PAGEANT
OF FOODS

COOKING SCHOOL

Presented by

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn St.       Chicago, Illinois
Last Session
### Menu Suggestions

**FOR SPECIAL OCCASIONS**

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1. Regal Roast
Select a standing rib roast, of two or three ribs. Wipe with a damp cloth and rub with salt and pepper. Place roast in a dripping pan with fat side up. Make a small incision through fat covering and insert a meat thermometer so that bulb reaches center of roast. Do not cover roast and do not add any water. Place meat in a slow oven (300° F.) and roast to desired degree of doneness. The meat thermometer will register 140° F. for a rare roast; 160° F. for a medium roast, and 170° F. for a well-done roast. Allow 18-20 minutes to the pound for cooking a rare roast, 22-25 minutes to the pound for a medium, and 27-30 minutes to the pound for a well-done roast. A four-pound roast will serve 6-8 people.

2. Rolled Lamb Roast
Have the meat retailer prepare a boned and rolled lamb shoulder. Wipe with a damp cloth. Season roast with salt and pepper and place on a rack in an open roasting pan with fat side up. Insert a meat thermometer into center of roast. Place in a slow oven (300° F.) and roast until done, without covering and without adding water. The meat thermometer will register 175° F. for medium-done lamb and 180° F. for well-done lamb. Allow about 35 to 40 minutes to the pound for roasting. Remove roast to a hot platter and garnish. A four-pound roast will serve 6 to 8 people.

3. Prune Chiffon Pie
1 1/4 cups Homemade Pie Mix (page 10)
1-3 tablespoons cold water
Add water to Homemade Pie Mix, a small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll to about one-eighth inch in thickness and line pie pan. Prick well. Bake in a hot oven (425° F.) for 15 minutes. Cool and fill with Prune Filling.

PRUNE FILLING
1/2 pound prunes
2 eggs
1/2 cup sugar
1/2 teaspoon salt
3 tablespoons lemon juice
1/4 teaspoon nutmeg
1/8 teaspoon cloves
1 tablespoon gelatin
1/4 cup cold water
1 cup sweetened whipped cream
Soak prunes. Simmer until tender. Remove pits and put through wire strainer. Measure one-half cup of liquid in which prunes were cooked. Combine with prune puree, egg yolks, sugar, salt, lemon juice and spices. Cook in a double boiler until thoroughly heated. Remove from heat and add gelatin which has been soaked in the cold water. Let cool. When it begins to congeal, fold in the stiffly beaten egg whites. Pour into a baked pie shell. Garnish with sweetened whipped cream.
4. Homemade Biscuit Mixture

- 8 cups flour
- 1/4 cup baking powder
- 4 teaspoons salt
- 1 1/2 cups lard

Sift the flour and measure. Sift again with the baking powder and salt. Cut in the lard until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield five batches with two cups of the mixture to the batch. It may be used as a basis for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake.

6. Baked Chocolate Pudding

- 1 cup flour
- 1/2 teaspoon salt
- 3/4 cup sugar
- 2 teaspoons baking powder
- 4 1/2 teaspoons cocoa
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract
- 1/2 cup milk
- 1/2 cup chopped nuts
- 1 cup water

Sift flour, measure and sift with salt, sugar, baking powder and cocoa. Combine the melted butter, vanilla and milk and add to dry ingredients. Add the nuts. Pour into a well buttered baking dish (5 x 9 inches). Cover with Cocoa Mix. Pour the water over all and bake in a moderate oven (350° F.) for 40 minutes. Serve in sherbet glasses with whipped cream. Serves 6.

COCOA MIX

- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 6 tablespoons cocoa

Combine all ingredients.

5. Individual Veal Loaves

- 1 pound ground veal
- 1 pound ground pork
- 1 can chicken soup
- 1 cup quick cooking oatmeal
- 1 egg
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 tablespoon onion juice

Paprika

Combine ingredients in the order given. Make into eight individual patties and pack on edge in a loaf pan, making a solid loaf. Sprinkle with paprika. Bake in a moderate oven (350° F.) for 1 1/2 hours. Serves 6.

Idea for this recipe contributed by Miss Harriet C. Baglien, 2415 S. Girard Ave., Minneapolis, Minn.

7. Beef Stew Aristocrat

- 2 pounds beef chuck
- 3 tablespoons lard
- 1 cup water
- 1 pound green beans or
- 1 No. 2 can green beans
- 7 carrots
- 6 small white onions
- 6 whole cabbage leaves
- Salt and pepper

Wipe meat with a damp cloth and cut into one-inch pieces for stewing. Brown meat in hot lard. Add water. Cover and simmer for about 45 minutes. Add fresh beans, carrots and onions and continue to simmer. Season. Fifteen minutes before meat is done add separated cabbage leaves and continue cooking. If canned beans are used, add with cabbage leaves. Serve meat in cups of cabbage with other vegetables arranged around meat. Thicken liquid left in kettle and serve with stew. Serves 6.
8. Lamb Pie With Biscuit Rings

2 cups cooked diced lamb  
1 onion  
3 tablespoons lard  
1 can vegetable soup  
1 teaspoon Worcestershire sauce  
Salt and pepper  
½ cup water

Brown lamb and onion, which has been sliced into rings, in hot lard. Add soup, seasonings and water. Cover. Simmer for 10 minutes. Pour hot meat mixture into a small casserole. Cover with partly baked Pimiento Biscuit Rings, placing top sides down. Finish baking in a moderately hot oven (400° F.) for 15 minutes. Serves 5-6.

PIMIENTO BISCUIT RINGS

2 cups Homemade Biscuit Mixture (page 4)  
½ cup chopped pimientos  
4 tablespoons chopped parsley 
½ teaspoon salt  
Milk

Combine Homemade Biscuit Mixture, pimientos and coarsely chopped parsley. Add salt and enough milk to make a soft dough. Roll to desired thickness. Cut with a two-inch doughnut cutter. Place on an unoiled cookie sheet and bake it in a hot oven (425° F.) for 8 minutes when used on Lamb Pie. If these are to be served as biscuits bake in a hot oven (425° F.) for 15 minutes. Yield: 12 medium biscuits.

9. Banana Bundles

6 bananas  
½ cup sugar  
1 teaspoon cinnamon

Pastry (See Recipe No. 3)

Peel and cut the bananas in half crosswise. Roll in sugar and cinnamon which have been thoroughly mixed. Place on a square of pastry and roll, completely enclosing banana. Bake in a hot oven (425° F.) for 35 to 40 minutes or until brown. Serve hot with whipped cream or hard sauce. Serves 6.

10. Refrigerator Cookies

3 cups flour  
2 teaspoons baking powder  
1½ teaspoons salt  
½ cup lard  
½ cup sugar  
1 egg  
2 squares chocolate  
1 cup shredded bran  
3 tablespoons water or milk  
1 teaspoon vanilla extract

Sift flour, measure and sift again with baking powder and salt. Cream lard, add sugar gradually and continue creaming until light and fluffy. Add unbeaten egg and beat well. Melt chocolate and add with the shredded bran to the creamed mixture. Work in sifted dry ingredients alternately with the liquid. Add vanilla. Knead and shape into rolls one and a half to two inches in diameter. Wrap in waxed paper, covering the ends so dough will not dry out. Store in refrigerator over night or until firm. Cut in thin slices, about one-eighth inch, cutting through the waxed paper each time. Remove paper. Bake on uncoiled cookie sheet in a moderately hot oven (425° F.) for about 10 minutes. Yields: 7-8 dozen cookies.

11. Raspberry Bavarian Cream

1 package raspberry gelatin  
1 cup hot water  
No. 2 can red raspberries  
1 round 9-inch layer of white cake

Dissolve gelatin in hot water. Drain juice from raspberries. Press berries through fine sieve to remove seeds. Add three-fourths cup of raspberry juice to gelatin. Chill until it begins to congeal. Whip with a rotary beater until fluffy. Fold in three-fourths cup of raspberry pulp and cream which has been whipped. Pour into an eight-inch ring mold. Chill until firm. Unmold on cake. Fill center with whipped cream. Serves 12.
12. Chocolate Icing Parfait

1 1/2 cups sugar
2 egg whites
1 tablespoon corn sirup
5 tablespoons cold water
1 square bitter chocolate
1 teaspoon vanilla extract
2 cups whipping cream

Place sugar, egg whites, sirup and water in a top of a double boiler. Mix well. Place over boiling water. Beat constantly with rotary beater for about seven minutes until mixture stands in peaks. Melt chocolate and combine thoroughly with cooked mixture. Cool. Fold in vanilla and whipped cream. Pour into refrigerator tray and freeze quickly. Straw during freezing period. One cup apricot or prune pulp may be substituted for the chocolate. Serves 10 to 12.

Idea for this recipe contributed by Mrs. Nora Madden Eckert, 215 South Howell Ave., Chattanooga, Tenn.

13. Tongue Rolls Florentine

16 slices boiled tongue
2 pounds spinach
2 tablespoons melted butter
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon flour
4 tablespoons grated horseradish
1 cup top milk

The tongue slices should be one-eighth inch thick and unbroken. Carefully wash spinach. Remove stems and cook covered with only the water which clings to the leaves. Cook only until leaves wilt. Drain well. Chop fine. Add melted butter and seasonings. Place a spoonful of spinach on each side of tongue. Roll and fasten with a wooden pick. Place in an oiled casserole. Combine flour, horseradish, and milk and pour over tongue. Cover. Cook in a moderately hot oven (350°F) for 30 minutes. Serves 8.

14. Link Loaf

2 pounds small sausage links
2 tablespoons water
4 cups cooked elbow macaroni
2 cups Cheese Sauce

Place sausage links in cold skillet. Add water, cover and cook until water evaporates. Remove cover, increase the heat and cook until links are browned. Line bottom of a loaf pan (5 x 9 inches) with waxed paper.

15. Fig Layers

15-ounce package figs
1 cup water
1/2 cup sugar
1 tablespoon lemon juice
4 dozen sugar cookies
1 cup whipping cream
1/2 teaspoon vanilla extract
4 tablespoons confectioners sugar

Stand the links around the inside of the pan. Combine macaroni and Cheese Sauce. Pour into lined loaf pan. Bake in a moderate oven (350°F) for 30 minutes. Serves 8.

16. Lamb and Bacon Whirls

1/2 pound sliced bacon
1 1/2 pounds ground lamb shoulder
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon marjoram
1 tablespoon Worcestershire sauce
1 cup cornflakes
3 tablespoons water

Leave the bacon on the waxed paper as it comes from the market or arrange slices to slightly overlap in a sheet 8 to 10 inches long. Mix lamb with all other ingredients. Spread and pat evenly over the bacon. Roll like pinwheel cookies so that the ends of the slices of bacon are rolled in with the lamb. Wrap tightly in waxed paper and chill thoroughly. Before slicing, place wooden picks through the roll at inch intervals to hold the bacon in place. Slice inch thick. Broil or panbroil. Serves 6.

To Broil: Place on broiler rack so that surface of meat is three inches from source of heat. Brown on one side. Turn and brown on second side, allowing about 6 to 8 minutes per side. Only one turning is necessary.

To Panbroil: Place in a hot frying-pan. Brown first on one side, then on the other. Reduce the heat and turn the meat as often as necessary to insure even cooking. Pour off the fat as it accumulates in the pan. Definite times for panbroiling cannot be given.

17. Squaw Corn

8 slices bacon
1/2 cup grated onion or 1/2 cup grated green pepper
1 can cream or whole kernel corn
Salt and pepper

Cut bacon into small pieces and cook slowly until brown, but not crisp. Add onion or green pepper as desired. Cook slowly for five minutes. Add corn. Season and heat thoroughly. Serve as main dish of meal. Serves 4.

CHEESE SAUCE

4 tablespoons butter
1/4 cup flour
2 cups milk
1 teaspoon salt
1/2 pound sharp cheese

Melt butter, add flour and stir until smooth. Add milk gradually, stirring constantly and cook until very thick. Add seasonings and grated cheese and continue cooking until cheese is melted.

Moist cocoanut
12 Maraschino cherries

Grind figs. Add water, sugar and lemon juice and simmer slowly for ten minutes or until thick enough to spread. Use four cookies for each dessert. Spread about one tablespoon of the fig mixture over each of three of the cookies and place them in a pile with the fourth cookie on top. Repeat this process until all cookies are used. Chill in refrigerator for about 12 hours. Whip cream, add flavoring and confectioners sugar and completely cover chilled desserts. Sprinkle each with moist cocoanut and top with a cherry. Serves 12.
18. Three-in-One Cake

4 cups cake flour
4 1/2 teaspoons baking powder
1 1/2 teaspoons salt
3/4 cup lard
2 1/2 cups sugar
1 3/4 cups milk
2 egg yolks
5 egg whites

Sift flour once, measure and sift with baking powder and salt. Cream lard. Continue creaming, adding one and one-half cups sugar and three tablespoons of milk. Add egg yolks to remaining milk. Add sifted dry ingredients alternately with milk mixture to creamed lard and sugar. Beat egg whites until stiff but not dry. Add remaining sugar gradually and beat until sugar is dissolved. Fold into cake mixture. Divide batter into three equal parts, about two and a half cups in each part.

Layer 1: Add 1 teaspoon vanilla extract.
Layer 2: Add one square of bitter chocolate, melted and one teaspoon vanilla extract.
Layer 3: Add one-fourth teaspoon peppermint flavoring and one-half teaspoon vanilla extract with enough pink coloring to tint delicately.

Line bottom of three nine-inch cake pans with waxed paper. Pour batter into pans and bake in a moderately hot oven (375° F.) for 25 minutes. Turn onto cake racks and cool. Cut each layer into thirds and ice according to following directions.

THREE-IN-ONE ICING

4 egg whites
2 5/8 cups sugar
9 1/2 tablespoons water
2 1/2 tablespoons white corn sirup
2 teaspoons vanilla

Combine egg whites, sugar, water and corn sirup in top of double boiler. Beat with a rotary beater until thoroughly mixed. Place over rapidly boiling water and continue beating constantly about seven minutes or until icing will stand in peaks. Remove from boiling water. Add vanilla.

Chocolate Cake: Ice in three layers using the three chocolate pieces and one-third of the white icing.

White Cake: Add a small amount of peppermint flavoring and pink coloring to remainder of icing. Ice white cake in three layers similar to chocolate with half of this icing.

Pink Cake: Cool remainder of icing. Melt one and one-half squares of bitter chocolate and cool. Fold into cooled icing. Do not beat mixture. Ice pink cake also in three layers.

Fit the three iced sections together as a complete three layer cake and serve as one cake, or serve each section as an individual cake. Serves 12.

19. Royal Meat Salad

2 cups diced cooked lamb, veal or ham
1 cup diced celery
1 cup Bing cherries
4 hard-cooked eggs
1/2 cup chopped pecans
1 teaspoon salt
1 cup mayonnaise

Salad greens


20. Salad Sandwich Plate

Assorted cold cuts
Pullman loaf of bread
Softened butter
Salad

Select meats in contrasting colors. The square loaf meats are used to better advantage. Remove crusts from Pullman loaf. Cut in one-half inch slices lengthwise. Butter. Arrange meat on each slice of buttered bread. Cut crosswise in one-inch open-faced sandwiches, making 10
or 12 sandwiches to each slice. Arrange an individual salad in the center of a large sized salad plate, radiating five sandwiches around it. Garnish with olives or pickles.

21. Broiled Ham—Apricot Glaze

1-inch thick ham slice
No. 2 can apricots
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon cinnamon

Wipe meat with a damp cloth. Drain apricots. Place meat on broiler rack allowing three inches between top of meat and source of heat, if possible. Sprinkle with spices and cook until browned, basting with apricot juice occasionally. When brown, turn. Sprinkle other side with remaining spices and continue cooking, basting occasionally with remaining apricot juice. When second side is done place apricot halves on top and heat long enough to brown fruit slightly. Serve immediately. Serves 4.

22. Queen Fritters

½ cup lard
1 cup water
1 cup flour
1 teaspoon salt
4 eggs

Lard for deep fat frying

Add lard to water and bring to a boil. Add flour and salt, all at once and stir vigorously until dough forms a ball. Cool. Add unbeaten eggs, one at a time, beating after each addition. Mixture should be stiff. Drop by half teaspoonfuls into deep hot lard (365° F.) and fry until delicate brown. Serve hot as accompaniment for roast beef.

If desired for dessert, press dough from a pastry bag in eclair shapes on ungreased cookie sheet. Bake in a hot oven (450° F.) for 15 minutes. Reduce temperature to moderate oven (350° F.) for 30 minutes until done. If in doubt remove one eclair from oven and test. When done split and lift off top. Cool. Fill with ice cream and replace top. Serve with chocolate sauce or crushed berries. Yield: 16 large eclairs or 4 dozen small queen fritters.
23. Sweet-Sour Beef Heart

1 beef heart
1 8-ounce package noodles
4 tablespoons butter
4 tablespoons bacon drippings
Water
Salt
Pepper

Wash the heart thoroughly in warm water. Some of the arteries and veins may be cut away. Soaking in sour milk helps to make the heart tender. If it has been cut, sew into original shape. Cook noodles and butter. Fill heart with cooked buttered noodles and place skewers across opening during cooking. Brown on all sides in hot bacon drippings. Add a small amount of water. Season with salt and pepper, cover closely and continue cooking slowly until tender. Add more water if necessary. It will require about three hours for cooking. Remove from meat stock and make Sweet-Sour Sauce. Return to sauce to reheat. Heat remaining noodles and serve with heart.

SWEET-SOUR SAUCE

2 tablespoons butter
2 tablespoons flour
2 cups meat stock
4 tablespoons vinegar
2 tablespoons brown sugar
1 bay leaf
1/2 teaspoon thyme
2 whole cloves
Salt
Pepper

Melt butter, add flour and stir until smooth. Gradually add the stock, stirring constantly. Cook until thick. Add the seasonings and allow to simmer for 15 minutes. Remove the bay-leaf and cloves and serve in a gravy boat.

24. Homemade Pie Mix

7 cups flour
4 teaspoons salt
2 cups lard

Sift flour, measure and add salt. Cut lard into flour and salt with a fork or pastry blender until the crumbs are coarse and granular. Cover and place in refrigerator until ready to use.
BEEF CHART

Retail Cuts
- Ground Beef
- Heel of Round Roast or Broil - Braise or Simmer
- Hind Shank - Soup or Simmer
- Rolled Flank - Braise
- Flank Steak - Braise
- Flank Steak Fillets - Braise
- Plate Bovine Beef Plate - Simmer or Braise
- Beef Brisket - Simmer
- Knuckle or Shank - Soup or Braise
- English Cut - Broil
- Arm Pot Roast - Braise
- Arm Steak - Braise
- Rolled Neck - Braise or Stew
- Boneless Neck - Braise

Wholesale Cuts
- Round Steak - Braise
- Top Round - Braise
- Bottom Round (Swiss Steak) - Braise
- Rolled Rump - Braise or Roast
- Rump Roast - Braise or Roast
- Sirloin Steak - Braise or Panbroil
- Pin Bone Sirloin Steak - Braise or Panbroil
- Porterhouse Steak - Braise or Panbroil
- T Bone Steak - Braise or Panbroil
- Club Steak - Braise
- Standing Rib Roast - Roast
- Rolled Rib Roast - Roast
- Rib Steak - Braise
- Blade Steak - Roast
- Blade Pot Roast - Roast
- Triangle Pot Roast - Roast
- Boneless Chuck Shoulder Fillet - Braise

Retail Cuts

HINTS ABOUT BEEF

There is a cut of beef for every occasion. . . . When selecting a beef roast or pot-roast, it is wise to choose a larger one than is needed for one meal because this makes second and third day meal preparation easy. . . . Meat adds tastiness to vegetables cooked with it. . . . Beef roasts and cuts to be broiled may be cooked rare, medium or well-done, according to personal preference, but over-cooking should be avoided. . . . The fat of any meat enhances its flavor.