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## EC9998 Broiler Meals

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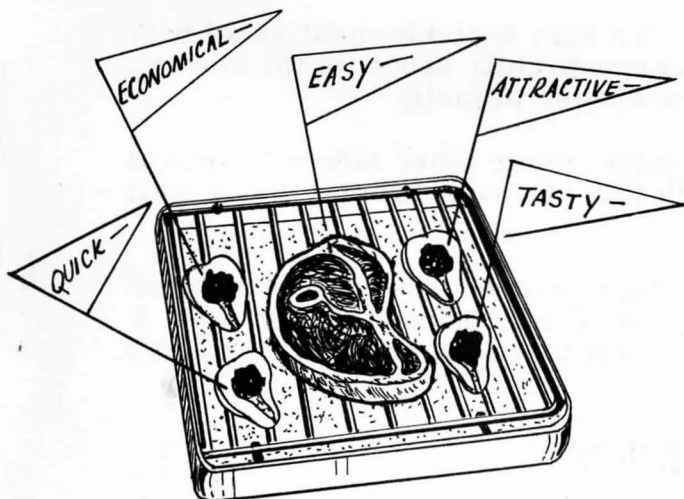
# File Copy broiler meals

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Let's plan a quick and easy meal from the broiler. Such a meal will be sure to add interest, variety, and color. It will make good use of left-overs and save time and energy, because there is only one pan to wash. A broiler meal can be prepared in about the time it takes to toss a salad and set the table.

Broiling is cooking with dry heat directly under a gas flame or an electric unit, or over hot coals. A broiler meal is a combination of meat, fish or poultry and vegetable; or meats, vegetable and fruit broiled and served together. Chopped meat, ham slices or tender cuts of beef or lamb may be prepared in this way. Fresh pork and veal are not recommended for broiling because they require slow cooking with moist heat for best flavor and texture.

Any of the fresh summer vegetables and fruits will make your broiler meals colorful. Fresh or frozen vegetables should be cooked before broiling. Precooked or commercially canned vegetables may be browned on the rack with the meat or placed below the rack to pick up flavor from the meat drippings. Tomato halves and fruit will not require precooking. These may be brushed with salad dressing, sugar or butter and placed on the rack after one side of the meat is broiled.



## Foods for Broiling

### Meats

Ground beef  
Loin or rib steaks  
Lamb chops  
Ham slices  
Fish  
Liver  
Bacon  
Poultry  
Variety meats  
Frankfurters  
Smoked meats  
Canadian bacon

### Vegetables

Onions  
Potatoes  
Carrots  
Squash  
Tomatoes  
Sliced eggplant

### Fruits

Bananas  
Peaches  
Pears  
Pineapple  
Orange slices  
Grapefruit halves

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### Steps in Broiling

Set the regulator at "broil" and preheat the broiler. The rack and broiler pan may be taken out and kept at room temperature. In this way you will avoid those searing stripes that occur when meat is laid on a hot rack.

Slash the edges of fat on meat at 1-inch intervals to prevent curling. Brush very lean cuts with fat before broiling. Place meat on broiler rack and broil until top side is brown and meat is about half done. Season top side with salt. Turn the meat with a wide spatula or a pair of tongs and add vegetables or fruits as desired. Broil the second side of the meat until browned. Season and serve on heated platter.

Frozen steaks and chops should be broiled slowly. Turn several times during broiling. Increase the broiling time to allow for thawing. As a rule it requires half again as long to broil a frozen steak as it does to broil a fresh or thawed one.

When cooking for two or three it is possible to cook the entire meal in the broiler. When serving four or six, the meat can be broiled over precooked vegetables or a frozen vegetable can be cooked on a surface unit. For broiling small quantities, use a pie pan with rack.

### Care of Broiler

The broiler pan need not be hard to wash. As soon as the food is taken up, pour off all drippings and wipe quickly with paper towels. Set the broiler pan and rack in the sink and fill with very hot water and a small amount of detergent. Let stand until dishwashing time. Wash with fresh suds and a stiff brush.

### Broiled Sandwiches

1. Spread cornbeef hash on buns. Add catsup and garnish with onion rings. Broil until browned.
2. Chicken, turkey or tunafish salad on toasted bun; sprinkle meat salad with grated sharp cheese and top with 1 teaspoon chili sauce in the center. Place 2 inches from broiler unit. Allow cheese to melt.
3. Toast slices of bread on one side; turn, cover other side with peanut butter or slice of cheese. Top with thin strips of bacon. Broil until bacon is crisp.
4. Toast slices of bread on one side. Spread other side with tuna salad made by combining 1 small can of tuna, 2 tablespoons horseradish, 2 tablespoons mayonnaise with salt and pepper to season. Sprinkle top with grated cheddar cheese.

### Other Broiler Suggestions

1. Brush sliced meat loaf with chili sauce and broil with apricot halves. Whole baby beets in the broiler pan can be buttered or spiced.
2. Lamb Kabobs. Alternate chunks of lamb with tiny precooked onions on skewer. Brush with French dressing and broil with spiced peaches. Green beans may be heated in the broiler pan.

Broiler Menus

Ground Meat Patties  
Mock French Fried Potatoes  
Broiled Tomato Halves

1. Season ground beef with salt and pepper. Shape into patties. Wrap a strip of bacon around each and fasten with a toothpick.
2. Cut potatoes into 3/8 inch strips. Brush with melted shortening. Arrange on broiler beside meat patties.
3. Broil 3 or 4 inches from heat for about 10 minutes. Turn. Add tomato halves brushed with butter and topped with grated cheese and chopped green pepper.
4. Finish broiling. Serve on hot platter.

Lamb Chops  
Green Beans  
Pears with Jelly or Mayonnaise

1. Arrange precooked or commercially canned green beans in bottom of broiler pan.
2. Broil lamb chops for 8 minutes about 3 inches from source of heat.
3. Turn. Fill pear halves with mint jelly or with mayonnaise and grated cheese.
4. Continue broiling until meat is browned and cheese is melted.

Broiled Salmon Steaks  
Bananas  
Frozen Baby Limas  
Chocolate Cake with Broiled Icing\*

1. Brush salmon steaks with a mixture of 1/4 cup butter and 2 tablespoons lemon juice. (Codfish, halibut or haddock may be used in place of salmon).
2. Place on rack and broil 3 inches from heat for 10 minutes.
3. Brush bananas with lemon butter and place on rack. Turn salmon steaks and brush with remaining lemon butter.
4. Broil 5 minutes. Turn bananas and broil 5 more minutes. Serve salmon with cucumber or tartar sauce.

Broiled Ham with Sweet Potato Halves  
Asparagus  
Pineapple Slices

1. Place canned or cooked asparagus in bottom of broiler pan.
2. On the rack, lay a thick (1 1/2 to 2 inches) slice of ham. Cut edge of ham in several places to prevent curling.
3. Broil 3 inches below heat.
4. Turn after 15 minutes. Brush canned or cooked sweet potato halves with butter. Place beside ham. Broil about 12 minutes.
5. Last 4 minutes add pineapple slices brushed lightly with melted butter.

Broiled Luncheon Meat  
Mashed Potato Patties  
Canned Spinach

1. Season spinach with bacon drippings. Place in bottom of broiler pan.
2. Cut canned luncheon meat into 1/4 inch slices. Glaze with brown sugar and stud with cloves.
3. Arrange mashed potato patties around meat. Brush patties with cream and dust with paprika.
4. Broil until browned.
5. Turn. Brush meat and patties again and continue broiling until done.

Broiled Frankfurters, Cheese and Bacon  
Hot Potato Salad

1. Slit frankfurters almost in half, lengthwise. Insert in slit a long, narrow strip of cheese.
2. Wrap a strip of bacon around frankfurter and anchor each end with toothpicks.
3. Place 2 inches from broiler unit. Broil until bacon is slightly brown and cheese is melted.
4. Serve on toasted frankfurter buns placed on broiler rack several minutes before serving.
5. Frankfurters may be prepared with hot potato salad under rack. Drippings from bacon will warm the salad.

\*Recipe on page 4.

### Broiled Icing

6 tablespoons butter  
or margarine  
1 cup brown sugar  
1/4 cup cream

1 cup coconut  
1/2 cup nut meats  
1/2 teaspoon vanilla

Melt butter in saucepan. Remove from heat, add sugar and blend. Stir in cream, coconut, nuts, and vanilla. Spread over warm 9-inch square cake still in the pan. Brown slightly in broiler.

### Time Table

The length of time for broiling will depend upon the type and thickness of food and the degree of doneness preferred. Remember that meat will be more juicy if you broil steaks that are at least 1 inch thick, lamb chops at least 3/4 inch thick, and ham slices at least 1/2 inch thick.

Place the broiler pan so that the top of the food is 3 to 5 inches from the source of heat. If you want rare meat or have a thin cut, broil it fairly close to the heat. Thicker cuts and meats that you may want well done should go farther from the heat. The following chart may give some idea of the time required.

<u>Type of Food</u>	<u>Total Broiling Time</u>
Bacon	5-8 minutes (do not turn)
Beef (ground beef patties, 1 inch thick)	
Medium	15 minutes
Well done	25 minutes
Steaks (slash edges)	
1 inch thick	
Rare	15-20 minutes
Medium	20-30 minutes
1 1/2 inch thick	
Rare	25-30 minutes
Medium	30-45 minutes
Lamb chops - 1 inch thick	12-15 minutes
Ham, smoked (slash edges)	
1/2 inch thick	12 minutes
1 inch thick	18 minutes
Liver - 1/2 inch thick	10-20 minutes
Chicken (split in half. Brush with fat. Place 5-7 inches from source of heat)	35-50 minutes (turn with tongs 2 or 3 times)
Fish (brush with fat. Place skin side down)	
1/2 inch thick	8-10 minutes
1 inch thick	15-18 minutes