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

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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.

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
Swiss
Pot roast
Minute steaks
Tip or Heel of Round
Pot roast

PORK LOIN

Roast
Chops
**LEG OF LAMB**

**Roast Steaks**

**BEEF**

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

**Soup bone**

**Stew**

**Corned beef**

**Stew**

**Flank steak**

**Soup bone**

**HAM**

**Center slices Roast Chopped ham for main dishes**

**TO HELP YOU BUY MEAT**

<table>
<thead>
<tr>
<th>Meat without fat, &amp; bone</th>
<th>1 lb.</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat with a medium amount of bone (chops, steaks, roast)</td>
<td>1 lb.</td>
<td>2 to 3</td>
</tr>
<tr>
<td>Meat with a large amount of bone (shoulder cuts, short ribs, lamb chops, breast cuts)</td>
<td>1 lb.</td>
<td>1 to 2</td>
</tr>
</tbody>
</table>

**TO HELP YOU PREPARE MEAT**

**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.

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

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