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zen Dainty Recipes for Preparing War Department Canned Meats

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By

MRS. ANNA B. SCOTT
Foremost Food Economist



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MRS. ANNA B. SCOTT,

Well-known Food Economist.

For more than 10 years Mrs. Scott has been the cooking expert and food economist of the Philadelphia North American. She has had phenomenal success in producing highly palatable and nutritious meals, at a very low cost, over a period of many years during which she was engaged in the business of operating public eating houses. She is now devoting her entire time in teaching the American housewife to produce for the family better food at a lower cost in labor and money.

During her connection with the North American Mrs. Scott has written many special articles, including menus for commercial concerns interested in introducing new kinds of prepared food. She also has been employed by Government agencies to prepare menus for new foods introduced in this country, and to instruct the public in the use of foods placed on sale by the Government since the close of the war. Mrs. Scott has organized a cooking club, which comprises more than 20,000 members. These members call upon her for personal direction.

The recipes included in this book under her name are the result of a series of tests made in her laboratory and kitchen, every one of which was carefully analyzed and tried out. They represent a dozen of the best dishes Mrs. Scott could suggest from something like a score which she tested and found tasty.

FOREWORD.

War Department canned meats—corned beef, corned beef hash, roast beef, and bacon—are being offered to the American public by the Quartermaster Department at prices considerably below existing market quotations. These meats are not being retailed by the Government. For more than a year 77 Army quartermaster retail stores and branches sold them in small quantities across the counter. Recently, however, when the Army reorganization was accomplished and the needs of the new military forces definitely ascertained, several million dollars' worth were declared surplus, made available for sale, and offered to the public. Because of the large amount and the desire of the Secretary of War to throw all the force of the War Department into the campaign to reduce the cost of living, the meats were offered to the wholesale and retail trades at prices which will permit them to be resold at figures much below those obtaining elsewhere and still realize a reasonable profit.

There is no question as to the high quality of War Department meats. Packed by the leading packing houses of North and South America, from the choicest cuts, they were prepared under special supervision, not only from the packers, but from the United States Government. The American Army, at home and abroad, found these meats in their daily rations. A healthier or brawnier set of men than those returning from overseas never has been seen. They thrived on War Department canned meats, often going for weeks with nothing to eat except these products. They tasted good in France. That same flavor, that same high nutritive value and quality is found in them to-day.

RECIPES ALL TESTED.

On the following pages will be found an even dozen of recipes selected from among a score of excellent ones which show the possibilities of these products. These meats should form a part of the menu in every home. They are much cheaper than other canned meats, although both

were packed by the same packing house. They are nutritive and they are appetizing.

The War Department already has sold millions of dollars worth of these meats. Thousands of persons who have until now known canned meats only as a name recognize them as valuable additions to their daily rations.

If the dealers of the United States have not taken advantage of the War Department offerings, it is their own fault. The consuming public is urged to ask its dealers to lay in a supply of these meats as long as they last. If the dealer hasn't them, he can get them. Six Army supply bases, located in reasonable hauls of every section of the country, will accept orders for as little as $250 worth of meats. The War Department gives its guarantee to stand behind every can that is sold.

If the American public is desirous of reducing its cost of living it will avail itself of the opportunity offered by the Government. If the dealers in any locality have failed to place orders it is to the advantage of their patrons to insist that they do so.

War Department canned meats are tasty; they are nutritious; they are cheap. Serve them in your home; ask for them in cafés, restaurants, hotels, on dining cars, steamships, and wherever food is served. And ask for them by name—"WAR DEPARTMENT CANNED MEATS."

TALK TO YOUR DEALER.

Look for the dealer who carries War Department canned meats. Unless he has laid in a stock he is not doing himself justice or you. Look for the red, white, and blue posters in store windows. Until the consumers in general are determined to reduce the cost of living and effect a saving for themselves prices can not be reduced.

In offering these meats to the public the Government is doing its utmost to place them in American pantries and kitchens in the most direct way.

Labels do not appear on all the cans. Order the meats by name—WAR DEPARTMENT—however. Very few, if any, dealers will decline to carry them once they understand the advantages to both themselves and their customers. Every dealer should take advantage of the offer. You should see that he does. Order from your dealer, and if he can not supply you ask your depot quartermaster for the name of a dealer who can. Unless there is cooperation the public will not derive as great a benefit from the sale as is otherwise possible.

A DOZEN DAINTY RECIPES.

By Mrs. Anna B. Scott.

CANNED BEEF CROQUETS WITH TOMATO SAUCE.

2 cups canned roast beef.
2 cups cold boiled rice.
1 cup cream sauce.
1 teaspoon salt.
Pepper to taste.
½ teaspoon grated nutmeg.
1 tablespoon finely chopped parsley.
Breadcrumbs and one egg.

Put meat and rice through food chopper; add sauce and other ingredients; mix well; spread on plate; put in cold place. When cold and firm, take a tablespoon into floured hands and mold into cones or oblong shapes. After all are molded dip in well-beaten egg, which has been mixed with one tablespoon of milk; then in fine bread crumbs. Fry in very hot fat or cooking oil.

This recipe is sufficient for a family of four.

BAKED MEAT PIE NO. 2 MADE FROM CANNED BEEF.

2 cups canned roast beef.
1 cup rice.
1 cup tomatoes.
1 tablespoon grated onion.
1 teaspoon salt.
Dash paprika and chopped parsley.

Wash the rice and put on to boil in three cups of boiling water; when thick add the tomato, onion, and seasoning; cook again until thick; add the meat; brush deep bake dish, pudding pan, or casserole with a little butter; put in mixture and cover top with crust made as follows:

Sift one cup flour with one rounded teaspoon baking powder, a few grains of salt; rub in one teaspoon shortening lightly and add enough cold milk to make a stiff dough; put on floured board and roll out one-quarter inch thick; cover pie; brush top with milk. Bake 20 to 25 minutes in a moderate oven. This makes a substantial dish.

This recipe is enough for a family of four.

CANNED CORN BEEF WITH CREAMED CABBAGE.

2½ cups canned corn beef.
1 head of cabbage (about 1 pound).
1 teaspoon salt.
Pepper and paprika.
1 cup cream sauce.

Cut the cabbage into small pieces and cover with cold water for 30 minutes; drain and cover with boiling water and boil 30 to 35 minutes in uncovered vessel; drain and cover with cream sauce, seasoned to taste; mix well and boil 3 minutes.

While the cabbage is cooking the canned corned beef is heated in the can.

The canned corn beef is put in center of platter and the creamed cabbage around the edge. Sprinkle all with paprika and garnish with parsley.

This recipe is sufficient for a family of four.

BAKED MEAT LOAF WITH PEAS.

2 cups canned roast beef.
2 cups stale bread.
1 cup cold boiled potatoes.
1 tablespoon grated onion or one-half teaspoon nutmeg.
1 tablespoon drippings or oil.
1 teaspoon salt.
⅛ teaspoon paprika.
2 tablespoons finely chopped parsley.

Soak the bread in cold water a few minutes, press between the hands until dry; put in pan with the potatoes, which have been put through fruit press or potato ricer with the drippings and onions; cook until heated through; add the meat, which has been put through the food chopper, the seasoning and flavoring; mix well; put into small well-greased pan; bake 30 minutes.

Put in center of chop plate with small boiled potatoes around; cover with white sauce and the green peas around the potatoes. This makes a most attractive dish.

This recipe is sufficient for a family of four.

CANNED ROAST BEEF WITH BROWN SAUCE.

2 cups canned roast beef.
1 tablespoon butter or substitute.
1 tablespoon flour.
1 tablespoon grated onion or one-half teaspoon grated nutmeg.
2 tablespoons raw carrot.
2 tablespoons finely chopped parsley.
1 tablespoon caramel.
1 teaspoon salt.
Dash paprika.
1 cup lamb stock or milk.

Put the butter, onion, and carrot into saucepan. Cook until onion is tender, but not brown; remove from fire;

add flour and stir until smooth; return to fire; add cold stock or milk slowly; stir until smooth and boil 5 minutes; add seasoning, pour over the meat, and place on stove to heat through. Serve on toast or toast points sprinkled with the parsley.

This recipe is sufficient for a family of four.

BAKED BEEF PIE MADE FROM CANNED ROAST BEEF.

2 cups canned roast beef.
2 cups boiled potatoes.
1 tablespoon fat or oil.
3 tablespoons chopped onion.
2 tablespoons chopped green pepper.
1 teaspoon salt.
2 cups rice stock.

Place the fat, onion, and pepper in saucepan. Cook until tender, but not brown. Add rice stock. Pour over the meat and potatoes; mix well, and place in baking dish which has been lined with dough made as follows: 1½ cups flour, 1 teaspoon baking powder, ½ teaspoon salt, 1 teaspoon shortenting.

Sift the flour, baking powder, and salt in bowl; add shortening and rub in very lightly; add sufficient milk to make dough that will roll out; line the baking dish and make cover for pie; bake 35 minutes.

This recipe is sufficient for a family of four.

CANNED CORN-BEEF HASH ON TOAST.

2 cups canned corn beef.
1 cup strained tomatoes.
1 teaspoon scrapped onion.
Salt and pepper to taste.
2 tablespoons finely chopped parsley or celery top.

Chop the canned corn beef fine; put into saucepan; add tomatoes, flavoring, and seasoning; put over fire and heat; cover platter with toasted bread; cover bread with corn-beef hash and sprinkle with parsley and celery top.

This recipe is sufficient for a family of four.

CANNED CORN BEEF WITH CABBAGE SALAD.

1 can of corn beef.
1 tablespoon mustard.
1 quart of cabbage salad.
1 hard-boiled egg.
2 tablespoons chopped parsley or celery top.

Put the canned corn beef through food chopper; add mustard and mix well; take a spoonful of mixture and form into balls or cone shapes and roll in finely chopped hard-boiled egg; place the meat in center of chop plate

and put the cabbage salad around; sprinkle with chopped parsley.

Cabbage salad is made as follows:

1 green pepper.
4 cups finely cut cabbage.
1 cup French dressing or salad dressing of choice.
2 tablespoons dried celery leaves or fresh chopped celery.

Put the pepper through the food chopper and add to the cabbage; add the dressing and celery leaves or one tablespoon of celery seed; mix well. The seasoning is put in the dressing—1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon of dried mustard, 2 teaspoons sugar.

This recipe is sufficient for a family of four.

CANNED CORN BEEF FOR SANDWICHES.

2 cups canned corn beef.
1 tablespoon made mustard.
2 tablespoons finely chopped stuffed olives or pickles.

Put the meat through food chopper; add mustard and olives; mix well; spread between bread. This mixture can be made and put into jelly glasses and will keep 8 to 10 days in a cold place.

CANNED CORN BEEF MADE INTO CAKES WITH SAUCE OF CHOICE.

2 cups canned corn beef.
2 cups cold boiled oat meat (stiff).
2 tablespoons scraped onion.
2 tablespoons finely chopped parsley.
1 tablespoon Worcestershire sauce.
1 teaspoon salt.
⅛ teaspoon paprika.
1 egg.

Put the meat through food chopper; add the stiff, cold-boiled oat meal, seasoning, and well-beaten egg; mix well together; form into small cakes; roll in flour and fry in cooking oil until a nice brown. If there is a hot oven, put a little drippings or butter substitute on top and bake 20 to 25 minutes. Serve with sauce of choice.

This recipe is sufficient for a family of four.

MINCED CANNED BEEF ON TOAST.

2 cups canned roast beef.
1 cup cream sauce.
1 tablespoon chopped green peppers or celery.
2 tablespoons tomato catsup.
2 tablespoons finely chopped parsley or celery top.

Chop the meat quite fine and add to the cream sauce; let it come to a boil; then add the pepper or celery and catsup, salt, and pepper to taste. Cover platter with nicely toasted bread; then cover with the minced meat; sprinkle with parsley or celery top and garnish with sprigs of parsley.

This recipe is sufficient for the family of four.

FRICADELLA MADE FROM CANNED ROAST BEEF.

2 cups canned roast beef.
2 cups bread crumbs.
1 egg.
1 teaspoon salt, dash pepper.
2 tablespoons grated or scraped onion.
1 tablespoon chopped parsley.

Put the meat through food chopper; add salt, pepper, bread crumbs that have been wet with a little cold water, the well-beaten egg, onion juice, and parsley; mix well and form into flat cakes. Sprinkle with flour.

Brush bake pan with a little drippings; put in the fricadella and place in a hot oven 15 to 18 minutes. After removing fricadella from pan, add 1 tablespoon flour wet with a little cold water, and one tablespoon caramel, seasoning to taste, and enough rice stock or water to make 1 cupful of gravy.

This recipe is sufficient for a family of four.

HOW TO PREPARE ARMY BACON.

By an Army ex-cook.

FRIED BACON.

Place strips of thinly cut bacon on a board and with a broad-bladed knife cut the strips into narrow slices. Put in hot frying pan and cook until bacon is crisp and brown, occasionally pouring off fat from pan, turning often. Drain on brown paper.

BROILED BACON.

Place thin slices of bacon, from which rind has been removed, closely together in a fine wire broiler; place broiler over dripping pan and bake in hot oven until bacon is crisp and brown, turning once. Drain on brown paper. Fat which has dripped into pan can be used for frying liver, eggs, and potatoes.

LIVER AND BACON.

Cover with boiling water slice of liver cut one-half inch thick; let stand 5 minutes to draw out the blood; drain, wipe, and remove the thin outside skin and veins; add

small strips of bacon: sprinkle with salt and pepper: place in a greased wire broiler 5 minutes, turning often.

To obtain the best results from War Department bacon it is recommended that the meat, when taken from can, be immersed in cold water, placed upon a heater, and allowed to remain until the water nears the boiling point. Then remove it and rinse it in cold water.

WHERE TO BUY.

Look for the red, white, and blue poster describing War Department canned meats. The dealer who displays this poster in his store is doing his bit to help this campaign along. He is the dealer from whom you should buy; you not only will save money on every can bought, but you, too, will be doing your part in lowering living costs.

DETAILS OF SALE.

These are the wholesale prices and terms of sale to your dealer. The corned beef, corned-beef hash, and roast beef are packed mainly in 1 and 2 pound cans; some in 6-pound cans. The bacon is packed in 12-pound cans. Prices are as follows, f. o. b. storage point, subject to the discounts named for quantity purchases:

CORNED BEEF.

	Per can.
No. 1 cans	$0.15
No. 2 cans	.27
1-pound cans	.18
6-pound cans	1.00

BACON.

12-pound cans (per can)	$2.50
Crates (approximating 100 pounds).	
In slabs (per pound)	.19

CORNED-BEEF HASH.

	Per can.
1-pound cans	$0.15
2-pound cans	.38

ROAST BEEF.

	Per can.
No. 1 cans	$0.09
No. 2 cans	.18
1-pound cans	.12
2-pound cans	.24
6-pound cans	.70

SAUSAGE.

	Per can.
No. 2 cans, Park	$0.25
No. 2 cans, Vienna	.25

Table of discounts for quantity purchases made at one time.—$250 to $1,000, net; $1,001 to $2,500, 5 per cent; $2,501 to $4,000, 10 per cent; $4,001 and over, 20 per cent; or full carload lots shipped at Government expense if value of full carload is less than $4,001.

TERMS.

Ten per cent with order, and the remainder in 90 days on bankers' acceptance. Further discounts as follows are authorized to customers ordering or reordering in carload lots, the value of all purchases of canned meats made on or after November 15, 1920, only, to be considered with this scale of discounts:

When purchases reach $50,001, 24 per cent net to prevail.

When purchases reach $100,001, 28 per cent net to prevail.

When purchases reach $500,001, 32 per cent net to prevail.

When purchases reach $1,000,001 and over, 35 per cent net to prevail.

This means that the total purchase by a customer in carload lots from time to time will be taken into consideration and the proper discount applied on the sum of all the purchases, including the first carload lot.

The Government reserves the right to deliver meats approximating the amount ordered if for any reason it can not deliver the order complete. All goods offered subject to prior sale. Prices are subject to change without notice. Order at once from your nearest depot quartermaster.

DEPOT QUARTERMASTERS.

Brooklyn, N. Y., 59th Street and First Avenue.
Chicago, 1819 West Thirty-ninth Street.
Atlanta, Ga., Transportation Building.
Boston, Army Supply Base.
San Antonio, Tex.
San Francisco, Calif.

CHIEF, SURPLUS PROPERTY BRANCH, Office of the Quartermaster General, Munitions Building, Washington, D. C.

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