

Let's Try Something New

By Cornelia Austin

POINTERS ON COOKING MEAT

Know the best uses for each cut of meat and choose the method of cooking accordingly.

For tender cuts, cook uncovered by dry heat methods, roasting, broiling, panbroiling, frying.

For less tender cuts, cook covered by moist heat methods, braising, cooking in water.

Roast ribs of beef or lamb; loin or shoulder of veal, pork or lamb, leg of veal or lamb or ham or pork, crown roast, slices, bacon, sausage.

Broil or panbroil steaks, sirloin, porterhouse, club, tenderloin; ground beef and lamb patties; lamb chops ham, slices, bacon, sausage.

Fry round steak, cut thin, scored or pounded; cubed steaks; sweetbreads; brains, liver; smoked ham; bacon, sausage.

Braise beef chuck, brisket, round and flank steaks, pork chops; veal breast, steak, chops, lamb breast, neck shoulder; beef, veal, lamb, and pork heart, kidney and liver.

Simmer in water beef or veal round, chuck, neck, plate, brisket, flank, shank; lamb shoulder, neck, flank, shank; cured or corned beef; cured pork; heart, tongue.

Cook meat to a desired stage

of doneness—beef, rare to well-done; lamb, medium to well-done, veal and pork, always well-done.

POINTERS ON COOKING FISH

Leave fish in the refrigerator until just before cooking.

Cook only a very short time at a low to moderate temperature because fish has no connective tissue and is already tender.

Bake, broil or fry fish with a high fat content.

Simmer, steam or fry lean fish and shellfish. Use lean fish in chowders.

Try left-over fish in omelets, timbales, souffles, loaves, fried cakes, salads.

POULTRY

Cook poultry at moderate to low heat so it is juicy, tender, evenly cooked.

Choose a cooking method suitable for the age, fatness and size of the bird.

Broil, fry or roast young tender well-fatted birds. Broil only

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those that weigh two and one-half pounds or under. In roasting, use an oven temperature suitable for the size of the bird.

Braise young, lean birds and full-grown ones that are slightly too old to roast.

Cook mature, less-tender birds in water or steam. Prepare them fricassed, creamed curried, with dumplings.

Always cook poultry until well-done. It should be fork tender. Make soup from the liquid from

stewed poultry. Serve as hot broth or cold jellied consommé or make into cream soup.

Simmer poultry, giblets,—the gizzard, heart, and liver—and use in gravy, in dressing, in casserole dishes. Or braise giblets and serve on toast.

Use cooked poultry in loaves, croquettes, ala king, souffles, timbales, chop suey salads—plain or jellied, sandwiches.

Serve poultry with colorful garnishes.

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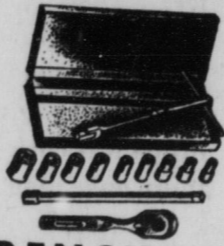
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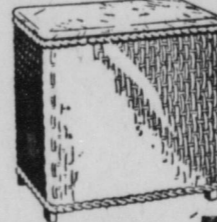
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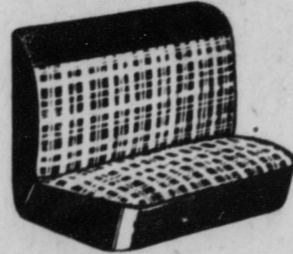
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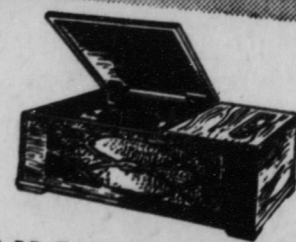
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