Vary Meals with Variety Meats

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Variety meats can be used to vary your menus with appetizing and economical dishes. If you take advantage of the versatility of any of the variety meats, you can serve some unusual meals at budget prices.

In many parts of the world, variety meats are high-priced delicacies. They are often used by restaurants for "specialty of the house" main courses and cause patrons to return again and again.

These nutritious meats are budget stretchers because they are relatively inexpensive and there is practically no waste involved in their preparation. They are rich sources of the protein needed for body building and repair and are especially high in vitamin A value and the B vitamins—thiamin, niacin, and riboflavin. They also supply worthwhile amounts of iron, copper, and phosphorus. For their price, variety meats make an outstanding contribution to good health.

Liver

To prepare liver for cooking. Remove heavy blood vessels and outside membrane if desired.

To broil liver. Adjust broiler rack so top of liver is exposed to moderate heat (see the manufacturer's instructions).

Dip sliced veal (calf) liver in melted butter or margarine, drippings, or french dressing.

Place on cold broiler grid.

Broil only long enough for liver to lose its red color, about 3 minutes on each side.

For variety, thread cubed liver on skewers alternately with bacon and cooked or canned small whole onions; broil.

To pan fry liver. Heat a small amount of fat in a fry pan over moderate heat.

Dip sliced veal (calf) liver in flour seasoned with salt and pepper. Place in hot fat.

Cook over moderate heat, turning as necessary, until liver is brown and tender, about 5 minutes on each side.

To braise liver. Heat a small amount of fat in a fry pan over moderate heat.

Dip sliced beef or veal (calf) liver in flour seasoned with salt and pepper.

Brown liver in hot fat over moderate heat.

Cover tightly and reduce heat.

Cook on top of range or in a 350° F. (moderate) oven until liver is tender, about 20 minutes.

Liver Casserole

- ¾ pound beef, lamb, or pork liver
- ¼ cup fat
- ½ cup diced celery
- ¼ cup diced onions
- ¼ cup diced green pepper
- 1 teaspoon salt
- 2 cups cooked rice
- 1 cup cooked tomatoes or tomato juice
- 1 teaspoon salt

Simmer liver in water 10 minutes. Grind or chop liver coarsely. Brown the liver, celery, onions, and green pepper in the fat. Season. Combine with rice and tomatoes. Place in casserole. Cover and bake at 350° F. for 30 minutes. Remove cover and brown lightly for 10 minutes. Serves 5 to 6.

Liver Croquettes

- 1 pound liver
- 1 cup thick white sauce
- 2 tablespoons cooked rice or mashed potatoes
- ½ teaspoon paprika
- ½ teaspoon pepper
- 1 egg, slightly beaten
- Salted crackers
- ½ teaspoon onion juice
- Fat for frying

Cook liver in salted water until firm; then grind. Combine liver, white sauce, rice, seasonings, and lemon juice. Chill thoroughly. Shape into individual croquettes. Roll each croquette in egg, then in sifted crumbs. Fry to a golden brown in deep fat. Drain and serve with currant or grape jelly. Serves 4 to 6.

Liver Creole

- 1 pound sliced liver
- 2 tablespoons chopped onion
- 3 tablespoons fat
- Salt and pepper
- 2 cups cooked tomatoes


Liver Rolls

- 6 slices beef or pork liver, cut ¼-inch thick
- ½ teaspoon thyme
- 6 pork sausage links
- 1 teaspoon salt
- 1 tablespoon lard
- ½ teaspoon pepper
- 1 cup tomato sauce

Sprinkle liver with seasonings. Roll each slice with a sausage link in center; fasten with a wooden pick. Brown slowly in lard; pour off drippings. Add tomato sauce. Cover tightly; simmer for 30 to 45 minutes or until tender. Serves 6.
Baked Stuffed Heart

1 beef heart or 2 veal hearts 1 tablespoon salt
2 slices salt pork 3 tablespoons flour
2 cups bread crumbs 3 tablespoons fat
1/2 cup diced onion 1 tablespoon Worcestershire 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 stuffing and fasten with skewers to hold in stuffing. Dip heart in flour; brown in fat in a heavy kettle. Add 1/2 cup water and Worcestershire sauce. Cover and cook slowly in a moderate oven (350° F.) or simmer on top of range until heart is tender. Serves 8 to 10.

Sweet and Sour Stuffed Heart

1 beef heart (about 3 pounds) 1 8-ounce can tomato sauce
Instant seasoned meat tenderizer Juice of 1/2 lemon
1 8-ounce package broad egg noodles (about 1 tablespoon)
1 teaspoon poppy seed 3 whole cloves
1/2 cup melted butter or margarine 1 whole allspice or 1/2 teaspoon ground allspice
1 medium onion, diced 1/4 teaspoon thyme
1 No. 2 1/2 can whole tomatoes Dash of freshly ground pepper

1. Follow tenderizing directions for heart. Cook noodles in boiling water to which 1 tablespoon instant seasoned meat tenderizer has been added. Drain and combine with poppy seed and half the butter or margarine.

2. Fill the cavity with noodles; set aside remaining noodles. Skewer and tie openings.

3. Melt remaining butter or margarine in Dutch oven; brown heart with onion. Add remaining ingredients.

4. Cover and bake in 350° F. oven, for about 1 1/4 hours. Add remaining noodles; continue baking for 15 minutes. Serves 6.

Heart

To prepare heart for cooking. Wash heart in warm water. Trim away gristle and larger blood vessels.

To braise heart. Prepare for cooking as directed above. Stuff with a bread stuffing if desired.

Brown on all sides in a small amount of fat. Season. Add a small amount of water, about 1/2 cup. Cover tightly. Cook in a 300° F. (slow) oven or over low heat on top of range until tender. Beef heart requires 3 to 4 hours; veal heart, 2 1/2 to 3 hours.

To simmer heart. Prepare for cooking as directed above.

Place in a deep pot and add salted water to cover. Simmer, covered, until tender, 3 to 4 hours for beef heart, 2 1/2 to 3 hours for veal heart.

Heart Andalouse

1 pound heart 1/4 cup flour
1 cup water 1/2 cup milk
1 teaspoon salt 1/2 pound cheddar cheese, grated
1 can (10 1/2 ounces) condensed tomato soup 2 cups hot cooked rice
1 tablespoon Worcestershire sauce 1 can (16 ounces) or 1 package (12 ounces) frozen peas, cooked

Wash heart and remove hard parts. Cut in 3/4-inch cubes. Add water and salt. Cover tightly, cook slowly for 1 1/2 hours. Add tomato soup and Worcestershire sauce. Make a paste of flour and milk and thicken the heart mixture. Add cheese and continue cooking until cheese is melted. Serve over rice and peas. Serves 6.

Tongue

To simmer tongue. Wash tongue. Soak corned, pickled, or smoked tongue in water several hours before cooking to make flavor milder, if desired.

Place tongue in a deep pot and add water to cover. Add salt if needed.

Simmer, covered, until tender, 3 to 4 hours for beef tongue, 2 to 3 hours for veal tongue.

Drain tongue; dip in cold water to loosen skin. Remove skin and cut away bones and gristle at thick end. Serve tongue hot or cold. If served cold, it will be juicier if it is cooled in the broth.

For variety, use cooked tongue in place of other cooked meats in combination dishes.
**Tongue Rolls Florentine**

- 16 slices boiled tongue
- 2 pounds spinach or 1 package frozen chopped spinach
- 2 tablespoons melted butter

Cut tongue slices one-eighth inch thick and unbroken. Wash spinach. Remove stems and cook covered with only the water which clings to the leaves. Cook only until the leaves wilt. Drain well; chop fine. Add melted butter and seasonings. Place a spoonful of spinach on each slice of tongue. Roll and fasten with a wooden pick. Place in a greased casserole. Combine flour, horseradish, and milk and pour over tongue. Fasten with a wooden pick. Place in a greased casserole. Combine flour, horseradish, and milk and pour over tongue. Cover. Cook in a moderately hot oven (400° F.) for 20 minutes. Serves 8.

**Tongue A La Maryland**

- 1 tongue, cooked
- ¾ cup butter or drippings
- ½ cup liquid in which tongue was cooked
- Bay leaf
- ¼ cup brown sugar

Place tongue in a pan with the remaining ingredients. Let simmer until liquid thickens. A four-pound tongue serves 12.

**Tongue Salad**

- 2 cups (1 pound) cooked tongue
- 1 cup diced celery
- 1 cup bing cherries, pitted
- 4 hard-cooked eggs, sliced


**Kidneys**

**To prepare kidneys for cooking.** Wash kidneys in cold water. Remove the outer membrane. Split kidneys through center, lengthwise; remove inner fat and tubes. Cut up if desired.

**To simmer kidneys.** Prepare for cooking as directed above.

- Place kidneys in a deep pot and add water to cover.
- Simmer, covered, until tender, 1 to 1½ hours for beef kidneys, ¾ to 1 hour for veal kidneys.
- To eliminate strong odor while cooking beef kidneys, change water once.
  - For variety; heat cooked kidneys in a spicy sauce, or roll them in seasoned flour and pan fry.

**To broil kidneys.** Prepare veal kidneys for cooking as above.

- Adjust broiler rack so the top of the kidneys is exposed to moderate heat.
- Dip kidneys in melted butter or margarine, drippings, or French dressing.
- Place on cold broiler grid.
- Broil 5 to 10 minutes on each side, or until brown.
  - For variety, wrap kidneys in bacon slices before broiling.

**Kidney Stew**

- 2 pounds kidneys
- 1 cup water
- 2 bouillon cubes
- 2 large diced onions
- 1 teaspoon salt

Remove tubes from kidneys and cut into sections. Combine with water, bouillon cubes, onions, and seasonings. Cover and allow to simmer 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. Serves 10.

**Kidney Loaf**

- 1 pound kidney
- 1 cup milk
- 8 slices bread
- ½ cup bacon drippings
- 2 eggs
- 1 green pepper, minced
- ½ teaspoon powdered sage

Wash the kidney and put through food chopper. Pour milk over bread and soak. Combine all ingredients and mix thoroughly. Pack firmly in a 5 x 9 inch loaf pan. Bake at 350° F. for 1½ hours. Serves 8.

**Creole Kidney**

- 1 pound kidney
- 1 cup tomato juice
- Fl ¼ cup bacon drippings
- 2 small chopped onions
- 1 chopped green pepper
- 1 teaspoon powdered sage
- 1 cup chopped celery
- 1 cup diced onion
- ½ cup water

Remove tubes from kidney and cut into half-inch slices. Dredge with flour. Brown diced bacon. Combine kidneys and bacon. Add onions and green pepper. Stir until the meat is well browned. Add tomato juice, salt, pepper, and bay leaf. Cover closely and simmer for about ½ hour. Mix flour and water to a paste. Add a small portion of the hot mixture, stirring to prevent lumping, then add this to the rest of the hot creole and cook until thickened, stirring constantly. If desired, serve on toast points. Serves 6 to 8.

**Brains and Sweetbreads**

**To prepare brains or sweetbreads for cooking.** Wash in cold water; remove any blood clots.

Soak in cold water for 30 minutes.

**To simmer brains or sweetbreads.** Prepare for cooking as directed above.

- Place in a deep pot and add water to cover.
- Add 1 teaspoon salt and 1 tablespoon lemon juice or vinegar for each quart of water.
- Simmer, covered, for 20 minutes.
- Drain, rinse well in cold water, and remove membrane and blood vessels.
  - For variety, heat cooked brains or sweetbreads in a cream or tomato sauce. Or break cooked brains into small pieces and add to scrambled eggs.

**To pan fry brains or sweetbreads.** Prepare for cooking as above; remove membrane.

- Roll in flour or fine, dry breadcrumbs.
- Fry in a small amount of fat in a fry pan over moderate heat until tender and lightly browned, about 20 minutes.
Brains or Sweetbreads—Canadian-Style

Bacon-Pineapple Grill

Remove membrane and divide sweetbreads or brains into 6 servings. Place Canadian-style 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 for 4 minutes; turn meat and pineapple. Arrange a slice of Canadian-style bacon on each pineapple slice and top with sweetbreads or brains. Brush sweetbreads or brains with butter or margarine. Continue broiling for 3 to 4 minutes or until lightly browned. Serves 6.

Brains or Sweetbreads A La King

Remove membrane from brains or sweetbreads and separate into small pieces. Make a white sauce by melting butter, stirring in flour, adding milk, and cooking until thickened. Add celery, green peppers, onion, pimiento, salt, and pepper. Add meat and heat thoroughly. Serve on toast. Serves 6 to 8.

Brains or Sweetbreads Salad

Remove membrane from meat and break into pieces. Marinate in French dressing in the refrigerator for 2 hours. Remove meat from marinade and combine with apples, grapes, celery, and half the orange sections. Stir salt into sour cream and toss with meat mixture. Serve in lettuce cups and garnish with remaining orange sections. Sprinkle with almonds. Serves 4 to 6.

Sweetbreads or Brains

Victoria

Cut sweetbreads or brains into small pieces. Add lemon juice, salt, pepper, nutmeg, and parsley. Melt the butter in a saucepan, stir in the flour. Add milk gradually, stirring until the sauce is thickened and smooth. Remove from heat and stir in egg yolk. Add seasoned sweetbreads or brains. Mix lightly. Serve in patty shells or over toast points. Serves 6.