

Offers Tips on Cooking Of Meats

Let's cook it right: Cooking Temperature: A slight change in temperature affects the time needed to cook meat to a certain degree of doneness, advises Mrs. June L. Sears, Extension Home Economist of Michigan State University.

Method of Cooking: Broiling, pan-broiling, and frying are quick methods of cooking meat by dry heat.

Size and Shape of Cut: A standing rib roast cooks in considerably less time than if it is boned and rolled. As much as five to 10 minutes per pound more time may be necessary to cook the rolled roast. Weight, surface area, and the shortest distance to the center of the thickest portion must be considered.

Degree of Doneness Desired: A six-pound standing rib roast requires 2 1/4 hours to reach 140 degree F. (rare), 2 1/2 hours to reach 160 degree F. (medium), and 3 1/4 hours to reach 170 degree F. (well done).

Composition of the Meat: The amount of fat covering a roast affects cooking time, says Mrs. Sears. The more fat, the faster the roast cooks after the fat begins to melt. Melting fat is an excellent conductor of heat. It also prevents some evaporation.

Initial Temperature of the Meat: Cooking takes more time when the initial temperature of the meat is low than when it is higher. Meat still frozen when cooking is started requires a long cooking time; part of the heat is used to melt the ice before the temperature can rise above the freezing temperature of meat.

Low temperatures are generally recommended for cooking meat, fish and poultry because it results in more uniformly cooked meat that is more tender and juicier; fewer and better drippings; less watching during cooking; less work in cleaning the oven and more easily carved meat.

High temperatures result in greater losses and fewer servings, which increases the cost per serving. The meat will be less tender and juicy, and drippings will be less palatable.

"Searing" is not really necessary to achieve a nicely browned product. The theory behind this method was that the initial high oven temperature would form a crust on the meat to hold in the juices. However, studies show that meat roasted at a constant oven temperature shrinks less during cooking than seared meat, and results in a nicely browned roast with better drippings.

Since the temperature of roasts and poultry continues to rise after the meat has been removed from the oven, it is a good idea to remove roasts and poultry from the oven about 15 to 30 minutes before carving and serving. This allows the meat to set and permits easier carving.

A question that many homemakers often ask is whether cooking in foil has any distinct advantages. None, except shorter cooking time.

But there are distinct disadvantages in terms of (1) increased weight loss due to cooking, (2) greater fuel consumption, and (3) steamed flavor. Aluminum foil acts as a heat insulator equivalent to lowering the oven thermometer approximately 75 degrees F.

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Juice Can Cutter

If you cut both ends from small juice cans, you can use them as cookie cutters. Before removing the cutter from the dough, sprinkle your cookie trim, such as nuts or sugar, into the top of the can.



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FRESH FRYERS

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ROUND STEAK
89[¢] LB
U.S. CHOICE-TENDERAY CHUCK STEAK **69[¢]** LB

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FRUIT COCKTAIL 3 1-LB. 14-OZ. CANS **\$1**

FRANCO-AMERICAN TASTY
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HEINZ TOMATO SOUP 11-OZ. WT. CAN **10[¢]**

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GRADE "A" EGGS 2 DOZEN **89[¢]**

WHOLE BEAN SPOTLIGHT COFFEE 1-LB. BAG 59[¢]	MORTON BRAND FROZEN CREAM PIES 14-OZ. WT. PKG. 25[¢]
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KROGER BRAND
PINEAPPLE- GRAPEFRUIT DRINK 4 1-OT. 14-OZ. CANS **99[¢]**

ISLAND GOLD BRAND
CRUSHED PINEAPPLE 2 1-LB. CANS **39[¢]**

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3[¢] FOR **\$1**
NONE PRICED HIGHER!

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