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HOUSEKEEPERS' CHAT

Friday, December 2, 1932.

(FOR BROADCAST USE ONLY)

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Subject: "Baked Dinner for Sunday." Information from the Bureau of Home Economics, U.S.D.A.

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When the bill of fare calls for a roast of beef--for Sunday dinner, say--- what cut do you prefer? Well, you have a choice of cuts, depending partly on your pocketbook and partly on your menu. If your pocketbook will allow, you can choose one of the excellent tender cuts for roasting--either a rib roast or a loin roast. If you're saving your pennies, you'll probably want to choose a pot roast from one of the less tender cuts--perhaps a rump roast, or a cut from the round, the clod, the cross arm or the chuck ribs.

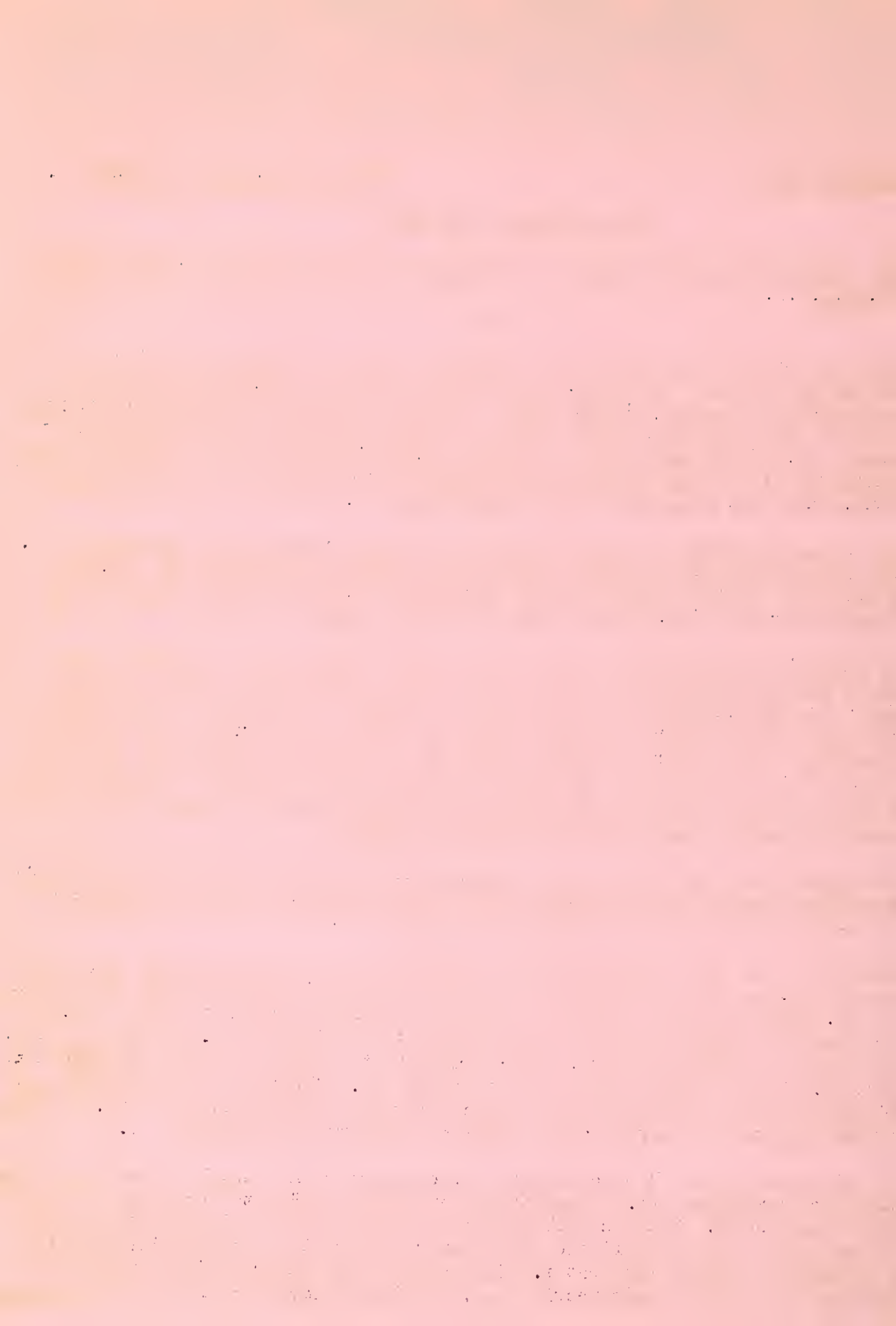
Did I hear somebody say she'd like me to go over those cuts? All right. When you go marketing for a roast, you have your choice of seven cuts. The two tender cuts for roasting proper are rib and loin. The less tender cuts for pot roasts are chuck ribs, cross arm, clod, round, and rump.

To market, to market and home with the roast. Now, how to cook it? That depends on whether you chose a tender cut or a less tender cut. If you chose a rib roast or a loin roast, the best method of cooking is to sear the meat which has been seasoned with salt and pepper first in a hot oven until a brown coating forms over it. Then reduce the temperature and continue the cooking at moderate heat. Don't cover the roast. And don't add water. Meat cooked in this way loses little of the delicious flavor developed by browning, and you can pour the drippings over the meat or make them into delicious gravy.

The specialists say that a meat thermometer kept in the center of the roast during cooking removes the guesswork so you can be sure your roast is cooked exactly as you like it--rare, medium or well-done.

What about the less tender cuts for roasting? Those you generally make into pot roasts, because you need moisture and slow cooking together to make tough meat tender. To cook any less tender cut of beef, the general method is this. 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. Now cook it slowly until it is tender. The water you add draws out some of the flavor of the meat during the cooking so makes excellent gravy. By the way, you can add tomatoes or tomato juice instead of water to add flavor.

If you have a rib or a loin roast, potatoes cooked and browned in the pan with the roast are excellent. Good cooks brown or "roast" potatoes in one of two ways. Take your choice. You can peel the potatoes and put them in raw with the roast. Or, you can give them a little more flavor by parboiling or partially boiling the peeled potatoes in salted water. Then put them in the roasting pan to brown in the fat when the roast is nearly done, say in the last half hour or so of roasting.



If you are making a pot roast you can cook several vegetables in the kettle along with the roast. Carrots, celery, onions, potatoes, turnips, and tomatoes are all possibilities. Add the vegetables during the last hour of cooking the meat if you plan to serve them whole or in quarters. A pot roast with several vegetables cooked in the kettle with the meat makes a whole first course in itself.

But that's enough conversation on roasts. We have a Sunday menu to plan. The Menu Specialist has planned a baked meal for Sunday so that you'll use your oven to capacity and won't waste fuel. Roast beef with browned potatoes; Scalloped tomatoes; Baked whole onions; Celery and cabbage salad with French dressing; and, for dessert, Apple tapioca, and Coffee.

"Just how do you bake onions?" someone inquired the other day. Here's just how, according to the Recipe Lady. Choose the mild Spanish or Bermuda onions. Cut each one in half, parboil it in boiling salted water until partly soft. Then place the onions in a casserole with salt, pepper, butter and a very little water. Start cooking in the casserole with the cover on. Then remove it when you want the onions to brown on top just before serving.

Now let's finish off our day's chat with a good and different recipe for apple tapioca. You'll need seven ingredients for this dish:

1/2 cup of quick-cooking tapioca	Juice of one lemon
2 cups of boiling water	3 pints of sliced tart apples
1/2 cup of sugar	
1/2 teaspoon of cinnamon	
1/2 teaspoon of salt	

I'll repeat that list of seven. (Repeat)

Add the boiling water to the tapioca and cook in a double boiler for 15 minutes--or until the tapioca is clear. Add the sugar, cinnamon, salt and lemon juice. Now arrange the apples in a greased shallow baking dish and pour the tapioca mixture over them. Bake in a moderate oven until the apples are tender and the top is lightly browned. Serve hot or cold with plain or whipped cream.

Monday: "Saving in Household Expenses."

