

## Recipes Of The Week

By Miss EVELYN HANCOCK  
Home Service Director  
Virginia Electric and Power Company

### Meat Cookery

Meat cookery can be divided

into two general classifications:  
Dry heat: The meat is surrounded by hot air in the oven, under the broiler, or in the skillet. Examples are roasting, oven-broiling.  
Moist heat: The meat is surrounded by hot liquid or by steam. Examples are braising, stewing, and cooking in water.  
The method by which meat will be cooked depends on the cut of meat, the quality of the meat, and the age animal from



Robert Walker is caught between the admiration of his neighbor, Jan Sterling, and the jealousy of his wife, Joan Leslie, in a scene from "The Skipper Surprised His Wife," M-G-M's new romantic comedy coming to the Watts Theatre Wednesday, Thursday and Friday. Edward Arnold, Spring Byington and Leon Ames are others in an all-laugh cast.

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Of the number, 31,854 were operator's licenses issued on new applications, 344 were duplicates issued on old applications and 2,068 were duplicates issued on new applications. Chauffeur's licenses for 1950-51 issued during July numbered 13,191.

Net revenue from issuance of licenses was \$97,184.26, with \$69,223.59 coming from original operator's licenses, \$26,581.56 from original chauffeur's licenses and \$1,379.26 from duplicate operator's and chauffeur's licenses.

which it comes. Only tender, juicy cuts are best cooked by the dry heat method. On the other hand, less tender cuts are made tender by cooking with moist heat; for long slow cooking in moisture softens the connective tissue which has made the meat tough.

There are a few exceptions to the general rule of dry heat for tender cuts of meat. Some thin cuts of meat such as chops and cutlets of pork and veal need to be cooked well done. They are better when braised or fried, rather than broiled or pan-broiled. Braising or frying cooks them well done without drying them out.

The most important guide to follow in all meat cookery is the use of low cooking temperatures. This keeps the savour and juices in the meat, cuts shrinkage, produces more tender, palatable meat and clear, flavorful meat drippings. Even when cooking meat in water, simmer rather than boil.

The following method of meat cookery comes under the moist heat classification and is more specifically labeled as braising.

#### Special Braised Veal Steaks

- 1 1-2 lb. veal steaks cut into individual servings
- 1 teaspoon salt
- 1-4 teaspoon pepper
- 1 cup fine bread crumbs
- 1 egg, slightly beaten
- 4 tablespoons lard or bacon drippings
- 1 small onion, chopped
- 2 tablespoons chopped green pepper
- 2 tablespoons water
- 1 No 2 1-2 can or 3 cups tomatoes

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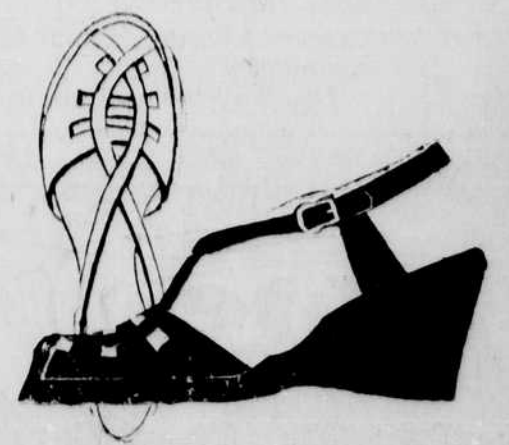
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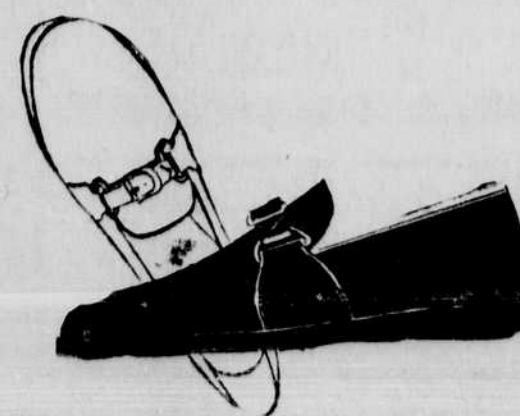
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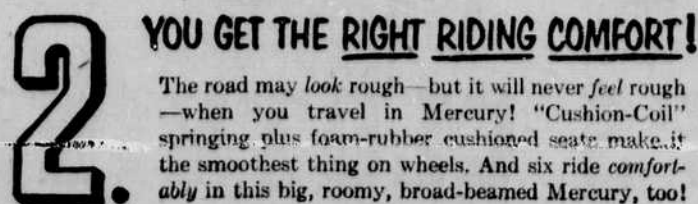
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