

MEATS

OBSERVATIONS ON MEAT.

IN purchasing beef secure meat of a deep red color, with the fat mingled with the lean, giving it a mottled appearance. The fat will be firm and the color resembling grass butter. The smaller the breed, so much sweeter the meat. It will be better for eating if kept a few days. Veal, lamb and pork (being white meat), will not keep more than a day or two.

Beef—For roasting, the sirloin and rib pieces are the best. The chief object is to prevent the escape of the juices; it is a very good plan to throw a cup of *boiling* water over the meat when first put in the oven. This will prevent the escape of the juices for a while, and will thoroughly warm through the meat.

Mutton—Choose this by the fineness of its grain, good color, and firm white fat. It is not the better for being young; if of a good breed and well fed, it is better for age; but this only holds with wether-mutton; the flesh of the ewe is paler, and the texture finer. Ram-mutton is very strongly flavored; the flesh is of a deep red, and the fat is spongy.

Lamb—Observe the neck of a fore-quarter; if the vein is bluish it is fresh; if it has a green or yellow caste it is stale. In the hind-quarter, if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes are sunken the head is not fresh. Grass-lamb comes in season in April or May, and continues till August. House-lamb may be had in great towns almost all the year, but is in highest perfection in December and January.

Pork—Pinch the lean and if young it will break. If the rind is tough, thick, and cannot easily be impressed by the finger, it is old. A thin rind is a merit in all pork. When fresh, the flesh will be smooth and cool; if clammy it is tainted.