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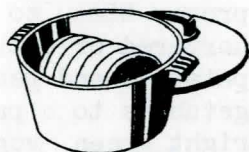
COOKING LESS TENDER CUTS OF MEAT

Mabel Doremus

Less tender cuts of meat are made tender by cooking with moist heat as in braising and as in simmering in liquid. They require long, slow cooking in moisture to soften connective tissue -- the part of meat which makes meat less tender. Pot-roasts and less tender steaks are usually braised, and some large cuts and stews are cooked in liquid.

Braising

Braising means cooking in a covered utensil with or without a small amount of water. (1) Brown meat slowly on all sides in heavy utensil. The browning develops flavor and color. If meat is dredged in flour to intensify the browning, it is necessary to add fat to the pan. A slow brown stays on the meat



better than a quick brown at a high temperature. (2) Season with salt and pepper. If desired, herbs, spices and vegetables such as onions, tomatoes and garlic, may be added for seasoning. The seasoning penetrates the meat cooked by moist heat to a greater extent than in roasting. The less-demanded cuts and lower grades of meat are the ones adapted to moist heat cooking, and careful seasoning is important with these cuts. (3) Add a small amount of liquid to less tender cuts. The liquid may be water, soup stock, vegetable juice or sour cream. Liquid is not essential in braising the thin cuts that need to be cooked well done. (4) Cover closely. A tight-fitting lid holds in the steam needed for softening the connective tissue and making the meat tender. (5) Cook at low temperature until tender. This means simmering, not boiling. It may be done on a surface burner or in a slow oven (300° F.). (6) Make sauce or gravy from the liquid in the pan. The gravy is an essential part of any braised meat dish. It contains meat flavors and soluble food nutrients and should be used to accompany the meat.

Some thin cuts of meat that need to be cooked well done, such as veal chops, steaks, and cutlets, are better when braised or fried than when broiled or pan-broiled. It would be well to remember that all such cuts of pork should be braised. Braising or panfrying cooks them well done without drying them out.

Simmering in Liquid

Large cuts and stews are cooked in liquid. This is another method adapted to less tender cuts. This is the method used, too, for preparing meat soups.

The steps in cooking large cuts are: (1) Brown meat on all sides if desired. The browning develops flavor and increases color. Corned beef and cured



pork need not be browned. (2) Cover the meat with water or stock. The liquid may be hot or cold. Uniform cooking is assured if the meat is entirely covered with water. (3) Season well with salt, pepper, herbs, spices and vegetables, as desired. Careful seasoning adds much to the variety and flavor of meats that are simmered. Some suggestions are bay leaves, thyme, marjoram, parsley, green pepper, celery and onion tops, garlic, cloves, pepper corn, allspice, tomatoes, chili sauce, catsup, etc. (4) Cover kettle and simmer until tender. Overcooking and boiling shrink the meat and make it dry, less flavorful, stringy, and difficult to slice. (5) If the meat is to be served cold, let it cool, and then chill in the stock in which it was cooked. (6) If vegetables are to be cooked with the meat, as in "boiled" dinners, add them whole or in large pieces, just long enough before the meat is tender to cook them.

Stews

(1) Cut meat in uniform pieces, usually one to two-inch cubes. (2) If a brown stew is desired, brown meat cubes on all sides. Dredging in flour intensifies the browning. If meat is floured, fat must be added before browning. If a light stew is desired, browning is omitted. (3) Add just enough water, vegetable juices or soup stock to cover the meat. The liquid may be added hot or cold. If it is hot, the meat starts cooking at once. (4) Season with salt, pepper, herbs, and spices. (5) Cover kettle closely and simmer until meat is tender. Do not boil. (6) Add vegetables to the meat at the proper time, so as not to overcook them. The vegetables may be left whole, quartered or cut in small uniform pieces. Suggestions are carrots, onions, potatoes and peas.



(7) When done, remove meat and vegetables to a pan, platter or casserole and keep hot. Bright green vegetables may be cooked separately and quickly for garnishing the stew. (8) Thicken the stock with flour made into a paste, using a small amount of cold water or stock. Use two tablespoons of flour for each cup of stock in the pot. Boil well. (9) Pour hot gravy over the meat and vegetables or serve separately in a gravy boat. (10) If desired make meat pie from the stew. The top may be made of pastry, short cake, biscuits, mashed potatoes or cereal.

Cooking Less Tender Variety Meats

Beef kidneys and the muscular hearts of all animals may be made more tender by cooking them for a long time, slowly and with some added liquid. (See Circular 9957.)

TIME TABLE FOR COOKING LESS TENDER CUTS OF MEAT

| KIND | Braised | Cooked in Liquid |
|--------------|---------------------|---------------------|
| | Total Time Hours | Total Time Hours |
| Beef | | |
| Pot Roasts | | |
| Arm or Blade | 3 to 4 | |
| Rump | 3 to 4 | |
| Swiss Steak | 2 to 3 | |
| Corned Beef | | 3½ to 5 |
| Fresh Beef | 3 to 4 | 3 to 4 |
| Stew | | 2 to 3 |
| Veal | | |
| Breast | | |
| Stuffed | 1½ to 2 | |
| Rolled | 1½ to 2 | |
| Birds | ¾ to 1 | |
| Chops | ¾ to 1 | |
| Steaks | ¾ to 1 | |
| Stew | | 2 to 2½ |
| Pork | | Minutes per lb. |
| (Fresh) | | |
| Chops | ¾ to 1 | |
| Steaks | ¾ to 1 | |
| Spareribs | 1½ | 30 |
| (Smoked) | | |
| Ham | | |
| Medium | | 18 to 20 |
| Half | | 25 |
| Picnic | | 35 to 45 |
| Lamb | | Hours |
| Breast | | |
| Stuffed | 1½ to 2 | |
| Rolled | 1½ to 2 | |
| Neck Slices | 1 | |
| Shanks | 1½ | |
| Stew | | 1½ to 2 |

TIME TABLE FOR COOKING VARIETY MEATS

| KIND | Braised ¹ | | Cooked in Liquid | |
|------------------------|----------------------|---------|------------------|----------|
| | Total Time | | Total Time | |
| | Minutes | Hours | Hours | Minutes |
| Liver | | | | |
| Beef | | | | |
| 3- to 4-pound piece | | 2 to 2½ | | |
| Sliced | 20 to 25 | | | |
| Veal (Calf) sliced | | | | |
| Pork | | | | |
| Whole (3 to 3½ pounds) | | 1½ to 2 | | |
| Sliced | 20 to 25 | | | |
| Lamb--sliced | | | | |
| Kidney | | | | |
| Beef | | | 1 to 1½ | |
| Veal (Calf) | | | ¾ to 1 | |
| Pork | | | ¾ to 1 | |
| Lamb | | | ¾ to 1 | |
| Heart | | | | |
| Beef | | | | |
| Whole | | 3 to 4 | 3 to 4 | |
| Sliced | | 1½ to 2 | | |
| Veal (Calf) | | | | |
| Whole | | 2½ to 3 | 2½ to 3 | |
| Pork | | 2½ to 3 | 2½ to 3 | |
| Lamb | | 2½ to 3 | 2½ to 3 | |
| Tongue | | | | |
| Beef | | | 3 to 4 | |
| Veal (Calf) | | | 2 to 3 | |
| Pork } usually sold | | | | |
| Lamb } ready-to-serve | | | | |
| Tripe | | | | |
| Beef | | | 1 to 1½ | |
| Sweetbreads | | | | |
| Beef | 20 to 25 | | | 15 to 20 |
| Veal (Calf) | 20 to 25 | | | 15 to 20 |
| Lamb | 20 to 25 | | | 15 to 20 |
| Brains | | | | |
| Beef | 20 to 25 | | | 15 to 20 |
| Veal (Calf) | 20 to 25 | | | 15 to 20 |
| Pork | 20 to 25 | | | 15 to 20 |
| Lamb | 20 to 25 | | | 15 to 20 |

¹ On top of range or in a 300° F. oven.

RECIPES

Beef Pot-Roast with Noodles

| | |
|---|---------------------------|
| 3 to 4-pound beef arm or blade pot-roast | 1/4 teaspoon pepper |
| 3 tablespoons lard or drippings | 1 cup water |
| 2 teaspoons salt | 1 8-ounce package noodles |
| | Boiling salted water |

Brown the pot-roast slowly in lard or drippings. Season. Add water. Cover tightly and simmer 3 hours or until tender. Add additional liquid if necessary.

Cook noodles in boiling salted water. Drain, season and place on chop plate. Arrange pot-roast on noodles. Garnish with cooked peas, if desired. 6 servings.

Pot-Roast with Catsup

| | |
|---|---------------------|
| 3 to 4 pounds arm or blade pot-roast | 2 teaspoons salt |
| 1/4 cup flour | 1/4 teaspoon pepper |
| 3 tablespoons lard or drippings | 1 cup catsup |
| | 6 medium potatoes |

Dredge meat in flour and brown in hot lard or drippings. Season and add catsup. Cover and simmer 3 hours or until tender. Add potatoes the last 45 minutes. Remove meat and potatoes and make gravy. 6 to 8 servings.

Spiced Pot-Roast

| | |
|--|---------------------|
| 2 1/2 pounds beef, rump, round or chuck | 1/2 cup water |
| 1/4 cup flour | 1/2 cup vinegar |
| 2 tablespoons lard or drippings | 1 tablespoon salt |
| 2 onions | 2 bay-leaves |
| | 1/2 teaspoon pepper |
| | 5 whole cloves |

Dredge meat in flour and brown on all sides in hot lard or drippings. Slice the onions and place on top of meat. Add water, vinegar, salt and spices. If preferred, the spices may be put in cheesecloth bag. Simmer for 3 hours or until done. Thicken gravy. Serves 6.

Note: A cover helps make a tender pot-roast.

Swiss Steak

| | |
|---|---|
| Yield: 6 to 8 servings | Cooking time: 2 1/2 to 3 hours |
| 3 to 4 pounds round steak (cut 2 inches thick) | 1/2 cup lard |
| Salt, pepper | 2 onions |
| 1 cup flour | 2 cups cooked tomatoes or tomato juice |

Season the steak and place on a well-floured board. Cover with flour and pound with a meat hammer or edge of heavy saucer. Continue to turn, flour, and pound meat until all flour is taken up by the steak. Brown sliced onions in lard in a heavy fry pan. Remove onion. Brown steak on both sides in the lard. Place onions on top. Add tomatoes (or 2 cups water and 2 tablespoons vinegar or catsup). Cover and cook slowly or bake in a moderate oven (350° F.) $2\frac{1}{2}$ to 3 hours.

Note: Diced vegetables may be cooked in with the steak during the last half hour.

Spanish Short Ribs

2 pound beef short ribs
1/4 cup enriched flour
3 tablespoons lard or drippings
2 medium onions, sliced
1 cup canned tomatoes

2 green peppers, sliced
1 tablespoon Worcestershire
sauce
Salt
Pepper

Dredge short ribs with flour and brown in lard or drippings. Pour off excess fat. Add onions, tomatoes, green peppers and Worcestershire sauce. Season. Cover and cook slowly about $1\frac{1}{2}$ hours or until meat is tender. Remove short ribs and thicken liquid for gravy. 6 servings.

Lamb Stew with Cauliflower

$1\frac{1}{2}$ pounds lamb for stew
3 tablespoons lard or drippings
1 small onion, chopped fine
2 cans tomato paste
 $\frac{1}{2}$ cup water

Salt
Pepper
1 head cauliflower, broken
into flowerets

Brown lamb slowly in lard or drippings. Add onion, tomato paste and water. Season. Cover tightly and simmer $1\frac{1}{2}$ to 2 hours, or until lamb is tender. Add cauliflower flowerets about 20 minutes before end of cooking time. 4 to 6 servings.

Oven Pork Chops

6 pork rib or loin chops
cut $\frac{3}{4}$ to 1 inch thick
1 cup fine bread crumbs
1 egg slightly beaten
2 tablespoons water

2 cups milk
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
4 tablespoons fat

Add salt and pepper to bread crumbs. Combine egg and water. Dip chops in diluted egg and dredge with seasoned bread crumbs. Brown meat slowly on both sides in fat. Add milk. Cover and cook in moderate oven (350° F.) for 45 minutes to one hour.

Sausage and Apples

$1\frac{1}{2}$ pounds link sausage
 $\frac{1}{4}$ cup brown sugar

6 red apples

Slice unpeeled apples into eighths in bottom of casserole or baking dish. Lay sausage over top and bake in moderate oven (350° F.) 45 minutes or until done. 6 servings.

Barbecued Spareribs

Yield: 6 servings

Cooking time: 2 hours

4 pounds pork spareribs
2 onions
1/2 cup catsup
1 cup water

1 tablespoon Worcestershire
sauce
1/8 teaspoon chili powder

Cut ribs in pieces for serving. Place in baking dish. Slice onions over the top and add other ingredients. Cover and cook in a moderate oven (350° F.) about 2 hours.

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