

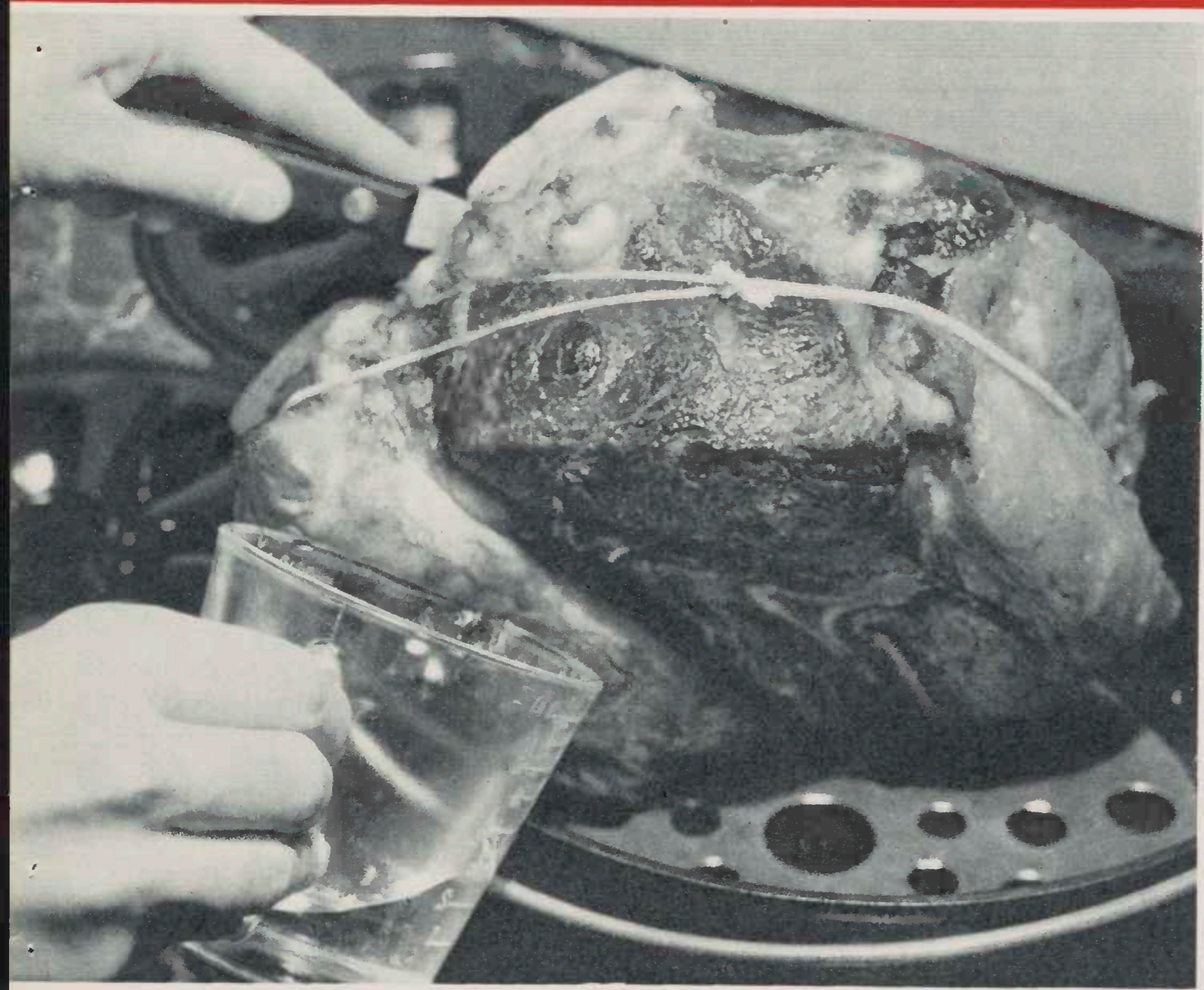
## **Historic, archived document**

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# Get the Good...

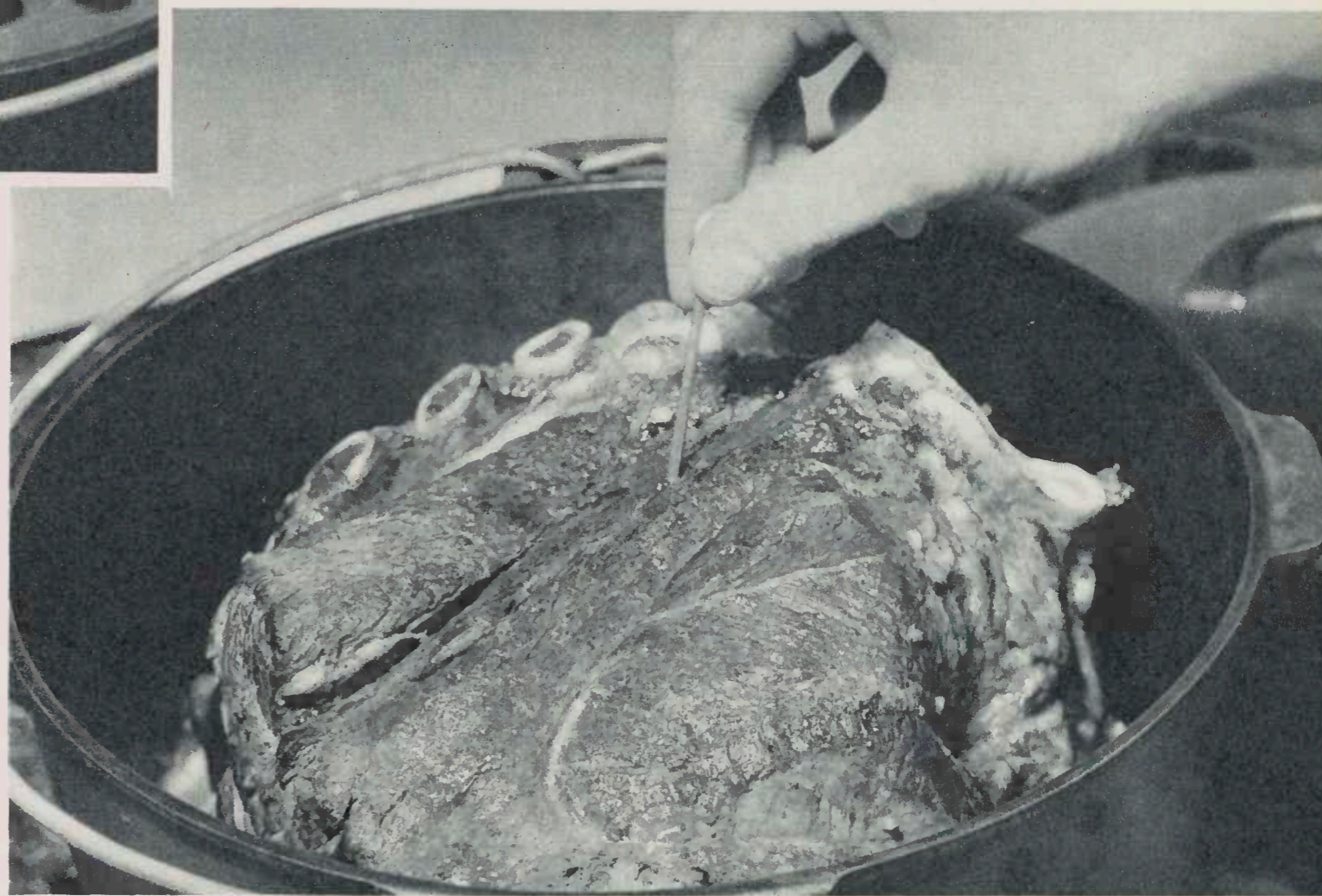
## FROM MEAT



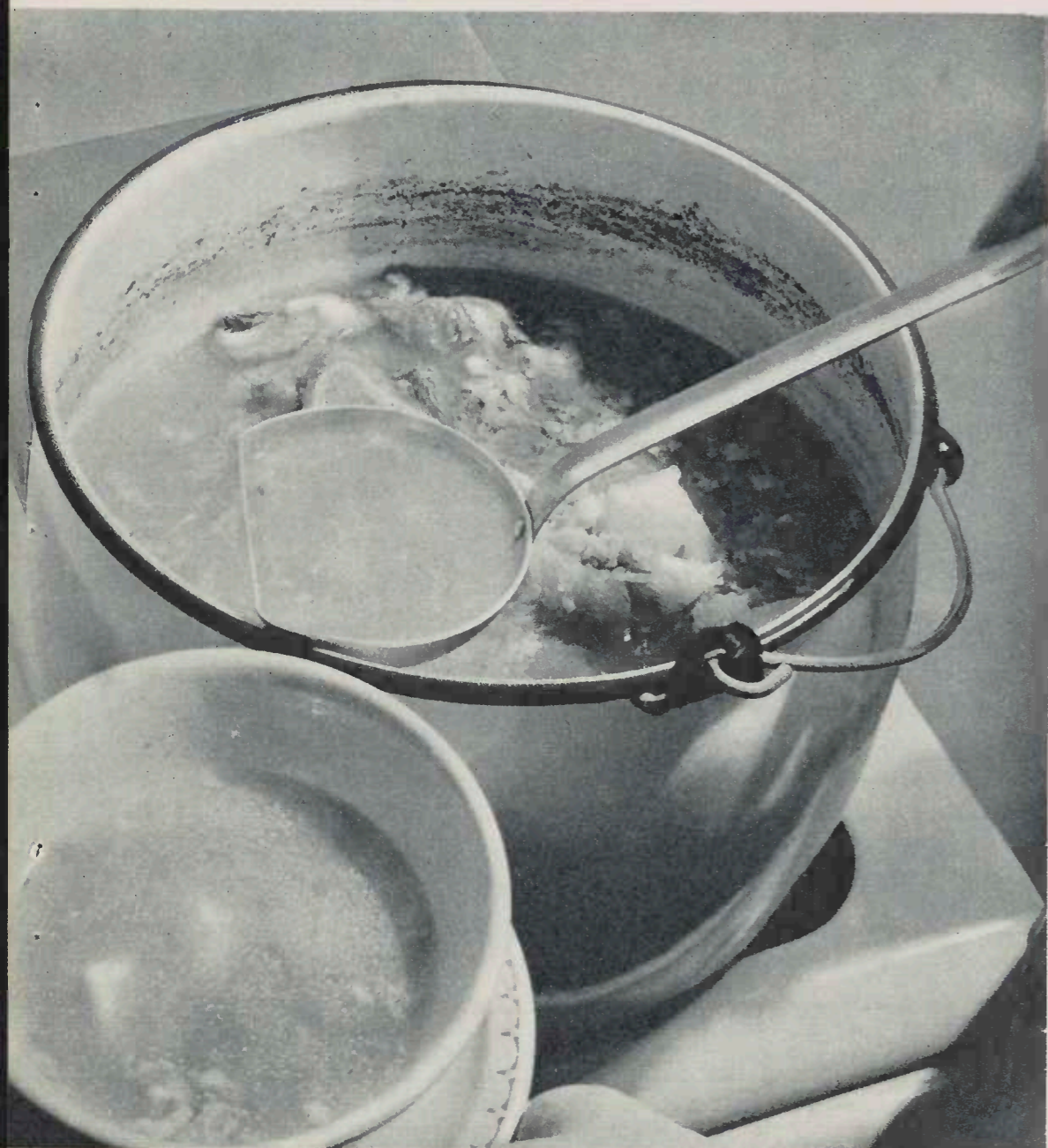
*To pot roast tough cuts*

- Brown first....
- Be sparing with the water.
- Cover.... Cook slowly.

- Cook only until tender.... Make gravy from drippings



- Use bony pieces for savory soup, stew, or scrapple.
- Crack bones.... cook slowly to draw out the "good".



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