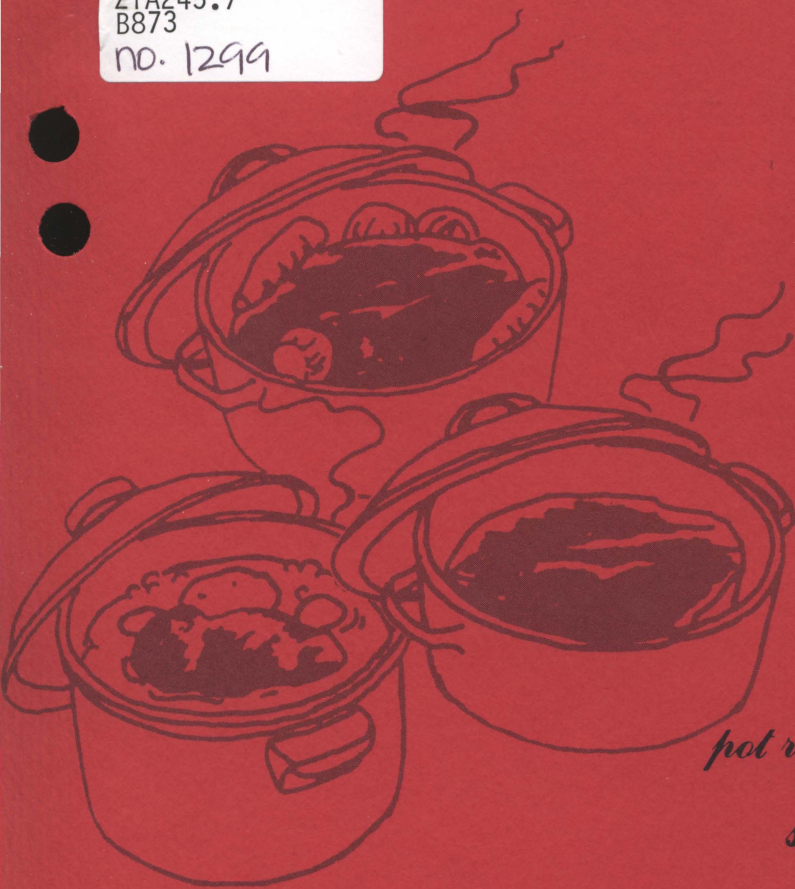


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pot roasting

stewing

braising

meat - moist heat cookery

Suggested Cuts for Moist Heat Cookery

Cut of Meat	Method of Cooking		
	Braising	Pot Roasting	Stewing
BEEF			
Chuck roast	X		
Blade roast	X	X	
Rump roast	X	X	
Heel of round	X	X	X
Rib roast		X	
Arm roast	X	X	
Round steak	X	X	
Flank steak	X		
Blade steak		X	
Arm steak		X	
Fresh or corned brisket		X	X
Plate			X
Short ribs	X	X	
Stew meat			X
PORK			
Blade roast	X		
Blade steak	X		
Arm steak	X		
Loin chop		X	
Rib chop	X		
Butterfly chop	X		
Tenderloin	X		
Hocks	X	X	X
Smoked hocks			X
Smoked shoulder roll		X	
Country style ribs		X	
Smoked ham, shanked portion		X	X
Smoked picnic ham			X
Fresh pigs feet			X
VEAL			
Blade roast	X		
Arm roast	X		
Round roast	X		
Blade steak	X		
Arm steak	X		
Round steak	X		
Rib chop	X		
Loin chop	X		
Cutlets	X		
Riblets	X	X	
Shank cross cuts		X	
Shank		X	
LAMB			
Shank	X	X	
Neck slices	X		
Breast	X		
Riblets	X		
Spareribs	X		
Stew meat			X

Meat – Moist Heat Cookery

Sally Springer Coble and Marilyn Haggard*

Less tender cuts of meat should be cooked with moist heat to bring out the best flavor, soften connective tissue and develop tenderness. Braising, pot roasting and stewing are three methods of moist heat cookery.

Braising means cooking in a covered utensil in a small amount of liquid.

Pot roasting means cooking in enough liquid to cover the particular cut of meat being prepared.

Stewing means simmering in liquid.

General Instructions for Braising

- Brown meat slowly on all sides in a heavy utensil. If meat is floured, melt a small amount of fat in the pan before adding the meat.
- Season with salt, pepper, herbs and spices if these were not added to the coating.
- Add a small amount of liquid, about ½ cup. Use water, vegetable juice or soup.
- Cover with a tightly fitting lid.
- Cook at a low temperature (300°-325°) until tender (See Timetable for Braising, p. 7).
- If desired, make gravy from liquid left in pan.

*Former Extension foods and nutrition specialist and Extension foods and nutrition specialist, The Texas A&M University System.

General Instructions for Pot Roasting

- Brown meat slowly on all sides in a little fat in a heavy skillet or other suitable container. Meat may be dredged with flour before browning if desired. (Do not brown corned beef, or cured or smoked pork).
- Season with salt, pepper, herbs and spices to taste.
- Add liquid (water, vegetable or tomato juice etc.) to cover the meat. Complete covering of the meat with the liquid assures uniform cooking and eliminates the need to turn the meat while cooking.
- Cover tightly; reduce heat; and cook slowly (simmer, don't boil) on surface unit or in a 375°F oven for 2 to 3 hours, depending upon the size of cut.
- Vegetables may be added about 45 minutes before cooking is finished or just long enough before the meat is tender to cook the vegetables.

General Instructions for Stewing

- Cut meat into uniform pieces (1- to 2-inch cubes).
- A darker stew results if meat is dredged with flour and browned in fat. The browning may be omitted if a lighter stew is preferred.
- Add enough liquid (water, vegetable or tomato juice, etc.) to cover meat.
- Season to taste with salt, pepper, herbs and spices.
- Cover the container and simmer until meat is tender.
- Any vegetables to be cooked in the stew should be added to the meat just long enough before serving for the vegetables to be cooked, but still firm.

Corned Beef and Cabbage

4- to 5-pound corned-beef brisket	10 peppercorns
1 medium clove garlic	1 bay leaf
1 medium yellow onion, quartered	¼ teaspoon mustard seed
1 whole clove	1 medium head cabbage, cut into wedges

Drain corned-beef if packed in juices. Place in large kettle and cover with cold water. Add all remaining ingredients except cabbage. Bring to a boil; reduce heat. Simmer 5 minutes and skim. Cover and continue to simmer 3 to 4 hours, or until meat is tender. Add cabbage the last 15 minutes of cooking time. Remove corned beef and cabbage from liquid. Slice beef and arrange on platter with cabbage wedges. Serve piping hot.

YIELD: 6 to 8 servings

Braised Short Ribs

5 pounds beef short ribs	1 bay leaf
¼ cup shortening or oil	½ teaspoon pepper
1 large onion, sliced	¼ teaspoon celery salt
1 garlic pod, minced	1 teaspoon seasoned salt
1 teaspoon basil	1 cup beef bouillon
½ teaspoon marjoram	6 potatoes, peeled and halved
¼ teaspoon thyme	6 carrots, peeled

Brown short ribs in hot fat. Add remaining seasonings and beef bouillon. Cover and bake at 350°F for 2½ hours. Add potatoes and carrots; cook 1 hour longer.

YIELD: 4 servings

Veal Cutlets Paprika

1½ pounds veal cutlet	2 teaspoons paprika
¼ cup margarine	1 medium onion
¼ cup flour	1 cup chicken broth
1 teaspoon salt	½ cup mushrooms, optional
⅛ teaspoon pepper	¾ cup sour cream
	1 teaspoon flour

Mix flour, salt and pepper. Dredge veal cutlets in seasoned flour and brown in melted margarine. Add paprika, sliced onion, chicken broth and mushrooms. Cover and cook on low heat for 1 hour. Remove cutlets. Mix sour cream and flour; add to sauce and stir until heated throughout. Serve over veal cutlets.

YIELD: 4 servings



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Deviled Pork Chops

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| 6 pork chops | 3 tablespoons ketchup |
| Black and red pepper | ½ teaspoon paprika |
| 1 tablespoon Worcestershire | 1 tablespoon shortening or oil |
| 1 tablespoon lemon juice | 1 cup water |
| 1 teaspoon prepared mustard | |

Salt and pepper chops with black and red pepper. Brown in hot shortening in hot, heavy skillet. Mix Worcestershire sauce, lemon juice, mustard, ketchup and paprika. Dab mixture on pork chops. Add 1 cup water. Cover with a tightly fitting lid and cook on low heat about 40 minutes.

YIELD: 6 servings

Northern Boiled Lamb Dinner

- | | |
|---|-------------------------------------|
| 1 3- to 4-pound boned lamb shoulder, rolled and tied | 1 tablespoon salt |
| Water | 5 medium potatoes, pared |
| 4 whole peppercorns | 10 small white onions |
| 2 bay leaves | 5 medium carrots, pared |
| 1 teaspoon thyme | 1 small head cabbage, cut in wedges |
| ½ teaspoon lamb herbs (rosemary, dry mint leaves, and grated orange rind) | |

Cover lamb with water. Add seasonings; cover and cook over low heat 1½ hours. Add potatoes, onions and carrots. Cover and cook an additional 30 minutes, until lamb and vegetables are tender. Add cabbage. Cover and cook 10 minutes.

YIELD: 6 servings

Savory Pot Roast

- | | |
|---------------------------|--|
| 3- to 4-pound chuck roast | 1 teaspoon oregano |
| ½ cup flour | 1 teaspoon basil |
| 1 teaspoon seasoned salt | 1 bay leaf |
| ½ teaspoon salt | 1 tablespoon Worcestershire sauce |
| ½ teaspoon black pepper | ½ cup mushrooms |
| 1 tablespoon shortening | 6 medium potatoes, peeled and halved |
| 1 cup water | 6 medium carrots, peeled and cut 2 inches long |
| 1 bouillon cube | |
| ½ cup red wine | |
| 1 large onion, sliced | |

Combine flour, salt and pepper. Dredge meat in seasoned flour and brown in hot fat in heavy pan. Add water, bouillon cube, wine, onion, oregano, basil, bay leaf and Worcestershire. Cook for 2-2½ hours on low heat. Add mushrooms, potatoes and carrots and cook until tender, about 1 hour.

YIELD: 6 servings

*Time-table for Braising**

Cut	Average weight or thickness	Approx. total cooking time
BEEF		
Pot-Roast		
Arm or blade	3 to 4 pounds	2½-3½ hours
Boneless	3 to 5 pounds	3-4 hours
Swiss steak	1½ to 2½ inches	2-3 hours
Short ribs	Pieces (2" X 2" X 4")	1-1½ hours
Round steak	¾ inch	1½ hours
Stuffed steak	½ to ¾ inch	1½ hours
PORK		
Chops	¾ to 1½ inches	45-60 minutes
Spareribs	2 to 3 pounds	1½ hours
Tenderloin		
Whole	¾ to 1 pound	45-60 minutes
Fillets	½ inch thick	30 minutes
Shoulder steaks	¾ inch	45-60 minutes
LAMB		
Breast, stuffed	2 to 3 pounds	1½-2 hours
Breast, rolled	1½ to 2 pounds	1½-2 hours
Riblets		1½-2 hours
Neck slices	¾ inch	1 hour
Shanks	¾ to 1 lb. each	1-1½ hours
Shoulder chops	¾ to 1 inch	45-60 minutes
VEAL		
Breast, stuffed	3 to 4 lbs.	1½-2½ hours
Breast, rolled	2 to 3 lbs.	1½-2½ hours
Veal riblets		2-3 hours
Chops	½ to 2/3 inch	45-60 minutes
Steaks or cutlets	½ to ¾ inch	45-60 minutes
Shoulder chops	½ to ¾ inch	45-60 minutes
Shoulder cubes	1 to 2 inches	45-60 minutes

*Adapted from "Lessons on Meat," National Live Stock and Meat Board, 1972.

MEATS CONTRIBUTE VALUABLE NUTRIENTS

PROTEIN for building and maintaining many tissues in the body and for energy

PHOSPHORUS for strong bones

IRON for helping cells carry oxygen

RIBOFLAVIN and THIAMIN as part of enzymes to help release energy from food

NIACIN for healthy nerves

FATS for energy



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