

For roasts weighing less than 8 lbs., allow 12 to 15 minutes to the lb. and 15 minutes extra.

For meat weighing less than 10 lbs., to be cooked in water, allow 20 minutes to the lb., and 20 minutes extra.

Time for broiling meat varies with the thickness of the meat.

Stock is prepared by soaking meat and bone in cold water and cooking with seasonings at a low temperature for several hours. Strain, clear, and cool uncovered. The fat must not be removed until ready to use stock; it excludes the air and prevents decomposition. Before using, it must be entirely removed. Small globules of fat may be removed from cold broth with a cloth which has been dipped in boiling water, then wrung dry; from hot broth by using blotting paper or a piece of bread. This fat may be used in place of drippings.

Trimnings of fat from meat should be tried out and used.

Meat which remains from a soup stock may be used in any dish where cooked meat is required, with the addition of seasonings or beef extract to give it flavor.

ROASTING.

Skewer meat into shape. Lay it on a rack in a meat pan, skin side down, and place pieces of fat from meat in the bottom of the pan. Dredge meat with flour. Place it in a hot oven on the grate for 10 minutes to sear the meat. Remove to the floor of oven, and baste every 10 minutes. Season when partially cooked.

BROILING.

Remove extra fat from the meat. Grease the broiler with some of the fat. Place over a clear fire; sear, and then turn every 10 seconds. Chops 1 in. thick should be cooked 5 minutes. A steak 1 in. thick should be cooked 8 minutes. Season and serve on a hot platter.

PAN-BROILING.

Remove extra fat from the meat. Heat a frying-pan very hot, rub slightly with some of the fat. Sear the meat on both sides, then cook more slowly, turning every 10 seconds. Stand chops up on edge to brown. Keep the pan free from fat. The time for pan-broiling is the same as for broiling.

HAMBURG STEAK.

Chop finely 1 lb. lean raw beef; add 1 tsp. salt, pepper, and a few drops onion juice. Shape into small flat cakes and pan-broil.

BOILED TONGUE.

Wipe meat and put in kettle, cover with cold water, and bring slowly to boiling point. Boil 5 minutes, remove skum, and simmer until tender. Cool slightly in water in which it was cooked, then take from water and remove skin.