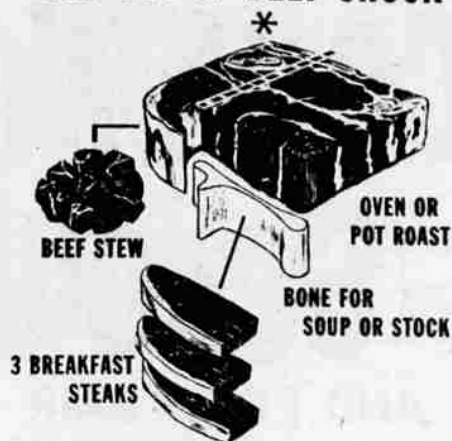


3 DIFFERENT MEALS FROM ONE CUT OF BEEF CHUCK



With a little meat cutting at home, cut your budget and plan interesting, delicious menus around a blade chuck roast.

Select a high quality roast 3" thick (about 7 lbs.) Note the cartilage at the tip end of the feather bones. If it appears white, you can be assured this cut came from a young animal. This point is marked by an asterisk on the chart above.

CUTTING INSTRUCTIONS: (1) With a sharp knife, cut away one section of lean beef simply by following the blade bone. Trim fat from edges and cut into three 1" thick breakfast steaks across the grain.

(2) Remove the blade (or 7-bone) from roast. Don't trim too close to the bone, as this meat will provide rich beef stock.

(3) Remove large end of roast as shown on the chart, including feather bones (about 3") leaving remainder of bones as a frame for roast. These bones will add flavor to roast and hold the moisture while cooking.

(4) Cut small end of roast and other trimmings into chunks for beef stew meat.

A 7 lb. blade chuck roast will provide approximately:

- 1 lb. Breakfast Steaks
- 3 lbs. Oven or Pot Roast
- 1 1/4 lbs. Beef Stew Meat
- 1 1/4 lbs. Bone and Trimmings for Beef Stock

See Recipes on back panel.

FREEZING TIP: Separate the pieces of stew meat and place on a tray; quick freeze. Pour the chunks into a plastic bag and seal. The stew meat pieces will not stick together and can be used from the bag as needed.



MUSIC PLAYER — Babe Derby of Derby's Music Co., displays one of the beautiful pieces of Magnavox stereo equipment for the home. One of the combination sets will be used during the three-day Cooking School at the fairgrounds.

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Recipes For Tasty Beef Dishes

BEEF CUBES SMOTHERED IN SOUR CREAM

2 pounds beef shank or neck
Flour for dredging
2 medium sized onions
1/2 cup thick sour cream and
1/2 cup water or
3/4 cup sour milk and
1/4 cup sour cream
2 tablespoons cheese
2 teaspoons salt and pepper
Lard for browning

Cut beef in 1 inch cubes. Dredge in flour. Brown in lard. Add the

onions, water, sour cream, grated cheese, salt and pepper. Cover tightly and simmer until tender, about 2 hours. Add more water when necessary. Serve meat on a large platter with sour cream sauce.

MINUTE STEAK

Scrape a slice of round beef with the grain to separate the fibers from the connecting tissues. Form the scraped portion in thin patties. Broil under a hot flame.

EASY STEAK TRICK

Cut in serving pieces; add salt, pepper, onion and any desired sauces. Wrap each tightly in aluminum foil and bake in slow (250-300) oven for 3 to 4 hours.

SAY CHEESE

Wrapped properly in air-tight material to prevent drying, leftover blue cheese can be kept up to two months in the refrigerator. Crumbled cheese can be kept in a tightly-covered glass jar or plastic container.



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