

# Meat Buying and Preparing Major Items in Club Feeding

By ROBERT E. LOVE

**I**N SEPTEMBER GOLFDOM the purchase of fish was discussed. This article will deal exclusively with the purchasing and preparation of meats. The industry of slaughtering and meat packing is one of the largest manufacturing industries in the United States. Likewise meat makes up one of the largest and most costly items on the club menu.

When buying meat, one of the first things to consider is the class and type of people to whom the meat will be served. As a most discriminating patronage frequents the club restaurant, the wise steward or chef will purchase nothing but the highest quality meat products. It cannot be emphasized too much that quality is the predominating factor in the buying of meat. A cent or two more or less per pound may result in a much larger difference in the final yield. Practically every dealer employs a different method for trimming the various cuts, and test scores of these items have proven that by paying several cents more per pound you will realize a greater meat yield from a more closely trimmed one.

The steward must constantly study the desires and choices of the guests as regards meat dishes, and should purchase his meat accordingly. He should ever strive to give them what they want, when they want it.

## Study Meat Storage

Another item of importance is the meat storage facilities in the club kitchen. Adequate storage is essential for the most efficient operation. Care must be taken, however, that there is not too much refrigeration space available for meat storage, or the tendency may be to fill up that space with an unnecessary supply of meat which cannot all be exhausted before some spoils. Therefore it is far better in the long run to have too little storage room rather than too much. In other words, it is best to have just enough space to take care of the daily supply and demand. The

refrigerators must be kept as clean, fresh and neat as possible at all times. The steward should take great pride in his meat boxes, and should be only too glad to exhibit them to visitors at any time.

The temperature of the refrigerator should be carefully watched and checked. A few degrees too high or too low may ruin what was otherwise a fine piece of meat. Each refrigerator should have an accurate thermometer placed where it can easily be seen and read.

As regards the purchase of beef, careful tests have proven that the properly fed steer yields the best eating and most profitable cuts. Cows and bulls are not quality eating, and should never be purchased for use in a high-class club restaurant. The best quality heifers will not measure up to good steers, lacking in the flavor and choice cuts obtainable from the select steer. The best quality steers range in age from one to one and a half years old, and have been corn fed for a period of from six to eight months.

## Beef Buying Pointers

A good average weight for steers runs between 800 to 1,000 pounds. In buying beef the cut should be medium fat. The flesh is light cherry red in color, and the lean meat is fine grained and velvety in appearance. The quality is also judged by the fat layer under the skin, its character and distribution; and by the degree of "marbling" (shot through with creamy-white streaks and specks of fat). These flecks of fat all through the fibers of meat indicate tenderness and flavor. Thin connecting tissue means a tender cut, while thick tissue will result in a tough cut. The meat should have a fresh odor and no dry dark edges or spots. Usually meat well ripened is more tender than fresh meat.

Young beef has bright color and fine texture, while old beef has coarse texture and dark color. The bones should be porous and pinkish rather than flinty white. The finest meat is around the

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The Club Managers' Association of America takes pride in the accomplishments of its Employment Bureau in view of the short time it has been organized and the results so far obtained.

We have been able to supply several clubs with managers who have given complete satisfaction to date and we are happy to state that our list of men available for positions has been decreased greatly in the last sixty days.

However, there are still some men who are eager to make new connections and whose records entitle them to consideration for the management of first-class town and country clubs. We should be very happy to submit a list of such men to any club seeking the services of managers or general managers.

The service thus rendered by the Association is not alone beneficial to members of this organization but has been helpful to club officers and this is amply proven by letters in the files of the Association from house committee chairmen and presidents of clubs who have thanked us for our assistance.

The Club Managers' Association is jealous of its reputation and cannot afford to recommend any but the very highest type of material for managerial positions. This, then, is the assurance to club officers that by making their selection through the list of available candidates furnished by this Association the Club's best interests will be served and that the Association will recommend only such men as it feels sure will bring credit upon the organization.

Club officers seeking competent managers, club managers seeking positions and non-members of the Association who wish to take advantage of the Association's many worthwhile facilities should address their inquiries to

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backbone, which is the least exercised part of the steer. Test scores have demonstrated that a 36- to a 38-pound rib, and a 38- to a 40-pound short loin, when properly cut and trimmed, are the most profitable. However, again it must be emphasized that the greatest of care must be exercised in the selection of these cuts as quality is the major point.

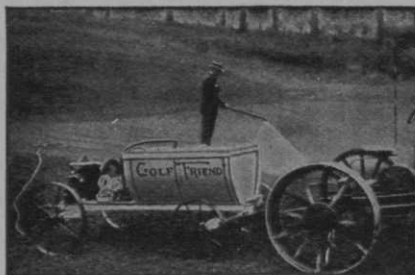
In purchasing loins and ribs, which are probably the two items used more extensively than any others, the following should be sought: The clear white fat or covering should be uniform and around one-half inch thick on the ribs, and good proportion to the lean in the best loins. The feeding can be judged by the marbling or the mixture of fat through the lean. The form of the ribs and loins should be concave instead of convex, which is known as perfect conformation.

## Buying Veal Correctly

In regard to veal, it should be almost white in color with a delicate pinkish tinge. The body should be broad and compact with full-meated loins, ribs and legs, while the entire carcass ought to be covered with a coating of light baby fat, and the kidney covered with an abundance of brittle white fat. The flesh of veal is not so firm as that of beef. The fat is white with a slightly pinkish tint and firm. The breast bone is soft and red.

The leg of veal furnishes good quality solid meat, with very little waste. It can be used for roasts, and steaks (called cutlets). The heart may be baked, stewed, or braised. The rump makes a high quality roast, while the brains may be sautéed, scrambled, or creamed. The loins and ribs furnish excellent quality chops and roasts, while the breast makes a good roast or stew. The kidneys are usually broiled, stewed, sautéed, or used for a meat pie. The shoulder gives good quality solid meat for stews or roasts. The shanks are mostly bone and gristle, and little meat, therefore are used for stews or soup stocks. The chuck, including the shoulder, neck and breast, is good quality meat for roasts or steaks. The liver may be sautéed, braised or baked, the tongue corned, boiled or smoked, and the sweetbreads creamed, broiled, braised, or used in salads and so forth. However, loins and ribs are the prime cuts and should be so purchased and used.

As veal does not contain very much fat, it needs long, slow cooking. Therefore broiling or pan broiling is not recom-



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mended as a method of cooking any veal cut. A meat thermometer removes the guesswork from roasting.

In general the cooking of meat may be summed up in three ways, as follows: (1) By the application of intense heat to keep in the juices (roasting, baking, or broiling); (2) by placing the meat in cold water and cooking for a long time at a low temperature (boiling), and (3) by the combination of the two processes—first searing and then stewing the meat. An essential point is to first sear the surface, thereby hardening the albumin on the outside so as to prevent the escape of meat juices; then cook at a fairly low temperature until done, so that the albumin on the interior of the meat will not be hardened.

Meat while being cooked, whether by roasting or baking, must be basted often

(the melted fat, which has run from it, must be poured over its surface with a ladle to prevent roast from drying or burning). The roast should be ready at least half an hour before being carved in order to allow the albumin inside to set. One way to tell when meat is done is to press on outside, and if done it will rebound at once. If overdone, it will scarcely yield at all.

Both flavor and texture of beef are improved by "hanging" (being kept as long a time as possible before using). Hanging allows the skin to dry, thereby hardening it and closing the pores so as to exclude the germs that cause decay, and it also allows the muscle fibers to relax and soften. A discussion of the purchasing and preparation of lamb, mutton and pork will be covered in a later issue of GOLFDOM.

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