

Simple Meat Recipes

Chicken Fried Steak

Cut the meat (steak) into pieces about 6 inches long and less than 1 inch thick. Pound flour into the steaks using a meat tenderizer mallet. Pound in a much flour as you can until the steaks are saturated and quite thin. Sprinkle generously with salt and pepper. Heat a little shortening, fat, or oil in a large skillet over high heat. Cook the steaks very quickly, about 2 to 3 minutes on each side, until golden brown. Make gravy by mixing a little flour in the pan grease. Serve immediately.

Southern Fried Chicken

3/8 cup flour	1/8 tsp. pepper
3 tbsp. shortening, fat, or oil	1/2 tsp. salt

Wash and dry chicken. Mix ingredients in plastic zipper bag. Shake each piece of chicken inside the bag until well coated. Brown chicken quickly in fat, shortening, or oil. Reduce heat and cover skillet. Cook slowly turning only once.

Northern Fried Chicken

Prepare as above. Add 1/2 cup water before covering skillet. Simmer slowly for 30 minutes until tender. Remove lid and let chicken fry slowly until done.

Fried Chicken Variation: 1/2 Corn Meal and 1/2 Flour

Apply a light coating. Too much will make a dry, hard crust.

Chicken Miscellaneous

Simmer gizzard and heart in water until almost tender before frying. Liver requires only a few minutes of cooking. Thick pieces of chicken take longer to cook than the smaller, thin pieces.

Chicken Broth

2 pounds chicken (back, neck, wings, etc.)	10 chicken feet	1 tsp. salt	2 quarts cold water
1 tbsp. onion powder	2 peppercorns	1 tbsp. celery or sweet herbs	

Scald chicken feet, skin and remove nails. Clean chicken and remove fat. Cut chicken into small pieces and crack the bones. Cover chicken with cold water and add a pinch of salt. Let stand 20 minutes. Drain well and removed any blood clots and any remaining fat. Add all the above ingredients and simmer 3 hours. Strain through a clean cloth. Cool quickly and skim fat from surface. Cool again. Ladle broth into plastic containers (do NOT pour). Discard the cloudy broth in the bottom of the bowl. Reheat when ready to serve.

Beef Broth

Use beef soup bones and some lean, thin, diced pieces of beef. Let bones and beef stand in cold water one hour and then follow above recipe except simmer 6 hours.

Chicken and Dumplings

2 cans of chicken	1/2 tsp. salt	1 cup butter
2 cans chicken broth	1/2 tsp. peppter	enough biscuit dough for 12 biscuits

Put everything EXCEPT the biscuit dough in a pot and bring to a boil. Add the biscuit dough to the pot by spoonfuls and then immediately turn down the heat to a simmer. Continue to simmer gently until the biscuit dough is done (taste test).

Roast Beef Hash

16 oz. can roast beef	1 tbsp. onion powder
32 oz. can potatoes	1 tbsp. olive oil

Drain the potatoes well. Grind the meat, potatoes, and onion together with hand meat grinder. Heat oil in large frying pan. Slide hash into pan without splattering. Spread hash over bottom of pan. Stir or turn with spatula until well heated. Hash makes a satisfying one-dish meal. May be served with salsa or catsup or with scrambled eggs.

Variation: Use 8 oz. of roast beef and 8 oz. of ham.

Variation: Add can of mushrooms, diced.

Shish Kabobs (Kebabs)

Long Metal Skewers	Green Pepper, Mushrooms
Meat (Beef, Vienna Sausage, Spam)	Potatoes, Tomatoes, Onion

Preparation: Boil raw potatoes. Cook raw beef. (If using canned beef or canned potatoes, they are already pre-cooked.) Alternate available items on skewer, so each item touches the ones beside it.

Cook: Heat over fire until tasty.



Pigs in a Blanket

1 can Vienna Sausage	1 tsp. baking powder	1/2 cup lard
2 cups wheat flour	1 tsp. salt	warm water

Preparation: Mix all (except sausage) to make a smooth dough. Roll dough into large flat rectangle and cut into 3" squares. Wrap each square around a Vienna Sausage. (Optional: pinch ends together.)

Cook: Preheat oven to 350°F. Place the wrapped sausages on a greased baking pan so they don't touch each other. Cover pan and back for 20 minutes or until lightly browned.

Beans and Wieners

1 can Pork & Beans	1 can Vienna Sausage
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Slice each Vienna Sausage into 6 or 7 pieces. Mix with beans and heat in a cook pot until ready to eat.

Optional: Add 1/8 cup diced onions and/or 1 tbsp. catsup.

Tuna Casserole

6.5 oz. can tuna	14 oz. box macaroni and cheese mix
3 tbsp. instant dry milk	1/2 cup water

Mix macaroni and cheese according to the box directions, but also add the tuna, and use the instant milk and water in place of the fresh milk. (Or use fresh milk, if available.) Bake at 350°F for 20 minutes.

Salmon (or Mackerel) Patties

15 oz. can salmon (or mackerel)	1/2 cup corn meal
salt and pepper	1 egg (optional)

Preparation: Mix everything in a large bowl. Form meat patties about 1/4 inch thick and 4 inches in diameter.

Cook: Fry in some oil or butter in a hot skillet until golden brown on both sides.