

# Meat tips

## There are secrets to using meats in summer

For many families, summer means packing the car and taking off on a camping trip. Whether heading to a nearby campground for a short weekend outing or to a wilderness spot for a longer adventure, food safety should be a primary consideration.

For a short trip, buy meat before you leave, freeze it and take it along packed in ice in an insulated chest, recommends the National Live Stock and Meat Board. To save time on the outing, ground beef can be shaped into individual patties and separated with double thickness of waxed paper before freezing. Other meats such as pork chops and steaks can be separated before freezing with double thickness of waxed paper for easy separation.

On longer camping trips, you'll want to restock the chest with meat and ice at local markets. If you are unsure of the availability of stores near your campsite, include among the supplies some non-perishable items such as canned luncheon meats, steaks and chili.

**SURELY** A favorite meal in most homes is a roast beef dinner. Fortunately for the family on a budget, it is possible to successfully roast some large cuts from the less costly chuck section of beef. Chuck eye roasts and cross rib pot-roasts can be roasted if of high quality, says the National Live Stock and Meat Board.

For the most tender, flavorful results, these cuts should be roasted in a slow oven (325 degrees) and cooked only to rare or medium. To serve, carve into thin slices.

**LOOKING FOR** a special entree to serve at your next cookout? A pork roast cooked to perfection on the rotisserie is sure to rate raves from delighted diners as well as the relaxed grillside chef. For rotisserie cooking, select a boneless roast such as a double pork loin or boned leg of pork, recommends the Meat Board. Insert the rod lengthwise through the center, test for balance, then fasten the meat securely with the spit forks. The pork should be cooked at low to moderate heat, over ash-covered coals arranged around a drip pan in the center of the grill. The drip pan is necessary to prevent flare-ups. Because the turning roasts cooks evenly and is self basting, it needs little attention during the cooking process.

For optimum tenderness and juiciness, it is important that the rotisserie pork roast be cooked just to the well-done stage (170 degrees). A roast meat thermometer is the best guide to doneness. Insert the thermometer in the roast before cooking begins, being sure that the tip does not rest on fat or on the rod. Care should be taken, too, that the thermometer will clear the grill as the roast turns.

**MORE AND MORE** consumers are finding they have less and less time available to spend in the kitchen on food preparation. Yet they don't want to give up the appetite appeal and goodness of home-cooked meals.

Now there are a variety of sauces available in the supermarket that make it possible to create home-cooked, even gourmet, meals with a minimal amount of preparation. These sauces come in many flavors and several forms — canned frozen and dried in packets.

The Meat Board points out that these sauces can be used to dress up a variety of meat cuts, including ground beef, pork and lamb, meat for stew, cube steaks, chops, steaks and sausages. They also provide an excellent vehicle for giving leftover meat new appeal.

**BEEF POT-ROAST**, often associated with cool weather meals, is also great in the summer on the grill. By following proper grilling techniques, you can enjoy the flavor and economy of pot-roast all through the outdoor cooking season.

First, place a beef chuck arm, blade or 7-bone pot-roast in a cooking bag, closing but allowing for venting. Then wrap securely

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In heavy duty aluminum foil, folding edges to seal. Place on grill and cook at low to moderate heat until done, turning occasionally. By using both bag and foil, the roast is easy to turn as it braises to tenderness.

No liquid need be added; however, the meat can be spread with a mixture of catsup and flour before it is sealed. If desired, when the meat is done, it can be removed from the bag and briefly broiled over the coals to pick up charcoal flavor.

The juices that accumulate as the beef braises can be served with the sliced meat. If desired, the juices can be thickened with a small amount of flour mixed with water.

**ARE YOU** sometimes shocked at how high your supermarket bill is? Before you place all the blame on rising food prices, check your receipt carefully. You may be surprised at how many non-food items are contributing to what you think of as your "food" bill.

Many supermarkets today are becoming one-stop shopping centers offering everything from liquor to clothing to hardware to appliances. Flower or plant sections are increasing in numbers and account for 10 percent of the produce department's total annual sales.

Don't forget, too, to subtract paper goods, beauty aids and cleaning supplies before determining your actual food costs.

**VARIETY**, versatility, convenience, flavor and economy are all factors that make processed meats popular choices for today's consumers.

Processed meats are products such as hot dogs, bologna, luncheon meats, ham, bacon and sausage. In other words, they are beef, pork and lamb with other ingredients added (spices, salt, preservatives, etc.) that form new products, ones with different characteristics and flavor from the meats from which they were made.

Just how popular are processed meats? According to a recent study, in a given two-week period, 93 percent of primary food shoppers eat or serve processed meats an average of 12.6 times.

Approximately 35 percent of all red meat produced is processed. Processing accounts for approximately 65 percent of all U.S. produced pork, 12 to 14 percent of beef and 13 to 15 percent of lamb.

**MORE AMERICANS** are coming home to eat. While eating outside the home increased significantly in the 1960s and 1970s, a recent report showed that restaurant traffic decreased 3.8 percent between August 1979 and 1980. This was the second straight yearly decline. Reasons for the return to eating at home include rising fuel prices and general inflation.

What's being served at home? The main dish trend is toward combination dishes that combine meat with starches such as rice, pasta and potatoes and/or vegetables.

More pizza, homemade soups, meat salads, casseroles, spaghetti and meatballs and pot pies are being served. Also increasing in popularity are ethnic main dishes, especially Italian, Oriental and Mexican.

These mixed main dishes are helping consumers stretch their food dollar, for they can be made with economical ground meats, cubes, strips and leftover meats.

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SOLD AS ROAST ONLY

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Hot Dog or  
Hamburger  
Buns**  
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**BIG HOME GROWN  
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