

# Liver Balls

In early 1918, the Canadian Food Board became responsible for monitoring Canada's food production and management during the war effort. Similar to Great Britain's efforts, new government programs, publications and propaganda posters encouraged voluntary rationing, such as "meatless Fridays", and ingredient substitution. To encourage meatless meals new recipes and sample menus were created featuring alternative protein sources like fish, beans and nuts. "Nose-to-tail" eating became common, meaning every part of the animal was consumed. This led to more recipes including offal such as kidneys, heart and liver. It was not uncommon to find recipes in cook books from the 1910s including animal parts like the tongue, tail and snout.

1/2 calf's liver

3 eggs

2 cups dry bread crumbs

1 small onion

1/2 cup flour

Salt & pepper (to taste)

Nutmeg and sweet marjoram (to taste)

Mince the liver very fine and remove all skin. Fry the onion chopped fine in butter to a light brown. Beat eggs well. Combine all ingredients well. Form mixture into balls the size of a small apple, place balls in boiling water with a little salt in it, and boil about 10 minutes. Try some and if they fall to pieces add more flour. When balls rise to the top and float they are finished. Serve with a sour brown gravy.

\*Butter substitutes were often margarine, shortening or drippings. See our recipe for "War Butter" as an interesting way to extend your butter supply!