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BEEF
In the Family Menu

Agricultural Extension Service
University of Arizona, Tucson

Circular 259
All cuts of beef are nutritious. Select the ones that best meet your family’s needs. Above are, left top, ground beef; right top, standing rib roast; left bottom, chuck roast; right bottom, T-bone steak.

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* This is a publication of the Agricultural Extension Service, University of Arizona. See your local County Agricultural Agent or County Home Agent for other farm and home information.

Color photo on cover page and photos on pages 12, 15, and 16 are courtesy of the American Meat Institute. Beef grade information is from USDA.

University of Arizona
College of Agriculture,
Agricultural Extension Service
Chas. U. Pickrell, Director
Cooperative extension work in agriculture and home economics, the University of Arizona College of Agriculture and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. 1914-1958—Circular 239
Beef is big business in the economy of Arizona. And serving nutritious beef dishes to the Arizona family is "big business" for the homemaker. Each person in the U.S.A. eats approximately 80 pounds of beef per year.

The wise homemaker will acquaint herself with all types of beef according to the grades, selection of the various cuts, and the many methods of proper beef cookery. This circular is written to provide such information.

**Beef Is a Body Builder**

Beef is a rich source of many essential nutrients needed by persons of all ages. It is especially important for its high quality of usable protein. Beef is a good source of minerals, particularly phosphorus and iron and of the B vitamins.

The beef variety meats are very high in many nutrients. Beef liver is almost an essential to the diet because of its excellent source of iron and copper along with some of the A & B vitamins.

A healthy person can use and assimilate nearly all the beef nutrients. Beef is a "stick to the ribs" dish that satisfies the appetite and helps to keep the body in a healthy condition.

Serve beef often to the family, because of its nutritive value and appetizing qualities. It is wise to follow the general practice of planning the entire meal around the meat dish.

It's always a challenge to the homemaker to learn new and more nutritious ways of preparing beef. There are from sixteen to twenty different types of standard cuts of meat from the beef carcass. Each of these cuts should be identified by the homemaker when purchased — and then prepared by using the best method for that particular cut.

Beef dishes can fit into any family budget. It is the wise home-
maker that serves attractive, nutritious beef dishes on a planned food budget. By properly cooking and serving any cut of beef, you can be assured that you are serving good nutritious meat for your family’s meals. The aroma and appearance of such good nourishing dishes stimulate the appetite and help make the meal more enjoyable.

Know How to Buy Beef

U. S. Government Grades

The U. S. Government grade stamped on beef gives an indication of probable tenderness and cooking quality. The Federal grades are uniformly applied in all parts of the country; therefore, meats of a given grade are generally comparable in quality.

There is little material difference in the nutritional value of different grades of beef. You get just as much protein and just as many vitamins and minerals out of commercial as choice grade. Lean meat is lean meat. It is up to the homemaker to decide on the best buy for her family and their actual needs.

Aging of Meat

A considerable amount of high-quality beef is “aged” to develop more tenderness and full flavor. The meat is held at a relatively low humidity in a temperature con-

U. S. Grades of Beef in Retail Markets

<table>
<thead>
<tr>
<th>U. S. Grades</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>USDA Prime</td>
<td>Comes from young, well-fed, beef-type cattle. Lean is bright and liberally marbled with fat. These characteristics are associated with juiciness, tenderness, and fine flavor.</td>
</tr>
<tr>
<td>USDA Choice</td>
<td>Cuts contain less fat than Prime. High in eating quality. More of this grade beef is offered on the market than any other grade.</td>
</tr>
<tr>
<td>USDA Good</td>
<td>Has higher ratio of lean to fat than does Prime and Choice. Not as juicy as the higher grades but relatively tender.</td>
</tr>
<tr>
<td>USDA Standard</td>
<td>Younger animal with very little fat or marbling on the carcass. Moderately tender.</td>
</tr>
<tr>
<td>USDA Commercial</td>
<td>Older animals lack the tenderness of the higher grades. Fat cows usually fall in this grade.</td>
</tr>
<tr>
<td>USDA Utility</td>
<td>Usually from older animals. Cuts lack tenderness and juiciness.</td>
</tr>
</tbody>
</table>
trolled room of 36° for a two-week period. However, three weeks make even a more desirable curing time.

Only meat with a fairly thick fat covering is chosen for aging. The fat protects against discoloration and excessive drying.

Self-Service Meats

In self-service markets, you may be aided in your selection by the information appearing on the label. Usually this information consists of:

1. Name of cut.
2. Packer, retailer or government grade.

Other “Hints” on Buying

Consider these other factors when you select meat for your family meals.

1. Choose a dealer who handles high quality meat.
2. Learn to use the “less tender” cuts for meat dishes with new eye and taste appeal.
3. Take advantage of reliable beef sales by buying in quantity and properly storing.

How To Store Fresh Meat

Before Cooking

Storing In the Refrigerator

After purchase place meat at once in the meat compartment or in a very cold area of the refrigerator.

Fresh meat wrapped in market paper should be rewrapped loosely in waxed paper or aluminum foil to allow circulation of air. Pre-packaged meat should have the wrapping loosened before the meat is refrigerated.

The best temperature for storing fresh meat is 38° to 40° F.

Steaks, chops and small roasts can be held under good refrigeration for 2 or 3 days, larger roasts for slightly longer.

Ground or cubed meat and variety meats should be used within 24 hours for best eating quality.

3. Weight.
4. Price per pound and total price.

Some pre-packaged meats have the method for cooking and directions for serving.

Storing In the Freezer

Meat for freezer storage should be fresh and in top condition. Package it in suitable packaging materials to protect it against drying and freezer burn. Label each package with a statement of contents and packaging date. Steaks, chops or ground beef patties should be separated with suitable packaging material to insure easy separation of the meat before cooking.

Freeze meat immediately after wrapping and allow space for air to circulate between packages which are being frozen. Avoid placing large quantities of unfrozen meat in a freezer at one time, as this usually overloads the freezer unit and may result in a slow-frozen product of inferior quality. It is desirable to freeze...
FREZER STORAGE TIME

<table>
<thead>
<tr>
<th>Product</th>
<th>Recommended Maximum Storage Time at 0° F. or lower</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Fresh Pork and Veal</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Lamb</td>
<td>6-7 months</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Variety Meats (Liver, Heart, Tongue, etc.)</td>
<td>3-4 months</td>
</tr>
</tbody>
</table>

Meat at sub-zero temperatures, —10° F. or lower.

In all cases, frozen meat should be stored at 0° F. or lower, with as little fluctuation in storage temperature as possible. The ice cube compartment of a home refrigerator usually does not maintain temperature as low as a freezer storage compartment or a home freezer and, therefore, should be used for only limited storage of frozen meats.

The following storage times should not be exceeded if the meat products are to be of high quality when consumed.

After Cooking

Storing In the Refrigerator
Cooked meat should be allowed to stand at room temperature for about an hour to cool slightly. Then it should be covered or wrapped tightly to prevent drying and placed in the meat compartment or very cold part of the refrigerator. Meat will keep better if it is left in larger pieces and not cut until ready to use.

Under efficient refrigeration, cooked roasts and larger cuts of meat, if unsliced, will hold for 4 to 5 days.

Storing In the Freezer
Cooked meat, if it is to be held for longer than 4 to 5 days, should be stored in the freezer or freezing compartment of the refrigerator. It should be tightly wrapped in moisture-vapor-proof paper, sealed carefully, and labeled as to contents and packaging date. Frozen cooked meat will be at its best if used within 2 or 3 months after freezing. Once thawed, it should be used immediately and not re-frozen.

Cooking Beef

The use of an appropriate method of cooking is essential to bring out the desirable qualities of the specific cut and grade selected.

Flank, plate, brisket, foreshank, and the heel of the round should be prepared in the same manner for all grades of beef. These less tender cuts are used for stewing, braising, pot roasting, or boiling, or are ground for use in meat loaves and similar dishes.
Not All the Steer is Steak!

Percentage Of Carcass

- Rump — 5%
- Rib — 8%
- Chuck — 19%

32%
ROASTS

- Round — 10%
- Sirloin — 8%
- Porterhouse, T-Bone — 6%

24%
STEAKS

24%
OTHER EDIBLES

20%
WASTE

Tenderizers

Certain tenderizers and liquids may be used to tenderize meat. The action of the acid liquid on the meat helps break down the fiber, therefore making the cut more tender. You actually use many tenderizers from your own kitchen food supply, such as:

1. Milk
2. Lemon juice
3. Vinegar
4. Wine or wine vinegar
5. Apple juice
6. Tomatoes

Commercial tenderizers are popular in restaurants and are used by many homemakers in home cooking. They are preparations of papaya fruit.

Cook Beef
At Low Temperatures

1. The meat is more attractive, palatable, and nutritious.
2. There is less shrinkage, hence more meat to serve.
3. The meat has more juice and is better flavored.
4. The meat is more tender and more uniformly cooked.
5. Less fuel is required.
6. There is less spattering, less watching, less work in cleaning pans, racks and ovens.
APPROXIMATE BROILING TIMES

<table>
<thead>
<tr>
<th>Beef Steaks</th>
<th>Minutes on Each Side</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare — 1 inch thick</td>
<td>4 - 5</td>
</tr>
<tr>
<td>Medium — 1 inch thick</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Well done — 1 inch thick</td>
<td>8 - 10</td>
</tr>
<tr>
<td>Rare — 1 1/2 inch thick</td>
<td>7 - 8</td>
</tr>
<tr>
<td>Medium — 1 1/2 inch thick</td>
<td>9 - 12</td>
</tr>
<tr>
<td>Well done — 1 1/2 inch thick</td>
<td>13 - 16</td>
</tr>
</tbody>
</table>

Methods of Cooking
The two basic methods of cooking meat are:
1. Dry heat for tender cuts
   Broiling
   Pan Broiling
   Roasting
   Pan frying
2. Moist heat for less tender cuts
   Braising
   Stewing
   Simmering in water

When You Broil Beef
Broiling is cooking by direct heat.
1. Set oven regulator to broil.
2. Broiler oven may or may not be preheated. Follow manufacturer's directions.
3. Place meat 2 or 3 inches from heat, depending upon thickness of meat and degree of doneness desired.
4. Broil on one side until brown.
5. Season the top with salt and pepper.
6. Turn and broil on other side until brown.
7. Season and serve at once.

When You Pan-Broil Beef
Pan-broiling is cooking in an open pan by dry heat.
1. Place in a heavy preheated lightly greased frying pan or griddle.
2. Brown meat on both sides.
3. Reduce temperature and cook slowly until done.
4. Pour off fat as it accumulates.
5. Season and serve at once.

When You Roast Beef
Roasting is cooking meat uncovered in an oven.
1. Place meat fat side up on rack in open roasting pan. Searing does not prevent loss of juices and requires more fuel.

ROASTING TIME TABLE

<table>
<thead>
<tr>
<th>Degree of Doneness</th>
<th>Meat Thermometer Reading</th>
<th>Approximate Minutes Per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare</td>
<td>140° F.</td>
<td>18 - 20</td>
</tr>
<tr>
<td>Medium</td>
<td>160° F.</td>
<td>22 - 25</td>
</tr>
<tr>
<td>Well Done</td>
<td>170° F.</td>
<td>27 - 30</td>
</tr>
</tbody>
</table>
2. Insert a meat thermometer to the center of the thickest part of the muscle, avoiding fat or bone; it is the most accurate guide to the degree of doneness. (If you do not have a meat thermometer, fairly accurate results can be attained by following the roasting time table as shown at the bottom of page 8.)
When You Pan Fry Beef

Pan-frying is cooking the tender cuts in a small amount of fat which has been added or allowed to accumulate. Cuts made tender by pounding, scoring, cubing, or grinding may also be pan-fried. Meat immersed in fat is deep-fat frying.

When You Braise Beef

1. Dredge meat with flour.
2. Brown meat on all sides in hot fat in heavy skillet.
3. Season with salt and pepper.
4. Add small amount of liquid if necessary. (This may be water, meat or vegetable stock, tomato juice, etc.)
5. Cover tightly and cook at low temperature, either on top of stove or in oven. A four to five pound pot roast requires about three hours cooking time.

When You Cook Beef in Liquid, Stewing and Simmering

1. For stews, cut meat in one or two inch cubes. If desired, leave meat in larger pieces.
2. Brown meat on all sides as desired. Season.
3. Cover with liquid, cover the kettle and simmer until done. Do not boil. (To simmer means to keep below boiling point, 160° to 180° F.)
4. If vegetables are used, add only long enough before serving to cook until just tender.

When You Cook Frozen Beef

Frozen beef should be cooked in the same way as beef which has not been frozen. Beef may be cooked satisfactorily either frozen or thawed. However, large roasts may be more uniformly done if thawed, or at least two-thirds thawed before cooking.

If cooking without thawing, extra cooking time must be allowed and the temperature must be low to permit gradual defrosting during cooking. Allow an additional 12 to 25 minutes per pound for solidly frozen large roasts.

Menu for a Guest Dinner

Club Steaks — Mushroom Topping
(Or Onion Rings)
Corn on Cob
Baby Green Lima Beans
Tossed Green Salad
Ice Cream Parfait
Coffee — Milk

Broiled Club Steaks

Buy one club steak or T-bone for each guest; have it cut about one inch thick. Preheat broiler unit (unless range directions specify otherwise), but do not preheat broiler pan. Place steaks on pan and broil as follows (approximately): Rare — 5 minutes per side; Medium — 6 minutes per side; Well done — 7 to 8 minutes per side.

Do not season steaks before broiling. When one side has browned sufficiently, season with salt and pepper or seasoning salt; turn and brown other side. Always turn with tongs (or by sticking the fork in the fat) in order not to pierce the meat.
Club steaks are excellent for broiling indoors or out!

Special Broiling Tips

1. Test for doneness. Sometimes it's hard to tell if a steak is sufficiently broiled. A good test for doneness is to cut a slit in the steak near the bone and to note the color. (Do not use a roasting meat thermometer for broiling steaks.)

2. Frozen steaks. Broil frozen steaks in the frozen state or only partially thawed. Broil farther from the heat than unfrozen steaks.

Many guests consider that there is no finer accompaniment for broiled steaks than French fried onion rings. They're easy to prepare, too.

Glorified Steaks

It's not really necessary to "dress up" a steak, but once in a while it's fun to give it a new seasoning twist. For instance, have you ever marinated a steak in French dressing for a few hours or overnight, before broiling?

An even more elaborate seasoning trick is to spread a broiled steak with a blue cheese mixture. Gourmets swear by this one! Mash some blue cheese with a little cream and add a few drops of Worcestershire sauce. When the meat is almost done, spread it with the mixture and finish broiling.

Here are some additional steak "treatments."

1. Lemon butter. Combine some melted butter (slightly browned) with lemon juice and finely chopped parsley or chives. Spread over hot broiled steak.

2. Mushroom topping. Brown fresh mushrooms or canned drained mushrooms in butter or margarine; salt lightly and spread over hot broiled steak.
STANDING RIB ROAST

How to Roast
A Standing Rib Roast

1. Place meat fat side up in shallow roasting pan. Use rack under boneless cuts. Season with salt and pepper, if desired. Insert meat thermometer into the thickest part of the muscle, being careful bulb does not touch bone or rest in fat.

2. Do not add water. Do not cover. Place roast in 325° F. oven and roast to desired degree of doneness as registered on thermometer. Fat melts and bastes roast as it cooks.

3. Take roast from oven and allow to stand for about 15-20 minutes for easier carving. "Feather bones" may be removed from roast in kitchen. Carve meat across the grain toward the ribs, freeing slices with tip of knife along the bone.

Follow the suggestion below for two meals from a rib roast.

How to Get You Money's Worth From a Rib Roast

It is often difficult for a homemaker to justify the expense of a rib roast for the family dinner. However, with extra planning, two fine fresh meat meals can be made from the roast.

Follow directions below and check drawings 1 to 4 above.

1. Have your butcher cut the lean narrow portion of rib section apart from the roast.

2. Divided into four or six parts, these make excellent braised or barbecued ribs.

3. Then bake as instructed, using meat thermometer.

4. To carve, remove the "feather bones" from the blunt end of the roast. Then slice in one-half inch slices down through the muscle to the ribs. Then trim from rib for a big full slice of standing rib roast.
Stuffed Flank Steak is an "economy" main dish for company dinner.

**********

**Oven Meal Menu**

Stuffed Flank Steak  
Glazed Carrots  
Asparagus Casserole  
Waldorf Salad  
Butter — Rolls  
Apple Crumble  
Milk — Coffee

Stuffed Flank Steak

1. flank steak  
2. salt and pepper  
2. tablespoons butter or margarine  
½. cup finely chopped onion  
2. cups soft bread crumbs  
¼. teaspoon caraway seed  
½. teaspoon celery salt  
1. cup tomato juice

Have butcher score flank steak. Sprinkle with salt and pepper. Melt fat and in it lightly cook onion. Mix with bread crumbs, caraway seed, celery salt and salt and pepper to taste.

Spread stuffing on unscored side of steak and roll parallel to its length. Tie in three or four places with string or fasten with short metal skewers and lace with string. Brown steak in a little hot fat in a skillet or other heavy utensil. Add tomato juice, cover and cook over low heat or in a moderate oven (325° F.) 2 hours, or until tender.

**Pot Roast**

Pot roast will be a favorite with the whole family if you follow a
few basic rules. For a rich brown color, be sure the pot roast is thoroughly browned in hot fat. Add liquid in small amounts so that the meat will retain its brown color and will braise rather than stew. Add additional water or other liquid as needed, to keep the bottom of the utensil covered.

Here's a recipe for a good tasting pot roast cooked with onions and herbs:

**Pot Roast with Onions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 pound beef pot roast</td>
<td></td>
</tr>
<tr>
<td>salt, pepper, flour, shortening</td>
<td></td>
</tr>
<tr>
<td>4 medium onions, chopped</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon thyme or marjoram</td>
<td></td>
</tr>
<tr>
<td>water, tomato juice or bouillon</td>
<td></td>
</tr>
</tbody>
</table>

Sprinkle meat with salt and pepper; rub well with flour. Brown slowly on all sides in a little hot shortening in a Dutch oven or other large, heavy pan. Sprinkle with thyme or marjoram and top with chopped onions.

Add 1/2 cup water, tomato juice or bouillon. As the liquid cooks away, add a little more. Cover tightly and simmer over low heat for 3 to 4 hours or until meat is tender. Remove meat and make gravy from liquid in pan.

As a change from cooking potatoes around the pot roast, why not serve the roast with browned potato slices? Slice cooked potatoes fairly thick and brown well in hot fat. Sprinkle with salt and pepper and serve around roast.
Three Fresh Meals From One Roast

One of the most economical cuts of beef is the round-bone pot roast. It can be even more economical when cut for family use before cooking.

Follow these instructions for three good meat meals. Check drawings above by numbers.

1. Buy a thick cut, allowing approximately one pound of meat per person. This shoulder roast is often on special at markets and can furnish the family three fine meals with a minimum of leftovers. First, cut as shown.

2. To be tender, meat should be cut across the grain. In this cut, there are four sections, with grains running in entirely different directions, making it hard to use as part of the roast. Use this round end, cubed, for making beef stew.

3. The center section is the ideal cut for a flavor-packed and easy-to-slice pot roast. After cooking remove bones and slice straight down so that the diner can cut slices across the grain.

4. After removing small bone, chill this cut thoroughly to facilitate slicing. Slice into Swiss steaks as shown by dotted line, using toothpicks to mark the cutting line. The action of the sauce used with Swiss steaks helps tenderize this cut, which would be tough used any other way.

By carving the round-bone pot roast this way, it will make three fresh-meat meals instead of one roast beef dinner with the resulting leftovers.
**BARBECUED BRISKET ROAST**

![Image 1](image1.png)

1. **Patio Dinner**
   - Brisket Roast
   - Baked Beans
   - Buttered Broccoli
   - Relish Plate
   - Rolls
   - Butter
   - Fruit Cup
   - Sugar Cookies
   - Coffee
   - Milk

2. **Barbecued Brisket Roast**
   - A brisket roast can be a new treat for the family meal.

   Follow the directions below and check the drawings above by number.

   1. It will take approximately a half pound of brisket roast for each person to be served. The night before, wipe the roast with a damp towel and brush with liquid smoke. Then sprinkle, to suit taste, with celery salt, onion, and garlic salt. Cover well and let roast stand in refrigerator over night. Next morning sprinkle both sides with Worcestershire sauce and place in pan, tightly covered with aluminum foil.

   2. Set oven at 275° F. and cook 35 minutes for each pound.

   3. Uncover pan and pour your favorite barbecue sauce over the roast and cook, covered, for one more hour at same temperature. When done, allow meat to stand in its own liquid.

   4. When slicing, make \( \frac{1}{2} \) inch slices through the roast and serve on warmed plates.
**Barbecued Plate Ribs**

Yield: 4 to 6 servings

3 lbs. plate ribs (cut in 3" lengths)  
small piece of beef suet  
2 onions, chopped  
1 clove garlic, minced  
8 stalks celery — 2" lengths  
1 small can tomato paste  
½ cup vinegar  
¼ teaspoon oregano  
¼ teaspoon rosemary  
salt and pepper  
6 carrots, cut  
6 potatoes, cut

Wipe plate ribs with clean damp cloth. Then render about 2 tablespoonfuls of suet in skillet or Dutch oven over low heat. The use of fat of the animal improves the flavor of the beef.

Brown the ribs slowly on all sides over low heat. Browning develops flavor and color. Slow browning stays on the meat better than quick browning at high temperature. To intensify browning, the meat may be dredged with flour. Remove the ribs from the Dutch oven when browned.

Sauté or brown the chopped onions, minced garlic, and celery until yellow brown (about 10 minutes). Drain excess fat from kettle. Add tomato paste, vinegar, and seasonings. Mix and bring to a boil. The acid of the tomatoes and vinegar aids in tenderizing the meat.

Add the ribs, coating each piece with sauce. Cover tightly and cook over low heat until the meat is tender (about 2½ to 3 hours). Add carrots and potatoes the last 40 minutes of cooking.

The ribs may be cooked over low heat on top of the range at a simmer (not boil) for approximately 3 hours, or in a 300° F. oven; or in the pressure saucepan at 10 pounds pressure for 25 minutes. Add vegetables the last 5 minutes of cooking.

**Suggested Family Menu**

**Salisbury Steak**

Brussel Sprouts  Broiled Potatoes  
Cole Slaw  
Hot Muffins — Butter  
Baked Apples  
Milk

**Salisbury Steak**

1 pound chopped beef  
1 teaspoon salt  
¼ teaspoon pepper  
2 tablespoons oleomargarine or butter  
½ cup fresh bread crumbs or whole wheat germ  
½ cup milk or whole canned milk or two eggs  
¼ teaspoon garlic powder  
pinch of oregano

Preheat oven to 350° F. Mix beef with seasoning, milk (or eggs) and bread crumbs. Form into individual steaks about ⅜" thick and 3" to 4" across. Butter both sides of patties. Place on broiler rack and broil 6 to 8 minutes on each side. Heat should be about 3" from meat. Turn once. (For pan broiling, turn often. Pour off liquid as it collects.) Salt and pepper just before serving steak.
Broiled Beef Liver Menu

Broiled Beef Liver (3/4" thick)
Buttered Rice (oven cooked)
Canned String Beans and Bacon
Sliced Tomatoes or Tomato Aspic on Shredded Lettuce Bed
Oven Toasted Buttered Bread
Lemon Ice Cream
Milk Coffee

Broiled Beef Liver
Preheat broiler oven to 350° F. Cut off membranes. Butter both sides of liver. Broil one side 10 to 12 minutes, depending on tenderness. Calf's liver requires less time. Turn and broil on other side 8 to 10 minutes. Salt and pepper before serving.

Menus for Healthy Living
Liver Casserole or Beef Liver Loaf
Potatoes au gratin
Lettuce and Grapefruit Salad
Corn Bread
Canned Pears garnished with Frozen Raspberries
Sugar Cookies
Milk Tea Coffee

Liver Casserole
1 pound beef liver (sliced)
1/4 cup flour
1/4 cup shortening
3 medium onions, chopped
1/4 cup chopped celery
1 cup canned tomatoes
1 teaspoon salt
1/2 teaspoon pepper

Roll each piece of liver in flour and brown slightly on both sides in shortening. (Turn unit on "high" to start; when shortening is hot, turn to "medium high" and brown at that temperature.) Put liver to one side of skillet and brown onions slightly. Place in casserole. Add celery and tomatoes, covering liver with the vegetables. Add salt and pepper. Cover tightly and bake in moderate oven (350° F.) for 1 hour.

Note: 1 cup evaporated milk may be substituted for the tomatoes.
1/2 teaspoon savory is a splendid addition for flavoring.

Beef Stew
(Without or With Vegetables)
1 to 1 1/2 pounds boneless beef cut in pieces
4 tablespoons flour
3 teaspoons salt
1/2 teaspoon pepper
3 tablespoons fat or salad oil
1 minced clove garlic
1 can tomatoes (op)
1 cup minced onion
3 cups boiling water
1/2 teaspoon celery seed
8 small carrots (pared)
4 small white potatoes
1/4 cup minced parsley

Roll meat in blend of 2 tablespoons flour, 1 teaspoon salt and pepper. Simmer garlic in 2 tablespoons fat in Dutch oven or heavy kettle for 2 minutes. Add meat and brown well on all sides. Add onions and cook about 4 minutes while stirring.

Remove meat, add 1 tablespoon fat and brown 2 tablespoons flour in it. Stir in boiling water and cook a few minutes. Add browned meat and celery seed, cover and simmer 2 or 3 hours. Add carrots, potatoes, 2 teaspoons salt, and tomatoes.

Cook for 20 to 30 minutes. Add parsley just before taking up. All vegetables may be omitted and just have brown gravy.
**Chili Con Carne**

1 onion, diced  
1 tablespoon fat  
2 cups canned tomatoes  
1 cup tomato juice  
1 teaspoon salt  
$1\frac{1}{2}$ lbs. ground beef  
2 cups kidney beans  
2 teaspoons chili powder  
1 clove garlic, minced

Sauté onions in fat until browned; add tomatoes, meat, beans and seasoning. Cover and simmer 30 minutes, adding water as mixture seems dry.

Approximate yield: 6 servings.

**Tamale Pie**

1 cup cornmeal  
3 eggs  
2 cups milk  
2 cups ripe olives  
\(\frac{1}{2}\) teaspoon black pepper  
1 tablespoon salt  
1 can corn and  
1 can tomatoes, boiled together 15 minutes  
1 lb. ground beef  
2 large onions, cooked until brown in  
\(\frac{3}{4}\) cup salad oil  
3 teaspoons chili pepper

Boil until thick, 3 eggs, 1 cup yellow cornmeal, 2 cups sweet milk. Pour cornmeal mixture into tomato mixture; add 1 tablespoon salt, 3 teaspoons chili pepper, 1 teaspoon black pepper; add meat mixture and mix well; add 2 cups ripe olives. Pour into buttered baking dish and bake 50-60 minutes in medium hot oven. Serves 8 to 10. This may be fixed the day before, then baked when needed.

This recipe may be doubled or tripled. Pour mixture into serving casseroles. Bake as directed. Cool and freeze for any period up to 6 weeks.

**Multi-Purpose Barbecued Hamburger Mix**

The making of a 10-cup recipe for Barbecued Hamburger Mix takes only a little longer than a 2-cup recipe. And what a joy to have containers of this versatile “come-handy” mix in the freezer.

Here are a few of the combinations which are favorites of the wise homemaker who originated this timesaving idea. Different dishes for family and guests can come quite easily from freezer to table in minutes. The “work part” of the recipes has been done days or weeks ahead of time.

**The Multi-Purpose Barbecued Hamburger Mix**

Yield: 10 cups (five 1-pint containers)

4 medium onions, chopped  
3 cloves garlic, finely chopped  
2 cups chopped celery tops  
\(\frac{1}{4}\) cup fat  
4 pounds hamburger  
4 teaspoons salt  
\(\frac{1}{2}\) teaspoon pepper  
3 tablespoons Worcestershire sauce  
2 12-oz. bottles hot catsup

Pan fry the onion, garlic, and celery in fat in a large kettle. Add hamburger and stir and cook until all redness of the meat disappears. Add salt, pepper, Worcestershire sauce, and catsup. Simmer 20 minutes. Skim off excess fat.
To Freeze: Cool quickly. Spoon the mixture into five 1-pint containers. Seal. Label with name and date. Freeze at 0° F. or lower. Do not stack until thoroughly frozen. It may be stored in freezer up to three months.

To Thaw: Place container of the mix in hot water or under running hot water just long enough to allow mixture to slip out of the container.

Barbecued Hamburger Buns
Heat Barbecued Hamburger Mix slowly in a skillet or chafing dish. Use as filling in hot buttered hamburger buns. (Allow ¼ cup per bun.)

Chili Con Carne
Heat Barbecued Hamburger Mix in a skillet with an equal measure of canned red kidney beans. Season with chili powder.

Spaghetti with Barbecued Hamburger Mix
Heat Barbecued Hamburger Mix in a saucepan or skillet. Add a dash of cayenne pepper and garlic salt, if desired. Serve on hot cooked spaghetti and top with grated Parmesan cheese.

Hamburger-Noodle Skillet
Heat 1 pint of Barbecued Hamburger Mix in a skillet with 2 cups cooked noodles and 1 cup canned mixed vegetables. Stir to combine. Sprinkle ½ cup shredded quick-melting cheese and ½ teaspoon chopped parsley over top. DO NOT STIR. Heat just long enough to melt the cheese. Serve from skillet. (Yield: 4 to 6 servings.)

Hamburger-Rice Skillet
Heat 1 pint Barbecued Hamburger Mix in a skillet. Add 2 cups cooked rice, 1 cup canned whole-kernel corn, ¼ teaspoon thyme, and ½ cup chopped green pepper, if desired. Simmer a few minutes to blend flavors and to cook the pepper. (Yield: 4 to 6 servings.)

Stuffed Green Peppers
Use the Hamburger-Rice Skillet mixture to stuff 8 hollowed out green peppers. Bake in a shallow pan in a moderate oven (375° F.) about 50 minutes. (Yield: 4 servings, 2 peppers each.)

Hot Stuffed Rolls
Allow Barbecued Hamburger Mix to thaw in refrigerator. Mix in some shredded cheese if desired. Spoon generously into hollowed out frank buns or French rolls. Wrap the rolls individually in aluminum foil and heat in a moderate oven (350° F.) or on a picnic grill about 30 minutes.

Mock Pizza
Allow Barbecued Hamburger Mix to thaw in refrigerator. Spoon generously over lightly toasted English muffins. Cover with sliced or shredded Italian or American cheese and sprinkle with oregano. Broil until cheese is bubbly.

Hamburger Stroganoff
Heat 1 pint Barbecued Hamburger Mix in a table skillet until completely thawed. Add 2 cups sliced fresh mushrooms (1 6-oz. package) and a 10½-oz. can condensed cream of mushroom soup. Stir and simmer 5 minutes. Carefully spoon 1 cup commercially-soured cream over the surface. Sprinkle with chopped parsley. DO NOT STIR. Simmer 1 minute more. Serve from skillet over hot cooked rice. (Yield: 6 servings.)