

### **CHUCK ROAST (bone-in)**

Juicy, well-flavored meat. Both the blade bone pot roast and the arm bone cut contain a moderate amount of bone and fat.

*Cooking method:* Braise (pot roast).



### **SIRLOIN STEAK**

From loin end. Sirloin steaks vary in size, shape, and bone size. The wedge-bone steak is largest. Others are round-bone, pin-bone, double-bone steaks.

*Cooking method:* Broil or pan-broil. (Exception—lean utility beef—braise.)



### **RIB ROAST (standing)**

Tender, juicy meat—well fattened or marbled and containing the rib bones. Layer of fat on outside surface.

*Cooking method:* Roast. (Exception—lean utility beef—roast covered.)



**SHORT RIBS.** These are cut from the ends of the ribs and the plate. Contain layers of lean and fat with the flat rib bone.

*Cooking method:* Braise.



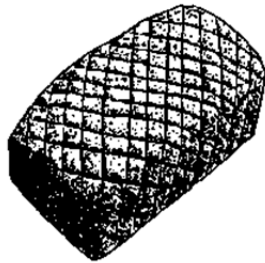
**BRISKET.** Layers of fat and lean, with some bone. Frequently cured (corned beef).

*Cooking method:* Simmer slowly in water until tender.



**PLATE.** Layers of fat and lean, with ends of rib bones.

*Cooking method:* Simmer slowly in water until tender.



### **GROUND BEEF**

May come from the chuck, neck, brisket, plate or shank. Flank and heel of round frequently are also ground.

*Cooking method:* Patties—broil or pan-broil. Loaves—bake.



### **STEW MEAT**

Beef stews may be made from chuck, shank, flank, neck, brisket or heel of round.

*Cooking method:* Slow, gentle simmering in water. May be browned first in fat.



**CLUB STEAK.** From rib end of short loin. Triangular in shape, smaller than the T-bone, and with little or no tenderloin.

*Cooking method:* Broil or pan-broil.



**T-BONE STEAK.** Adjoins the club steak, but is larger and includes some tenderloin. From center section of short loin. Identified by the T-shaped bone. Well marbled.

*Cooking method:* Broil or pan-broil.



**PORTERHOUSE STEAK.** From sirloin end of the short loin, the tenderest section of the side. Fine grained, well marbled with a characteristic portion of fat. Includes large portion of tenderloin.

*Cooking method:* Broil or pan-broil.



### **RUMP ROAST (bone-in)**

Triangular piece of meat, sold either bone-in or boneless. Juicy, tender, moderate amount of fat.

*Cooking method:* Braise (pot roast). (Exception—prime or choice rump may be oven-roasted or broiled as steaks.)



### **RIB ROAST (rolled)**

The same cut as standing rib, with bones removed. Shaped into roll and tied, with layer of fat outside.

*Cooking method:* Roast. (Exception—lean utility beef—roast covered.)



### CHUCK STEAK

From the shoulder section of beef. Round bone or blade bone steaks. Muscles are small and run in different directions.

*Cooking method:* Braise.



### FLANK STEAK

A lean, flat muscle with no bone; meat fibers running lengthwise. Only one in a side of beef.

*Cooking method:* Score on both sides. Usually stuffed and baked covered, or braised as steak.



### HEART

Weighs 3 to 3½ pounds. Very little waste.

*Cooking method:* Simmer slowly in water until tender, or braise with or without stuffing.



### TONGUE

(Fresh, or cured and smoked.) Weighs 2 to 5 pounds. High percentage of lean meat.

*Cooking method:* Simmer slowly in water until tender. Skin, slice, serve hot or cold.



### KIDNEY

*Cooking method:* Cut into sections and simmer slowly in water until tender, or slice and braise.



### OXTAILS

Well flavored, considerable bone.

*Cooking method:* Separate at joints. For soups, simmer small joints slowly in water. Braise large joints.



### SWEETBREADS

A mild-flavored delicacy.

*Cooking method:* Pre-cook in water. Remove membrane. (Refrigerate if not used immediately.) Crumb and bake; crumb and fry; dice and cream, or serve in salad.



### LIVER

*Cooking method:* Slice and braise, or grind for patties and loaves.

## HOW TO ROAST

1. Wipe meat with clean, damp cloth.
2. Season with salt and pepper.
3. Place roast fat side up in open roasting pan. Do not add water. *Do not cover. Do not baste.*
4. Roast in preheated moderately low oven—325°F. (If you have a meat thermometer, insert it through outside fat into center of thickest muscle so that bulb does not rest on bone or fat.)

## HOW TO BROIL

1. Preheat broiler with regulator set at "broil."
2. Slash fat edge of steak in several places. Lay steak on broiler rack with top of steak 2 to 5 inches from source of heat: *A one-inch steak 2-3 inches from source of heat. A two-inch steak 3-5 inches from source of heat.* (Greater distance is for well-done steak.)
3. Broil until top side is nicely browned, then season.
4. Turn and broil until second

## HOW TO BRAISE

Braising is a method of moist heat cookery in which the meat is browned in a little hot fat, then cooked slowly in a covered utensil with a small amount of added liquid.

1. Season meat with salt and pepper. (Sprinkle with flour, for a richer brown.)
2. Brown meat slowly on all sides in a little hot fat.

### ROASTING TIMETABLE\*

BEEF—	Thermometer Reading	Minutes Per Pound**
<i>rare</i>	140° F.	22-26
<i>medium</i>	160° F.	26-30
<i>well-done</i>	170° F.	33-35

\*Figures given are for standing rib roast; for rolled roast, add 5 to 10 minutes per pound.

\*\*In estimating roasting time for small roasts (3 to 5 lbs.) use larger figure given. (This timetable is for meat taken chilled from refrigerator.)

side is browned. Season.

(If broiling compartment is too shallow to allow above distances, heat should be reduced slightly.)

### BROILING TIMETABLE

Broiling time depends on thickness of steak and degree of doneness desired. Approximate length of time for broiling is as follows:

*Steak 1 inch thick—rare, 12 minutes; well-done, 16 minutes.*  
*Steak 2 inches thick—rare, 36 minutes; well-done, 44 minutes.*

3. Add small amount of liquid. As liquid cooks away, a little more may be added.

4. Cover tightly. Cook over low heat at simmering temperature on top of range or in moderately low (325°F.) oven, until meat is tender.

(30-45 minutes before meat is done, vegetables may be added. Continue cooking until meat and vegetables are tender.)

## Baked Ham

Scrub or scrape a cured ham. If it's a strong ham soak several hours.



Cover with boiling water.

Simmer (25-30 min per lb.)

Cool. Remove rind + part of fat. Stud outside with whole cloves. Place in roaster. Cover ham with maple syrup or pineapple juice. Baste occasionally to form glaze. Roast in 325° oven.

## Boiled Ham

Prepare ham for boiling as in recipe above. Cover with cold water + bring to boil slowly. Add 1 cup cider + 1 cup maple syrup. Turn flame low and simmer until tender. Cool ham in liquid if it's to be served cold. Then remove skin. If served hot, allow ham to remain in hot stock until time to serve.

## Meat Str-e-t-ch-ers- Meat Pie

Brown 1 diced onion in 2 tbs. butter. Add diced meat. Sear. Remove meat + onion. Stir 2 tbs. flour 1/4 cups milk + 1 tbs. Worcestershire into frying pan, blending well. Butter a baking dish. Fill with meat, sauce, 1 cup cooked peas, 1 cup cooked carrots, 1 cup cooked diced potatoes. Cover with biscuit dough. Bake 20-25 min. in 425° oven.

## Meat Croquettes

2 cups ground cooked meat      1 cup thick white sauce  
1 tsp. chopped onion      1 tsp. catsup  
1 egg beaten slightly  
1 tblep. milk or water  
fine bread crumbs

Stir any left-over cooked meat in white sauce with seasonings. Chill. Shape in cylinders or balls. Roll in flour. Dip in egg mixed with milk. Roll in bread crumbs. Fry in hot deep fat 2-5 min. until brown.

## Old Fashioned Beef Stew With Dumplings

Blend 1 tsp. salt,  $\frac{1}{8}$  tsp. pepper, 3 tblep. flour together. Dice 2 lbs. lean beef and roll in flour mixture. Brown beef in fat in heavy kettle. Add 3 cups water, 1 bay leaf, 2 tbs. chopped celery top, 4 cloves, 2 sprigs parsley, 1 tsp. salt. Cover. Simmer  $2\frac{1}{2}$  hrs. Add 2 tsp. salt, 12 small onions, 6 medium carrots, 3 medium potatoes. Cover. Cook 20 min. Blend 2 tblep. flour and  $\frac{1}{2}$  cup cold water. Add small amount hot liquid from stew. Mix.

### Dumplings

2 cups flour  
4 tsp baking powder  
1-2 tblep shortening  
1 tsp. salt  
1 cup milk

Sift the flour once, measure, add baking powder; sift again. Cut in shortening; add milk, stirring quickly to make a soft dough. Drop by small spoonfulls on top of stew.

Make sure dough rests on meat or vegetable. Cover tight. Steam 10 min.



## Escalloped Potatoes & Frankfurters

4 large potatoes      2 Tblep. butter  
5 frankfurters      2 1/2 Tblep. flour  
1 cup diced celery    1 tsp. salt  
2 tsp. prepared mustard

Peel and slice potatoes thin. Cut frankes in 1/2" slices. Arrange alternate layers of potatoes, frankes, and celery in buttered casserole.

Melt butter in a saucepan and blend in flour, mustard, salt; Add milk slowly. Stir mixture over medium flame until sauce boils. Pour over ingredients in casserole. Cover. Bake 50-60 min. in 350° oven (until potatoes are tender.)

## Bar-B-Q Short Ribs with Rice

Brown 2 lbs short ribs with 1/2 cup dry, uncooked rice in 2 Tblep. shortening. Place in deep casserole dish. Mix sauce. Pour over rice & meat. Cover. Bake at 350° - 1 1/4 hrs.

Sauce: 1/2 c. chopped onion, 1/4 cup vinegar, 1/2 cup catsup, 1/4 cup water, 1 tsp. mustard, 1 tsp. paprika, 1/2 tsp. pepper, 1 Tblep sugar, 1 tsp. Tobacco sauce, 4 tsp. Worcestershire.



## Spaghetti with Italian Sauce

Bring a large pot of water to rapid boil. Add  $1\frac{1}{2}$  lbs. spaghetti + tsp. salt. Boil rapidly for 20 min. Drain off water + place spaghetti in serving dish. Add sauce and Parmesan cheese. Serve at once.

Sauce: Chop 2 cloves garlic + 4 sprigs parsley fine. Fry in 7 tblep. olive oil until brown. Add 6 average tomatoes and cook thoroughly. Salt + pepper. Strain through sieve.

## Meat Loaf

Add 2 cups bread crumbs to  $1\frac{1}{2}$  lb. beef +  $\frac{1}{2}$  lb. pork (ground). Add 1 beaten egg, 1 cup tomato sauce, 1 tsp. salt,  $\frac{1}{4}$  tsp. pepper. Mix thoroughly. Place 4 strips of bacon across the top. Bake in 1 cup boiling water in  $350^{\circ}$  oven 30 to 35 minutes.

## NEW ENGLAND BOILED DINNER

- 4 lbs. corned beef brisket
- 6 pared medium potatoes
- 6 pared medium carrots
- 6 pared medium white turnips
- 1 medium head cabbage

Wipe off the corned beef, cover with cold water, bring to a boil, and boil 5 to 10 minutes; remove scum, cover and simmer until tender (about 3 hours). Forty-five minutes before corned beef is done, skim all excess fat from the meat stock, then add potatoes, carrots and turnips. Cover and cook 20 minutes; then on top of meat lay the cabbage, quartered and cored. Cover and continue cooking until vegetables.

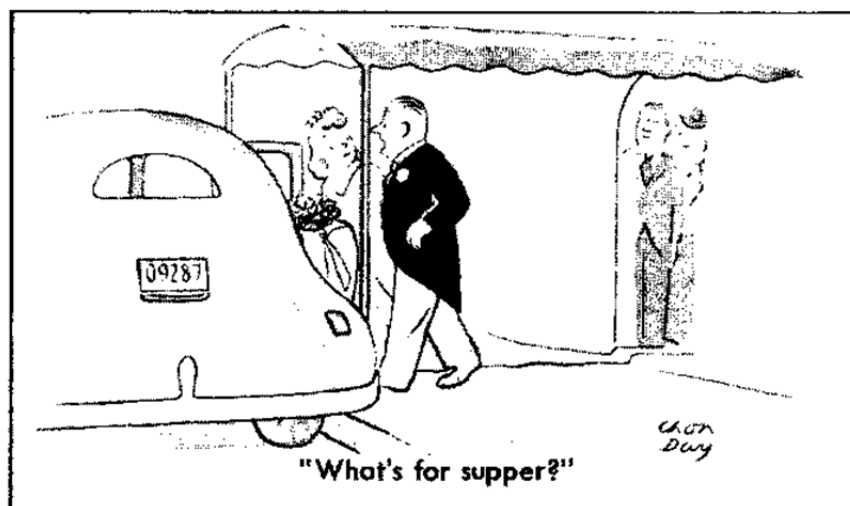
## SWISS STEAK

- 2 to 3 T. Jewel shortening or suet  
inches thick
- 1/3 c. E-Z Bake enriched flour
- 1 1/2 t. salt
- 1/4 t. pepper
- 2 to 3 T. Jewel shortening or suet
- 2 c. canned tomatoes
- 3 large peeled onions, sliced
- 1 stalk celery, diced
- 1 peeled clove garlic, minced
- 1 T. thick condiment sauce
- 3 to 4 drops tabasco sauce

Trim excess fat off meat. Combine flour, salt, and pepper and with the edge of a saucer, pound 1/2 of it into one side of the beef; turn beef over and pound remaining flour into other side. Heat shortening in heavy skillet and, when very hot, brown beef quickly on both sides. Then add rest of ingredients, cover and bake in the oven of your Gas Range at 300° F. 2 to 3 hours. Uncover last half hour so that sauce may cook down to a rich thickness. This steak may also be cooked over a low flame on top of the range.

## *To Preserve a Husband*

Be careful in your selections. Do not choose too young and take only such varieties as have been raised in a good moral atmosphere. When once decided upon and selected, let that part remain forever settled and give your entire time and thought to preparations for domestic use. Some insist on keeping them in a pickle, while others are constantly keeping them in hot water. But even poor varieties may be made sweet, tender and good by garnishing with patience, well sweetened with smiles and flavored with kisses to taste. Wrap them well in the mantle of charity, keep warm with a steady flow of domestic devotion and serve well with peaches and cream. When thus prepared, they will keep for years.



### BOILED FRESH OR SMOKED TONGUE

- 1 3 to 5-lb. fresh or smoked beef tongue
- 3 to 4 quarts boiling water
- 1 to 2 cloves garlic, peeled
- 2 stalks celery
- 1 onion, peeled and sliced
- 1 carrot, scraped
- 1/4 c. vinegar
- 1/4 c. granulated sugar

If tongue is smoked, wash well, then soak in cold water for several hours and drain. (Do not soak fresh tongue.) Place in a kettle, and add the water, garlic, celery, onion, carrot, vinegar, and sugar. Cover and simmer 3½ to 4 hours or until a fork pierces the tongue easily. Let the tongue cool in the liquor for 1 to 2 hours; then remove. Take off skin and trim the thick end where small bones are apparent. Slice diagonally across; arrange on platter and serve hot with tomato sauce.

### MEAT BALLS AND VEGETABLE CASSEROLE

Grind together ½ lb. beef, ½ lb. veal and ½ lb. fresh pork; season mixture with 1½ teaspoon salt, 1/8 teaspoon pepper and 1 small onion, minced. Stir in ½ cup applesauce, ½ cup soft bread crumbs and 1 to 2 eggs. Shape into balls, roll in flour and brown in Jewel shortening; then place in greased casserole. To the drippings in the frying pan add, 2 to 3 cups canned tomatoes, 4 to 5 potatoes, diced, 1 to 2 carrots, diced, and ½ small onion, 1 stalk celery and ½ green pepper, minced. Bring mixture to a boil; then turn out over meat balls. Bake casserole dish in the oven of your Gas Range at 350° F. 50 to 60 minutes.