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As We Buy Meat

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able, and always look well. Period glasses are always decorative and add the last needed touch to a period room. When in doubt as to where a mirror should go, try it in various places until you have just the effect you want. Don’t think just because a looking glass has always hung in one certain place that it gives the best effect there. The importance of the mirror in decoration is apt to be under estimated. The most attractive

YESTERDAY, I’LL TAKE a Beef Roast. Oh, three to four pounds will be ample,” and with that, the housewife hangs up the receiver. The supply and good nature er will leave the choice to the jolly, ro­

animals. Experienced buyers are some­

meat cutting.

The most commonly used cuts.

may be gleaned as the breakfast bacon that frequently a harassed, hurried moth­

tion, the bone, or shape of the cut. The

of her butcher determine whether or

not, her family enjoy the said roast.

with that, the housewife hangs up the

dry names often disguise

of the best effect there. The importance

Don’t let the dark nook go undecorated for lack of an oil painting or tapestry—

One way to avoid the high prices of beautiful mirrors is to obtain a slightly damaged wind shield glass from a gar­

age, have it silvered and framed. This

not only is advantageous as to price but the plate glass let in the best up and the frame is exactly what you want.

As We Buy Meat

By VIOLA M. BELL, Associate Professor of Home Economics

The above diagrams may explain in part the relation of the wholesale cuts of beef, veal, lamb, and pork. In the last two, some of the cuts are retail cuts as well. Most carcasses are split in half along the back bone, unless in case of veal or lamb, where either the carcass is small, or fancy cuts are de­

stried. The average weights of one-half beef carcass is 450 lbs; one-half veal

90 lbs., one-half lamb carcass 30 lbs., and one-half pork carcass 160 lbs.

The hind and front part of the carcass are the hind shank, round and rump of beef

and veal. The belly of pork—bacon

when cured (the part for which the rest was made) and plate and the other part of the others. The loin of pork is the combination, or flank and plate of the others. The loin of pork is the combina­

tion of the ribs and loin of the others. "Steaks" in beef, cut usually from round, loin and chuck, are in veal, lamb, and pork—"chops." Loin chops, the same price as rib chops, have the tenderloin muscle and much less bone.

The tenderloin muscle runs through the loin, underneath the back bone. When removed and sold separately it brings a higher price, but the choice part of a porterhouse steak or loin chop is lost. "Tenderloins" often are from inferior animals, where the whole carcass could not be sold over the block. Home butchers are fast realizing the value of leaving the tenderloin muscle intact.

Rib roast bought with the "rib in" in­

sure ease of carving, and less plate mus­

cle left on. Only the occurrence of the butcher prevents him from leaving four to six inches of the plate muscle when a "rolled rib roast" is ordered. Why not sell a half pound or so of tough meat at the price of tender meat? In pork, how­

however this is the coveted bacon.

Careful examination of a cut, to iden­

ify the bone, the characteristic muscle and "grain" of the meat is invaluable. The "T" shaped back bone and the tender­

loin muscle differentiate a porter­

house steak from a chuck steak; a loin chop from a shoulder chop. The three large muscles of the round cuts contrast with the different shaped muscle and the small round muscle of the shoulder.

A brief table may be worked (out for the selection of meat.

Carcass Lean Beef Bone

Beef Bright red Creamy color Hard

Veal Pink, if any, white Bloody

Mutton Dark red Lambs White

Lamb Dark pink Hard, White Bloody

Pork Pale pink, Soft, white Bloody

Meat in good condition has little or no odor, and is firm, if gently pressed by the finger. The higher quality of fat is around the kidney; kidney must for puddings; kidney fat or "leaf fat" fat for lard.

Some general comparisons of lean, fat

and bone, using beef as the example, are interesting. Round and chuck are the leanest cuts of the carcass. Loin and rib cuts are intermediate. The flank is low lean, having two-thirds fat and no bone, while the foreshank is high in per­

centage of bone. The rump is made up of about one-half lean and one-third visi­

ble fat. Loin and ribs make up one-fourth of the weight, but represent one-fourth of the retail cost.

To speak of the retail price of the par­

ticular cut, it must be remembered that tenderness, grain, color, general appear­

ance and convenience of cooking are im­

portant items. The demand for certain cuts may mean, that other cuts of the carcass have a lower price.

Recent experiments have taught us of the vitamin content of the brains, liver and heart. The head, tongue, kidneys, and tail may be made into palatable dishes. A popular European food is made from the lining of the third beef stomach, "honey-comb," tripe. The diaphragm of the beef, a long narrow dark muscle, is well known as "butcher’s or "skirt" steak. Where attached to the back bone it is falsely called "hanging tenderloin,"

Lamb 1. Leg 2. Leg

3. Leg 4. Loin


7. Ribs 8. Shoulder


Pork 1. Ham 2. Ham

3. Ham 4. Loin


7. Loin 8. Shoulder


Head 11. Head

the last word being quite misleading. Throat "sweet breads," glands regulating growth; present in veal, lamb and young pork are great delicacies.

An intelligent buyer of meats, as an intelligent buyer of clothing, receives a great deal of consideration. A butcher is always glad to inform one, and takes pride, that into the market comes some one, who knows.