

Sinclair's



Fidelity MEATS

"THE BRAND THAT MADE CEDAR RAPIDS FAMOUS."

T. M. SINCLAIR & CO. (LTD.)

CEDAR RAPIDS, IOWA, U.S.A.

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The provident housekeeper does not feel satisfied unless her store closet contains something from which she can draw upon in case of an emergency, as when guests arrive unexpectedly or the market man fails to materialize. In selecting such supplies two things are essential, viz: keeping qualities and palatability. Both of these requisites are prominent in Sinclair's spiced jellied meats, and Fidelity brands of ham and bacon. The former are put up ready for immediate use, and the latter require but a few moments' cooking at a gentle heat.

THE FOLLOWING RECIPES, COMPILED BY

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are given as a few simple ways in which some of the Sinclair's Fidelity products may be prepared.

BAKED HAM.

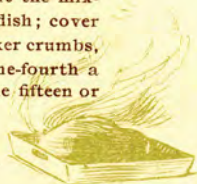
Mix three cups of cider that is just beginning to sour, or one cup of vinegar and two cups of water, with one-fourth a cup of sugar, two onions, grated, six bay leaves, a red or green pepper, cut in shreds, two dozen cloves, the grated peel of a lemon and a little ginger root. Scrub the under side of a ham, remove the skin and let stand in the mixture about twenty-four hours, turning occasionally. If the ham is very salt, first let stand over night in cold water. Bake in a large

earthen or agate dish, basting with the prepared liquid and water, half and half, three hours or more. If the dish be covered, basting will not be needed. Serve hot with a sauce made of the marinade, thickened and strained.

The possibilities of cold boiled or baked ham are almost limitless. Sliced thin, each slice edged with a narrow rim of fat, it gives the finishing touch to the breakfast, luncheon or supper table; the bits, that cannot be neatly sliced if chopped or pounded in a mortar, are always in demand for sandwiches or canapées, and are a needful ingredient in many made dishes. For sandwich-making, a little fat should be chopped with the lean meat, while mustard and a few grains of cayenne compose the proper condiment.

POTATOES A LA BRABANCONNE.

Pare, boil and mash six potatoes of medium size, then season with pepper and salt. Add two tablespoonfuls of butter, and sufficient cream or milk to make the mixture of the consistency usually sought for in mashed potato. When thoroughly beaten, add a slice of onion, grated, or a tablespoonful of onion juice, one tablespoonful of chopped parsley, and half a cup of fine-chopped ham. Put the mixture into a buttered pudding dish; cover the top with half a cup of cracker crumbs, that have been stirred into one-fourth a cup of melted butter, and bake fifteen or twenty minutes.





HAM OMELET.

Beat the yolks of three eggs until light colored and thick; add three tablespoonfuls of cooked ham, chopped fine, a few grains of salt, three tablespoonfuls of water, and if liked, half a teaspoonful of grated onion or mixed mustard. Mix thoroughly and fold into the mixture the stiff-beaten whites of three eggs. Melt two tablespoonfuls of butter in a hot omelet pan; pour in the mixture, and, when lightly cooked on the bottom, set the pan into the oven. Remove from the oven, when a silver knife cut down into the centre of the omelet is removed without uncooked egg adhering to the surface. Score the omelet at right angles to the handle of the pan, fold at the scoring, and turn onto a hot platter.



HAM IN CREAM SAUCE WITH POACHED EGGS.

Stir one cup of cold cooked ham, chopped or cut fine, into one cup of cream sauce; dispose on rounds of toast spread with butter, creamed with a little curry-powder, and finish with a carefully poached egg above. Serve very hot.



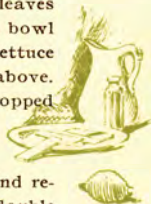
HAM-AND-JELLIED TONGUE SANDWICHES.

Chop fine two parts of jellied tongue and one part of cold cooked ham; season with paprika and a little mustard; spread butter on pieces of bread, freed from crust and cut into rounds or squares; spread

the ham and tongue mixture on corresponding pieces of bread and press the two together.

SPICED JELLIED-TONGUE SALAD.

Remove the tongue carefully from the can and cut in thin slices, preserving the shape. Surround with heart leaves of lettuce. Serve mayonnaise in a bowl apart. Or, dispose each slice on a lettuce leaf and pipe a star of mayonnaise above. Sprinkle with capers and fine-chopped pimentos.



BROILED BACON.

Dispose thin slices of bacon, rind removed, between the bars of a double broiler, and set into a hot oven over a dripping pan; let cook until delicately colored. Use the bacon to garnish a dish of chops, a broiled steak, a *plat* of fish-cakes, or balls, or a sautéed chicken. Cover the dripping pan and set aside; use the fat therein to baste a roast of lamb, mutton, veal or chicken.

The above are only a few of the occasions on which either a few slices of broiled bacon or the fat tried out from the same, may be used to advantage. Formerly it was a truism among southern cooks, that, outside of sweet dishes, there was nothing so good but that a slice of bacon would make it better. These old southern mammies were not far out of the way. A dish of calves' liver is never quite satisfactory without the accom-

paniment of bacon, and in what better blanket than that of tender bacon can an oyster or mushroom be broiled? The bacon serves to protect and temper the heat that would be too fierce for these delicate tid-bits; it adds also just the right modicum of fat and flavor. Besides being appetizing in itself, bacon properly cooked is a wholesome article of food and suitable alike for all the members of a family.

BACON WITH HOMINY.



Cut one-fourth a pound of sliced bacon into inch pieces, and sauté to a light yellow color with a slice of fine-chopped onion; add half a cup of hominy that has been parboiled five minutes and drained, and three cups of boiling water, or stock, with salt and half a red pepper pod; let simmer or cook over hot water until tender, then remove the pepper pod and add a cup of well-reduced tomato purée; mix thoroughly and serve very hot. Garnish with curls of fried bacon.

BACON WITH SPINACH.

Cover a pound of bacon with cold water, bring slowly to the boiling point, then simmer until very tender. This will take four hours or more. Cook a peck of well-washed spinach in boiling salted water about twenty minutes, drain very dry and reheat in a sauce pan; adding, meanwhile, three level tablespoonfuls of butter and a little paprika. When

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thoroughly mixed and heated, shape in a mound on the centre of a dish and dispose above it the bacon cut in slices, one slice overlapping another. Remove the rind before slicing.

CORN CAKE, HUNTER'S STYLE.

Sift together two cups of corn meal and one teaspoonful, each, of salt and soda. Beat three eggs, add two cups of buttermilk and two tablespoonfuls of melted butter. Stir the liquid into the dry ingredients and pour into a buttered, shallow pan. Cut two or three slices of bacon into small squares and sprinkle these upon the top of the dough, having the pieces nearly an inch apart; bake about half an hour.



REMNANTS OF HAM WITH ASPARAGUS OR PEAS.

Take equal quantities of cooked peas or asparagus, cut into bits, and cold cooked ham, cut into cubes. For each cup of material make a sauce of two tablespoonfuls, each, of butter and flour, a cup of the liquid in which the vegetable was cooked, a teaspoonful of lemon juice, with salt and nutmeg to taste. Add two beaten eggs, also the ham and asparagus or peas. Turn into individual casseroles, or cups, buttered; cover the tops with buttered cracker crumbs, and bake in oven to a golden brown. Serve in the casseroles as a luncheon dish or as an entrée.

All our Meats are skin Branded
and U.S. Inspected.



*Sinclair's
Fidelity*



TIME TESTED & TRUE.