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COOKING BEEF ACCORDING TO THE CUT



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REPRODUCED

Cooking Beef According to the Cut

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WHEN the home maker goes to market to buy a piece of beef, she has to think of two things: She wants a cut that will fill the desired place in the menu and at the same time be consistent with the contents of her pocketbook. With the knowledge of the different cuts and how to cook them in order to bring out their best qualities, she can select and serve appetizing meats to suit any family budget.

Different cuts of beef from the same animal vary greatly in tenderness. The following list shows in general the tender and less tender cuts:

Tender Cuts

Steaks

SIRLOIN
PORTERHOUSE
TENDERLOIN
CLUB
RIB (SHORT CUT)

Roasts

RIB
LOIN

Less Tender Cuts

Steaks

CHUCK
SHOULDER
FLANK
ROUND
RUMP

Roasts

CHUCK RIBS
CROSS ARM
CLOD
ROUND
RUMP

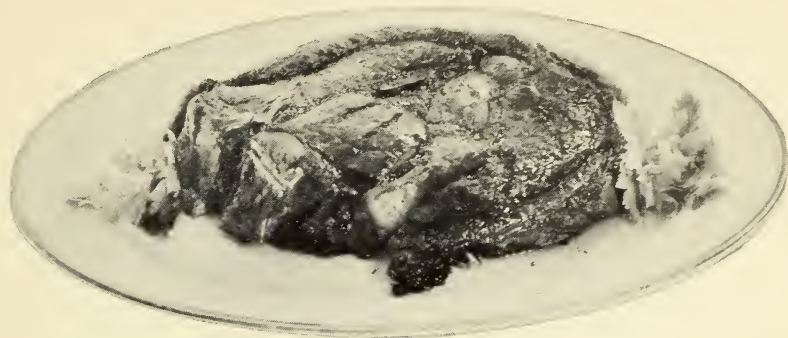
Stews

NECK
PLATE AND BRISKET
FLANK
SHANK
HEEL OF ROUND

For tender cuts the best method of cooking is to sear the meat at a high temperature for a short time until a brown coating is formed, then to reduce the temperature and finish the cooking at moderate heat. Do not cover the meat and do not add water. Meat cooked in this way loses little of the delicious flavor developed by browning, and the drippings can be poured over the meat or made into tasty gravy.

Tender cuts are cooked until rare, medium, or well done, according to personal preference. A meat thermometer kept in the center of the roast during cooking removes the guesswork and makes it possible to get the exact stage desired. (See title-page.) Beef is rare according to the meat thermometer between the temperatures of 130° and 150° F., medium between 150° and 170° F., and well done at about 180° F.

Cooking TENDER Cuts



BROILED PORTERHOUSE STEAK

Broiled Steak

SELECT one of the tender steaks from $1\frac{1}{2}$ to 2 inches thick. Trim the steak of excess fat and wipe it off with a damp cloth. A steak may be broiled by direct heat or it may be pan-broiled in a skillet. To broil by direct heat, grease the rounds of a rack, lay the steak on it, and place over live coals, or under an electric grill, or the flame of a gas oven.

If a gas oven is used, have the steak 2 or 3 inches below the flame. Best results are usually obtained by leaving the door open. Sear on one side and then turn, being careful not to pierce the brown crust. When both sides are seared, reduce the heat, and turn the steak occasionally until cooked to the desired stage.

To pan-broil a steak, sear it on both sides in a lightly greased, sizzling hot skillet, then reduce the temperature and cook to the desired stage, turning the meat to insure even cooking. Do not add water and do not cover. From time to time pour off accumulated fat so that the steak will not fry. A thick steak after searing may be successfully finished in a hot oven (450° F.). Slip a rack under the steak in the skillet, and the meat will cook evenly without being turned. This is a convenient arrangement, for full attention may then be given to other last-minute preparations for the meal.

Place the steak when done on a hot platter and season with salt, pepper, and melted butter. Garnish with parsley and serve at once.

No definite time can be given for cooking a steak because of varying thickness, degree of heat applied, and personal preference. A steak $1\frac{1}{2}$ to 2 inches thick will probably require 20 to 25 minutes to cook medium rare under the flame of a gas oven.



Mushroom Sauce

CANNED or fresh mushrooms may be used. Wash fresh mushrooms, separate caps from stems, trim the stems, and cut into pieces. Cook 1 pound mushrooms in 2 tablespoons butter in a covered pan five to ten minutes at moderate heat. Season and serve with the steak.

Cooking TENDER Cuts

Rib Roast of Beef

SELECT a two or three rib standing roast. Wipe it off with a damp cloth, rub with salt, pepper, and flour. Place the roast fat side up in an open pan without water. As the fat melts and cooks out it will baste the meat. Make a small incision through the fat covering and insert a meat thermometer so that the bulb reaches the center of the roast. (See title-page.) Place the meat in a hot oven (500° F.). Sear the meat for 20 to 30 minutes until lightly browned, then reduce the oven temperature to about 300° F. and continue the cooking until the thermometer in the meat reads about 140° F. for a rare roast, 160° F. for a medium roast, or 180° F. for a well-done roast. A rib roast will probably require 16 minutes to the pound to be rare, 22 minutes to the pound to be medium, and about 30 minutes to the pound to be well done. Higher oven temperature than 300° F. will shorten the time of cooking, but it will increase the shrinkage of the roast, and both meat and drippings may become too brown. Reducing the oven temperature to 250° F. will decrease the shrinkage markedly and will cook the meat uniformly, but longer time will be required.

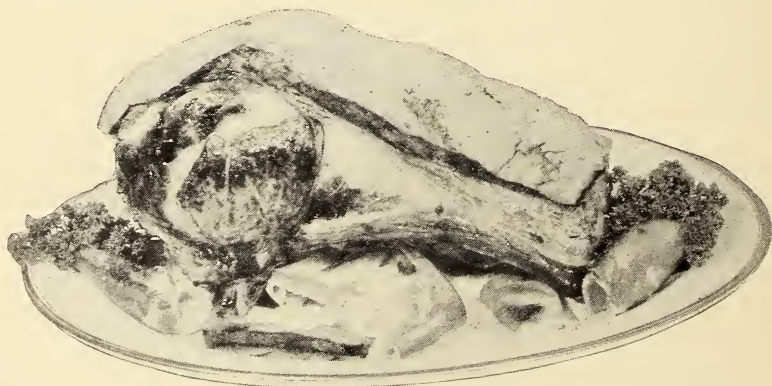
When a rib roast will not stand upright, lay it on a rack in an open pan without water, and insert the meat thermometer directly into the center of the lean meat, not through the fat covering as in the standing roast. Baste occasionally during cooking to prevent drying out.

Serve the roast on a hot platter, surrounded by browned potatoes or by squares of Yorkshire pudding.



Yorkshire Pudding

BEAT together thoroughly until smooth 1 cup milk, 2 eggs, $\frac{1}{2}$ cup flour, and $\frac{1}{2}$ teaspoon salt. Pour the batter into the hot roasting pan containing about $\frac{1}{4}$ cup of the beef drippings. Bake for 15 to 20 minutes in a moderately hot oven (400° F.). Cut in squares and serve at once with the roast.



RIB ROAST OF BEEF WITH YORKSHIRE PUDDING

Cooking LESS TENDER Cuts

THE less tender and less expensive cuts of beef can be made into attractive and delicious dishes when they are cooked properly. The general method of cooking less tender cuts differs from the method for tender cuts in the steps which must be taken to make tough meat tender. Heat, moisture, and slow cooking help to accomplish the desired result. First, sear the meat in a small quantity of fat until it is browned. After browning, reduce the cooking temperature, add a small quantity of water, and cover the meat tightly. Cook slowly until tender. The added water extracts some flavor from the meat during cooking and makes good gravy. Tomatoes may be used in place of water to add flavor. Meat from the less tender cuts is also excellent when ground and used in various ways.



Pot Roast of Beef

CUTS of beef suitable for pot roasting are chuck ribs, cross arm, clod, round, and rump. Select a piece from 4 to 6 pounds in weight. Wipe with a damp cloth. Rub the meat with salt, pepper, and flour. Brown the meat on all sides in a heavy kettle, using about 3 tablespoons of beef fat. Slip a low rack under the meat, add one-half cup of water, cover tightly, and simmer until tender. The time required for cooking can not be definitely stated, but it will probably be about three hours. Turn the roast occasionally. When the meat is done, remove from the kettle, skim off the excess fat from the liquid, and measure the remainder. For each cup of gravy desired, measure 2 tablespoons of fat and return to the kettle, add 1½ to 2 tablespoons of flour and stir until well blended and slightly browned. Then add 1 cup of the meat stock or of cold water and stir until smooth. Season the gravy with salt, pepper, and chopped parsley. Serve the pot roast on a hot platter with buttered carrots and stuffed onions.

If desired, any of the following vegetables may be cooked in the pot with the roast: Carrots, celery, onions, potatoes, tomatoes, and turnips. Add the vegetables during the last hour of cooking the meat if they are to be served whole or in quarters. If preferred, they may be cooked longer and mashed and served as puree in the gravy.



POT ROAST OF BEEF WITH VEGETABLES

Cooking LESS TENDER Cuts



STUFFED FLANK STEAK AND BROWNED POTATOES

Stuffed Flank Steak

Flank steak	1 onion, minced
1½ cups stale bread crumbs	½ cup chopped celery
1 teaspoon salt	2 tablespoons butter or beef
⅛ teaspoon pepper	drippings

WWIPE the meat with a damp cloth. For the stuffing, brown the celery and the onion lightly in the fat and combine with the other ingredients. Spread the stuffing over the steak. Beginning at one side of the steak, roll it up like a jelly roll, and tie securely in several places with clean string. (When carved in slices, the meat will be cut across the grain, if rolled from the side, not the end.) Sear in a small quantity of fat in a heavy skillet or a baking pan on top of the stove, and turn the meat frequently until browned on all sides. Slip a rack under the meat in the pan, cover closely, and cook in a moderate oven (350° F.) for 1½ hours, or until tender. When the meat is done, remove from the pan and prepare gravy as follows: Drain off the fat. For each cup of gravy desired, measure 2 tablespoons of fat and return to the pan, add 1½ to 2 tablespoons of flour and stir until well blended and slightly browned. Then add 1 cup of cold water or milk and stir until smooth. Season with salt and pepper. Serve the stuffed steak with browned potatoes.



Swiss Steak

3 pounds lean beef about 2½ inches thick	1½ teaspoons salt
3 tablespoons melted suet	⅛ teaspoon pepper
½ cup flour	2½ cups hot tomato juice and pulp or hot water

SSIFT the flour, salt, and pepper together and beat thoroughly into the steak with a meat pounder. The beating makes the meat more tender, and the flour absorbs the juice. Cut the steak into individual portions, if desired.

Cooking LESS TENDER Cuts

Sear the meat in the hot fat in a heavy skillet or kettle. Cover with the tomato juice and pulp or the water, adding more if necessary. Place a lid on the cooking utensil and simmer for two hours, or until the meat is so tender it can be cut with a fork. Turn the pieces occasionally during the cooking. If the gravy becomes too thick add more liquid from time to time. There should be plenty of rich gravy to serve over the meat. Onions may be browned and cooked with the meat if desired. Serve piping hot.

Brown stew is made in the same general way as Swiss steak or pot roast. For stew cut the meat into inch cubes and roll in flour. Brown well in hot fat, add water or tomatoes, cover, and simmer until tender. Onions, carrots, turnips, and potatoes may be added if desired.



Broiled Hamburg Steak on Onion Rings

2 cups ground lean raw beef	1 tablespoon chopped parsley
$\frac{1}{4}$ cup ground suet	3 tablespoons butter
1 cup soft fine bread crumbs	2 teaspoons onion juice
7 strips bacon	$\frac{1}{2}$ teaspoon salt
7 slices Spanish onion	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ -inch thick	1 tablespoon water

LAY the slices of onion in a buttered shallow baking dish. Pour over them 2 tablespoons of melted butter, sprinkle with salt and pepper, add the water, cover closely, and bake in a moderate oven (350° F.) for 30 minutes, or until tender. In the meantime, cook the chopped parsley in 1 tablespoon of butter and combine with the beef, suet, crumbs, and seasonings. Knead until thoroughly mixed. Mold into seven flat cakes and wrap each with a slice of bacon. (See illustration.) Place each cake on an onion slice in the baking dish, and broil under direct heat for five minutes on each side. Baste occasionally with the drippings. Serve at once from the baking dish.

If it is not convenient to broil the meat cakes by direct heat, pan-broil them in a hot skillet, and serve on the onion slices.



WRAP HAMBURG STEAK WITH BACON, THEN BROIL

Appetizing Dishes From Leftovers

Beef Croquettes

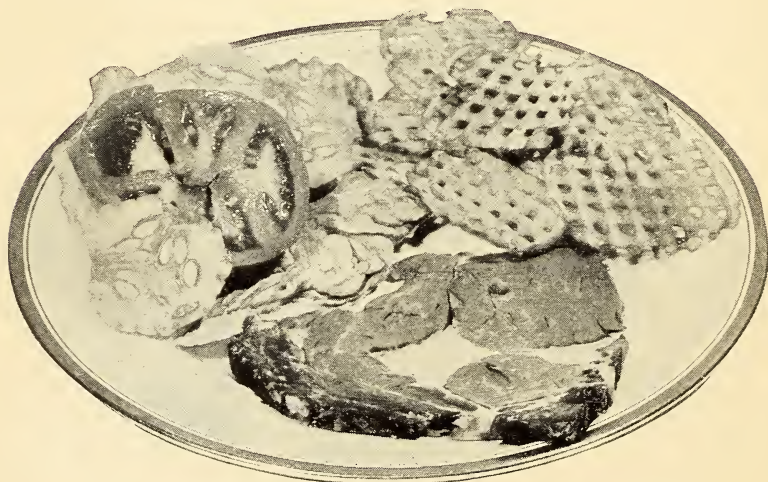
2 cups ground lean cooked beef
1 cup mashed potato
3 tablespoons gravy or stock
1 tablespoon onion juice
1 tablespoon chopped parsley
1 tablespoon butter

Tabasco sauce, as desired
Salt
Pepper
Dry grated sifted bread crumbs
1 egg beaten up with 1 tablespoon
water
Fat for deep frying

COOK the parsley in the butter, and mix with the meat, potato, gravy, and other seasonings thoroughly. Mold into croquette shapes. Dip into the egg mixture, roll in the bread crumbs, and let stand an hour or longer to dry the coating. Heat the fat in a deep vessel to 350° F. or until a cube of bread browns in 40 seconds. Place two or three croquettes at a time in a frying basket and lower slowly into the hot fat for two minutes or until they are a golden brown. Remove the croquettes and drain on a sheet of paper. Serve hot with parsley garnish and tomato sauce.

To make softer croquettes, omit the mashed potato, and either increase the quantity of gravy to three-fourths cup, or use three-fourths cup of white sauce. To prepare gravy or white sauce thick enough to act as a binder for a croquette mixture, blend 3 tablespoons flour with 1 tablespoon butter, add three-fourths cup meat stock or milk, and cook in a double boiler, stirring until smooth. Mix the gravy or sauce with the meat and seasonings.

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COLD ROAST BEEF WITH LATTICE POTATOES AND A PIQUANT SALAD

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