Nine Food Essentials found in Meat

1. Protein — builds and repairs body tissues.
2. Iron—prevents anemia.
3. Copper—helps body use iron.
4. Phosphorus — builds strong bones and teeth; regulates the body; needed for body tissues.
5. Fat — produces heat and energy; carries certain important vitamins.
6. Vitamin A—promotes growth; increases body resistance.
7. Vitamin B Complex (Thiamin) — stimulates appetite; promotes growth; prevents and cures beriberi; is necessary for utilization of carbohydrate.
8. Vitamin B Complex (Riboflavin) — promotes growth; protects against certain nervous disorders and liver disturbances.
9. Vitamin B Complex (Nicotinic Acid) — prevents and cures pellagra.
These Charts Will Help You in the Selection and Preparation of Meat

<table>
<thead>
<tr>
<th>BEEF CHART</th>
<th>PORK CHART</th>
<th>LAMB CHART</th>
<th>VEAL CHART</th>
</tr>
</thead>
</table>

**FIRST SELECT YOUR MEAT CUT, THEN OTHER FOODS—BALANCED MEALS BUILD HEALTH**

### MENUS WITH BEEF
- **ROAST BEEF**
  - Escalloped Potatoes, Julienne Carrots, Apple and Cabbage Salad, Cherry Pie
- **POT-ROAST**
  - Baked Potatoes, Green Beans, Mexican Slow Cooked, Cider Pie
- **"BOILED" BEEF**
  - Red Potatoes, Butternut Squash, Green Beans, Celery Salad
- **COBBED BEEF**
  - Potatoes in Jacket, Cabbage Wedges, Pear Salad, Melon
- **SWEDISH BEEF**
  - Baked Potatoes, Barbecued Carrots, Grapes, Brown Betty
- **BROILED BEEF**
  - Creamed Potatoes, Corn, Lettuce Salad, Rhubarb Pie
- **BROILED STEAK**
  - French Fried Potatoes, Peas, Combination Salad, Jelly Roll

### MENUS WITH PORK
- **ROAST PORK**
  - Baked Potatoes, Escalloped Tomatoes, Baked Apple in Sauce, Pineapple Relish and Cookies
- **BAKED HAM**
  - Cumberland Sweet Potatoes, Green Beans, Pineapple and Cabbage Salad, Lemon Pie
- **BRINED CHOPS**
  - Baked Potatoes, Harvard Beets, Pear Salad, Grape Salad, Lemon Dressing
- **BROILED HAM**
  - Escalloped Potatoes, Peas, Fresh Fruit Salad, Buttercrunch Pudding
- **SAUSAGE**
  - Creamed Potatoes, Asparagus, Bermuda Onion Salad, Biscuit, Apple Betty
- **SPARE RIBS**
  - Potatoes in Jacket, Baby Lima Beans, Combination Salad, Berry Short Cake
- **CANADIAN STYLE BACON**
  - Creamed Hominy, Spinach, Peach and Cottage Cheese Salad, Orange Ice Box Cake
- **POKE BEEF**
  - Baked Potatoes, Sauerkraut, Jellied Vegetable Salad, French Dumplings

### MENUS WITH LAMB
- **LEG OF LAMB**
  - Brown Potatoes, Green Beans, Orange and Mint Salad, Cranberry Custard Pie
- **BROILED CROPS**
  - Shoestring Potatoes, Peas, Combination Salad, Devil's Food Cake
- **ROLLED SHOULDER**
  - Baked Potatoes, Brussels Sprouts, Tomato and Cabbage Salad, Brown Betty
- **LAMB PATTIES**
  - Creamed Potatoes, Green Beans, Combination Salad, Melon
- **BRAISED NECK SLICES**
  - Parsley Potatoes, Turnips, Mexican Slow Cooked, Fresh Fruit Salad, Mint Ice Cream
- **CROWN ROAST**
  - Special Baked Potatoes, Asparagus, Jellied Fruit Salad, Mint Ice Cream

### MENUS WITH VEAL
- **VEAL ROAST**
  - Baked Potatoes, Green Beans, Stuffed Tomato Salad, Apple Pie
- **CHOPS OR STEAK**
  - Baked Potatoes, Broccoli, Apple and Celery Salad, Cider Pie
- **CITY CHICKEN**
  - Baked Potatoes, Asparagus, Oranges and Cranberry Salad, Blackberry Cobbler
- **VEAL LOAF**
  - Asparagus Potatoes, Baked Carrots, Combination Salad, Fruit Cup
- **STEW**
  - Dumplings, Potatoes, Carrots and Onions, Celery, Slow, Sliced Peaches
- **VEAL PIE**
  - Biscuits, Potatoes, Green Beans and Carrots, Watercress Salad, Melon
- **VEAL RIBS**
  - Baked Potatoes, Baked Tomatoes, Pineapple and Cabbage Salad, Coconut Cake
- **VEAL POT-ROAST**
  - Noodles, Barbecued Potatoes, Fresh Fruit Salad, Ice Creams
HOW TO COOK MEAT • There are Only 6 Basic Methods

1. ROASTING

1. Season meat with salt and pepper.

2. Insert roast-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°-350°F.) and roast until done, according to the following table.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Thickest Muscle</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>1 inch thick</td>
<td>12 to 15 minutes</td>
</tr>
<tr>
<td>Lamb</td>
<td>3/4 inch thick</td>
<td>10 to 12 minutes</td>
</tr>
<tr>
<td>Ham</td>
<td>3/8 inch thick</td>
<td>15 to 20 minutes</td>
</tr>
</tbody>
</table>

Meat, vegetables, and fruits for the entire meal may be broiled at one time, as a combination grill. Vegetables which require longer cooking may be cooked first in water and added to the grill for browning.

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.

Ground beef or lamb can be broiled, either in patties or larger cakes.

2. BROILING

1. Preheat broiling oven with heat turned high.

2. Place meat on broiling rack with top surface 3 inches from source of heat. If the distance must be less, reduce temperature accordingly.

3. Broil on one side until nicely browned.

3. PANBROILING

1. Heat a heavy frying-pan sizzling hot.

2. Place meat in it. Do not add fat or water. Do not cover.

3. Brown meat on both sides.

4. Reduce temperature, and cook slowly until done, turning from time to time to cook uniformly.

5. Pour off fat as it accumulates so meat will panbroil, not fry.

In panbroiling bacon, place a single layer in a cool frying-pan, and cook very slowly until done, turning often and pouring off the fat.

4. 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 stove or in oven, until done.

Pork and veal chops are cooked best by braising, because they require long slow cooking until thoroughly done. Single pork chops require 20 minutes and double chops 30 to 40 minutes for cooking. Veal chops require about 45 minutes.

A 4 or 5-pound pot-roast requires about 3 hours for cooking.

The liquid used for braising may be water, meat or vegetable stock, tomato juice, sour cream, soup, milk or dilute vinegar.

Variety may be gained by the addition of seasonings such as bay-leaf, thyme, cloves, catsup and curry powder.

5. STEWING

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 hot water.

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 over-cooked. Attractive service makes the stew. Arrange on a large platter, with meat in center and vegetables around it. Serve gravy separately.

Dumplings are a good accompaniment for stews. These may be cooked in the kettle on top of meat and vegetables.

A stew may be made into a meat pie. Place in casserole dish and cook in oven. Fifteen minutes before serving top with baking powder biscuits or pastry. Or make a border of mashed potatoes forced through a pastry tube.

A variety of vegetables may be used. Potatoes, green beans, carrots, celery, turnips, rutabaga, cauliflower, cabbage, onions, lima or navy beans, parsnips, and peas, are all good in stew.

6. 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 so they will be done.

For cooking corned beef, allow about 45 minutes per pound. Corned beef or smoked ham may be simmered in water until done, then browned in oven.

After cooking, stick corned beef with whole cloves, pour maple sugar over it and brown uncovered in oven.

Serve beef cooked in water with hot horseradish sauce, made by adding 1/2 cup prepared horseradish and 1 tablespoon lemon juice to medium cream sauce.