

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.8
H13M
no. 6

LIBRARY
RECEIVED
★ APR - 1935 ★
U. S. Department of Agriculture

Braising a less-tender steak

SWISS STEAK

STUFFED FLANK STEAK



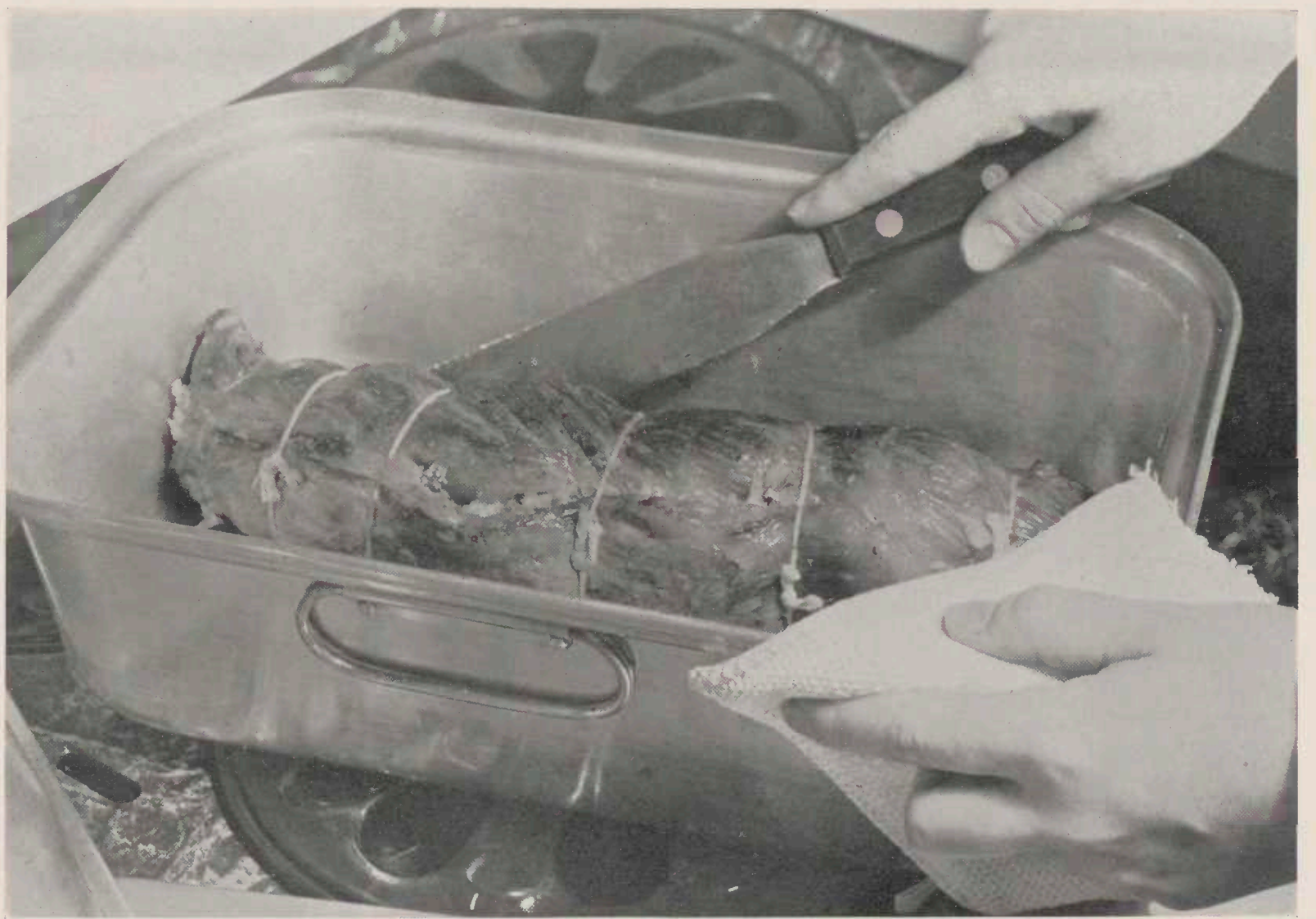
Pound in flour and seasoning



Spread with stuffing and roll from the side



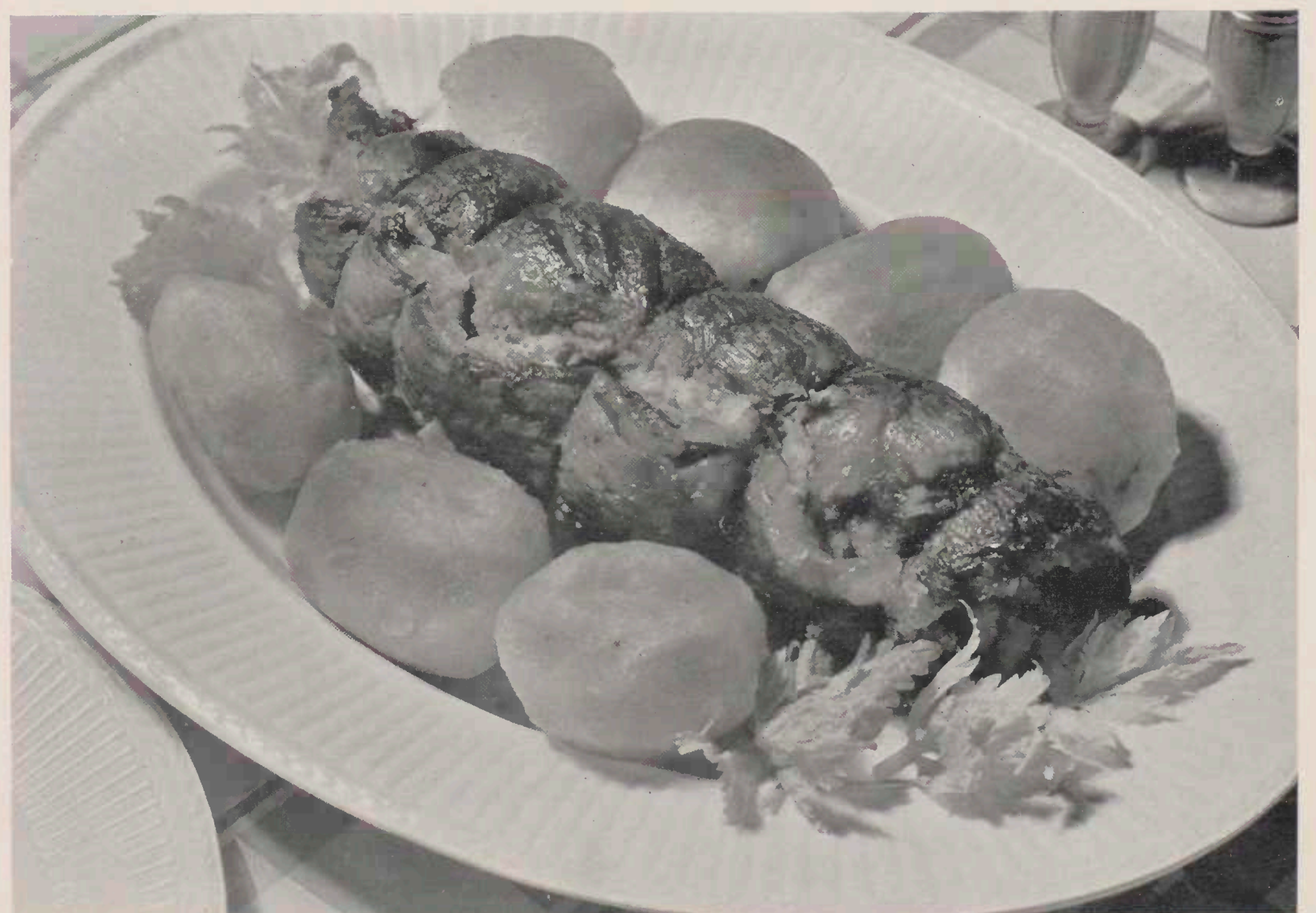
Brown in beef fat to give rich flavor



After browning, cover, and finish in a moderate oven (350° F.)



Add tomatoes or water, cover, and finish slowly



Stuffed flank steak with potatoes

You can turn many another low-cost cut into such braised dishes as casserole and brown stew