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Planning
**MEAT
RATION
MEALS**



ISSUED BY
THE COMMONWEALTH RATIONING COMMISSION
AND
THE COMMONWEALTH DEPARTMENT OF HEALTH



OUR IMMEDIATE TASK

AUSTRALIA IS ONE OF THE UNITED NATIONS. MILITARILY SHE HAS PLAYED, AND IS PLAYING, A VITAL PART IN THIS GLOBAL WAR . . . SHE IS NOW ASSUMING AN EVER-MORE IMPORTANT ROLE AS A MAIN FOOD DEPOT IN THE FIGHT FOR DEMOCRACY.

Meat rationing is to enable the Commonwealth Government to:

- Maintain a constant flow of meats to Australian and American troops in the South-West Pacific.
- Send increased supplies to the people of Britain at present on a meagre ration of 1 2d. worth per week.
- Maintain shipments of meat to Allied troops now fighting in the Mediterranean war zone.

AND, TO ENSURE THAT ON THE VITAL HOME FRONT THERE IS A FAIR SHARE FOR ALL.

AND THEN ?

The peoples of enslaved Europe have been forced to starvation level by the Nazi heel of conquest . . . Their hour of liberation is at hand. There is an urgent demand that Australia share all her available food resources and enable these peoples to play their part again in rebuilding a sane and decent world.

AUSTRALIA WILL NOT SHIRK HER RESPONSIBILITIES NOW — OR AT ANY OTHER TIME.

John Curtin

SHARING MEAT for FREEDOM



We've got the meat as the above diagram shows . . . production is greater than in peace time . . . Why then is meat rationing necessary? The Minister in charge of Rationing, Senator Keane, Minister for Trade and Customs, gives the answer clearly in these few words:—

"Even if our production reaches the greatest heights we can hope for . . . even when manpower and transport bottlenecks, unavoidably caused by the war, are solved . . . and even after allowing for rationing . . . Australia will still be short by about a hundred thousand tons of the meat our own and allied fighting men and the people of Britain urgently need from us . . . If we are to play our part in this war with honour . . . then rationing is inescapable . . ."

Pres by Miss L.K. Andersen

PLANNING MEALS FOR

A FAMILY OF FOUR

FIRST WEEK

MENU		WHAT TO BUY	
		4 ADULTS :	2 ADULTS 2 CHILDREN UNDER 9
<u>Sunday</u> ..	Roast Leg Mutton Gravy Roast Potatoes and Parsnips Cabbage (or plain salad) Baked Lemon Meringue or Ice Cream	3 lbs. (Chump end)	2½ lbs.
<u>Monday</u> ..	Scotch Broth Curry with Vegetables and Barley (or cold meat, vegetable salad) French Beans Fruit Jelly Custard Sauce		
<u>Tuesday</u> ..	French Fried Chops Mashed Potatoes Marrow (or Cauliflower) Cabbage Steamed Apple Sponge	1½ lbs. Lamb Forequarter Chops	¾ lb. Lamb Forequarter Chops
<u>Wednesday</u>	Irish Stew with Potatoes Onions and Carrots Spinach Rhubarb and Junket	1 lb. Mutton Forequarter Chops	1 lb. Mutton Forequarter Chops
<u>Thursday</u> ..	Baked Spanish Steak Baked Jacket Potatoes Cauliflower and Sauce Baked Sponge Pudding Lemon Sauce	2 lbs. thick Flank	1½ lbs. thick Flank
<u>Friday</u> ..	Grilled Chops Mashed Potatoes Tomatoes (or glazed carrots) Spinach Chocolate Blancmange	1½ lbs. Lamb Loin Chops	1 lb. Lamb Loin Chops
<u>Saturday</u> ..	Gravy Soup (from Spanish Steak) Jellied Meat Loaf (Brawn, use Spanish Steak) Mixed Vegetable Salad (Cauli- flower, Carrot, Potato, Onion) Banana Custard		

SECOND WEEK

MENU		WHAT TO BUY	
		4 ADULTS	2 ADULTS 2 CHILDREN UNDER 9:
<u>Sunday</u> ..	Grilled Sirloin Steak Mashed Potatoes and Marrow Spinach Summer Plum Pudding Syrup Sauce	2 lbs. Use half, leave 'tail' portion and mince for Cottage Pie	1½ lbs. Use half, leave 'tail' portion and mince for Cottage Pie
<u>Monday</u> ..	Cottage Pie—or Cold Meat, Cabbage, Cabbage, Beet- Beetroot root and Cucum- (hot) ber Salad Fruit Tart (Apple and Rhubarb)		
<u>Tuesday</u> ..	Lancashire Hot Pot with Carrots, Potatoes, Onions and Peas French Beans Fruit Charlotte	1½ lbs. Chops	1 lb. Chops
<u>Wednesday</u>	Beef Patties Mashed Potatoes and Carrots Turnip Tops Stewed Fruit Blancmange	1 lb. Minced Meat	¾ lb. Chuck Steak
<u>Thursday</u>	Casserole of Chops with Veggies. Spinach Mashed Potatoes Caramel Cereal Mould Fruit Sauce	1½ lbs. Lamb Forequarter Chops	1 lb. Mutton Fore- quarter Chops
<u>Friday</u> ..	Roast Stuffed Leg Lamb, Gravy Roast Potatoes Parsnips Broad Beans Lemon Snow Custard Sauce	3 lbs. Leg of Lamb	2½ lbs. Leg of Lamb
<u>Saturday</u> ..	Vegetable Soup Cold Meat Vegetable Salad Gingerbread and Syrup Sauce		

A wide range of vegetables has been used to cover all seasons of the year. The choice of vegetables largely rests on what is available.

These meal plans are suggestions only and aim to show how the meat ration can be stretched over the week. When each dinner is served with a well-selected breakfast and lunch, a healthy and body-building daily diet is assured.



PLANNING

FIRST WEEK

MENU	WHAT TO BUY
<u>Sunday</u> .. Fricassee of Veal Mashed Potatoes with Parsley Broad Beans Turnips Steamed Caramel Custard	1½ lbs. Veal Forequarter (Use half)
<u>Monday</u> .. Vegetable Soup Potted Veal Carrot, Apple and Celery Salad Pineapple	Use other half
<u>Tuesday</u> .. Steak and Kidney Pie Mashed Potatoes French Beans. Marrow Banana Cake Butterscotch Sauce	½ lb. Thick Flank 2 Sheep's Kidneys
<u>Wednesday</u> Grilled Lamb Chops Grilled Tomatoes Mashed Potatoes. Cabbage Semolina Snow	½ lb. Loin Chops
<u>Thursday</u> .. Mutton, Apple and Onion Casserole Baked Jacket Potatoes Green Salad Baked Roly Poly Syrup Sauce	½ lb. Chump Chops
<u>Friday</u> .. Roast Loin Mutton (Boned & Stuffed) Roast Potatoes and Parsnips Cabbage Apple Charlotte	1½ lbs. Loin of Mutton
<u>Saturday</u> .. Cold Meat Potato and Radish Salad Orange Spanish Cream	

In order to purchase meat to the value of whole coupons, small families should arrange, where possible, to buy at least two days' supply at a time. SMALL quantities of meat (½ lb.) can be selected to provide for different meat dishes.

FOR TWO



SECOND WEEK

MENU	WHAT TO BUY
<u>Sunday</u> .. Roast Loin Mutton or Lamb Gravy Marrow Mashed Potatoes French Beans Lemon Meringue Tart	1½ lbs.
<u>Monday</u> .. Cold Mutton Tomato and Cucumber Salad Banana Custard	
<u>Tuesday</u> .. Fried Chops dipped in egg and bread- crumbs Mashed Potatoes Cauliflower and Sauce Green Peas Creamed Caramel Barley	1 lb. Lamb Chops (Use 2)
<u>Wednesday</u> Lancashire Hot Pot Spinach Carrot Strips Ice Cream and Fruit Sauce or Stewed Fruit	2 Chops from above
<u>Thursday</u> .. Grilled Sirloin Steak Potato Chips Cauliflower and Sauce Turnip Tops Lemon Snow Custard Sauce	1 lb. Sirloin (cut off "tail" piece for savory mince)
<u>Friday</u> .. Savoury Mince and Dumplings Turnips Cauliflower Leaves Apple Crisp	
<u>Saturday</u> .. Casserole Mutton. Baked Parsnips Baked Jacket Potatoes. Green Peas Baked Rhubarb. Junket	1 lb. Mutton Forequarter Chops

PLANNING FOR ———

FIRST WEEK :

MENU	WHAT TO BUY
<u>Sunday</u> .. Meat Loaf Onion Gravy Carrots Parsnips Mashed Potatoes Green Salad Fresh Fruit	1 lb. Minced Meat (Use one-third)
<u>Monday</u> .. Cold Meat Potato Salad Banana Custard	Use one-third
<u>Tuesday</u> .. Potato Hash French Beans Carrot Strips Rhubarb and Junket	Use one-third
<u>Wednesday</u> Scalloped Veal Grilled Tomatoes Green Peas Mashed Potatoes Pineapple	$\frac{3}{4}$ lb. Veal Fillet (Use half)
<u>Thursday</u> .. Cold Meat Cauliflower Salad Banana Jelly	Use other half
<u>Friday</u> .. Stewed Mutton with Vegetables (Onion, Carrots and Potatoes) Plain Green Salad Steamed Caramel Custard	$\frac{1}{2}$ lb. Mutton Chops (Use half)
<u>Saturday</u> .. Curried Mutton (or as above) with Barley or Wheat Cauliflower French Beans Apple Snow	Use other half

ONE



SECOND WEEK :

MENU	WHAT TO BUY
<u>Sunday</u> .. Grilled Lamb Chops Mashed Potatoes and Parsnips Green Peas Pineapple and Mint	$\frac{1}{2}$ lb. Loin or Leg Chops
<u>Monday</u> .. Baked Meat Loaf Baked Jacket Potatoes Baked Parsnips French Beans Baked Fruit Sponge	$\frac{3}{4}$ lb. Blade Steak
<u>Tuesday</u> .. Cold Meat Loaf Potato, Radish and Pea Salad Spanish Cream with Passionfruit	
<u>Wednesday</u> Casserole Mutton Chops with Vegetables (Potatoes, Onions, Carrots) Plain Salad (Greens) Baked Apples	$\frac{1}{2}$ lb. Mutton Leg Chops (Use half)
<u>Thursday</u> .. Meat Pie (Scone top) Cabbage Baked Tomatoes Spanish Cream with Banana Sauce	Use half Casserole
<u>Friday</u> .. Grilled Chops Mashed Potatoes Cabbage and Carrot Salad Creamy Cereal Pudding	$\frac{1}{2}$ lb. Loin Chops (Use 1)
<u>Saturday</u> .. Cold Chop Potato and Eschalot Salad Coffee Junket	Use 1

Hot weather may force you to change your buying plans—
if you have no refrigeration or ice chest. Alter the order of menus
in the best way to suit your convenience.

RECIPES TO "MEET"



1. Baked Spanish Steak :

Steak 1 lb.
Onions, sliced 2
Tomato, sliced ½ lb.
or



Tomatoes, preserved 1 cup
Dripping 1 tablespoon
Salt 1 teaspoon
Pepper ¼ teaspoon
Cheese, grated 1 cup



METHOD: Trim fat from meat. Heat dripping in a baking pan and brown meat. Spread onions and tomatoes over the meat, seasoning each layer. Cover and bake in a slow oven (325°F.) for 1½ hours or till meat is tender. Just before serving, sprinkle cheese over the top, serve with parsley. 4 servings.
Note:—1-1½ lbs. sliced potatoes may be cooked with the meat also. The cheese may be omitted.



2. Spiced Beef :

Brisket or thin flank (fresh and boned)



For every pound of meat use the following:

Sugar 1 teaspoon
Mustard, mixed 1 teaspoon
Bay Leaves 2
Cloves 4



(Or seasoning to taste)

Salt 1 teaspoon
Vinegar 2 tablespoons
Peppercorns ½ teaspoon
Onion 1
Carrot 1
Parsley small bunch



METHOD: Mix sugar, mustard, vinegar and salt together and rub over meat with the back of a wooden spoon. Place

meat in a dish with bay leaves, cloves and peppercorns—leave for 12 hours. Turn occasionally. Place meat with juices, herbs, etc., sliced carrots, onion and parsley in a saucepan. Just cover with water and simmer for 2-3 hours. Serve hot with liquid thickened as gravy or cold with liquid thickened and served as cold sauce. If the oven is in use, cook the meat in a casserole—2½-3 hours in a slow oven (325°F.).

3. Scalloped Veal :

Veal Steak (leg or fillet), cut ½ inch thick ½ lb.

Egg 1

Breadcrumbs, dried and sifted

Lemon Slices

Water 2 tablespoons

Salt ¼ teaspoon

Pepper shake

METHOD: Trim veal steak, beat with a rolling pin till the meat is ¼ inch in thickness. Beat egg slightly, add water and seasoning. Dip meat, roll in breadcrumbs and cook in hot, deep fat (temperature of fat 375°F., or the temperature at which an inch cube of bread takes 60 secs. to brown) 4-6 minutes. Serve with parsley and lemon slices.

4. Lancashire Hot Pot :

Meat, neck chops (or other Mutton cut) 1 lb.

Carrots 2 medium

Onion 1

Flour 1 level tablespoon

Salt 1 teaspoon

Potatoes, sliced 1-1½ lbs.

Milk 2 cups

Dripping 1 dessertspoon

Pepper ¼ teaspoon

METHOD: Trim and cut meat into small portions, reserving any bones for

THE RATION



the stock pot. Place meat in a casserole. Add sliced onion, carrot, seasonings; add half of the potatoes. Place dripping on top of potatoes. Place lid on casserole and bake in moderate oven (350°F.) for half-an-hour. Remove casserole from oven, blend flour with a little water, add the milk and pour into casserole. Add remainder of potatoes, seasoning to taste and cook for 1 hour in a moderate oven (350°F.). Remove lid to brown potatoes during the last twenty minutes. Serve garn-

ished with parsley. Four servings.

Note:—Stock or vegetable broth may be used in place of milk.

Ways and means of making a small quantity of meat go further are useful to know. On some occasions there may be guests to cater for or meat dishes to spread over two meals in the day.

TRY MEAT LOAVES, PATTIES AND MINCES.

Use minced, medium fat meat and season it well, add chopped parsley or herbs from the garden for variety in flavour. Add up to equal quantities of fresh *breadcrumbs*, cooked cereal (barley, wheat, macaroni, coarse oatmeal), mould into rissoles or patties to grill or cook in a frying pan (no extra fat) or into loaves to bake. Use a slow oven (325°F.) for ¾-1 hour. Serve hot. Treat the loaf like a joint and make gravy or serve with tomato sauce.

5. Baked Meat Loaf :

Steak (or other meat), minced ½ lb.

Parsley, chopped, 1 dessertspoon

Pepper shake

Onion grated 1 teaspoon

Salt ½ teaspoon

Breadcrumbs (soft) 1 cup

Egg or milk to mix.

METHOD: Combine ingredients. Mould into a loaf, place in a greased baking dish, cover with greased paper and bake in a slow oven (325°F.) for 1 hour. Serve hot with gravy or tomato sauce or slice when cold and serve with salads. Four servings.

If the egg is omitted, the loaf is easier to carve, if it is baked in a loaf tin.

6. Vegetable Meat Loaf :

Rolled oats or flaked barley ½ cup

Water, boiling 1 cup

Salt 2 level teaspoons

Onion, chopped 1 small

Green vegetables cooked and

Measure Accurately

Accuracy in weighing or measuring is essential.

All measurements are level—Spoons are filled then levelled off with the back of a knife.

One cup—one eight-ounce cup—(A breakfast cup holds approximately 8 ounces of liquid.)

Equivalent measures :

3 teaspoons = 1 tablespoon

2½ cups .. = 1 pint

2 pints .. = 1 quart

1 tablespoon

sugar or fat = ½ oz.

1 tablespoon

sifted flour = ½ oz.

1 cup sifted

flour .. = 4 ozs.

1 cup sugar

or fat .. = 8 ozs.



No recipes are listed for well-known dishes. These recipes are for the lesser known dishes listed in the menus on pages 4, 5, 6, 7, 8, 9.

RECIPES

chopped 2 cups
Minced meat 1½-2 cups
(¾ to 1 lb.)

Dripping 1 tablespoon

METHOD: Add the rolled oats or flaked barley to the boiling, salted water. Stir and boil for 3 minutes. Heat the dripping and cook the onion in it till lightly brown. Add other ingredients and mix thoroughly. Form into a loaf in a greased pan or turn into a greased loaf tin. Bake in a slow to moderate oven (340°F.) for one hour. Lay bacon rinds over the surface or baste with a little stock and melted dripping at intervals to prevent the surface becoming too dry.

When baked serve with gravy or vegetable sauce. Use this recipe thus for 4 people—1/3 hot, 1/3 cold, 1/3 as Mince Surprise.

7. Mince Slices :

Minced meat ½ lb.
Potatoes, cooked and mashed ½ cup
Breadcrumbs, dry and fine, 1 cup
Parsley, chopped, 1 dessertspoon
Salt 1 teaspoon
Pepper ¼ teaspoon
Dripping.

METHOD: Combine ingredients, roll out on floured board into an oblong ¼ inch thick. Cut into slices and fry in a very little hot fat or grill 5-7 minutes. Serve with onion sauce or gravy.

8. Scalloped Hamburger and Potato :

Onion, chopped 1 medium
Meat, minced ½ lb.
Salt 1 teaspoon
Potatoes, thinly sliced, 1½-2 lbs.
Dripping 1 tablespoon
Flour 1 tablespoon
Pepper ¼ teaspoon
Brown gravy 2 cups

METHOD: Heat dripping, fry onion till lightly brown. Add meat mixed with flour and seasonings, and cook

gently till just brown. In a greased baking dish, place alternate layers of potatoes and meat mixture with a potato layer on top. Pour gravy over this. Bake in a moderate oven (350°F.) for 1 hour or until tender. *Six servings.*

9. Baked Apples stuffed with Sausage Meat or Minced Meat :

Apples 6 large
Breadcrumbs, soft ½ cup
Parsley, chopped, 1 dessertspoon
Dripping 1 tablespoon
Salt 1 teaspoon
Minced Meat ½ lb.
Onion, chopped 1 medium
Stock or vegetable water, 1 cup
Pepper ¼ teaspoon
Flour

METHOD: Core apples then hollow tops and chop the apple scooped out. Mix meat, breadcrumbs and parsley and stuff apples; place in a baking dish. Heat the dripping in a pan and fry onions and chopped apple. When lightly brown, add the stock and cook for five minutes. Pour over the stuffed apples and bake in a moderately hot oven (375°F.) for ¾-1 hour, or until apples are tender; add more stock if necessary and thicken slightly with flour before pouring over the apples. Serve with mashed potatoes and cooked green vegetables. *Six servings.*

10. Beef Patties :

Steak (chuck, blade, bolar), minced 1 lb.
Pepper ¼ teaspoon
Parsley, chopped, 1 tablespoon
Salt 1 teaspoon
Breadcrumbs, soft 1 cup
Onion, grated 1 teaspoon (if desired).

METHOD: Combine ingredients, mould lightly on a slightly floured board. Cook by one of the following methods:
1. Under griller: Heat grill, cook for 2 minutes on each side then

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reduce heat and cook 8-10 minutes for a medium patty.

2. In heated frying pan; no additional fat added; cook on each side for 1½-2 minutes at high temperature, then reduce heat and cook 8-10 minutes.

3. Baked: Heat oven (400°F.). Reduce heat to moderate (350°F.) after first 5 minutes. Time: 15-20 minutes. Makes 8 medium patties 1-1½ inches thick. Any minced meat may be used. If very lean, the addition of a little finely chopped suet greatly improves the texture of the patty.

11. Savoury Mince and Dumplings :

Minced Meat ½ lb.
Salt ½ teaspoon
Onion, chopped 1 medium
Stock
Flour ½ tablespoon
Pepper *snipe*
Mixed Herbs ½ teaspoon

METHOD: Combine meat, seasonings, onion and flour and brown in a heated saucepan. Stir to prevent the meat forming lumps. Add stock to almost cover and simmer this for ten minutes; add dumplings. Simmer for half-an-hour and serve with parsley to garnish. *Two servings.*

Dumplings :

Flour 1 cup (4 ozs.)
Baking Powder, 2 level teaspoons
Salt ¼ teaspoon
Dripping 1 tablespoon

or
Crackling, chopped ¼ cup

METHOD: Rub or cut dripping into sifted dry ingredients. If crackling (left after rendering suet in a slow oven) is used, stir it into the flour mixture. Mix to a soft dough with milk, drop spoonfuls on top of mince, cover tightly and cook for ½ hour. *Four medium dumplings.*

STEWES :

On top of stove or baked in a casserole. Add liberal quantity of vegetables during last hour of cooking and remember, after meat is first browned it should simmer for rest of time till meat is tender. Oven not more than slow heat or 325°-350°F.

12. Savoury Casserole :

Tomatoes, stewed 2 cups
Mustard, prepared ½ teaspoon
Salt 1½ teaspoons
Pepper ¼ teaspoon
Apples, large 6
Potatoes 1 lb.
Sugar 3 teaspoons
Sausage Meat ½ lb.

METHOD: Add mustard and seasonings to the stewed tomatoes which may be strained to remove seeds and skins. Peel and slice the potatoes very thinly and place in a greased casserole in layers with the tomatoes. Core the apples, place ½ teaspoonful sugar in each and stuff liberally with the sausage meat. Cover and bake in a moderate oven (350°F.) for 45 minutes. Remove the cover and bake for 15 minutes longer to make the sausage crisp and the apples tender. *Six servings.*

13. Sausage and Apple Savoury :

Apples 1 lb.
Potatoes 1 lb.
Onions ½ lb.
Sausage Meat ½-1 lb.
Tomatoes ½ lb.
Salt 1½ teaspoons
Pepper ¼ teaspoon
Dripping 2 tablespoons

METHOD: Peel and slice thinly the apples, potatoes, onions and tomatoes. Heat the dripping and lightly brown the onions. Place alternate layers of potatoes, onions, apples and sausage meat in a greased casserole, sprinkling seasoning between layers. Place the tomatoes on top and bake in a moderate

RECIPES

oven (350°F.) for 1 hour. Remove the lid and bake 15 minutes longer. Serve with a sprinkling of chopped parsley. *Six servings.*

Note:—Tomatoes may be omitted or when apples are out of season use tomatoes or preserved tomatoes alone.

MEAT SAUCE:

Browned minced meat, seasoned with onions and tomatoes and simmered with water to cover till tender, is used as a sauce to pour over cooked cereals, like macaroni, spaghetti, barley or wheat, and also over potatoes.

14. Italian Spaghetti with Meat Sauce:

Spaghetti 4 ozs.
Onion, sliced 1 large
Tomatoes 1 lb.
Salt 1 teaspoon
Stock 1/2 cup
Dripping 1 tablespoon
Steak, minced 1/2 to 3/4 lb.
Pepper 1/8 teaspoon
Cheese, grated 1 cup

METHOD: Cook the spaghetti, leaving it in long strips. Fry the onion in the heated dripping till lightly brown, add sliced tomatoes, minced steak and seasoning. Simmer 25 minutes. Add cheese and spaghetti, heat thoroughly and serve with grated cheese.

Note:—Left-over minced meat may be used but should not be added till the vegetables are cooked.

MEAT GRILLED ON TOAST:

Toast one side of the bread, spread other side lightly with dripping, season, cover with minced raw meat. Grill.

SOUPS AND CHOWDERS:

Add cereals to broths made from meat trimmings—also vegetables—if it's very thick it's a chowder.

Remember the favourite Scotch Broth has meat trimmings left in it and has all the vegetables from the garden.

STUFFINGS:

Made from crusts softened in hot water or from breadcrumbs with seasonings

and herbs. Spread over breast of mutton and lamb before rolling or used to fill the cavity after the bone is removed from shoulder, or pushed into a steak pocket, the meat goes further and tastes better.

MEAT PIES:

Use pastry or scone dough (small scones) mashed potatoes, barley or other cooked cereal as the topping for a stew. Bake quickly after the top is on the meat.

15. Sausage Pie:

Minced meat or sausage meat 1 lb.
Onion 1/2 lb.
Apples 2
Breadcrumbs, soft 1/2 cup
Short Pastry:
Flour 12 ozs.
Fat 6 ozs.
Salt 1/2 teaspoon
Water to mix.

METHOD: Grate or mince the apples and onions and mix with the sausage meat and breadcrumbs. Line a 9-inch pie plate with short pastry, spread mixture over and cover with pastry. Bake in a hot oven (425°F.) for 15 minutes then reduce the heat to moderate temperature (350°F.) and bake for 1 hour. Serve with parsley sauce or with gravy. *Six servings.*

MEAT AND BEANS:

Combine minced meat with almost cooked dried beans, add seasonings and simmer till tender. For the Mexican favourite, Chilli Con Carne, Chilli powder (if available) is added—it's "Hot," but good.

16. Potato Hash:

Meat, cooked, minced or diced, 1/2 cup
Salt 1/2 teaspoon
Parsley, chopped, 1 dessertspoon
Onion, chopped or grated (if desired) 1 tablespoon
Potatoes, mashed 1 cup

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Pepper shake
Dripping 1 tablespoon

METHOD: Heat the dripping, spread seasoned potatoes and onion over pan, add the meat, then more potato. Cook till potato browns, turn to brown other side, serve with parsley.

17. Sausage and Bean Pie:

Minced meat or sausage meat 1 lb.
Haricot beans or peas, cooked 1/2 lb.
Vegetables, cooked 1 lb.
Brown sauce or gravy 1 cup
Salt
Pepper.
Pastry:
Flour 4 ozs.
Dripping 2 ozs.
Salt 1/2 teaspoon
Water to mix.

METHOD: Place meat with chopped vegetables and beans or peas in a pie dish. Add sauce and season well. Make pastry by cutting or rubbing fat into sifted flour and salt and mixing to a stiff dough with cold water. Roll out and cover pie. Bake in a hot oven (425°F.) for 1 hour, then reduce the heat to moderate (350°F.) and bake 1 hour longer. *Six servings.*

Note:—Split peas or other dried peas may be used instead of beans.

18. Stuffed Vegetables:

Combine minced left-over meat or grated cheese with cooked cereals, breadcrumbs or mashed potatoes. Add grated onion, chopped parsley or mixed herbs to flavour. Season with salt and pepper and use as a stuffing for any of the following:
Marrow, egg fruit, tomatoes, potatoes (baked in jackets and hollowed out).
Cook as follows:

MARROW: Cut in halves lengthwise, remove seeds and fill; cover with greased paper and bake in a pan containing a small quantity of heated dripping 1-1 1/2 hours in a moderate oven (350 deg. F.). Remove paper dur-

ing last 15 minutes to brown surface. Serve with vegetables, parsley sauce or gravy.

EGG FRUIT: Proceed as for Marrow, bake 1/2 to 1 hour.

TOMATOES; POTATOES: RED or GREEN CAPSICUMS (sweet chillies). Bake 15-20 minutes in hot oven (400 deg. F.).

19. Turkish Pilau:

Pearl barley or polished wheat 8 ozs.
Onions, minced 1 medium
Pepper shake
Tomatoes, or Puree 1/2 lb.
Minced, cooked meat 1 1/2 cups
Salt 1/2 teaspoon
Celery, chopped 2 ozs.

Dripping 1 tablespoon

METHOD: Brown onion and celery in heated dripping, add tomato, and cook slowly till tender. Cook barley in boiling, salted water, drain and add to browned vegetables. Add meat, seasonings and heat thoroughly before serving. Serve with parsley. *Six servings.*

20. Savoury Cabbage or Lettuce Rolls:

Meat, cooked and minced, 1 cup
Onions, finely chopped, 2 med.
Dripping 1 tablespoon
Curry Powder 2 teaspoons
Salt 1 teaspoon
Lettuce or Cabbage Leaves
Meat or vegetable stock
Cereal, cooked 3 cups
(Barley, wheat or oatmeal).

METHOD: Heat dripping and lightly fry onions, combine with cooked cereal, meat, curry and salt. Dip leaves in boiling water to wilt them and spread mixture over. Form into rolls. Stew in small quantity of stock in covered pan 15-20 minutes. Serve with sauce of thickened stock. Good method for using coarse outside leaves of lettuce.

COUPON SCALE FOR MEAT

	GROUP "A" ¾ lb. per coupon	GROUP "B" 1 lb. per coupon	GROUP "C" 1½ lbs. per coupon	GROUP "D" 2 lbs. per coupon
BEEF ..	Fillet Steak Rump Steak Topside Silverside	Sirloin (bone in) Prime Ribs (bone in) Thick Flank	Back Ribs (boned) Blade Bolar Chuck	Brisket (boned) Gravy Beef Minced Meat
VEAL ..	Fillet (boned) Cutlets	Loin (bone in) Loin Chops	Forequarter (boned)	Knuckle
MUTTON ..	—	Leg Chump Chops Loin Chops Loin	—	Forequarter Forequarter Chops Shoulder Best end of Neck Breast Shank
LAMB ..	—	Leg Chump Chops Loin Chops Loin	Forequarter Shoulder Forequarter Chops Best end of Neck Breast	—
PORK ..	Leg Fillet	Loin (best end) Belly	Hand Loin (Fore)	—

N.B.: Some meats sold retail are couponed under the name of the cut to which they belong; e.g., porterhouse steak and T-bone steak both being sirloin.

NON-COUPONED MEATS :

Sausages, Sausage Meat, Tripe, Liver, Tongues, Brains, Kidneys, Hearts, Sweetbreads, Ox Tails, Ox Heels, Ox Cheek, Cow Heels, Calves' Heads, Calves' Feet, Sheep's Heads, Sheep's Trotters, Pigs' Heads, Pigs' Feet, Pigs' Hocks.

No Meat Coupons are required to purchase non-couponed meats or the following goods:—Poultry, Rabbits, Bacon, Ham and Canned Meat, Cooked Meat, and all Small-goods, including Frankfurts, Sausages, Potted Meats, Ham Loaf and similar goods.

HOW THEY FARE ELSEWHERE.

BRITAIN - 1/2 worth (average less than 1 lb.) a week.
U.S.A. - 2 lbs. a week (approx.).
CANADA - 1 lb. to 2½ lbs. a week (including Bacon).
RUSSIA - 1 lb. 2 ounces a week—workers in heavy trades get this ration; rest of people get less.

MEAT RATIONING COUPON CHANGE CHART

You need not buy meat of the Group or Class specified on the face of your Coupon Change Docket. You may buy meat of any other Group up to the weight set out on the same line as the amount on the face of your docket. Always take the highest amount, e.g., if you are entitled to 7 ozs. of Group "B" meat, you may buy instead 5 ozs. of Group "A" meat, or 11 ozs. of Group "C" meat, or 14 ozs. of "D" meat.

GROUP "A"	GROUP "B"	GROUP "C"	GROUP "D"
11 ozs. equals	15 ozs. equals	23 ozs. equals	31 ozs.
11	15	23	30
11	15	22	29
11	14	21	28
10	14	20	27
10	13	20	26
9	13	19	25
9	12	18	24
9	12	17	23
8	11	17	22
8	11	16	21
8	10	15	20
7	10	14	19
7	9	14	18
6	9	13	17
6	8	12	16
6	8	11	15
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4	5	8	10
3	5	7	9
3	4	6	8
3	4	5	7
2	3	5	6
2	3	4	5
2	2	3	4
1	2	2	3
1	1	2	2
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MEATY HINTS

PLAN MEALS AHEAD so that the meat is distributed over the week. This is simple if you plan for seven days instead of making your decision when entering the butcher's shop.

STUDY THE MEAT CHARTS IN THIS BOOKLET and find out what meats are available in your market. There are some you have never used before—find out about them and use them. Your butcher will help you, too, if you ask his advice. Don't complain because you can no longer buy the cut you want—all meat has practically the same food value.

STORE MEAT CAREFULLY after you buy it, remove all wrappings from fresh meat, wipe it with a damp clean cloth, cover loosely with greaseproof paper, and store in the coldest place until you cook it. Chopped or minced meat should be used not later than the day after it is purchased.

KNOW HOW TO COOK MEAT: Cook joints and roasts at low temperatures without fat or water, allowing 30-35 minutes to each pound. High temperatures and prolonged cooking periods make the meat shrink—thus a wasteful method of treating it.

Cook less tender cuts long and slowly (stew or braise) in covered saucepans or casseroles with a little water, till just tender. The addition of a small quantity of lemon or tomato juice or vinegar, helps to make tough meats tender. Mincing, too, is another method of dealing with tough cuts—then if the minced meat is used for patties and hamburgers the meat may be treated as tender meat and quickly cooked by grilling, baking or pan-grilling ("dry" frying). If time is a problem, partially cook to-morrow's stew or boiled meat while cooking to-day's dinner. Use a hay box for stews and braised meats, thus saving fuel.

USE EVERY SCRAP OF MEAT: Save all available trimmings for stews, hash, or for mincing, all fat for cooking and bones for soup. Do not allow any plate waste in your family. Look to your cooking—if the meat dish is perfectly cooked and well seasoned, there will not be a vestige left on the plates.

MAKE MEAT GO FURTHER by combining it with other foods—vegetables, breadcrumbs, potatoes, cereals; use stuffings and seasonings in roasts, braised meat or chops, and make the meat go twice as far.

BE THRIFTY WITH ANY LEFT-OVER MEAT, GRAVY OR DRIPPING: There are many ways of using them.

LEARN ALL YOU CAN ABOUT MEAT—Read newspapers, magazines; listen to radio programmes; attend lectures on cooking and nutrition; send for any pamphlets available; talk with your friends.

BE ADVENTUROUS WITH MEAT: Don't be afraid to try new meat dishes—put variety into the seasonings you use to give a new turn to the simplest meat dish.

VARY THE TEXTURE OF YOUR MEAT MEALS: If you serve mince or stews have something crisp in addition—Melba Toast, Fairy Bread, Toast, Pastry, Crisp Vegetables, for these provide variety in texture.

Make yourself familiar with the price you should pay for Meat. Check the PRICE with the list which MUST be exhibited in each shop.



BE ADVENTUROUS WITH

SEE CHART INSIDE

Cheaper cuts you may not know—and many ways of using them. Here are some examples:

FLAP OF LAMB OR MUTTON: Bone, stuff and roll to braise, or pot roast. Spice or pickle it and simmer to serve hot, or press the meat to serve cold. For a stew or braised meat, partly cook the day before and remove any fat from the surface of the liquid before completing the dish. This meat is very well flavoured.

BREAST OF LAMB OR MUTTON: Bone, stuff and roll to roast or braise. Cut into small pieces, remove surplus fat and stew, or use for pies or casserole dishes. Corn or pickle, simmer and press for cold meat.

NECK OF LAMB OR MUTTON, BEST END:

1. Simmer with vegetables and serve with parsley or onion sauce.
2. Serve some of the chops cold alone, or with a cold sauce such as tomato or parsley sauce used as a mask.
3. Divide the joint into chops—trim, and prepare casseroles or stews. Vary the vegetables and other ingredients as follows:



American Stew has onions, turnips and carrot.

Pilau has tomato juice as liquid and any suitable rice substitute.



Fricassee of Cutlets: Flavour sauce with mint and serve with green peas.

Dutch Stew: Braise chops on a bed of diced potatoes and shredded cabbage.



Lamb or Mutton Shanks: Soup, or simmer and serve with parsley or onion sauce.

Sheep's Head: Simmer and serve with parsley or onion sauce, use for potted meat, meat pies or soups.



BEEF: When available, use the cheaper cuts thus:

Skirt Steak: Rich, well flavoured meat—excellent for pies, beef olives or for frying.

Chuck Steak: Stew, braise, or mince.

Shin or Leg: Soups, potted meats, stews, brawn.

CHEAPER CUTS

BACK PAGE

Thick Flank: Larger cuts—pot roast. Steak—stew or pan grill.

Thin Flank: Stuff, roll and braise. Pickled or Spiced—simmer.

Brisket: Fresh—simmer; pickled or spiced—simmer.

Ox Cheek: Rich, well-flavoured—simmer and press, stew or braise.

Ox Heart: Requires long, slow cooking. Stuff, braise, or pot roast.

Ox Tail: Braise with vegetables, 2 lbs. weight serves 6.

VEAL:

Veal Knuckle: Soups, stews, potted meat.

Boned Breast: Simmer for galantine or potted meat; stews or pies; stuff and roll—braise or pot roast.

Shoulder: Braise or roast.

Neck: Stews.

Calf's Head: Soup, stew or simmer and serve with sauce.

Calf's Heart: See ox heart.

LIVER: Grill, fry, stew, casserole, braise with vegetables and apple slices. Mince and use for patties or meat loaf.

TRIBE: Fricassee with onions, fry in batter, curry or cook with tomato and herbs.

BRAINS AND SWEETBREADS: Fricassee, coat with egg and crumbs and fry.

KIDNEYS: Grill, stew, bake, add to other meat for pies, stews, etc.

TONGUES: Simmer and serve with sauce or press.



Suggestions for THE



Ice Chest or Refrigerator

potatoes and other vegetables (dinner, Friday).

3. Cook the remaining chops (approx. 6) with vegetables in a stew or casserole (dinner, Saturday).
4. Prepare rissoles, using left-over cold meat from pressed shoulder. Serve soup prepared from bones and stock remaining from (1) (dinner, Monday).

LEG OF LAMB (4½ lbs., with bone weighing approx. ½ lb.), simmered, provides 4 servings hot (2 medium slices per serving), 4 servings cold, 4 servings of made up dish. When baked or roasted the same joint shows more shrinkage, hence the servings are

Purchase on Friday 5½-6 lbs. forequarter of lamb to prepare four meat meals for 4 adults:

Divide as follows—

1. Raise shoulder and separate it from neck and breast. Cook this joint by simmering in boiling, salted water, till tender (about 1½ hours); bone and press meat. Serve cold with salads (main meal, Sunday).
2. Cut four chops from the rib end. Trim and prepare as cutlets. Dip in egg and crumbs, fry and serve with mashed

FAMILY JOINT



Storage Space Necessary

smaller. This represents half of the weekly meat ration for a family of four adults.

LEG OF MUTTON (6-7 lbs., with bone weighing approx. ¾ lb.): Divide to provide two joints and leg chop (from leg end of fillet). Use as follows: Fillet or chump end—stuff and roast, serve hot and cold. Shank end—boil and serve hot. Leg chop—braise stew or curry.

Alternative method of using: 6 servings hot, 6 cold and 6 made up dish.

A joint weighing more than 4½ lbs. is more suitable for a family of six.

FILLET OR SHOULDER OF VEAL (2¼-2½ lbs.,

without bone). When stuffed and roasted provides the following servings: 2 hot, 2 cold and 4 from a made up dish.

SIRLOIN BEEF (4-5 lbs.). First cut next to rump. Remove "tail" portion, mince and prepare a meat loaf (stretch with breadcrumbs). Remove fillet and slice for grilling. Roast "upper" cut on the bone. This joint provides the following servings: 3 grills; 3 hot roast meat; 3 hot meat loaf; 3 cold meat loaf; 3 from a made up dish using cold roast beef. (Refrigeration is necessary).

Meals IN A JIFFY



WHAT TO BUY IF YOU HAVE LITTLE TIME TO COOK . .

1. Grilling meat—steaks, chops, etc.
2. Frying meat—blade steak, veal steak, leg chops.
3. Minced meat (not sausage meat) which after seasoning may be treated as the tenderest cuts, and—
 - (a) grilled or pan-grilled (cooked in heated, dry, frying pan);
 - (b) seasoned and spread on bread toasted on underside—cook under grill for 2-3 minutes.
4. Off the ration goods, such as:
 - (a) Sausages or sausage meat, liver, kidney, which may be grilled or fried.
 - (b) Brains, Sweetbreads, to steam and cream.
 - (c) Fish—steamed, grilled, or fried.



Reheated MEATS



Reheated meat is not to be despised as a food—it loses no food value, but, if overheated, proteins are toughened, thus rendering the meat more difficult to digest. The secret of success lies in the wise choice of recipe and in correct treatment of the already cooked meat.

Remember that, as the meat is already cooked, it requires reheating only. Therefore, any vegetables, cereals, sauces, etc., should be thoroughly cooked before adding the meat, which should then be added and quickly heated through. Cutting into small dice or mincing left-over meat reduces the heating period.

A protective coat, such as pastry, cereal, potato, batter, prevents overheating of the meat.

Extra seasoning and flavouring materials are an improvement: onion juice, herbs, chutney, tomato sauce, Worcestershire sauce, any of these add more flavour to the made-up meat dish.

Suggestions for Using Cooked Meat

(The numbers after the suggestions refer to recipes.)

Cottage or Shepherd's Pie.
Meat Surprise (Minced seasoned meat steamed in bowl lined and topped with mashed potatoes or cooked cereal).
Pies (15 and 17), Rolls and Cornish Pasties.
Curry or Devilled Sauces.
Meat Croquettes and Rissoles (fried or baked).
Meat Fritters.
Meat Hash (16) or Bubble and Squeak.
Jellied Meat Loaves.
Potted Meats or Brawn.
Meat Sauce to serve with Macaroni, Spaghetti or Diced Potatoes.
Salads—diced meat with potatoes and other vegetables and served with lettuce or other salad greens.
Cereal Savouries (19).
Stuffings for Vegetables (18 and 20).

TABLE

"I don't understand," said Murgatroyd, "how the experts think a hard-working man can manage on $2\frac{1}{4}$ lbs. of meat per week."

"Ah," said the professor, "it is obvious that you are confusing your terms."

"What I mean is how can a man who is doing hard physical work obtain enough energy to do this work from $2\frac{1}{4}$ lbs. of meat."

"Just as I thought," said the professor. "You should know that meat is not needed to provide energy."

"Well, I always thought it was," said Murgatroyd

"No, energy is provided by such foods as bread and potatoes—they are the energy foods. Meat, fish, eggs and cheese, each of which contains a lot of protein, actually have an altogether different job to do in the body. We eat these foods because they contain those substances which are essential for body-building and for the repair of waste tissues."

"But doesn't that mean that the bigger the body the more protein it needs?" said Murgatroyd.

"Not exactly, because the bodies of children are growing rapidly, and weight for weight their needs are greater than those of adults."

"Now I see why the experts recommended that children from 9 years of age onward should be given the same meat ration as an adult."

TALK

"Right!"

"What about the need of the hard - working man for extra protein to repair the extra tissue

waste brought about by hard work," said Murgatroyd.

"Well," said the professor, "the rate of tissue waste seems to be very constant for any one person, irrespective of the amount of work done. The experience in England has proved very valuable. As you know, the meat ration there is $1/2d.$ worth of meat per week, which means an average of less than 1 lb."

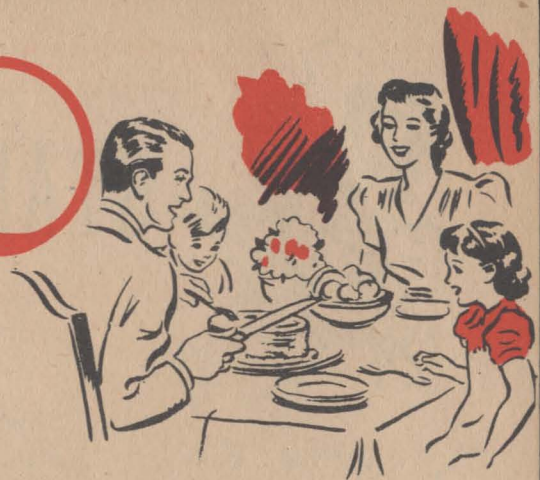
"Ah," said Murgatroyd, "but some workers can get one and sometimes two meals a day from the canteen near their place of work."

"That is true, but even this additional meat means that the total meat available to the hard-working man in England is much less than the average Australian ration."

"And the rate of munitions production in England for the past 4 years is claimed to be the highest per person employed of any country in the world."

"Yes, they certainly have delivered the goods."

"I see," said Murgatroyd, "for energy you eat foods like bread and potatoes—the harder you work the more of these you eat."





START THE

THOSE

dripping and served on toast or fried bread.

Liver, Kidney, Meat—off the ration.

FADGE:

Potatoes, mashed 2 cups
Salt $\frac{1}{2}$ teaspoon
Flour.

METHOD: Combine mashed, cooled potatoes, salt and sufficient flour to make a soft dough. Knead on a floured board for 5 minutes. Roll out $\frac{1}{4}$ inch thick. Cut in wedge-shaped pieces. Cook on a hot plate, turn to brown both sides or bake in a hot oven (400° F.) till brown, about 15-20 minutes. Serve with gravy or vegetable sauce for breakfast or lunch.

POTATO PANCAKE:

Potatoes, cooked and mashed 1 lb.

INSTEAD of chops or steak for breakfast, or if you find it difficult to obtain fish or some of your usual breakfast dishes, try the following:—

Girdle Cakes with honey or golden syrup (use a pikelet recipe—omit sugar and use some wheatmeal flour).

Potato or Pumpkin Cakes—baked or fried.

Yorkshire pudding with gravy and bacon (when available).

French Toast.

Apples, bananas or tomatoes fried in bacon fat or

DAY RIGHT

BREAKFASTS

Sausage meat or mince 4 ozs.
Mixed Herbs $\frac{1}{2}$ teaspoon
Mint and Parsley, chopped, 1 dessertspoon
Salt 2 teaspoons
Pepper $\frac{1}{2}$ teaspoon
Dripping 1 level tablespoon
Milk to mix.

METHOD: Mash potato and sausage meat, add seasonings and sufficient milk to make a soft mixture. Heat dripping and spread potato mixture to cover bottom of pan. Fry till golden brown and crisp. Fold and serve.

FRENCH TOAST:

Egg 1
Milk 1 cup
Bread 4-6 slices
Salt $\frac{1}{2}$ teaspoon
Pepper shake
Dripping or Bacon Fat.

METHOD: Beat egg slightly and combine with milk and seasonings. Heat fat, sufficient to just cover surface of the pan.



Brown on both sides and serve with bacon, if available.

POTATO OR PUMPKIN CAKES:

Mashed Potatoes or Pumpkin, 3 cups
Egg, slightly beaten 1
Chopped Parsley, 1 tablespoon
Flour
Dripping $\frac{1}{2}$ tablespoon
Salt 1 teaspoon
Pepper shake

METHOD: Combine ingredients, flour board slightly and mould mixture into cakes. Brown on both sides in small quantity of hot fat or bake in a hot oven (400° F.) till brown. Serve with gravy or parsley sauce. (Six servings.)

Note:—Egg may be omitted if cakes are baked.

LUNCH HINTS



WHEN planning the lunch to be served at home make substantial soups with liberal amounts of cereal and vegetables, or hot savouries for cold days—these may be prepared ahead and heated at lunch time—and have large salads of raw or cooked vegetables for warmer days.

Some suggestions for cooler days:—

CABBAGE SOUP WITH DUMPLINGS:

Cabbage 2 lbs.
Vegetable stock 1 qrt.
Dripping 2 level tablesp.
Bacon rinds
Salt
Flour 2 level tablesp.
Pepper

Dumplings:

Flour 8 ozs. (2 cups)
Dripping 2 level tablesp.
Potato, grated ½ cup
Salt ½ teasp.
Baking pdr. ½ teasp.
Mixed herbs 1 teasp.
Water to mix.

METHOD:

1. Shred cabbage finely and toss it in the fat previously heated in a saucepan. Add the chopped bacon rinds and fry for 3 mins. Add the water, simmer for 20 minutes. Thicken with flour mixed to smooth paste together.
2. Sift flour, salt and baking powder together. Cut or rub in the dripping, add potato, and herbs and mix to a soft dough with water. Form into little dumplings. Season soup, drop in dumplings. Place lid on and boil gently for 15 to 20 minutes.

VEGETARIAN LOAF:

Dried pea pulp (sieved or minced) . . . 4 cups
Cheese, grated 2 cups
Breadcrumbs 2 cups
Bacon, cooked and chopped 1 cup
Onion, grated 1 tablesp.
Parsley, chopped 2 tablesp.
Salt 1 teasp.
Pepper ½ teasp.
Milk or vegetable stock.

METHOD:—Combine ingredients, using milk and vegetable stock to moisten; place in a greased baking dish and bake in a slow moderate oven (340 F.) for half to three-quarter hour.

CHEESE & VEGETABLE SHORTCAKE:

Flour 2 cups (8 ozs.)
Dripping or bacon fat 2 tablesp.
Salt ½ teasp.
Baking powder 4 level teasp.
Milk to mix to soft dough.

METHOD:—Cut or rub fat into sifted dry ingredients; mix to soft dough with the milk. Turn on to a floured board; knead gently, roll and cut into 12 portions ¼ inch thick. Bake

on a floured tray in a very hot oven (450 F.) for 10 to 15 minutes. Split and fill with the following mixture:—

Filling:

Sauce (White or Brown) 2 cups
Cooked vegetables 2 cups
Onion, grated 1 dessertsp.
Parsley, chopped 2 tablesp.
Cheese, grated 1 cup
Salt and pepper.

METHOD:—Stir cheese into the hot sauce; add the vegetables, season and serve. Serve with fresh green vegetable or a salad.

Alternative:—Add the grated cheese to the flour and fat mixture before adding the milk when making scones. (Cheese may be omitted.)

ONION AND CHEESE PIE:

Short Pastry, using 3 cups (12 ozs.) Flour.
Onions, sliced 4 medium
Dripping 1 tablesp.

Sauce:

Milk and vegetable water 1½ cups
Dripping 3 tablesp. (level)
Flour 4 tablesp. (level)
Salt 1 teasp.
Pepper ½ teasp.
Cheese, grated 1 cup
Cayenne few grains

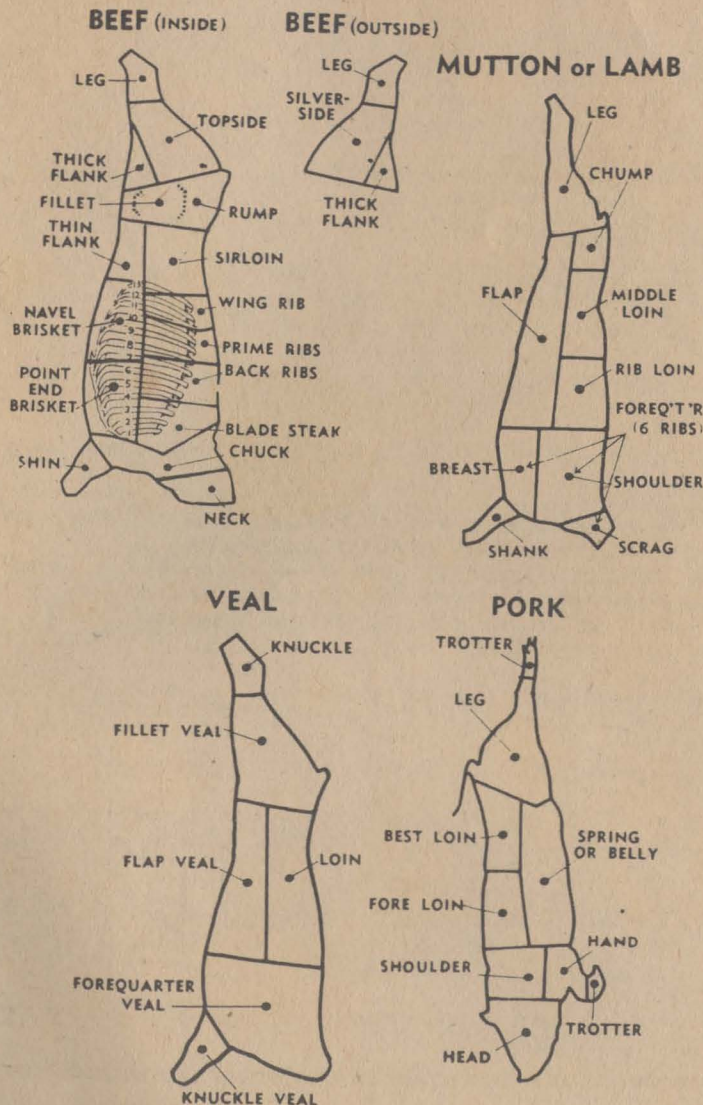
METHOD:

1. Heat the dripping and lightly fry the onions; add stock or water to just cover and cook till tender. Drain.
2. Make a sauce as follows—Melt dripping; add flour and cook till it froths. Then add gradually, while stirring, the liquid (milk and onion water). Bring to boiling point and cook for 1 minute. Add cheese, seasoning and onion. Cool.
3. Line a 9 inch tart plate with pastry; pour in filling, cover with pastry, trim and decorate. Bake pie in a very hot oven (425 F.) for 15 minutes. Reduce heat and cook 15-20 minutes longer.

Alternative Method:—Pour hot filling into cooked pastry shell, sprinkle grated cheese thickly over the surface and brown in hot oven (400 F.).

The cut's the thing Get to know your meat

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MEAT RATION POINTS

"G" Coupons are MEAT Coupons

Two G Coupons provide for a week's ration for each person.

Each Ration Period will be a fortnight.

Thus *four* G coupons will be available in the same ration period.

(Shopping will be easier with these four coupons in use in the same Ration Period, but do not forget that they must cover a fortnight's ration.)

Either the butcher or the customer may cut out meat coupons *in the shop*.

Always, coupons must be cut out in the sight and presence of the butcher and the customer.

IT IS ILLEGAL TO USE G COUPONS FROM THE RATION BOOK OF A CHILD UNDER NINE YEARS OF AGE ON JUNE 13, 1943, UNLESS A DIAGONAL LINE IN INK IS DRAWN THROUGH EACH G COUPON (SEE DIAGRAM) BY THE PARENT OR OTHER PERSON HAVING CUSTODY OF THE RATION BOOK.



CO-OPERATE with your butcher. Buy to your coupon value wherever possible.

Resident guests must surrender coupons for meat eaten.

Pages of Meat Coupons may be left with the person in charge of the household in the same way as with pages of butter, tea and sugar coupons.

One meat coupon will entitle you to buy from $\frac{1}{2}$ lb. to 2 lb. of meat. It is for you to plan your buying to obtain the best results. Study the coupon scale in the centre pages.

You are not obliged to buy at any one shop.

Butchers may not be able to supply the type or cut of meat you prefer—they have their difficulties—do not harass them.