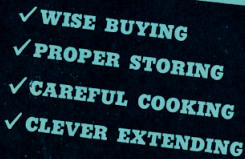


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CONT.

# MEAT

**This is the way to  
make the most of  
your ration —**

- 
- ✓ **WISE BUYING**
  - ✓ **PROPER STORING**
  - ✓ **CAREFUL COOKING**
  - ✓ **CLEVER EXTENDING**

Prepared by the Consumer Section  
Marketing Service  
DOMINION DEPARTMENT OF AGRICULTURE  
O T T A W A  
Honourable JAMES G. GARDINER, Minister

Chart; become familiar with all cuts and their uses.

2. Budget coupons carefully.
3. Buy cuts suited to the size of your family. Cuts suitable for a family of 6 are not necessarily good buys for a family of three.
4. Price of meat is no indication of food value. Cuts that cost less are just as nourishing as those that cost more.
5. The Red and Blue ribbon-like marks on government graded beef denote high quality. Red Brand beef is the choicest obtainable; Blue Brand is also high quality, but contains less fat.



## HOW TO JUDGE MEAT BY APPEARANCE

TYPE	LEAN MEAT	FAT	BONE (cut surface)
BEEF	Uniform, bright red colour, moist but firm to the touch, mottled with fat.	Firm, cream coloured, flaky or crumbly.	Young beef: pinkish red, so somewhat porous. Older beef: whiter, more solid.
VEAL	Grayish pink, firm flesh, fine-grained.	Small amount of white fat	Pink and porous.
LAMB	Best lamb comes from well-rounded carcasses. Meat moist but firm, fine-grained. Fell: a thin, paper-like covering. Should be left on roasts, removed from chops.	Firm and creamy with slight pink tinge. Best lamb has smooth, even covering of fat.	Soft red bones. When forefeet are broken off above ankle, 4 well-defined pink moist ridges are exposed. Bones whiten, ridges disappear with age.
PORK	Firm, fine-grained. Light grayish-pink.	Clear and white.	Pink.

## PROPER STORING

1. Unwrap at once. Wrapping paper draws juices from the meat.
2. Wipe with a damp cloth. Place on a dry plate and cover loosely, preferably with waxed paper.
3. Store in the coldest place available.
4. Ground meat should be used promptly; whether raw or cooked, it spoils more quickly than unground meat.
5. Cooked meat should be allowed to cool, uncovered, then covered tightly and kept cold.
6. Stews, meat soups, etc. cooked with potatoes or thickened with flour should be used promptly. They spoil quickly.

## CAREFUL COOKING

For Less Tender Cuts

Blade	Heart	Rump
Brisket	Neck	Shank
Chuck	Plate	Short Ribs
Flank	Round	Shoulder

Long, slow cooking in moist heat is necessary. When these cuts are ground, they are cooked as tender cuts.

### BRAISING:

Season meat. Brown in small amount of hot fat in a heavy pan. Add liquid, which may be water, meat stock, milk, water from cooked vegetables, tomatoes or tomato juice. Cover tightly and simmer on top of stove or in a slow oven, 325°F, until meat is tender. Raw vegetables may be added toward the end of cooking. Use liquid in pan as base for gravy. Meat may be floured before browning.

*Examples:* Fricassee of Veal; Swiss Steak; Mock Duck; Pot Roast. Veal cutlets and pork chops (although tender) and pork liver are best when braised.

### SIMMERING:

Cook meat in water to cover. Do not allow to boil. Simmer until tender. This is the first step in the preparation of many meats as sweet-breads, jellied meats, some hams, meat stock. Such dishes as stews and "boiled" dinners are entirely cooked by simmering. Proper seasoning of simmered meats is important.

*Route bones to Salvage — via the soup pot.*

## STUFFED STEAKS

1½ to 2 pounds meat	Salt and pepper
Standard bread stuffing	Fat
Flour	1 cup liquid; water, vegetable water, milk (with veal)

*Flank Steak:* Use 1 large or 2 small steaks.

*Mack Duck:* Use round or rump steak ½ inch or less in thickness.

*Veal Birds:* Use round, sirloin, rump or shoulder steak, ½ inch or less in thickness. Cut it in approximately 2 x 3 inch pieces.

Dredge meat with seasoned flour. Pound to flatten. Spread with stuffing. Roll and tie securely. Brown in a little hot fat in a heavy skillet or roasting pan on top of the stove, turning the meat until brown on all sides. Add liquid, cover tightly and bake in a moderate oven, 325-350 °F, until tender, 1½ to 2 hours. Use dripping in pan to make gravy.

## STANDARD BREAD STUFFING

2 cups soft, stale bread crumbs	½ teaspoon poultry seasoning
1 small onion, chopped	2 tablespoons chopped parsley
½ teaspoon salt	2 tablespoons melted fat
⅛ teaspoon pepper	

Mix crumbs and seasonings. Add to melted fat and blend.

## POT ROAST OF BEEF

*(blade, chuck, round, rump, shoulder, short rib roast)*

3 to 5 pounds beef	Pepper
Flour	Fat
Salt	½ to 1 cup hot water

Dredge meat with seasoned flour.

Brown well on all sides in a little hot fat in a heavy pot or Dutch oven. Place a rack under meat, add water, cover tightly and cook over low heat or in slow oven, 300-325 °F, until meat is tender, allowing about 40 minutes per pound. Turn several times during cooking.

Vegetables:—carrots, celery, onions, potatoes, tomatoes, turnips, may be added during last hour of cooking. Use drippings in pan as base for gravy.

## SPICY POT ROAST

Combine:—

½ cup water	Small bay leaf
½ cup vinegar	½ teaspoon salt
4 cloves	1 small onion, cut fine

Place meat in a bowl, pour over it the spiced liquid. Let stand at least 3 hours, turning meat several times.

Remove meat, prepare and cook as pot roast, using strained liquid in place of water in cooking.

## OLD FASHIONED "BOILED" DINNER

*(fresh or corned brisket, rump or plate)*

3 to 4 pounds beef	1 medium turnip
6 medium potatoes	6 medium onions
6 carrots	1 small head cabbage

*Corned Beef:* Cover with cold water, bring to boiling point, then discard water.

Cover meat with boiling water and cook slowly, at a simmering temperature, until tender, — about 3 hours. One hour before serving add turnip, carrots, onions and seasonings\* as desired. Half an hour later, add the potatoes. Cut cabbage into wedge-shaped pieces and add fifteen minutes before serving.

*Horseradish sauce may be served with fresh beef.*

(\*See "Seasonings" Page 9)

## For Tender Cuts

BEEF	LAMB & VEAL	PORK
Porterhouse	Legs	Fresh hams (leg)
Ribs	Loins	Fresh Picnic (shoulder)
Sirloin	Shoulders	Loins
Tenderloin		Pre-cooked hams
T-Bone		Smoked hams
Wing		

Cooking at low to moderate temperature in dry heat is recommended.

### ROASTING:

1. Use moderate oven, 325-350°F, for entire cooking period.
2. Cook uncovered, fat side up. Do not add water.
3. Add fat to lean roasts. Baste them occasionally during roasting.
4. Place rolled or flat roasts on a rack. Turn rolled roasts every half hour.
5. Cooking time varies with kind of meat, weight, thickness, shape of roast, and proportion of bone and fat. Time tables can only be approximate.
6. Whether meat is seasoned before or after roasting is unimportant. Flouring is optional.
7. Let cooked roast stand in a warm place for a short time. This makes for more economical and easier carving.
8. Make plenty of gravy. It is useful for many left-over dishes and can be added to soups.

## TIME TABLE FOR ROASTING (Approximate)

MEAT	Minutes per pound	Oven Temperature	Meat Thermometer Reading
<b>BEEF</b>			
Rare.....	18-20	325-350°F.	140°F.
Medium.....	22-25	325-350°F.	160°F.
Well-done.....	27-30	325-350°F.	175°F.
<b>VEAL</b>			
Well-done.....	30-35	325-350°F.	180°F.
<b>LAMB</b>			
Medium.....	25-30	325-350°F.	175°F.
Well-done.....	30-35	325-350°F.	180°F.
<b>PORK</b>			
Fresh (well-done).....	35-45	350°F.	185°F.
Smoked hams, specially processed for tenderness.....	20	325°F.	160°F.
Smoked hams, first simmered until tender.....	40-60 mins. (Total oven time)	325°F.	160°F.

NOTES: Times are given for roasts up to 5 pounds. For roasts between 5 and 10 lbs. reduce time 5 minutes per pound. Allow an extra 5-10 minutes per lb. for boneless and rolled roasts. Meat thermometer is most accurate method to test for "doneness". When using, insert into centre of thickest portion of meat. Do not have point of thermometer resting on bone or in layer of fat.

## BROILING:

1. Preheat broiler. Grease broiler rack. Snip edges of outside fat to prevent curling.
2. Place meat 2 to 3 inches from heat.
3. Sear quickly on both sides.
4. Finish cooking at moderate heat. Turn meat once during last few minutes of cooking.
5. Season.
6. Steaks and chops less than 1 inch thick are better pan broiled.

## PAN BROILING:

1. Cut a small piece of fat from meat. Rub over a hot skillet.
2. Sear meat, turn and reduce heat.
3. Pour off fat as it gathers during cooking.
4. When meat is almost done, turn again and finish cooking.
5. With light weight frying pan, meat must be turned frequently to prevent sticking.

## TIME TABLE FOR BROILING AND PAN BROILING (Approximate)

### STEAKS

1" thick.....	10 to 15 minutes
1½" thick.....	15 to 20 minutes

### LAMB CHOPS

1" thick.....	12 minutes
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### SMOKED HAM SLICE (do not sear) (may be soaked before cooking)

½" thick.....	20 minutes
1" thick.....	25 minutes

### SMOKED HAM SLICE

(specially processed for tenderness)	
½" thick.....	15 minutes
1" thick.....	20 minutes

### PAN FRYING (Sauteing)

1. Dredge meat with seasoned flour, or coat with egg and bread crumbs.
  2. Cook in a small amount of hot fat.
  3. Drain on absorbent paper.
- Examples: Veal cutlets, sliced liver.*

## STUFFED STEAKS

1½ to 2 pounds meat	Salt and pepper
Standard bread stuffing	Fat
Flour	1 cup liquid; water, vegetable water, milk (with veal)

*Flank Steak:* Use 1 large or 2 small steaks.

*Muck Duck:* Use round or rump steak ½ inch or less in thickness.

*Veal Birds:* Use round, sirloin, rump or shoulder steak, ½ inch or less in thickness. Cut it in approximately 2 x 3 inch pieces.

Dredge meat with seasoned flour. Pound to flatten. Spread with stuffing. Roll and tie securely. Brown in a little hot fat in a heavy skillet or roasting pan on top of the stove, turning the meat until brown on all sides. Add liquid, cover tightly and bake in a moderate oven, 325-350 °F, until tender, 1½ to 2 hours. Use dripping in pan to make gravy.

## STANDARD BREAD STUFFING

2 cups soft, stale bread crumbs	½ teaspoon poultry seasoning
1 small onion, chopped	2 tablespoons chopped parsley
½ teaspoon salt	2 tablespoons melted fat
⅛ teaspoon pepper	

Mix crumbs and seasonings. Add to melted fat and blend.

## POT ROAST OF BEEF

(blade, chuck, round, rump, shoulder, short rib roast)

3 to 5 pounds beef	Pepper
Flour	Fat
Salt	½ to 1 cup hot water

Dredge meat with seasoned flour.

Brown well on all sides in a little hot fat in a heavy pot or Dutch oven. Place a rack under meat, add water, cover tightly and cook over low heat or in slow oven, 300-325 °F, until meat is tender, allowing about 40 minutes per pound. Turn several times during cooking.

Vegetables:—carrots, celery, onions, potatoes, tomatoes, turnips, may be added during last hour of cooking. Use drippings in pan as base for gravy.

## SPICY POT ROAST

Combine:—

½ cup water	Small bay leaf
½ cup vinegar	½ teaspoon salt
4 cloves	1 small onion, cut fine

Place meat in a bowl, pour over it the spiced liquid. Let stand at least 3 hours, turning meat several times.

Remove meat, prepare and cook as pot roast, using strained liquid in place of water in cooking.

## OLD FASHIONED "BOILED" DINNER

(fresh or corned brisket, rump or plate)

3 to 4 pounds beef	1 medium turnip
6 medium potatoes	6 medium onions
6 carrots	1 small head cabbage

*Corned Beef:* Cover with cold water, bring to boiling point, then discard water.

Cover meat with boiling water and cook slowly, at a simmering temperature, until tender, — about 3 hours. One hour before serving add turnip, carrots, onions and seasonings\* as desired. Half an hour later, add the potatoes. Cut cabbage into wedge-shaped pieces and add fifteen minutes before serving.

*Horseradish sauce may be served with fresh beef.*

(\*See "Seasonings" Page 9)

## BROWN OR LIGHT STEW

(Beef: *chuck, flank, neck, round, shank, stewing beef*)

(Lamb: *flank, front*)

(Veal: *breast, flank, neck, stewing veal*)

1½ to 2½ pounds meat	Hot water to cover
Fat	6 medium onions
Flour	6 medium carrots
1 onion, finely chopped	6 medium potatoes
Salt, pepper, seasonings* to taste	

Trim meat and cut into pieces. Cook onion in a little hot fat till slightly browned.

*Brown stew: dredge meat with flour, brown in hot fat.*

*Light stew: omit flouring and browning.*

Put meat and onion in pot, add water, cover tightly and simmer,—about 1 hour for lamb, 1½ hours for veal, 2 hours for beef. Add vegetables and seasonings\* and continue cooking until meat and vegetables are tender. Thicken stew with a little flour, mixed with cold water. Cook 10 minutes after thickening.

(\*See "Seasonings" Page 9)

## DUMPLINGS

2 cups all-purpose flour	1 teaspoon salt
4 teaspoons baking powder	¾ cup milk

Sift dry ingredients. Add liquid to make a very soft dough. Drop by tablespoons on top of boiling, thickened stew. Cover tightly and cook 15 minutes. Do not lift cover while dumplings are cooking.

## BRAISED SHORT RIBS, BRISKET OR OXTAILS, SWISS STEAK, VEAL CUTLETS

1½ to 2½ pounds meat	2 onions, sliced
Flour	1½ cups liquid:—water, vegetable water, canned tomatoes or juice.
Salt and pepper	
Fat	

### *Brisket, Short Ribs and Oxtails*

Trim off excess fat. Cut meat into pieces for serving. Dredge with seasoned flour, brown in a little hot fat, trimmed from the meat. Barbecue sauce (see recipe) may be used as liquid. Diced vegetables; carrots, turnips, celery, may be added during the last hour of cooking.

### *Swiss Steak*

Use *chuck, flank, round, rump, shoulder*; cut one inch thick. Dredge both sides with seasoned flour and pound into the meat. Brown in a little hot fat.

### *Veal Cutlets*

Use *cutlets, fillets, loin chops, rib chops, shoulder, sirloin*. Dredge with flour, dip in diluted egg, roll in bread crumbs. Brown in hot fat. Milk may be used as liquid.

Use heavy skillet or roasting pan, add onion and liquid to browned meat. Cover tightly and cook slowly on top of stove or in oven, 300-325°F. Time will vary from 2 to 3 hours. Season as required. Allow the longer time for brisket, short ribs and oxtails. Add more liquid during cooking if necessary. Skim off surplus fat and thicken liquid with flour.

*Save drippings. Use in making left-overs. Dripping gives a better flavour and saves other fats.*



## BEEFSTEAK AND KIDNEY PIE

(*chuck, flank, neck, plate, round, rump, shank, stewing beef*)

1 to 1½ pounds beef	} 2 lbs. meat
½ to 1 pound beef kidney	
1 medium onion, chopped	½ teaspoon mixed pickling
2 tablespoons fat	spice
½ cup flour	2 teaspoons salt
3 cups hot water	⅛ teaspoon pepper
4 whole cloves	Biscuit dough or pastry.

Cut beef and kidney in 1 inch cubes. Brown onion in hot fat. Skim out. Dredge meats with flour. Brown well and remove from pan. Add water to pan in which meat was browned, stirring well. Add this gravy, with spices tied in cheesecloth bag, to meat and onion. If necessary add more water to cover meat. Cover tightly and simmer slowly until meats are tender,—1½ to 2 hours, removing spices at end of first hour. Season with salt and pepper. Place in casserole. Cover with biscuit dough or pastry. Cut slits in dough to allow steam to escape. Bake in a hot oven, 400°F. for 25 to 30 minutes, until crust is cooked.

## MEAT LOAF

(*Beef: chuck, hamburger, neck*)

1½ to 2 pounds ground raw beef	1 cup dry bread crumbs
1 medium onion	1½ teaspoons salt
	⅛ teaspoon pepper
	1 egg.

Put meat (unless hamburger) and onion through grinder. Add other ingredients and mix well. Pack in a greased loaf pan. Bake in a moderate oven, 350°F. 1½ hours.

### Variations

1. Use part beef, part veal or pork.
2. Use ½ beef, ½ ground beef kidney.
3. Use part beef and part beef or pork liver, or all liver. Scald liver 5 minutes, drain and grind.
4. Substitute thick, cooked oatmeal or cracked wheat for breadcrumbs.
5. Increase amount of bread crumbs or cooked cereal up to 1 cup for each cup of meat. When extending with bread crumbs some liquid must be added.
6. Add ¼ cup grated raw carrot for each cup of meat.
7. Add ½ teaspoon poultry seasoning or ¼ cup diced celery or 2 tablespoons chopped parsley.
8. Shape meat mixture in individual patties, pan broil.
9. Make a Stuffed Meat Loaf, lining bottom and sides of pan with meat mixture. Fill centre with Standard Bread Stuffing, cover with meat mixture.

## KIDNEY CREOLE

1 beef kidney	2 cups boiling water
¼ cup flour	½ teaspoon Worcestershire
¼ cup fat	sauce
1 large onion, minced	Salt and pepper and other
1½ cups canned tomatoes	seasonings* as desired.

Wash kidney, cut away fat, tubes and membrane. Slice and dredge with flour. Brown kidney and onion in hot fat. Add tomatoes and water, cover tightly, simmer until meat is tender,—about 1½ hours. Serve on toast.

(\*See "Seasonings" on page 9).

## GRAVY

For each cup of gravy use:

2 tablespoons fat	1 cup liquid
2 tablespoons flour	Salt and pepper

Always make gravy in the pan in which the meat was cooked. Measure required amount of fat. Add flour and stir until well browned. Add liquid, water or vegetable water, stirring until thick and smooth. Season.

Make a generous quantity of gravy.

## SAUSAGE STRUDEL

12 sausages  
1 apple

1 tablespoon brown sugar  
Biscuit dough

Make biscuit dough from 2 cups flour. Roll in a rectangle  $\frac{1}{2}$  inch thick and 10 inches long. Parboil sausages 5 minutes. Wash, core and cut apple in 12 wedges, do not peel. Dip in brown sugar. Press sausages into dough in pairs with 2 wedges of apple between sausages; leave a small space between each pair of sausages. Bake in a hot oven, 400 °F, about 25 minutes. Serve with gravy or scalloped tomatoes.

## BARBECUE SAUCE

2 tablespoons fat  
1 small onion, chopped  
 $1\frac{1}{2}$  tablespoons brown sugar  
1 cup water  
 $\frac{1}{2}$  teaspoon Worcestershire  
Sauce

$1\frac{1}{2}$  tablespoons vinegar  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon dry mustard  
Dash of cayenne pepper  
 $\frac{1}{2}$  cup chili sauce or tomato  
ketchup

Salt and pepper to taste.

Brown chopped onion in hot fat. Add other ingredients and combine thoroughly.

Pour Sauce over thinly sliced cooked meat, — heat thoroughly. Serve on toast, split hot biscuits or on cooked spaghetti or noodles.

## QUICK BEEF STEW

1 lb. hamburger  
2 tablespoons fat  
2 tablespoons flour  
1 cup tomato juice

1 cup diced cooked vegetables (or 1 cup condensed vegetable soup)  
Salt and pepper to taste

Brown meat in hot fat. Add flour and brown slightly. Add tomato juice, vegetables, salt and pepper to taste. Cook, stirring constantly, 15 minutes.

## LIVERWURST ROLL

Remove casing from  $1\frac{1}{2}$  lb. piece of liverwurst. Roll out biscuit dough or pastry made with 1 cup of flour and wrap around liverwurst. Bake in a hot oven, 400 °F, 20 to 25 minutes, until outside is cooked. Serve with mushroom or tomato sauce.

## BOLOGNA CUPS WITH HOT POTATO SALAD

2 cups diced, cooked potato  
2 sweet pickles, chopped  
1 hard cooked egg, chopped  
1 tablespoon chopped onion

2 tablespoons vinegar  
Salad dressing to moisten  
Salt and pepper  
6 slices large bologna.

Combine everything but bologna. Heat in top of double boiler. Do not remove casing from bologna, which should be cut a little thicker than usual. Heat in a little hot fat in frying pan until edges curl up to form a cup. Fill with hot potato salad, garnish with parsley.

Creamed vegetables may replace hot potato salad.

Recipes have been made as flexible as possible, alternate cuts being listed. The amount of meat that can be purchased per ration coupon varies with the Group to which the meat belongs. 3 coupons will buy  $2\frac{1}{4}$  pounds of a Group B, 3 pounds of a Group C and  $3\frac{3}{4}$  pounds of a Group D meat. Therefore a range of quantity of meat is given in recipes in which alternate cuts from different ration Groups may be used.

## CLEVER EXTENDING

*Even extenders can be extended! Amounts of meat in most recipes can be lessened, other ingredients increased where necessary.*

### FIVE IN ONE

- 2 cups ground, left-over meat
- 2 tablespoons grated onion
- 2 tablespoons ketchup or chili sauce
- Reheated gravy, or canned tomatoes to moisten
- Salt, pepper and seasonings\* to taste

Combine ingredients. Finely diced, cooked vegetables may replace some of the meat.

#### 1. Turnovers

Make a rich biscuit dough using 2 cups flour. Roll dough  $\frac{1}{4}$  inch thick, cut into 6-inch rounds. Place meat mixture on rounds of dough, fold dough over and pinch edges together. Prick tops, brush with milk. Bake in a hot oven, 425 °F about 20 minutes.

#### 2. Roly-Poly

Roll biscuit dough in a rectangle  $\frac{1}{4}$  inch thick. Spread with meat mixture, roll like a jelly roll, brush with milk. Bake in a hot oven, 400 °F. about 30 minutes.

#### 3. Roll-Ups

Cut 6 thin slices lengthwise from a loaf of fresh bread; trim crusts. Spread each slice with meat mixture and roll. Brush rolls with melted dripping. Bake in a moderately hot oven, 375 °F, until golden brown and crisp, — about 20 minutes.

#### 4. Toasted Loaf

Remove crusts from a loaf of bread. Cut a slice  $\frac{3}{4}$  inch thick from top of the loaf. Remove centre of loaf with scissors, leaving a shell  $\frac{3}{4}$  inch thick. Crumble the bread removed from centre of loaf, add to meat mixture, and pack into shell. Replace slice cut from top, brush top and sides with melted dripping. Bake in a moderately hot oven, 375 °F until browned,—about 35 minutes.

#### 5. Pie

Make meat mixture quite moist. Use as filling for double crust pie. Bake in a hot oven, 400 °F — about 30 minutes.

(\*See "Seasonings" below)

### LIVER PATTIES WITH SUNSHINE SAUCE

- |                                |                     |
|--------------------------------|---------------------|
| 1 lb. liver                    | 1 egg               |
| 3 cups soft bread crumbs       | 4 tablespoons flour |
| $\frac{1}{4}$ cup grated onion | 1 teaspoon salt     |
| Few grains pepper              |                     |

Mix all ingredients together and shape to fit muffin tins. Roll in additional flour. Place in greased muffin tins. Brush tops with melted fat. Bake in a hot oven, 400 °F, 10 minutes. Serve with Sunshine Sauce;—

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1 tablespoon fat                      | $1\frac{1}{2}$ cups milk |
| 2 tablespoons flour                   | Salt and pepper to taste |
| $1\frac{1}{2}$ cups grated raw carrot |                          |

Make as cream sauce, adding carrot just before serving.

### SEASONINGS\*

*Used with discretion*—fresh or dried herbs, spices and sauces add distinction to meat dishes.

*Use* parsley, bay leaf, thyme, savoury, garlic, marjoram, celery leaves, pepper corns, chives, chili powder, curry powder.

*Use* — Mint with lamb. Mace or paprika with veal. Sage with pork. Cloves, horseradish or mustard with beef.