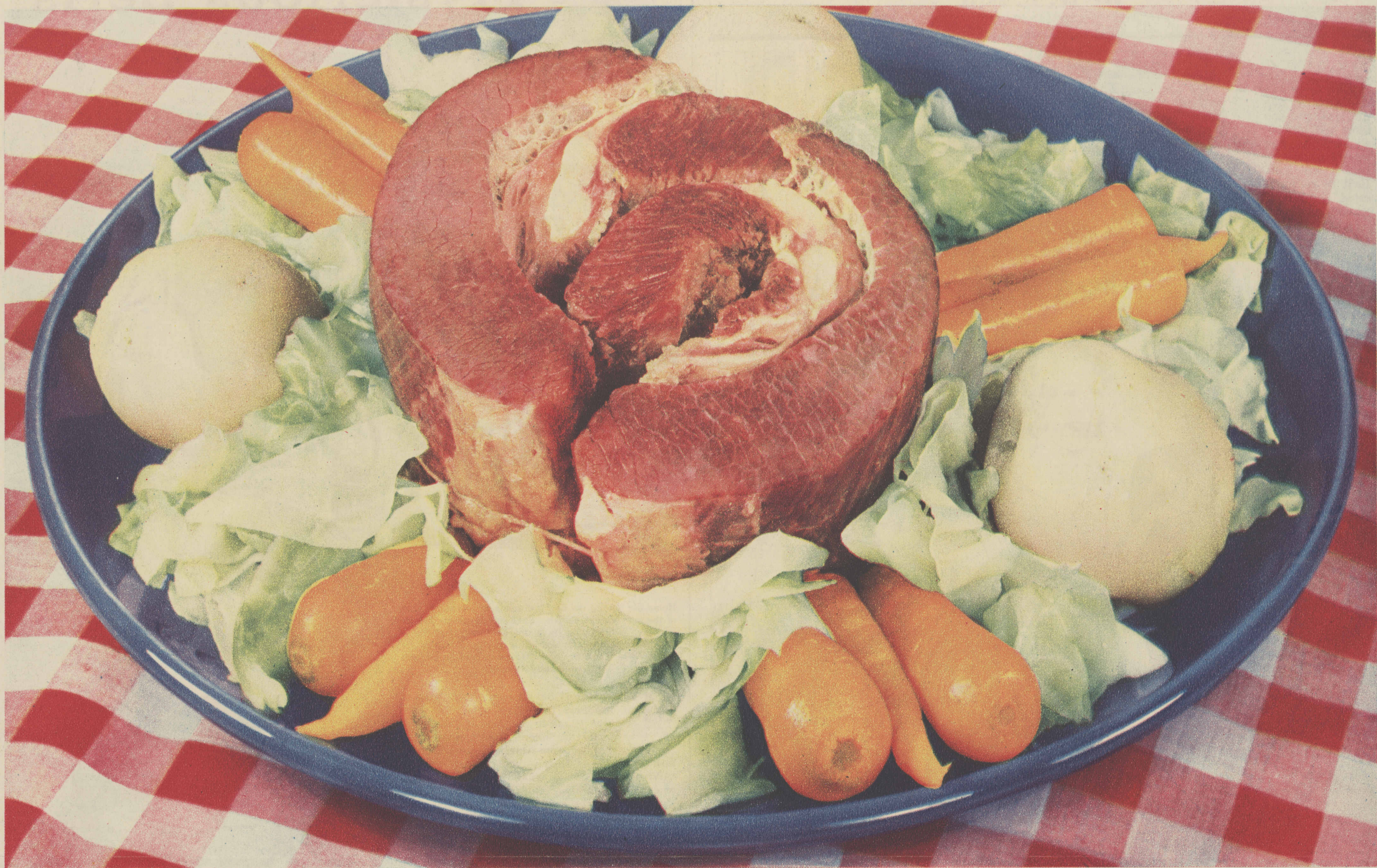


Fit for a King—Corned Beef and Cabbage



(Tribune Color Studio photo.)

This "New England boiled dinner" of corned beef and cabbage, potatoes, and carrots isn't too plebeian to serve for an informal company meal. Success in cooking corned beef depends upon keeping the temperature just below the boiling point.

By MARY MEADE
SLURRING insinuations long have been cast in the direction of corned beef and cabbage. An unjust whispering campaign has given it the reputation of being a dish too proletarian for the well bred dinner table.

It's time some one came to the defense of this perfect combination of meat and vegetables, which, when treated right, isn't too plebeian for company dinner service.

● The trouble is, corned beef and cabbage have been cooked wrongly for many years. The beef has been boiled for hours, the cabbage likewise. The resulting stew has been long on odor and shy on delicate flavor. Corned beef never should be boiled except for the few minutes that the cabbage is cooked with it. A temperature just below the boiling point, at simmering, is recommended for meats which are to be cooked in water. One of the invariable cookery rules is

Boiled Dinner Is Delicious When Rightly Cooked

this: Proteins are toughened by high temperatures and long cooking. Meat is a protein food and should not be thus abused.

● And the cabbage—ah, the wrongs which this poor vegetable has suffered in and out of stews! Cabbage contains sulphur compounds which assert themselves in no uncertain manner when the cooking period is prolonged. Strong flavor, a strong odor (and maybe strong digestive disturbances) result from overcooking cabbage. From five to eight minutes is long enough. This means, of course, that the cabbage is put into the corned beef stew only a few minutes before serving time. It should never, *never* be cooked for as long as an hour, or even as long as a quarter of that time.

● To prepare a "New England boiled dinner" such as the one shown in the color photograph, the corned beef is

wiped, tied in shape (if the butcher hasn't already done it), and placed in a kettle of hot water. A cover is placed on the kettle and the meat is allowed to simmer (*not* boil) for several hours, until it is tender. Vegetables such as carrots and potatoes may be added during the last half hour of cooking, cabbage during the last eight minutes. When the cabbage is put into the kettle the lid may be removed and the heat turned up somewhat. Cabbage is better off cooked coverless, at boiling temperature. This brief period of boiling will not harm the meat.

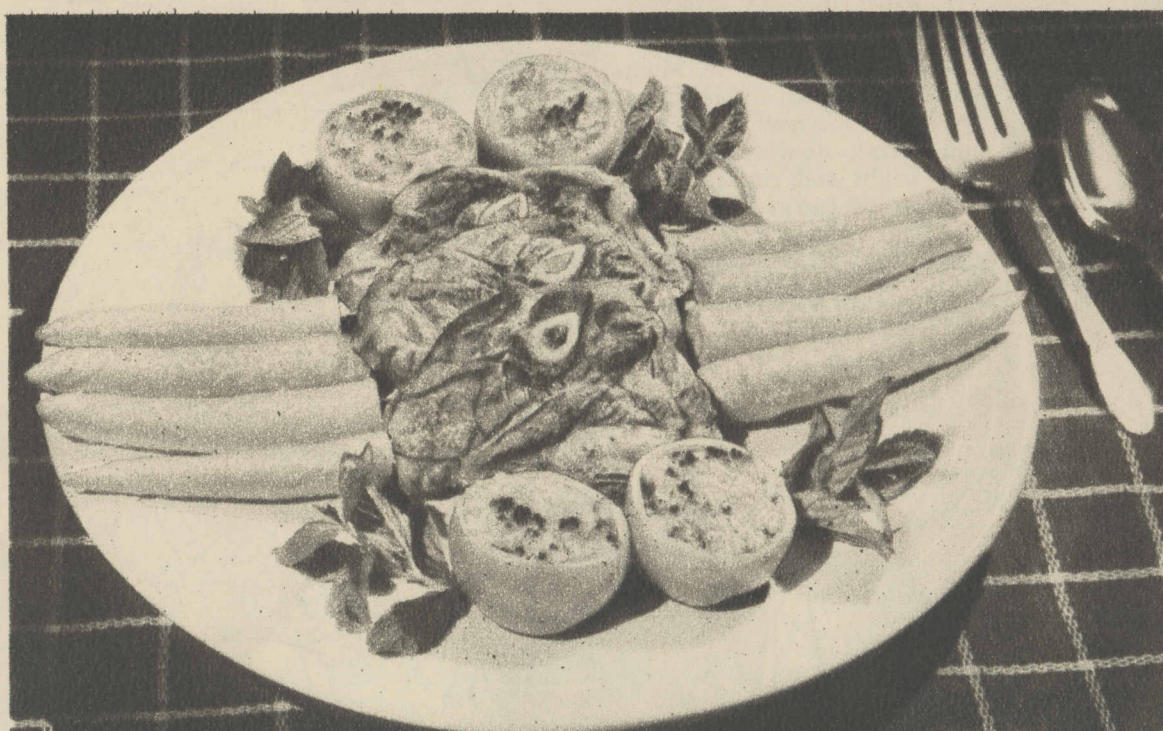
● Many a cook has more trouble with meat cookery than with cakes, pies, or any other branch of culinary performance. Many difficulties will be eliminated if she understands the principles of meat cookery and knows the methods of preparation suited to various cuts of meat. The illustrations on this page show how simply the main dish for dinner may be prepared by a cook who knows what she's about.

● Since meat (or fish) usually is the center of interest in any meal, it behooves us all to learn to cook it in the ways which best preserve the natural flavor and the food value.

● My department has a booklet on meat cookery which explains the hows and whys of methods and includes recipes for meat preparation. Twenty-three cents (in stamps) will bring it through the mail to any one requesting it. Address Mary Meade, Chicago Tribune.



Sweet potatoes and cherry-filled pineapple slices blend flavors with broiled ham in this grilled dinner. The pre-cooked potatoes were buttered and sprinkled with brown sugar before broiling.



Lamb shoulder steaks with buttered carrots and tomato halves au gratin come from the broiling oven looking like this. Broiler meals are easy to prepare and easy to serve.



Bluepoint oysters, creamy mushroom sauce, and baking powder biscuit dough make a simple but good oyster pie.