

Inexpensive Meat Cuts Aid Budget

By ELLY

If high meat prices are making your food budget sag, maybe it's because you haven't learned how to use the less expensive cuts.

There are ways to tenderize even the toughest cuts: pounding with a mallet to soften fibers; marinating thin slices in equal parts of salad oil and lemon juice for an hour before cooking; or using commercial tenderizers as directed. Pork and lamb may be soaked overnight in buttermilk.

Some of the world's most famous dishes are made with inexpensive meat cuts which are at their best braised, boiled, stewed or baked in a casserole.

POT ROAST
2 T. flour
2 t. salt
1/4 t. pepper
1/4 t. curry powder
3-1/2 to 5 pounds meat of your choice
3 T. fat
1/2 c. water, tomato juice, consomme, apple juice or wine
1 bay leaf
1/2 l. sage or savory
4 to 6 whole onions
4 to 6 whole carrots
3 stalks sliced celery
4 to 6 potatoes, peeled and halved

Blend together, on a large plate, the flour, salt, pepper and curry powder. Roll the meat in this mixture until coated all over. Heat the fat in a heavy skillet or Dutch oven and brown the meat slowly on all sides over medium heat. This will take 20 to 25 minutes. Add the liquid, bay leaf, sage or savory. When the mixture is simmering, tuck the onions, carrots, celery and potatoes around the meat. Cover tightly and simmer 2-1/2 to three hours, or until the meat is tender.

Contrary to popular belief, the vegetables will not lose their color or overcook, so long as they are cooked over constantly low heat. When done, the gravy is just right: the flour used with the meat at the beginning of the cooking gives it a perfect consistency.

IRISH LAMB STEW
2 to 4 pounds stewing-lamb (shoulder or lamb in the basket)
2 onions, quartered
1/2 c. celery leaves
2 carrots, each cut in three pieces
1/2 t. dry mustard
1/2 t. thyme
1 t. salt
1/4 t. pepper
3 quarts warm water

Place all ingredients in a saucepan and bring to rolling boil. Cover and simmer over low heat for 1-1/2 to two hours, or until the meat is tender. When only a half hour of cooking time remains you may add whole carrots, potatoes and onions. To serve, place the meat in the middle of a warm dish and surround it with the vegetables.

Use the broth to make a delicious soup by adding one can of tomatoes, one tablespoon sugar and one-half cup barley. Simmer for one hour.

SOUTHERN MEAT LOAF
2 pounds ground beef
1/2 c. chopped onion
1/4 c. chopped green pepper
1 can (16 oz.) tomatoes
1 c. crushed sesame seed crackers
2 eggs, beaten
1-1/2 t. salt
1/8 t. pepper
1/2 t. garlic salt
1/4 t. basil

Combine ground beef, cracker crumbs, onion, green pepper, tomatoes, eggs, salt, pepper, garlic salt and basil. Mix thoroughly. Pack mixture into a nine by five-inch loaf pan. Bake in a slow oven, 325 degrees, for 1-1/2 hours. Serves eight.

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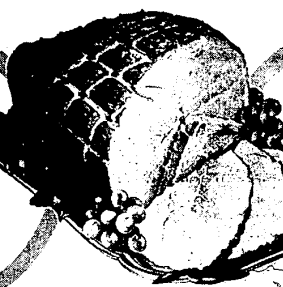
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Spice CABINET

HOT CIDER PUNCH
2 quarts elder
2 cinnamon sticks
1 (12-ounce) can pineapple juice
1 cup light corn syrup
1/2 cup lemon juice
1/2 teaspoon nutmeg
Baked Oranges

Mix elder and cinnamon in large saucepan. Cover. Bring to boil, then simmer 5 minutes. Add pineapple juice, corn syrup, lemon juice and nutmeg. Heat well. Remove cinnamon sticks. Pour over Baked Oranges in punch bowl. Serve hot. Makes about 2 1/2 quarts.

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