

# Beef up choices of meat to put on barbecue

Continued from Page 1

The next grade is choice, a grade that accounts for 20 percent of all the beef sold and is what most supermarkets and butchers carry for consumer purchases. The meat is also light colored and has a firm layer of fat, but the marbling is uneven and there might be little pockets of fat. Choice meat is a tad more coarse than prime.

THERE CAN BE quite a difference between top choice and low choice, since about 15 years ago the breeders and growers changed the grades, incorporating plain choice into top prime and the grade below choice, good, into choice.

So the choice meat you get now encompasses a wide range of quality.

This is why you can see some meat marked as "top choice." No one, however, would dare advertise their meat as "bottom choice."

The "good" grade of meat formerly was the commercial grade. This grade is for folks who don't like a lot of fat. It is plain meat with hardly any marbling and is apt to be tough, with little flavor. These cuts usually lend themselves to marinating and slow cooking, which enhances flavor and tenderness.

The good and standard commercial grades may include some cows and bulls. The last grade, which is the cutters' and canners' grade, is seldom seen in retail markets but is mainly used by the processors of frankfurters, bologna, knockwurst, sausages and canned or potted meat products.

Yours truly has a simple rule that is followed by all the James Gang. Momma always said never to buy steaks or good meat that was cut and wrapped in a smothering plastic. She always said that you should get to know your butcher or meat person so that when quality counted, you could depend on his or her recommendation.

TO THIS DAY, she still relies on Mr. Szymanski and, in all honesty, at the family barbecues, you can always tell. Of course, an occasional Momma James pie and loaf of fresh bread never hurts.

So light up those grills and heat up those broilers, but when you want the best, rely on a good butcher or meat market for the tastiest cuts. Bon Appetit!

lightly greased baking pan until desired internal temperature is reached.

### CLASSIC LONDON BROIL

Although many people think of London broil as a cut of meat, it is actually a way of cooking meat. A boneless piece of meat is marinated, broiled, then sliced into thin slices and is usually served with a mushroom sauce. Flank steak has traditionally been the best cut for London broil.

1 flank steak, 2-2 1/2 pounds

**paprika**  
salt and pepper to taste  
juice of 1 lemon  
1 clove garlic, chopped fine  
1 tablespoon chopped parsley  
1/2 teaspoon thyme or rosemary oil

Place the piece of meat in a dish or saucetpan and season it with paprika, salt and pepper. Squeeze the lemon juice over it and then sprinkle with garlic, parsley, thyme and rosemary. Wet the meat with oil, turning it several times. Marinate the meat in the refrigerator for



STEPHEN CANTRELL/staff photographer

## Morel finders

Arthur Borucki of Bloomfield Township recently found morel mushrooms in his own home town. Bloomfield Village Officer Henry Rogalski told Borucki where he had seen some mushrooms, and Borucki, who has hunted morels before, gathered them up. "They're not supposed to grow south of Bay City," said Borucki, who found two 10-inch-tall ones and two 8-inch ones, among 11 morels. He said they were found in a woodpile and believes the spores were in the wood when it was brought from up north. (Another Observer & Eccentric reader wrote to say he found six morels, one six-inches tall, in her Livonia backyard.)

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