TV meat time

A service of the NATIONAL LIVE STOCK AND MEAT BOARD
407 South Dearborn St.
Chicago 5, Ill.
Hints for the Host and the Hostess

- The proper cooking of the meat is of great importance to the carver. It should be neither overdone nor underdone for the best carving results.
- A meat thermometer will take the guess work out of roasting meat.
- Meat should be roasted at a low temperature, 300° F., for beef, veal, lamb, and smoked pork; 350° F., for fresh pork.
- After a roast is cooked, keep it warm and allow it to "set" for 10 to 20 minutes before carving. This will make the roast easier to carve.
- Remove in the kitchen most of the strings or skewers from rolled roasts. Remaining strings can be removed as they are approached in making slices. This is done so that the roast holds together for easier carving.
- Preheat all plates and serving dishes to prevent rapid cooling of food.
- Use simple garnishes, allowing ample room on platter for carving.
- Give carver plenty of space by placing china and silver so they will not be in the way. The carving platter should be large enough to accommodate slices as they are taken from the roast; if not, an additional warm platter should be furnished.
- Meat is usually carved across the grain. Steaks are the exception.
- Sharp knives are essential to successful carving. Knives should be kept in a special place where their edges will be protected and they should be used only for carving.
BEEF STEW NEEDS LONG, SLOW COOKING to bring out the delicious flavors of meat, vegetables and seasonings. This is true for all stews. These combinations are an excellent choice for one-dish meals.

**Beef Stew**

2 pounds beef chuck, cut in 2-inch pieces  
3 tablespoons lard  
1½ teaspoons salt  
¼ teaspoon pepper  
2 cups water  
6 medium potatoes  
6 medium onions  
6 medium parsnips or turnips  
6 medium carrots

Brown meat in lard or drippings. Season. Add water, cover tightly and simmer 2½ hours. Prepare vegetables. Add potatoes, onions, parsnips or turnips and carrots, cover and continue cooking until meat is tender and vegetables are done. Serve meat and vegetables on platter. Thicken cooking liquid for gravy, if desired. 6 to 8 servings.

**For Good Gravy**

1. Drain off fat.
2. Measure into pan 3 tablespoons of fat.
3. For brown gravy, brown the flour in fat before adding liquid, using 2 tablespoons of flour for each cup of liquid. If flour is not browned in fat, use 1 to 1½ tablespoons flour per one cup of liquid. (Browning flour decreases its thickening ability.)
4. Slowly add cold liquid to the fat and flour mixture to make a smooth gravy. When hot liquid is added, the flour may cook before the ingredients are thoroughly mixed and the gravy will not be smooth.
GROUND MEAT is the basis for a great variety of popular dishes. It's a top favorite, from savory sausage patties for a hearty breakfast to a glamorous meat loaf for a festive dinner party. Whatever the menu, the economy, simplicity of preparation and versatility in serving explain the universal appeal of ground meat to homemakers.

Ground beef, veal, pork, or lamb, or a combination of these, provides a meat dish for every taste. With the meat as the foundation of the recipe, other ingredients are often added to introduce flavor variety.

In other words, there is almost endless variety in ground meat dishes; and a wealth of recipes is available which give new and different ideas.

**Easy Lamb Loaf**

| 2 pounds ground lamb |
| ½ cup milk |
| 1 egg, beaten |
| ½ cup dry bread crumbs |
| 2 teaspoons salt |
| ¼ teaspoon pepper |
| 2 tablespoons minced onion |
| 2 tablespoons minced green pepper |
| 2 tablespoons chopped parsley |

Combine milk, egg, bread crumbs, salt and pepper. Add to lamb and remaining ingredients. Mix thoroughly. Pack in a well-greased 1½-quart loaf pan and bake in a slow oven (300° F.) for 1 hour and 45 minutes. 6 to 8 servings.

**In Selecting Meat Consider:**

1. Number of people to be served
2. Cooking time required
3. Cooking equipment needed
4. Budget expenditure
5. Many kinds and cuts available.
PORK is a rich source of high quality protein. It furnishes phosphorus and iron in generous amounts—pork liver being the richest source of iron. Pork is an excellent energy producing food. Pork liver provides vitamin A and lean pork is one of the best sources of the B vitamins.

**Spanish Pork Chops**

6 rib or loin pork chops, cut 1 inch thick  
1 tablespoon lard or drippings  
1 teaspoon salt  
\( \frac{1}{8} \) teaspoon pepper  
\( \frac{1}{4} \) cup catsup  
1 teaspoon dry mustard  
\( \frac{1}{4} \) cup vinegar  
\( \frac{1}{2} \) cup water  
2 tablespoons sugar

Brown pork chops in lard or drippings. Pour off drippings. Season. Mix catsup and dry mustard. Spread on pork chops. Combine vinegar, water, and sugar. Pour over chops. Cover tightly and simmer 45 minutes. 6 servings.

**Ham Slice — Yankee Style**

2 slices ham, cut \( \frac{3}{4} \) inch thick  
\( \frac{1}{2} \) cup brown sugar  
1 tablespoon prepared mustard  
1 tablespoon prepared horseradish  
\( \frac{1}{2} \) cup corn meal  
\( \frac{1}{4} \) cup butter or margarine

Place one ham slice in greased casserole. Mix sugar, mustard, horseradish, and spread over ham slice. Cover with second ham slice. Lightly brown corn meal in melted butter or margarine. Spread evenly over top of ham slice. Bake in slow oven (300° F.) for 45 minutes to 1 hour. 6 to 8 servings.
**Porterhouse Steak**

*Porterhouse steak, 1 to 2 inches thick*

*Salt*

*Pepper*

Set regulator for broiling. Place steak on broiler rack. Insert broiler pan and rack so top of 1-inch steak is 2 to 3 inches from heat and 2-inch steak is 3 to 5 inches from heat. When one side is browned, season, turn, finish cooking on second side. Season.

Steaks cut 1-inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2-inches thick require 30 to 35 minutes for rare steak and 35 to 45 minutes for medium-done steak. One to two servings may be obtained from a 1-inch porterhouse steak; 2 to 4 servings from a 2-inch porterhouse steak; 3 to 6 servings from a 1-inch sirloin steak; 6 to 12 servings from a 2-inch sirloin steak.

**Cherry Nut Pie**

1 9-inch baked pie shell

*(See recipe page 7)*

1 No. 303 can sour pitted cherries

*(drain cherries and save juice)*

\[
\frac{3}{4} \text{ cup sugar} \\
\frac{1}{4} \text{ cup cornstarch} \\
\frac{1}{8} \text{ teaspoon salt} \\
\frac{1}{2} \text{ cup raspberry juice} \\
1 \text{ cup cherry juice} \\
\frac{1}{2} \text{ cup chopped nuts}
\]

*Whipped cream or ice cream*

Add water to cherry juice to make 1 cup liquid. Mix sugar, cornstarch, salt. Add to raspberry and cherry juices. Cook slowly, stirring constantly until thickened. Remove from heat, cook slightly, add cherries and nuts. Pour into pie shell. Cool. Serve with whipped cream or ice cream.
A pie is no better than its crust—and pies made with lard have the tenderest, flakiest pie crust known.

Homemade Pastry Mix

7 cups sifted enriched flour
4 teaspoons salt
1 1/4 cups lard for soft wheat flour or
2 cups for hard wheat flour

Combine flour and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Store Pastry Mix in covered container in refrigerator until ready to use. This mixture will keep at least a month in refrigerator. Yield: 8 single pie crusts.

Pastry for Single or Double Pie

To make: Single Pie Crust—Use:
1 to 1 1/2 cups mix for 9-inch pie
2 to 4 tablespoons water

To make: Double Pie Crust—Use:
2 to 2 1/2 cups mix for 9-inch pie
4 to 6 tablespoons water

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Divide pastry if for a double pie crust. Roll to about 1/8-inch thickness and line pie pan, allowing 1/2-inch crust to extend over edge.

For double crust pie, roll other half of pastry, making several gashes for escape of steam. Place over filling and cut 1/2-inch smaller than lower crust. Fold lower crust over top crust. Crimp edges. Bake according to pie recipe.

For baked pie shell, crimp edge of pastry. Prick pastry with a fork before baking. Bake in hot oven (450°F) 8 to 10 minutes.
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 Way to Broil . . .
1. Set oven regulator for broiling.
2. Place meat 2 to 5 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 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 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 Way to Panfry . . .
1. Brown meat on both sides in small amount of fat.
2. Seasons 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 Way to Cook in Liquid
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 Roast
BEEF: standing ribs, rolled ribs, rump (high quality), loaf.
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 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 or lamb liver, kidneys.

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 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 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 shoulder steaks; rib, loin chops, tenderloin.
LAMB: shoulder, rib and loin chops; patties.
VARIETY MEATS: sweetbreads; brains; liver, sweetbreads.

The Cuts to Cook in Liquid
(Large Cuts and Stews)
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.
BEEF FACTS

There are two factors which determine the cooking methods used in the preparation of beef cuts. These are the quality of beef and the tenderness of the cuts. Tender cuts should be cooked by roasting, broiling and panbroiling. The less-tender cuts should be cooked by braising or cooking in liquid. Any cut of meat, if cooked properly, will be tender, juicy and attractive. The most important rule to follow is always cook all cuts at a low temperature—the roasts, the pot-roasts, the steaks, and the meat for stew.
PORK FACTS

The best flavor in pork is brought out when roasted at 350° F. oven temperature for all fresh pork and 300° F. for smoked cuts. Fresh pork should be roasted or braised. Cured pork may be roasted, broiled, cooked in liquid, pan fried, or used in casseroles. The latter cuts would include, ham, smoked ham butts. Canadian-style bacon, and bacon.

It is well to remember that pork should be cooked well done, for tenderness and appetite appeal.
Lamb is always available the year around. Like other meats, it should be cooked at a low temperature. This means less watching during cooking, more uniformly cooked meat, fewer cooking losses, more meat to serve, more juicy, tender, flavorful and attractive meat. The thin paper-like covering on lamb is known as fell. This should be left on when roasting shoulder of lamb and a leg of lamb, but it is removed from all steaks and chops. Lamb should be served hot or cold—never lukewarm.
Boston Butt — Sesame Stuffing

4 to 6 pound fresh Boston butt
Salt
Pepper

Have the bones removed from the roast so that a pocket is left for stuffing. Sew on one side leaving the other side open for stuffing. Fill with Sesame Stuffing and sew or skewer opening. Season with salt and pepper. Place meat, fat side up, on rack in open roasting pan. Do not add water. Do not cover. Roast in a moderate oven (350° F.) allowing 45 to 50 minutes per pound.

Sesame Stuffing

2 beef bouillon cubes
1/2 cup hot water
1/2 cup chopped celery
1/4 cup chopped onion
1/2 cup butter or margarine
3 cups toasted bread cubes
1/3 cup sesame seed
2 teaspoons poultry seasoning
1/4 teaspoon pepper
1 egg, slightly beaten

Dissolve bouillon cubes in hot water. Cook celery and onion in butter or margarine for 5 minutes. Toast sesame seeds until lightly browned. Combine all ingredients, tossing lightly until thoroughly mixed.

Individual Liver Loaves

1 pound beef liver, sliced 1/2 in. thick
1 pound bulk pork sausage
2 tablespoons lard
1/2 cup minced onion
2 eggs, slightly beaten
1 teaspoon nutmeg
1/4 teaspoon salt
1 cup bread crumbs
1/2 cup milk
Cook liver in lard until very lightly browned on each side, about 5 minutes. Grind liver and combine pork sausage. Combine onion, eggs, nutmeg, salt, bread crumbs and milk and add to meat mixture. Mix well. Pack into 8 greased 6½-ounce custard cups, filling each approximately ⅔ full. Bake in a moderate oven (350° F.) for 40 to 45 minutes. 6 to 8 servings.

**Beef Arm Pot-Roast—Marinated**

3 to 4 pound beef arm pot-roast, cut 1½ to 2 inches thick
1 cup Russian or French dressing
3 tablespoons lard
2 teaspoons salt
¼ teaspoon pepper
½ cup water

Place meat in dish and add Russian or French dressing. Cover and place in refrigerator to marinate 6 to 8 hours, turning occasionally. Remove meat from dish. Drain. Brown meat in lard. Season with salt and pepper. Add water, cover and simmer 3 to 3½ hours, or until tender. Thicken cooking liquid for gravy, if desired. 6 to 8 servings.

**Parmesan Veal**

2 veal round steaks, cut ¾ inch thick
¼ cup flour
1 teaspoon salt
1 cup dry bread crumbs
½ cup Parmesan cheese
1 clove garlic, minced
2 eggs, beaten
½ cup lard or drippings

Mix flour and salt. Dredge steaks in seasoned flour. Combine bread crumbs, cheese and garlic. Dip steaks into beaten eggs, then into crumb mixture. Pat
crumbs firmly on steaks. Brown steaks in lard or drippings. Cook, turning occasionally, until done, about 1 hour and 15 minutes. 4 servings.

Breakfast Sandwich

1 1/2 pounds pork sausage links
2 tablespoons water
8 slices white bread, toasted
1 cup jellied cranberry sauce, crushed
3/4 cup grated American cheese

Place pork sausage links in frying-pan, add 2 tablespoons water. Cover tightly and simmer 5 minutes. Remove cover, drain and brown. Spread 2 tablespoons cranberry sauce on each slice of toast. Place sausage over cranberry sauce, using 3 sausage links for each slice of bread. Sprinkle grated cheese over the top. Place sandwiches on broiler pan and insert in broiler about 2 inches from heat for 5 minutes, or until cheese melts. 8 servings.

Lamb Chops De Luxe

6 lamb arm or blade chops, cut 1/4 inch thick
3 tablespoons lard or drippings
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon garlic salt
1 teaspoon paprika
1/2 teaspoon nutmeg

Brown chops on both sides in lard or drippings. Combine salt, pepper, garlic salt, paprika and nutmeg; sprinkle on both sides of chops. Pour off drippings. Cover tightly and cook slowly 40 to 45 minutes. 6 servings.
Care of Fresh, Cooked And Cured Meat

Store fresh meat, uncovered or loosely covered, in coldest part of refrigerator.

Store cooked meat, closely covered, in the refrigerator.

Store cured meat, wrapped, in the refrigerator.

Store canned hams in the refrigerator unless labeling indicates refrigeration is not necessary.

Care of Frozen Meat

Store frozen meat at 0° F. or lower.

Defrost frozen meat:
(a) in refrigerator
(b) at room temperature, or
(c) during cooking.

Cook meat which has been defrosted as soon as possible.

Do not refreeze meat after it has been defrosted.

It is best to defrost thin steaks and chops before cooking.

Meat for Better Health

Meat is a highly nutritious food, providing high quality protein, essential B vitamins and the minerals—iron and phosphorus. It is a valuable food for the baby, growing child, teen-ager, adult and senior citizen.

Weight watchers will find a diet planned around meat highly satisfying and nutritious.

Teen-agers, where growth is rapid and energy needs high, will benefit by the inclusion of generous amounts of meat in their meals.