



Evelyn S. Stead and Gloria K. Warren, who co-authored a book titled "Low-Fat Cookery", say the problem of decreasing fat in the diet can be moved out of the dining room into the kitchen.

When you have mastered the essentials of low-fat cooking, you can forget the word "diet" and enjoy eating.

Two points must always be kept in mind. First, what substitutions can be made in the ingredients to lower the fat content of the recipe? Second, where can the method of cooking be altered to conform to low-fat principles?

The so called "lean meats"—beef, veal, lamb, fish, and poultry—will vary in fat content both according to kind and to cut. In the week's menus, a reasonable balance must be maintained between those of higher fat content and those of lower.

A willingness to eat a varied diet will allow you much more freedom in the use of the cuts containing more fat, because they can be offset by more or less fat-free dishes.

The success of a low-fat bill of fare depends not on a narrowing of the diet pattern, but on its broadness and versatility. New Bern housewives will do well to keep this in view.

Before cooking, the excess fat should always be cut from the meat. In baking or broiling, the meat should be placed on racks to allow the fat to drain off during cooking. The fat released in cooking should be drained off before serving.

The most effective method for removing fat released by cooking is to cook the meat partially the day before it is to be used. The meat and broth can then be refrigerated, and the next day it will be possible to lift off the layer of fat which has risen to the top of the broth and congealed.

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