

Consuming Thoughts

Fay Strickler

Penn State Extension Home Economist For Berks Co.



Food retailers will be counting on clear skies and warm weather to greet the Memorial Day holiday, the first long weekend of summer. Fryer chicken, fryer parts, turkey, and selected beef and pork cuts will be the big promotional items at most stores. Ham will be another featured value.

You'll also notice that watermelons, cantaloupes, and strawberries will be in greater supply but not necessarily lower prices.

Shoppers will see that value selections are better at the vegetable counters. Items in greatest supply are the old stand-bys like potatoes and dry onions. Lettuce prices should be a little more inviting, as new production areas are now being harvested. Other featured values include shipping or locally grown products such as asparagus, cucumbers, carrots, sweet corn, green onions and radishes.

Beef cuts selected for promotion this week and next can serve double duty, as cookout meats or as special dishes on the holiday menus. You can cook any cut of meat in a covered grill outdoors that you would dry-roast indoors.

Boneless rolled rump, sirloin tip, and top round of beef lend themselves to a tempting roast on the grill. They also make a handsome oven roast if a cookout does not fit into your scheme of things or the weather doesn't cooperate.

Two chuck cuts that are just as tender, probably juicier, and a little less expensive than round cuts are the chuck tender and inside chuck. Generally, you won't find these cuts in the meat case. You'll have to ask the butcher to cut them special.

The chuck tender is a thin, angular muscle over the blade bone. The inside chuck is a larger, boneless cut. It's an extension of the rib-eye muscle with surrounding muscles included. The inside chuck will feed a dozen people or more.

If you are cooking chuck or round roast outside, figure a ready-to-cook weight of at least one-half to three-quarters of pound per person. People just seem to eat more in an informal setting and a chuck roast always is flavorful.

Use at least one pound of charcoal per pound of meat. A disposable aluminum roasting pan is

very suitable to hold the meat. The cover on the grill will hold the heat in, so there's no need to cover the meat. Figure on at least three to four hours cooking time. Use a meat thermometer to be sure the meat is done and ready to serve.

The name "steak" has an appealing sound because it brings to mind a sizzling, juicy, tender piece of meat. But beware-many retailers are cutting all kinds of meat into thin pieces and calling them steak.

Some steaks are considerably more tender than others. Rib and loin cuts are always more tender than cuts from more active muscles of the shoulder and leg.

The most tender cuts of steak are porterhouse, T-bone, club, sirloin and rib. Moderately tender steaks are those from the sirloin tip, top round, and blade chuck.

Least tender come from the bottom round, eye of round, chuck and flank.

Less tender steaks may be grilled but it may be better to marinate them for extra tenderness, especially if you plan to cook them medium-well or well-done. All marinades have an acid, such as lemon, vinegar, or tomato, which breaks down the connective tissue that is more prevalent in less tender cuts.

To make sure the marinade works and the meat is tender, soak the meat in the marinade overnight in the refrigerator. For safety sake, keep some of the unused marinade in a separate container to baste the steaks the next day. DO NOT baste steaks with marinade that contains raw meat juices. Have A Safe and Happy Memorial Day.

Kutztown Folk Festival Focuses On Pa. Dutch

KUTZTOWN (Berks Co.) — What is a union church? What is a harvest home? These questions fill the air during the Kutztown Folk Festival, scheduled for Saturday, July 2nd, through Sunday, July 10th from 9 a.m. to 7 p.m. daily.

Most people think of the "Pennsylvania Dutch" as either Old-Order Mennonite or Amish, but 80% of the Pennsylvania Dutch are worldly; what makes one Pennsylvania Dutch is one's ancestors' place or origin. Both groups, "Plain and Fancy," came from the Palatinate region of the Rhine River; however, the worldly group belonged either to the Lutheran Church or the Reformed Church, which is now the United Church of Christ. They had no religious restrictions in the manner of dress or mode of transportation. When both groups arrived in America, they found the foothills of what is now Berks, Montgomery, and Lancaster counties reminded them of their German homeland and contained rich and productive farmland. The Amish and Mennonite and the Lutherans and Reformed, the two "halves" of Pennsylvania Dutch Culture, developed in America, side by side, as the "Plain and Fancy Pennsylvania Dutch."

In their new land, the Lutheran and Reformed immigrants found a land which gave them a good home, plenty of good food, and freedom to worship as they wanted. Unfortunately, they had little cash and were not "house meeting" groups. They wanted a church to worship their God, so

the Lutherans and Reformed banded together, pooled their resources, and built churches where they could share expenses, as well as space. One week, the Lutherans would have an early service; next week, the Reformed members would come early. Sunday School classes were often interdenominational, where Bible study, rather than church dogma was taught. These combined houses of worship became known as "union churches," and a few still exist today. The "Old Oley Union Church" is a representation of those early churches and will be on display during the festival.

In the Pennsylvania Dutch Country, tithing is important; it is a promise to give 10% of your income to your church. Since cash was always in short supply, but food was not, the Pennsylvania Dutch farmers met their tithe with products from their labor. Each fall, the church members would bring corn meal, flour, canned and fresh vegetables, and smoked meats to the Harvest Home. These offerings were displayed for everyone to see and were used to "pay" at least part of the minister's salary. Some of the produce was taken to market and sold to the city dwellers, so that the congregation had money to buy those things for which they could not barter. The display in the union church is a representation of those hard-working people's dedication to their beliefs.

For more information on the festival at 461 Vine Lane, Kutztown, call (610) 683-8707.

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