

Tripe: more than just white sauce

November 2023

I had occasion lately to bring up the subject of tripe with my coffee-and-dog-walking crew - I'd recently seen the bible/book version of it in a Chinese butchery. I asked had any of the crew ever eaten tripe and did they like it? The reaction from them generally was revulsion based on their experiences of eating it as a child. I asked how it was cooked and the description was much like this:

TRIPLE—SCOTTISH RECIPE (1926)

The desired quantity of tripe, 2 or 3 onions, about 1 pint milk, a little flour, some butter, chopped parsley, salt and pepper. Wash and simmer the tripe for a few minutes (it has already been cooked) and cut it into convenient pieces. Cut the onions small and steam them till soft in butter. Make a thickening of flour and milk, add seasoning and parsley, and stir one way over the gas until it boils. Add the tripe and some of the liquor in which it simmered, and the onions. Simmer all gently for about ten minutes, adding more milk if necessary.¹

I checked in with my Facebook friends to whom I go to get views on an ingredient or dish I am writing about. They all had eaten tripe in white sauce as children and most disliked it, one to the point of physical revulsion.

My memory? Vomiting after I was forced to eat it as a child.

Voluntarily eating tripe is already barely imaginable. The only nice thing I can say about it is it reminds me of my dad who was touchingly thrilled the rare times he had a chance to eat it. Everyone else hated it so it wasn't cooked at home.

Some said they enjoy tripe as it is prepared in other cuisines.

There are some extraordinary Chinese tripe dishes that I adore and the Spanish with a chilli, saffron tomato dish...with big chunks of bread to really soak up the sauce.

The one time I enjoyed it was crispy fried in a taco.

Pho is the best and only way to enjoy tripe

Others have remained staunchly against it.

Never again, not under any circumstances, or in any method of cooking. Other offal, no problem.

I wondered whether the tripe story in Australian cuisine was indeed as monotoned as was experienced by my cohort. I should make it clear that the Australia I am talking about is broadly speaking Anglo Australian. I touch briefly on the absence of recipes from other cultural cuisine in toward the end of this article.

To answer my question I decided to look at tripe recipes in newspapers and magazines over one hundred years from 1866 - the earliest published recipe in a newspaper or magazine - to 1966. My source is *Trove*, the digital repository managed by the National Library of Australia.

What is tripe?

¹ 'Tripe - Scottish Recipe', Northern Star 10 February 1926 p.11 accessed at [10 Feb 1926 - TRIPE—SCOTTISH RECIPE - Trove \(nla.gov.au\)](#)

Tripe is inexpensive, nutritious, and easily digested. Though it has been spoken of as 'the poor relation of the meat family', it is as acceptable as beefsteak to many people and is a favourite breakfast dish.²

Tripe is the stomach of ruminants, animals with a three or four chambered stomach. Tripes from a cow, ox, or calf are the most common. There are four types of tripe:

1. Plain, flat or blanket tripe which is the first and biggest chamber and called flat because of its characteristic clear separation of its outside with its inside lining.
2. Honeycomb tripe which is the second chamber and is named for its appearance, flat on one side and the other having small cells which give it the look of a honeycomb.
3. Leaf, book or bible tripe from the third chamber and named for its appearance of pages of a book.
4. The abomasum which is 'the least important for cooks'.³

Honeycomb tripe is the only type specified in a handful of the recipes I reviewed, otherwise it is usually just called tripe. I think I'm on safe grounds saying 'tripe' means honeycomb tripe. One recipe mentions plain tripe as an alternative.

Tripe must be cleaned before cooking. It was usual to get the tripe already cleaned from the butcher, but occasionally there were instructions for cleaning tripes .

J. D. (Dungog).— There are several ways of cleaning tripe, but the following is considered to be in general use: — Mix an ordinary dipper of lime with an ordinary bucket and a half of water. In this place the tripe with the honeycomb out, for about 10 minutes; turn it over a few times, and be very careful that the solution reaches all parts of the tripe. Afterwards rinse in a tub of clean water and scrape the honeycomb side well with a blunt knife; then turn the other side out and place in another tub of clean water. There is a thin skin on this side which will come off with very little trouble if the tripe has been properly limed. (Some leave this skin on till after boiling, but, for the sake of cleanliness, it is considered better to take all off before putting in the copper.) Take this skin off, and also cut away as much of the fat as you think proper. To parboil: Place the tripe in a copper of cold water and gradually bring to a boil; keep the tripe in for about 20 minutes after the water starts to boil.⁴

Tripe bought from a butcher also was 'dressed' that is, cleaned and partly cooked but the buyer is advised to cook it again at home before using it in a dish.

It is very seldom that tripe comes from the butchers sufficiently cooked, and in preparation of this extremely nourishing, and to those who like it delicious meat, it is as well to give it at least an hour's additional boiling, and more may be necessary if it is unduly tough. Before putting it on to boil, see that any fat is scraped off, and if it is too thick it can be split.⁵

There were early references to butchers who specialised in tripe.

² 'Tripe' Household Recipes, *Launceston Examiner* 5 June 1898 p.14 [25 Jun 1898 - RECIPES. - Trove \(nla.gov.au\)](#)

³ These descriptions are from Davidson, Alan, *The Oxford Companion to Food*, Oxford University Press 1999 p.805

⁴ 'Correspondence. Answers to Questions, *The Sydney Mail and New South Wales Advertiser* 10 December 1892 p.1311 [10 Dec 1892 - CORRESPONDENCE. - Trove \(nla.gov.au\)](#)

⁵ 'Tripe Dishes' (For "N. B.") Information Given, *The Mail* 10 October 1914 p.3 [10 Oct 1914 - INFORMATION GIVEN. - Trove \(nla.gov.au\)](#)

"Daisy " (Narioka) — Sheep's trotters may generally be obtained at the tripe shops, cleaned and partially boiled.⁶

HAGGIS. - Ask your butcher or tripe merchant to get you the night-cap or money-bag when they are killing...⁷

John Franc Ehrens, General Butcher and Sausage Manufacturer, made a point of advertising that he 'is determined to sell nothing but first-class Meat. The very best quality of Tripe, Cow-heels, Sausages, &c.'⁸ [In 1929 Mrs Daphne Jarvis, was awarded Sixth prize for her recipe for Delicious Tripe Pie which called for ½ lb dressed tripe, half a cow heel, 1 lb stewing steak and 1 sheep's kidney.⁹]

All recipe writers point out that tripe should be cooked for a long time:

After blanching, it is cooked very gently in water, stock, or milk, until tender. The time varies according to the condition in which it is received from the butcher—from one to six hours. Sometimes it is so tender that it only requires further cooking in the stock or milk to make it tasty.¹⁰

The great thing in cooking tripe is to let it cook slowly for several hours, so that it is perfectly tender. Many cooks do not let it cook long enough or slowly enough, and that is the reason it is often tough.¹¹

And there was this novel note on cooking times:

It takes from three to four hours gently simmering. Nearly all the recipes give less time, but they come from English cookery books; tripe out here is harder and more leathery, and in consequence takes longer to cook.¹²

Importantly, 'Tripe should be absolutely fresh; if possible, cook and serve it on the day it is bought.'¹³

I found one reference to cooked tripe dishes being sold to the public:

HOT, HOT TRIPE SUPPERS
EVERY TUESDAY, THURSDAY and SATURDAY EVENINGS, from 8 to 9 o'clock

⁶ "Daisy " (Narioka) Correspondence, *Weekly Times* 26 March 1887 p.6 [26 Mar 1887 - CORRESPONDENCE. - Trove \(nla.gov.au\)](#)

⁷ 'Haggis' Recipes. Ladies' Column, *Border Watch* 1 April 1885 p.2 [11 Apr 1885 - Ladies' Column. - Trove \(nla.gov.au\)](#)

⁸ The *Brisbane Courier* 31 March 1866 p.2 [31 Mar 1866 - Classified Advertising - Trove \(nla.gov.au\)](#)

⁹ 'Delicious Tripe Pie' Sixth Prize, *Sunday Times* 23 June 1929 p.4 [23 Jun 1929 - Sixth Prize. - Trove \(nla.gov.au\)](#)

¹⁰ 'Tasty Fare for Convalescents', *The Globe and Sunday Times War Pictorial* 11 December 1915 p.12 [11 Dec 1915 - TASTY FARE FOR CONVALESCENTS - Trove \(nla.gov.au\)](#)

¹¹ 'Tripe' Household Recipes, *Launceston Examiner* 17 December 1892 p.14 [17 Dec 1892 - HOUSEHOLD RECIPES. - Trove \(nla.gov.au\)](#)

¹² 'Mater' Notices to Correspondents, *The Queenslander* 4 June 1898 p.1085 [04 Jun 1898 - Notices to Correspondent. - Trove \(nla.gov.au\)](#)

¹³ Sinclair, Ellen, 'New Ways With Tripe' *The Australian Women's Weekly* 2 August 1978 p.68 [02 Aug 1978 - New ways with tripe - Trove \(nla.gov.au\)](#)

Commercial Hotel, George-street, Bathurst¹⁴

Teaching Tripe

I found two instances of a lecture/demonstration given on cooking tripe both in 1886. The first is from an article about a series of cookery classes given by Mrs Anne Fawcett Storey. Storey was at the time employed by the Department of Public Instruction, conducting classes at Sydney Technical College and lecturing in cookery and domestic economy at the Hurlstone Teachers Training College. Sadly, it was lesson in teaching how to cook tripe in white sauce.

The next dish was stewed tripe, and a shudder of disgust passed over the faces of some of the watchful pupils as a pound of savory-smelling tripe was removed from the saucepan where it had been simmering while the cookery chat had been in progress. "Don't shudder; it is really very good; it is nourishing and one of the most appropriate foods a delicate stomach can have," remarked Mrs. Storey as she deftly cut into nice pieces the tripe and then chopped finely four large onions also well boiled. The stewpan had the water in which the tripe had been cooked poured away. It was carefully wiped clean, half a pint of milk poured in; the onions were added when it boiled; enough flour to thicken it, and last of all the tripe against which such a strong prejudice exists. It simmered for 10 minutes and then it was dished — a dainty-looking dish, smothered in onions and looking very tempting in its bed of white, milky sauce.¹⁵

The aversion to the smell is shared by the anonymous author of the of the Tripe Pie below and by two of my Facebook friends.

My mum and her Auntie loved tripe. They either would cook it in white sauce or eat cold with brown vinegar. I thought the smell, texture and taste was the worst thing I'd ever encountered.

The second instance of teaching about tripe was by way of a public lecture.

Mrs Young lectured on cookery last week in the large upstairs apartment of the Prahran Town Hall to a full attendance of ladies She was eloquent upon tripe, an admirable thing when you were educated up to it, and the medicos have found out that instead of being indigestible, it was quite the reverse, so that they specially recommended it for invalids.¹⁶

Tripe and Health

Other recipes also noted tripe's healthful properties.

It has been said that tripe is one of the most easily digested of our foods, and, in consequence, is very suitable for individual and those whose digestion is not at all that it should be.¹⁷

Tripe is a delicious dish when properly prepared, and is especially recommended to all who suffer from weak chests.¹⁸

Tripe is eminently nourishing and so easy of assimilation that it is constantly included in

¹⁴ 'Hot Hot Tripe Suppers' *Bathurst Free Press and Mining Journal* 20 July 1861 p.4 [20 Jul 1861 - Advertising - Trove \(nla.gov.au\)](#)

¹⁵ 'Elementary Cooking' At the Cooking Class, *The Daily Telegraph* 6 February 1886 p.9 [06 Feb 1886 - AT THE COOKERY CLASS. - Trove \(nla.gov.au\)](#)

¹⁶ 'A talk about cookery', *The Herald* 28 June 1886 p.4 [28 Jun 1886 - A TALK ABOUT COOKERY. - Trove \(nla.gov.au\)](#)

¹⁷ 'To Cook Tripe' Selected Recipes, *The Brisbane Courier* 31 January 1924 p.1`5 [31 Jan 1924 - SELECTED RECIPES. - Trove \(nla.gov.au\)](#)

¹⁸ 'A Dish of Tripe' Household Recipes, *The Tasmanian* 1 October 1892 p.3 [01 Oct 1892 - Household Recipes. - Trove \(nla.gov.au\)](#)

the list of meats suitable for invalids and delicate persons.¹⁹

In October 1888 the *Albury Banner and Wodonga Express* published a tripe recipe for invalids

Tripe for Invalids —Take half a pound of fresh tripe. Wash it, cut it into squares, and remove almost all the fat. Cut up half a pound of lean beef in the same way, and put both into a stewpan with half a pint of cold water, half a spoonful of mustard, a small lump of sugar, and a little salt. Bring the liquor to a boil, skim carefully, then draw the saucepan to the side and let its contents simmer gently for three hours. Mix a teaspoonful of cornflour to a smooth paste with a little cold water. Stir this into the sauce and boil it gently for a few minutes. Put the meat on a hot dish, pour the sauce over it, and serve.²⁰

One of my Facebook friends recalled:

Early 1960s, Prince Henry's Hospital, Melbourne. I was a trainee nurse. Tripe in white sauce was always an option for patients when the dinner trolley rolled around. It looked disgusting, I'm not sure I ever saw anyone try it and I certainly didn't.

Tasty, cheap and digestible

Some people think tripe a monotonous dish but it is a pity to do so, because there are all sorts of tasty dishes to be made from this useful commodity which is cheap to buy and easy to digest.²¹

A dish of tripe and onions may be considered vulgar, but what matter? It is good, which is the chief of all recommendations.²²

The first two recipes I found were anything but monotonous or vulgar.

Tripe Stewed

Cut tripe into stripes, put them in rich gravy with a lump of butter the size of a hen's egg rolled in flour; shake until the butter is melted. Add a tablespoonful of white wine, some chopped parsley, pepper, salt, pickled mushrooms, a squeeze of lemon. Shake well together and stir till tender.²³

Tripe - Be sure the tripe is well boiled—that is, very tender; if not, boil it until it is so ; then cut it in pieces about four inches square; let it be quite cold; roll the pieces cornerwise; tie them with a thread; dredge them with a little salt and mace; roll them in eggs and crumbs; fry in fat a nice brown; serve with onion sauce, with a little lemon and tomato catsup boiled in.²⁴

In fact what the 275 recipes showed is the creativity of the women who developed the dishes and the versatility of tripe. Tripe was stewed, boiled, braised, baked, fried, rolled, stuffed, frittered, roasted, fricasseed, ragouted, spiced, souped, pied, paired with pork, paired with ham and bacon, paired with peas, paired with tomatoes, paired with mushrooms, paired with boiled eggs, mixed

¹⁹ "Tripe and Pork', *Australian Town and Country Journal* 14 April 1915 p.37 [14 Apr 1915 - Tripe and Pork. - Trove \(nla.gov.au\)](#)

²⁰ 'Tripe for invalids' The Household, *The Albury Banner and Wodonga Express* 5 October 1888 p.13 [05 Oct 1888 - THE HOUSEHOLD. - Trove \(nla.gov.au\)](#)

²¹ 'Tripe Makes Many Tasty Dishes. Several Good Dishes', *The Labor Daily* 24 March 1931 p.7 [24 Mar 1931 - Tripe Makes Many Tasty Dishes - Trove \(nla.gov.au\)](#)

²² "Tripe and Pork', *Australian Town and Country Journal* 14 April 1915 p.37 [14 Apr 1915 - Tripe and Pork. - Trove \(nla.gov.au\)](#)

²³ 'Tripe Stewed' Recipes, *The Australasian* 13 October 1866 p.7 [13 Oct 1866 - Recipes. - Trove \(nla.gov.au\)](#)

²⁴ 'Tripe' Useful Recipes, 2 June 1866 p.3 [02 Jun 1866 - USEFUL RECIPES. - Trove \(nla.gov.au\)](#)

with other meats and dried fruit in filling for mince pies, used to make mock salmon and mock chicken, and yes, stewed with onions in a white sauce.

Boiling Tripe (1898)

Tripe is generally bought clean and partially or wholly boiled. To prepare it for table wash it in warm water, cut it in pieces, and simmer in a little milk, and water, boil with it a few white onions and a little salt. When both onions and tripe are quite tender stir in a piece of good butter rolled in flour, and a little white pepper. Take it up all together, and put in a tureen.²⁵

Below are some recipes showing the variety of tripe dishes 1860 - 1960.

Fried Tripe (1884)

A good way to cook tripe is to first cut it into pieces not more than an inch square, fry them in butter, and flavour with onions sliced very thin, and with pepper and salt.²⁶

Tripe and Bacon (1907)

Ingredients:-1 ½ lbs tripe, ¼ lb bacon, 2 eschalots, chopped parsley, few chopped mushrooms or oysters, 1 oz butter, 1 oz flour, 1 pint milk, salt, and cayenne to taste. Method: Prepare and blanch the tripe, then cover with cold water, add a little salt, and simmer until tender. Chop mushrooms and eschalot finely, mix with them a little parsley and pepper. Cut the tripe into thin slices 4 inches long and 2 wide; the bacon cut very thinly, a little smaller; roll in each piece of tripe a slice of bacon and some of the seasoning mixture, tie firmly, put back in the saucepan, cover with milk, and add a small piece of mace, bring slowly to a boil, and simmer gently for half an hour. Lift out and remove the string; keep hot; add the butter, blend the flour, stir in, and cook for 3 minutes. Pour over the tripe on a hot dish, and sprinkle with chopped parsley.²⁷

Spiced Tripe (1920)

Take fresh tripe, cut it up in pieces four or five inches square, take an earthen jar, put in a layer of tripe, then sprinkle a few cloves, allspice and peppers (whole) over it; then another layer of tripe, then spice, and so on till the jar is full. Take good cider vinegar, scald it, pour over it, filling the jar full. Cover up and stand it away in a cool place for a few days until it tastes of the spice, then serve up cold for supper. It is an excellent relish.

First Prize to Miss Maggie Warnock²⁸

Tripe with Spinach (1934)

Take 1 lb of cooked tripe and cut into thin pieces. Melt 2 oz of butter or bacon fat and cook slowly in it until yellow and tender a Spanish onion. Stir in two tablespoons of flour and when smooth add one cup of white stock, or the water in which tripe was stewed. Stir till boiling. Season with pepper and salt, add tripe and heat through. Stir in enough paprika to color sauce a pinky brown color. Turn onto a hot dish and cover with buttered spinach.²⁹

²⁵ 'Boiling Tripe' Answer to Correspondents, Leder 19 March 1898 p.30 [19 Mar 1898 - ANSWERS TO CORRESPONDENTS. - Trove \(nla.gov.au\)](#)

²⁶ 'Tripe' Reliable Recipes, *North Australian* 24 October 1884 p.5 [24 Oct 1884 - Eeliable Recipes. - Trove \(nla.gov.au\)](#)

²⁷ 'Tripe and Bacon' Tripe and How to Treat It Household Recipes, *The Western Champion and General Advertiser for the Central-Western District* 9 March 1907 p.6 [09 Mar 1907 - HOUSEHOLD RECIPES - Trove \(nla.gov.au\)](#)

²⁸ 'Spiced Tripe' First Prize, *The Daily Telegraph* 28 November 1920 p.9 [28 Nov 1920 - First Prize - Trove \(nla.gov.au\)](#)

²⁹ 'Tripe with Spinach' For a Change, *The Herald* 7 May 1934 p.13 [07 May 1934 - FOR A CHANGE - Trove \(nla.gov.au\)](#)

Tripe Hotpot (1947)

Ingredients: 1 lb tripe, 1 lb. beef, 3 onions, 2 large potatoes, 2 rashers bacon, dumpling batter, salt, pepper.

Method: Cut tripe and meat into dice and slice onions. Place in saucepan and cover with water, seasoning with salt and pepper. When done, add sliced potatoes and chopped bacon. Continue cooking until potatoes are cooked. Form small dumplings out of the batter, add to saucepan, cover and cook until they are done. Serve Tripe Hotpot with dumplings and accompanied by cooked shredded cabbage and green peas.³⁰

Mock Duck (1951)

Half pound cooked macaroni, 1 cooked onion, breadcrumbs, ½ lb sausage meat, cup chopped cooked tripe, minced herbs, pepper and salt. Grease a pie-dish and place layers of macaroni, onion, tripe, sausage meat, seasoning alternately. Sprinkle with bread crumbs, lastly, and bake in an oven 20 minutes.

Second Prize — Mrs E. A. McRae,³¹

Tripe Combo Casserole (1964)

Two pounds tripe, salted water, 2 large onions, 3 leeks (or use about 8 shallots), 3 or 4 stalks celery, 2oz. butter or substitute, 6 tomatoes (sliced), 1 cup apple cider, salt, pepper, grated cheese, parsley.

Wash tripe, scrape away any surplus fat, cut into narrow strips: boil in salted water until tender (about 1 to 1 ½ hours). Slice onions, leeks, and celery, fry in melted butter or substitute in separate pan until lightly browned and softened. Strain tripe, add vegetables and sliced tomatoes; fill into greased casserole. Add cider, season with salt and pepper. Bake in moderate oven about 30 minutes. Sprinkle over grated cheese, return to oven to brown. Serve hot garnished with parsley sprigs.

£5 prize has won by Mrs. M. Ferris³²

Some recipes took tripe to places barely imaginable. In 1931 Mr W. Bremner, of Messrs Bremner and Pallot, the Kondinin and Kulin bakers gave the *Kondinin-Kulin Courier and Karlgarin Advocate* a recipe for Tripe Custard:

Tripe Custard

1 lb well cooked tripe, 2 eggs, ½ pint milk, a little butter, breadcrumbs, pepper, and salt. Blanche tripe by putting it in a saucepan with enough water to cover, bring it to a boil then pour water away and put in fresh cold water. Repeat this two or three times until tripe is a good colour. Then cut tripe into strips and put into a well buttered pie dish, next put a layer of breadcrumbs seasoned with pepper and salt on the tripe. Then another layer of tripe and another of breadcrumbs and seasoning. Make custard of eggs and milk and pour into pie dish, put a few dots of butter on top and bake till it colours a golden brown.³³

³⁰ 'Tripe Hotpot' Today's Recipe, *Daily Mirror* 3 November 1947 p.16 [03 Nov 1947 - TODAY'S RECIPE - Trove \(nla.gov.au\)](#)

³¹ 'Mock Duck' Prize Recipes, *Weekly Times* 22 August 1951 p.38 [22 Aug 1951 - Prize recipes - Trove \(nla.gov.au\)](#)

³² 'Tripe Combo Casserole' Savory Dish wins £5, *Australian Women's Weekly* 4 March 1964 p.39 [04 Mar 1964 - SAVORY DISH WINS £5 - Trove \(nla.gov.au\)](#)

³³ 'Tripe Custard' Recipe, *Kondinin-Kulin Courier and Karlgarin Advocate* 9 October p.3 [09 Oct 1931 - RECIPE - Trove \(nla.gov.au\)](#)

'Believe it or not, but you can drink tripe' said *The Sun* in 1954. 'To prove it we have included it in this collection of beverages you can take to the office in your vacuum flask.' The recipe is not included here, and I doubt it would catch on today.

Philadelphia pepper pot (1954)

Ingredients: 1lb tripe, 2 slices lean bacon, 3 cups hot water, 1 ½ teasp beef extract, 1 teasp salt, ¼ teasp pepper, 1 peeled onion sliced, 1 sweet green pepper, seeded and diced, 1 cup diced peeled white potatoes, 1 tbslp butter, 1 tbslp flour, 1 cup sweet cream or undiluted evaporated milk.

Method: Cover tripe with cold water and bring to a rapid boil, then drain and cut in thin strips an inch and a half long. Dice bacon and put directly into pressure cooker. Fry until golden brown.

Then add tripe, water and meat extract dissolved in two tbslps water. Add salt and pepper. Close the cooker, bring to pressure and process 30 minutes. Cool and open cooker and add vegetables. Close cooker, bring again to pressure and process 4 minutes longer. Add two cups water or liquid drained from cooked vegetables, stir in flour and butter creamed together. When boiling, stir in cream or evaporated milk, add salt and pepper to taste.³⁴

'New Australians' and tripe

Tripe (Trippa), calf liver, chicken liver all a big part of growing up... considered a treat... and a health food (calf liver especially). [Sicilian Facebook friend]

In 1954 Elizabeth Sinclair writing in the *Newcastle Herald* said: '

Tripe, once the spurned of all our meats, is more in favor, especially since many new Australians have brought their own recipes with them.'³⁵

I found no recipes or contributors from other than an Anglo-Australian background in the material I reviewed. There were the predictable handful of recipes supposedly derived from a country other than Australia with no apparent connection between country and dish.

Danish Tripe

Have a piece of tripe large enough to fold into a pasty (sic). Make stuffing with breadcrumbs, onions, sage, salt, and pepper, and some finely minced lemon rind. Put a thick layer of this on half of the tripe. Fold the other half over and sew the edges. Place a few slices of fat bacon on the top of the roll. Place in a baking tin and cook for two hours, basting often. Place on a hot dish and cut into slices about an inch thick. Pour round some good brown gravy. — Mrs. A. R. Ryan.³⁶

Oriental Tripe Loaf

Ingredients: One lb tripe, mall cup breadcrumbs, tablespoon chopped parsley, tablespoon chopped onion, 1 egg, salt and pepper.

Method: Mince tripe finely, add other ingredients, and blend with egg. Pack in basin, press down firmly, and steam for 2 hours. Slice and brown in a little butter any remaining mixture of the loaf, and serve on toast.³⁷

³⁴ 'Philadelphia pepper pot' Pick of the Recipes, *The Sun* 27 April 1954 p.14 [27 Apr 1954 - Pick of the Recipes - Trove \(nla.gov.au\)](#)

³⁵ 'Some New Ways to Cook Tripe' *The Newcastle Sun* 20 July 1954 p.10 [20 Jul 1954 - Some New Ways To Cook Tripe - Trove \(nla.gov.au\)](#)

³⁶ 'Danish Tripe' Recipe Competition, *The Sun* 13 February 1910 p.13 [13 Feb 1910 - DANISH TRIPE. - Trove \(nla.gov.au\)](#)

³⁷ 'Oriental Tripe Loaf' Recipes, *The Mercury* 28 August 1952 p.6 [28 Aug 1952 - Oriental Tripe Loaf And Apple Cake Recipes - Trove \(nla.gov.au\)](#)

The earliest instance I came across post 1954 of 'New Australians' recipes being featured in newspapers or magazines was in 1974 and though beyond my article's timeframe I think it worth recording. There were two instances both in a two page spread in the *Australian Women's Weekly* on 'Variety Meats' (apparently one couldn't call it offal anymore). They both appeared in a sub-section 'From the Restaurants'. One was a recipe for 'Trippa alla Romana' from Beppi's Restaurant in Sydney, the other for 'Tripe Venetian Style' from the Florentine Restaurant in Melbourne:

Trippa alla Romana
(Beppi's Restaurant, Sydney)
1 kg (2 lb.) tripe
60g (2 oz.) butter or substitute
3 tablespoons oil
1 medium onion
1 stick celery
3 tablespoons tomato paste
2 cups chicken stock (or water
and 2 chicken stock cubes)
2 cloves garlic
4 bay leaves
250g (8oz.) mushrooms
2/3 cup white wine (moselle)
¼ cup cream
salt, pepper
grated parmesan cheese

Cut tripe into 8cm x 1cm (3in x ½in) strips. Wrap tripe in clean tea towel, allow to stand 1 hour to dry. Heat butter and oil in large pan, add peeled and finely chopped onion, finely chopped celery, crushed garlic, sliced mushrooms and bay leaves to pan, sauté gently 10 minutes, stirring occasionally (onions should be light golden brown). Add tomato paste, stock (or water and crumbled stock cubes) and white wine, stir until combined. Season with salt, pepper. Add tripe. Cover, bring to boil, reduce heat, simmer gently uncovered 1 ½ hours or until tripe ~~is tender~~ is tender. Add cream, stir until combined, bring back to boil, boil uncovered 3 minutes. Serve with parmesan cheese for sprinkling over each serving.³⁸

More than just white sauce

I began this article with the question is the tripe story in Australia indeed as monotoned as my friends were presenting to me? What I found was ample evidence that circulating in Australia since 1866 were recipes for tripe beyond tripe in white sauce. This is not to invalidate my friends' views. I commiserate with them that were brought up in families in which the tripe horizon was very limited. I write this to acknowledge those who continued to explore the ways of tripe and to bring the findings of their exploration to the public.³⁹

I end this article with a delightful recipe in rhyme for tripe pie.

Tripe is economical,
And nourishing as well

³⁸ 'Trippa alla Romano' From the Restaurants, *Australian Women's Weekly* 23 October 1974 p. [23 Oct 1974 - FROM THE RESTAURANTS - Trove \(nla.gov.au\)](#) [23 Oct 1974 - FROM THE RESTAURANTS - Trove \(nla.gov.au\)](#)

³⁹ Outside the scope of this article is the Tripe Club of Victoria 'Tripe devotees enjoying delicious dishes from traditional onion and white sauce to the new wave of culinary creations'. [HOME | tripeclubmelbourne \(tripeclubvictoria.org.au\)](#)

Why not in pie-crust bake it,
And camouflage the smell?
Just cut it up in pieces
And stew an hour or more,
Then pack it in a pie-dish
The while you sprinkle o'er
A little finely-chopped ham,
Some sage, onion in slice.
The liquor slightly thicken
If you would have it nice;
Then make a good short pie-crust,
Half potatoes and half flour,
A knob of dripping well rub in
And bake for half an hour.⁴⁰

⁴⁰ "Tripe Pie' Recipe in Rhyme, *The Land* 8 June 1928 p.17 [08 Jun 1928 - Recipe in Rhyme. - Trove \(nla.gov.au\)](#)