



The CANADIAN COOKING SCHOOL

A complete Cookery Arts Course in 12 Lessons dealing with all the Fundamentals of this Important Subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

Prepared by --- Anna Lee Scott

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LESSON 5

MEAT, POULTRY, FISH

In this lesson, I want to give to my students an understanding of meat cookery...

General Methods of Cooking

- 1. By applying intense heat for at least long enough to seal in the juices, as we do when we roast or broil. Suitable for tender cuts.

Roasting Meats

Prepare the roast, according to its season. Wipe over with a damp cloth. Season all surfaces with salt and pepper...

Reduce heat of oven as soon as roast is well browned; finish cooking at 350 degrees F.—moderate heat.

Sometimes it is more convenient to start roast when oven is first lighted—and many modern authorities advocate this method—the inevitable one if an automatically started oven is to be used to full advantage.

Beef—Brush out surface with soft fat, sprinkle with salt and pepper, and with flour, if liked.

Allow lamb 20 minutes to the pound. Veal—Because it is very lean, a solid cut of veal such as the fillet or cushion (the top of the leg) or the shoulder should be "lardered."

Frying—Bacon should be put in a cold pan; cook over slow heat, pouring off extra fat so bacon will crisp.

Fish—A boned shoulder may have a cavity left by boned fillet with mildly flavored stuffing; tie up and treat same as beef.

ling. A boned shoulder may be filled with stuffing flavored with sage (or other herbs) and onion. A solid piece like the butt (a convenient and economical roast, particularly good for slicing cold) may have chopped onion and a tiny bit of sage pressed into deep cuts made in the meat, if you like the flavor this gives. Allow 30 minutes to the pound.

Ham—Any but the finest ham should be boiled before baking. Put 1 cup molasses, 2 carrots cut lengthwise, 2 stalks celery in the water. Cool ham in its liquor. Peel off skin (it comes off very easily) before baking.

Braining and Pot Roasting For the medium tender cuts of meat, the combination type of cooking, braining or pot roasting is very suitable. It gives the rich nutty, roasted flavor, but with added long slow cooking, its fibres are softened and it becomes tender as the higher-priced cuts.

There is little difference between braining and pot roasting. Sprinkle the meat with salt, pepper and flour and either brown it in a very hot oven the same as for a tender roast, or brown all the surfaces in a very hot, greased frying pan.

Then put the meat either into a covered roaster or baking dish, or a covered pot for top-stove use. Add a small amount (about 3/4 cup) of boiling water and allow the meat to cook slowly in the steam, keeping closely covered. Allow 3 or 4 hours slow cooking—enough to make meat thoroughly tender.

Part way through cooking, diced vegetables may be placed in a thick layer under the meat—carrot, turnip, onion, celery. The flavors all blend—a delicious mixture.

Sometimes we slash beef in 6 to 10 places and slip a strip of fat salt pork or bacon into each cut before cooking as a pot roast.

Broiling and Pan-Broiling Frying Suitable for Tender Cuts — Steaks, Chops, Tenderloin, Meat Cakes, Ham Slices, etc.

Real Broiling—Wipe meat with damp cloth, remove extra fat, rub heated broiler wire with some oil. Brush meat over with melted butter, bacon fat, oil or French dressing. Place it in broiler and cook by exposing to strong direct heat from clear fire electric element or gas flame.

Pan Broiling—Wipe and trim meat; rub very hot frying pan with pieces of the fat; sear meat quickly on both sides, then reduce heat and turn meat every half minute. (Never thrust fork into the lean meat.)

Broiling—Wipe meat with damp cloth, remove extra fat, rub heated broiler wire with some oil. Brush meat over with melted butter, bacon fat, oil or French dressing.

Frying—Bacon should be put in a cold pan; cook over slow heat, pouring off extra fat so bacon will crisp. Sliced ham or lean back bacon usually needs its fat.

Turn down the long flap of neck-skin over the back, and fasten with a short skewer. Rub breast, wings and legs of turkey or chicken with soft butter or bacon

Stew or Pot Pie

Stewing Meat—Cut meat in small pieces, dredge with salt, pepper and flour brown in very hot fat in frying pan, then turn into a kettle with any bones and trimmings and add boiling water—1 quart to each 1 1/2 pounds meat; cover closely and simmer gently, keeping always below boiling point, until completely tender—an average of about 3 hours.

An hour before finishing, all such vegetables as cut-up carrots, celery, turnips, potatoes, onions (the onions may be browned in pan before the meat), season stew with salt, pepper, sweet herbs, a little bit of bay leaf or a few cloves, with celery salt or dried leaves—just whatever seasonings you like best.

Dumplings are good with stew—make them by either the standard flour method or prepared flour method, as you learned in Lesson 3. A border of plain boiled rice or macaroni increases the food value, or either one may be added, uncooked, to stew, as may pearl barley, tapoca, sage, coarse hominy or oat flakes. Allow time to become tender.

POULTRY

Just as for the meats, I am going to refer my students to "Marketing and Meal-Planning," to learn how to buy poultry, and what to buy for different purposes.

To Prepare for Cooking

We have to prepare chickens, turkeys, ducks, geese and other birds in pretty much the same way.

Poultry bought from the butcher is usually delivered already cleaned. Your best way to learn to clean a bird yourself is to have someone actually show you.

Singe off down and hair quickly over open flame. Remove pin-feathers (with tweezers if possible). Cut out oil sack just above tail.

Wash bird well inside and out. Baking soda in hot water or rubbed into the skin and rinsed off, is helpful. Oily birds like goose, should be scrubbed. Flush out inside with running water and be sure nothing is left clinging to the inner framework.

The giblets should be delivered with the bird. Split gizzard, remove the inner sack (uncut if possible); wash heart, gizzard; add the neck and wing tips, and simmer them together to make stock for gravy, or you may cream this meat or make up some little attractive dish with it and left-overs.

To Roast a Bird

Time Table:—Sear bird in very hot oven, 500 degrees F., then reduce heat to 375 degrees F. and allow:

Chicken — 15 to 20 minutes to the pound, with 20 minutes extra.

Turkey — (8 to 10 pounds) 2 1/2 to 3 hours.

Turkey — (13 pounds up) 3 1/2 to 5 hours.

Goose — 25 minutes to the pound with 30 minutes extra.

Duck (domestic) — 20 minutes to the pound with 20 minutes extra.

Clean and prepare as needed. Stuff suitably. (I will give stuffing recipes later.) The body cavity is stuffed in all the birds—the crop also in the turkey (a different stuffing from the one used in the body, sometimes gives a useful alternative). Allow space for stuffing to expand in cooking. Mould turkey breast to be evenly rounded.

Thus the stuffed bird into good shape. Use one long skewer to fasten legs high and close to body, another through the wings. Twist the middle of a yard or so of string around the ends of the legs fastening them together if chicken or turkey, leaving them an inch apart if duck or goose.

Carry crossed string under to the two ends of the leg skewer and twist around securely. Then cross the two ends of string on the back of the bird and carry to the ends of the wing skewer; twist tightly around it, then tie the string drawing tight. This keeps all the string on the back of the bird, so that its breast and top are not marked. Turn down the long flap of neck-skin over the back, and fasten with a short skewer.

Rub breast, wings and legs of turkey or chicken with soft butter or bacon

dripping—and if a crisped skin is liked, make a paste of fat and flour and rub it in. Duck and goose, because of their own natural fat, need only be dredged with flour.

Set bird on rack in roasting pan; if it is a good, plump lay a few strips of fat bacon over the breast of chicken or turkey. "I prefer to do this after the skin has browned."

Have plenty of bacon dripping or un-favored fat in the pan and baste the bird with it regularly—every 15 to 20 minutes. As soon as bird is somewhat browned, reduce heat to moderate, 350 degrees F.

To test when done, thrust time of cooking fork into leg flesh and twist slightly if flesh leaves bone, bird is cooked. Remove it to hot platter, taking out skewers and removing string.

Pour off extra fat in pan, carefully saving brown sediment and 2 tablespoons fat for each cup gravy desired. (See lesson 1 for gravy instructions).

To Stew Chicken

Stewing a chicken leads the way to many good dishes. The second most popular way to cook chicken, is to stew it—and this is also a very delicate way to cook turkey.

An older bird, which would not be suitable for roasting, will make many delicious dishes if it is first stewed properly until tender.

Follow the same rules as for stewing meat—put chicken in large pot (I consider it holds more juice and flavor if cooked whole); cover with boiling water, add salt and pepper, a few slices carrot, a stalk or two of celery, when possible, parsley, and if liked, a slice of onion. Or you may use some celery salt or onion salt—convenient seasonings; or perhaps you keep some dried celery leaves on hand for seasoning.

Bring to boil, then reduce at once and simmer gently, always below boiling point, until meat is tender enough to leave bones easily.

Hot stewed chicken—or as it is often called, "billed chicken" (although it should never really bill while cooking) is very good served with drawn butter sauce (Lesson 1) poured over it—and an extra sauce-boat filled with sauce. Minced parsley improves the sauce. Egg sauce is also good over stewed chicken.

Or the chicken may be carved in pieces for serving and piled on its platter with the sauce over it. A border of fluffy fresh-baked tea biscuits should surround it. Or steamed dumplings—cooked separately or right in the stew pot with the chicken at the end of its cooking period. You have learned how to make both the biscuits and the dumplings in Lesson 3.

Deep Chicken Pie—Put neatly carved stewed chicken into deep baking dish; small balls or dice of partially cooked potatoes, carrots, tiny-onions, may be added or cooked celery, mushrooms or green peas.

Cover with medium-thick cream sauce. Make a crust of plain or richer soft drop biscuit dough (an egg in it is good), and drop it over the top; bake in a hot oven 30 to 45 minutes—covering with paper if necessary. Or shape the dough (having it a little stiffer in small biscuits) and arrange these over the surface of the pie and bake in a hot oven.

Chicken and sauce may be heated before adding biscuit dough to lessen time of cooking.

Broiled or Fried "Chicken" — Carve stewed fowl, dip in melted fat and broil all surface is crisp and brown. Or dip in fat and flour and pan-fry; or use flour, then egg and seasoned breadcrumbs and fry in deep, hot fat.

Other Methods Broiled Spring Chicken — Grease broiling iron and press split young chicken flat upon it. Brush skin with melted butter or bacon dripping and broil over or under direct heat.

Fried Spring Chicken — Cut young chicken in pieces for serving, roll in seasoned flour and brown in plenty of very hot fat in frying pan, turning to brown all surfaces evenly. Then pour in about 1/4 cup boiling water, cover tightly, and cook slowly until tender—probably 30 to 40 minutes longer. Remove chicken to hot platter in oven and make a milk gravy in the pan. (See Lesson 1).

Oven-Fried Chicken — Prepare young chicken as for pan frying. Put in baking dish, with plenty of bacon dripping or other fat, and cook about 45 minutes or until tender, in hot oven, 450 degrees F., turning frequently to brown evenly.

Or dip chicken pieces in melted fat, then in seasoned flour, spread on baking pan, bake in hot oven, 425 degrees F., till brown; turn in 1/2 cup boiling water, cover, and finish at moderate heat 350 degrees F.—probably 3/4 to 1 hour total cooking.

(Concluded on Page Seven)

GROWING DEAF WITH HEAD NOISES? TRY THIS

If you are growing deaf of hearing and fear Catarrhal Deafness, or if you have rearing, rumbling, hissing noises in your ears go to your druggist and get a ounce of Parment's (double strength), and add to it 1/4 pint of hot water and a little granulated sugar. Take 1 tablespoonful 4 times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the curious stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take.

Anyone who is threatened with Catarrhal Deafness or who has head noises should give this prescription a trial.

SLATS' DIARY BY ROSS PARQUEAR

Friday—Ant Emmy tuk the bus and went to the city today and tonite she cum home very very tired becuz she had skoured the stores in the City trying to find sam Laurels, she seed she had ben reading a lots here of lately about so meny people using there Laurels to rest on.

Saturday—They was a famouse silte or "hand" here at the Ory house today and tonite. Jake and me went down to the hotel to see him and we went up to his Room and they was a woman cum to the dore and we seed we wanted to see the silte of hand man and she sed he was sick. and we sed Well the shud ought to let us in becuz we was his Suns, and she replied and sed. Well I declare I diddent no that you see I am his wife. We diddent see him.

Sunday—The boss down at the noose paper where pa wirks called up pa today and sed Mr. Flick was very very angry becuz they was a pease in the noose paper wich sed. Mr. Flick was among the Roters witch attended the Basket ball game at the Harrison school on

Friday nite. What pe ment to say was ROTTERS.

Monday—I seen Bilsters today and he sed he had got a locking on Saturday nite after him and his pa had a argu-ment about whether that was the Sater-day for Bilsters bath or not. Bilsters sed he was sure he tuk a bath the Sater-day nite before.

Tuesday—Ira Nox has lost his job over at the Co. but the boss that he wasnt doing a very good job so they fired him.

Wednesday—I gess pa is about sick of the noose paper business. Yesterday he printed the news about Mabel Fudge getting married to Harve Purry and he went and got the rong hed line over it wich red. Local Man gets Tough Sentence. Mabel is sore. So is Harve.

Thursday—I went and sat pa today what they call a man witch will never never Give in as long as he Knows he is right and pa sed They call him a Bachelier. Ma was in the cellar at the time.

"Science has left man behind and man is losing his breath trying to keep up to it."—Joseph Caillaux.

EDWARDSBURG CROWN BRAND CORN SYRUP. A pure, wholesome, and economical table Syrup. Children love its delicious flavor. THE CANADA STARCH CO. LIMITED, MONTREAL.

Keep on the SUNNY SIDE. Image of a smiling person.

HAVEN'T you noticed that your happiest hours occur on days when you feel your best? Have more of these happy days. You and all your family. Guard health while you have it. Keep on the sunny side of life. The greatest enemy of health is common constipation. It may cause loss of appetite and energy. Certainly it kills enthusiasm! Yet it can be banished by eating a delicious cereal. Laboratory tests show Kellogg's ALL-BRAN supplies "bulk" and vitamin B to relieve common constipation. Also iron for the blood. The "bulk" in ALL-BRAN is much like that in leafy vegetables. How much pleasanter to eat this delicious ready-to-eat cereal than to take patent medicines. Two tablespoonfuls daily are usually sufficient. Chronic cases, with each meal. If not relieved this way, see your doctor. Made by Kellogg in London, Ont.

Image of Kellogg's ALL-BRAN cereal box.

The wise man is like a druggist's chest, silent but full of virtues; and the block-head resembles the warrior's drum, noisy but empty.—Sadi the Persian.

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