A Successful Meat Dish Depends on Selecting the Right Cut for the Cooking Method. Study These Charts and Meat Buying Will be as Simple as ABC.
WATCH YOUR P'S AND Q'S IN COOKING MEAT

Meat cookery is as simple as it can be after a few fundamental rules are mastered. Tender cuts are cooked by dry heat; the less-tender cuts by moist heat. There are only six general methods of cooking meat. These are given below. There are many meat recipes but each is a variation of one or another of these six basic methods.

**DRY HEAT METHODS**

**ROASTING**
1. Season meat with salt and pepper.
2. Place on rack, fat side up.
3. Add no water.
4. Do not cover.
5. Do not baste.
6. Roast in a slow oven (300°-350°F.) to desired degree of doneness.

**BROILING**
1. Set oven regulator to “broil.”
2. Preheat or not as desired.
3. Place meat on broiling rack with top surface 3 inches from heat. If distance is less, reduce temperature.
4. Broil until nicely browned. Season and turn. When second side is browned, the steak will be done. Only one turning is necessary.
5. Season second side.
6. Serve at once on a hot platter.

**PANBROILING**
1. Heat a heavy frying-pan until it is sizzling hot.
2. Place meat in hot pan—do not add fat or water—do not cover pan.
3. Brown nicely on both sides.
4. Reduce the temperature and cook until done, turning from time to time.
5. Pour off fat as it accumulates in pan.

**MOIST HEAT METHODS**

**BRAISING**
1. Season meat with salt and pepper, dredge with flour.
2. Brown on all sides in hot lard.
3. Add a small quantity of liquid.
4. Cover closely.
5. Cook slowly until done.

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

**COOKING IN WATER**
1. Cover meat with boiling water.
2. Season with salt and pepper.
3. Cook slowly. Allow to simmer—not boil.
4. Add vegetables, if desired, just long enough before serving to be done.
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