

METHODS OF COOKING

Roasting—All meat should be placed at least one inch from the bottom of the baking pan, using trivet or rack made for the purpose. Rub the joint well with salt and pepper, and dredge with as little flour as will insure a dry surface. Very lean meat is improved by having thin slices of fat meat, either bacon or pork, or its own fat, laid over the surface at first until there is sufficient drippings to baste with. The oven and pan should be hot at first, then gradually reduce the heat. Baste frequently with equal quantities of fat drippings and water. (For time see the table.)

When done, remove roast to a hot platter, drain off the fat, add enough water to dissolve the glaze left in pan, and use this for gravy, either "au jus" or thicken slightly with brown roux.

This is a method for all roasts. The time varies with the kind of meat.

Braising—Braising is particularly adapted for meats that are lacking in flavor or are tough. A deep pan with a close-fitting cover is necessary. The covered pans sold as roasters are really braising pans, and owe their excellence to the fact that the two parts fit together so tightly as to confine the steam, thus the meat is cooked in its own vapor. The most stubborn pieces will yield to the persuasion of a braising pan and become tender, especially if a few drops of lemon juice or other acid be added to the gravy in the pan. Braising also affords an opportunity to render the coarse pieces savory by laying them upon a bed of vegetables or sweet herbs. Dry meats can be enriched by the process known as daubing.

Broiling—Broiling is cooking by direct exposure to a heat over a gas flame or hot coals. The surfaces are seared by exposing the meat to great heat at first, thus preventing the juices from escaping.

Pan-Broiling—Heat a cast-iron or steel frying pan to a blue heat. Rub it with a bit of fat meat till well oiled. Season the meat and lay in the pan just long enough to sear thoroughly, then turn and sear the other side, and continue turning often enough to keep the juices from escaping. Reduce heat and cook more slowly until meat is done.

Sauteing—To saute is to cook in a hot, shallow pan with a little fat, browning first one side and then the other.

Frying—To fry is to cook in hot fat, deep enough to cover the material to be cooked. Test for cooking as follows:

For cooked materials a one-inch cube of bread should turn golden-brown in forty seconds.

For uncooked materials a one-inch cube of bread should turn golden-brown in one minute.

All materials not containing egg, should be dipped in egg and crumbs to prevent food from absorbing fat. The albumen is hardened by the heat and forms a coating. Cook only a few pieces of the article at a time, reheating after each frying. Drain on brown paper.

Utensils—Iron or granite kettle, wire egg beater, and brown paper to drain on. Wire baskets are nice to have, but not essential.