flour
cooked rice
Remove tubes from kidneys and cut into 1 inch

pieces. Add water, bouillon cubes, onions and seasonings. Cover tightly and cook slowly for 1½ hours. Add carrots and continue cooking until tender. Add lemon juice then thicken with flour mixed with water to form a smooth paste. Serve in a ring of cooked rice.

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Royal Tongue Salad

2 cups (1 pound) cooked tongue
1 cup diced celery
1 cup pitted Bing cherries
4 hard-cooked eggs, sliced
½ cup pecans
1 teaspoon salt
salad greens
1 cup mayonnaise
Cut tongue into strips. Combine 1½ cups tongue, celery, cherries, sliced eggs, pecans and salt. Chill thoroughly. Pile in individual salad bowls lined with salad greens. Serve with mayonnaise.

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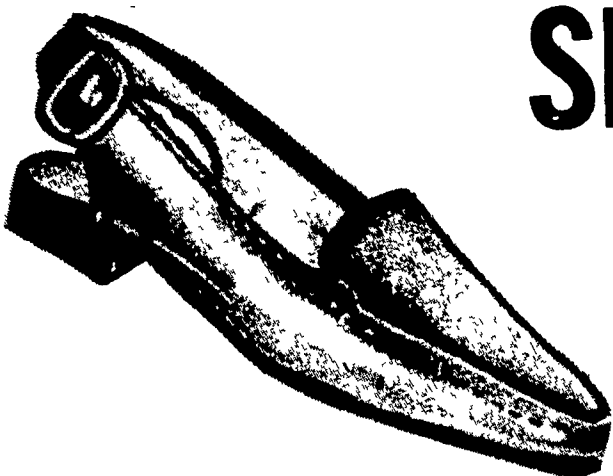
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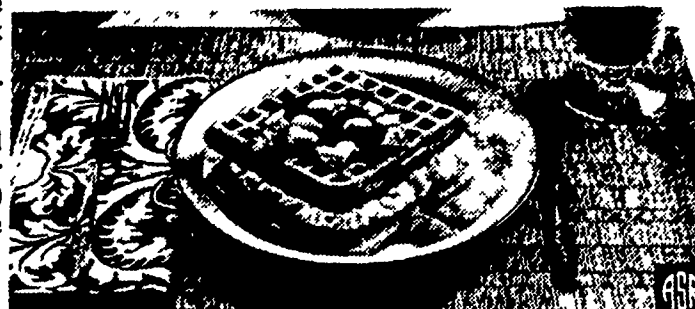
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The Economic Waffle-Wich



In these waste-not, penny-counting days, keep food costs lean. Make it low cost, easy to prepare, appetizing, and nutritious. Waffles, a very old form of bread, make a fine-tasting knife and fork sandwich filled with creamy cottage cheese and a hot orangy sauce made with Log Cabin syrup poured over the top. Serve with a fresh green salad and a glass of milk.

Waffle-wich
Cottage cheese
Hot waffles
Fruited Syrup

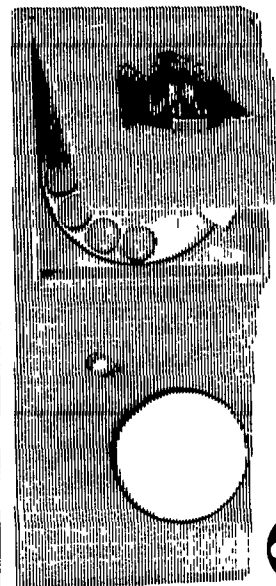
For each serving, spread cottage cheese on one hot waffle. Top with second hot waffle and syrup.

Fruited Syrup

1 cup maple-blended syrup
1 orange, sectioned and diced

Heat syrup to boiling. Add orange sections, and bring again to a boil. Serve warm. Makes 1¾ cups.

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