

Lamb, Pork and Fowl Buying and Service at the Golf Club

By ROBERT E. LOVE

THERE are four factors which are generally accepted as governing the purchase of lamb and mutton. The first and perhaps the most important is "form." The best formed lambs have good width in proportion to length with smooth, compact, even outlines. This insures a thick loin, with well meated ribs, a full thick middle from shoulder to leg, with evenly covered shoulders. The legs are full and thick and plump well down on the shanks.

Next we shall consider the "covering." On lambs the covering or fat layer should be even and smooth over the entire carcass, with the covering and kidney fat being hard white and flaky. In selection of lambs and mutton in the market, the "quality" is also extremely important. The firm and fine grained flesh is a sign of good quality. Aged and inferior mutton has coarse and stringy flesh. In young lambs the color is light pink, deepening in color as it ages. In mutton the color is dull brick red. The brisket of lambs is red and soft, and blood vessels color the shank bones and ribs. The bones are white and hard in mature sheep.

Lambs and yearlings are distinguished from mature sheep by the break-joint. This break joint is a temporary cartilage at the head of the shank just above the ankle. In dressing lambs and some yearlings the foot can be broken off at this point, which gives the end of the shank a sawtooth appearance.

Lamb Percentage Yields

In lambs the broken surface is smooth, red in color, and moist. While in yearlings it becomes more porous, dry, and less red in color. The shank of mature sheep will not break because the cartilage is knit and ossified, and the foot is taken off at the ankle instead of making a "round joint." The weight is a most important factor in the purchase of lamb and mutton as it is a potent indication of age. Good weight for baby lambs is from 30 to 35 pounds. Spring lambs range from 35 to 40 pounds, and yearlings weighing from 35 to 45 pounds. The mutton is, of course,

the heaviest of all four types, scaling from 50 to 60 pounds as received by the club.

The percentage yields of the wholesale cuts of lamb are as follows: The carcass is first divided into the hind and fore saddle, each of which is approximately 50% of the carcass. The hind saddle is then divided into (1) the legs, which are about 33% of the whole carcass, and the loin and flank, which are about 17%. The fore saddle is divided into (1) what is commonly known as the "hotel rack," which is 12% of the carcass; (2) the chuck, including the neck, which counts about 23.5%, and (3) finally the breast, including the shank, which is about 14.5% of the carcass.

Some of the characteristics and uses of the various lamb and mutton cuts are now in order. The leg is fine quality solid meat and furnishes roasts, steaks and boiling meat. The loin is also excellent quality for chops and roasts. The rack is good quality meat and may be used for roasts, chops and crown roasts. The shoulder or chuck is well-flavored tender meat for stews, roasts and chops.

The breast, including the flank, gives meat not so fine grained as leg or loin and is used for stews and roasts—stuffed or boned. The extra edible cuts are: the heart, which may be baked, braised or stewed; the kidney, which may be stewed, sauted or broiled; the brains, creamed, scrambled or braised; the tongue, which may be boiled or braised; and the liver, which may be baked, sauted or braised.

In regard to lamb chops there are three main types as follows: (1) The loin chop, which is taken from the hind-quarter (between the hind legs). This chop is also known as the "kidney" chop. It consists mainly of a T-bone and a piece of tenderloin. (2) The rib chop, which is secured from the hind quarter and is a very good quality chop. (3) The popular "French" chop, which is a rib chop which has the bone cut short and scraped clean, nearly to the lean meat. This makes a rather appetizing cut but is very wasteful in that the meat cut away from the bone in

"Frenching" can now only be used in stews or soups, and so forth.

Distinguishing the Chops

Lamb chops may be easily distinguished from mutton chops by the red color of the bone. The mutton being older than the lamb, the blood recedes from the bones, making them white in color. In the "leg of lamb" the bone at the joint is serated, while in the leg of mutton the bone at the joint is smooth and rounded. Both should have deep pink flesh, with mutton color being darker than the lamb, and the edge fat should be thin.

In the cooking of chops some cooks wipe meat with a damp cloth; however, never wash the meat as it draws out the juices. Remove the fell (outer coating), excess fat, and trim. Grind up the trimmings. Make a paper frill for the bone end of the chop. It is good practice to pan broil the meat in order to retain the juices. First sear the surface on both sides in hissing hot frying pan rubbed with a piece of fat cut from the chop. Then turn the fire low and cook well, turning often with meat turner so as not to pierce the meat.

Pork Buying Pointers

In regard to pork, the same factors governing the purchase of lamb holds true to pork with the exception of the weights. In buying pork it is common practice to buy it by cuts and not carcasses. The choicest pork loins are from eight to ten pounds. Best hams run from 12 to 14 pounds. The bacon strips average from six to eight pounds, with about an inch and a half to two inches thick. The pork should be fine grained and firm. The lean from a

young animal is nearly white, while an animal a little older has meat with a rose color. The fat is white and not so firm as that of beef.

In respect to pork chops, they are obtained from between hind quarter and ribs of the pig. They have a firm white flesh, with a faint pinkish tinge, and the fat should be clear white. In their preparation it is good practice to first sear the chop, then cover, cooking slowly until brown and tender on each side. Serve at once on a hot plate with sweet potatoes (adding sugar to the meat diet), and apple sauce for the acid, making a well-balanced plate.

Poultry Buying Demands Care

In the selection of poultry, utmost care must be taken to secure the best of quality because chicken is featured perhaps as much as any entree on the club menu, and great care must be exercised in the grade bought and manner prepared, always bearing in mind the fastidious and particular class of patronage which the club restaurant serves. Dry picked poultry and not scalded poultry should be purchased, as scalded poultry deteriorates much more rapidly and has the "swell" before cook-

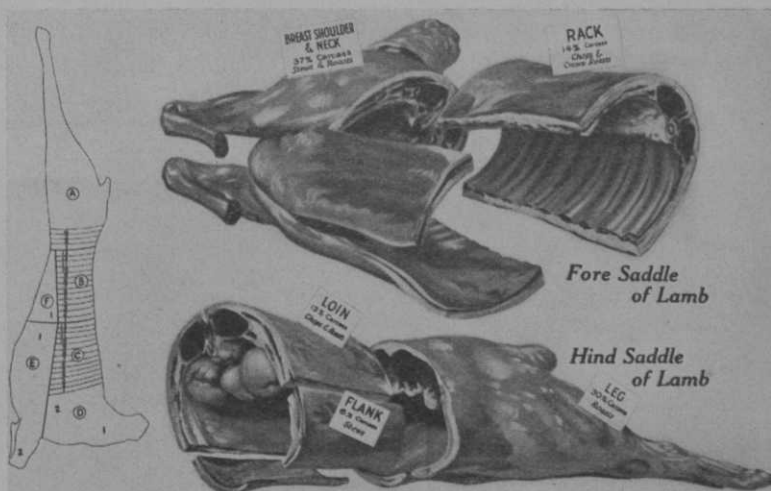


TABLE OF LAMB AND MUTTON VALUES

CUTS	CALORIES PER LB.	HOW TO USE	CHARACTERISTICS
A Leg	1105	Roast, steak, chops	Fine-grained, well-flavored, mild meat - small percent egg fat and bone
B Chops-Steaks (1 to 4)			
B Loin (1 to 13)	1695	Chops, roast	Fine-grained, tender, well-mottled with fat - shades
C Rack (1 to 13)		Chops, roast	
D Neck (1)	985	Chopped for garnish, steaks, soup, etc. (seasoned)	Juicy, coarse-textured - inappetizing
E Shoulder (2)	1130	Pot roast, stew, braising, roast	Very juicy, sweet meat, slightly better than other parts, medium texture
F Breast (1)			
F Shank (2)	1815	Stuffed roast, stew, or casserole, broiled and rolled pot roast, Roast steak, chopped meat	Juicy coarse-grained, some fat, highly flavored; breast contains considerable bone

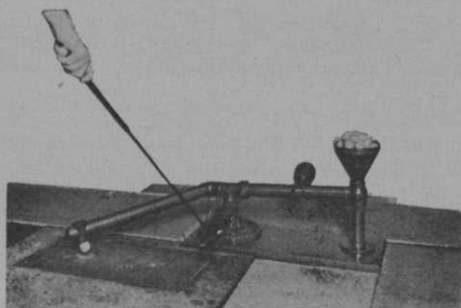
This chart from Armour and Co. shows where your lamb and mutton values lie.

ing, whereas dry picked poultry stands up for a longer period of time and fills out in cooking with none of the noticeable shrinkage of the scalded.

It is good practice to purchase milk-fatted broilers of top quality. These are known as young chickens that have been fed on a mixture of oatmeal, cornmeal and buttermilk for a period of ten days to two weeks. They are then given nothing but water 24 hours previous to killing, so as to reduce their crop. Then after killing and the dry picking process it is the usual custom to sort them into three grades, with the well meated perfectly dressed birds going into the top grade, and then follow in lower grades according to quality, the poorer dressed, under fed, ill shaped birds.

In the purchase of turkeys the 12 to 14 pound dry picked is generally conceded as the most profitable. In regard to Old Tom turkeys, some restaurants use Old Tom turkeys for the service of chicken a la king, salads and sandwiches. However, as has been stressed in all of these food articles, quality is the determining factor in the purchase and preparation of the most satisfactory dishes, therefore it is best not to substitute Old Tom turkeys for fowl, as the meat is usually stringy and coarse in texture, and darker in color. In respect to ducks, the best grades are those which have been fattened on corn or special feed.

Self-Feeding Tee Makes Practice Easier



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The five to five and a half pound bird has proven very profitable, especially so since you can secure four nice a la carte portions from this size duck. Again may it be emphasized that the best quality purchased according to needs will result in the most satisfied clientele, as well as a good food percentage and food profit statement.



This kitchen at Maketewah C. C., Cincinnati, gives a good idea of how the modern golf clubhouse represents a big investment for the purpose of serving the best, in the best way