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# BUTCHERING BEEF ON THE FARM

By H. H. SMITH



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“Some ha’e meat and cannot eat  
And some wad eat that want it,  
But we ha’e meat and we can eat  
And sae the Lord be thankit.”

—Burns.

# BUTCHERING BEEF ON THE FARM

By H. H. SMITH

## Need of Butchering Beef on the Farm

Many farmers find it convenient to butcher their own beef, thus getting an ample supply of fresh meat of good quality for their own table. There is a better chance to get good meat when one fattens a beef animal and slaughters it himself. It is not always possible to go to a local butcher shop and buy real first-class meat. The butcher is not to blame as he must handle whatever grade of beef the public is most willing to pay for.

Usually the farmer hesitates to butcher a steer of his own because a whole carcass may make more meat than his family can dispose of before it spoils. This objection can be easily overcome if several neighbors will go together and organize some form of a beef ring. Each member furnishes an animal in his turn and each taking, his share each time, certain cuts of meat in rotation. In this way no one will be over supplied at any one time and yet each family can have a good supply of fresh meat of the best quality at all times thru the summer.

Meat is one of our most valuable and most concentrated foods. It is high in energy and rich in vitamins and iron and is highly conducive to growth, good health and body development in children. It is one of our most valuable sources of protein substance which is absolutely necessary to make a well-balanced meal, and a well-balanced meal for humans is just as necessary as for livestock.

## Butchering Equipment

An expensive set of tools is not necessary for farm butchering. The following tools, however, are recommended if the work is to be easily and well done. These should be of good quality.

- 1 6-inch skinning knife
- 1 12-inch steel
- 1 meat saw
- 1 beef tree
- 1 pritch
- 1 set of rope and pulleys

An ordinary butcher knife can be used for skinning, but a knife specially made for that purpose is better. A good knife can be bought for about \$1.00. A steel, while not absolutely necessary, is very useful for keeping a smooth keen edge on the knife. Choose a steel as nearly smooth as possible. When a rough steel is used, it has the same effect as a file, and a keen smooth edge cannot be put on.

A double tree makes a good beef tree. If a double tree is used the carcass must be secured by clevises or it is liable to slip off the ends. A good rope with pulleys or a chain hoist to raise the carcass should be provided. The equipment for hoisting the beef should be strong and simple. A chain hoist, a hay-fork rope and pulleys, or a home-made windlass can be used. A good saw is almost indispensable for splitting the carcass and cutting up the meat. The pritch is used for holding the animal on its back while it is being skinned. An iron bar about 30 inches long sharpened at each end will answer the purpose. A piece of wood of the same length with sharp steel points inserted in each end will make a good light pritch.

### **Selecting the Animal**

In selecting the animal to be butchered there are several things to take into consideration. Probably the most important consideration is the health of the animal. Obviously, an animal not in good health, no matter what the cause, should not be used. If there is any doubt as to the fitness of the carcass for food, a veterinarian should be called to pass on it. It would be better to discard a carcass than to run the risk of transmitting disease to some member of the family. An animal which is thrifty and fairly well finished and gaining rapidly will be found the most desirable. Also, an animal should not be slaughtered while it is exhausted because meat from an exhausted animal turns dark and does not keep well. If an animal does become exhausted or overheated it is better to delay the killing for a couple of days, thus giving the animal a chance to become rested.

Not much need be said regarding age. Aged animals are apt to be tough but even aged animals which have been fattened quickly are more tender than aged animals which have carried good condition for a long time. Animals less than two years old are often spoken of as having a vealy taste. Beef from a mature animal is generally supposed to be the best flavored.

### **Handling**

**Killing.**—One common way to kill cattle is to stun them first with a blow on the head. This is the method universally employed in slaughter houses. For this purpose a light sledge hammer weighing four to six pounds is generally used. Care must be taken to hit in the right place. If imaginary lines are drawn from each horn to the opposite eye, the point where the two lines cross is the proper place to hit. See Figure 1. To prevent the animal dodging the blow it may be a good idea to blindfold it. Also, it should be well secured. If the head is tied low the animal will be less apt to dodge.

Another method commonly used is to shoot the animal with a small-caliber rifle. This is the best method where the person is a

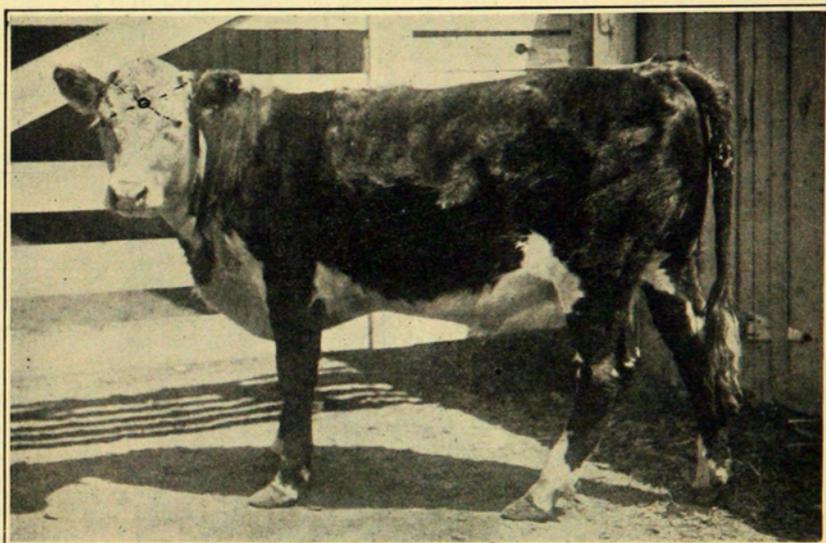


Figure 1.—Point at which to strike or shoot the animal. Also an animal in excellent condition for butchering.

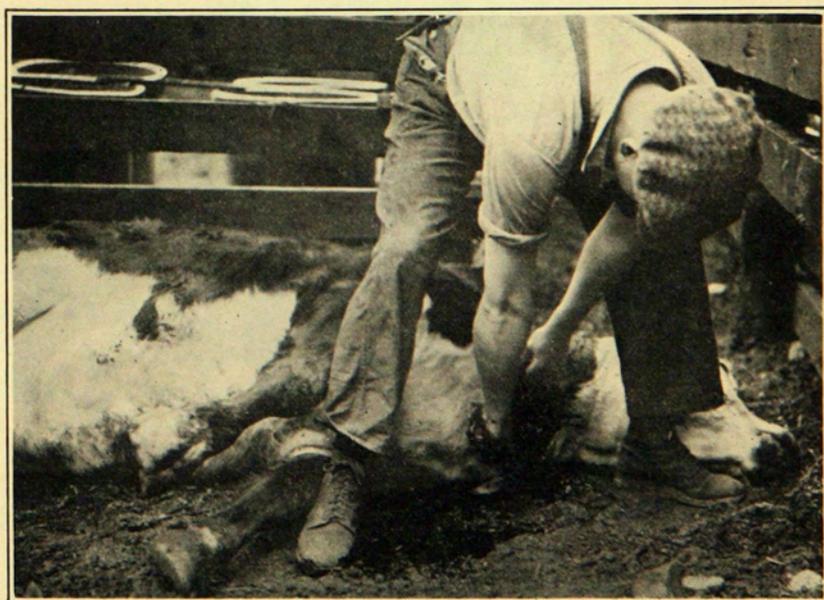


Figure 2.—Sticking the animal.

good shot and the animal is not tied up or is rather wild and nervous. If the bullet is placed at the point previously described there is little chance of the animal getting up.

**Sticking.**—The animal should be stuck as soon as it is down. For this purpose some prefer a regular sticking knife but the ordinary six-inch skinning knife will work just as well. The one doing the sticking should stand with his back to the animal pushing the front legs back with one foot and the head back with the other foot. Make a cut in the throat about fifteen inches long, as shown in Figure 2, just in front of the breastbone, cutting deeply so that the windpipe is exposed. Again insert the knife at the point of the breastbone and push the point toward the backbone and cut on either the upper or lower side of the windpipe, severing the arteries just outside of the chest cavity. Care must be taken not to cut too far under the breastbone or the blood will drain back into the chest cavity, which will generally result in poor bleeding. Care should also be taken not to cut the windpipe as this allows the blood to go back into the lungs. By placing the foot in the flank and pulling up on the tail, as in

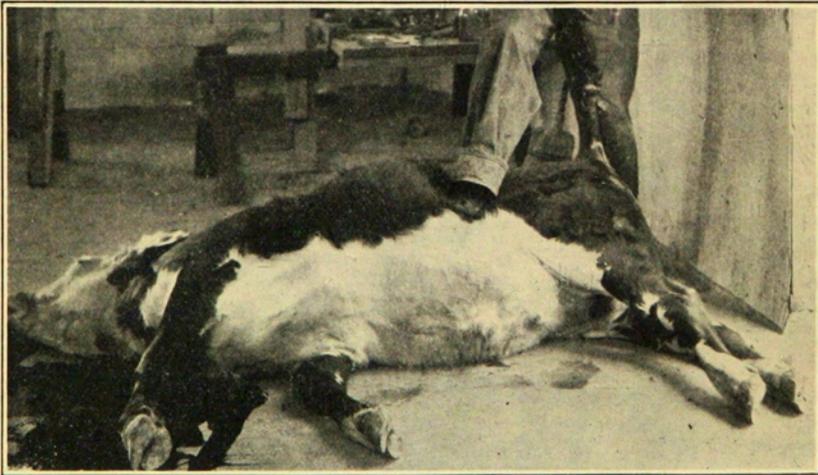


Figure 3.—By placing the foot in the flank and pulling up on the tail with a pumping motion a better bleed is secured.

Figure 3, a better bleed can be secured as quite a little of the blood can be pumped out in this way.

### Skinning

**The Head.**—In skinning the animal it is customary to start at the head, Figure 4. If the animal is lying on the right side, start at the left horn cutting the hide down past the eye to the corner of



Figure 4.—Dotted line shows where to split the skin for skinning out the head.

the mouth, also cut from the left horn down to the right horn, then split the skin from the incision made in sticking to the center of the chin. Skin the front of the face and the left cheek. By running the steel up one nostril the head can be drawn back so that the underside of the head can be skinned. When the head is skinned out, it should be cut off by cutting just back of the jowl, thus severing the head at the atlas joint. It is a good idea to tie the gullet to prevent the contents of the stomach running out.

**Removing the Tongue.**—By laying the head on the face, the tongue can be easily removed by cutting the tissue on each side. Pull the tongue out backwards. As soon as it is out it should be washed off immediately in cold water and scraped with a knife from tip to rear. In this way all blood and dirt is removed. It can be hung up by either end or laid out to cool.

The brain can also be removed at this time by splitting the skull lengthwise with an axe or cleaver.

**The Shanks.**—Lay the animal on its back; set one of the pitches into the brisket just back of the foreleg and the other on the ground. In this way the animal is easily held on its back. Start skinning the front shanks by cutting crossways of the leg to the bone just between the hoof and the dewclaws, thus severing the tendons. The dewclaws should be removed at this time. Split the skin down the inside of the leg to just above the knee joint. Figure 5. Skin out the shin bone and remove it at the straight joint which is the lowest joint

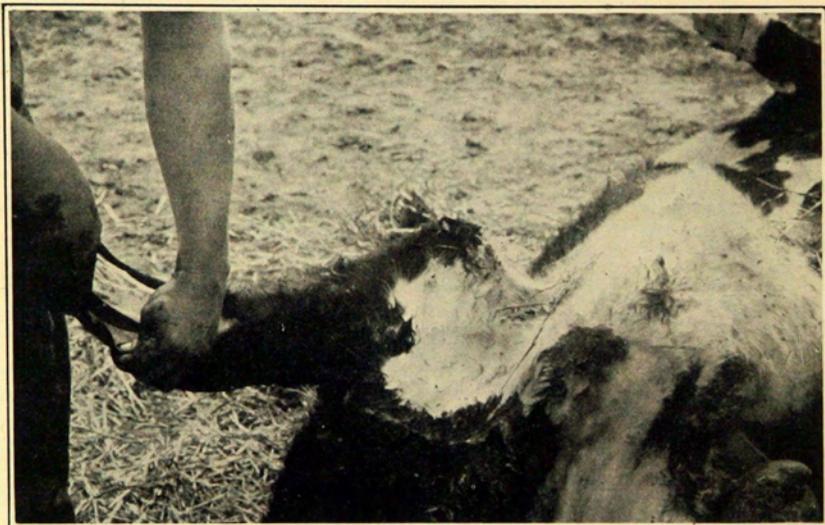


Figure 5.—Skinning out the shanks.

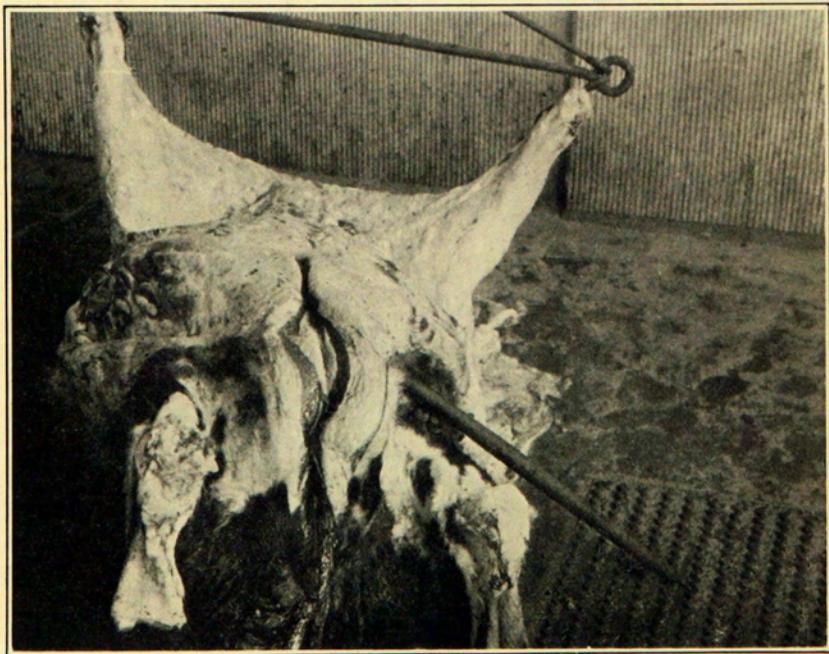


Figure 6.—Do not skin over the brisket and forearms until after the animal is hoisted. In this way these parts will be kept clean.

of the knee. Do not skin out the forearm (from the knee to the body) before the animal is hung up. If the hide is left on these parts it is a protection to the meat while the carcass is being hung, keeping it clean. Figure 6.

**Hind Shanks.**—Skinning the hind shanks is done in much the same way as the front shanks. A cut across the hind shank between the dewclaw and the hock will let the hind leg straighten out. The one doing the skinning should stand beside the animal, pull the foot forward and hold it by placing the hoof between the knees. Split the skin from the inside dewclaw along the back of the leg to about halfway between the rectum and the cod. Skin out the bone and remove it at the straight joint which is located at the lower end of the enlargement of the hock joint.

**Skinning the Body.**—Start at the incision in the throat made when sticking and open the skin to the rectum. While passing over the breast bone, hold the knife with the point down and cut thru hide and flesh to the bone; in opening the hide up the rest of the way keep the knife flat so as not to cut into the meat.

If the one doing the skinning is right-handed, he should begin the skinning at the neck on the left side and work to the rear end; around and back to the neck on the right side. Start at the neck and skin over the brisket to the forearm and down over the side and flank.

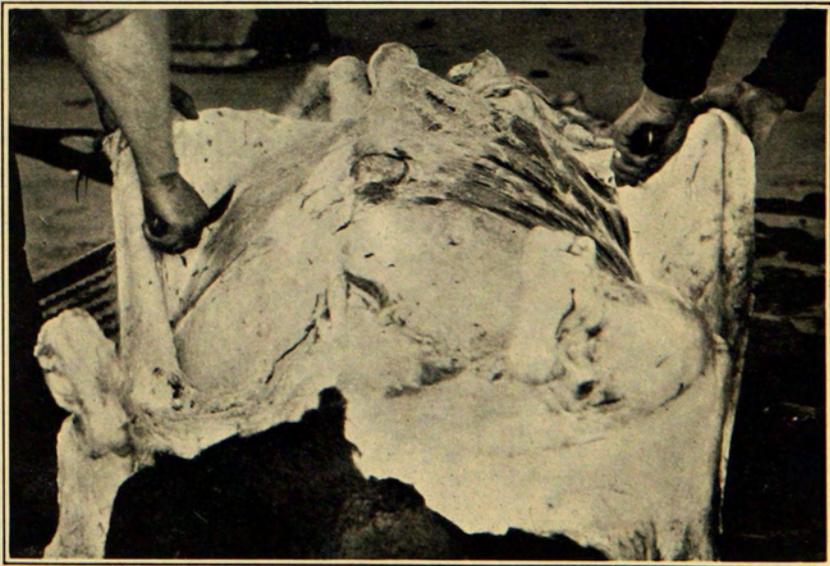


Figure 7.—Siding. One of the most difficult operations in butchering is skinning the animal over the sides. To do a good job, have a sharp knife, keep the skin stretched tight and keep the knife flat against the hide.

This is known as siding and is one of the most difficult operations in butchering—one in which efficiency can only be attained by long practice. The hide should be kept stretched tight and the knife should be held flat against the hide; this will lessen the danger of cutting the hide. Figure 7. Do not pull the hide away as this also increases the danger of cutting the hide. Care should be taken not to cut the thin membrane which covers the outside of the carcass. A cloth and a bucket of hot water should be kept handy so that any dirt or blood stains can be quickly removed from the carcass.

**Opening the Abdominal Cavity.**—The abdominal cavity is best opened by making an opening just back of the breast bone, long enough to insert the hand. With the knife in the right hand, insert the hand into the cavity, leaving the point of the knife out. Figure

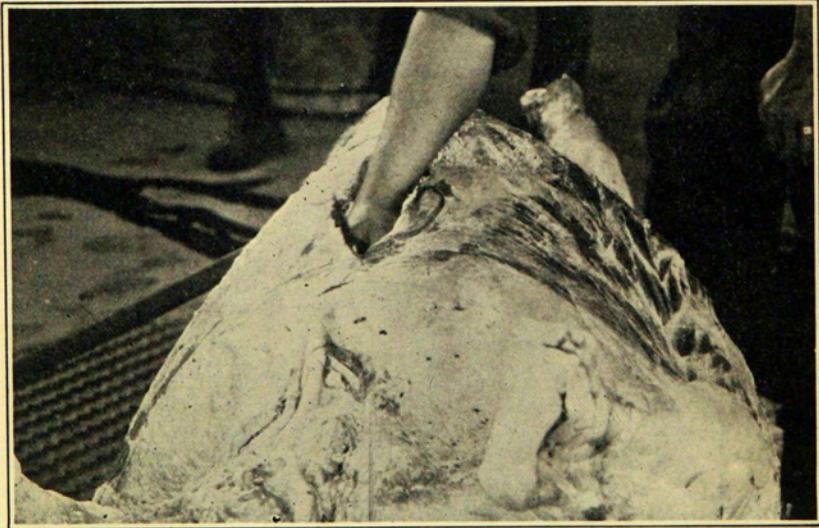


Figure 8.—Opening the abdominal cavity.

8. The cut is made along the midline to the cod. By making the cut in this way there is no danger of cutting the intestines. The caul fat is then removed, Figure 9. To open the breast bone, stand by the side of the animal facing toward its front end (Figure 10) and saw thru the breast bone.

**Gutting and Hoisting.**—Hoist the rear end of the carcass slightly off the ground, then cut thru the pelvic bone, Figure 11. By raising the carcass before starting to saw, the intestine will roll forward and be out of the way of the saw. If one attempts to cut the pelvic bone

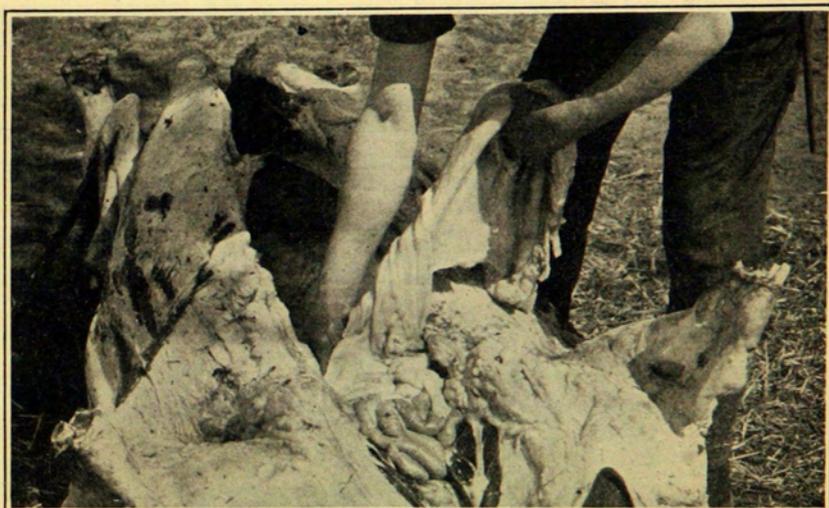


Figure 9.—Removing the caul fat.

while the animal is lying down, some difficulty will be experienced in keeping the intestine out of the way.

The carcass should then be hoisted so that the tail head is about as high as operator's head. The rectum is loosened while the carcass

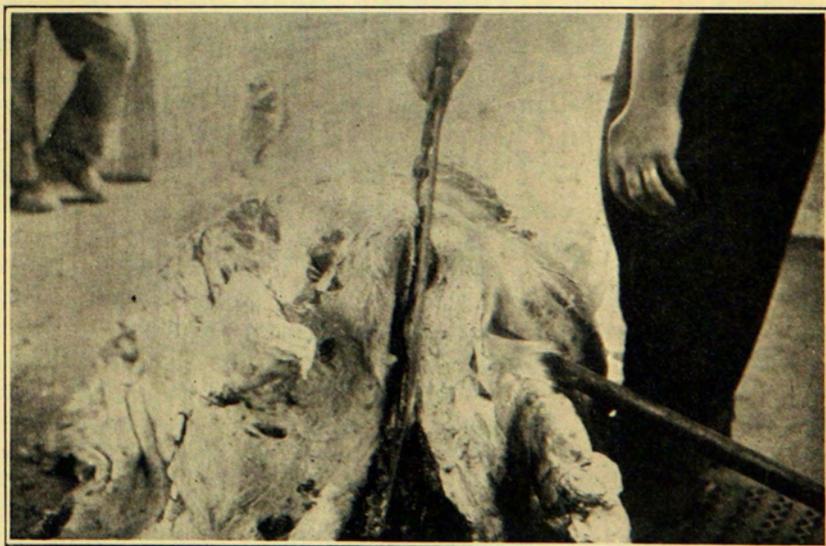


Figure 10.—Splitting the breast bone.

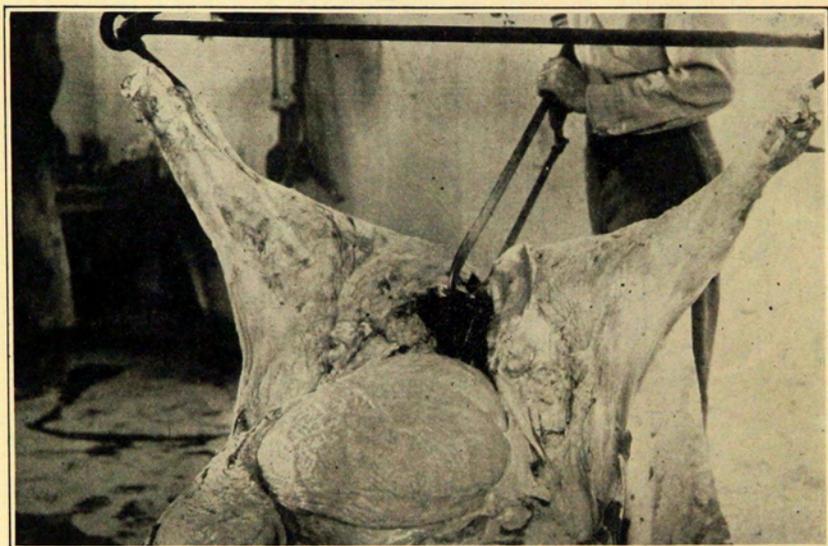


Figure 11.—By slightly hoisting the animal it will be found to be much easier to saw the pelvic bone.

is in this position and is pulled down past the kidney (care being taken not to molest the kidney fat) preparatory to splitting. Figure 12. Push down on the paunch to loosen it from the carcass and let it fall down on the ground or into a container.

Remove the liver and cut out the gall bladder, being careful not to spill any of the contents of the gall bladder on the liver. Cut the diaphragm next to the muscle on the back, leaving the muscle on the carcass, where it is known as the "skirt." Take out the heart, lungs and gullet. Finish skinning, taking out tail, folding or salting hide.

**Washing and Cooling.**—As soon as the carcass is split down the back, Figure 13, it should be thoroly wiped off with a damp rag wrung out of hot water. The insides of the carcass should also be washed out and wiped dry. The carcass should now be left to cool out for at least 24 hours before anything further is done. It should not be allowed to freeze, and if allowed to hang for a week to two weeks if the temperature is suitable, it will be much more tender and more palatable.

#### Cutting Up the Carcass

**Quartering.**—Beef is quartered by cutting between the 12th and 13th ribs. Insert the knife between these ribs at the back bone and cut out to within six inches of the outer edge of the flank. This will



Figure 12.—Loosening the rectum.

hold the crotch, while cutting thru the back bone with the saw. Then finish cutting thru the flank. Quartered in this way the front quarters represent about 52 percent of the carcass by weight and the hind-quarters about 48 percent.

**Cutting the Front Quarters.**—Lay the front quarter on the table with the outside up. The first cut separates the plate, brisket and shank from the shoulder and prime ribs. In making the cut, begin at the back part of the quarter where it is the thinnest, or at a point found by measuring from the back bone 11 to 13 inches out on the ribs, the distance depending somewhat on the size of the quarter and the thickness of the quarter along the back. Figure 14. Cut thru the ribs across the forearm just above the elbow. Figure 15. The shank can be removed by cutting the tissues between it and the brisket. The shank should be used for soup or boiling meat; the



Figure 13.—Splitting the carcass.

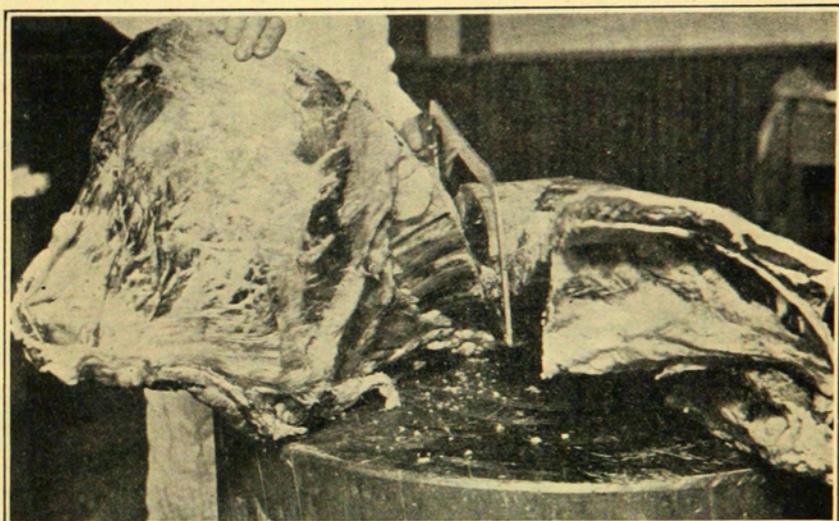


Figure 14.—Making the cross-rib cut in opening up the front quarter.

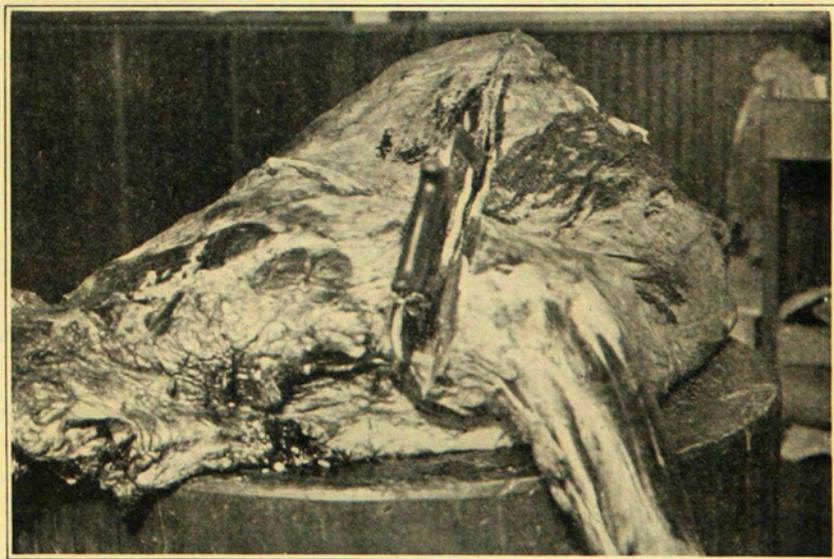


Figure 15.—Separating the plate, brisket, and shank from the shoulder and prime ribs. Showing the same cut as in Figure 12.

brisket and plate used for boiling meat or for corning. The next cut is to separate the seven prime ribs from the chuck. Figure 16. This piece is used for roasting and is considered one of the choice roasting pieces of the whole carcass. It may be roasted either as a

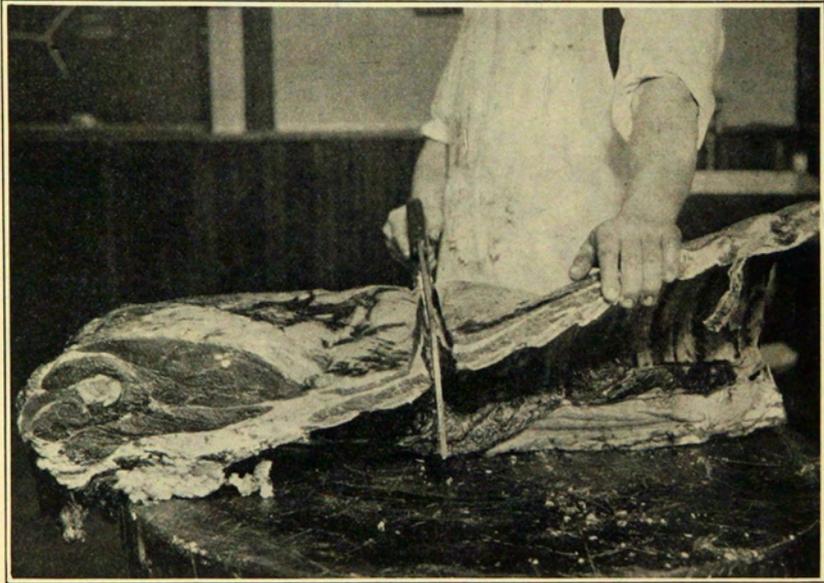


Figure 16.—Separating the seven prime ribs from the chuck.

standing rib roast or the ribs may be cut and folded back over the thick part, thus making a folded rib roast, or it may be boned out and rolled, making a rolled rib roast.

The next cut is to take off a two-rib roast, or some steaks may be cut off. A pot roast or cross-arm steaks may now be cut off the piece above where the shank was taken off. This is sometimes called a cross-rib roast. The rest of the piece may be cut up into suitable-sized roasts by cutting parallel to the ribs or across them. The neck should be used for hamburger or boiling meat.

**Cutting the Hindquarters.**—In comparison with the front, the hind quarter is very easy to cut. Lay the quarter on the block with the outside down. The first cut is to take off the flank. This is done by cutting in at the cod and following the round muscle, Figure 17, cutting closely to avoid removing the lean meat from near the stifle joint. The cut is then continued forward so as to remove four or five inches from the tip end of the one rib left in the hind quarter.

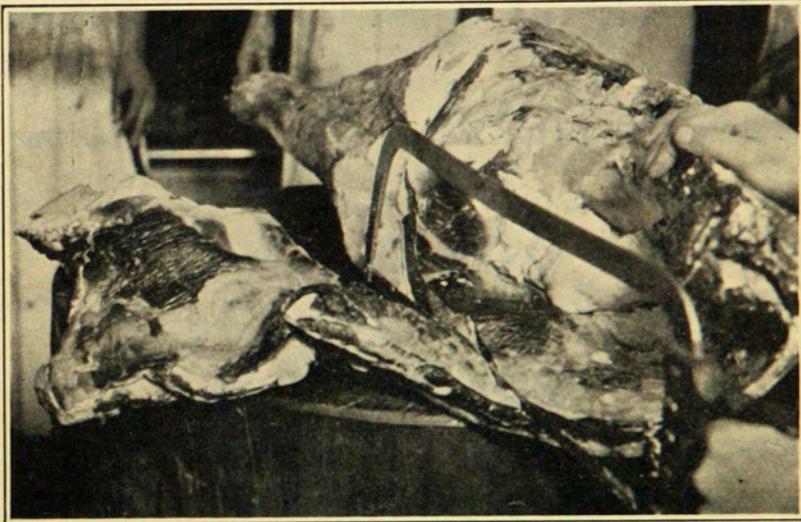


Figure 17.—Taking off the flank.

The next cut is to separate the round from the loin, Figure 18. This is done by cutting about four inches in front of the stifle joint and thru the large ball and socket joint, which can be found by placing one hand about half way between the stifle joint and the back bone. By taking hold of the shank with the other hand and working it up

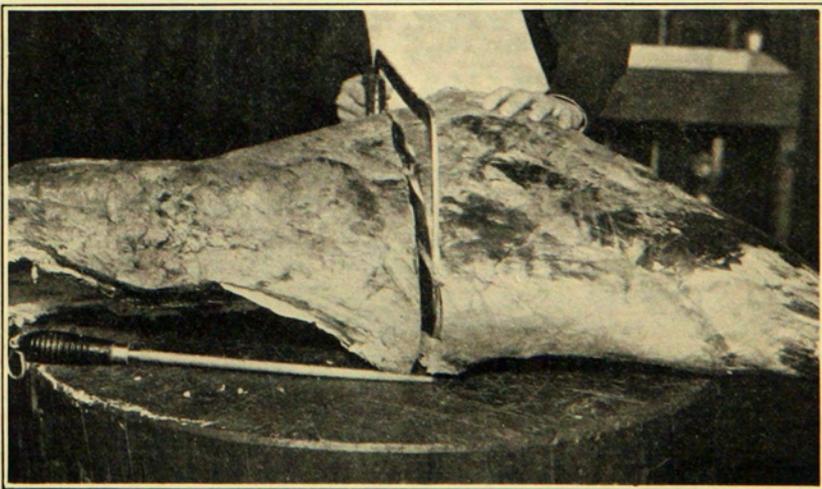


Figure 18.—Separating the round from the loin.

and down, the joint can be found. The loin is generally cut into steaks, the first four steaks off of the small end are generally called club steaks or short cuts. The steaks back to the pin bone are called porterhouse or T-bone and the rest of the steaks are called sirloin steaks.

The rump roast is next, taken off by cutting just below and parallel to the pelvic bone, Figure 19. Altho this roast contains a good deal of bone it makes one of the best roasts of beef. The round steaks

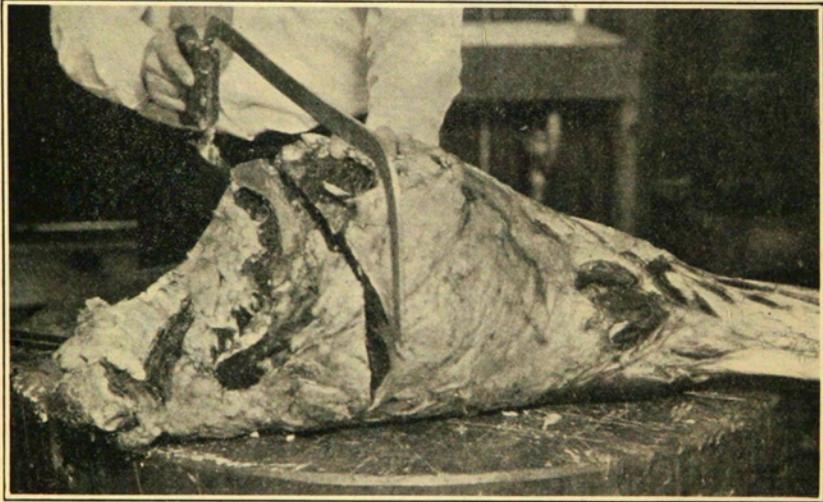


Figure 19.—Taking off the rump roast.

are taken off parallel to the cut made in taking off the rump roast. The triangular piece of meat on the leg below the stifle joint is called the wedge piece or Pikes Peak roast.

#### Keeping or Preserving Beef

Beef is not cured to the same extent as pork. Beef, however, is commonly preserved by one of three methods viz: corning, drying and freezing.

**Corning.**—The brisket and plate are most often used to make corned beef, tho any portion of the carcass may be used. Cut the meat into pieces of five or six pounds each. Be sure that no meat is put in which is frozen. A large stone jar is the best container to use as it can be easily scalded and washed clean. If a hardwood barrel is used it should be cleaned very carefully. For each 100 pounds of meat prepare the following brine: Dissolve four pounds of sugar, four ounces salt peter, two ounces of baking soda in four gallons of boiling water and cool thoroly. Weigh out 10 pounds of salt, sprinkle a little

salt on the bottom of the container, then pack in a layer of meat, sprinkle on a layer of salt and continue packing in alternate layers of meat and salt. Leave a good layer of salt on the top layer of meat. Allow the meat to stand for 24 hours. Pour the cool brine over the meat. Weight the meat down with a clean board and a weight. There should be enough brine to cover 100 pounds of meat but if not add some cool boiled water. Keep in a cool place.

The meat may be used after two weeks but will not be thoroly cured for about thirty days. The meat may be left in the brine until needed. If kept into the summer the brine must be watched carefully. If any ropiness is noted take the meat out and wash it with luke-warm water, wash and scald the vessel and either add new brine, or boil the old brine and strain it thru a cloth. It is probably better to add new brine since it is cheap, tho boiling the old brine and straining it seems to give satisfactory results.

**Dried Beef.**—For making dried beef the round is generally used altho any thick lean piece is suitable. In preparing the round it is generally split lengthwise into three pieces, making what is generally termed a set of dried beef. Cure the meat in brine described under corning. Leave each piece in the cure about three days to the pound. The meat is then taken out and hung in a dry warm place to dry for 36 hours. After this it should be given a long smoke of seventy to eighty hours as a strong smoke flavor is desired. In the drier regions good dried beef can be made if the meat is cut into strips two or three inches thick and exposed to the air. It, of course, must be protected from flies.

**Freezing.**—Meat can be kept for quite a long time in the winter if it is kept frozen. This may be done by hanging the quarter on the north side of a building or in a protected place away from the sun. Another method is to cut the meat in small pieces, put them where they can freeze during the night then pack them in snow in a nail keg or similar container which can be kept on the north side of a building. The meat is taken out as needed.

### Buying the Family Meat

Many families find it more convenient to buy their supply of meat from the local retail store rather than to butcher the meat on the farm. This is especially true during the summer when meat is hard to keep in wholesome condition unless one is fortunate enough to have either refrigeration on the farm or access to a cold-storage plant.

Many people find that they are not competent to choose good meat as it lies on the block or in the show case, and are often disap-

pointed when the meat is served. Too often the price is the only guide used in buying.

To intelligently buy meat one should familiarize himself with the location and characteristics of the different cuts in the carcass and also with the different classes and grades of meat. All carcasses of cattle are classified and graded as follows:

Class	Grade
Steers .....	Prime, Choice, Good, Medium, Common, Cutter, Low Cutter
Heifers.....	Prime, Choice, Good, Medium, Common, Cutter, Low Cutter
Cows .....	Choice, Good, Medium, Common, Cutter, Low Cutter
Bulls .....	Choice, Good, Medium, Common, Bologna, Low Cutter

Prime beef is the very best quality produced. Only steer and heifer carcasses which are just right in form, fatness, color of fat and shape are graded prime. Carcasses grading choice are just a little less fancy, lacking somewhat in one of the above considerations. One need not buy meat from prime carcasses in order to have good meat, in fact, only about three percent of beef carcasses are good enough to grade **prime**.

#### What to Look For in Buying Meat

To judge meat one must be familiar with the characteristics of high-class meat. **Thickness of flashing** is one of the most important considerations. A thick bulging muscle is more tender and juicy and is most likely to have come from an animal of good beef type. Where the muscle lacks thickness in proportion to length it is more likely from an animal of dairy type. There is a distinction between thickness due to fat and thickness of lean meat. As is shown later, a certain amount of fat is necessary but the lean meat should also be thick.

**Fat** or finish is very important. If a carcass is smoothly and evenly finished all over with one-fourth to one-half inch along the back, it has sufficient fat. We are particular about the amount of fat on the carcass even tho we do not care to eat it because it adds greatly to the tenderness, juiciness, and palatability. Carcasses which are especially lacking in finish are, also, likely to be from old discarded dairy cows or animals which were either too old to fatten or which for some other reason were not worth fattening. Fat also aids in the process of ripening in the cooler. Fat should be firm and white. Yellow fat shows a lack of quality. In grass-fed animals both the fat and lean show a lack of firmness.

Many cattle exhibited at the shows are very highly finished, carrying too much outside fat for the average consumer's taste. This excess fat adds nothing to the value of the meat and such fattening is not commercially profitable.

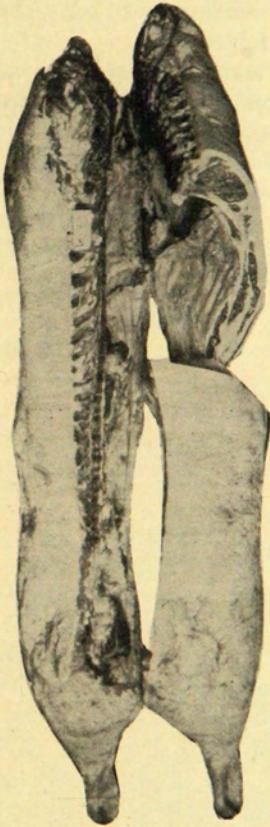


Figure 20.—Grand Champion Carcass at the National Western Stock Show at Denver, 1927. Note the marbling in the eye of beef, also the size of the eye. The round is hard and full, the loin is wide and thick, the carcass is smoothly and evenly covered all over; however for the average retailer and average consumer it would be considered too fat and wasty.—(Courtesy of the University of Nebraska).

**Marbling** is the intermixture of fat with the lean. It is called marbling because the streaks and specks of fat in the lean give it the appearance of marble. Marbling improves the tenderness of the meat and makes it more juicy when cooked. Meat which does not have this fat mixed in the lean will be dry, hard and tasteless when cooked, this being particularly true of roasts.

**Color and Grain of Lean Meat.**—If one examined a large number of carcasses he would find a wide range of color in the lean meat ranging all the way from pale red as in veal to a very dark red as in the meat of an old bull. The color we like to see is a deep rich red as found in the best grain-fed cattle. Meat from cattle which were exhausted before killing or from animals which were in heat when slaughtered is generally dark. Grass-fat animals also show too dark a color. The color is caused by the presence of blood in the tissues. Dark-colored carcasses decompose quicker than light ones and as consumers do not like the dark appearance, butchers have two good reasons for objecting to it.

Those who observe cross sections of meat closely can note quite a difference in the grain of the meat. Some is very fine grained, coming from animals which on foot would have exhibited fine hair, fine bones, skin, etc. Fine-grained meat feels fine and velvety to the touch. On the other hand meat showing coarseness carries heavier bone and is rough to the touch.

**Bone** differs much in animals of different ages and is a good indication of age. On young animals the spinous projections of the backbone are not hard all the way out, the tip being a cartilage. By the time the animal is three years old the cartilages have changed to bone. When the animal is about a year and a half old the cartilage is about a half inch in length. At three years the cartilage is usually all changed to bone. The color of the bone is also an indica-

tion of age. In young animals the bones are red and soft. As the animal becomes older the bones become hard and white.

**Tenderness** depends on several things, viz: marbling, age, location of the cut, exercise and ripening. Lean meat is made up of a large number of muscle fibers bound together by connective tissue. The amount and condition of the connective tissue is really what determines how tender the meat is. Well-marbled meat is more tender because the fat between the muscle fibers tends to spread the connective tissue apart and also seems to have a weakening effect on the tissues.

**Exercise and Age.**—The older the animal the tougher the connective tissue will be as it thickens and becomes hard and tough with exercise and age. Because the muscles of the legs, neck and flank do a great deal of work, they are tough even in young animals. Muscles which lie deep in the body do very little or no work, such as the tenderloin muscle which lies just beneath the backbone and are always tender even in old cattle.

**Ripening.**—Good carcasses from the slaughter houses do not go into the channels of retail trade until two or three weeks after they are butchered, but are held in the cooler at a temperature of 33° to 35° F. During this time there goes on what is generally called the "ripening process." The connective tissue is mostly affected, the acids formed making the connective tissue much weaker, thus making the meat more tender. Ripening also improves the flavor of the meat.

**The Cuts.**—To the retail dealer it must appear that a large part of the buying public thinks a beef carcass is composed entirely of steaks. However, the rounds and loins which are most generally cut into steaks make up only about 40 percent of the carcass. The rest of the carcass is suitable for roasts and boiling meat.

The front quarter is altogether more suitable for roasting and boiling. Since the average housewife does not care to roast meat in the summer time, front quarters are worth, during the summer months, about half as much as the hindquarters, while in winter, front and hindquarters sell wholesale for about the same price. A family that is trying to live economically, should use if possible more meat from the front. The meat from the hindquarter is higher in price largely because it is more suitable for steaks and can be more easily and quickly prepared. It is also considered to be more tender, better marbled, and more palatable. Meat from the cheaper cuts is just as nutritious and, if properly prepared, just as palatable as the meat from the higher-priced cuts. Meat from the cheaper cuts of a high-class carcass is likely to be more tender, juicy and palatable and more attractive than the best cuts from a common or inferior carcass.

## HOW TO PREPARE ALL CUTS OF BEEF<sup>1</sup>

### RUMP

#### Rump Roast

Trim and wipe the meat and place it skin side down on a rack in a self-basting roaster or dripping pan. Sear thoroly in a hot oven. As soon as the meat is browned, add a small quantity of water and lower the heat to moderate. Cover and roast it from 15 to 20 minutes for each pound. Remove the cover the last half hour for browning. Season after the first half hour of cooking.

#### Spanish Steak

Select thick round steak, wipe it thoroly, then pound it, working in all the flour possible. Put it into a hot skillet with  $\frac{1}{2}$  cup drippings, turning until well seared. Pour over it one cup of water, cover with a layer of tomatoes (or canned tomatoes), add two medium-sized onions, minced fine. Cook with lid on for about one hour. Season with salt and pepper. This method conserves all juices and provides a delicious gravy.

Note: Without the addition of the onion or tomato, this is one of the best methods for preparing round steak.

### LOIN

#### Loin Steak

While broiling is the ideal method for cooking a loin steak, it is possible to have it tender and juicy by frying (sauteing) it in a pan. Wipe the meat and trim off pieces of the fat to use in the pan. When the fat is melted, and the pan very hot, put in the steak. Cook rapidly and turn often. Do not have too much fat in the pan, just enough to prevent sticking. Seven or eight minutes is long enough to cook a loin steak if it is to be served rare enough to be tender. Rare steaks are more easily digested than steaks well done.

#### Loin Roast

A 20- or 30-pound loin roast cut from a freshly butchered carcass can be roasted and kept for weeks just above freezing. It is delicious sliced cold.

Wipe the meat, place it in a pan and sear it thoroly (450 degrees). When seared on all sides, lower the heat to a moderate oven and continue roasting until tender, allowing about 20 minutes for every pound of meat. Season after the first hour of cooking.

### FLANK

#### Stuffed Flank Steak

1 flank steak	$\frac{1}{2}$ minced onion
1 cup bread crumbs	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{4}$ tablespoons fat	Pepper and spices to taste

Score or partially cut the steak in crisscross fashion. Make a dressing of the bread crumbs and onion, moistened with boiling water or hot milk; season and spread on steak. Roll the steak, tying the roll with string. Sear it well in the hot fat, put into baking dish, add  $\frac{1}{2}$  cup boiling water, and cook slowly, with dish covered, until tender. Slice across roll to serve.

Cooked rice may be used instead of the bread crumbs. Time of cooking is greatly decreased by use of pressure cooker.

### RIB

#### Braised Short Ribs

Roll and tie about four pounds of short ribs of beef. Season with salt and pepper and dredge with flour. Sear on all sides in melted suet or drippings. Place in a roasting pan, add one sliced onion and three cups boiling water. Cover tightly and let simmer for three hours. Remove cover, place sliced parsnips around the meat and let both cook together one hour with cover off. When meat and vegetables are well browned, remove them and make gravy.

Onion may be omitted. Potatoes may be substituted for parsnips.

### PLATE

#### Escalloped Corn Beef

2 cups cooked corned beef  
1 cup milk gravy.

Cut the cooked corned beef into small pieces. Make gravy, using one tablespoon flour to one cup milk and one tablespoon fat. Grease a baking dish, put the beef in and cover with gravy. Sprinkle the top with bread crumbs which have been mixed with melted butter. Bake in a moderate oven until crumbs are brown. (Gravy may be seasoned with celery salt or sage if desired).

### CHUCK

Wipe meat with damp cloth. Cut off enough of the fat to grease the inside of the hot iron kettle. When the fat in the kettle is very hot, put in the meat and keep turning until it is well seared and browned on all sides.

Add boiling water enough to partially cover the meat. Cover tightly and cook slowly three to four hours. Add seasoning about one hour before meat is tender. Remove meat and make gravy in the pot.

<sup>1</sup>Mary Collopy, "How to Prepare All Cuts of Beef."

**BRISKET****Beef Stew**

Cut three pounds beef into pieces suitable for stew, roll in flour and brown well in hot fat in an iron kettle or skillet.

Cover the meat with boiling water, boil rapidly for five minutes, cover the kettle and lower the heat. Simmer until tender, three hours or longer. Twenty minutes before serving, add left-over vegetables or par-boiled onion, carrots, turnips and potatoes in larger proportion.

**Creole Beef Stew**

Proceed as in above recipe, removing browned pieces to casserole, add  $\frac{1}{2}$  cup sliced onions and chopped pepper, browned in fat. Add two cups stewed tomatoes and one cup cooked dried beans. Mix all together, season to taste, pour over the meat and cook in covered baking dish until tender.

**FORE SHANK****Beef Soup**

Crack bones and cut the meat from the shank into large pieces. Place them in a large kettle for which you have a tight cover. Add water in proportion of one quart to each pound of meat and bones combined.

Heat it slowly to simmering point, add salt and any other seasonings such as cloves, peppercorns, bay leaf, etc., and small amounts of different chopped vegetables. Simmer with cover on tightly for from four to eight hours. A fireless cooker is an excellent piece of equipment for soup making, but very little gas will be required if the small burner is turned low.

When the soup is nearly done, other ingredients may be added to make different kinds of soups: Chopped vegetables for vegetable soup; barley or rice for thick vegetable soups; noodles for noodle soup, etc.

**NECK****Hamburg Steak Loaf with Eggs**

2 pounds Hamburg steak	1 tablespoon bread crumbs
3 eggs	$\frac{1}{2}$ teaspoon salt
1 onion	$\frac{1}{4}$ teaspoon pepper

Mix steak with 1 egg, salt, pepper and bread crumbs. Boil other 2 eggs hard and remove shells. Make loaf out of the steak and insert the cooked eggs into the center of the loaf. Put into a greased baking dish and bake from 1 to  $1\frac{1}{2}$  hours. Cut in slices about 2 inches thick and serve. This is an attractive dish for cold meat suppers.