

1964

## EC64-934 Meat, Money and Minutes

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## TO HELP YOU PLAN MEALS

Remember, each person in your family needs three good meals every day.

Meat is your best source of Protein. It also provides thiamine, riboflavin, niacin and iron.

Protein is needed for growth and repair of body tissues.

The B vitamins are needed to produce energy and maintain a healthy nervous system. Iron forms an essential part of the red blood cell.

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Remember, your family needs the nutrients supplied by the foods in these four groups each day:

### MILK GROUP

Children . . . . .3-4 cups  
Teen-agers . . . . .4 cups  
Adults . . . . .2 cups  
or more daily

### MEAT GROUP

2 or more servings daily.  
Meat, poultry, fish, eggs.  
Alternates -- dry beans, dry peas, nuts and peanut butter

### FRUIT-VEGETABLE GROUP

4 or more servings daily

### BREAD-CEREAL GROUP

4 or more servings daily

## DO IT YOURSELF

### COMPARE COSTS:

#### Minutes vs Money

Rib steak - Standing rib roast

Minute steak - Round steak

Boneless stew - Ox tail, pot roast, short ribs

Pork chops - Whole pork loin

Sliced liver - Whole liver

Cut-up chicken - Whole chicken

Sliced luncheon - Unsliced meat meat

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Smoked picnics are shoulder cuts of pork having a larger amount of bone but usually less expensive than ham. They may be sold fresh, pickled, or cured and smoked.

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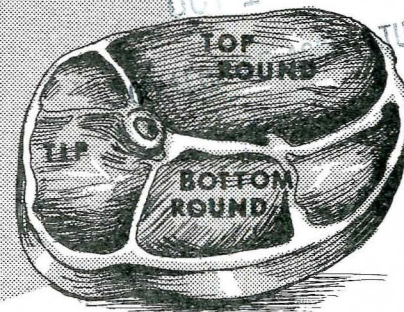
For additional information concerning meat buying and cooking contact your County Extension Agent.

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## MEAT

### MONEY and MINUTES



### TIME AND MONEY SAVERS:

Buy a cut of meat large enough for more than one meal. Prepare in different ways.

### BEEF ROUND

Top Round	
Pan fry	Swiss
Pot roast	Minute steaks
Broil (choice grade)	

Bottom Round	Pot roast
Swiss	
Minute steaks	

Tip or Heel of Round
Pot roast

### PORK LOIN

Roast	Chops
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## Steaks

Center slices                      Roast  
Chopped ham for main dishes

Diagram illustrating the various cuts of beef from a carcass:


- Shank**
- Brisket**
- Plate**
- Flank**
- Chuck Blade & arm**
- Rib**
- Short loin**
- Sirloin**
- Rump**
- Round**


Corresponding beef products:

- Pot roast
- Chuck steak
- Ground beef
- Standing rib roast
- Rolled rib roast
- Rib steak
- Club steak
- T-bone steak
- Porter house steak
- Sirloin steak
- Rump roast
- Round steak
- Minute steak

Other labels: Soup bone, Stew, Corned beef, Stew, Flank steak, Soup bone.

**TO HELP YOU BUY MEAT**

White area -- less tender cuts.  
 Use moist heat  
 cookery.

Dark area -- more tender cuts.  
 Use dry heat  
 cookery.

## TO HELP YOU BUY MEAT

	Amount	Serves
Meat without fat, & bone	1 lb.	4
Meat with a med- ium amount of bone (chops, steaks, roast)	1 lb.	2 to 3
Meat with a large amount of bone (shoulder cuts, short ribs, lamb chops, breast cuts)	1 lb.	1 to 2

DRY HEAT COOKERY:

**Oven Roast** - Use for large tender cuts. Place meat, fat side up in a shallow pan. Insert meat thermometer in thickest part of the meat. Roast at 300° - 325° until done as desired. Length of cooking time varies with the size and shape of roast and the amount of bone.

Broil - Use for small tender cuts such as steaks and patties. These should be at least one inch thick. Broil on both sides in a pre-heated broiler or heavy skillet.

Pan Fry - Cook in a small amount of fat in a heavy skillet.

MOIST HEAT COOKERY:

Use for less tender cuts of beef, pork and veal chops, steaks, cutlets, and pork liver.

Braise - Coat meat with seasoned flour. Brown slowly in a small amount of fat in a heavy pan. Add a small amount of liquid and simmer, covered, until tender.

Stew - Use small pieces of meat from economical and less tender cuts of beef, veal and lamb. Cut meat in uniform cubes, season, or coat with seasoned flour and brown. Add water to just cover meat and simmer until tender. (1 1/2 to 2 hours.) Add vegetables the last 30 minutes.