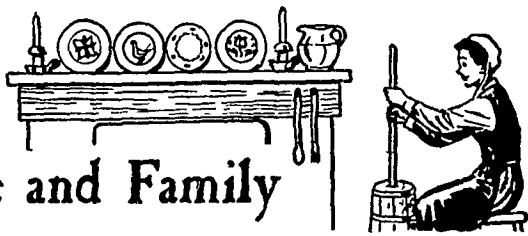


## For the Farm Wife and Family



### Select Good Meat Products; Prepare Properly For Tasty Dish

For broiling over a charcoal fire, meat experts say, you should select a well-marbled steak. By marbling they mean steaks of fat interspersed within the lean. A well marbled steak will usually be tender and juicy when broiled—if it comes from a young animal.

The food shopper has no way of judging this last point but Federal meat graders do—and the shopper can take advantage of their knowledge by using U. S. grades as a guide in picking her picnic steak.

USDA Prime and Choice grades provide steaks which are best for broiling. You can easily tell if beef is Federally graded. On the fat covering you will find one or more purple shield-shaped stamps enclosing the grade name and the letters USDA. This shield grade mark is registered in the U. S. Patent Office for your protection.

In addition to knowing the grades of beef that are good for broiling, it is important to know what cuts are appropriate.

Porterhouse, T-bone, sirloin and club steaks are the best. However, a rib steak compares favorably with these in tenderness and flavor, and usually costs less per pound.

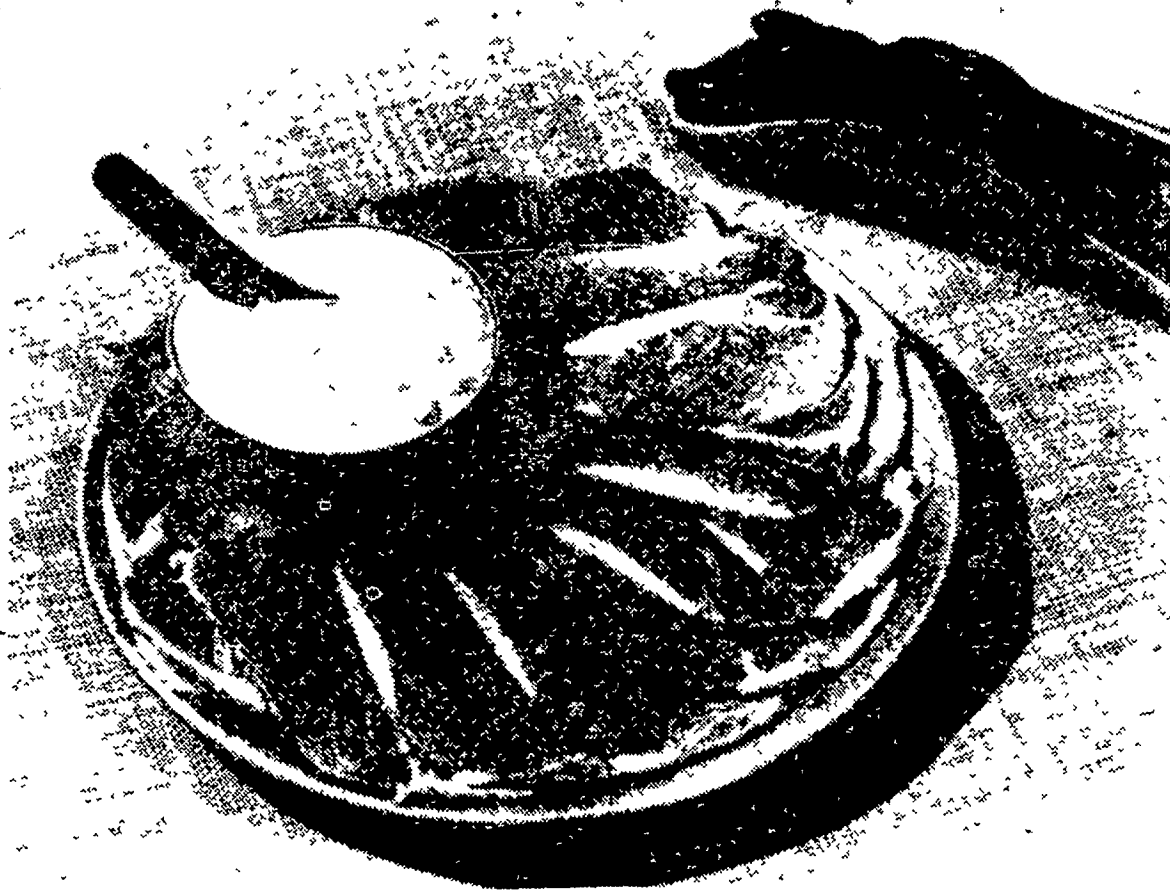
Do you ever hesitate when selecting round steaks at the meat market? The entire slice with

its small round bone is a hearty meal for a large family, but a section of the steak might be a wiser purchase for the family of two or three.

If you have a freezer and find the whole steak too much for one meal, divide the steak; freeze one section and cook the other. Store the fresh meat loosely wrapped in waxed paper in the refrigerator for use within two days. Wrap the meat for freezing tightly in moisture-proof wrap, such as laminated paper, aluminum foil, or any of the special freezer papers. Be sure and label the package with the contents, number of servings (allowing 1/4 pound for each serving), and date of freezing. The meat can be stored three to four months.

Round steak is usually divided into two portions, called top or inside and bottom or outside round steak. To divide the meat at home, leave the bone in the larger section of the meat and cut crosswise just under the bone. The top portion then contains the round bone and large section of meat with additional section of meat around the bone. The boneless, bottom portion has three areas of meat outlined by connective tissue.

When you purchase round steak at the meat market, the choice of top or bottom depends upon your preference and use



This nippy sour cream sauce goes well with cold sliced meats for a summer buffet. Easy and quick to prepare, the sauce is another example of how the homemaker

can use dairy products in many ways—alone or in combination with nearly all other foods to make a meal tasteful and complete.

The top portion is slightly more tender than the bottom portion. Both pieces are more succulent and tender when braised—cooked slowly over low heat with a little liquid. If the top round steak is well marbled with streaks of fat and surrounded by a good outside layer of white or creamy fat, the meat is tender enough to broil or pan-fry.

In this recipe, top round steak is cut into finger-size pieces and simmered in a tomato mixture to which sour cream is added. The saucy entree is delicious—good enough for a party.

#### SPECIAL BEEF STROGANOFF

- Two pounds top round steak, cut in short, thin strips
- One-fourth cup lard or drippings
- Two medium onions, finely chopped
- Two cans (8 ounces each) tomato sauce
- Two cans (4 ounces each) sliced mushrooms
- Two teaspoons salt
- One teaspoon Worcestershire sauce
- One-eighth teaspoon pepper
- One cup sour cream

Brown meat in hot fat in a large heavy skillet. Pour off any excess liquid which might accumulate. Push meat to one side of pan and add onions, cook 5 minutes. Add tomato sauce, mushrooms with their liquid, salt, Worcestershire sauce, and pepper. Cover pan and cook over low heat one hour or until meat is tender. Blend in sour cream and heat through; do not boil. Serve over hot rice and garnish with chopped parsley. Makes 8 servings.

Here's a recipe that calls for either portion of round steak. Strips of carrot and green pepper stick out jauntily from rolled strips of steak.

#### ROUND STEAK ROLL

- One and one-half pounds round steak, cut 1/2-inch thick
- One and one-half teaspoons salt
- One-fourth teaspoon pepper
- Two carrots, cut in strips
- One large green pepper, cut in strips
- Three tablespoons flour
- Two teaspoons paprika
- Three tablespoons lard or drippings
- One medium onion, chopped
- One cup bouillon

Cut round steak into 6 long strips. Sprinkle with salt and pepper. Place carrot and green pepper strips in center of each meat strip; roll and fasten with skewers. Mix flour and paprika, rub into surface of meat. Brown in hot fat. Add onion and bouillon, cover pan and cook over low heat 1 1/2 hours or until meat is tender. 6 servings.

This nippy sour cream sauce goes well with cold sliced meats for a summer buffet —

#### SOUR CREAM HORSE-RADISH SAUCE FOR MEAT

- 1 cup sour cream, whipped
  - 1/2 teaspoon salt
  - 2 teaspoons sugar
  - 6 or 8 tablespoons grated horse-radish
- To the whipped cream, add the salt and sugar, then gradually stir in the horse-radish. Serve with meat (pot roast, baked ham) or fish.

The next time you purchase a lamb shoulder ask the meat man to bone and roll the meat. Boned

lamb shoulder is easy to carve. Try roasting lamb shoulder with a nippy barbecue sauce.

Give your family a menu change and serve tempting and nutritious beef liver. This recipe for liver with sour cream will bring new eating enjoyment to those folks who are fond of liver.

#### LIVER WITH SOUR CREAM

- One pound beef liver
- Two tablespoons chopped onion
- Three tablespoons bacon drippings
- Two-thirds cup mushroom

(Continued on page 9)

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