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HOMEMAKERS' CHAT

Saturday, October 29, 1938

(FOR BROADCAST USE ONLY)

Subject: "NEWS NOTES ON MEAT." Information from the Office of Experiment Stations, United States Department of Agriculture.

--ooOoo--

Very often listeners say that meat is one of the biggest problems in planning meals for the family. So now you can't complain when I tell you that all the news notes today are about meat. They come from the laboratories or kitchens of different State experiment stations. And they ought to help you with your family menu problems.

Here's a tip on meat bargains from the Wisconsin Station. Workers there say that housewives who buy only steaks and chops and Sunday roasts are passing up the best meat bargains--the meats that are more nourishing and cost less. The Wisconsin workers have found the animal organs like kidney, liver, brain and heart unusually rich in vitamin B as well as in iron and copper. Yet many people never think of eating these meats. The meat packers have such a surplus that they have to use^{up} in animal foods.

There's a thought for this week, listeners, and not such a happy thought either. Something like throwing pearls before swine. We Americans are letting go to the dogs nourishment that we need and aren't smart enough to use.

Further news about meat organs comes from Alice Child of the Minnesota Station. She says most meat organs are inexpensive but that pork organs are usually cheapest of all. And pork liver contains 3 times as much iron as beef liver, while beef liver contains considerably more than calf or veal liver. For iron kidney ranks next to liver, and is a good source of vitamins A, B, and G beside.

Listeners tell me that one reason they don't serve meat organs to their families is that they don't know how to cook them. It is true that for best flavor and texture, you need to know a few cooking tricks.

Take meat kidneys, for example. Some housewives say they don't even know how to buy them at the market, let alone cooking them. Alice Childs says you have your choice of veal, lamb, pork, or beef kidney, usually for the price of a few cents. Veal kidney often costs most. Beef kidney is largest so is generally preferred.

As for cooking, Miss Childs says first to wash the kidneys and remove the outer membrane. Then, split them through the center and cut out the fat and the heavy veins. Kidneys are better if they stand in French dressing an hour or longer before cooking. Use a sour dressing--twice as much vinegar as oil. Then you have your choice of cooking them in water or broiling under

a direct flame. For stew or kidney pie, cook the kidneys in water--but cook them gently, simmer rather than boil so they won't fall to pieces. Kidneys from veal, lamb or pork are good just broiled under the open flame a few minutes. They're extra good if you roll each one in bacon, fasten the bacon on with a toothpick, and, like pigs in blankets, broil them just a few minutes under direct heat. Miss Childs also suggests dipping kidneys in egg and crumbs and frying either in a little fat in the frying pan or in deep fat. Then there's kidney stew for Sunday morning breakfast or Sunday night supper, and there's beefsteak and kidney pie.

But--stop me, somebody. I can't spend all day talking about meat kidneys when there's other important meat news to report.

From the North Dakota Station comes Dutch-oven news. I think I've told you before that Esther Latzke, who made the meat cookery studies at that Station, is a Dutch-oven enthusiast. She likes the Dutch oven because it's so economical. Here's what she reports about it: many times the housewife has a small piece of meat to roast and does not want to heat her big oven to prepare it. In such a case, Dutch-oven type of cooking may be used to advantage. The Dutch oven is a heavy iron or aluminum kettle with a tight-fitting cover for top-stove cooking. It is designed primarily for stewing or braising meats and vegetables, but can also be adapted for roasting.

Miss Latzke recommends the Dutch oven especially for such small cuts as ribs or loin ends of prok; for veal shoulder roasts; for beef sirloin tips; or for any small rolled roasts. These little cuts fit into a Dutch oven.

The only problem is getting the same delicious taste and fragrance in a kettle that you get from open roasting in the oven. You know what I mean--that wonderful "brown" flavor and smell of roasted meat. You can't get it cooking with moisture. The steam of a Dutch oven or other covered kettle prevents it. But Miss Latzke suggests that if you watch the little roast carefully as it cooks on top of the stove, you can leave it uncovered, at least for half the cooking. Of course, you have to turn it once or twice as it cooks. .

Now, where are those listeners who complain so often that they can't make good gravy? Here are some helpful words from Miss Latzke on the subject of brov gravy and milk gravy. She says that gravies made with water--brown gravies--are especially good with beef and lamb roasts while those made with milk seem to taste best with pork and veal.

Here's the way Miss Latzke makes brown gravy. She removes the roast from the pan and puts the pan over moderate heat. Then she stirs the drippings and fat in the pan until they are smooth. If there's a good deal of fat, she pours some of it off. Then she adds the flour and stirs it until it turns a deep brown. Then she adds boiling water--hot water, please notice--and she adds it very slowly, stirring the gravy as she pours. She allows one cup of water for every 2 tablespoons of flour. And she stirs constantly to keep lumps from forming.

For milk gravy she uses exactly the same method, only she adds milk in place of water and doesn't allow the fat and flour to brown first.

