

## Son-of-a-Gun Stew

Made with whatever ingredients were at hand

1/4 pound salt pork, cut into slivers

1 1/2 cups beef broth or 2 bouillon

1 pound beef, cut in cubes cubes dissolved in 1 1/2 cups

1 beef heart, about 3/4 pound hot water

1 large carrot, thinly sliced 2 cloves garlic, minced

2 medium onions, thinly sliced 1 bay leaf

2 tablespoons flour

1 pair veal sweetbreads, about 1 pound

1/4 teaspoon black pepper

1 veal brain, about 1/2 pound

1 teaspoon salt

1 1/2 cups tomato juice

(continued)

## Son-of-a-Gun Stew – continued

In Dutch oven, lightly brown salt pork; remove and set aside. Heat fat until hot; add beef, brown quickly. Wash heart, remove membrane and excess fat; cube and add to beef. Add carrot, onions; sprinkle with mixture of flour, salt, and pepper. Toss with meat and vegetables, letting flour brown lightly. Pour over tomato juice and beef broth; add garlic, bay leaf. Cover, bring to boil. Reduce heat. Simmer 2 hours. Simmer sweetbreads in boiling salted water 35 minutes; drain and slip off thin membrane under water. Remove connective tissue; cube.

Soak brains in salted water 15 minutes and cut up. Check beef in Dutch oven, skim excess fat. Reduce heat; add sweetbreads, brains. Heat thoroughly. Serve over rice. Serves 6.

Often a young calf was killed and all parts used. Sweetbreads are glands from a calf. Veal is meat of a milk-fed calf.

*Food in Kansas*

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