

How to Get Three Fresh-Cooked Meals from One Pot Roast

With a bit of meat cutting in your kitchen, you can get three different meals from one thick, round-bone pot roast.



Beef Stew

From the round end of the roast, cut a piece to use for meal number one. Cut this boneless meat into cubes for a beef and vegetable stew.



Pot Roast

Cut a piece from the center for a chunky pot roast.



Swiss Steak

With a sharp knife, carefully split the remaining piece to make two Swiss steaks.



Meat Cooking Methods

It is important to choose the proper cooking method for each cut of meat. Use **DRY HEAT** (roasting, broiling, baking, oven-frying, and stir-frying) for tender cuts; **MOIST HEAT** (braising and cooking in liquid) for less tender cuts.

Roasting (Dry Heat)

1. Season meat with salt and pepper if desired.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water, cover, or baste.
5. Roast in slow oven (325°) until done.

| Approximate Cooking Time Per Pound | | |
|------------------------------------|---------|------------------|
| Rare | at 140° | 22 to 26 minutes |
| Medium | at 160° | 26 to 30 minutes |
| Well Done | at 170° | 33 to 35 minutes |

Broiling (Dry Heat)

1. Broil in oven or on outdoor grill. If oven is used, set at broil. Preheat if desired. (You can make your own oven broiling pan by placing a cooling rack in a cake or jelly roll pan.)
2. Place meat on the cooling rack and broil. Place meat 2 to 3 inches from heat (3 to 5 inches for thicker cuts).
3. Whether broiling in an oven or on an outdoor grill, broil each side for the recommended time.

| Approximate Cooking Time Per Side | | |
|-----------------------------------|-----------------|----------------|
| | 1 inch thick | 2 inches thick |
| Rare | NOT RECOMMENDED | |
| Medium | 6 minutes | 18 minutes |
| Well Done | 8 minutes | 20 minutes |

4. Season to taste. Serve at once.

Baking (Dry Heat)

| Meat | Temperature | Time per Pound |
|--------------|--------------------|-----------------------|
| Chicken | 325° | 30-45 minutes |
| Duck | 325° | 20-30 minutes |
| Turkey | | |
| 8-10 pounds | 325° | 20-25 minutes |
| 10-16 pounds | 325° | 18-20 minutes |
| 18-25 pounds | 300° | 13-15 minutes |

Oven-Frying (Dry Heat)

1. Rinse chicken pieces, brush with butter or margarine.
2. Roll chicken pieces in bread crumbs to coat.
3. Arrange chicken in pan, meat side up, so pieces do not touch.
4. Bake at 350° for 50 to 60 minutes.

Stir-Frying (Dry Heat)

For complete stir-fry instructions, see Basic Recipes, page 107-108.

1. Cut meat into thin strips.
2. Meat is usually marinated before stir-frying.
3. Heat oil in bottom of pan.
4. Add meat. Cooking time is short (about 3 minutes).
5. Add vegetables. Cook for 5 to 7 minutes or until vegetables are tender crisp.

Boiling (Moist Heat)

1. Remove most visible fat from meat, poultry, or fish. Place in large pan (include bones).
2. Cover contents with water; add salt if desired.

3. Place lid tightly on pan and bring to boil. Reduce heat and cook until meat is tender and falls easily from bones (approximately 1½ to 2 hours for meat or poultry; fish will take about 15 to 20 minutes).
4. Remove meat and bones. Chill liquid to remove fat easily.
5. Freeze broth for soups and casseroles. Use meat for salads, casseroles, or other recipes calling for cooked meat.

Braising (Moist Heat)

1. Brown meat on all sides in fat in heavy pan.
2. Season if desired.
3. Add small amount of liquid such as water or tomato juice.
4. Cover tightly.
5. Cook at low temperature until tender (approximately 45 to 60 minutes per pound).
6. Make gravy from liquid in pan if desired.

Stewing or Cooking in Liquid (Moist Heat)

1. If you prefer, brown meat on all sides in its own fat.
2. Season if desired.
3. Cover with liquid, cover pan, and cook below boiling point until tender (approximately 1 hour per pound).
4. Add vegetables just long enough before serving time so they will be tender.