FACTS ABOUT Meat
helps for the homemaker at the market... in the kitchen

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To Get the Most from Your Meat

Select it Wisely

With several kinds and many cuts of meat on the retail market, meat offers more in variety and price range than almost any other food. Knowledge of the countless opportunities in meat is a distinct advantage, for it assures varied and interesting menus. The selection of meat in the retail market presents a challenge to the shopper because there are not only scores of cuts of beef, veal, pork and lamb but also the variety meats and many different kinds of sausages and ready-to-serve meats with which she should become acquainted.

Care for It Properly

The care of meat in the home is important. Fresh meat should be unwrapped as soon as it comes from the market. Store fresh meat uncovered or loosely covered in the coldest part of the refrigerator. Store cooked meat closely covered in the coldest part of the refrigerator. Cured meat should also be stored in the refrigerator. Canned hams should be kept under refrigeration. Frozen meat should be stored at a temperature of 0° F. or lower. It may be placed in the refrigerator under ordinary refrigeration if it is to be used immediately after defrosting. Never refreeze meat.

Cook It Correctly

The basic rule of meat cookery is: Always cook meat at low or moderate temperature. This rule applies whether meat is cooked by dry heat, moist heat or with fat. Dry heat meat cookery methods are: roasting, broiling and panbroiling. In roasting, meat is cooked by hot air; in broiling, by direct heat; in panbroiling, by transmitted heat from the frying-pan. In moist heat cookery meat is cooked by braising or in liquid. In braising, meat is cooked in a covered utensil with or without the addition of a small amount of liquid. In cooking in liquid, stews and large cuts are covered with liquid. In panfrying, meat is cooked in a small amount of fat. In deep-fat frying, sufficient fat is used to cover the meat being cooked.
Beef Facts

The quality of beef and the tenderness of the cuts are the two factors which determine the cooking methods which should be used in their preparation. Tender cuts of beef should be cooked by roasting, broiling and panbroiling and may be served either rare, medium or well done, according to personal preference. The less-tender cuts should be cooked by braising or in liquid to the well-done stage. All cuts of beef, regardless of the cooking methods, should be cooked at low or moderate temperature. This applies to all other meats, as well as beef.

Veal Facts

The mild, appealing flavor of veal is brought out by the use of proper cooking methods. Since veal comes from a young animal, and consequently lacks fat, it is often desirable to cook the roasts by placing a few slices of bacon, salt pork or other fat over the meat in preparation for cooking. For this same reason veal steaks, chops and patties are best cooked either by braising or panfrying, since, in these two methods, fat is added to the frying-pan before cooking. All veal is cooked to the well-done stage—170° F. internal temperature.

Pork Facts

For tenderness and appetite appeal, all pork should be cooked well done. Large fresh pork cuts, including loin, shoulder and ham, are roasted at 350° F. oven temperature to 185° F. internal temperature; smoked pork cuts—ham, shoulder butt, etc.—are roasted at 300° F. to an internal temperature of 160° F. Pork chops, steaks, patties, and frenched tenderloin are best cooked by braising, since this method assures meat that is well done, tender and juicy. Smoked ham slices, bacon, Canadian-style bacon are cooked by broiling, panbroiling or pan-frying.

Lamb Facts

Lamb is always in season. Like other meats, it should be cooked at low or moderate temperature. It is roasted, as beef and veal, at 300° F. and may be served medium (175° F., internal temperature) or well done (180° F., internal temperature). The thin outer covering, the fell, should not be removed from the leg, since it cooks in less time and holds its shape better. The fell should be removed from steaks and chops. Lamb chops, steaks and patties may be broiled, panbroiled or panfried. Lamb should be served hot or cold—never lukewarm.
The 1-2-3 of Correct Meat Cookery

The Way to Roast
1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F. to 350° F.
6. Roast to desired degree of doneness.

The Cuts to Roast
BEEF: standing ribs, rolled ribs, rump (high quality), loin.
VEAL: leg, loin, rack, shoulder (bone in), cushion-style shoulder, boned and rolled shoulder, loin.
PORK: center cut loin, blade loin, sirloin (bone in) or boneless sirloin, Boston butt, fresh or smoked picnic, fresh or smoked ham, smoked shoulder butt, spareribs, ham loaf.
LAMB: leg, shoulder (bone in), cushion-style shoulder, boned and rolled shoulder, loin.

The Way to Broil
1. Set oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until top of meat is brown.
4. Season with salt and pepper.
5. Turn meat and cook until done.
6. Season and serve at once.

The Cuts to Broil
BEEF: rib, club, tenderloin (filet mignon), T-bone, porterhouse, tip, sirloin, and top round steaks; patties.
SMOKED PORK: bacon, Canadian-style bacon, ham slices, sliced smoked shoulder butt.
LAMB: shoulder, rib, loin and sirloin chops; English lamb chops; steaks; patties.
VARIETY MEATS: sweetbreads, brains, veal, lamb liver; kidneys.

The Way to Panbroil
1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.

The Cuts to Panbroil
BEEF: rib, club, tenderloin (filet mignon), T-bone, porterhouse, tip, sirloin, and top round steaks; patties.
SMOKED PORK: bacon, Canadian-style bacon, ham slices, sliced smoked shoulder butt.
LAMB: shoulder, rib, loin and sirloin chops; English lamb chops; steaks; patties.
VARIETY MEATS: sweetbreads; brains; veal, lamb liver; kidneys.

The Way to Braise
1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

The Cuts to Braise
BEEF: pot-roasts; arm, blade, round and flank steaks; short ribs; plate; brisket; cross cut shanks.
VEAL: breast; steaks; rib, loin and kidney chops; cubes.
PORK: shoulder steaks, chops, spareribs, tenderloin, hocks.
LAMB: shoulder chops, breast, neck slices, shanks.
VARIETY MEATS: heart, kidney, brains, liver, sweetbreads.

The Way to Panfry
1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

The Cuts to Panfry
BEEF: thin rib, club, tenderloin (filet mignon), T-bone, porterhouse, sirloin and top round steaks; patties.
VEAL: arm, shldr., sirloin, round stks.; rib, loin, kidney chops.
SMOKED PORK: ham slice, bacon, Canadian-style bacon.
FRESH PORK: thin shldr. steaks; rib, loin chops; tenderloin.
LAMB: shoulder chops, breast, neck slices, shanks.
VARIETY MEATS: sweetbreads; brains; liver; veal, lamb kidneys.

The Way to Cook in Liquid
(Large Cuts and Stews)
1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid; cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

The Cuts to Cook in Liquid
BEEF: neck, shank, flank, heel of round, plate, brisket, short ribs, corned beef, stew meat.
VEAL: neck, breast, riblets, flank, shoulder, shank, heel of round, stew meat.
SMOKED PORK: ham, picnic, shoulder butt, shank.
LAMB: neck, breast, riblets, flank, shank, stew meat.
VARIETY MEATS: heart, kidney, tongue, brains, sweetbreads.
Frozen Meat

Storing Frozen Meat

All frozen meat should be stored at 0° F. or lower. It should not be refrozen after defrosting. Frozen meat should not be allowed to defrost unless it is to be cooked promptly. Recommended maximum storage periods for meats held at 0° F. are: sausage and ground meat, from 1 to 3 months; fresh pork, from 3 to 6 months; lamb and veal, from 6 to 9 months; and beef, from 6 to 12 months.

Defrosting Frozen Meat

Frozen meat may be defrosted before or during cooking. The methods most frequently used for defrosting are: (1) in the refrigerator, (2) at room temperature, (3) during cooking. The method of defrosting does not noticeably affect the flavor, tenderness or juiciness of cooked meat cuts. The basis for choosing a specific method depends principally upon the convenience of the method—that is, the time and the facilities (space in refrigerator, etc.) available.

Defrosting time is affected by several factors. The lower the defrosting temperature, the longer the time required. Chunky pieces of meat require more time than long thin cuts of the same weight. Wrapped frozen meats require more time for defrosting than those not wrapped; and the greater the insulation quality of the wrapping the more time required.

Cooking Frozen Meat

All meats, fresh or frozen, should be cooked at moderately low temperatures, 350° F. or lower. Defrosted meats are cooked by the same methods as fresh meats.

Frozen roasts require approximately $\frac{1}{2}$ to $\frac{1}{2}$ again as long for cooking as roasts which have been defrosted. The time required for cooking frozen steaks and chops varies according to the surface area and thickness of the meat, as well as the broiling temperature. Steaks and chops to be coated with eggs and crumbs or with batter should be defrosted before cooking since coatings will not readily adhere to frozen meat.

Thick frozen steaks and chops must be broiled more slowly than defrosted ones in order that the meat will be cooked to the desired degree of doneness without becoming too brown on the outside.