Meat Cookery
Finesse in any branch of cooking requires a thorough knowledge of the food, careful handling of the ingredients, and imaginative experience in working with them. This is nowhere more true than in meat cookery where the natural flavor, the extractives, and whatever additional seasonings one may use depend upon the raw product with which one has to work.

There is a wide range in kinds, grades, cuts, and prices of meats, but unless you know how to take advantage of this variety, the many kinds and cuts will mean nothing; all of which emphasizes the importance of having a thorough knowledge of how to select meat, how to care for it, and how to cook it. These three points—selection, care, and cookery—are interrelated. Knowing one is not enough. It is necessary to know all three.

**How to Select Meat**

There are five very important factors to be considered when deciding the kind and cut of meat to be selected and the amount to buy:

1. Number of people to be served determines amount to buy.
   - You may figure 3 portions per pound with bone out.
   - 2 portions per pound with bone in.

2. Cooking time required:

   Regardless of the kind or cut, all meat is cooked at low heat. (Oven temperature 300°F.). The following is a guide for your use.

<table>
<thead>
<tr>
<th>Time</th>
<th>Internal Temperature by Meat Thermometer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standing Ribs of Beef (rare)</td>
<td>18 to 20 minutes</td>
</tr>
<tr>
<td>(medium)</td>
<td>22 to 25 minutes</td>
</tr>
<tr>
<td>(well done)</td>
<td>27 to 30 minutes</td>
</tr>
<tr>
<td>Rolled Rib of Beef (rare)</td>
<td>32 minutes</td>
</tr>
<tr>
<td>(medium)</td>
<td>38 minutes</td>
</tr>
<tr>
<td>(well done)</td>
<td>48 minutes</td>
</tr>
<tr>
<td>Pork Loin (center cut)</td>
<td>35 to 40 minutes</td>
</tr>
<tr>
<td>(end cut)</td>
<td>45 to 50 minutes</td>
</tr>
<tr>
<td>Ham (10 to 12 pounds) (Smoked)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Ham (half) (Smoked)</td>
<td>18 to 20 minutes</td>
</tr>
<tr>
<td>Lamb (leg)</td>
<td>30 to 35 minutes</td>
</tr>
<tr>
<td>(rolled shoulder)</td>
<td>40 to 45 minutes</td>
</tr>
<tr>
<td>Veal (leg)</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>(rolled shoulder)</td>
<td>40 to 45 minutes</td>
</tr>
</tbody>
</table>

3. Cooking equipment needed:

   A modern oven with a broiler, a shallow roasting pan with a rack, frying-pan with cover, kettles with covers, oven and roasting thermometer.

4. Budget expenditure:

   Meat involves the largest percentage of your food dollar. Therefore, I shall emphasize the utilization of the cheaper cuts, and extenders, and through a few significant recipes point out that these less expensive dishes may be made not only nutritious but tasty, palatable and inviting.

5. Kinds and cuts available:

   I suggest that you get a copy of the *Meat Manual* published by the National Live Stock and Meat Board, 407 S. Dearborn St., Chicago 5, Illinois. It gives excellent charts and information on this whole subject.
How to Care for Meat

Fresh Meat
Store in coldest part of refrigerator, uncovered or with loose covering of waxed or parchment paper.

Cooked Meat
Store in refrigerator closely covered, but only after meat is completely cooled.

Cured Meat
Store wrapped, in refrigerator.

Frozen Meat
Hold at 0°F. or lower. If thawed before cooking, thaw in refrigerator overnight. Never refreeze. It is better to cook meat frozen than to thaw quickly with the help of water or at room temperature, in the case of roasts or boiled meats. Steaks should be thawed or partly thawed before cooking.

How to Cook Meat

Dry Heat
Refers to roasting, broiling, and pan-broiling. This method is suitable for such cuts as roasts of tender beef, veal, fresh pork, cured pork, lamb and meat loaves. And like all of the other methods of meat cookery, it is easy if a few simple rules are followed:
1. Season with salt and pepper.
2. Place meat, fat side up, on rack in open roasting pan.
3. If you cannot tell when meat is done, insert meat thermometer and cook at 300°F for entire cooking time with no water added at any time.

Braising and Cooking in Liquid
(1) Brown meat on all sides in fat in heavy skillet. If desired, first dredge the meat with flour. The meat should be browned slowly for a more permanent brown; this step adds to the savory goodness of braised meat.
(2) Season with salt and pepper.
(3) Add small amount of liquid—one cup for a 4 to 5 pound roast.
(4) Cover tightly. The steam softens the connective tissues and makes the meat more tender.
(5) Cook at low temperature until tender. Just as in the dry-heat methods, the secret of success in moist-heat cookery is in a low temperature. The time involved depends on the size and shape of the cut being cooked. A good theme song in cooking meat would be “low and slow.”

Pan Frying or Sautéing
Frying in a small amount of fat. This method is often used for pork chops and steaks, ham steaks, lamb chops, or any tender meat containing fat marbling. Country-fried steak, liver, and such variety meats may also be cooked by this method after they have been dredged in flour.

Deep Fat Frying
Refers to that process in which the fat covers the meat, and is most often used for cooking breaded chops, cutlets, croquettes, etc. Temperature used is not less than 375°F. Food needs to be drained after cooking by this process.
The Importance of Roasting Meat
At Proper Temperatures

American farmers and meat industry people have spent years and fortunes improving the yields from our meat animals and making more usable and better meat available at lower prices. Even though both groups have made tremendous progress and have made possible a large increase in the per capita consumption of meat, meat still remains the most expensive item in our food dollar. More important it is needlessly wasted too often in our kitchens through improper roasting. Too many of us are thus throwing away the savings which have been hard won for us.

The illustrations on this page graphically and dramatically demonstrate the needless loss brought about by roasting meat, in this case a standing rib roast of beef, at too high a temperature. In addition to the loss of edible meat, there is the complete loss of drippings because they are burned, as well as the loss of flavor and good texture in the remaining meat.

The top photo shows the standing ribs of beef, before roasting, which weigh 9 pounds, 10 ounces.

The middle picture shows the beef roasted at 300° oven temperature, to an internal temperature of 160°. This took 4 hours, and 40 minutes or 29 minutes per pound. The finished roast weighs 7 pounds, 8 ounces and there is 1 pound, 4 ounces of good, nourishing drippings. The weight loss in the meat was 2 pounds, 2 ounces or 22 percent.

The bottom picture shows what happens when a like roast of identical weight is roasted at an oven temperature of 450°, again to an internal temperature of 160°. In this case the roast was in the oven 2 hours and 32 minutes or 16 minutes per pound. The roast lost 3 pounds, 8 ounces or 36 percent of its weight during roasting, and the 2 pounds, 3 ounces of drippings were burned and unusable. The weight after roasting was only 6 pounds, 2 ounces.