fun with MEAT OUTDOORS

- Which cut to choose?
- How much for how many?
- How to cook it?
- How to build the fire?

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FOR THE GRILL
Left, clockwise from top: Beef kabob; smoked ham slice; ground beef patties; pork sausage links; frankfurters; Canadian-style bacon. Right, clockwise from upper right: Beef top loin steak; beef Delmonico (rib-eye) steak; lamb loin chops; pork loin chops; beef Porterhouse steak; beef top sirloin steak.

FOR THE ROTISSERIE
From left: Lamb rolled leg; beef rolled rump roast (high quality); smoked ham roll; spareribs. Upper right, in barbecue tumbling basket: Smoked sausage links; frankfurters; cocktail frankfurters; cocktail smoked sausage links. Lower right: Beef rib-eye roast; pork boneless sirloin roast.
How to select meat cuts

WIDE CHOICE AVAILABLE

Fresh meat cuts—beef, pork and lamb, and cured or smoked meats provide the outdoor chef with a wide choice of menu items. Since roasting and broiling are usually the basic cooking methods used in outdoor cookery, any cuts cooked by these methods may be selected.

Among these are: Beef, pork and lamb roasts; smoked or cured ham and ham rolls; spareribs; tender beef steaks—porterhouse, sirloin, T-bone, rib, Delmonico (rib-eye), tenderloin; lamb or pork chops; ham slices; tender beef or lamb cubes or patties; bacon; Canadian-style bacon; and the many varieties of sausage.

Several factors usually influence the selection of the meat cut, namely: 1) equipment at hand; 2) number to be served; and 3) time available for preparation.

EQUIPMENT AT HAND

This includes rotisserie and, or, grill. For the rotisserie select roasts which are as regular in shape as possible. Boneless or boned and tied roasts, spareribs or cubes of tender meats are good. The rotisserie rod is easily inserted through the meat so that when it revolves it will do so smoothly. For cooking on a grill select steaks, chops, other sliced meats, frankfurters and other kinds of sausage, patties, or cubes for a skewer. The steaks and chops should be cut at least \( \frac{3}{4} \) to 1-inch thick and, in the case of steaks, 1 1/2 inches is even better.

NUMBER TO BE SERVED

Fresh air and the pleasant aroma of outdoor cookery sharpen appetites and call for generous servings of the meat course. The cut of meat and the way it is prepared influence the amount to buy. For bone-in cuts allow \( \frac{3}{4} \) to 1 pound per serving; for boneless cuts allow \( \frac{1}{2} \) to \( \frac{1}{2} \) pound. Roasts, patties, frankfurters, etc., are usually selected when serving a large group unless facilities for grilling are extensive. Roasts provide more servings per unit of cooking space.

TIME AVAILABLE FOR PREPARATION

Choose steaks, chops, cubes, patties, frankfurters, etc., when time is limited. Roasts are chosen when more time is available.

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Tips for the rotisserie

FOR EASY TURNING, EVEN COOKING

ROASTS Insert rod, lengthwise, through center of roast and test for balance by rotating in palm of hands. Fasten the meat securely so that it turns only with the rod.

RIBS Weave rod in and out of ribs (spareribs or lamb barbecue ribs), forming accordion folds, and keeping ribs in balance for smooth turning and even cooking. Tighten screws with pliers.

KABOBS Kabobs are usually meat and vegetables or meat and fruit pieces alternated on a skewer. They may be cooked on a rotisserie or threaded on skewers and cooked on the grill. The vegetable and fruit pieces should be of the correct size so that they will be cooked or heated through, as necessary, when the meat is done. The kabobs may be marinated before cooking if desired.

WHEN TO BASTE Meats cooked on the rotisserie may be basted during the entire cooking time or during the last half hour, depending upon the basting ingredients. The latter applies when sugar or other easily burned ingredients are present.
Cooking the meat

ON THE GRILL OR ROTISSERIE

The rule—use low to moderate temperatures for best results in meat cookery—applies to outdoor meat cookery as well as that done in the kitchen. When cooking meat the coals should glow, not flame. When necessary the rate of cooking can be controlled by adjusting the distance of the rotisserie or grill from the coals.

The cooking time will vary depending on several factors, namely, the following: 1) the kind of meat, the size and shape of the cut and the temperature of the meat when cooking begins; 2) the equipment used; 3) the heat maintained during cooking (wind will affect it) and 4) the degree of doneness desired.

The cooking time for steaks, chops, patties and other grilled meats varies from a total of 10 to 12 minutes for frankfurters to 15 to 20 minutes per side for a 2-inch medium-rare beef steak.

The cooking time for roasts may vary from 1 to 1 1/2 hours for spareribs to 3 1/2 to 5 hours for a large beef boneless rib roast. A meat thermometer is the most accurate guide to the doneness of roasts cooked on the rotisserie.

USING A MEAT THERMOMETER

The meat thermometer should be inserted, at a slight angle, so the tip is in the center of the roast but not resting in fat or on the bone or on the rotisserie rod. The thermometer must clear the cooking unit and drip pan while meat is turning. Meat (1) carves more easily, if it is permitted to set after roasting, and (2) continues to cook after being removed from the heat. For these reasons, the meat should be removed from the heat and the rod taken out when the thermometer registers about 5° below the desired doneness.
How to build and arrange the fire for barbecuing

STARTING THE FIRE

Line the bottom of the fire bowl with heavy duty aluminum foil for easier cleaning.

A fire base of gravel or similar material about 1" deep permits the fire to "breathe", giving more heat from the coals. If the fire bowl has a rounded bottom, use enough fire base to make a level bed out to the edge of the bowl. After 4 to 6 barbecues, wash the fire base to remove drippings and ash. Be sure it is thoroughly dry before use, since gravel may "explode" if heated when wet.

Start the fire far enough in advance so you will have a good bed of coals at the time you plan to start barbecuing. The usual method—which takes about 45 minutes—is to stack briquets in a pyramid shape, soak lightly with charcoal lighting fluid, let stand 1 minute and light. Soon small gray spots will appear on the briquets. When the surface is covered with gray ash, spread the coals evenly and the fire is ready for cooking.

For faster starting—about 30 minutes—use a No. 10 can. Punch large, closely spaced holes about 1" from the bottom of the can. A pointed beverage can opener can be used. Remove the bottom of the can. Place can, bottom edge down, in the fire bowl. Fill the can with briquets and soak with charcoal lighting fluid. Let stand 1 minute and light. When briquets are covered with gray ash, simply remove can with pliers or tongs and spread coals over cooking area.

Other "hurry-up" methods usually involve electrical charcoal starters or blowing air on the burning briquets with a fan, bellows, etc.

FOR SMOKE FLAVOR

Use wood chips such as hickory, oak, apple and cherry for giving extra smoke flavor to the meat. Soak chips in water at least 1 hour before using so they will give maximum smoke and will not burn. Add a few chips at a time to the charcoal while cooking. If chips flame-up, replace them with wet ones. Liquid smokes are also used in marinades and basting sauces.

Smoker-type barbecue units offer the advantage of having a hood which can be closed to retain smoke during cooking.

CHARCOAL ARRANGEMENTS

FOR THE ROTISSERIE Arrange lighted briquets at rear of fire bowl. Knock off gray ash. Attach rod with meat and start motor. Place drip pan under meat. For even, moderate cooking temperature, start with a small amount of charcoal and add more as needed. Control amount of heat during barbecuing by adjusting height of grill or fire box, or by adding or removing briquets. After cooking starts, adjust position of drip pan to catch juices dripping from the meat.

FOR THE GRILL Spread briquets evenly over the cooking area of the fire base in brazier or fire box for even heat, leaving about 1" space between briquets to help avoid flame-ups. If dripping fat flames, squirt lightly with water. Keep small supply of lighted briquets along edge, add to cooking area to maintain an even heat.
RECIPIES for delicious marinades, sauces and glazes

Marinades and sauces often accent the flavor of meats cooked on a grill or rotisserie. They vary from mild to highly seasoned, but should not mask the natural meat flavor. They are used to baste meat during cooking or may be served as an accompaniment. When basting, a heavy pastry brush or narrow paint brush is helpful.

MANDARIN MARINADE

1 cup soy sauce
1 cup orange marmalade
2 cloves garlic, minced
1 teaspoon ginger
1/4 teaspoon pepper
Combine all ingredients. Pour over meat and let stand several hours or over night. Brush meat with remaining marinade during cooking. Yield: 2 cups.

KABOB MARINADE

1/2 cup salad oil
2 tablespoons lemon juice
1/4 cup chopped onion
1 teaspoon dry mustard
Mix together all ingredients. Marinate meat several hours or over night in mixture. Brush meat with remaining marinade during cooking. Yield: 3/8 cup.

RUBY-RED CHERRY SAUCE

1 can (16 ounces) cherry pie filling
1/4 cup orange juice
1 teaspoon grated lemon rind
1/4 teaspoon allspice
Combine cherry pie filling, orange juice, lemon rind and allspice. Cook, stirring constantly, until heated through. Serve hot sauce with roasts. Yield: 2-1/2 cups.

HOT FRUIT SAUCE

1 tablespoon cornstarch
1/2 teaspoon cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon nutmeg
1/4 cup frozen concentrated orange juice
1 can (17 ounces) fruit cocktail
1 tablespoon lemon juice
Combine cornstarch, cinnamon, cloves, nutmeg, orange juice and fruit cocktail. Cook, stirring constantly, until thickened. Stir in lemon juice. Serve hot sauce with meat. Yield: 2 cups.

CRANBERRY OLIVE SAUCE

1 cup jellied whole cranberry sauce
1/4 cup thinly sliced celery
1/2 teaspoon lemon juice
1/2 teaspoon minced onion
Combine cranberry sauce, olives, celery, lemon juice and onion and heat through. Serve on chops or patties. Yield: 1 1/2 cups.

HOT BARBECUE SAUCE

1 cup tomato juice
1/4 cup brown sugar
1 bay leaf
1/4 teaspoon cayenne pepper
1 tablespoon diced onion
1 tablespoon diced celery
1 tablespoon diced green pepper

SPICY BARBECUE SAUCE

2 tablespoons flour
1/4 teaspoon ground cloves
1/2 teaspoons salt
1/2 teaspoon pepper
2 tablespoons brown sugar
1 tablespoon prepared mustard
Mix together flour, cloves, salt, pepper and brown sugar. Add remaining ingredients. Mix well and simmer 15 minutes. Brush sauce on meat, as desired. Yield: Approx. 3 cups.

TART BARBECUE SAUCE

1 cup soy sauce
1 cup salad oil
1/2 clove garlic, cut in half
Mix together soy sauce, oil and lemon juice. Add garlic. Brush meat with sauce, during cooking, as desired. Yield: Approx. 2 1/2 cups.

TANGY PLUM GLAZE

1 can (1 pound 14 ounces) plums
1/2 cup frozen concentrated orange juice
1/2 teaspoon Worchester sauce
1/4 cup lemon juice or vinegar
Combine plum juice, orange juice and Worchester sauce to sieved plums. Mix well. Brush meat with glaze, during cooking, as desired. Yield: 1 1/2 cups.

BROWN SUGAR GLAZE

1 cup brown sugar
2 tablespoons flour
1 teaspoon cloves
1/2 teaspoon dry mustard
1/4 cup vinegar