

Variety Meats Gaining Popularity

HARRISBURG — Variety meats are fast becoming favorites in today's meal planning, and for good reason! Variety meats offer different tastes, excellent sources of essential nutrients and often, real economy.

Variety meats include liver, brains, heart, kidneys, sweet breads, tongue, tripe and others, according to Joan Liesau, coordinator of the Pennsylvania Meat Marketing Program. "These meats are usually good buys and offer interesting variations for serving meat, while providing excellent nutrition," Liesau explained.

Like other retail meat cuts, the size of variety meats will vary. For example, variety meats from beef are the largest and lamb the smallest, with pork and veal in between. Variety meats are more perishable than other meats, and should be cooked and served soon after purchase.

LIVER is probably the best known and widely served of all variety meats. All kinds of liver are exceptionally high in nutritive value, and delicious when properly cooked. Beef and pork liver are frequently braised or fried and sometimes ground for loaves and patties. Veal, lamb and baby beef liver are usually broiled, pan-broiled or panfried. "Trim or peel membrane from liver before cooking," Liesau said. "When liver is to be ground, it should be cooked slowly on both sides in 2-3 tablespoons of fat for about five minutes. This makes grinding much easier."

The **HEART** is very flavorful, but one of the less tender variety meats. Therefore, braising and cooking in liquid are preferred cooking methods. The heart should be washed and the hard parts removed before cooking.

KIDNEYS, considered a great delicacy, are served in a variety of gourmet dishes. Veal and lamb kidneys are often left attached to chops (as veal kidney chops and lamb English chops), although both varieties are also sold separately. Beef kidney is less tender than other kidneys and should be cooked in liquid or braised.

SWEETBREADS have long been regarded a delicacy and are favorite party fare. They are the two lobes of the thymus gland

providing a tender and delicately flavored meat. Veal and young beef furnish nearly all of the sweetbreads on the market. As the animal matures, the thymus gland disappears. Sweetbreads may be broiled, fried, braised or cooked in liquid.

BRAINS and sweetbreads are much alike in tenderness and texture. Their mild flavor and tenderness blend well in breakfast, luncheon or supper dishes. If brains are not used immediately after purchase, they should be precooked regardless of the method of preparation. Brains should be washed and the membrane removed before or after cooking.

Beef and veal **TONGUE** are more often available as uncooked meats. Pork and lamb tongues are small and usually sold ready to serve. Tongue is sold fresh, pickled, corned or smoked.

TRIPLE may be purchased fresh, pickled or canned. It has a very delicate flavor and is one of the less tender variety meats — coming from stomach tissue —

requiring, long, slow cooking in liquid. Tripe is partially cooked before it is sold, however, further cooking in water is preliminary in all ways of serving. Precook tripe in salted water, allowing one teaspoon of salt for each quart of water. Tripe may also be purchased fully cooked. It can be served with a well-seasoned tomato sauce; brushed with melted butter and broiled until lightly browned; spread with dressing and baked; dipped in fritter batter and fried; creamed; or used as an ingredient in a thick soup.

A multitude of ways to prepare variety meats will please any palate - and they are nutritional and economical too! For a free copy of **RECIPES FOR VARIETY MEATS** which includes 22 recipes, a buying preparing and nutrition chart, send a self-addressed stamped envelope to: Pennsylvania Meat Marketing Program, Variety Meats, Pa. Dept. of Agriculture, 2301 N. Cameron St. Harrisburg, PA 17110.

Following are two recipes for

variety meats:

SMOKED TONGUE RAREBIT
10-12 slices cooked smoked tongue
or 1 can (9 oz.) smoked tongue

2 tablespoons butter
2 tablespoons flour
¼ teaspoon paprika
¼ teaspoon dry mustard
1 cup milk
1 cup grated Cheddar cheese
½ teaspoon Worcestershire sauce
Cut tongue into thin strips, about 3 inches long. Melt butter. Stir in flour, paprika and mustard. Add milk, cook, stirring constantly until thickened. Add cheese and cook very slowly until melted. Add Worcestershire sauce and fold in tongue pieces. Serve over rice if desired.

LIVER SANDWICH SPREAD

3 slices Pennsylvania bacon
1 pound sliced liver
1 medium onion, chopped
3 hard cooked eggs
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup milk
2 tablespoons mayonnaise
1 teaspoon Worcestershire sauce
Cook bacon until crisp but not

crumbly. Remove bacon. Cook liver and chopped onions slowly in bacon drippings, about 10 minutes, turning liver occasionally to cook evenly. Put bacon, liver, onion and hard cooked eggs through food chopper. Add the salt, pepper, milk, mayonnaise and Worcestershire sauce. Mix well.

Crafty Creators

Crafty Creators 4-H Club members elected their officers for the new year. They are: Tracy Bachardy, president; Melissa Everitt 1st vice-president; Robyn Evans, 2nd vice-president; Mary Pat Hester, secretary and reporter; and Pam Boelhouwer, treasurer. The club set up a Carnival Night Booth at the county event and will assist the Foods Council in preparing the County Achievement Dinner on November 10.

Clover Fun Gang

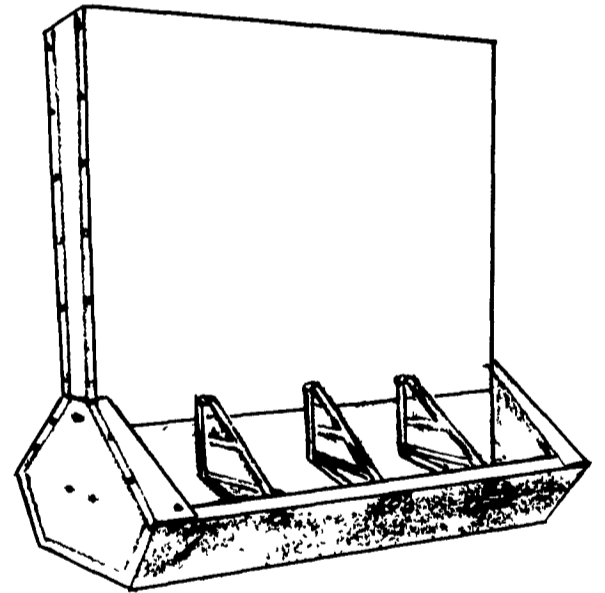
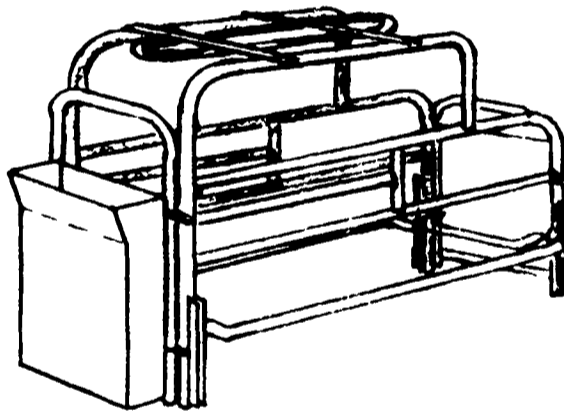
Members of the Clover Fun Gang visited a pumpkin farm recently. They went, by hayride to the pumpkin patch on Glenn Summit Farm. Each prepper selected a pumpkin to decorate.

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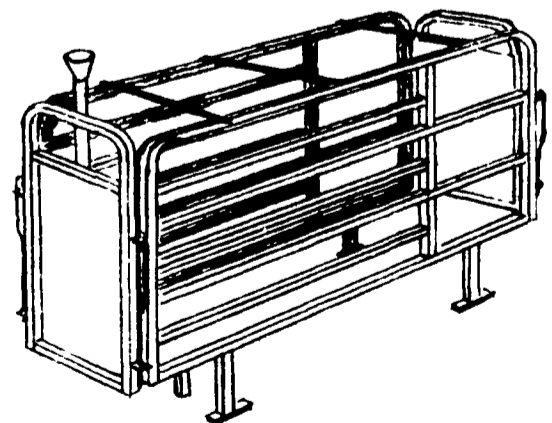
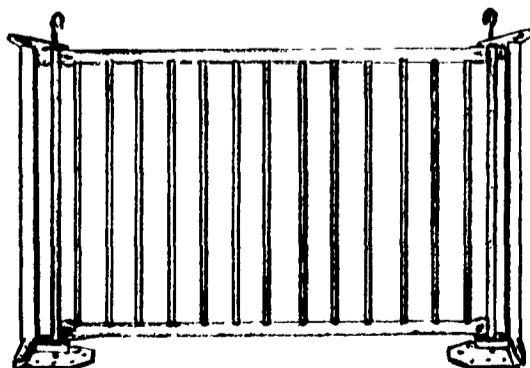
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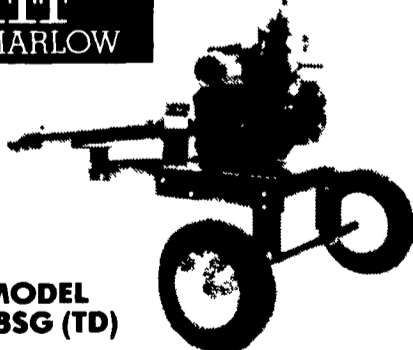


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