



A GROUP OF TENT COTTAGES AT MUSKOKA COTTAGE SANATORIUM.

22. Roast pork.

23. Smoked, dried, or pickled fish and meats in general.

Further it may be said that the time taken for different meats to pass out of the stomach is about as follows:—

Beef, raw, chopped fine	2 hours
Beef, half cooked	2½ "
Beef, well cooked	3 "
Beef, thoroughly roasted	4 "
Mutton, raw	2 "
Veal, cooked	2½ "
Pork, cooked	3 "

THE COOKING OF MEATS.

Meat is rarely eaten raw. Raw beef has been extolled by many physicians as possessing peculiar nutritive and curative value in tuberculosis, but it has yet to be demonstrated that it has any advantage over rare steak or underdone roast beef, beyond the fact that the scraping or mincing process to which it is subjected, prepares it somewhat better for solution by the gastric juice.

Meat is usually either roasted, stewed, broiled, fried or boiled. The chief objects in cooking are—(1) To loosen and soften the tissues and thus facilitate digestion; (2) To kill parasites; (3) To coagulate the albumen and blood so as to render the meat more acceptable to the sight, and (4) To develop and improve the natural flavor.

BOILING.

If meat is placed in cold water, part of the organic salts, the soluble albumen, and the extractives or flavoring matters will be dissolved out, at the same time small portions of lactic acid are formed, which act

upon the meat and change some of the insoluble matters into materials which may also be dissolved out. The extent of this action and the quality of materials which actually go into solution, depends upon three things:—

(1) The amount of surface exposed to the water; (2) The temperature of the water, and (3) The length of the time of the exposure. The smaller the piece, the longer the time, or the

hotter the water, the richer will be the broth and the poorer the meat. If the water is heated gradually more of the soluble materials are dissolved. At a temperature of about 134°f. the soluble albumen will begin to coagulate, and at 160°f. the dissolved albumen will rise as a brown scum and the liquid will become clear. Upon heating still higher, the connective tissues begin to be changed into gelatin, and are partly dissolved out, while the insoluble albuminoids are coagulated. The longer the action of the hot water continues the tougher and more tasteless the meat becomes, but the better is the broth. But it would be a great mistake to assume that the nearly tasteless mass of fibres which is left undissolved by the water, has no nutritive value. This tasteless material has been found to be as easily and completely digested as the same weight of ordinary roast. Moreover, it contained nearly all the protein of the meat.

On the other hand if a piece of meat is plunged into boiling water the albumen on the entire surface of the meat is quickly coagulated, and the escape of the juices and flavoring matters of the meat prevented. Thus cooked the meat retains most of the flavoring matters and has the desired meaty taste, but the resulting broth is correspondingly poor.

Thus the method of cooking depends largely upon what it is desired to do, because it is impossible to make a rich broth, and have a juicy, highly flavored piece of boiled meat at the same time. First, if the meat alone is to be used, the cooking in water should be as follows:—