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DOMINION OF CANADA DEPARTMENT OF AGRICULTURE

# BEEF

## How to Choose and Cook it

MARKETING SERVICE



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## Food Value of Beef

The irresistible appeal of good beef is common to people of every walk of life; and its digestibility, availability, reasonable cost, ease of preparation and the variety of ways in which it may be served adapt it to the diet of rich and poor, young and old.

Probably no other food is more attractive to the appetite of man than a piece of good beef. It is generally sound policy to eat foods which taste good and which appeal to a normal appetite, as taste and enjoyment of food are necessary to efficient digestion.

The popularity of beef, however, has a much deeper foundation than simply its appeal to the palate. Recent experiments have shown that man's natural fondness for meat is based upon a sound scientific foundation, as meat not only contains many of the elements necessary for the proper growth and development of the human body, but it supplements and improves to a great extent the value of many of the nutrients found in grains and vegetables. Beef is a very valuable source of protein, which is a tissue building and repairing food; the fat furnishes heat and energy; and the mineral salts, such as iron and phosphorus, as well as the vitamins, contained in beef are in a form that is readily assimilated.

The dietetic value, however, of any food depends not simply upon the nutrients which it contains, but also upon the thoroughness with which those nutrients are utilized by the system. From this point of view, beef has a particularly high food value as it is an easily digested and completely assimilated food. Over ninety-five per cent of the protein and fat of beef is digested by the body under normal conditions. While certain other foods are relatively rich in protein, the losses in digestion, or in metabolism, or in both, are so great as considerably to offset the value of these foods as suitable sources of protein.

Man's natural inclination, supported by definite scientific investigation, has established the fact that a mixed diet is most suitable to the requirements of the average human body under normal conditions. A properly balanced diet should therefore include a reasonable amount of beef in addition to green, leafy vegetables, cereals, eggs, milk and fruits. The real problem for the consumer is simply one of wise and careful buying and skilful preparation.

In selecting beef, the most important points to be considered are: freedom from disease, sanitation and quality. The purchase of beef from diseased animals may be guarded against by ascertaining that the round,

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LOOK FOR THE BRAND MARK

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## ORDER BEEF BY GRADE

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purple stamp bearing the words "Canada Approved" appears on some portion of the side from which your purchase is cut. This stamp indicates that the beef has passed federal inspection for health and that the establishment where it was dressed has complied with the sanitary requirements. Then, if only those dealers are patronized who keep their premises clean and who observe proper sanitary precautions in the handling of their goods, there should be little danger of getting beef which is unfit for food.

The quality of beef, however, is not always so easy to determine. Possibly there is no other article of food in which high quality is more important, or in which the quality is more variable, more difficult to identify, or more subject to misrepresentation. Beef of poor quality is a most unsatisfactory product, and, at the prices usually paid for it, is anything but economical buying. It lacks in flavour, tenderness and juiciness; it contains a greater percentage of bone and waste in proportion to edible matter; and because the edible matter which it does contain is so lacking in palatability, much of it is discarded and therefore wasted. On the other hand, good beef from a choice, well-finished animal not only represents greater food value, but it is delicious served either hot or cold, and is therefore utilized to the last morsel.

But unless one happens to be an expert judge, or is fortunate enough to have a dealer who can be relied upon to furnish the quality desired, the buying of beef is usually quite a serious domestic problem. Sometimes the purchase may be fairly satisfactory; at other times the same cut at the same price will prove disappointing.

With a view to making it possible for the consumer to identify quality and, through the emphasis thus placed on quality, to provide an incentive for the production of better beef cattle, the Dominion Department of Agriculture has recently adopted a system of branding the two top qualities of beef. These grade brands are applied in ribbon-like marks the full length of the carcass, so that when the beef is cut up a section of the brand appears on each important cut. Establishments are permitted to use their trade brands.

### LOOK FOR THE BRAND MARK

*"Choice" Grade is always branded in red.*—The "Choice" is a special grade, and represents the product of particularly well-bred and highly-finished cattle. As it costs more to produce and is available in somewhat limited quantity, it naturally commands a higher price.

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*“Good” Grade is always branded in blue.*—The “Good” grade is the standard grade, and includes only beef that can be safely recommended as of first-class eating quality. The quality of beef which qualifies for this grade is superior to most of the beef ordinarily sold as the best obtainable.

ORDER BEEF BY GRADE
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Therefore, to be sure of receiving the quality of beef you are paying for, see that the official brand mark appears upon each cut that you purchase. And if you are purchasing by grade it is not necessary to look for the “Canada Approved” stamp in addition to the official brand, as only beef which has passed federal health inspection is eligible for branding. Therefore, the grade brands indicate both health and quality.

The colourings used in these brands are prepared by the Department, and carry the Department’s assurance of harmlessness. The dealer, therefore, should not be asked to have the brand marks cut off. On the contrary, it is in the consumer’s interest to insist upon the brand marks appearing upon each cut of beef purchased. They should be regarded as an official guarantee of health and quality.

For those who may be unable to purchase by grade, or who may desire to increase their knowledge of what constitutes good beef, it may be said that: The depth of the lean and the thickness of the fat are general indications of the quality of beef. Good beef should be uniform in colour, the cut surface being a bright, rich red. The flesh should be velvety, firm, yet springy or elastic to the touch. It should be well mottled or “marbled” with white fat, and covered by a good layer of flaky, creamy-white fat. The inside fat, such as the suet, should be brittle or crumbly, and creamy-white in colour. The bones should be soft and porous, and pinkish to red colour. Hard, flinty, white bones are an indication of age. Exposure to the air may darken beef on the outside without detracting from its eating qualities.

To be good, beef must carry a reasonable amount of fat. Contrary to the opinion of many, excessively lean beef represents neither food value, flavour nor economy:—

1. Fat from beef is itself a desirable article of food, as it supplies economically the heat, energy and some vitamins required by the human body. Pure fat furnishes over twice as much heat and energy as an equal weight of sugar, starch or protein. A reasonable amount of fat beef,

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therefore, should be eaten in order to supplement the protein and minerals in the lean and help to balance the diet.

2. Quality in beef cannot exist without a reasonable amount of fat. Lean beef is the product of animals which have not been properly fed and finished. Consequently, it is lacking in tenderness, juiciness and flavour.

3. Cooking of beef is very definitely affected by the amount of fat it includes. The outside layer of fat prevents loss of the valuable juices and extractives which give beef its flavour, and the fat which is mixed through the lean blends with it in the process of cooking and adds to its juiciness and flavour, as well as increasing its nourishment.

It should not, however, be assumed that, because beef must be fat in order to be good, all fat beef is good beef. An old, tough cow may carry a considerable amount of fat, but neither the fat nor the lean from such an animal possesses the desired quality. The fat on beef from an animal of this kind can usually be distinguished by its softness and high colour.

A certain knowledge of the names and appearance of the different cuts is an advantage in selecting beef. The Department has issued a chart showing in natural colours the various retail and wholesale cuts, and indicating the section of the animal from which each cut is obtained. This chart, having been prepared from actual photographs, shows the relative proportion of lean to fat in the different cuts from well-finished beef, and thus assists in deciding the kind and size of cut to order.

### Higher-priced Cuts

Certain cuts of beef are commonly referred to as the "higher-priced" or "better" cuts. They come from the parts of the animal which receive the least amount of exercise and are therefore naturally more tender than cuts from the parts which are well exercised. On account of their tenderness, fine flavour and ease of preparing and cooking, and the fact they comprise only about twenty-five per cent of the whole beef animal, they are in greatest demand and consequently command a higher price than the less popular cuts which make up the other seventy-five per cent. As the dealer has to dispose of these cheaper cuts in some manner in order to break even on the whole animal, it naturally follows that the popular cuts are going to be considerably higher in price than their actual food value warrants. Therefore, when one is buying porterhouse or sirloin steak he must remember that part of the price he is paying is for attractiveness, popularity and ease of preparation, but he must not think that he

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is getting a more nourishing piece of meat. It is necessary, therefore, in order to equalize supply and demand, that all the cuts of the animal be utilized. A more general use of the various cheaper cuts will not only help in balancing the meat bill but will greatly assist in adding variety to the menu, as a greater variety of beef dishes can be served at less cost, or served more frequently at the same cost.

CLASSIFICATION OF HIGHER-PRICED CUTS

Name	Form	Manner of Cooking
Sirloin	Steaks Roasts	Broiling, panbroiling, roasting
Porterhouse	Steaks Roasts	Broiling, panbroiling, roasting
Prime ribs	Roasts—rolled or standing Steaks	Broiling, panbroiling, roasting
Tenderloin	Roasts “Fillet Mignon”	Broiling, panbroiling, roasting, braising

Lower-priced Cuts

As already intimated, on account of their being less tender and requiring more time to prepare and cook, certain cuts of beef are less popular than others. These cuts are fully as nourishing and digestible as the others, and the very exercise that is responsible for their coarser fibre and difference in texture has developed large amounts of extractives which give them their fine flavour. It will be seen, therefore, that the lower price at which these cuts sell is not an indication of inferior flavour, food value or digestibility, and that if properly cooked they furnish a very palatable, nutritious and economical dish. It is also a fact that the less popular cuts from branded beef are likely to be superior to the popular cuts from an animal that is not of brandable quality.

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### CLASSIFICATION OF LOWER-PRICED CUTS

Name	Form	Manner of Cooking
Rump	Steaks Roasts	Pot roasting, braising, stewing
Round	Steaks Roasts	Panfrying, braising, Hamburger, pot roasting
Flank	Steak Stew	Panfrying, braising, stewing
Chuck	Steaks Roasts Pot roasts	Panfrying, roasting, braising
Plate	Short ribs or rib ends Plate	Roasting, braising Stewing, braising, soup
Brisket	Brisket or point	Boiling, stewing, braising, pot roasting
Shanks	Soup bone	Soup, stewing, Hamburger, jellied loaf
Tail	Soup bone	Soup, braising, stew
Neck	Stews	Stews, soup, braising, mincemeat

## Care of Beef

When beef is delivered to the home, remove wrappings, and wipe with a dampened cloth. Do not wash with water unless absolutely necessary, as some of the juices are lost in that way.

If beef is not to be cooked immediately it should be placed on a plate, and kept in a cool place. Do not place directly on ice.

If meat must be kept without ice, partially cook it, or brush over with a mixture of vinegar, oil, salt and pepper, and place in a covered dish.

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## Cooking

The objects in cooking meat are:

- (1) Develop flavour.
- (2) Soften and break down the cell walls and connective tissue.
- (3) Destroy bacteria which may be present.

The flavour and tenderness of meat, as well as the amount of nourishment derived from it, depends to a great extent upon the manner in which it is cooked. The tenderest and juiciest cuts may be rendered tough, dry and flavourless by improper cooking, whereas many of the tougher cuts, which, incidentally, contain equal nourishment and are fuller flavoured, may be rendered quite tender and attractive if cooked in the right way.

The tender cuts may be cooked at a much higher temperature than the tougher pieces. Accordingly, the method to be employed depends upon the fibre of the meat, which, in turn, varies with the different cuts. In choosing meat, therefore, consideration should be taken of the manner in which it is to be cooked, the use to which it is to be put, and the time which is to be devoted to its preparation.

The effect of intense dry heat is quite different from that of moist heat. A very attractive flavour is developed by cooking in a dry heat at a much higher temperature than the boiling point of water. This explains why a pot roast is richer than a stew, and indicates how the flavour of stewed or boiled meat may be improved by first crisping or browning the surface.

## Broiling

Broiling is a good method of cooking tender steaks. Minced or Hamburg steak may also be broiled with equal satisfaction. A reasonably thick steak is far better eating than a thin one, so that for a small family it is better to buy a fair-sized steak and broil parts of it at different times, rather than to choose a thin one.

In broiling, the meat is cooked by exposure to direct heat of hot coals, flame, or red-hot electrical heating units. The edges of the meat may be cut in several places to prevent curling as it contracts from the heat. The meat is placed on a hot broiler which has been rubbed with a small piece of fat, and quickly seared on one side and then on the other, keeping it about one inch from the flame. When seared on both sides, the flame is lowered, or the distance from the heat increased, and the meat completely cooked on one side before being turned. It is ready to turn when the side away from the heat has a raised appearance and little jets of steam escape.

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Turning the steak during cooking dries it out more and impairs the flavour. When cooked, serve on hot platter with a little butter, pepper and salt.

The cuts most suitable for broiling or pan broiling come from the loin. They are tenderloin, or fillet, and the various loin cuts known as club, wing, T-bone, porterhouse, sirloin, etc.

### *Approximate Time Required for Broiling and Pan Broiling*

For steaks 1 inch thick, rare to medium. . . .	8 to 10 minutes
“ 1½ inches thick, “ . . .	10 to 15 “
“ 2 “ “ . . .	18 to 25 “

### Pan Broiling

In pan broiling the meat is cooked in a very hot pan or skillet without any fat, or with only a mere coating of fat rubbed over the surface of the pan. If the pan is hot enough when the meat is put in, it will not stick. Any surplus fat which collects in the pan during cooking should be poured off. When steak is seared on one side, turn and sear the other; then reduce heat and cook till done. Never pierce steak with knife or fork when cooking, as this permits the juices to escape. The time required for pan broiling is the same as for broiling. For longer cooking reduce heat slightly.

### Sautéing or Pan Frying

The beef is cooked in a frying pan, or skillet, in a small amount of fat. This method is used for cooking croquettes, Hamburger, hash, etc. If the pan is covered, this method is practically identical with braising, as the beef is then, to some extent, cooked in moist heat.

### Roasting

The term “roasting” as originally applied to the cooking of meat meant cooking in front of, or over, an open fire; roasting is now understood to mean cooking in an oven in dry heat. Actually, the meat is baked, although this term is seldom used in reference to meat. The meat may be cooked in an open pan or in a covered one. In the case of a fairly large roast, or one which has a good proportion of fat, the open pan method will give the best results. A small or lean roast may shrink less and be cooked to better advantage in a covered pan. An excessively lean roast should have a slice of suet placed on top, or it may be larded with either beef or pork fat. If beef is roasted with the fat side up, basting is not required with either an open or a covered pan.

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The roast may be placed in a very hot oven, 525° to 550° F., until the surface is seared, and then cooked until done at a temperature of 300° to 400° F.; or the oven may be kept at the lower temperature all through the cooking period. Contrary to the general opinion, the initial searing of beef in roasting, with a view to preventing escape of juices and more volatile constituents, is not important. Recent scientific experiments in the cooking of meat have shown that there is very little difference in either results or appearance between roasts which have been at first seared and those which have been cooked at a moderate temperature throughout. Searing decreases the total time required for cooking but increases the losses in cooking. Roasts which are first seared brown better than those cooked at an even temperature from the start. On the other hand, roasts cooked at the lower temperature throughout are sufficiently brown to be attractive and are more evenly cooked; they are less likely to be cooked too much on the outside and extremely rare in the centre. These experiments have therefore shown that while a slightly longer period is necessary when cooking at a lower temperature than was formerly thought advisable, the lower temperature produces a more evenly cooked roast with considerably less shrinkage and loss of both fat and the volatile elements.

A roast will brown more readily if sufficient flour is rubbed into the surface to make it dry. This also assists in preventing the escape of the juices.

The question of rubbing salt into the surface of meat before roasting is a debatable one. Salt certainly draws out the juices. The advocates of the use of salt, however, contend that the loss of juices is more than compensated for by the improved flavour the salt gives the roast.

The principles to be followed in cooking the various kinds of roasts are the same: Wipe meat with damp cloth, trim off ragged or unsightly bits, skewer or tie if necessary, and place, fat side up, on wire rack in roasting pan, keeping meat at least one inch from bottom of pan. When cooked, remove to hot platter, drain off surplus fat, and add some boiling water to soften and mix with the juices in the pan. The resultant gravy may be served "au jus" or thickened with flour in the proportion of 1½ tablespoons of flour to each cup of liquid.

A medium-sized roast of sirloin, prime rib, or similar cut will require approximately *fifteen to twenty-five minutes per pound*; chuck, round, shoulder, or brisket thirty to forty minutes per pound, depending upon the size and shape of roast and degree of cooking required. A small, thin roast, requires less cooking in proportion and should be cooked at a relatively higher temperature than a blocky, compact one of the same weight. A

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## ORDER BEEF BY GRADE

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fairly large roast cooks to much better advantage than a small one, as there is not so much shrinkage or drying out, and the juices and flavour are therefore better retained. Cooking with the bone in improves the flavour. Rolled roasts are more compact, but purchasing roasts already rolled makes it difficult for the purchaser to definitely identify the cut and gives unscrupulous dealers the opportunity to include in the roll meat of an inferior cut or grade.

The cuts ordinarily used for oven roasting are the naturally tender and juicy ones from the loin, rump, rib and shoulder. This takes in the meat along the back. The inside muscles of the chuck and round are also used in this manner.

### Pot Roasting

In pot roasting the beef is seared on top of the stove and then cooked in a covered dish, either on top of the stove or in the oven. A heavy, cast iron or aluminum utensil is preferable for pot roasting as it retains the heat and the beef is not so liable to scorch. The beef is first seared in a little fat, and just enough hot water added to keep it from burning. It is then cooked at a temperature of about 225° F., which is lower than the temperature used for ordinary roasting, and slightly higher than used for braising. Pot roasting is really a form of braising applied to a large piece of meat.

### Braising

Braising is a combination of stewing and baking, and is similar to pot roasting, the distinction being that the beef is usually cut up into small pieces instead of being cooked in one piece, as in pot roasting, and less liquid is used than in the case of a stew. The beef is first seared, as in pot roasting, and then cooked slowly in a covered dish, allowing about three-quarters of an hour to each pound. An oven temperature of about 275° F. is desirable. Vegetables and seasoning may be added as desired in sufficient time to provide for their cooking by the time the meat is done. The covered pans sold as roasting pans are really braising pans. Covered casseroles are also excellent for this purpose.

### Boiling

The term "boiling" as applied to the cooking of meats is misleading and its literal application is largely responsible for the fact that meat cooked in water is not more popular. Boiling beef for the full cooking period hardens the albumen all the way through, and makes the meat much less palatable and digestible.

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Beef cooked by this method should be kept at the boiling point for the first few minutes only—just long enough to coagulate the albumen on the outside, and prevent the water from penetrating and making the meat dry and tasteless. For the balance of the cooking period it should be kept at the simmering point—about 180° F. The brisket, rump, plate and shoulder cuts are all used for boiling.

### Stewing

In stewing, the cooking is done at what is known as the simmering point, which is a temperature of approximately 180° F. The meat is completely immersed in water, as in boiling, but in the case of a stew it is desired to extract some of the juices; therefore, the meat is cut into fairly small pieces, so as to expose more surface. Unshapely pieces and scraps from roasts or other cuts are frequently utilized to advantage in this manner. Stews may be prepared in different ways, according to the results desired:—

(a) The beef may be first browned. This makes what is known as a brown stew, and one that possesses both rich colour and flavour.

(b) The beef may be plunged into boiling water for a sufficient length of time to coagulate the surface and prevent the escape of the extractives. Such a stew will not possess the rich flavour of the brown stew, but vegetables cooked with it will have more of the real meat flavour.

(c) The beef may be placed in cold water and gradually brought to the simmering point, as in the making of soup. Like soup meat, the meat will be lacking in flavour, but vegetables cooked in the broth will be correspondingly richer.

### Steam or Pressure Cooking

The devices used for this purpose are of comparatively recent development and consist of a heavy utensil, usually of aluminum, provided with safety valve, gauge, etc. They allow for a pressure of from thirty to thirty-five pounds, and as cooking is very rapid a saving in both time and fuel may be effected. Beef cooked under pressure keeps its shape better and does not have the dull, shrunken appearance common to boiled meat. Pressure cookers are used in many households for the canning of fruits and vegetables.

### Waterless Cookers

The waterless cooker is another device of quite recent introduction. It consists of a heavy aluminum kettle, with a double, insulated bottom which retains the heat and prevents scorching. It has a tight fitting

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cover that clamps down, and a valve to permit surplus steam to escape. As the meat is cooked on the bottom of this kettle, several vegetables, or even a dessert, may be cooked at the same time in pans which fit in the upper part. As the name implies, no water is required when cooking in this device, the juices of the meat itself providing the necessary moisture. The cooking is actually done in steam under slight pressure, and pot roasts or stewing meat cooked in this manner are made quite tender and have a very delicious flavour. It is also a very economical way of cooking, as only a minimum of heat is required.

### Fireless Cookers

The various fireless and semi-fireless cookers are entirely suitable for roasting, braising and stewing. Their advantages include: fuel economy, time-saving (food does not require watching); retention of flavour; long, slow cooking; and, of particular advantage in summer, the avoidance of overheating the kitchen.

### Fats

Economy in cooking necessarily includes the utilization in some manner of all fat that is not consumed at the table. The home rendering of excess fats and those remaining from cooked meats makes possible a very appreciable reduction in the bill for commercial shortening. The clarifying of used fats greatly increases their usefulness, and much of the fat so treated is superior to lard and other shortenings for many kinds of cooking. Rendered suet and the outside fat from roasts or steaks, as well as the fat skimmed from soups and stews, is excellent shortening for cakes and other baked articles where a slightly darker colour is not an objection, for crusts of meat pies, frying doughnuts, vegetables, fish, etc., as well as for ordinary sautéing and frying.

The surplus fat from each day's cooking may be tried out by cutting it in fairly small pieces and heating it in a double boiler until the fat has been softened to the point where it can be readily pressed through a fine wire or cheesecloth strainer. Gently pressing or mashing with a fork after it has become heated through facilitates the process of extraction.

A slightly quicker method, but one which does not give as good keeping or wholesome a product, is to place the fat, together with a little water, in a frying pan or saucepan and cook it at a low temperature until the tissue is crisp and the fat clear. Care should be taken to avoid scorching or heating the fat to the smoking point, as high temperature changes the composition of fats and makes them very irritating to the digestive system.

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Officially graded beef is branded to indicate quality

BLUE  
brand indi-  
cates the  
"GOOD"  
grade.

# BEEF CHART

## RETAIL CUTS

## WHOLESALE CUTS

## DIAGRAM OF CUTTING





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When fully rendered, the fat should be allowed to cool slightly and then strained into a dish kept convenient for the purpose. A covered lard pail makes a suitable receptacle, each fresh supply being added as rendered. If kept cool and covered, such rendered fat will remain sweet for some time. Fats from different kinds of meats should be kept separate.

Fat which has become slightly tainted, or fat that has been used for deep frying, may be clarified and rendered sweet again by boiling it with a few slices of raw potato. When potato is browned, allow fat to cool slightly in order to give any sediment a chance to settle, and then strain. Fat which is no longer fit for cooking may be easily converted into soap by using one of the commercial lyes and following the directions which come with it.

Beef suet is a very wholesome form of fat, and can be utilized in cooking in many different ways. The best suet comes from around the kidneys. It is desirable, therefore, to either buy the suet in a piece and mince it yourself, or have the dealer mince it under your supervision. There is always a danger of ready-minced suet including some less desirable forms of fat.

Finely-chopped suet, used in proportion of two of suet to three of flour, with a little baking powder added, makes most attractive and palatable crusts for meat pies of various kinds. Suet used as a basis for steam puddings, simple or elaborate as desired, provides cheap, wholesome desserts especially suitable for cold weather meals. Dumplings made with suet are light and nourishing. Hamburg steak, when made from particularly lean beef, is made juicier and the flavour improved by the addition of a little chopped suet. Suet may also be substituted in many of the recipes contained in this book which call for the use of butter.

### Beef Soups

Owing to the high percentage of water which they contain, the nutritive value of meat soups is comparatively low and is often much over-rated. Soups have, however, an important place in the diet as they contain a certain amount of protein, mineral salts, and extractives. Their chief value lies in the fact that the high flavour of the meat extractives which they contain stimulates the flow of the digestive juices, and thus assists the process of digestion. Hence the reason for serving soups at the beginning of the meal. The actual food value of soups therefore depends largely upon the amount of vegetables and other ingredients which are added to the meat stock. In addition to the place they fill on

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the bill of fare, soups provide a medium for the economical utilization of the cheaper cuts of meat, also bones and scraps from roasts, steaks, etc., which would otherwise be wasted.

The problem in cooking is to extract as much of the flavour as possible. This is accomplished by reversing the process where it is desired to retain the flavour in the meat. The meat is cut in small pieces so as to expose a large amount of surface. If a brown stock is desired, some of the meat is first browned in the frying pan. The meat is then put into cold water and brought slowly to a higher temperature. It is then simmered for from four to eight hours, depending upon the kind of meat used and the richness of the stock desired. The smaller the meat is cut and the longer it is cooked, the richer will be the broth. Bones should be cracked. For a rich stock, the proportion of water to each pound of meat should be one pint; for a light stock, one quart. The soup should be covered while cooking in order to prevent undue evaporation.

If the stock is intended for immediate use, the fat should be removed, as a greasy soup is exceedingly unpalatable. If, however, the stock is to be kept over, the solid skim of fat which forms on top should be allowed to remain, as it acts as a preservative. Stock sours very quickly and in warm weather should not be kept over twenty-four hours. In cold weather, it may be kept for several days. Quick cooling aids in preserving stock.

The cheaper cuts of beef should be used in making soup, both because of their low cost and because they come from those parts of the animal which are richest in extractives. The shanks are especially valuable for this purpose. The proportion of two parts of lean meat to one of fat and bone gives the best results. If the cut consists of too much lean, some of it may be cut off and used for Hamburg steak or stewing. The meat from which soup has been made has lost much of its flavour, and is therefore rather tasteless. It still contains most of its nourishment, however, and may be used in hash, meat pies, ragouts, etc., where the flavour of vegetables and seasonings compensates for the lack of meat flavour.

## Recipes

In selecting the following recipes, the endeavour has been to keep in mind the requirements and position of the average housewife to whom the saving of both time and expense is an important consideration. Accordingly, while the importance of attractiveness and tastiness has not been lost sight of, the majority of the recipes presented are of the more practical and economical type, special consideration being given to

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cost, ease of preparation and food value. A few of the more elaborate and fancy dishes have been included in order to give variety and to provide for special occasions when something a little better than usual may be desired.

Recipes based on cured meats have been largely omitted. Pickled and otherwise processed meats are not nearly as digestible or wholesome as fresh meats and should be used, if at all, sparingly and only occasionally for the sake of variety.

Highly seasoned dishes have also been avoided. Seasoning is to quite an extent a matter of individual taste or habit, and experience soon teaches the amount of seasoning required. Where definite amounts of seasoning are given, this may be taken simply as a guide and varied according to taste. It should be remembered, however, that the delicious flavour of good beef is developed and brought out by proper cooking and that this individual flavour may be entirely obscured or destroyed by the excessive use of strong spices and sauces.

### Broiled Sirloin Steak

Wipe steak with cloth wrung from cold water. Trim off superfluous fat. Grease broiler with fat, place meat on broiler and broil under or over strong heat, searing first one surface and then the other. When both surfaces have been seared, reduce heat and complete cooking. Steak should be cut  $1\frac{1}{2}$  inches thick. Time for broiling, 12 to 15 minutes. Sprinkle with salt, pepper, and spread with butter. Remove to hot serving platter.

### Fillet Mignon

Cut beef tenderloin in  $1\frac{1}{2}$  inch slices, trim in circular shapes, surround with a thin slice of bacon, fasten with a small wooden skewer (toothpick) and broil 6 minutes in a hot, well-greased frying pan, turning often. Remove to hot serving platter and spread generously with Maitre d'Hotel butter. Surround with broiled mushrooms.

### Planked Larded Fillet of Beef

Wipe a tenderloin of beef weighing 4 pounds, trim off fat, veins, tendonous portions, and press in shape (use skewers if necessary). Lard the upper surface with grain of meat. (This may be done by the dealer at a slight additional cost). Place on rack in dripping pan, sprinkle with salt, pepper, dredge with flour, and strew trimmings of fat salt pork in pan. Roast in a hot oven 30 minutes, basting every 10 minutes. Remove to a hissing hot, buttered steak plank. Surround with a border of mashed potatoes. Return to oven to brown potatoes. Garnish with tomatoes or green peppers filled with succotash. Place broiled mushroom caps down centre of fillet.

### Pan Broiled Fillets Mignon or Steak

Have meat cut in slices  $1\frac{1}{2}$  inches thick. Shape in circular forms. Broil ten minutes in a hissing hot frying pan, turning every ten seconds for two minutes that the surface

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may be well seared. Turn occasionally afterwards. When half done, season with salt and pepper; reduce heat and finish cooking. Dispose on hot serving platter and spread with soft butter.

*The Tougher Cuts* of meat are softened and made tender in several ways:

- (1) Grinding or chopping.
- (2) Pounding, to break and crush the fibres.
- (3) The use of acids, such as lemon juice and vinegar.
- (4) Freezing, or hanging—also known as aging or ripening—in a low temperature. This softens the meat through the chemical action of acids which develop in the meat itself.
- (5) Long slow cooking in moist heat softens tissues.

### Braised Short Ribs

To each pound of meat, allow about 2 cups water and 1 teaspoonful salt. Simmer for about 3 hours in covered vessel, turning meat at end of first hour. Add more water during cooking if necessary to prevent meat burning. At end of cooking the most of the liquid should be absorbed. Remove ribs, season, and brown in hot oven for about half an hour. Remove some of the fat from gravy, thicken, and serve with the ribs.

### Pot Roast

Put the meat (shoulder, chuck, or rump) in a covered iron kettle or a frying pan with the fat side down. When it is well crisped, turn and brown the other sides thoroughly. Season with salt, pepper, and a little onion (or garlic if preferred). An onion with two or three cloves stuck in it may be browned lightly with the meat. The meat should then be cooked in the same utensil, tightly covered, or in the kettle from a fireless cooker. Let it simmer until quite tender, turning it once during the cooking. No water is needed. Allow about 1 hour per pound for cooking. Vegetables may be added 1 hour before serving. Make gravy using the browned fat, allowing 1 tablespoonful flour to each tablespoonful fat, and water to make the required thickness.

### Round Steak Cutlets

Wipe a piece of meat weighing 2 to 3 pounds, cut from the round with the marrow bone in it. Separate in pieces for serving. Lay pieces on meat board, dredge heavily with flour and with the edge of a saucer pound the flour into steak, turning meat at all angles while pounding. Turn pieces over and repeat process until  $\frac{3}{4}$  cup of flour has been used. In this way the long fibre of this cut of meat is completely broken up and the flour has absorbed the juices, so that nothing has been lost by pounding the steak. Sprinkle both sides with salt and pepper. Melt the marrow from bone and some of the fat trimmings in a hissing hot iron frying pan, arrange cutlets of meat in pan, turning often. When well seared on both sides reduce heat, cover and cook 15 minutes. Remove to hot serving platter. Strain fat in pan and use with brown stock for making gravy to pour around cutlets.

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### Swiss Steak

Pound as much flour as possible into round or flank steak with edge of plate or back of cleaver; brown steak in small quantity of fat in hot skillet, add some canned tomatoes, chopped onion, pepper and salt and sufficient hot water to cover. Cover dish and simmer until tender—about two hours. Add more water if necessary during cooking, and if gravy is too thin thicken with flour before serving.

### Steak Rolls

Season minced round, chuck or shoulder steak, adding a small amount of fine bread crumbs. Form into rolls about the size of small sausages, and wrap with pastry rolled fairly thick and cut into four-inch squares, moistening the edges and pressing well together. Bake for three-quarters of an hour in moderate oven, and serve with tomato sauce.

### Beef Steak Pie

Cover with boiling water and simmer for half an hour chuck or round steak which has been cut in small pieces or strips. Add diced carrots, minced celery, onion, halved potatoes, and any seasoning desired, and allow to simmer while pastry is being made. Thicken gravy with flour and cover with pastry or crust made as for baking powder biscuits. Brush with milk and bake until paste is well browned, about 40 minutes.

### Round or Flank Steak, Stuffed

Wipe flank steak with cloth dampened in vinegar, and season with salt and pepper. Spread steak with poultry, or other dressing, roll up and tie. Season, dredge with flour and brown meat quickly on all sides. Cook in covered dish in moderate oven for about two hours. Or in fireless cooker.

Peeled potatoes, carrots or other vegetables may be added if desired during the cooking.

### Pressed Beef Flank

Wipe meat, remove superfluous fat and roll flank of beef, put in kettle and cover with boiling water. Add 1 tablespoonful salt,  $\frac{1}{2}$  tablespoonful peppercorns, a bit of bay leaf,  $\frac{1}{2}$  dozen cloves and 3 or 4 bones. Cook slowly until meat is in shreds. There should be very little liquor in the kettle when the meat is done. Arrange shreds of meat in a granite, brick-shaped bread pan, pour over liquid, cover with a heavy weight; when cold and jellied, cut in thin slices and serve with horseradish sauce, or mustard sauce.

### Beef Stew with Vegetables

Cut in small pieces, chuck, rump, or other inexpensive cut, and sear well. Add peeled potatoes, half as many medium-sized tomatoes, and sufficient water or meat stock to cover vegetables. Season and cook in fireless cooker with two radiators heated to 450° F. Time required, 2 $\frac{1}{2}$  to 3 hours.

### Beef Stew with Dumplings

Cut into cubes flank, rump, plate or chuck; dredge in seasoned flour, and sear in a little fat in hot frying pan, stirring constantly until well browned. Rinse frying pan with boiling water, and simmer meat for about 3 hours, or until tender. To each pound of meat use 4 cups diced potatoes,  $\frac{1}{2}$  small onion sliced,  $\frac{2}{3}$  cup each diced carrot and turnip,  $\frac{1}{2}$  cup flour mixed with water,  $\frac{1}{2}$  teaspoonful salt, and add to stew the last hour of cooking. If dumplings are added, allow 15 minutes for cooking.

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### Poor Man's Beef Steak

Cut steak from the top of the round in uniform pieces for serving; score the surface well with a sharp knife in opposite directions; turn and score the other side; sprinkle with salt, pepper and dredge with flour. Try out some of the fat trimmings in an iron frying pan. When smoking hot, lay the pieces of meat in pan and sear the surface quickly over, turn and sear the other side. When richly browned, reduce the heat and cover with beef stock or boiling water, cover closely and let simmer until meat is tender. Remove meat from pan to hot platter and thicken the liquor with flour diluted with cold water; add more seasoning, if necessary, and strain over the meat. Serve with baked potatoes. By this method this cut of steak is rendered tender and very palatable.

### Hamburg Steak

This popular restaurant dish is equally suitable to the home as it is so easily prepared and cooked, so nourishing and satisfying, and can be served in such a variety of ways. The round and chuck cuts furnish the highest grades of Hamburger, but the lean from almost any cut can be used, the grinding making it tender and attractive. If the coarser cuts such as shank are used it is advisable to run them through the chopper twice in order to break up the connective tissue. Excessively lean cuts will be juicier if a little suet is ground with them, but as broiled steak has to be cooked at very high temperature it is more digestible and has a more delicate flavour if the proportion of fat is kept down to the minimum. If the Hamburger is to be cooked by some slower method than broiling there is no objection to the inclusion of as much fat as may be desired.

In broiling Hamburger it is even more important to sear the surface as the grinding of it presents more cut surface for the escape of juices. Care should, however, be taken to avoid cooking so much as to harden the albumen. It is therefore advisable to make the cakes not over one inch thick for broiling so that they may cook more readily.

### Hamburg Steak, Plain

Remove outer skin, fibrous membrane and most of fat from round and put through meat grinder. Form into one large cake not over one inch thick and broil on well-greased broiler, or pan broil in very hot pan, using no fat. Season, dot with butter and serve immediately.

### Beef Loaf

To 1½ pounds ground beef add 1 cup bread crumbs, 1 egg well beaten, ½ cup milk, tomato juice or water, ¼ teaspoonful mustard, ½ teaspoonful salt, and 1 small onion finely minced (2 tablespoonfuls chopped celery or green pepper are optional). Mix well and form into a loaf. Lay fat over top or dot with butter. Bake 45 minutes, basting with a little water or tomato juice occasionally. Serve hot or cold.

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### Boiled Corned Beef

Select 5 pounds of corned beef, cut from the brisket or rump. If very salt, soak 1 hour in cold water to cover. Drain, cover with cold water, bring to boiling point, skim carefully, then simmer (do not boil) until meat is tender. Remove meat from liquor, reduce by boiling; then return meat and let cool in the liquor if to be served cold. If served hot, remove to hot serving platter and surround with vegetables boiled separately. Serve with hot or cold horseradish sauce.

### Left-overs

It is practically impossible to gauge the purchasing of meats with sufficient accuracy to avoid some of it being left over. These left-overs need not be wasted, as they can be made into a great variety of tasty and wholesome dishes with the expenditure of but little time and trouble. Bones from roasts and steaks should be utilized in making soup and stock. Surplus gravy and the liquid from stews may also be used for soups. A few of the uses which can be made of left-over meats, are:—

*Croquettes.* Any kind of ground beef, one part mashed potato, or rice and egg, mixed with gravy stock or white sauce, and fried in deep fat.

*Hash.* Two parts of any kind of ground beef and one part of mashed or chopped potatoes.

*Stew.* Cold roast beef, steak, etc., may be used in stews instead of fresh meat. Or it may be cubed and reheated in gravy or white sauce.

*Beef Pie.* With stew as a basis, put in baking dish and cover with baking powder biscuits cut about 1 inch in diameter.

*Minced Beef on Toast.* Chop cold beef, heat in gravy, and serve on toast.

*Escalloped Beef.* Cut beef in cubes, mix with gravy, and place in baking dish with alternative layers of boiled rice or dressing. Cover with bread crumbs, and brown.

*Shepherd's Pie.* Same as beef pie, except that cover is of mashed potatoes.

*Jellied Meat.* Cold roast, steak, tongue, or tripe, cut in cubes and added to a highly-flavoured gelatin stock. Mould, cool, and slice.

### Sliced Roast Beef, Mexican Style

Cut cold roast beef in thin, uniform slices and re-heat in a sauce made as follows: Cook 1 finely-chopped onion in 2 tablespoonfuls butter 5 minutes. Add 1 red and 1 green pepper, 1 small clove of garlic, each finely chopped, and 1 cup thick tomato puree. Simmer slowly 15 minutes, then season with  $\frac{1}{2}$  tablespoonful Worcestershire sauce,  $\frac{1}{4}$  teaspoonful celery salt, 2 drops Tabasco sauce and salt to season. Serve on hot platter, surrounded with potatoes on the half shell.

### Shepherd's Pie

Butter an earthen baking dish and line to the depth of  $1\frac{1}{2}$  inches with hot mashed potatoes, season with finely-chopped chives or onion (1 tablespoonful to 2 cups mashed potatoes). Fill centre with chopped left-over cold beef. Moisten with brown or cream

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sauce, to which add  $\frac{1}{2}$  tablespoonful minced parsley and onion juice. Cover with a layer of the potato mixture, make several openings in top of pie, and brush top over with beaten egg diluted with milk. Bake in oven until heated through and well browned. Serve hot in the baking dish or unmould on hot platter, surround with sauce and sprinkle with paprika.

### Curried Beef with Rice

Grind left-over beef with small amount of onion, and pepper and salt to taste. Heat in thin white sauce with which has been blended curry powder in proportion of 1 teaspoonful to each cup of sauce. Serve surrounded with hot boiled rice.

## Miscellaneous Meats

While all beef serves the nutritive requirements of the body in so many ways that it may properly be considered necessary not only for building and maintaining health but as a protective food as well, certain of the by-products, or glandular organs, are particularly valuable in this respect. By virtue of the superior quality of their proteins, and the abundance of their vitamins, they are nutritively the choicest of meats. As a result of recent research, such by-products as liver, kidney, heart, and sweetbreads stand in a new light, and they are now quite commonly and very successfully used in the treatment of specific diseases, such as anaemia, pellagra, tuberculosis, debility, etc. It is evident, therefore, that the wholesomeness of the diet can be materially enhanced and variety added to the menu by the more frequent use of these by-products, for which there is often so little demand that they usually sell at comparatively low prices.

## TONGUE

The attractiveness of tongue is too well known to require much comment. While it does not possess the special qualities of some of the other miscellaneous meats, particularly the glandular organs, it contains very little waste and is therefore an economical form of meat. It is commonly sold fresh, pickled or smoked, and is equally delicious served either hot or cold.

### Braised Tongue

Cover fresh beef tongue with boiling water. Simmer for two hours. Remove skin and roots, and place in baking dish. Add 1 can tomatoes, 1 can peas, 2 cups diced carrots,  $\frac{1}{3}$  cup minced onion,  $\frac{1}{2}$  cup chopped celery, or 1 teaspoonful celery salt. Season, cover, and bake for two hours in moderate oven. If necessary, some of the stock in which the tongue was boiled may be added. Serve hot, surrounded by the vegetables. If desired, the sauce may be thickened slightly with flour.

### Boiled Smoked Tongue

Bend the tip of a smoked tongue around and fasten to the root with a skewer, or truss the ends together. Put in kettle and cover with cold water, heat to boiling point; drain

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and cover again with cold water, cover and cook slowly until tender (about  $2\frac{1}{2}$  hours). Drain, remove skin, roots and fat. Serve on a bed of spinach. Garnish with hard cooked eggs.

### Tongue in Tomato Aspic

Simmer together for 20 minutes 4 cups strained tomato juice,  $1\frac{1}{2}$  teaspoonfuls salt, 6 whole cloves, 1 small onion chopped, and pepper to taste. Add  $\frac{1}{2}$  teaspoonful beef extract and  $2\frac{2}{3}$  tablespoonsful gelatine previously softened in cold water. Wet a mould with cold water, pour in thin layer of the jelly and when almost set, put in 1 cooked tongue, either whole or sliced. Pour in remainder of jelly. If tongue is sliced, add jelly and tongue alternatively. Chill and serve.

### HEART

Beef heart furnishes a cheap form of nourishment, and is especially valuable for those whose diet requires foods with blood-building properties. It is ordinarily cooked by dressing and roasting like a fowl. Being quite close-grained, it requires fairly long, slow cooking.

### Braised Beef Heart

Soak heart in cold water for 1 hour; trim, wash, wipe dry and fill cavity with following dressing: 1 cup bread crumbs, small onion chopped fine,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful pepper,  $\frac{1}{2}$  teaspoonful poultry seasoning, 3 tablespoonfuls bacon or pork drippings, stock or water to moisten. Rub heart with dripping and cook in covered casserole in slow oven  $2\frac{1}{2}$  or 3 hours. Serve with tomato sauce.

### LIVER

Liver, which at one time was regarded as the poor man's meat, or fit only as food for animals, has as a result of recent discoveries which have established its value in the treatment of pernicious anaemia and other diseases risen rapidly in popularity, as well as in price. An extract of liver is now successfully used in treating the sick, and the occasional use of liver in some form is recommended in the case of persons in normal health. In addition to the many ways in which liver can be prepared, liver combines well with many other meats, and a little liver added to hash is especially attractive.

### Broiled Liver

Slice desired quantity of liver, cover with boiling water and let stand for five minutes. Wipe dry and dip in seasoned flour. Broil over medium heat until done. Dot with butter, season, and serve hot with fried onions.

### Liver and Bacon

Cook desired quantity of bacon. Slice liver one-third to one-half inch thick and cover with boiling water for five minutes. Dry, dip in seasoned flour and brown in the bacon fat. Serve liver and bacon together.

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### Baked Liver

Wash and thoroughly dry liver and cut in slices of uniform thickness. Roll in flour, fine oatmeal or bread crumbs, place in dripping pan and cook until tender in a moderate oven. Five minutes before serving, cover with tomato sauce.

### Liver Loaf

Cover sliced liver with boiling water and let stand for a few minutes. Wipe, dry, remove any fibrous parts, and run through food chopper. To each cup of chopped liver add 1 cup bread crumbs, 1 egg, 1 teaspoonful salt,  $\frac{1}{4}$  teaspoonful celery salt,  $\frac{1}{2}$  teaspoonful pepper. Mix well, and bake for one hour in greased mould set in pan of water. Serve either hot or cold.

### SWEETBREADS

Sweetbreads are considered quite a delicacy and are greatly esteemed as a food dainty in high-class restaurants and hotels.

Sweetbread meat is very perishable and should be prepared as soon as possible after being received from the market. To prepare sweetbreads, place them in cold water with a little salt for at least one hour, changing the water several times. Parboil in slightly salted water for from 10 to 20 minutes until firm. A few drops of vinegar may be added to the water. When cooked, plunge into cold water, remove fatty parts and tissue, wipe with a cloth, and keep in cool place until required. Sweetbreads thus prepared may be kept for two days and may be cooked in any desired way, such as sautéd, broiled, fried, creamed, braised, etc.

### Creamed Sweetbreads

Cut boiled sweetbreads into cubes and reheat in well seasoned white sauce. Serve hot on squares of toast, in patty cases, or in forms made from loaf bread which have been well browned in hot oven. Sprinkle with parsley and a dust of paprika.

For variety, some canned or fresh mushrooms cut in small pieces may be added.

### Sautéd Sweetbreads

Slice parboiled sweetbreads and sauté in bacon fat or butter. Serve surrounded with green peas, season with salt, pepper and butter.

### TRIPE

Although a form of meat with which a great many people are unfamiliar, tripe is a tasty and economical dish and makes a very desirable addition to the menu. The variety of ways in which it can be prepared makes it adaptable as a dish for any meal.

Tripe as obtained from the dealer is usually already boiled. If not, it should be thoroughly cleaned in several waters and then simmered until almost tender. This will take twenty-five or thirty minutes. A teaspoonful

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or so of vinegar added to the water in which tripe is cooked helps to make it tender and improves the flavour. It may then be prepared for the table in a variety of ways. It should be dried thoroughly with a cloth or cheese-cloth before broiling or frying. As tripe does not possess any pronounced meat flavour of its own, it should be well seasoned with salt and pepper. The more highly seasoned vegetables such as onion, parsley, tomato, etc., combine well with tripe. Minced tripe may also be added to other meats in making meat loaf, hash, potted or jellied meats, etc.

### Fricasseed Tripe with Onions

Boil four or five medium sized onions for half an hour, drain, slice and place in frying pan with 1 tablespoonful of butter,  $\frac{1}{2}$  teaspoonful or more each of salt, sugar, dry mustard, and a dash of pepper; cook together until thoroughly blended and pour over desired quantity of hot boiled tripe. Serve immediately.

### Fried Tripe

Cut boiled tripe in small pieces or strips. Dip in fine, seasoned cracker or bread crumbs, then in beaten egg and again in crumbs. Sauté in bacon fat or butter, or fry in deep fat, until a rich golden brown. Serve with tartar or tomato sauce.

### Ox Joints en Casserole

Separate ox tails at joints, parboil 5 minutes in boiling water to cover, drain and rinse thoroughly. Sprinkle with salt, pepper and dredge with flour. Melt  $\frac{1}{4}$  cup butter in a frying pan, add 1 sliced onion and sauté until joints are well browned. Remove joints; to fat, add  $\frac{1}{4}$  cup flour, brown slightly, stirring constantly. Add slowly 2 cups brown stock or water and 1 large can of tomatoes,  $\frac{1}{2}$  tablespoonful salt and  $\frac{1}{4}$  teaspoonful black pepper. Add onion and joints, cover and cook slowly in oven 3 to 4 hours. Add more moisture if necessary. Remove joints, strain liquor, add 2 cups each carrots and turnips cut in straws and previously parboiled in boiling salted water 10 minutes. Return joints to liquor, place in oven to finish cooking. Serve in casserole.

### Braised Ox Tails

Wash ox tails thoroughly in cold water, cut in pieces for serving, wipe with cloth and roll in seasoned flour. Brown quickly in hot fat. Put in bottom of baking dish or casserole 1 cup each of diced celery and carrots,  $\frac{1}{2}$  cup diced turnip, and  $\frac{1}{4}$  cup sliced onion. Place the browned ox tails on top of vegetables, season with salt and pepper, and add sufficient boiling water to cover. Cover and cook in moderate oven for three hours. Thicken gravy with flour before serving.

## KIDNEYS

Kidneys are considered to be practically the equal of liver as sources of vitamins and as remedies in the treatment of certain diseases.

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### Beef and Kidney Pie

Soak desired number of kidneys in warm water two hours or longer, changing the water at least twice. Cut in pieces, add equal amount of round or chuck steak also cut in pieces, and place in baking dish with sufficient boiling water to cover. Add a little finely-chopped onion and sufficient flour to thicken, season to taste and cover with biscuit crust. Bake slowly until meat is thoroughly cooked and crust nicely browned.

## Cold Meats, Salads and Sandwich Fillings

### Jellied Meat Salad

Soak 2 tablespoonfuls gelatine in cold water, then dissolve it in 2 cups seasoned, hot stock. When partly cool, coat individual moulds by pouring in 2 or 3 tablespoonfuls of the gelatine and rotating them until sides and bottom are covered. As this coating begins to set, press into it  $\frac{1}{2}$  green pepper cut in rings,  $\frac{1}{2}$  pimento cut in strips and  $\frac{1}{2}$  cup cucumber slices. Mix with rest of the jelly 2 cups diced beef, tongue, tripe or other meat, 1 cup diced celery, 1 teaspoonful minced onion,  $\frac{1}{2}$  cup cooked green peas or string beans, salt and pepper to taste, and fill moulds. Chill and serve on bed of crisp watercress or lettuce.

### Sandwiches

Sliced cold roast beef, boiled fresh beef, corned beef or tongue, with a little pepper and salt, make most attractive sandwiches; or these meats may be chopped and mixed with a little horseradish, mayonnaise, Worcestershire sauce, olives, sweet pickles, etc. A tasty sandwich spread is made by putting through the food chopper 1 cup cold beef,  $\frac{1}{2}$  cup seeded raisins, 6 ripe olives, and 6 sweet pickles. Mix this with sufficient mayonnaise to bind.

### Combinations for Salads

Corned beef with finely-chopped parsley and mayonnaise, garnished with sliced pickled beets and sliced boiled eggs.

Boiled beef combined with minced parsley, chopped green peppers and onion, a little mint, and a few capers.

Liver may be combined with crisp bacon, corned beef, or salt pork.

Sweetbreads make a very tempting salad, and may be combined with diced celery and sliced olives. One pair will serve six.

Jellied tongue, hock or tripe, alone or in combinations, make excellent foundations for salads and for sandwiches.

## ACCOMPANIMENTS AND SAUCES

### Dumplings No. 1

Sift together 2 cups flour, 4 teaspoonfuls baking powder, and  $\frac{1}{2}$  teaspoonful salt. Add, gradually,  $\frac{2}{3}$  cup milk to make soft dough, and drop by spoonfuls on top of hot stew. Cover and cook 15 minutes.

### Yorkshire Pudding

To  $1\frac{1}{2}$  cups pastry flour and small  $\frac{1}{2}$  teaspoonful salt, add gradually  $1\frac{1}{2}$  cups milk, stirring to a smooth batter; then add 3 lightly beaten eggs and turn into a hot dripping pan which has been brushed with hot beef dripping. Set in warm place until well risen, baste with beef dripping and bake in hot oven 20 minutes.

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### Creole Sauce

Prepare a brown mushroom sauce. Melt 2 tablespoonfuls butter in a saucepan; add 1 green pepper finely chopped; 1 small onion, finely chopped; cook 5 minutes. Add 2 tomatoes, cut in pieces, or 1 cup of canned tomatoes and 10 olives pared from the pit in one continuous curl. Cook 3 minutes. Add the brown sauce and bring to boiling point. Do not strain the sauce. Serve with steaks, chops and fillet of beef.

### Maitre d'Hôtel Butter

Cream  $\frac{1}{4}$  cup butter; add  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful pepper, 1 tablespoonful lemon juice, and 1 tablespoonful chopped parsley. Mix well.

### Mushroom Sauce

Melt together 2 tablespoonfuls butter, 2 tablespoonfuls drippings and blend with 4 tablespoonfuls flour. When flour is brown add 1 teaspoonful Worcestershire sauce,  $\frac{1}{2}$  teaspoonful salt and 2 cups beef stock or equal amount of water to which 2 teaspoonfuls beef extract has been added; boil, stirring constantly, for 5 minutes. Add 1 can or  $\frac{1}{2}$  pound fresh mushrooms sufficiently in advance of serving to heat through.

### Tomato Sauce

Melt 4 tablespoonfuls butter, add 2 tablespoonfuls each finely chopped onion and carrot, 1 tablespoonful finely chopped parsley. Cook 5 minutes, stirring constantly, strain. Add 4 tablespoonfuls flour, when well blended add 1 cup each brown stock and thick tomato purée. Season with salt, few grains cayenne and 1 tablespoonful Worcestershire sauce. Simmer twenty-five minutes.

### Hollandaise Sauce

Put 4 egg yolks in the top of a double boiler, beat slightly, add  $\frac{1}{2}$  cup butter and  $\frac{1}{2}$  cup cold water. Set vessel in lower part of boiler half filled with hot water, set over low heat and stir constantly, keeping water in lower part of boiler just below the boiling point. When mixture thickens to the consistency of boiled custard, add gradually  $\frac{1}{2}$  teaspoonful salt, mixed with  $\frac{1}{4}$  teaspoonful pepper and few grains cayenne; continue beating. Then add 2 tablespoonfuls lemon juice slowly while still beating.

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