

EVERYWOMAN'S HOUSEHOLD DEPARTMENT

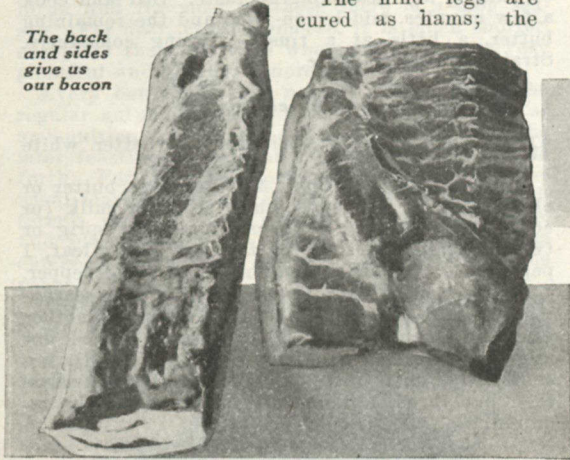
Food and Housekeeping Efficiency
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Our Marketers' Guide The Cuts of Pork And How We Use Them

THE domestic pig's proudest boast, were pigs given to boasting, would probably be the fact that of all the meat animals, there is least waste about the porker. Modern methods of raising, killing, cutting and curing the pig have made possible the using of every portion of the animal.

The hind legs are cured as hams; the

The back and sides give us our bacon



Jowl or Cheek—Can be bought cheap in some places. Best cured and boiled.

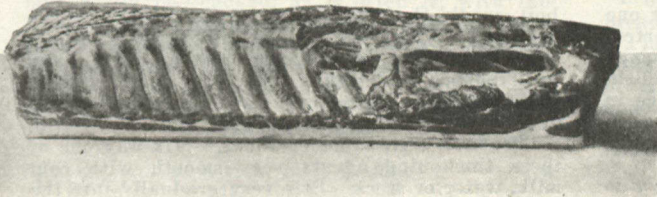
Feet—Boiled and served hot or cold; may be boned and stuffed, or used with head to make head-cheese.

Liver and Sweet Bread—Usually sold as pig's fry.

Tenderloin—Best stuffed and baked. Price varies with demand.

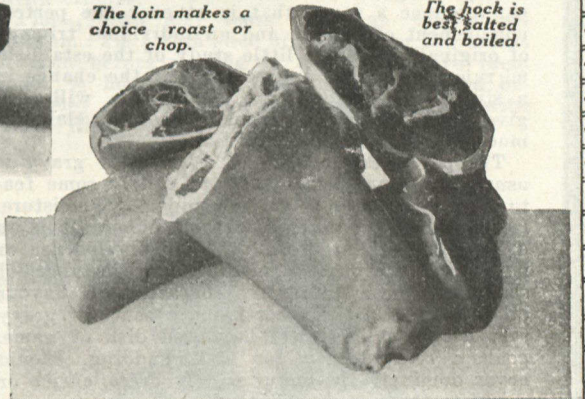
should be clear, white, not streaked with yellow.

A great many people find fresh pork extremely hard to digest. The best corrective to serve with it is apple sauce—it should always accompany roast pork and chops. Besides being of importance to digestion, apple sauce makes even the most delicious pork more agreeable to the palate. The favourite condiments to serve with pork are pickles and sauces of the mustard variety.



The loin makes a choice roast or chop.

The hock is best salted and boiled.



Lard—The fat up each side of the back-bone, surrounding the kidney is the genuine lard. The fat which surrounds the intestines will make good soap.

When choosing pork, look for that with clear, white fat and brownish lean, ingrained with fat. The rind will be thin and the bone fine but solid, in meat of good quality.

In the selection of a ham, look for one fine in

choicest bacon is made from the sides and back. Practically the whole animal is cured, the only exceptions being the back-bone (called the chine bone), which is cut in desired lengths, and roasted fresh. The ribs, also, are just used as fresh pork.

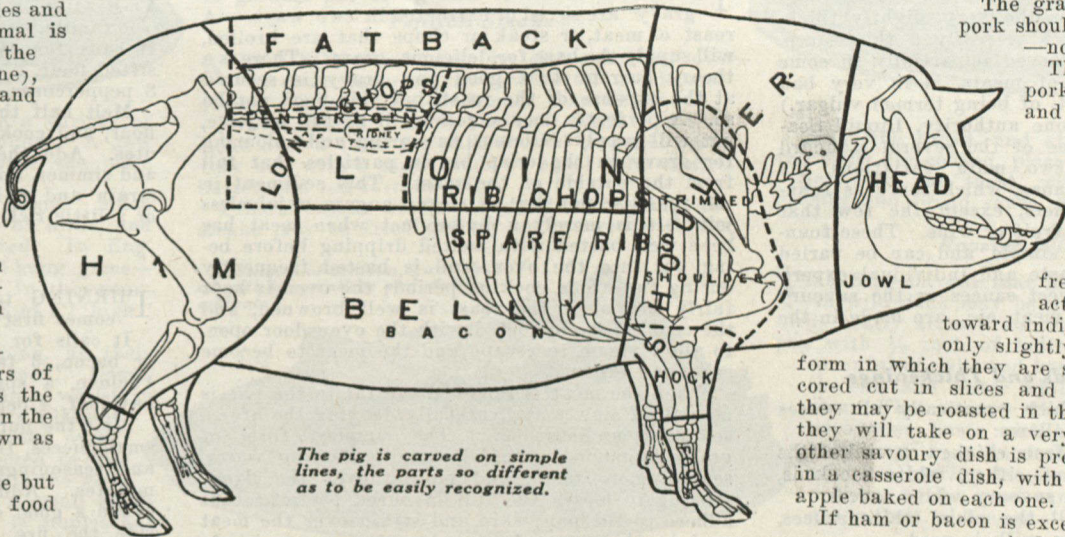
The head, with the cheeks and ears removed, and the feet, are used for head-cheese. The cheek, or jowl, is a great delicacy when cured like bacon, and is preferred boiled, served with turkey or chicken, when it is almost like a pink jelly and of an indescribably delicious flavour.

The demand for fresh pork prevents the curing of vast numbers of pigs. When the butcher handles the fresh meat, it is divided as shown in the chart, and the various cuts all known as follows:

Spare Ribs—roasted; low in price but much bone waste, bringing actual food cost higher.

Hock—usually slightly salted and boiled, good either hot or cold. Sometimes cut higher to include more of the shoulder, and sold as "cottage ham." Lean like ham but without the ham flavour and fine texture.

Loin—The best roasting joint, but rather fat. Large chops are cut from the loin. Highest per-



The pig is carved on simple lines, the parts so different as to be easily recognized.

The gravy that is served with pork should be made of beef stock—not the pork gravy itself.

The food value of fresh pork and of the cured hams and bacon is very high. It should always be thoroughly cooked through—never served rare or underdone as we serve beef.

Apples should invariably accompany fresh pork, as they counteract much of the tendency toward indigestibility. Apple sauce, only slightly sweetened, is the usual form in which they are served, but apples pared, cored cut in slices and fried are excellent or they may be roasted in the pan with a joint, when they will take on a very delicious flavour. Another savoury dish is prepared by cooking chops in a casserole dish, with half a pared and cored apple baked on each one.

If ham or bacon is excessively salt, it should be soaked before cooking. Bacon or pork should be placed in warm water for an hour or two before it is prepared, and the rusty parts then trimmed off and the rind and surfaces scraped. A ham that has been hung a long time and is very dry and salt, may need to soak for twenty-four hours, with frequent change of water. Unless it is extremely hard and salt, however, eight to twelve hours should



the bone. To test for freshness, thrust a skewer or a sharp knife blade close to the bone in the middle of the ham (it is near the bone that decay sets in). If it comes out clear and smells sweet, the ham is fresh and good; if fat sticks to the skewer and the smell is strong or rancid, pass it by. If the ham is cut, one can see the fat, which

The whole hind leg. The foot is cut off at the joint, leaving the choice ham.



Pigs feet are considered very tasty by many people.



centage of waste of all good cuts because of fat and amount of bone (the ribs).

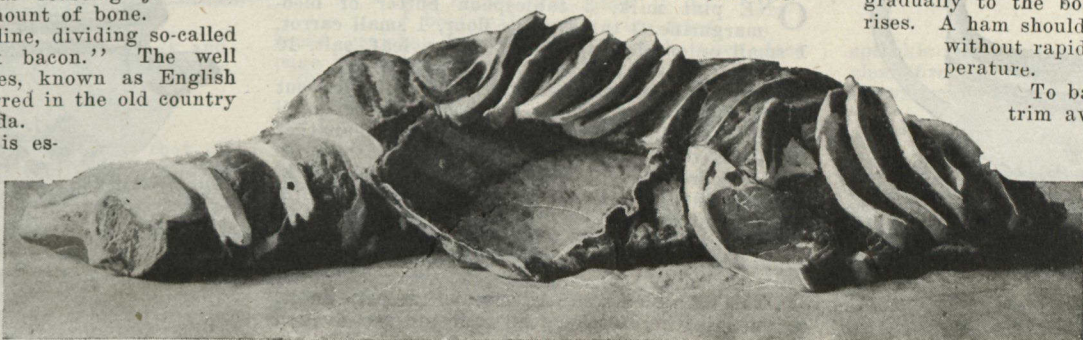
Leg—The most economical roasting joint because less fat and small amount of bone.

Belly—Cut along centre line, dividing so-called "side bacon" from "back bacon." The well streaked fat and lean sides, known as English Breakfast Bacon, are preferred in the old country and in some parts of Canada.

Back—The back bacon is esteemed more in some places and where this is so, costs a few cents per pound more than side bacon.

Head—With cheeks and ears removed, used with the feet, to make head-cheese.

Showing chops fat and lean, and some spare-ribs.



amply suffice. It should then be washed, trimmed and put on in enough cold water to cover. Bring gradually to the boil, skimming it as the scum rises. A ham should simmer gently and steadily, without rapid increase or decrease of temperature.

To bake a ham, soak it, wipe dry, trim away any rusty parts and encase in a rough crust made of flour and water; this will keep in all the juices. About four hours in a moderate oven will bake the ham. The crust is then removed, also the skin, and a sprinkling of toasted bread-crumbs rubbed on.