

1932

## For Tough Meat Try a Marinade...

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### Recommended Citation

Larkin, Thelma (1932) "For Tough Meat Try a Marinade...," *The Iowa Homemaker*: Vol. 12 : No. 4 , Article 3.  
Available at: <http://lib.dr.iastate.edu/homemaker/vol12/iss4/3>

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self." She was obliged to make her ambition known to the active members in some novel way. Then she was considered for Jack O'Lantern membership.

Now a girl waits for the Jack O'Lantern members to invite her to join. Of course, she makes herself eligible by entering into activities and maintaining high scholarship.

Pledging at the Campanile is a tradition of Jack O'Lantern. The active members come across the campus from Alumni Hall in their black and orange capes, carrying Jack O'Lanterns and singing the Jack O'Lantern song. Then the pledging occurs, and the new pledges return to the Y. W. C. A. with the members for a formal ceremony.

After pledging follows a period of probation, during which the pledges carry large Jack O'Lanterns to classes. Initiation occurs in the spring.

The officers of Jack O'Lantern this year are: Louise Mohr, president; Phoebe Lett, vice-president; Maxine Dane, secretary-treasurer; and Regina Kildee, recorder.



Jack O'Lantern and Mortar Board Pledge

**O**MICRON NU is an honorary society recognizing scholarship, leadership, and research in home economics. Members are chosen from the upper one-fourth of the senior class, and from the upper one-fifth of the junior class.

Joyce Marquart is this year's president; Josephine Mishler is vice-president; Alice Agg, secretary; and Edith Darling is treasurer. Jane Heynen holds the office of editor for the organization.

## For Tough Meat Try a Marinade...

By Thelma Larkin

Former Instructor, Foods and Nutrition

**N**O DOUBT you have often bemoaned the fact that tender cuts of meat are always expensive and cause the meat bill to mount far beyond your budget allowance. Then to be economical you have tried the less expensive cuts and found them invariably tough and not made tender and palatable by the usual methods of cooking. Often you have found yourself getting into the proverbial "housewife's rut"—that of always preparing meats in the same few ways.

Consider then the marinade, a mixture of oil, acid, and seasonings, as one of your best aids in making tough cuts tender, in keeping the meat bill down, and in bringing variety into the meal.

Marinades seem to have come down to us from the days when the meat packing industry didn't exist and when animals were not studied in relation to characteristics desirable for tender and palatable cuts of meat as they are today and when as a result meat was seldom tender.

The marinade remains with us because some parts of an animal are less tender as a result of muscular development and because cuts from old animals and animals which do not have the characteris-

tics of good carcasses often appear on the market at considerably lower prices than the choice cuts.

It is interesting to browse through old cook books, French, German, Scandinavian, and even our own old American ones, there to discover and read recipes for marinated meats. Such variety is found that one realizes that marinated meats must have been at one time very popular. From such recipes we can easily see that one of the most significant reasons for the continued existence of the marinade is that it imparts to meat a delicious and unusual flavor.

To "marinate" meat means to allow it to stand for a time in acid and oil or acid and water. The "marinade" is then a combination of ingredients such as oil, acid, and seasonings, which is rubbed into the meat or in which the meat is allowed to stand in order to improve flavor and texture.

**W**HAT constitutes the difference between the tender and less tender (tough) cuts, you ask; and how does marinating make meats more tender? Fibers of all muscles are bound together

by connective tissue. The difference between tender and less tender cuts is in the amount of this connective tissue present. When heated in water or steam it is converted into gelatin. The change takes place rapidly if the meat is from a young animal and more slowly if from an old one. Gravies and soup stocks jelly because they have been made from cuts containing connective tissues. But it has been discovered that connective tissue is soluble in acid. For this reason it is possible to make meat more tender by soaking it in or rubbing into it a marinade which contains acid (usually in the form of vinegar) without the loss of flavor which accompanies long cooking.

Less tender cuts which are excellent in flavor require a different method of cooking than the tender cuts. More time is needed for their preparation, hence, there is not as great a demand for them as for the so-called select cuts. The lack of demand for the tough cuts is reflected in their prices, which are much lower. Consequently if by marinating meat we can produce a tender product and one which reaches a state of "done-ness" in less time we will more readily purchase those cuts whose prices and flavor we like, but whose toughness we abhor. Beef, mutton and lamb are meats which seem to be most improved by a marinade. The characteristic tallowy flavor and dryness of mutton is done away with. A flavor which seems to neutralize to a certain extent the "mutton" flavor is introduced by using a marinade. Wild game and venison are also improved if marinated before being cooked. The dryness which so many people object to in both game and venison is eliminated.

The beef cuts most generally marinated are the less tender ones such as rump, round, brisket, neck, and chuck. Even the more select cuts from old and poorly conditioned animals are made more tender and acquire a better flavor through the use of a marinade.

Experimental work has proved that the proportion of acid to oil most suitable

### Marinade

¾ cup oil	¼ tsp. thyme
¼ cup vinegar	¼ tsp. sage
½ tsp. salt	½ onion, minced
¼ tsp. pepper	½ tsp. celery seed

from the flavor standpoint is three parts of oil to one part of acid. Any common cooking oil is suitable. For the acid,

(Continued on page 15)

she's been introduced to each of the guests. Don't carry on a conversation with the waiter. He's serving, not talking—supposedly! Make her feel as if you've enjoyed having her for your guest, that it hasn't interrupted your plans. Most of all, let her see that you're perfectly at ease."

"Thanks a lot, Peg. I'll try to remember all that—but goodness, I must hurry and take a shower before the ordeal!"

"That's just it—don't you dare think of it as an ordeal," I called after her as she seized a towel and ran down the hall. "If you do the party will be an ordeal!"

From the shower-room I heard a gay "tra-la-la, silver outside-in, la-de-da, stand up when she comes in, dada de da," and the splash of the shower drowned the rest of the song.

But I had a hunch. Betty would get through the evening very successfully, and Mrs. Tiberly would fall completely in love with her. How could she help it?

### Try the Marinade

(Continued from page 4)

vinegar, lemon, or tomato juice can be used. The proportion may vary somewhat, depending on the strength of the acid.

Seasonings should always include salt and pepper. In addition to these, minced parsley, onions, bay leaf, thyme, marjoram, sliced carrots, peppercorns, allspice, cloves, mustard, sage, and celery seed may be used in various combinations to give flavors which penetrate into the meat and help produce delightful products. This recipe for a marinade is the result of some of my own experimental work.

THE marinade may be rubbed or brushed into the meat, penetrating every crack and crevice, or the meat may be immersed in the marinade. The former is the more economical method, but the latter possibly produces a "tendering" effect in less time. Left-over marinade may be strained and placed in the refrigerator for future use.

The most successful method for cooking a marinated meat seems to be "braising." To braise first rub salt into the

meat using one teaspoon of salt per pound of meat. If salt is used in marinade this need not be done. Next, brown it in a hot receptacle using only a small amount of fat and then simmer in juices from the meat or in added liquid in a covered utensil. The liquid may be water, milk, sour cream or juices from vegetables. Tomato juice serves very well especially with lamb. Left over marinade, if not too oily, may be used as a part or all of the liquid in simmering.

Sauerbraten is a very popular German dish. The meat is marinated in a vine-

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gar and water marinade. Experimental work proved that sauerbraten may also be prepared from neck, which is usually considered an almost non-usable cut because of its toughness. Neck is, however, very nutritious and used in this way need not always be relegated to corned beef, hamburger, and mince meat.

#### SAUERBRATEN

4 lbs. beef—chuck, round or rump  
 4 tsp. salt  
 1 tsp. pepper  
 1 small onion—sliced  
 1 bay leaf  
 1 tsp. peppercorns  
 Equal parts of vinegar and water  
 ¼ c. sugar  
 4 or 6 ginger snaps  
 ¼ c. raisins—if desired

Rub salt and pepper into meat. Place with onions, bay leaf and peppercorn in a deep earthen dish. Heat water and vinegar to which salt and sugar to taste have been added. Pour this hot marinade over the meat so that meat is well covered. Cover dish and allow to stand in a cool place for 7 days (3 or 5 days seemed to result in an equally good product).

Put meat in kettle, add onion and a little of the marinade, place in hot oven to brown all over. Cover and cook slowly until tender (about 3 hours). Add more vinegar if necessary. Take the meat out, slice for serving and keep hot. Strain liquid in kettle, skim off fat. Let ¼ cup sugar melt in iron frying pan, add very gradually the strained liquid, then the ginger snaps. Cook until thickened and smooth and pour while hot over meat. One cup of thick sour cream may be added to the gravy if desired. If raisins are used they may be added with the sour cream.

Sauerbraten may be braised on top of the stove according to the directions which I have previously given.

Russian dressing, which is delicious on head lettuce or other salads, makes a most excellent marinade for meat. This meat should be covered with the dressing and allowed to stand for from two to six hours. The longer the meat is marinated the more tender and thoroughly seasoned it becomes.

#### CASSEROLE OF VEAL

Although this recipe is for a more tender kind of meat it might also be used for beef and may be used for pork.

Cut ¼ inch slices of veal, leg or shoulder, into pieces the size of a small serving. Roll in flour, salt, and pepper. Brown slowly in butter to which finely chopped onions and a generous amount of paprika have been added. Place in a casserole. Cover with sour cream (about 1 cup) and bake in a moderate oven 325 degrees F. until tender—about 1½ hours. Sour cream is a marinade since it contains both fat and acid—the lactic acid also found in sour milk.

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