ROASTING

1. Season meat with salt and pepper.
2. Insert meat thermometer so that the bulb reaches center of thickest muscle. Be sure it does not rest on fat or bone.
3. Place the roast, fat side up, on a rack in an open roasting pan. Then no basting is necessary.
4. Do not add water.
5. Do not cover.
6. Put in a slow oven (300° F.—350° F.) and roast until done. Approximate length of time for roasting is as follows:

<table>
<thead>
<tr>
<th>Meat</th>
<th>Thermometer Reading</th>
<th>Minutes per Lb.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>140° F.</td>
<td>18 to 20</td>
</tr>
<tr>
<td></td>
<td>160° F.</td>
<td>22 to 25</td>
</tr>
<tr>
<td></td>
<td>170° F.</td>
<td>27 to 30</td>
</tr>
<tr>
<td>Pork</td>
<td>185° F.</td>
<td>30 to 35</td>
</tr>
<tr>
<td></td>
<td>*smoked 170° F.</td>
<td>25 to 30</td>
</tr>
<tr>
<td>Lamb</td>
<td>180° F.</td>
<td>30 to 35</td>
</tr>
<tr>
<td>Veal</td>
<td>170° F.</td>
<td>25 to 30</td>
</tr>
</tbody>
</table>

*Hams which are specially processed require shorter cooking time. These hams should be cooked to a lower internal temperature, allowing 20 to 22 minutes per pound.

BROILING

1. Place meat on broiling rack with top surface 3 inches from source of heat for steaks or chops 2 inches thick; 2 inches from heat for meats 1 inch thick or less.
2. Broil on one side until nicely browned.
3. Season with salt and pepper.
4. Turn and finish cooking on second side.
5. Season second side and serve hot.

Broiling Timetable

<table>
<thead>
<tr>
<th>Meat</th>
<th>Approximate length of time for broiling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steaks</td>
<td>1 inch thick 12 to 15 minutes</td>
</tr>
<tr>
<td></td>
<td>2 inches thick 30 to 35 minutes</td>
</tr>
<tr>
<td>Lamb Chops</td>
<td>1/4 inch thick 10 to 12 minutes</td>
</tr>
<tr>
<td>Ham Slice</td>
<td>1 inch thick 20 to 25 minutes</td>
</tr>
</tbody>
</table>

Cuts for Roasting

**BEEF**—Rib, Sirloin Tip, Tenderloin.

**PORK**—Loin, Tenderloin, Shoulder, Ham.

**LAMB**—Leg, Rack, Loin, Shoulder.

**VEAL**—Loin, Rack, Leg, Shoulder.

Cuts for Broiling and Panbroiling

**BEEF**—Loin Steaks, Rib Steak, Tenderloin, ground for patties.

**PORK**—Bacon, Smoked Ham.

**LAMB**—Loin Chops, Rib Chops, Shoulder Chops, Leg Steaks.

Do not broil fresh pork or veal.
Follow Cooking Method that fits the Cut

**PANBROILING**

1. Place meat in heavy frying pan. Do not add fat or water. Do not cover.
2. Brown meat on both sides.
3. Reduce temperature, and cook slowly until done, turning from time to time to cook uniformly.
4. Pour off fat as it accumulates so meat will panbroil, not fry.

*Cuts for Panbroiling: Same as for broiling.*

**BRAISING**

1. Season the meat with salt and pepper, and dredge with flour, if desired.
2. Brown on all sides in hot lard.
3. Add a small quantity of liquid.
4. Cover tightly.
5. Cook slowly, either on top of range or in oven, until done.

*Cuts for Braising: BEEF—Chuck, Neck, Short Ribs, Brisket; PORK—Shoulder Steak, Chops, Tenderloin; LAMB—Neck Slices, Shoulder, Breast, Shank; VEAL—Shoulder, Breast, Neck, Flank.*

**COOKING IN WATER**

**Stews**

1. Cut meat in 1 to 2 inch cubes.
2. Season with salt and pepper.
3. Brown on all sides in hot lard, if desired.
4. Cover with water, either hot or cold.
5. Cover kettle tightly.
6. Cook slowly until done. Do not boil.
7. Add vegetables just long enough before serving that they will be done and not overcooked.

**Large Cuts**

1. Cover meat with water, either hot or cold.
2. Season with salt and pepper.
3. Cook slowly. Allow to simmer, not boil.
4. Add vegetables, if desired, just long enough before serving so they will be done.

Preparation of the MEAT GARNISH

Whatever the garnish, it should be served in quantities suitable as an accompaniment to the meat. Properly prepared and attractively arranged foods will add to the appeal of the most simple every day meal.

Fresh Vegetables

To preserve the firmness, flavor and color, it is important to cook vegetables only until tender. Green vegetables are cooked uncovered in salted water for the shortest possible time. Strong flavored vegetables are cooked uncovered in a large amount of water only until done. Red vegetables will retain their color if a small amount of vinegar is added to the cooking water.

Baked, steamed or boiled vegetables may be served whole or cut, with butter or cream sauce. Vegetables such as celery curls, radishes, green onions and carrot sticks to be served uncooked are thoroughly cleaned and crisped.

Greens are a garnish necessity. Well washed and crisp, parsley, endive, and watercress effectively decorate meat. Parsley is suitable for hot as well as cold dishes.

Fresh Fruits

Meat is often complemented with fruit. Whole or sliced, used alone, with jelly or glaze, it is used frequently. Broiled or baked, hot fruits are best with hot meats. Cold fruits are served with cold meats.

Frozen Fruits and Vegetables

The fresh color and flavor retained in frozen foods makes them desirable as a garnish. Directions for cooking are found on the box. In general, they require less cooking time than the fresh.

Olives and Pickles

Zestful foods add interest and color to many meat dishes. Spiced fruits, olives in variety, and pickles are popular meat accompaniments.

Canned Fruits and Vegetables

The wide variety of canned foods, equal to fresh in nutritive value, is effective as a food and garnish. Available the year 'round, quantities vary with the size of the can.

<table>
<thead>
<tr>
<th>Common Size Cans and Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAME</td>
</tr>
<tr>
<td>--------------------------------</td>
</tr>
<tr>
<td>8 ounce</td>
</tr>
<tr>
<td>No. 1 (Picnic)</td>
</tr>
<tr>
<td>No. 300</td>
</tr>
<tr>
<td>No. 1 Tall</td>
</tr>
</tbody>
</table>
Garnishing the MEAT PLATTER

The vegetables, greens, and fruits which are a part of the balanced meal are the natural garnishes of the meat platter. Garnishes should always be a part of the meal, chosen for flavor, color, texture and general appearance. Attractive arrangement of the foods which are brought to the table increases their appeal to the appetite.

**Beef**
- Standing Rib Roast—ears of corn.
- Rolled Beef Roast—whole buttered carrots, parsley stems.
- Chuck Pot Roast—whole potatoes cooked with meat and catsup.
- Broiled Steak—onion rings pickled in beet juice.
- Swiss Steak—rice mounds.
- Stew—separate the vegetables and meat, arrange.
- Corned Beef—eighths cabbage cooked only until tender.
- Beef Loaf—broiled tomato halves.
- Beef Patties—quick Spanish rice.
- Heart—buttered noodles, green beans.
- Liver—French fried onions.
- Tongue—spinach baskets with shredded carrots.

**Pork**
- Fresh Ham Roast—half pineapple slices, cherries.
- Tenderloin Steaks—Harvard beets.
- Crown Roast—peas in crown, mashed potatoes baked in green pepper cases.
- Roast Loin—red and green glazed apples.
- Chops—alternate with broccoli.
- Broiled Ham Slice—glazed apricots.
- Ham Loaf—parsley buttered potato balls.
- Cushion Style Shoulder—green pepper cases, whole kernel corn.
- Spareribs—mound of sauer kraut, ribs carefully arranged.
- Sausage—fried apple slices.
- Baked Ham—orange baskets with mashed sweet potatoes.
- Canadian Bacon—asparagus bundles, pimiento strips.
- Bacon—broiled bananas.
- Broiled Kidney—pickled peaches.

**Veal**
- Roast Leg—yellow rice, cooked with curry.
- Braised Chops—lima beans.
- Shoulder Roast—clusters of green grapes dipped in sugar glaze.
- Loaf—cooked whole green onions.

**Lamb**
- Roast Leg—hollowed cooked sweet potatoes filled with tinted grated pineapple.
- Broiled Chops—mint jelly in lemon baskets, broiled bananas.
- Rolled Shoulder—minted buttered potatoes.
- Stew—parsley sprinkled dumplings.

**Cold Cuts**
- Radish roses, carrot strips, green onions, cauliflower flowerettes, pickle fans, pickled pears, peaches, apples, sweet and sour pickles, stuffed, green and black olives, cucumber slices, cucumber boats, sliced tomatoes, whole stuffed tomatoes.
Meat in Nutrition

Meat is the Foundation of the Meal

Every Member of the Family Needs:

MEAT to provide protein which builds and repairs tissues.
MEAT to provide heat and energy.
MEAT to provide minerals.
    Iron to make good red blood.
    Copper to aid the iron.
    Phosphorous to build strong bones and teeth.

All Children Need:

MEAT for growth and muscle repair.
MEAT for heat and energy for their active play.
MEAT for iron to keep blood red for rosy cheeks.
MEAT for phosphorous to help build straight bones and strong teeth.
MEAT for vitamins which promote growth and maintain health.

IF YOU ARE REDUCING

INCREASE: high quality protein foods (lean meat, fish, fowl, eggs and cheese).

OMIT: pastries, pies, puddings, all sweets and fried foods.

LIMIT: breads, starchy vegetables, fruits high in sugar, and fat foods (butter, oil, mayonnaise, etc.)

DAILY NEEDS FOR GOOD HEALTH, FOR EVERYONE

MEAT—one or two servings.
EGGS—one or two.
MILK—one or two glasses.
VEGETABLES—two servings.
FRUITS—two servings.
CEREALS—bread and cereals.
BUTTER and other fats.
OTHER FOODS—to make up the total energy requirement.