

TRY A CLASSIFIED AD

## PLAN NOW FOR THE 1975 SEASON

### WE WILL

- REVIEW SOIL TESTS
- ANALYZE FERT. REQUIREMENTS
- ARRANGE FOR FERTILIZER AND PESTICIDE NEEDS

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## Beef - An Important Food

(Continued from Page 14)

servings. Freeze fresh beef quickly and store at 0 degrees F. or lower for a recommended maximum storage period of 3 to 4 months for ground beef and 6 to 12 months for other fresh beef.

The most desirable methods used for defrosting or thawing are: (1) in the refrigerator; (2) during cooking. The meat should be defrosted in its original wrapping unless it is defrosted during cooking. CURED BEEF such as corned beef and beef bacon is not recommended for freezing.

### Cooking

**FRESH BEEF:** The method selected for cooking fresh beef cuts depends on: (1) the tenderness; (2) the size and thickness of the cut and (3) the available cooking facilities. All cuts can be

cooked easily so that the meat is tender, juicy and attractive. Large cuts including rib, rump (high quality) and tip (high quality) should be roasted at 300 degrees F. to 325 degrees F. until the meat thermometer registers rare, medium, or well done. For easier carving and more attractive servings, it is desirable to allow a cooked roast to "set" for at least 15 to 20 minutes. Meat continues to cook upon removal from the oven. If the roast is permitted to "set," it should be removed from the oven when the thermometer registers about 5 degrees lower than the desired doneness. Tender steaks, including rib, rib eye (Delmonico), T-bone, Porterhouse, sirloin and tenderloin (filet mignon), cut 1 inch or more thick, should be broiled at moderate temperature to

desired doneness. Tender steaks cut less than 1 inch thick may be panbroiled or panfried.

Less tender cuts including chuck, round and rump are usually braised as pot-roasts or steaks. Fresh beef brisket, plate, neck, shank and cubes from less tender cuts are usually cooked in liquid, although fresh brisket, cross-cut shanks and beef stew meat are also braised. Cuts cooked by braising or in liquid should be cooked well done. Ground beef may be roasted (baked) as loaves; broiled, panbroiled or panfried as patties and prepared by a combination of methods in casserole and similar type dishes.

**FROZEN BEEF:** Cook frozen beef roasts at 300 degrees F. to 325 degrees F., allowing one-third to one-half again as long as for cooking defrosted roasts. Braise frozen pot-roasts,

thick frozen steaks or cubes, allowing about the same cooking time as for comparable defrosted cuts. Broil frozen steaks and patties farther from the heat so the meat doesn't brown on the outside before it is cooked to desired doneness. The extra time required varies according to the cut's surface area, thickness and the broiling temperature.

**CURED BEEF:** Corned beef, unless pre-tendered, should be cooked in liquid. Beef bacon may be panbroiled or panfried.

### Water

Adults require about three ounces of water for every 100 calories consumed. Much of the water we need comes from food itself. Fruits and vegetables are 85 percent water. Meat is usually half water. The average loaf of bread contains approximately a third of a pound of water.

### XXX

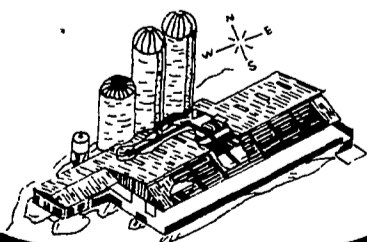
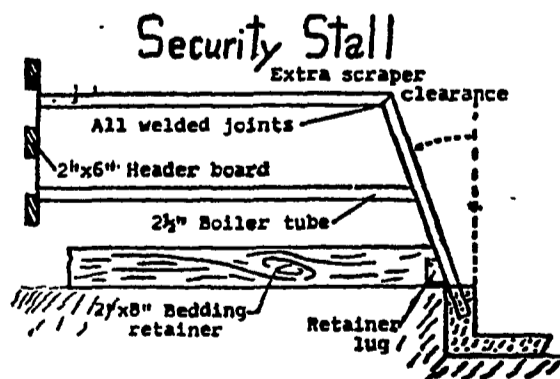
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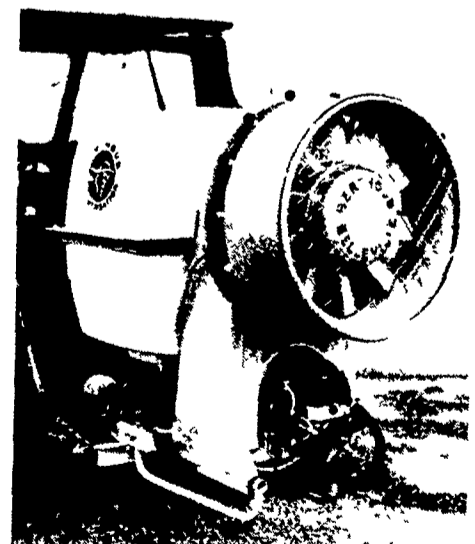
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