

BRAISING.—This is one of the most delicious ways of cooking meat, etc.

Heat given below by means of stove or gas jet, on which the braising pan is placed, and heat above with hot cinders or charcoal with which the upper part of the vessel is filled, produces the effect that is obtained by first browning then stewing.

Once started it may be left to almost take care of itself.

SAUTEING.—Is a sort of combination of frying and stewing, the article to be cooked being first fried in fat and then when nearly done, the fat is drained off, and finished in sauce or stock.

STEAMING.—Is such an easy simple mode of cooking that it should be a more popular one than it is; besides being an economical way in more senses than one. Not only is a saving of fuel effected by cooking three or four articles over one jet, but the saving in the actual bulk and weight of articles is great.

The rules for steaming are very simple: be sure and keep the pot boiling under the steamer, and see that the lid of steamer fits closely.

GENERAL RULES FOR COOKING BY VARIOUS METHODS.

BEEF	Boiled	Roasted	Broiled	Stewed
Aitchbone	15 min. to lb			
Brisket	20 min. to lb			
Ribs		20 min. to lb		
“ boned		15 “		
Sirloin		20 “		
Heart		25 “		
Tongue	25 “			
*Porterhouse			20 min.	
Steak			to lb.	

*Depends more on thickness than weight.