It Helps Keep You Well

It Adds Variety to Meals

It Is Easy to Cook

It Is Nice to Carve
It Helps Keep You Well

The doctor says—

"Meat contributes nine of the thirteen important food essentials of the normal diet."

The joy of living and the will to do depend on abundant health, and abundant health depends on getting your quota of vitamins.

From the Science Laboratory comes the good news that meat is one of the very best sources of the members of the vitamin B family which are necessary in the human diet. Vitamin A, too, is found in meat. Meat is good for you because it supplies you with these vitamins. Each one has its own work to do and none can take the place of the others.
1. **VITAMIN A** promotes growth and increases body resistance. Liver and glandular meats are among the best sources, but other meats furnish some vitamin A.

2. **THIAMIN** is the new name for vitamin B₁. Thiamin is needed for growth and it helps the body to use carbohydrates. It stimulates the appetite. Meat supplies this important vitamin more generously than any other food.

3. **RIBOFLAVIN** used to be called vitamin B₂ or G. It stimulates growth and protects against certain nervous disorders. Meat tops the list of riboflavin sources.

4. **NICOTINIC ACID** prevents and cures a dietary deficiency, known as pellagra. Meat is first as a source of this B vitamin.

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5. **PROTEIN** is needed in the diet of all ages. The child cannot grow nor the adult maintain health and well-being without a liberal supply of efficient protein. The word protein means "holding first place" and so it should be considered first in planning a diet.

Proteins are made up of amino-acids, often called "building stones." The best building stones, that is the amino-acids most needed by the body, are supplied by meat.

Certain minerals are essential to good nutrition. Meat is the richest source of two — iron and phosphorus. In addition meat contains copper.

6. **IRON** carries oxygen to every part of the body. Oxygen is needed "to make the fire burn." It releases the energy from our foods. Iron sends the rich, red blood coursing through our veins. Iron puts the rosy glow of health into our cheeks. Iron prevents and cures anemia.
7. COPPER is the partner of iron in building the hemoglobin of the blood. Without copper, iron cannot do its work so well. Some authorities say that iron cannot do its work at all without copper.

Nature sees to it that the iron of meat is well used by supplying copper along with it.

8. PHOSPHORUS is a very busy mineral. It plays many roles in body processes.

It combines with calcium to build strong, healthy teeth and bones.

It is a part of the structure of every cell.

It has a part in the output of nervous energy.

A four-ounce serving of meat contains nearly 50 per cent more of this very important mineral than does any other food.

9. FAT furnishes energy for work and play. Energy foods are necessary in the diet. The fat of meat produces heat and energy and is the carrier of certain important vitamins.

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The meat retailer says —

“There is mealtime variety in meat. No need for menus to be humdrum with 125 meat cuts available.”

SUCCESS IN SELECTION

Selection of the right cut for the cooking method you wish to use is the first step to success in the meat dish.

The tables below will help you choose the right cut for the right cookery method.

For Roasting

<table>
<thead>
<tr>
<th>BEEF</th>
<th>PORK</th>
<th>LAMB</th>
<th>VEAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rib —</td>
<td>Loin</td>
<td>Leg</td>
<td>Leg</td>
</tr>
<tr>
<td>Standing</td>
<td>Tenderloin</td>
<td>Rack</td>
<td>Loin</td>
</tr>
<tr>
<td>Rolled</td>
<td>Fresh Picnic</td>
<td>Crown Roast</td>
<td>Shoulder</td>
</tr>
<tr>
<td>Sirloin Tip</td>
<td>Shoulder Butt</td>
<td>Loin</td>
<td>Rolled</td>
</tr>
<tr>
<td>Tenderloin</td>
<td>Fresh Ham or Leg of Pork</td>
<td>Shoulder</td>
<td>Rolled</td>
</tr>
<tr>
<td>Rump*</td>
<td>Smoked Ham</td>
<td></td>
<td>Cushion</td>
</tr>
<tr>
<td>Chuck*</td>
<td>Cottage Roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Smoked Picnic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### For Broiling and Panbroiling

<table>
<thead>
<tr>
<th>BEEF</th>
<th>PORK</th>
<th>LAMB</th>
<th>VEAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porterhouse</td>
<td>Bacon</td>
<td>Rib Chops</td>
<td>Veal should not be broiled</td>
</tr>
<tr>
<td>Sirloin</td>
<td>Smoked Ham</td>
<td>Loin Chops</td>
<td></td>
</tr>
<tr>
<td>Club Steaks</td>
<td>Fresh Pork</td>
<td>Arm Chops</td>
<td></td>
</tr>
<tr>
<td>Rib Steaks</td>
<td></td>
<td>Blade Chops</td>
<td></td>
</tr>
<tr>
<td>Tenderloin</td>
<td>is not broiled</td>
<td>Leg Steaks</td>
<td></td>
</tr>
<tr>
<td>Top Round*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chuck Steaks*</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### For Braising

<table>
<thead>
<tr>
<th>BEEF</th>
<th>PORK</th>
<th>LAMB</th>
<th>VEAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuck</td>
<td>Shoulder</td>
<td>Neck Slices</td>
<td>Loin Chops</td>
</tr>
<tr>
<td>Neck</td>
<td>Steaks</td>
<td>Breast</td>
<td>Kidney Chops</td>
</tr>
<tr>
<td>Short Ribs</td>
<td>Loin Chops</td>
<td>Rib Chops</td>
<td>Rib Chops</td>
</tr>
<tr>
<td>Flank</td>
<td>Rib Chops</td>
<td>Shank</td>
<td>Shoulder</td>
</tr>
<tr>
<td>Round</td>
<td>Tenderloin</td>
<td></td>
<td>Steaks</td>
</tr>
<tr>
<td>Rump</td>
<td></td>
<td></td>
<td>Neck</td>
</tr>
</tbody>
</table>

### For Cooking in Water**

<table>
<thead>
<tr>
<th>BEEF</th>
<th>PORK</th>
<th>LAMB</th>
<th>VEAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shank</td>
<td>Spareribs</td>
<td>Breast</td>
<td>Shank</td>
</tr>
<tr>
<td>Neck</td>
<td>Pig's Feet</td>
<td>Neck</td>
<td>Neck</td>
</tr>
<tr>
<td>Plate</td>
<td>Hocks</td>
<td>Shank</td>
<td>Breast</td>
</tr>
<tr>
<td>Brisket</td>
<td>Smoked Ham</td>
<td>Shoulder</td>
<td>Shoulder</td>
</tr>
<tr>
<td>Corned Beef</td>
<td>Smoked Picnic</td>
<td>Kidneys</td>
<td>Kidneys</td>
</tr>
<tr>
<td>Flank</td>
<td>Smoked</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidneys</td>
<td>Cottage Roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidneys</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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* From beef of good quality

** Stews and "boiled meats" are cooked in water.

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**It Adds Variety to Meals**

**It Is Easy to Cook**

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**It Is Nice to Carve**
It Is Easy To Cook

The chef says —

"Meat cookery is a science as well as an art. Modern methods conserve flavor; save fuel and labor; give better results."

**ROASTING**

1. Season meat with salt and pepper.
2. Insert meat thermometer so that bulb reaches center of the largest muscle.
3. Place roast on rack fat side up in an open roasting pan.
4. Do not baste.
5. Do not cover.
6. Do not add water.
7. Roast at a moderate temperature (300°-350°F.).

**How to Tell When Roast Is Done**

<table>
<thead>
<tr>
<th>Meat</th>
<th>Reading</th>
<th>Minutes per pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef—rare</td>
<td>140°F.</td>
<td>18 to 20</td>
</tr>
<tr>
<td>medium</td>
<td>160°F.</td>
<td>22 to 25</td>
</tr>
<tr>
<td>well-done</td>
<td>170°F.</td>
<td>27 to 30</td>
</tr>
<tr>
<td>Pork—fresh (always well-done)</td>
<td>185°F.</td>
<td>30 to 35</td>
</tr>
<tr>
<td>* smoked</td>
<td>160°F.-170°F.</td>
<td>20 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>

* Many commercial hams have been tendered in processing and the cooking time is reduced about one-fourth.
BROILING

1. Turn oven regulator to the highest position.
2. Place meat on rack. The top surface of 2-inch steaks or chops should be three inches from heat; 1-inch cuts two inches.
3. Reduce temperature if distance must be less.
4. Broil until top side is nicely browned.
5. Season with salt and pepper.
6. Turn and broil until second side is brown.
7. Season second side and serve at once.

How to Tell When Meat Is Done

<table>
<thead>
<tr>
<th>Type</th>
<th>Size</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef steaks</td>
<td>1 inch</td>
<td>12 to 15 minutes</td>
</tr>
<tr>
<td></td>
<td>2 inches</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>Lamb chops</td>
<td>¾ inch</td>
<td>8 to 10 minutes</td>
</tr>
<tr>
<td></td>
<td>1 inch</td>
<td>10 to 12 minutes</td>
</tr>
<tr>
<td></td>
<td>2 inches</td>
<td>20 to 22 minutes</td>
</tr>
<tr>
<td>Ham slice</td>
<td>½ inch</td>
<td>10 to 12 minutes</td>
</tr>
<tr>
<td></td>
<td>1 inch</td>
<td>16 to 20 minutes</td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
<td>4 to 5 minutes</td>
</tr>
</tbody>
</table>

It is easy to cook

Planking is a way of serving broiled meats. Broil meat on one side, then place on plank with cooked side down. Arrange vegetables and fruits on plank and return to broiling oven to finish cooking.

It is nice to carve
PANBROILING

1. Heavy frying-pan may be hot or cold.
2. Place meat in pan.
3. Do not add fat.
4. Do not add water.
5. Do not cover.
6. Brown meat on both sides.
7. Reduce temperature and finish cooking.
8. Turn occasionally to cook evenly.
9. Pour off fat as it accumulates in pan.

Hints on Panbroiling

The best way to tell when panbroiled steaks or chops are done is to cut near the bone with a small knife, pull back the meat and judge by the eye.

Panbroiling is a convenient method to use for small steaks or a few chops.

Panbroiling is a good method to use when no broiler is available.

BRAISING

1. Season meat with salt and pepper.
2. Dredge with flour, if desired.
3. Brown on all sides in own fat or added lard in a heavy kettle.
4. Add a very small amount of liquid, if necessary.
5. Cover with tight fitting lid.
6. Cook at a simmering temperature.

Many Favorites Braised

Pork chops and steaks which must always be cooked well done are prepared best by braising.
No water should be added in braising pork chops.
Allow forty-five minutes to an hour for cooking pork chops.
Veal chops and steaks need added fat for browning.
A little sour cream poured over veal after browning gives richness and flavor.

COOKING IN WATER
Both large and small pieces of meat are cooked by this method.
For a stew the meat is cut into small pieces and may or may not be browned.

Making a Stew
1. Cut meat into small, uniform pieces.
2. Season with salt and pepper.
3. Brown, if desired, on all sides in own fat or hot lard.
4. Cover with water.
5. Place lid on kettle.
7. Add vegetables long enough before serving so they will be done but not overcooked.

Cooking a Large Cut
1. Cover meat with water.
2. Season with salt, pepper, except for smoked pork cuts or corned beef.
3. Other seasonings such as bayleaf, cloves, or onion may be added.
4. Cover and cook slowly until meat is done. Meat should never be boiled.

It Is Nice to Carve
It Is Nice To Carve

The Man of the House says —

"There is a lot of satisfaction in being a skillful carver. But to do a good job, the knife must be sharp and the meat cooked just right."

HINTS ON CARVING

The carving knife should be steeled in the kitchen.
The carver may suit himself about standing while he carves.
Once started, the angle of the knife should not be changed.
Platters should not be over-garnished.
Platters and plates should be heated.
The carver deserves elbow room and platter room.

STANDING RIB ROAST

1. With the guard up, insert fork firmly between top two ribs. From the far outside edge slice across toward the ribs.

2. Release each slice by cutting close along the rib with the knife tip.

3. After each cut, lift the slice on the blade of the knife to the side of the platter.
ROLLED RIB ROAST

1. With guard up, insert fork firmly into left side near top of roast. Slice across the grain toward the fork from the far right side.

2. Lift slices to side of platter. Cut cord as reached with tip of blade and loosen with fork.

PORTERHOUSE STEAK

Contrary to most carving rules, a steak is carved with the grain. A steak need not be cut across the grain because the meat is tender and the fibers relatively short.

1. Hold the steak firmly with fork inserted to the right; cut close around the bone. Lay the bone to one side.

2. Still holding steak with fork, cut across the full width of the steak.

3. The flank end may be served if more servings are needed.

It Is Nice to Carve
LEG OF LAMB

1. Insert fork firmly in large end of leg and cut two or three slices from thin side.

2. Turn roast to cut surface. Hold roast with fork inserted to left. Beginning at shank end slice down to leg bone.

3. With fork still in place run knife along the leg bone, releasing all the slices.

CROWN ROAST OF LAMB

1. Steady the roast by inserting the fork firmly between the ribs to the left. Cut down between the ribs.

2. Lift the slice on the knife blade to one side of the platter.

A bread dressing or a whole cauliflower or other vegetables may be used to fill the center of the crown. Frills may be put on rib ends, and attractive garnishes are easy to arrange.
PORK LOIN ROAST

1. Have backbone separated from ribs by sawing across ribs close to backbone.

2. Remove the backbone in kitchen by cutting between it and the rib ends.

3. With rib side toward carver, cut close against both sides of each rib.

BAKED WHOLE HAM

1. Insert fork to left and cut several slices parallel to length of ham on nearest side.

2. Turn ham to cut surface. Cut small wedge from shank end. Cut thin slices down to the leg bone.

3. Release slices by cutting along bone at right angles to slices.

4. For more servings turn ham back to original position and slice at right angles to the bone.
NATIONAL LIVESTOCK AND MEAT BOARD
Department of Home Economics
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CHICAGO, ILLINOIS
1940