

HOW TO USE CHEAPER PIECES OF LAMB AND MUTTON TO CUT LIVING COST

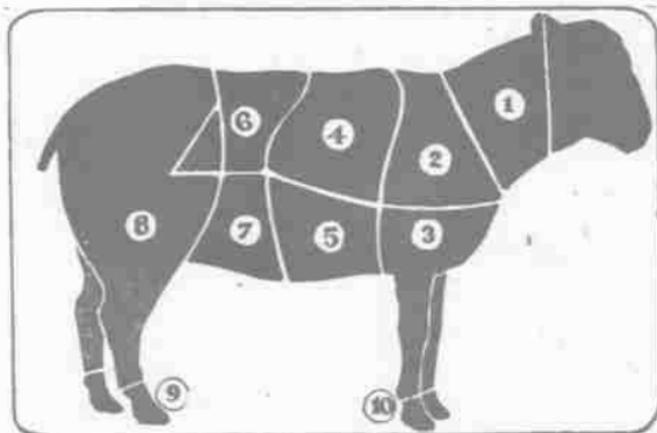


Diagram showing cuts of mutton numbered to correspond with items in the accompanying article.

BY BIDDY BYE

To most cooks mutton and lamb suggest chops to fry or broil and legs to roast, nothing more. But since these parts are most in demand their price has long since put them beyond the reach of housewives who must feed large families.

Mutton and lamb are splendid foods for growing children, invalids and elderly people. It is desirable that housewives should learn to select cheaper cuts.

The expensive cuts are the loin chops and roasts (6) and the rib chops and crown roast (4) with the leg (8) for roasting.

When a large roast is required the whole hind quarter of lamb is used. A saddle of mutton consists of both sides of the back bone of the animal between (6) and the chuck (2). Sometimes the chuck and the ribs are roasted together and called the rack. The sweetbreads are used for entrees.

The cheaper cuts are as nutritious as the best cuts.

The flank (7) is often cut to in-

clude the whole under side of the animal. It is used for stewing.

The breast (5) is delicious when braized. Chops are cut from the shoulder (3) or a stew called hot-pot may be made by combining it with codfish. The shoulder also makes a delicate broiling piece, but it is most economical when cooked in a casserole.

The neck (1) is used for broths; or the meat may be boiled and used in croquettes, or in combinations with rice; or it may be shaped into a pocket, stuffed with a bread crumb dressing, and baked.

Sheep's trotters (9-10) are usually baked with bread crumbs and served with corn or oatmeal bread. They are also used for pickling and jellies.

Haggis is made from sheep's heart. Sheep's head cheese, an old country dish, is merely a meat loaf.

Lamb's kidneys are usually broiled with bacon on a skewer.

(More recipes for using the cheaper cuts of lamb and mutton will be printed tomorrow.)