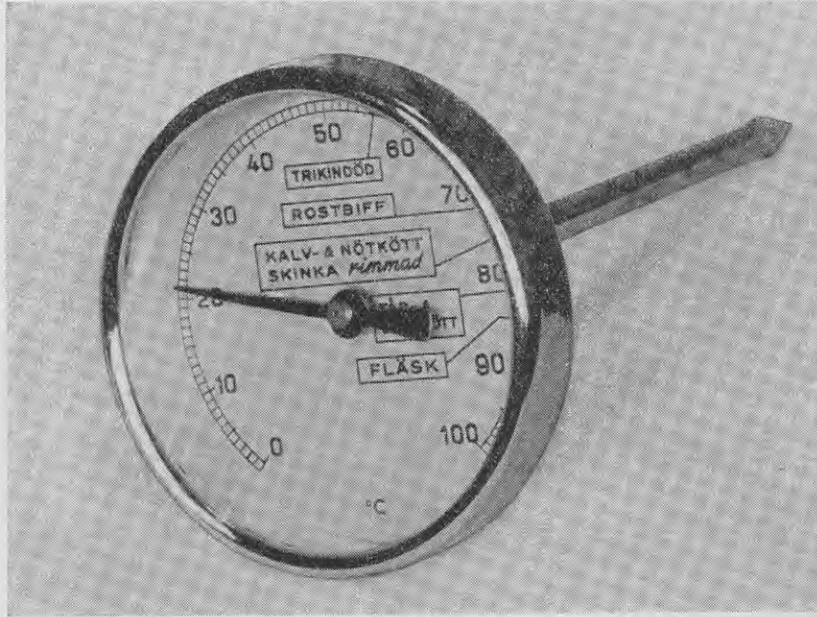
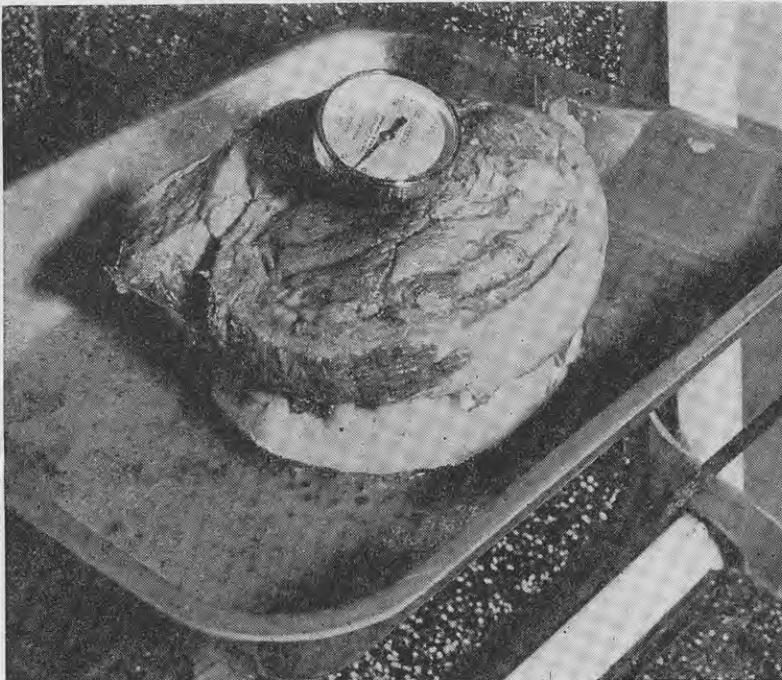


## ROASTING MEAT



A Swedish meat thermometer. The degrees are marked in Centigrade and the correct "done" temperature for the various meats is indicated. The English equivalents of the Swedish terms are: Trikindod, sterilisation temperature for trichinae (parasites found in underdone pork and causing the disease trichinosis, prevalent in European countries, but as yet not found in New Zealand); rostbiff, roast beef; kalv- & notkott, veal and beef; skinka rimmad, cured ham; far- & lammkott (obscured), hogget and lamb; flask, pork.

▼ The meat thermometer is inserted in the middle of the thickest and most meaty part of the joint before it is put into the oven.



The method of cooking to be used for any cut depends on the part of the carcass it comes from. The less exercised muscles give tender meat, but the more exercised ones will have stronger muscle fibres and more developed connective tissue and will be less tender. Correct cooking should increase the tenderness of the less tender cuts and not toughen the tender ones. It should give juicy meat, the centre being cooked and the surface not hardened.

### Methods of Cooking

There are two basic methods of cooking meat:

1. Dry heat, for example, roasting, grilling, and dry frying.
2. Moist heat, for example, braising, and cooking in liquid (stewing, boiling).

Frying (cooking in fat) is regarded as dry heat since no liquid is used.

### Dry Heat

Roasting is cooking by hot air, as in an oven. Grilling is cooking by direct heat, as over hot coals, or under a gas flame or an electric unit.

Dry frying (pan broiling) is cooking by heat which is transmitted to the meat from the hot metal of the frying pan rather than by direct heat as in grilling, and the fat is poured off as it accumulates in the pan. Frying is done either in shallow fat, that is, in a small amount of fat, or in deep fat where the food is completely immersed.

### Moist Heat

Braising means browning the meat in a small amount of fat, just sufficient to prevent it sticking to the pan, then covering it and cooking it slowly in its own juices or in a small amount of added liquid. Cooking in liquid, which is used both for stews and for boiling larger cuts, means cooking slowly in enough liquid to cover.

### Oven Temperature

There is one rule of meat cookery that applies to all methods, and this rule cannot be given too much emphasis: **Always cook meat at a low temperature.** This is important for many reasons and should always be kept in mind. The value of the low-temperature rule has been proved repeatedly by carefully controlled meat cookery experiments. It is particularly well illustrated by the following results of experimental work in roasting.

Two roasts from the same animal, one from the right side and one from the left so that they would be as nearly identical as two roasts could be, were roasted, one at 300 degrees F and the other at 450 degrees F until