

# CHEAPER CUTS OF MEAT

*MEAT DISHES TO SAVE YOUR POCKET*



Many young housewives tell us that they find shopping at the butcher's difficult because they do not know the names of the cheaper cuts of meat or how to serve them. In this leaflet we have given a list of the most usual of these cuts and suggestions for the best methods of cooking them.

There is no need to feel ashamed of asking your butcher for one of these cheaper cuts. Weight for weight, the meat in them is of just as much food value as the meat in the expensive cuts, but some have more bones and some are neither so tender nor of such good flavour. Carefully treated, these cheaper cuts can be made into dishes so appetising and flavoursome that even the most critical husband will ask for more. We give some recipes on the following pages.

## **Cheaper Cuts suitable for Stewing and Braising**

**Beef** Fresh brisket; leg or shin; flank; chuck steak; ox cheek; neck; also called clod or sticking piece; ox tail; cow heel; tripe; ox heart.

**Mutton** Neck; breast; sheep's head; trotters; heart.

**Veal** Neck; breast; knuckle; veal pieces.

## **Cheaper Cuts for Boiling**

**Beef** Fresh silver-side; flank (very economical); brisket; salt aitch bone (cheap, but contains a lot of bone); salt silverside; salt brisket; salt thin end of flank; salt neck, called clod sticking.

**Pork** Hand with foot (often called "fat hen." Is usually boiled but can be roasted); spring or belly (usually served cold); neck and shoulder; pig's head; trotters; pickled pork.

## **Cheaper Cuts suitable for Slow Roasting**

**Beef** Best end of flank; fresh aitch bone (see above); thin flank; rolled and boneless; back ribs; top ribs; brisket, boneless.

**Mutton** Breast (usually boned, stuffed and rolled for roasting. Use bones for soup); best end of neck.

**Veal** Breast (see above for mutton); best end of neck.

## **Meat Roll**

1 lb. lean mutton (raw)	1 cupful breadcrumbs
or	1 pickled onion (chopped)
1 lb. skirt of beef	$\frac{1}{2}$ teaspoonful mixed spice
$\frac{1}{2}$ lb. bacon pieces or	1 tablespoonful chopped pickles
sausage meat	(if liked)
$\frac{1}{2}$ teaspoonful mixed herbs, salt and pepper,	
a little milk	

Mince the meat and bacon, mix well with all the dry ingredients and the pickles, putting a few breadcrumbs on one side. Bind with a little milk. Put in a greased cake tin or jam jar and bake in a brisk oven for about 45 minutes. Serve hot or cold. (Enough for 4 or 5).

## Sheep's Head Broth

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|---------------------------------|----------------------|
| 1 sheep's head                  | 1 turnip             |
| 3 qts. cold water               | 1 onion, if possible |
| 2 tablespoonfuls pearl barley   | 2 sticks celery      |
| 2 carrots                       | pepper and salt      |
| 1 tablespoonful chopped parsley |                      |

Ask your butcher to dress and clean the head for you and be sure that he sends you the brains and the tongue.

Take out the brains and save for sauce or a separate savoury. Wash the head and tongue thoroughly and let them soak in cold water with a handful of salt in it, for an hour or more. Then put the head and tongue in a large saucepan with cold water to cover them and a little salt, bring to the boil, pour this water away and rinse the head and the saucepan with clean water. Put the head back into the saucepan with the barley, a little salt and three-quarts of cold water. Bring to the boil and skim well. Add the turnip, carrot, onion and celery cut into neat pieces. Simmer slowly for  $3\frac{1}{2}$  hours. Add the parsley at the last, with pepper and more salt, if necessary. (Enough for 5 or 6).

The head may be lifted out and served as a separate dish with parsley or brain sauce poured over it. Or, as much as seems desirable of the meat may be cut in small pieces and served in the soup. The tongue should always be skinned before being used.

## Brains on Toast

Wash the brains well in salted water, tie in muslin and boil in salted water for about 10 minutes. Cut into neat pieces, put on toast and cover with parsley sauce or mustard sauce to which a dash of vinegar has been added. (Enough for 4).

## Mutton with Turnips

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|---|----------------------------------|
| $1\frac{1}{2}$ to 2 lbs. neck of mutton | 1 dessertspoonful flour          |
| 2 lbs. turnips                          | 1 breakfastcupful water or stock |
| 1 onion, if possible                    | salt and pepper                  |

Cut meat in neat pieces. Remove the surplus fat and chop it finely; then frizzle it down in a pan or casserole. Peel and slice the turnips and fry in the fat for a few minutes. A sprinkling of sugar, if you can spare it, is an improvement. Then remove the turnips, put in the sliced onion and the meat dusted with the flour and brown them. Pour in the hot stock or water, add pepper and salt and stew very slowly in the oven or on top of the stove for at least 1 hour. Then add the turnips and cook for another  $\frac{1}{2}$  hour. (Enough for 4 or 5).



## **Braised Brisket of Beef**

about 3 lbs. fresh brisket	1 oz. dripping
2 lbs. mixed vegetables, (carrots, turnips, celery, onions, etc.)	a pinch of mixed herbs if liked
	1 oz. flour
	salt and pepper
	stock or water

Season the flour with salt and pepper and dust the meat with it. Make the fat very hot in a pan. Put in the meat and brown each side. Take out the meat, put a bed of sliced vegetables in the pan, then put back the meat, cover with the rest of the vegetables, and add the herbs. Add enough boiling stock or water to cover the bed of vegetables, put on the lid and cook very slowly on top of the stove for 2 hours (or in the oven for 2½ hours). (Enough for 6 or 7).

## **Baked Stuffed Sheep's Heart**

4 sheep's hearts	2 ozs. dripping
<i>For the stuffing</i>	
1 teacupful breadcrumbs	salt and pepper
1 small onion grated	a teaspoonful mixed herbs
2 tablespoonfuls chopped suet	a little milk to bind

Mix ingredients of stuffing together in a basin. Wash hearts thoroughly, cutting away pipes and flaps. Soak in salted water for ½ hour. Dry well; fill the cavities with stuffing. Tie a strong piece of greased paper over to keep stuffing in place. Melt dripping in baking tin. Put in hearts and baste well every 20 minutes. Bake in a slow oven for 1½ hours. Serve with thick gravy. (Enough for 5 or 6).

## **Bakehouse Mutton**

2 breasts of lamb (boned)	½ lb. onions or leeks
3 lbs. potatoes	1 teacupful water
	salt and pepper

Scrub potatoes and cut into thick slices. Peel and slice the onions. Put a good layer of potatoes in a baking tin, then the onions and add the rest of the potatoes, seasoning each layer with salt and pepper. Pour on the water. Roll up the breasts, lay on top of the potatoes, cover with margarine papers and bake in a moderate oven for 1½ hours. Remove paper and brown the meat for about 20 minutes before serving. (Enough for 4 or 5).



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