Roast by Any Name Would Smack as Good

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Roast by Any Name

Would Smack as Good

by Therese Warburton

MEET SIR LOIN

SIRLOIN steak was nothing but a slab of meat until an English king dubbed it Knight Sir Loin!

The legend goes that the king went on a hunting trip in Epping Forest, as was his custom. He returned very late for dinner, literally starved. When he entered the dining room and saw on the table a huge loin of beef, steaming hot, he was so delighted that he exclaimed in the King's English, "By George, it shall have a title!" He drew his sword, raised it above the meat, and cried with mock dignity, "Loin, we dub thee knight—henceforth be Sir Loin." And ever since it has been sirloin.

Then there's the porterhouse steak which is of American derivation. The story is told that in New York City a hundred years ago a Martin Morrison was a proprietor of a porter and ale house and had a good business. One day his crowd was so large and the demand for steaks so insistent that he found he was running out of meat. He took a sirloin roast, and sawing thru bone and meat, produced a steak. His patrons liked it, and called it porterhouse because it was served at his porter and ale house.

There is something in a name after all. Some names give the key to the ingredients in the dish such as the French phrase au gratin meaning "with cheese." Au jus means "with gravy," as a "meat au jus" is meat served in its own gravy.

One may become more subtle in naming a food leaving the guest to draw upon his imagination. The English have named boiled beef and cabbage "bubble and squeak." It came from the process of cooking: It bubbled when boiled and squeaked when fried, hence the name.

It is interesting to learn how some of the common foods were named. Beef steak, for example, was originated in a practical manner. The beef was hung on a stake or peg before an open fire and has been called beef steak ever since.

Jiggs, in "Bringing Up Father," dotes on corned beef but he is not the original doter. It is an old English dish and its name derivation is curious to say the least. The word "corned" refers to a method of salting as dry corns of salt (coarse salt) were used to preserve it. The old English word "corn" meant "grain," thus one spoke of a corn of salt as a grain of salt is spoken of today.

Perhaps meat stew doesn't attract the attention of everyone. It will be changed to ragout or beef or Hungarian goulash then. Doesn't it sound more enticing? It is meat stew just the same. Then take the stew and put a hat on it and there is a meat pie, which will never be recognized as a meat stew.

Seniors in home management houses, ambitious to add some zest to the position of chief cook, can take a common dish, add a little different flavoring, call it a new name and have something new. A name, fanciful, and appealing to the imagination, attached to a menu is like a new song hit. Everybody picks it up. Thus names for foods are derived in a very frivo­ lous fashion in some instances, but are none the less important.

Rols designated on the menu as Parkerhouse rolls give the menu an atmosphere of festivity. The name Parkerhouse comes from the famous old hotel, the Parker House in Boston.

Southerners have originated many types of foods and a popular one is cornbread, called the Johnny cake. It was the food taken on long journeys by the early settlers and was called "Journey cake." Since then it has been changed to the name known today, Johnny cake. Another cornbread is the hoe cake so named because it was originally baked by the plantation mammy on the broad blade of the cotton hoe on hot embers.

How about some hot Johnny cake right now? Out of the February snowdrift and in beside the fire—names or no names—cold days bring appetites.

George Sokolsky,
of East and West

GEO GE E. SOKOLSKY, keen newspaper correspondent in the Far East, whose articles appear in "New York Times," "Philadel­ phia Ledger," "Evening Post," and such papers is coming to Iowa State on the Star Series of Lectures March 6. Mr. Sokolsky is a powerful writer and also a brilliant speaker. Years in the heart of the conflict over the possession of Manchuria by Russia, Japan and China give him a fine background for his discussion of this problem.

Speaking of his interracial marriage, Mr. Sokolsky says: "She, Chinese, Christian, British; I, Polish, Jewish, American.

"Ten years have now passed, and we have both reached the same conclusion. That marriage is essentially a matter of readjustment—the more sensitive the individuals, the more delicate the readjustments.

"Marriage involves not races and nationalities, but individuals—two individuals, no more than two. Even if they are of the same stock, the same heredity, the same education, success or failure depends upon adaptability. The inflexible man, and the shrewish woman are never a happy pair.

"Mixed marriages should not be entered into by individuals who are not certain that they have transcended racial, national, and religious affiliations.

"The only broad general conclusion that can be reached with regard to mixed marriages is that environmental differences make adjustments more difficult than in the ordinary marriage of like and like. Failure comes more often from deceit and ignorance than from any inability of races to blend.

"Among western peoples, friendship may be quite casual, carrying with it none of the rights and claims which characterize it in China . . . Here, friendship often implies neither responsibilities nor obligations, but only gregariousness.

"In the arts, each man is an individual. He must be himself. Nothing can thwart him but lack of ability.