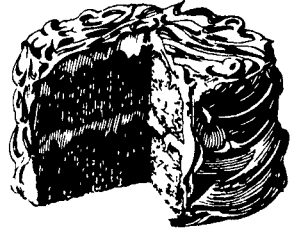


Home On The Range



Use up those organ meats

If you butchered last fall and still have some liver, kidney, or tongue left in your freezer, now is the time to get them out and prepare them.

These organ meats that are sometimes wastefully discarded contain plenty of essential nutrients that should be included in everyone's diet.

If your family protests loudly at the thought of eating liver or beef heart for dinner, don't give in. Try one of the dishes below and surprise your picky eaters with something they just might enjoy.

CHOPPED CHICKEN LIVERS

- 1 pound chicken livers
- 2 hard-cooked eggs
- 2 onions, chopped and sauteed in butter
- 1 tablespoon chopped parsley
- Salt and pepper to taste

Cook livers in boiling water; simmer until done. Drain and cool. Chop or food process until fairly smooth. Add chopped eggs and sauteed onions and butter. Add parsley, mix until smooth. Serve on toast tips.

Tina Hubley
Lititz

CHICKEN LIVER HORS D'OEUVRES

Cook chicken livers. Wrap in bacon, with or without a water chestnut inside, and cook on the grill or broil until bacon is done.

Tina Hubley
Lititz

LIVER LOAF

- 1 pound beef liver
- 1 medium-sized onion, chopped
- ½ pound pork sausage
- 1 cup dry bread crumbs
- 1 teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon celery salt
- 2 beaten eggs
- ½ cup stock
- 4 slices bacon

Cover liver with hot water; simmer 5 minutes. Drain liquid and reserve for stock. Force liver and onion through food chopper, using medium blade. Add remaining ingredients, except bacon. Form in loaf in loaf pan. Top with bacon slices. Bake in moderate oven, 350°F. for 45 minutes. Serves 6.

CHICKEN FRIED HEART

- 1 beef heart
- Flour
- Salt and pepper
- ¼ cup fat

Slice heart ½ inch thick; soak in salt water 30 minutes. Dip into seasoned flour and brown on both sides in hot fat. Add small amount of hot water; cover and cook slowly 30 minutes. Veal, pork or lamb hearts may be substituted. Serves 6.

STUFFED VEAL HEARTS

- 2 veal hearts
- 2 tablespoons chopped onion
- 3 tablespoons fat
- 1½ cups cracker crumbs
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon celery salt
- ¼ cup water
- 1 16-ounce can consommé
- 2 whole cloves
- 3 whole black peppers
- 1 bay leaf

Clean hearts, removing arteries and veins; make pocket for stuffing. Lightly brown onion in hot fat; add cracker crumbs and seasonings; mix well. Add water. Stuff hearts with this mixture; close opening. Roll in flour. Brown in hot fat; add remaining ingredients. Cover tightly and cook slowly for 1½ hours. Serves 6.

BREADED KIDNEYS

- 2 veal kidneys
- 1 beaten egg
- 1 tablespoon water
- 1½ cups dry bread crumbs
- ¼ cup fat
- Salt and pepper
- ½ cup water
- 6 slices bacon

Soak kidneys 1 hour in salt water (4 cups water to 1 tablespoon salt). Remove membrane; slice each kidney in 4 pieces. Dip slices into egg mixed with 1 tablespoon water, then into bread crumbs. Brown in hot fat; season to taste. Add ½ cup water; cover closely and cook slowly 20 minutes. Garnish with crisp bacon. Serves 6.

FATHER'S KIDNEY STEW

- 3 veal kidneys
- 1 pound beef, cut in strips
- 1 cup sliced carrots
- 1 cup sliced onion
- 1 cup cubed potato
- 1 cup sliced or button mushrooms
- 2 tablespoons Worcestershire sauce
- 1 tablespoon salt
- 2 tablespoons chopped parsley

Remove skin and fat from kidneys; cover with cold water; bring slowly to boiling. Drain; cover with boiling water; cook slowly until tender. Drain; cut in small pieces. Roll beef strips in flour; brown in hot fat. Add 4 cups stock from kidneys; cook 30 minutes. Add kidneys, vegetables, Worcestershire sauce, and salt. Cook 30 minutes. Add parsley. Thicken, if desired. Serves 6 to 8.

BRAINS

Cook brains the same day as purchased. Remove loose membranes. Cover with cold water; add 2 tablespoons vinegar. Soak 30 minutes. Drain. Cook slowly in salted water 20 to 30 minutes. Drain and chill in cold water. Drain. Season; dip into beaten egg, then into cracker crumbs. Fry in hot fat. Or, cut in small pieces and add to white sauce with peas and mushrooms. Or chop fine, fry in butter; add beaten eggs and scramble.



Chicken livers are a delicacy when seasoned with mushrooms and Worcestershire sauce and served with fluffy scrambled eggs.

PAN-BROILED SWEETBREADS AND PINEAPPLE

- 3 pairs sweetbreads
- 3 tablespoons fat
- 6 slices pineapple
- 1 10½-ounce can condensed mushroom soup
- ¼ cup water

Cook sweetbreads the same day as purchased. Wash and cover with boiling, salted, acidulated water in proportion of 1 teaspoon salt and 1 tablespoon vinegar to 1 quart water. Simmer 15 to 20 minutes; drain; cover with cold water. Drain and remove membrane. Slice; brown in hot fat. Remove and brown pineapple. Serve sweetbreads on pineapple slices; pour over heated mushroom soup mixed with water. Serves 6.

LIVER STRIPS IN VEGETABLE PUREE

- 1 pound beef liver, cut in ½ inch strips
- 2 beef bouillon cubes, crushed
- 1 cup hot water
- 2 medium carrots, sliced crosswise
- 1 cup sliced onion
- ¾ cup sliced celery
- 1 bay leaf
- ¼ teaspoon salt
- Dash pepper
- ¼ cup rose wine
- 2 tablespoons diced pimiento
- 2 cups cooked rice

Dissolve bouillon cubes in water in large frying pan. Add carrots, onion and celery; cover tightly and cook 15 minutes. Add bay leaf. Place liver slices on top of vegetables; sprinkle salt and pepper over liver and add wine. Cook slowly, covered, 20 minutes or until liver is tender, turning occasionally. Remove liver to cutting board; remove bay leaf and discard. Blend vegetables and liquid in electric blender at high speed until smooth; return to

frying pan. Cut liver in strips about ½ inch wide and 1½ to 2 inches long. Add liver strips and pimiento to vegetable puree and heat 1 to 2 minutes. Serve on cooked rice, if desired. Yield: 4 servings.

LIVER LYONNAISE

- 1 pound sliced liver
- 3 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3 tablespoons fat
- 3½ cups cubed potatoes
- 1 cup thinly sliced onions
- 1 can condensed cream of celery
- ½ cup milk
- 1 teaspoon salt
- 1/8 teaspoon pepper

Cut liver in 1½-inch cubes. Blend flour, 1 teaspoon salt and 1/8

teaspoon pepper. Roll liver in flour mixture. Brown on all sides in hot fat in heavy skillet; remove liver from pan.

Fry potatoes and onions in remaining fat until lightly browned and potatoes are tender. Alternate liver and potato-onion mixture in 1½-quart baking dish. Combine soup, milk, 1 teaspoon salt and 1/8 teaspoon pepper and pour over top. Cover; bake in moderate oven, 375°F., for 40 minutes. Makes 6 servings.

(Turn to Page B9)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

May	
11	International Foods
18	Pastry
25	Memorial Day Picnic Foods

Featured Recipe

This week's featured recipe comes from Ruthann Lefever of Columbia. Ruthann and her husband, Paul, raise 3½ acres of asparagus at their Manor Township home.

Ruthann says she makes this cream of asparagus soup without the onion, and adds more milk than the recipe calls for because her family prefers a thinner consistency.

To learn more about the Lefevers and raising asparagus, see the story featuring them in this section.

Cream of Asparagus Soup

- 2 pounds asparagus, chopped
- 1 small onion
- 3 tablespoons butter
- 3 tablespoons flour
- 1 quart milk
- Salt and pepper.

Cook the chopped asparagus for 20 minutes in salt water; drain and mash. Saute minced onion in 1 tablespoon butter and set aside. While asparagus cooks, melt 3 tablespoons butter in saucepan, add the flour and milk to make a cream sauce. Add the onion to mashed asparagus, then add cream sauce to asparagus and onion. Add salt and pepper to taste. Heat and serve.