

1. Have a generous supply of boiling water.

2. Plunge the cut into the boiling water.

3. Keep the water at the boiling point (212°f.), for ten minutes, in order to coagulate the albumen and seal the pores of the meat.

4. Allow the temperature of the water to fall to 180°f.

A longer time will be required to cook meat in this way, but it will be tender and juicy instead of tough and dry. Second, if the broth is of more consideration than the meat, proceed as follows:

1. Cut the meat into small pieces, so as to expose as much surface as possible to the water.

2. Put this cut meat into cold water.

3. Increase the temperature of the water gradually to the boiling point (212°f.).

4. Allow to remain at this point as long as desired.

STEWING.

In this process both the broth and the meat are to be used. Proceed as follows:

1. Cut the meat into small pieces as above

2. Put this cut meat into warm water.

3. Increase the temperature slowly until it reaches 180°f., when it should be kept for some hours.

ROASTING

The principal difference between roasting and boiling is the medium in which the meat is cooked, in boiling the medium being hot water; in roasting, hot air. And it is interesting to note that the smaller the cut to be roasted the hotter should be the fire. An intensely hot fire coagulates the exterior and prevents the drying up of the meat juices. A large piece of meat, however, exposed to an intense heat would become burned and changed to charcoal on the outside before the heat could penetrate to the interior.

BROILING

The broiling of a steak or chop is done on this principle. An intense heat should be applied to thoroughly coagulate the albumen and stop the pores. A steak exposed to an intense heat for ten minutes is thoroughly cooked, and has yet the rare, juicy appearance which is so much desired.

SOLID MEAT PREPARATIONS

1. *Scraped Meat*—is best made from tender beefsteak, but rare roast beef or mutton chops may be used. With a dull knife or a stout spoon the pulp of the meat is scraped out, while the tough connective tissue binding the muscle fibres together is left behind. The pulp thus obtained may be made into balls and browned, or it may be made into a sandwich with thin bread and butter.

2. Beef meal, beef jelly, peptonised beef jelly, tropon, powdered beef, dried beef blood, meat lozenges, beef peptonoids, beef

peptone, and various other preparations of beef are on the market. They are all the results of attempts to prepare beef in such a manner as to render it easy of digestion. They are all, it may be said, of more or less value.

FLUID MEAT PREPARATIONS

1. *Beef Juice*—contains serum, lymph and blood. A tender, thick, juicy piece of beefsteak is broiled for several minutes over a quick fire so as to coagulate the outside and prevent the escape of the juice. It is then cut into small pieces and each is squeezed in a lemon squeezer or in a meat press. The juice thus obtained is flavored with salt and pepper and though not as valuable as scraped beef, it is more so than any of the various extracts of beef which are to be had.

2. *Beef Tea*—if rightly made may be nutritious, though the quantity of albuminous material which it will contain is usually less than that which is contained in a similar volume of milk or in an egg. Beef tea should be prepared as follows:

(a) Chop a piece of tender raw beef into small pieces about a quarter of an inch in diameter, and allow these to stand in cold water for five or six hours. Use a pint of water to a pound of beef.

(b) Add ten drops of hydrochloric acid and heat the solution gradually up to 160° F. for from fifteen to twenty minutes.

The prolonged soaking of the meat in cold water dissolves the mineral ingredients and the extractives, while the hydrochloric acid converts the insoluble myosin into an acid albumin which is soluble in water. The materials contained in beef tea are mildly stimulating to the mucous membrane of the stomach and to the nervous system.

3. *Bovillon*—is of little more value than beef tea. It is a good vehicle for giving beaten or dropped eggs, flour, etc.

4. *Beef Broth*—is agreeable to the taste, and as ordinarily made it contains about one-half of one per cent. of fat, a similar quantity of albumin, and about one per cent. of gelatin, besides salts and extractives. As a rule broths made from chicken, veal or mutton are more nutritive.

5. Meat extracts, fluid beef, bovine, beef peptones, are among the numerous commercial preparations which may be purchased. Their values vary.

VARIOUS MEATS

1. *Beef Tongue*—is tender, but as a rule it contains too much fat for delicate stomachs.

2. *Veal*—when obtained from animals too young is tough, pale, dry and indigestible.

3. *Mutton*—is usually more or less tough, but if properly assimilated it is almost equal in value to beef.

4. *Lamb*—when tender is digestible, but the flesh contains too large a proportion of fat. Good lamb, moreover, is expensive.