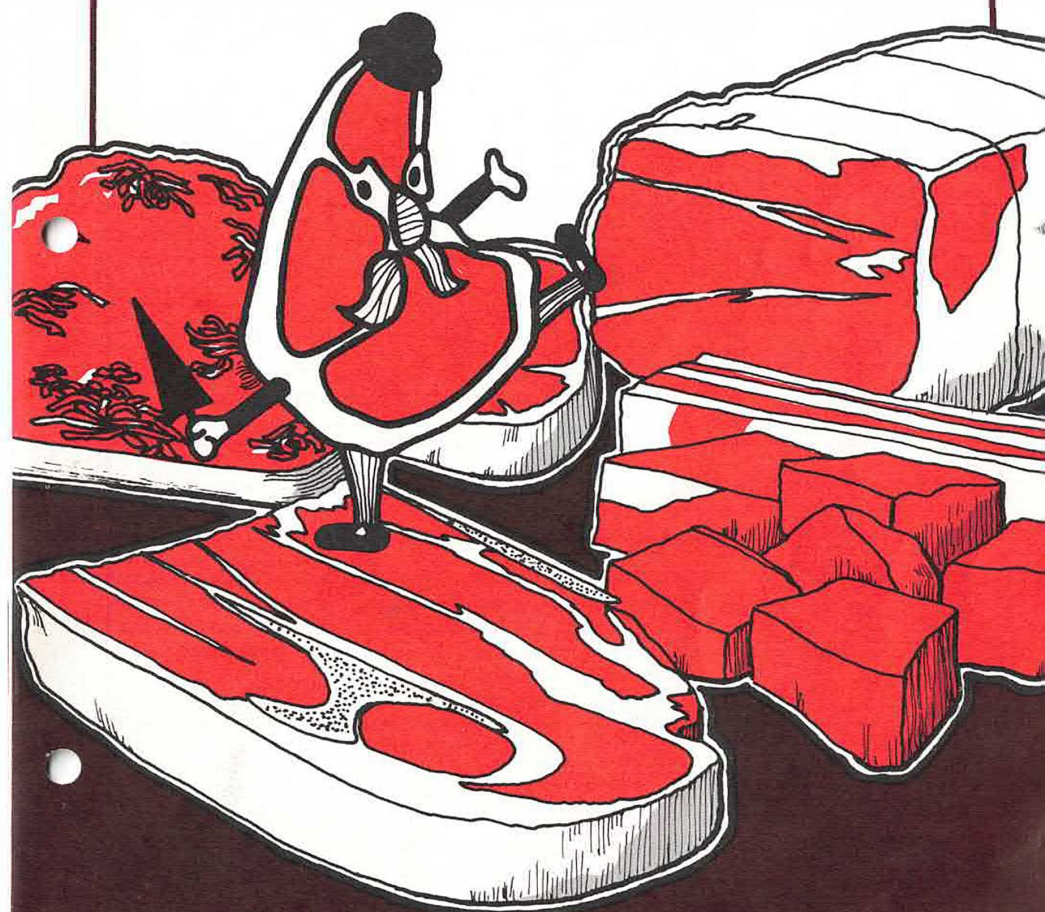


# S·T·R·E·T·C·H YOUR BEEF DOLLAR



A COMPLETE GUIDE TO BUDGETING WITH BEEF, INCLUDING  
MONEY-SAVING TIPS AND BUDGET RECIPES

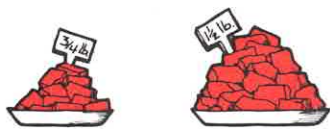
## Beef Prices in Perspective

Much attention has been given to the rising trend in food prices and in particular, recent increases in beef prices.

A valid yardstick that should be used to assess food prices is the relationship between food costs and consumer incomes. Income gains have consistently stayed ahead of food prices. In fact, Canadians spend less of their disposable incomes on food than consumers anywhere in the world.

Canada & U.S.	17.5% of income
Japan	26.0% of income
Britain	30.0% of income
Developing Countries	50-80% of income

### Compare: Beef Prices to Incomes

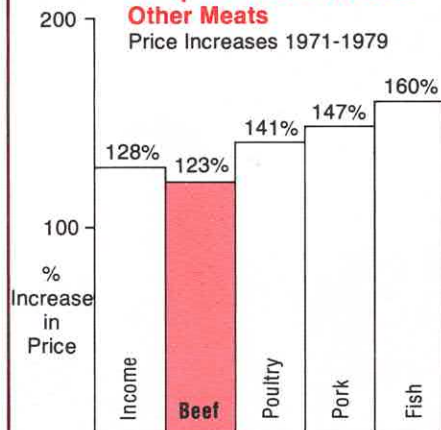


	1950	1979
Per capita Weekly Consumption (lbs.)	.74	1.37
Average Price/lb. (\$)	.66	2.45
Per Capita Disposable Income (Weekly \$)	18.63	134.61
% Income Spent on Beef	2.58	2.46

Beef consumption has almost doubled since 1950 but consumers are still spending only 2.5% of their disposable income on beef.

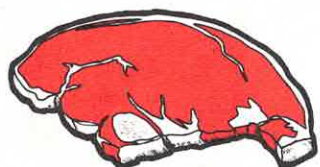
### Compare: Beef Prices to Other Meats

Price Increases 1971-1979



Since 1971 beef prices have risen less than other meats and less than disposable incomes.

### Compare: Minutes Worked to Purchase 1 lb. of Sirloin Steak



1950	1978
37 minutes	24 minutes

### Compare: Beef Prices Around the World

	Price/lb. of Sirloin Steak (Boneless)
Canada	2.80 (3.04-Can.\$)
U.S.A.	2.89
Australia	2.96
France	4.07
Britain	5.44
Japan	18.69

All prices are in U.S. Dollars (January, 1979).

Beef is as cheap or cheaper in Canada than in other countries of the world.

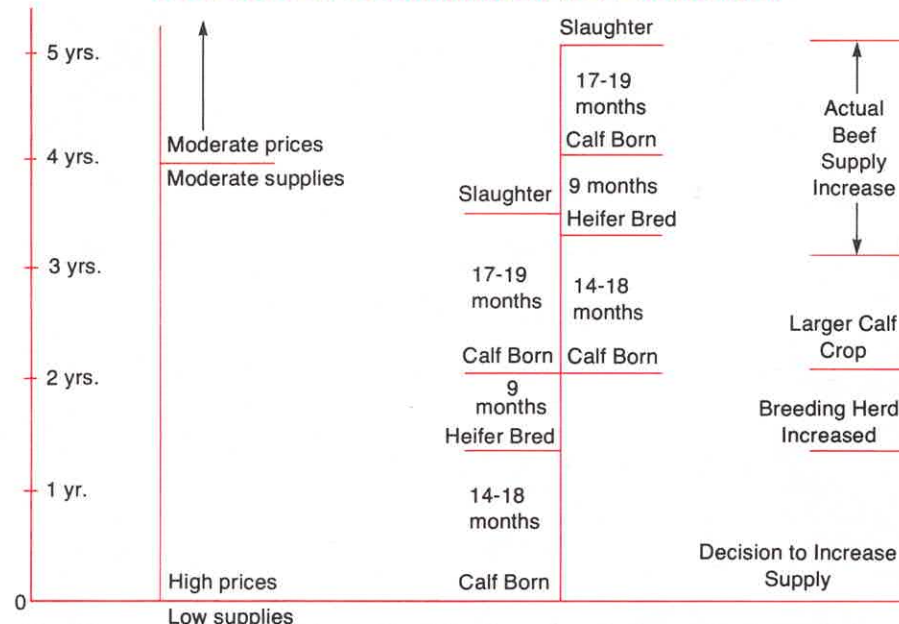
## How Are Beef Prices Determined?

### Supply and Demand

Beef prices are determined by supply and demand. A reduction in the supply of beef or an increase in demand is usually followed by an increase in the price. On the other hand, when supplies increase or demand weakens, prices usually drop.

Stronger prices act as a stimulus to the beef producer, encouraging him to expand his herd in order to increase supplies. Lower prices signal the producer to cut back on his production. However, beef supplies do not increase or decrease overnight. It takes approximately 3-4 years from the time the farmer makes his decision to expand or reduce his herd until the consumer sees a change in supplies at the supermarket.

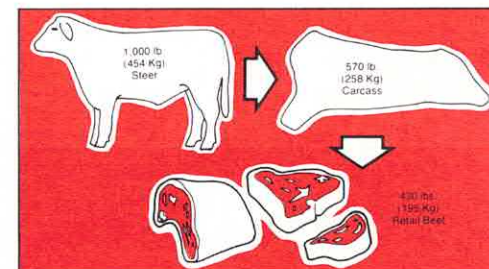
### BEEF SUPPLIES DO NOT INCREASE OVERNIGHT



The different retail price for each cut of beef also depends on the demand for that particular cut. For example, the increased demand for steaks primarily during the barbecue season, results in higher prices. The prime steak area makes up only 20% of the side of beef, therefore, supply is limited.

Not all of the beef animal is take-home beef. A 1,000 lb. (454 Kg) steer will produce approximately 430 lbs. (195 Kg) of retail beef. Nearly all of the remaining weight is recovered as by-products. Leather, soap, insulin and variety meats are only a few examples of by-products derived from cattle. The packer's profit is generally reflected in the sale of the by-products, not in the sale of beef.

Therefore, it takes  $2\frac{1}{3}$  lbs. of live animal to yield 1 lb. of retail beef. The price that the beef producer receives for his animal must be multiplied by  $2\frac{1}{3}$  to account for this weight loss. It is then necessary to add 35¢-50¢ to cover retail costs such as cutting, packaging, merchandizing and overhead. Beef costs vary considerably from store to store depending on wage differences, etc. Thus, an 85¢/lb. animal becomes \$2.33/lb.-\$2.48/lb. beef at the retail store.

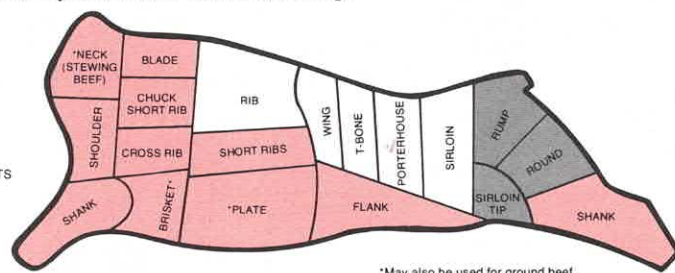




## MONEY-SAVING TIPS

### 1. Know Your Beef Cuts

There are more than 25 different cuts of beef. Many are economical, especially the front quarter cuts. While most of these are less or medium tender, they can be made tender by proper cooking. The economical cuts are just as nutritious as the more expensive cuts, therefore providing high quality protein at very reasonable prices. They are also extremely versatile, lending themselves to even gourmet dishes. The lean, meaty cuts from the hip, such as the round, rump and sirloin tip are moderately priced when you consider the cost/serving.



\*May also be used for ground beef.

### 2. Cook It Right

All cuts of beef can be equally tender and delicious if properly cooked. However, different cuts require different cooking methods.

CUT	COOKING METHOD	DESCRIPTION
Blade roast Cross rib roast Rump roast* Round roast* Sirloin tip roast*	Oven-Braise	Place roast, fat side up, in covered pan. Add a small amount of liquid (approx. 1/2", more may be added later if necessary). Cover and cook at 325° for approx. 25 mins./lb. (med. done) Remove cover for final 45 mins.
Chuck short rib roast Shoulder roast	Pot Roast	Brown roast on all sides. Add approx. 1 cup liquid and seasonings. Cover and simmer until well done. Add more liquid if necessary. Vegetables may be added for final 1/2 hour.
Blade steak Round steak Flank steak	Braise or Marinate before Broiling or Barbecuing.	Score and/or pound meat to break down connective tissues. Dip in seasoned flour and brown in hot fat in fry pan. Add small amount of liquid (more if necessary later). Cover and simmer until tender.
(Braising) Short Ribs	Braise	Brown on all sides. Add liquid and seasonings and simmer slowly until tender. Drain off excess fat or cool until fat has congealed. Lift off congealed fat and reheat ribs.
Stewing Beef	Stew	Dip in seasoned flour and brown in hot fat. Add liquid to cover and any additional seasonings. Cover pan and simmer until tender. Vegetables may be added for final 1/2 hour. Thicken gravy.
*May also be cooked by	Slow Roasting	Follow directions for roasting, but reduce oven temperature to 275°F for approximately 40-45 minutes/lb.

### 3. Plan Ahead

If you want to get the most for your food dollar, plan ahead. Build your menus around advertised specials. However, be flexible enough to take advantage of unadvertised specials in the store. Be sure to include leftovers in your planning.

The following weekly menus were planned on a minimum food budget for a family of four. 35% of the food dollar was allotted for meat, fish or poultry.\* Following current consumption patterns, 50% of the meat dishes are beef. We have included meat for seven dinners and two lunches. Leftover roast beef would be used for sandwiches for one lunch and a salad for another lunch.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roast Beef (Blade) & Oven-browned Potatoes Turnips & Peas	Chicken & Rice Casserole Spinach Salad	Swiss Steak (Round) & Corn & Broccoli	Pork Butt Chops Potatoes & Carrots	Beef Liver Green beans & Mashed potatoes	Haddock & Cole Slaw Tomato Slices	Meat-za Pie (Ground Beef) Green Salad Crusty rolls

If a minimum food budget will allow for the purchase of both inexpensive and moderate-priced beef cuts, then the average family with a more substantial food budget will have no difficulty in buying beef.

\*Statistics Canada

### 4. Consider Total Recipe Costs

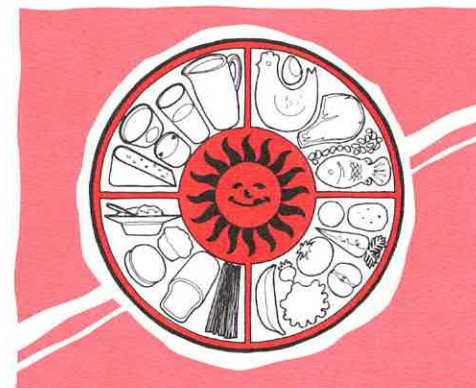
Your beef selection is not the only key to an economical meal. Avoid spending the money saved by a wise beef choice on costly recipe ingredients, e.g. gourmet spice packets, packaged sauce mixes, out-of-season produce, etc. Canned vegetables are often cheaper for casserole dishes, etc.

Why pay more for a packaged mix to blend with your ground beef when you can easily combine ingredients you have at home and come up with similar results for much less money?

### 5. Buy Food Value

Wise shoppers with limited budgets buy for food value, not for frills. Don't waste your money on empty-calorie foods such as sugared cereals, snacks, carbonated beverages, etc.

Nutrition-wise shoppers select food according to Canada's Food Guide choosing foods from each of the 4 Basic Groups — Milk, Fruits and Vegetables, Cereals & Bread and Meat. Two 3 oz. servings of meat or alternates are recommended each day.



### 6. Freezer Buying and Storage

Buying beef in bulk (sides, quarters or wholesale cuts) can save you money if you are prepared to use all the cuts and you buy when the price is right. (Call the Beef Information Centre for advice.)

However, a freezer can also allow you to take advantage of advertised beef specials.

Fresh beef purchased in the supermarket may be frozen without rewrapping if used within 1-2 weeks. For longer storage, the beef should be rewrapped in proper freezer paper. For best texture and juiciness, use ground beef and stewing beef within 3-6 months, steaks in 6-8 months and roasts within one year.

The freezer also enables you to freeze leftovers, stews and casseroles. Use within 2 months.

The freezer compartment of a refrigerator may hold a few specials for up to a month.



## 7. Think Cost/Serving

Wise shoppers should consider the cost/serving of the meat they buy, not the total cost or the price per pound. Many cuts of beef remain cheaper than other meats because there is less bone and waste, e.g.:

	Price/lb.	Total Cost	No. of Servings/lb.	Cost/Serving
4 lb. Whole Roasting Chicken	\$1.18/lb.	4.72	1 1/3	.91¢
4 lb. Boneless Blade Roast	2.08/lb.	8.32	3 1/2	.59¢
4 lb. Boneless Rump Roast	2.98/lb.	11.92	3 1/2	.85¢

Here's a handy guide —  
Quantities are based on approximately 3 1/2 oz. servings of cooked meat.

	No. servings/lb.
Beef liver, kidney, heart	4
Ground beef & stew beef	3 1/2-4
Boneless roasts (beef or pork)	3 1/2
Bone-in roasts	2 1/2-3
Boneless steaks	3
Bone-in steaks or chops	2
Poultry — whole chicken or turkey	1 1/3
— legs or breasts	2
Fish (frozen fillets or steaks)	3-4

## 8. Don't Waste

Proper storage techniques will ensure that no beef is wasted by spoilage.

Refrigerate meat as soon after purchase as possible and keep well wrapped. Beef can be safely refrigerated as follows:

Variety meats .....	1-2 days
Ground beef.....	2 days
Steaks and roasts.....	3 days
Leftover cooked beef.....	7 days

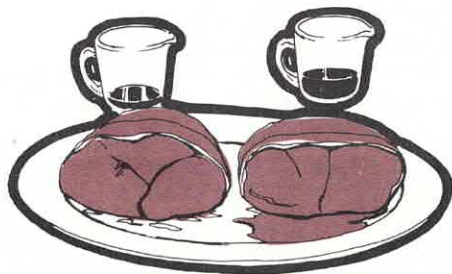
Plan to use all of the meat; leftovers for casseroles, etc., trimmings and bones for soup.

## 9. Save On Variety Meats

Liver, kidney, heart, tongue and tripe are economical as well as highly nutritious. There is little or no waste and they can be prepared and served in a variety of ways. For delicious variety meat recipes, contact your nearest Beef Information Centre office for the booklet "Beef Up Your Menus with Variety Meats".

## 10. Cut Cooking Temperatures

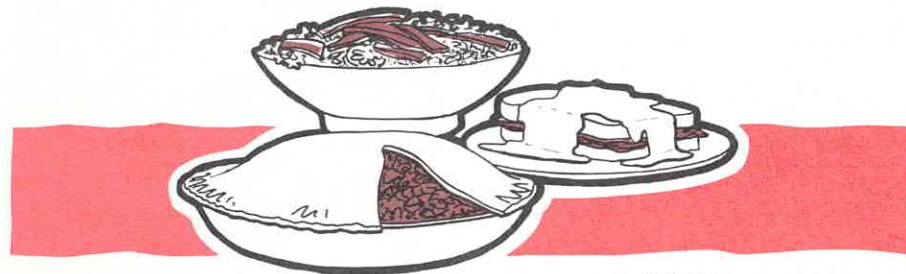
It's surprising how much money can be saved by lowering the cooking temperature. Use oven temperatures between 275° and 325° and simmer rather than boil. Higher temperatures cause excessive shrinkage and weight loss. You can save as much as 17¢ out of every dollar by cutting down the heat. You'll also find the meat more tender, juicy and flavourful. In addition, nutrient loss will be reduced.



## 11. Create With Leftovers

Leftover cooked beef is money in the refrigerator so treat it with respect. In fact, buy a large enough roast so you will have leftovers to use. Purchase the roast on special to increase your savings.

Leftover beef is also a time-saver since most leftover recipes can be prepared in a few minutes. It will also pay off in a variety of delicious dishes from sandwiches to stroganoff.



Slice roast beef for:  
sandwiches — hot or cold  
salad plates  
heated in gravy

Cut cubes or strips for:  
salads  
casserole or skillet dishes  
wok recipes

Grind for:  
shepherd's pie  
croquettes  
stuffing for green peppers  
sandwich fillings

## 12. Regular Ground Beef Is Your Best Buy

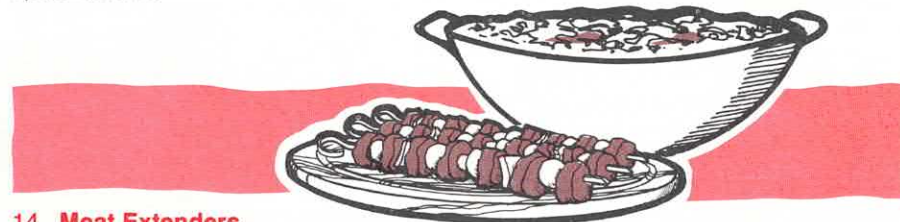
Ground beef remains an economical purchase and is one of the cheapest sources of protein. While regular ground beef does contain a little more fat, it is generally a better buy than medium or lean. Government regulations stipulate that regular ground beef must not contain more than 30% fat. The fat provides extra flavour and excess fat can be drained off during and after cooking.

### COST COMPARISON

	Average Price per lb.	Lean Portion	Lean Cost per lb.
REGULAR .....	1.88	.70	(1.88 ÷ 70) or 2.69
MEDIUM .....	2.18	.77	(2.18 ÷ 77) or 2.83
LEAN .....	2.48	.83	(2.48 ÷ 83) or 2.99

## 13. Marinate Inexpensive Steaks

Less expensive steaks such as blade and cross rib, can be marinated for steak dinners, beef kabobs, etc. Making your own marinade is easy and is less expensive than marinade mixes and packaged tenderizers. Marinating tenderizes the meat tissues and adds flavour at the same time. All marinades need time to work; for smaller beef cubes, 2-4 hours is sufficient; blade, cross rib and round steaks require at least 8-10 hours; while flank steak and short ribs should be marinated up to 24 hours.



## 14. Meat Extenders

Combine beef with vegetables, rice or pasta to get more mileage. Alternate cubes of steak with vegetables on a skewer for tasty Beef Kabobs or stir-fry beef with vegetables for an Oriental dish. By cutting beef into bite-sized pieces and combining with vegetables and pasta, you can make a nutritious stew or casserole that will yield more servings/lb.

Another way to extend beef is to buy cuts that can be stuffed, such as flank, round or blade steak.



### 15. Soup — A Great Money-Saver

Save the bones from your roasts or from your purchase of a side or quarter of beef. Use them to make delicious inexpensive soups. Add leftover meats and vegetables. Beef broth also makes great gourmet soups, such as French Onion and Sherried Consomme.

### 16. Carve Efficiently

Learn to carve so you'll have more servings. By not overcooking, you will be able to get full slices to the end of the roast. When the roast crumbles, more meat is wasted. Buy thick steaks (1½"-2" thick) and carve them diagonally, to serve more people. For a family of 4, one thick steak carved this way may be sufficient, whereas 3-4 thinner steaks would be required to serve the traditional one steak/person.



### 17. Substitute Cheaper Cuts

Many times a cheaper cut of beef can be substituted for a more expensive cut.

Blade steak is similar in tenderness to round steak and therefore can be substituted in any recipe calling for round steak, e.g. blade steak can be substituted for round steak or rouladen for Beef Roulades.

Beef cubes from any front-quarter cut can be used in Beef Bourguignonne or Stroganoff.

Rib-eye can be substituted for tenderloin in Beef Wellington.

Short rib or shoulder roasts can be cut into cubes for economical stewing beef.

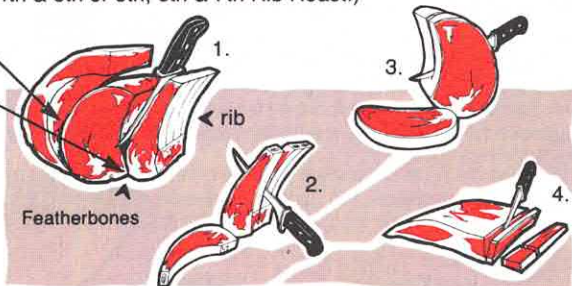
### 18. Buy Large Cuts and Divide into Several Meals

It's simple to cut a large roast into several different meals. It will save you money and provide a variety of meals. It also enables households of 1 or 2 to take advantage of specials on larger cuts of beef.

#### 3-WAY PRIME RIB

(Use a 3rd, 4th & 5th or 5th, 6th & 7th Rib Roast.)

1. Remove meat cap along natural seam.
2. Cut along rib bones and featherbones. Use the featherbones for soup. Cut between the rib bones.
3. Trim and cut rib-eye into rib-eye steaks or leave part as a small roast.
4. Cut cap into cubes or strips.



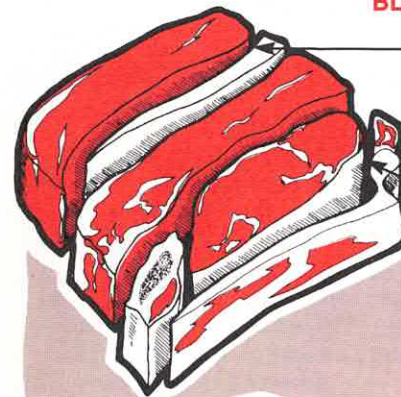
The Cap can be marinated for fondue or kabobs, or use it for your favourite stew or Bourguignonne. It's also perfect for stir-fry or wok recipes.

The meaty *Rib Bones* can be baked in the oven or on the barbecue. Spread with a generous supply of barbecue sauce before cooking. You can freeze the ribs until you have enough for a complete meal.

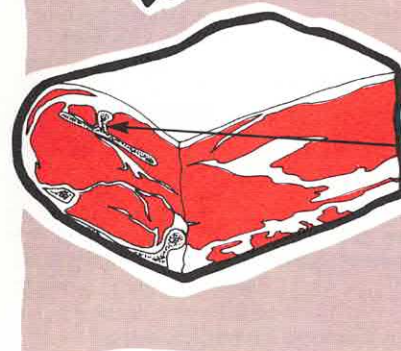
*The Rib-eye* — Cut into 1" thick rib-eye steaks. These are delicious broiled or barbecued. The rib-eye may also be left whole as a roast or used for Beef Wellington for extra-special guests.

Results — Typical savings (on 6 lb. roast): \$2.00 - \$3.00.

### BLADE ROAST



1. Remove the muscle(s) above the blade bone. This is medium tender and can be sliced into steaks for swiss steak or rouladen or cut into strips for stroganoff or stir-fry recipes.



2. The muscle just above the chine bone is the most tender. In a first cut blade roast (the roast cut next to the rib), this muscle is the end of the rib-eye. Remove the chine bone and then divide the remaining meat along the natural seam. Cut this lower muscle into steaks. These small rib-eye steaks are tender and delicious.

3. The remaining middle muscle is the least tender. Cut into cubes for stewing beef or tie for a small roast.

If the blade bone has a ridge on the top side, this indicates that the roast is from the shoulder end rather than the rib end of the chuck and is therefore somewhat less tender. In this case, remove the 2 small muscles above the blade bone. After cutting out the bone, tie the remainder of the roast and oven-braise or pot roast. A portion of it can also be cut into stewing beef.

Results — A 6 lb. roast will provide a family of 4 with at least 4 different meals. Typical savings (on 6 lb. roast): \$3.00 - \$4.00.

### ROUND ROAST

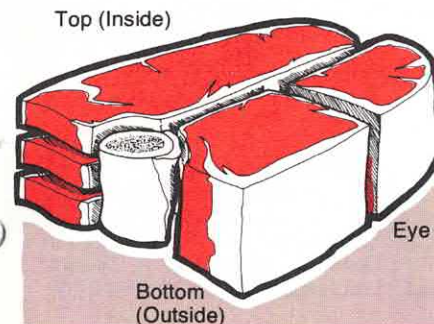
1. Remove the bone and separate top round along natural seam. Slice into steaks or use for stir-fry recipes, rouladen, etc.

2. Remove the bottom round and cook as a roast by oven-braising or slow cooking.

3. The eye of round is a popular roast for the oven or barbecue. You can also slice it into "sandwich" steaks approximately ½" thick. These may be broiled or barbecued to the medium stage but for extra tenderness, marinate first.

Results —

Typical savings (on 6 lb. roast): \$2.00 - \$3.00.



Each of these money-saving tips may seem small by itself, but put them all together and you can save a considerable amount of money. A dime here and there soon adds up to dollars in total savings.



## PRIZE WINNING RECIPES

### MEAT-ZA PIE

This recipe was the Budget Contest Winner for Mrs. Jean Jones, R.R. No. 2, Fenelon Falls, Ontario.

**FIRST PRIZE**

- |                                  |  |
|----------------------------------|--|
| 1 lb. (500 g) medium ground beef | 1/3 cup (75 mL) fine dry bread (or cracker) crumbs |
| 1/2 cup (125 mL) milk            | 1/2 tsp. (2 mL) garlic salt                        |

Mix above ingredients together and pat into a 9" (1 L) pie pan to form a shell. In centre of shell, place the following ingredients in order:

- |  |   |
|--|---|
| 1/2 cup (125 mL) ketchup (Tomato sauce may be substituted) | 1/2 10 oz. (284 mL) can drained mushroom pieces |
| 1/2 tsp. (2 mL) oregano                                    | 1 cup (250 mL) shredded cheddar cheese          |

Bake at 375°F (190°C) for 35 minutes. Top with grated parmesan cheese. Serves 4-5.

### CAMP DELIGHT

**RUNNER UP**

- |                           |   |
|---------------------------|---|
| 1/4 lb. (125 g) stew beef | 1 stalk celery  |
| 1 small potato            | 2 tbsp. (25 mL) butter or margarine                   |
| 1 medium carrot           | Seasonings — salt, pepper, garlic salt, barbecue salt |
| 1/4 medium onion          | 1 tsp. (5 mL) flour                                   |

Cut vegetables into strips approximately 3" long x 1/4"-1/2" wide (8 cm x 1 cm-2 cm). Put 1 tsp. (5 mL) flour on foil wrap, shiny side up. Add vegetables, dot with butter. Put meat on top. Add seasonings. Close foil with drugstore fold so steam cannot escape. Bake at 400°F (200°C) for one hour or put on barbecue. Individual serving.

### SWEET & SOUR BEEF STEW

**RUNNER UP**

- |  |  |
|--|--|
| 1/4 cup (50 mL) all purpose flour                      | 1/4 cup (50 mL) light brown sugar                  |
| 1 tsp. (5 mL) salt — dash of pepper                    | 1/4 cup (50 mL) vinegar                            |
| 2 lbs. (1 Kg) stewing beef cut into 1" (2.5 cm) pieces | 1 tbsp. (15 mL) Worcestershire Sauce               |
| 1/4 cup (50 mL) cooking oil                            | 1 tsp. (5 mL) salt                                 |
| 3/4 cup (200 mL) water                                 | 1 large onion (chopped)                            |
| 1/2 cup (125 mL) ketchup                               | 4 or 5 medium carrots, cut into 1/2" (2 cm) slices |

Combine flour, first tsp. salt and pepper. Coat the meat with the flour mixture. Brown meat on all sides in hot oil. Combine water, ketchup, brown sugar, vinegar, Worcestershire sauce and the second tsp. salt. Stir into the browned meat, add onion. Cover and cook over low heat for about 45 minutes, stirring once or twice. Add carrots and cook another 45 minutes on low heat or until carrots and meat are tender. Serves 6.

### BARBECUED BEEF PIE

- |  |  |
|--|--|
| 1 1/2 lbs. (750 g) regular ground beef   | 1 19 oz. (540 mL) can tomatoes           |
| 1/2 cup (125 mL) onion (chopped)         | 3/4 cup (175 mL) green peppers (chopped) |
| 1/2 cup (125 mL) celery (sliced)         | 1/2 cup (125 mL) pickle relish           |
| 1/2 cup (125 mL) ketchup                 | 1 tbsp. (15 mL) Worcestershire sauce     |
| 2 tsp. (10 mL) salt                      | 1-2 tsp. (5-10 mL) chili powder          |
| 1 tsp. (5 mL) paprika                    | 1/4 tsp. (1 mL) pepper                   |
| 1 pkg. cornbread mix, or tea biscuit mix |  |

Brown ground beef. Add remaining ingredients except corn bread or biscuit mix. Simmer 20 minutes. Pour into a 9" (2.5 L) square baking dish. Prepare cornbread or biscuit mix according to directions. Spoon evenly over meat mixture. Bake in hot oven 425°F (220°C) for 15 mins. or until cornbread or tea biscuits are cooked. Serves 8.

### GRILLED BEEF HEART

- |                         |                            |
|-------------------------|----------------------------|
| 1 beef heart            | 1 clove garlic, crushed    |
| 1 cup (250 mL) red wine | salt and pepper            |
| 1/4 cup (50 mL) vinegar | melted butter or margarine |

Soak heart in wine, vinegar and garlic for 2-3 hours. Remove from marinade; cut into 1/2 inch (1 cm) slices. Season with salt and pepper and brush with butter or margarine. Broil 3 inches (6 cm) from firebed, over hot coals 3-4 minutes on each side, brushing frequently with melted butter or margarine. The slices should be brown on the outside and rare on the inside. Serves 4.

### RIBS AND RICE DINNER

- |                              |   |
|------------------------------|---|
| 2 1/2 lbs. (1 kg) short ribs | 1/2 cup (125 mL) chopped celery         |
| 1 cup (250 mL) rice          | 1/2 cup (125 mL) chopped onion          |
| 1 cup (250 mL) carrot slices | 1/4 cup (50 mL) green pepper (optional) |

### SAUCE

- |                               |  |
|-------------------------------|--|
| 3 cups (750 mL) boiling water | 1/2 cup (125 mL) ketchup               |
| 2 beef bouillon cubes         | 2 tbsp. (25 mL) molasses               |
| dash Worcestershire sauce     | 2 tbsp. (25 mL) lemon juice or vinegar |
| 2 tsp. (10 mL) salt           | 1 tsp. (5 mL) dry mustard              |
| pepper                        | dash garlic powder                     |

In large fry pan, brown ribs in oil. Remove from pan. Combine rice and vegetables in a large casserole. Arrange ribs over top. Drain fat from pan. Add sauce ingredients and bring to a boil, stirring constantly. Pour sauce over ribs and rice. Cover. Bake at 325°F (160°C) for 2 1/2 hours. Serves: 6.

### BARBECUED SHORT RIBS

- |  |                                  |
|--|----------------------------------|
| 2 1/2 lbs. (1 kg) short ribs           | 2 tsp. (10 mL) salt              |
| one large onion, sliced                | 1 tsp. (5 mL) paprika            |
| 1 10 oz. (284 mL) cream of tomato soup | 1/2-1 tsp. (3-5 mL) chili powder |
| 1/3 cup (75 mL) vinegar                | pepper                           |

Brown ribs and arrange in one layer in pan. Mix together the rest of the ingredients and pour over ribs. Cover. Bake in 325°F (160°C) oven for approximately 2 1/2 hours or until all the juice is absorbed. Serves: 6

### DEVILED BEEF STRIPS

- |   |  |
|---|--|
| 2 cups (500 mL) cooked beef, cut into thin strips | 1/2 cup (125 mL) tomato sauce or ketchup |
| 1 small onion, chopped                            | 2 tbsp. (25 mL) vinegar                  |
| 1 clove garlic or 1/2 tsp. (2 mL) garlic powder   | 1 tsp. (5 mL) prepared horseradish       |
| oil for browning                                  | 1 tsp. (5 mL) prepared mustard           |
|   | salt and pepper                          |

Brown onion and garlic in oil. Stir in beef, 1/2 cup (125 mL) water and the remaining ingredients. Simmer 15 minutes. Stir occasionally. Serve with noodles or rice. Serves: 6.

### CABBAGE ROLL CASSEROLE

- |                                   |   |
|-----------------------------------|---|
| 1 lb. (500 g) regular ground beef | 1 tbsp. (15 mL) Worcestershire sauce      |
| 1 chopped onion                   | 1 10 oz. (284 mL) can tomato soup         |
| 1 tsp. (5 mL) salt                | 1 cup water (250 mL)                      |
| pepper                            | 3 tbsp. (45 mL) rice                      |
| garlic powder to taste            | 3 cups (750 mL) coarsely shredded cabbage |
|                                   | grated cheese or cheese slices            |

Brown ground beef. Add onions, salt, pepper, garlic powder and Worcestershire sauce and cook until golden. Drain off excess fat. Add soup, water and rice and mix. Place cabbage in a casserole. Pour meat mixture over cabbage and top with grated cheese or cheese slices. Cover and bake for 1 1/2 hours at 325°F (160°C). Serves: 5.

## VERSATILE MEATBALLS

This versatile recipe can be made into meatballs or patties of different shapes and sizes. It can be prepared ahead of time and frozen with or without the sauce.

- |                               |                    |
|-------------------------------|--------------------|
| 1½ lbs. (750 g) ground beef   | 1 egg              |
| ½ cup (125 mL) chopped onions | ½ tsp. (2 mL) salt |
| ⅓ cup (75 mL) bread crumbs    |                    |

## SAUCE

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1 cup (250 mL) ketchup      | 1 tbsp. (15 mL) Worcestershire sauce |
| 2 tbsp. (25 mL) brown sugar | ½ tsp. (2 mL) salt                   |
| ¼ cup (50 mL) vinegar       | dash of pepper                       |

Mix ground beef, onions, bread crumbs and salt together and form into balls or patties. Brown in fry pan and set aside. Drain fat. Add sauce ingredients and cook for 5 minutes, stirring to clear off bottom and edges of pan. Return meatballs or patties to pan and simmer, covered for 20 minutes.

For a casserole, arrange patties in baking dish, pour sauce over meat and cook in 350°F (180°C) oven for 30 minutes. Patties can also be served as hamburgers.

## SWISS STEAK

- |   |                                    |
|---|------------------------------------|
| 1 lb. (500 g) boneless blade or round steak | ¼ tsp. (1 mL) dry mustard          |
| 2 tbsp. (25 mL) flour                       | ½ tsp. (2 mL) Worcestershire sauce |
| 1 tsp. (5 mL) seasoned salt                 | ¼ cup (50 mL) brown sugar          |
| ¼ tsp. (1 mL) pepper                        | ½ cup (125 mL) ketchup             |
| 1 tbsp. (15 mL) oil                         | 1 onion, sliced                    |

Pound flour into steak; add salt and pepper and brown on both sides in oil. Drain off oil. Mix mustard, Worcestershire sauce, brown sugar, ketchup and 1 cup (250 mL) water. Pour mixture over steak, add onion and simmer for 1½ hours or until tender. Serves: 4.

## SUKIYAKI

- |   |   |
|---|---|
| 1 lb. (500 g) blade or round steak                          | 1 10 oz. (284 mL) can sliced mushrooms drained, (reserve liquid)  |
| 2 tbsp. (25 mL) sugar                                       | 1 10 oz. (284 mL) water chestnuts, drained and sliced, (optional) |
| ¼ cup (50 mL) mushroom liquid or water                      | 4 green onions cut into 1" (2 cm) lengths                         |
| ½ cup (125 mL) soy sauce                                    | 1 19 oz. (540 mL) can bean sprouts drained                        |
| 2 tbsp. (25 mL) oil   |   |
| 2 medium onions, thinly sliced                              |   |
| 1 green pepper, cut into strips                             |   |
| 1 cup (250 mL) celery, cut diagonally into ¾" (1 cm) slices |   |

Cut beef across grain into thin strips, 2" (5 cm) long and ½" (1 cm) wide. Prepare marinade by combining sugar, mushroom liquid and soy sauce. Pour mixture over beef and mix lightly to coat. Cover and refrigerate overnight. Pour off marinade. In a wok or skillet brown beef quickly. Remove from wok. Add onions, green pepper, celery and half of the marinade. Cook, turning occasionally until vegetables are crisp-tender, (about 5 mins.) Add remaining marinade, mushrooms and water chestnuts; simmer for 3 mins. Add green onions, bean sprouts and beef. Heat thoroughly (about 1 min.) Lightly stir ingredients together and serve immediately. Serves: 4.

This is one in a series of pamphlets designed to keep the consumer informed on all aspects of the beef industry. Topics include: Money-saving tips, freezer buying, beef grading and inspection, microwave cooking, as well as guides to buying and cooking various beef cuts — steaks, ground beef and variety meats.

You will find the information invaluable, so keep it safe and easy to find in the special binder that has been designed for this purpose. Cost of binder is \$3.00. Start your own Beef Encyclopedia today.

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