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EC58-919 Meat : Selection, Care, Cooking

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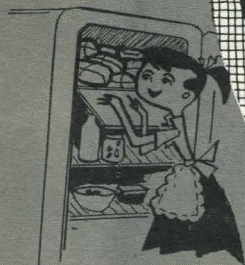
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E.C. 58-919

meat

- Selection
- care
- cooking

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MEAT...*selection, care and cooking*

BY ETHEL DIEDRICHSEN, Extension Nutritionist

Meat is outstanding for its food value. It is an excellent source of high quality protein, and is rich in thiamine, riboflavin and niacin. Meat also supplies generous amounts of phosphorus, iron and copper. The aroma and appearance of well-cooked, attractively served meat dishes stimulate the appetite and help make meals enjoyable. By knowing how to cook the various kinds, grades and cuts of meat properly, you can select and serve appetizing meals to suit any family budget.

The government grades of meat are your guides to the quality of the meat and the cooking method to use. A purple stamp, of harmless vegetable dye, indicates the U. S. D. A. grade. The stamp is shaped as a shield and appears on wholesale cuts of beef, veal and lamb. Packing houses sometimes use their own grade stamps which are not always equivalent to government grades.

Federal Beef Grades

Grades are important in the selection and cooking of beef. Six grades are available but retailers usually sell only those requested by their customers.



U. S. D. A. Prime is the top grade. It is juicy, tender and has excellent flavor. It is covered with a smooth, moderately thick layer of white fat and has liberal amounts of fat intermingled with the lean (marbling). The small proportion of beef sold as Prime grade goes to expensive hotels and restaurants.



U. S. D. A. Choice is the most popular grade. The fat covering is thinner, the marbling less extensive and the lean is cherry-red in color. Choice grade is tender and has a good flavor.



U. S. D. A. Good is a grade to please thrifty customers. This grade lacks marbling but is relatively tender and has a high proportion of lean to fat.



U. S. D. A. Standard has a very thin covering of fat, is mild in flavor and has almost no marbling. When properly prepared, such beef is relatively tender.



U. S. D. A. Commercial comes from older cattle and lacks the tenderness of the higher grades of beef. Most cuts require long slow cooking with moist heat to make them tender and to develop the flavor.



U. S. D. A. Utility has very little fat and lacks tenderness. It is an economical buy which requires long slow cooking with moist heat.

Other Grades, U. S. D. A. Cutter and Canner are the lowest grades of beef. These are used in making processed meat products and are rarely sold in retail stores.

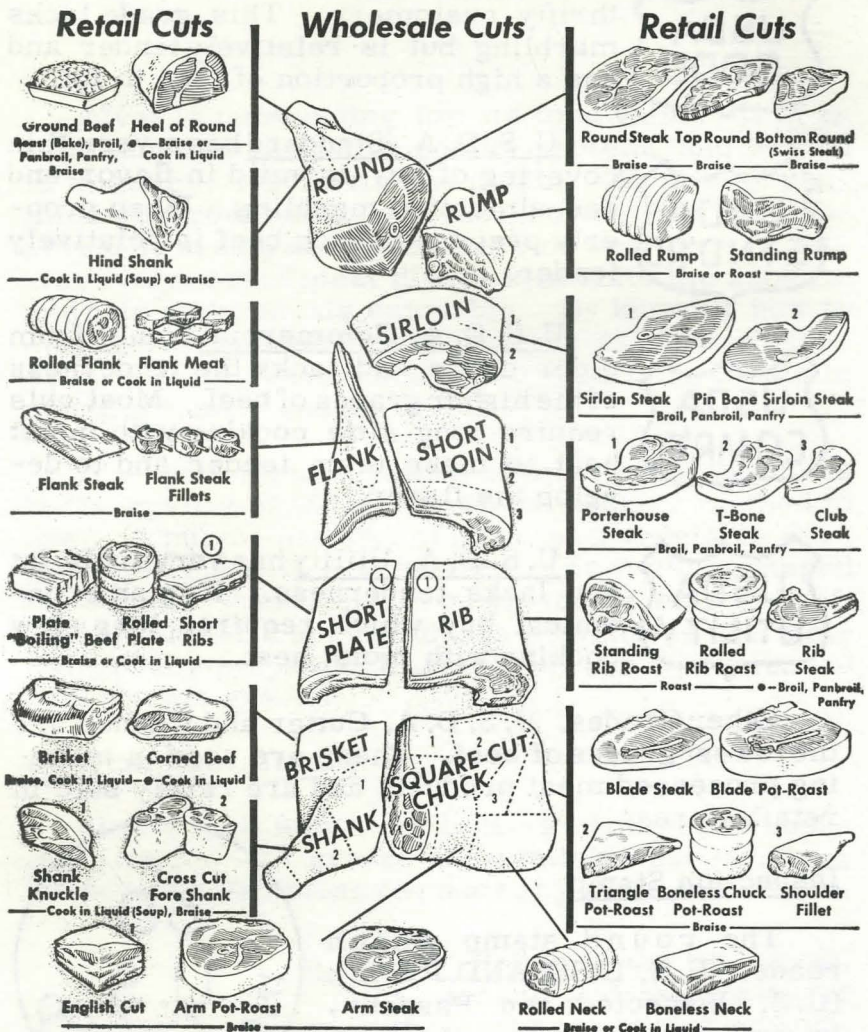
Inspection Stamp

The round stamp which reads, "U. S. INS'P AND P'S'D", (U. S. Inspected and Passed), is your assurance that the meat was wholesome at the time it was inspected and that it was processed under sanitary conditions. The code number of the stamp identifies the packing house. Stamping is done on wholesale cuts with a harmless vegetable dye.



Meat Cuts and How to Cook Them

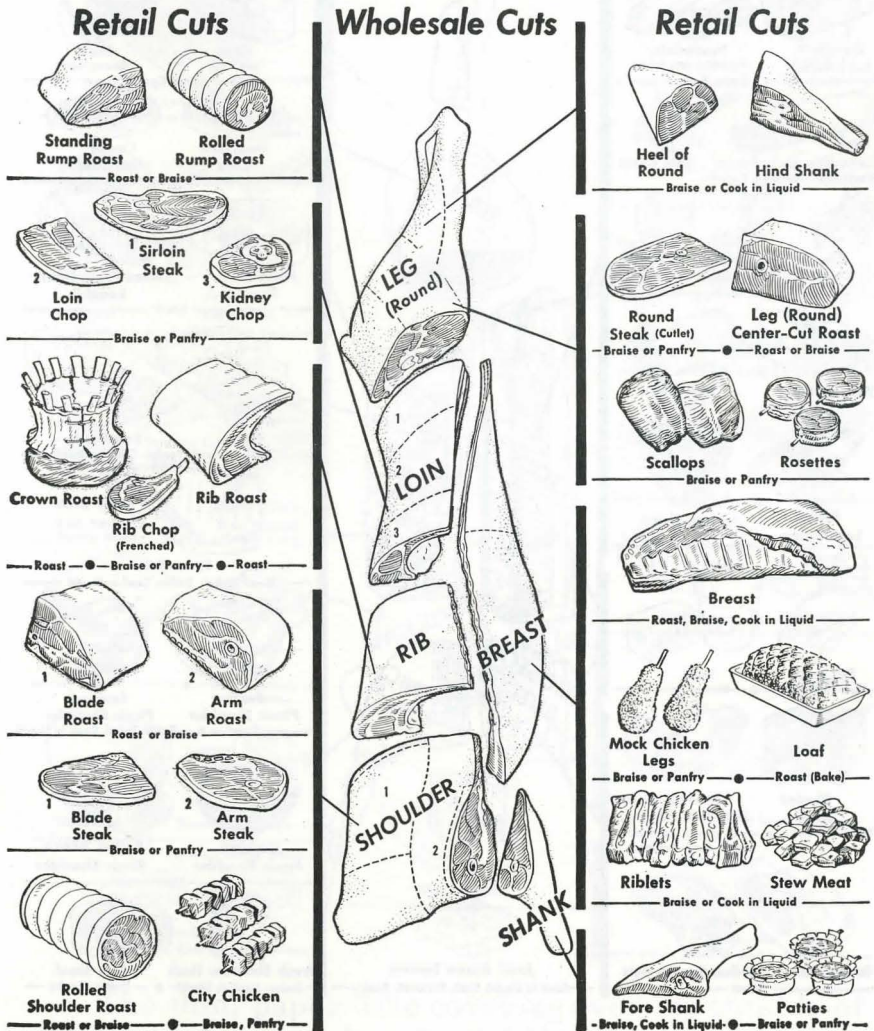
BEEF CHART



Different grades and cuts of beef vary greatly in tenderness. This is why it is necessary to select beef cuts with the cooking method in mind, or adapt the cooking method to the cut selected. Beef is cooked rare, medium or well-done.

Meat Cuts and How to Cook Them

VEAL CHART



Veal is tender but has considerable connective tissue which means that it requires long, slow cooking. It is light in color and has a bland flavor.

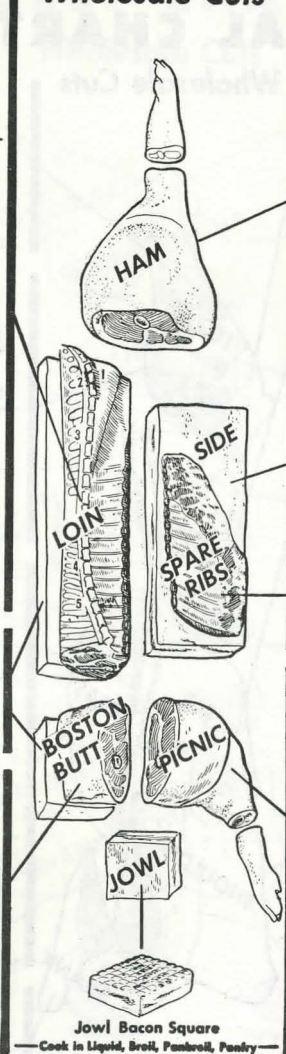
Meat Cuts and How to Cook Them

PORK CHART

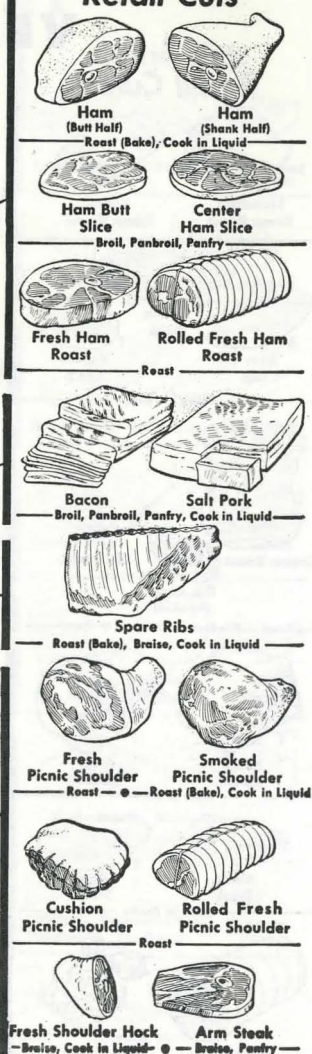
Retail Cuts



Wholesale Cuts



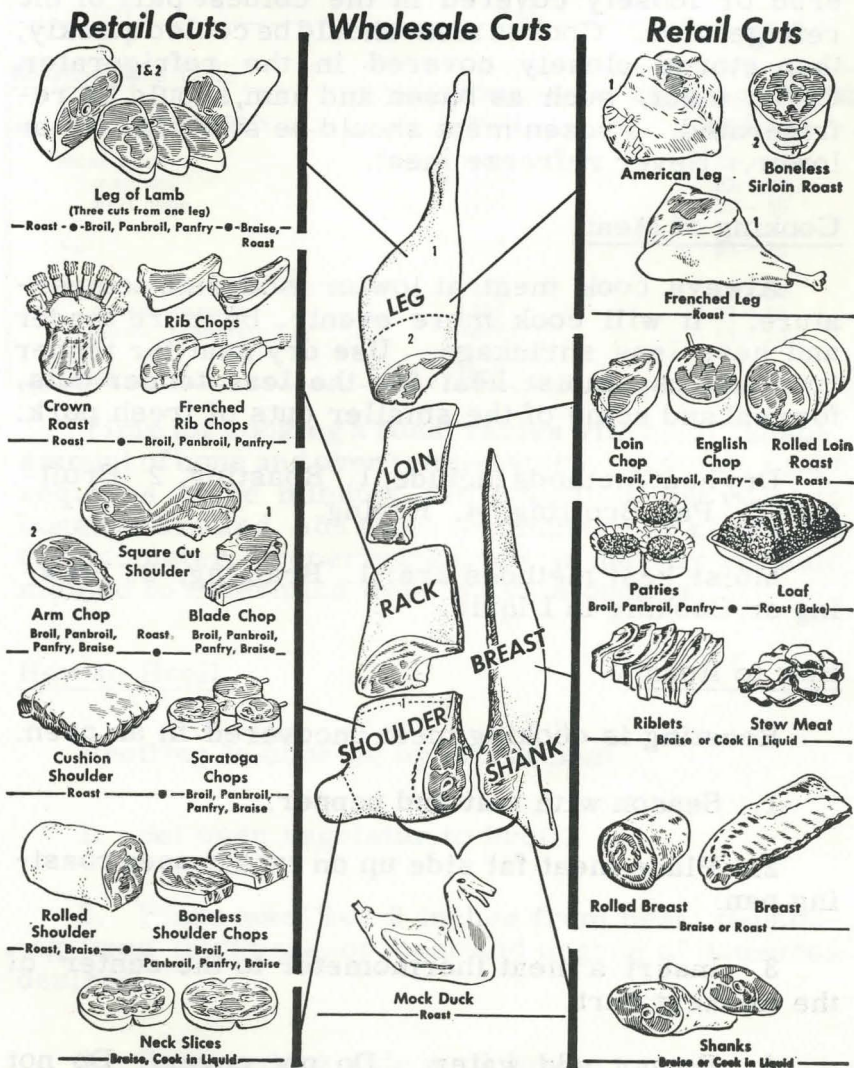
Retail Cuts



All pork should be cooked well-done. Large cuts may be roasted. Chops, steaks and patties are best cooked by braising, since this method assures meat that is well done, tender and juicy. Cured meat may be broiled or fried.

Meat Cuts and How to Cook Them

LAMB CHART



The thin, paper-like covering over the outside of the lamb carcass is known as fell. Steaks and chops are more desirable if the fell is removed. A roast cooks in less time, keeps its shape better and is juicier when the fell is left on. Lamb should be served hot or cold, never lukewarm.

Care of Meat

Fresh meat should be unwrapped as soon as it comes from the market. It should be stored uncovered or loosely covered in the coldest part of the refrigerator. Cooked meat should be cooled quickly, then stored closely covered in the refrigerator. Cured meat, such as bacon and ham, should be refrigerated. Frozen meat should be stored at 0° or lower. Never refreeze meat.

Cooking of Meat

Always cook meat at low or moderate temperature. It will cook more evenly, be more tender and have less shrinkage. Use dry heat for tender cuts and use moist heat for the less tender cuts, for veal and some of the smaller cuts of fresh pork.

Dry heat methods include: 1. Roasting, 2. Broiling, 3. Pan Broiling, 4. Frying.

Moist heat methods are: 1. Braising, 2. Stewing or Cooking in Liquid.

How to Roast

Roasting is cooking meat uncovered in an oven.

1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert a meat thermometer to the center of the thickest part.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven (300° - 350°). Searing does not prevent loss of juices and requires more fuel.
6. Roast to desired degree of doneness.

Cuts to roast			
Beef	Pork-fresh	Pork-smoked	Lamb
ribs, standing	loin	ham	leg
ribs, rolled	ham	picnic	shoulder
rump, high quality	Boston butt	Boston butt	loaf
loaf		loaf	

Roasting Time Table		
Degree of Doneness	Meat Thermometer Reading	Approximate Minutes Per Pound
Beef-rare	140°	18 - 30
medium	160°	22 - 40
well done	170°	27 - 50
Veal	170°	25 - 35
Pork-fresh (always well done)	185°	30 - 50
cured, regular	170°	25 - 30
cured, tenderized	160°	15 - 20
Lamb	180°	30 - 35

Time for cooking a roast varies with size, shape, amount of bone and oven temperature. A small roast requires more minutes per pound. If the roast is boned and rolled, add about 10 minutes per pound. A thermometer, properly inserted, is the only reliable method to determine when meat is cooked.

How to Broil

Broiling is cooking by direct heat.

1. Set oven regulator to broil.
2. Place meat 2 or 3 inches from heat, depending upon thickness of meat and degree of doneness desired.
3. Broil on one side until brown.
4. Season the top with salt and pepper.
5. Turn and broil on the other side until brown.
6. Season and serve at once.

Approximate Broiling Time

		Minutes on Each Side
Beef steaks -- 1 inch thick		
rare		7 - 10
medium		10 - 12
well-done		12 - 15
Beef steaks -- 1 1/2 inch thick		
rare		12 - 14
medium		14 - 16
well-done		16 - 20
Ham slice -- 1/2 inch thick		7 - 10
Lamb chops -- 3/4 inch thick		5 - 6

Cuts for broiling or pan-broiling:		
Beef	Veal	Pork-smoked
rib steaks	liver	ham slice
club steaks		Canadian style bacon
T-bone steaks		bacon
porterhouse steaks		
sirloin steaks		
top round steaks		
patties		
		Lamb
		shoulder chops
		rib chops
		loin chops
		patties
		liver
		kidney

How to Panbroil

Panbroiling is cooking in an open pan by dry heat.

1. Place meat in a heavy frying pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour off fat as it accumulates.
5. Brown meat on both sides.
6. Season and serve at once.

How to Fry

Panfrying is cooking thin tender cuts of meat in a small amount of fat which has been added or allowed to accumulate. Cuts made tender by pounding, scoring, cubing or grinding may also be panfried. Deep-fat frying is cooking in sufficient fat to cover the meat.

Cuts to fry		
Beef	Pork-smoked	Lamb
steaks, tender, thin-cut	Canadian style bacon	chops
patties	bacon	cutlets

How to Braise

1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature, on top of stove or in oven. Pork or veal chops approximately $\frac{3}{4}$ inch thick require about 45 minutes to cook. A 4 or 5 pound pot roast requires about 3 hours.

Cuts to braise			
Lower grades of beef and cuts with considerable connective tissue, veal and pork chops or steaks will be more tender and palatable if they are braised.)			
Beef	Veal	Pork	Lamb
pot roast	breast	shoulder steaks	shoulder chops
Swiss steaks	shoulder chops	chops	breast
short ribs	rib chops	spare ribs	neck slices
round steak	loin chops	tenderloin	shank
stuffed steak	steaks or cutlets	hocks	
heart	heart		
kidney	kidney		

How to Cook Meat in Liquid

1. For stews, cut meat in one or two inch cubes. If desired leave meat in larger pieces.
2. Brown meat on all sides if desired.
3. Season with salt and pepper.
4. Cover with liquid, cover the kettle and simmer until done. Do not boil.
5. If vegetables are used, add them just long enough before serving so they will be cooked.

Cuts to cook in liquid

Beef	Veal	Pork-fresh	Pork-smoked	Lamb
neck	shoulder	hocks	ham	neck
shank	flank		picnic	breast
heel of round	neck		Boston butt	shoulder
plate	shank			flank
brisket	breast			shank
short ribs	tongue			
chuck	heart			
flank	kidney			
heart				
tongue				
kidney				
corned beef				

How to Cook Frozen Meat

The same cooking methods are used for meat whether it is fresh or frozen. Large roasts may be more uniformly done if partially thawed first. About 1/3 to 1/2 more cooking time will be required for frozen meat.