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## EC9984 Cooking Tender Cuts of Meat

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# COOKING TENDER CUTS OF MEAT

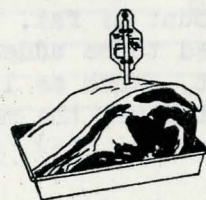
Mabel Doremus

The tender cuts of meat, those with a minimum of connective tissue, are cooked by dry-heat methods that cannot be used successfully in cooking the less tender cuts, those with any considerable amount of connective tissue. The cuts with the least connective tissue come from those parts of the animal that received the least exercise. These muscles lie along the backbone and may be called the supporting muscles.

The general methods of cooking tender cuts of meat by dry heat are (1) roasting, (2) broiling, (3) panbroiling, and (4) pan frying and deep-fat frying.

## Roasting

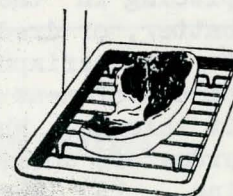
Any tender cut of beef, veal, pork or lamb may be roasted. The steps in roasting are: (1) Season meat with salt and pepper. (2) Place fat side up on rack in open roasting pan. The rack prevents meat from cooking in its drippings and permits the free circulation of heat around the meat for a uniformly cooked roast. (3) Insert meat thermometer so that its bulb is in the center of the largest muscle. (4) Do not add water. Do not cover. Do not baste. (5) Roast in slow oven (300° to 350° F.) to desired doneness. Roasting time and temperature depend upon the oven temperature, the weight, the shape of the roast, the degree of doneness and the composition of the meat. When making gravy from the roast drippings, use  $1\frac{1}{2}$  to 2 tablespoons of drippings for each cup of liquid used.



## Broiling

Meats suitable for broiling are tender beefsteak, lamb or mutton chops, sliced ham or bacon, and ground beef or lamb. Fresh pork is never broiled. Steaks and chops should be cut at least an inch thick for best broiling and a slice of ham at least half an inch.

The steps in broiling are: (1) Turn the oven regulator to "broil". (2) Place meat on rack of broiler two or three inches from the heat. Thicker pieces of meat should be placed farther from the heat. (3) Broil until top side is brown and the meat about half done. (4) Season the top with salt and pepper, except for ham or bacon. Steaks and chops brown better if browned before salting. (5) Turn and brown the other side. (6) Season and serve at once. A heated platter will help keep broiled meats hot.





### Pan Broiling

The same tender cuts suitable for broiling may be pan broiled. These steps show how to pan broil: (1) Place meat in heavy frying pan. Cook slowly. It is not necessary to preheat the pan. (2) Do not add fat or water. Do not cover. (3) Turn occasionally. Turning more than once is essential for even cooking, since the meat is in contact with the hot metal of the pan. (4) Pour off fat as it accumulates. (5) Brown meat on both sides. It does not need to be seared or browned quickly at the beginning. A gradual browning is better. Recent research has shown that searing does not hold in meat juices. (6) Do not overcook. Season and serve at once.



### Pan Frying and Deep-Fat Frying

To fry means to cook in fat. This may be with a small amount of fat, called pan frying, or with a deep layer of fat, called deep-fat frying. The terms fry and panbroil are often used interchangeably, and the distinction is not drawn as finely as it should be. When certain cuts of meat are browned in a small amount of fat, then covered and cooked until the meat is tender, the method is really braising rather than frying. When cooked in either a small or large amount of fat uncovered the term frying is used. The method results in a crisply browned exterior which is not obtained by braising. There is some sacrifice of tenderness to flavor in these methods.

Rather thin pieces of tender meat or meat made tender by pounding, scoring, cubing or grinding, and left-over meat may be fried. The steps in pan frying are: (1) Use a heavy frying pan. (2) Brown meat on both sides in a small amount of fat. If meat has a coating of flour, meal or egg and crumbs, fat will need to be added. Additional fat will also be needed for meats that are low in fat, such as liver or cubed steak. (3) Season with salt and pepper. (4) Do not cover the meat. Crispness is one object in frying, and this will be lost if covered. (5) Cook at moderate temperature until done, turning occasionally.

To deep fat fry: (1) Use a deep kettle and a frying basket. There should be enough fat to cover the meat completely; the wire basket is needed to lower the meat into the fat and to remove it from the fat when it is done. (2) Heat fat to frying temperature (300° to 350° F.). The temperature depends upon the size of the pieces and whether it is uncooked or left-over meat. A frying thermometer is essential to successful deep-fat frying. (3) If desired, before placing in the frying basket, the meat may be coated with eggs and crumbs or a batter, or dredged with flour or cornmeal. This increases the brownness and adds to the crispness and flavor. Using the frying basket, lower a few uniform pieces of meat at a time, gradually into the hot fat. (4) Brown meat and cook it through. When the meat is covered with fat, no turning is necessary and both sides are cooked at once. The cooking time, therefore, is less than in pan frying. (5) When done, drain fat from meat into kettle before removing meat from basket. (6) Strain fat through cloth and cool. Cover and store in refrigerator.

### Cooking Tender Variety Meats

Liver, kidneys from young animals, and brains may be cooked by some of the same methods as other tender meat. Brains are easier to handle if precooked about 15 minutes before being used in various recipes. (See Circular 9957.)



TIME TABLE FOR COOKING BEEF

Cut	Roasted at 300° F. oven temperature		Broiled <sup>1</sup>	
	Meat		Meat	
	Thermometer Reading	Time	Thermometer Reading	Total Time
	Degrees F.	Min. per lb.	Degrees F.	Minutes
Standing Ribs	140 (rare)	1b. 18-20		
Standing Ribs	160 (medium)	22 to 25		
Standing Ribs	170 (well)	27 to 30		
Rolled Ribs	Same as above	Add 10-15		
Blade, 3rd to 5th Rib (high quality only)	150-170	25 to 30		
Rump (high quality only)	150-170	25 to 30		
Tenderloin	140-170	20 to 25		
Beef Loaf	160-170	25 to 30		
Steaks (1 inch)			140 (rare)	15 to 20
			160 (medium)	20 to 30
Steaks (1½ inch)			140 (rare)	25 to 35
			160 (medium)	35 to 50
Steaks (2 inch)			140 (rare)	30 to 40
			160 (medium)	50 to 70
Beef Patties (1 inch)			140 (rare)	12 to 15
			160 (medium)	18 to 20
Pot-Roasts				
Arm or Blade				
Rump				
Swiss Steak				
Corned Beef				
Fresh Beef				
Stew				

<sup>1</sup>Panbroiling requires approximately one-half the time for broiling.

TIME TABLE FOR COOKING VEAL

Cut	Roasted at 300° F. oven temperature		Broiled	
	Meat		Meat	
	Thermometer Reading	Time	Thermometer Reading	Total Time
	Degrees F.	Min. per lb.	Degrees F.	
Leg	170	25		
Loin	170	30-35	Veal is seldom broiled	
Rack	170	30-35		
Shoulder				
whole	170	25		
rolled	170	40-45		
cushion	170	30-35		
Breast				
stuffed	170	40-45		
rolled	170	40-45		
Loaf	170	25-30		



# TIME TABLE FOR COOKING PORK

Cut	Roasted at 300°-350° F. oven temperature <sup>1</sup>		Broiled	
	Meat		Meat	Total
	Thermometer Reading	Time	Thermometer Reading	Time
	Degrees F.	Min. per lb.	Degrees F.	Min.
Fresh				
Loin			Fresh Pork is never broiled	
Center	185	35 to 40		
Whole	185	15 to 20		
Ends	185	45 to 50		
Shoulder				
Rolled	185	40 to 45		
Cushion	185	35 to 40		
Boston Butt	185	45 to 50		
Leg or Ham	185	30 to 35		
Chops				
Steaks				
Spareribs		30 to 35		
Pork and Ham Loaf		30 to 35		
Smoked				
Ham				
Large	160 to 170	15 to 18		
Medium	160 to 170	18 to 22		
Small	160 to 170	22 to 25		
Half	160 to 170	25 to 30		
Ham Loaf	160 to 170	30 to 35		
Ham Slice				
( $\frac{1}{2}$ inch)			160 to 170	15 to 20
(1 inch)			160 to 170	20 to 30
Picnic	170	35		
Shoulder Butt	170	35		
Bacon			.	4 to 5

<sup>1</sup>350° F. oven temperature is recommended for fresh pork and 300° F. oven temperature for smoked pork.



TIME TABLE FOR COOKING LAMB

Cut	Roasted at 300° F. oven temperature		Broiled <sup>1</sup>	
	Meat		Meat	
	Thermometer Reading	Time	Thermometer Reading	Time
	Degrees F.	Min. per lb.	Degrees F.	Min.
Leg	175-180	30-35		
Shoulder				
whole	175-180	30-35		
rolled	175-180	40-45		
cushion	175-180	30-35		
Breast				
stuffed	175-180	30-35		
rolled	175-180	30-35		
Lamb Loaf	175-180	30-35		
Chops (1 inch)	175-180	30-35	170	12
Chops (1½ inch)			170	18
Chops (2 inch)			170	22
Lamb Patties (1 inch)				15-18

<sup>1</sup>Panbroiling requires approximately one-half the time for broiling.

TIME TABLE FOR COOKING TENDER VARIETY MEATS

Kind	Broiled Total Time Minutes	
Liver		
Veal (calf) sliced	8 - 10	
Lamb, sliced	8 - 10	
Kidney		
Veal (calf)	10 - 12	
Pork	10 - 12	
Lamb	10 - 12	
Tripe		
Beef	10 - 15 <sup>1</sup>	
Sweetbreads		
Beef	10 - 15 <sup>1</sup>	
Veal (calf)	10 - 15 <sup>1</sup>	
Lamb	10 - 15 <sup>1</sup>	
Brains		
Beef	10 - 15 <sup>1</sup>	
Veal (calf)	10 - 15 <sup>1</sup>	
Pork	10 - 15 <sup>1</sup>	
Lamb	10 - 15 <sup>1</sup>	

<sup>1</sup>Time required after precooking in water 15 to 20 minutes.



RECIPES

Accompaniments, garnishes and sauces for meat

Apricot Glaze for Ham

2½ cups cooked apricots

¾ cup sugar

Rub apricots through a sieve; combine with juice and sugar. Cook slowly until thickened. One hour before ham is done, spread glaze on ham.

Pineapple Glaze

1 small can crushed pineapple

¼ cup sugar

Combine pineapple and sugar and cook slowly for 15 minutes or until mixture begins to thicken. About one hour before ham is done, spread pineapple glaze evenly on surface and return to oven.

Pineapple Rings (Served with Broiled Ham)

Place pineapple slices on broiler rack with meat when it is browned on one side and turned. Brush pineapple with ham drippings and sprinkle brown sugar on top. Continue cooking until browned.

Other Suggestions

Fried onion rings

Broiled tomato slices

Canned pear or peach halves placed cut-side up with a spoonful of jelly in the hollow.

Beef and horseradish relish

Cinnamon apples

Cranberry and orange relish in small orange shells

Fried apple rings

Glazed carrots

Candied sweet potatoes

Whole buttered vegetables such as parsley potatoes, small onions, turnips, beets, carrots, small crookneck squash

Dried fruits

Green pepper rings

Cabbage wedges

Liver Puffs

Yield: 6 servings

Cooking time: 15 minutes

1½ pounds beef

or lamb liver

½ cup ground onion

1 egg

1 cup cracker crumbs

1 teaspoon salt

1 cup hot water

Lard

Scald liver: Grind. Combine all ingredients. Form into small cakes. Pan fry or fry in deep hot lard until well browned. Serve very hot.



### French Fried Liver

(Use beef, pork, lamb or veal liver)

1 pound liver	Pepper
Flour	Lard
Salt	

Have liver sliced thin. Cut into lengths about three-eighths inch wide, using kitchen shears. Roll in flour seasoned with salt and pepper. Drop into a kettle of deep lard at a temperature of 350° F. Cook until brown. Drain on absorbent paper. Serve with fried onions. Serves 6.

### Broiled Sweetbreads

Soak sweetbreads in cold water about 15 minutes. Simmer 15 minutes in water to which one teaspoon salt and one tablespoon lemon juice or vinegar have been added for each quart of water used. Drain, plunge in cold water and remove membrane. Dip in melted fat and broil. Serve with mushroom sauce.

### Broiled Mixed Grills

Mixed grills consist of two or more kinds of meat broiled with vegetables or fruit for 15 to 30 minutes. The combinations should be planned so that they cook in about the same time.

Suggested combinations for mixed grills:

Lamb chops; mushrooms; stuffed tomatoes; potato slices parboiled and sprinkled with grated cheese.

Lamb chops wrapped in bacon; sausages; pineapple slices; boiled sweet potato slices, buttered.

Sweetbreads (parboiled); ham slices in individual servings; large mushroom caps; bananas wrapped in bacon.

Ham slices; boiled sweet potato cut in halves; sliced pineapple.

Lamb chops; bacon; sausages; thick tomato slices sprinkled with crumbs.

### Sauces

#### Quick Mushroom Sauce

To 1 can condensed mushroom soup add 2/3 cup milk and 2 teaspoons grated onion. Heat and serve. Makes 2 cups.



Brown Sauce

Butter or drippings, $\frac{1}{4}$ cup	Onion, grated, 2 tbsp.
Carrot, grated, 2 tbsp.	Bay leaf, small piece
Whole cloves, 4	Flour, $\frac{1}{2}$ tbsp.
Meat stock or consomme, 2 cups	Salt and Pepper to taste

Heat butter or drippings in a heavy skillet; add onion, carrot, bay leaf and cloves. Simmer over low heat until browned. Add flour, stirring until well blended. Cook, stirring constantly, over low heat until the flour browns. Remove from heat. Gradually stir in stock or consomme. Season to taste and return to heat. Cook until thick and smooth, stirring constantly. Strain before serving. Makes about 1 -  $\frac{2}{3}$  cups.

Berkeley Meat Sauce

Currant jelly, $\frac{1}{2}$ cup	Lemon juice, 1 tbsp.
Worcestershire sauce, 1 tbsp.	

Combine all ingredients and heat slightly. Serve with roast meat or cold sliced meat. Makes about  $\frac{2}{3}$  cup.

English Mustard Sauce

Dry mustard, $\frac{1}{2}$ cup	Salt, $\frac{1}{2}$ teaspoon
Sugar, 1 teaspoon	Hot water, 1 tablespoon
Vinegar, 2 tablespoons	Salad Oil, 1 teaspoon
Horseradish, $\frac{1}{2}$ teaspoon (optional)	

Combine mustard, salt and sugar; stir in hot water, then vinegar. Add oil and horseradish and stir until thoroughly blended. Serve with ham or corned beef. Makes about  $\frac{1}{3}$  cup.

Raisin Sauce

Raisins, $\frac{1}{2}$ cup	Water or cider, 1- $\frac{3}{4}$ cups
Cornstarch, 1 tablespoon	Dry mustard, 1 teaspoon
Brown sugar, $\frac{1}{3}$ cup	Salt, $\frac{1}{2}$ teaspoon
Pepper, few grains	Vinegar, 2-4 tablespoons

Add raisins to water or cider and simmer 10 minutes. Combine cornstarch, mustard, brown sugar, salt and pepper. Blend in vinegar. Stir into raisins and water; cook 3 minutes longer, stirring constantly. Serve hot with baked ham or Canadian bacon; or pour over cold sliced ham in a shallow dish and bake in a slow oven (300° F.) for 30 minutes. Makes about 2 cups.

Acknowledgment is made for assistance in the preparation of the manuscript for this circular to Dr. Josephine Brooks, Home Economics Department, and Charles Adams, Animal Husbandry Department, University of Nebraska.

The meat cookery time tables used in this circular are based on those published by the National Live Stock and Meat Board.