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Housekeepers' Chat

Thurs., Jan. 26/28

(NOT FOR PUBLICATION)

Subject: "Salad Dressings." Program approved by Bureau of Home Economics, U.S. Dept. of Agriculture.

Bulletins available: "Aunt Sammy's Radio Recipes," and Leaflet Number 17, "Cooking Beef According to the Cut."

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The big feature of today's "Chat" is a reliable recipe for Mayonnaise Dressing, but if you don't mind, I'll answer a number of questions, before I broadcast the recipe. They're sensible questions -- the kind I like to answer:

First question: "Dear Aunt Sammy: I was greatly interested in your recent talk on cooking beef. I doubt whether you realize how ignorant many city women <sup>are</sup> about selecting and cooking meat. I never did a bit of cooking, until I was married, and I found cooking the hardest part of my job. I am writing this morning to ask you to please broadcast again the correct way to cook the less tender, and less expensive, cuts of beef."

That's a good letter, and it deserves a good answer. First, let's make a list of the less tender cuts, which can be made into really appetizing dishes. If you know the names of these less expensive cuts, you can tell your butcher just what you want. Incidentally, it's a good idea to get acquainted with your butcher. If he knows his business thoroughly, he can give you many pointers on what cuts to buy, and how to cook them. We will divide the less tender cuts into three sections, Steaks, Roasts, and Stews. Under Steaks, we can list the chuck, shoulder, flank, round, and rump. Under Roasts, let's write chuck ribs, cross arm, clod, round, and rump. Under Stews, neck, shoulder, skirt, shank, brisket, plate, flank, and heel of round.

Now, as I have said before, these less tender, and less expensive cuts, can be made into tender, palatable meat dishes, if they are cooked properly, and served properly. I don't need to tell you that a little attention devoted to arrangement and seasoning, will make a specially tempting dish out of an otherwise very ordinary one. Open your notebooks, now, if you want to write the general method of cooking the cheaper cuts of meat. To make the meat tender, we use heat, moisture, and slow cooking. First, sear the meat -- that is, brown it, in fat. After it is browned, reduce the cooking temperature, add a small quantity of water, and cover the meat tightly. Cook slowly, till the meat is tender. The small quantity of water which is added in cooking takes some of the flavor from the meat, and makes good gravy. There, that question's answered. Will Question Number Two please step forward?

Question Number Two: "How can I tell when a roast of beef is cooked to the rare or the medium stage?"

Answer: The best way to take the guesswork out of meat cookery, and to be sure that you are getting your roast to just the stage you want it, is to



use a meat thermometer. Regulating the temperature of the oven helps a great deal, but the only sure way to tell about the roast itself, is to insert a meat thermometer right into the center of the roast. I can send you a circular that tells all about this, and gives the temperatures for roast beef cooked to the rare, medium, or well done stages.

Question Number Three. Don't be backward, Question Number Three. I've answered lots tougher questions than these. Which reminds me of something Fred said the last time we had steak for dinner. I hate to admit it, but this steak was the toughest piece I ever tried to carve, and we had company, too. You know how things happen, sometimes. Well, Fred turned to me, with a cruel twinkle in his eyes.

"Aunt Sammy," said Fred, "do you believe that the bravest are the tenderest?" "Surely," I said, "that's what I've always been told." "Well," said Fred, "if the bravest are the tenderest, the steer that provided this steak must have been a terrible coward."

To return to the question. Question Number Three is from a young housewife who wants a recipe for Stuffed Flank Steak, served with Browned Potatoes. In the Radio Cookbook, on page 27, you will find a recipe for Stuffed Flank Steak. It's a very good recipe, too. But since the cookbook was printed, the Recipe Lady has cooked a number of Flank Steaks, and she has improved the recipe. I told you once before that the Recipe Lady is never satisfied with anything she does. So she worked up a new recipe for Stuffed Flank Steak, and you can have it, free for the asking. It is in a brand new, illustrated, four-page leaflet, called "Cooking Beef, According to the Cut." You city housewives who know nothing about buying beef will find just the information you need, in this illustrated leaflet. It is free, and I'll be glad to send it to you. You can paste it in your Radio Cookbooks, and keep up to date with your meat recipes.

By the way, you will find the Recipe Lady's real name printed on this leaflet. I might as well tell you that her official title is Assistant in Food Preparation, Division of Foods and Nutrition, Bureau of Home Economics, United States Department of Agriculture. But I shall keep right on calling her the Recipe Lady, because I like that name better than these titles which are so long they make you trip all over yourself, saying them.

I seem to be in a gossipy mood today. This will never do. I know you are waiting for my reliable recipe for Mayonnaise Dressing. Seven ingredients, for Mayonnaise Dressing:

1 egg yolk	1/2 teaspoon salt
3/4 to 1 cup oil	1/4 teaspoon pepper,
2 tablespoons lemon juice	Paprika, and
or vinegar	1/2 teaspoon sugar

Mix the spices. Add about half of the acid, which may be either vinegar or lemon juice, or a combination of the two. Add the egg yolk, and beat slightly. Then begin adding oil, about a teaspoon or two at a time. Continue adding oil until a heavy mixture is formed. The remainder of the acid may be worked in, as



the mixture becomes very thick. Don't use more than one cup of oil, because that is all that can be satisfactorily combined with one egg yolk.

There are many ways to vary this standard Mayonnaise dressing. Many housewives make up a supply of mayonnaise, put it in the ice box, and add special seasoning to the amount used for one meal. For instance, if you want a Russian dressing, for a crisp green salad, you can make the Russian dressing by adding a little tomato chili sauce, or tomato catsup with lemon juice to your mayonnaise.

Perhaps you want a Thousand Island dressing. Thousand Island dressing is a mayonnaise dressing, to which chopped, highly flavored materials are added. There is no rule about what these finely chopped ingredients should be. Often as many as half a dozen different things are added in small quantities, very finely diced. Some suggestions are hard-cooked eggs, pickle, olives, celery, green peppers, pimentos, capers, and onion. Use a combination of any of these materials you have on hand.

If you are serving a fruit salad, and want to use your Mayonnaise dressing with it, add whipped cream to your Mayonnaise, and a little extra sugar and salt.

I had a request last week from a friend who wants the cabbage slaw dressing I broadcasted this fall. I shall give you this recipe now, and then sign off until tomorrow.

Eight ingredients, for Cabbage Slaw Dressing:

2 eggs	1 or 2 tablespoons butter
1/4 cup water	1/2 teaspoons salt
1/4 cup vinegar	1/4 teaspoon mustard, and
1 or 2 tablespoons sugar	1/16 teaspoon celery seed

Beat the eggs. Add all the ingredients except the butter, and cook in a double boiler, until thickened. Stir constantly. Just before removing from the fire, add the butter. Pour over the cabbage while hot. If served as cold slaw, chill after the dressing is added.

