

Know Your Meat or Know Your Butcher!

Tips from Dad on Buying and Preparing Meat
compiled by Alfred & Sara

Our local meatman had been selling us poor meat for some time. He had been taking advantage of our "ignorance" and was just giving us the old, tough meat which he had to get rid of, and he thought he could pass it off to us "tourists". Finally, Dad got fed up with dry, bad meat served at dinner and he told us:

"Butchers are like used-car salesmen. They try to push off things for what they really aren't sometimes. First of all, it's best to choose a special butcher shop that needs and wants your business, because a big supermarket meatman couldn't care less if you refuse his tough meat, because he won't miss your business if you don't come back.

"So you go to your meatman and look him straight in the face and tell him, 'We live here regularly. We are not tourists—we are Americans.' (That means 'money' to salesmen.) 'We have been buying meat from you for some time now. We have a big family and we buy our meat here, but you have been giving us a lot of tough meat. My father has poor teeth and can't

eat what you have given us sometimes. He is very angry about it and said he isn't going to buy any more meat here if you don't give us good meat, and we'll just take our business somewhere else.'

"If the butcher doesn't start giving you good meat, then find another one. But, give him a good talking to before you start giving him your business so as to start him off on the right track. Give him the same talk: We are a big family and not tourists; we are Americans, we eat meat sometimes two times a day and we also have a particular father who likes to eat good meat.

"Also tell him we have tried other places in town but they have pushed off their old, tougher meat thinking we are tourists and wouldn't know the difference. We are looking for a good butcher to give him lots of business and lots of money. 'If you sell us only good meat, only the best, nothing old and nothing tough, if you are such a butcher, we will give you all of our business; but if you ever give us bad or tough meat, we will bring it back for good meat or do no more business with you!' Then, ask him if he wants your business."

Find out what day the meat comes in fresh and have the butcher save some for you. Tell him you will come and pick up your regular meat order the day it comes in fresh and that you will be a steady customer. This way you can count on him, and he will count on you to do good fair business. Those system housewives sure won't stand for any bad meat from the butcher, and they won't hesitate to complain

if he sells them a bad piece of meat!

Ask the butcher to trim the fat off meats such as the lamb and roasts for you, and to wrap the meat in separate bags so that all you have to do when you get home is label the outside of the plastic bag what type meat it is and the date. Then you can freeze the individual bags of meat, if possible, and take out a bag at a time each morning to defrost for dinner that night.

For example, if you buy one kilo of ground beef a week, you may ask the butcher to put it into two separate bags of ½ kilo each, so you can freeze and also defrost only enough meat for one meal at a time for your family. You may also put ready-made meat patties or individual pieces of liver into small freezing bags for easy defrosting for meals for pregnant mommies or for making baby and children's food.

In our house, we have a weekly meal plan of what meat we'll cook each day of the week. We usually have liver the night we bought it fresh from the butcher so that we eat it fresh. We try to do the same with the fish, since we buy it from a different meat shop, fresh each week.

So, weekly we usually eat tuna or fresh white fish, chicken, ground beef served in different ways twice weekly, liver twice weekly and soy beans or pasta-cheese casserole. We have found these meats cheaper and easier to prepare than roast meats which need oven cooking.

Dad said a sufficient serving of meat for one person at a meal is a piece that is the size of each person's four fingers. So, a cook can deter-

mine about how much meat to serve per person by judging from the size of your four fingers held together.

Dad says some meats get tougher when cooked longer. In some countries we have found special plastic "roast-a-bags" for oven-cooking roasted meats. The bags keep in natural juices of the meat and cut down on oven-time, but they can be quite expensive! Roasted lamb, chicken or beef comes out more tender and juicy when cooked in these special plastic bags. Also, a pressure cooker that holds six quarts is a good size for a family of 12 people.

Another good tip from Dad is to warm the serving dishes before the food is put into them and they are put on the table. Everyone should get to the table and sing and pray before the food is brought to the table, then the cook can bring out the hot food after prayer.

Dad says, "I don't believe in long sermons in prayers before meals. Save your discussions for afterwards or devotion time so that the family can eat a good hot meal at dinner-time."

Another reminder from Dad: "Don't forget that the whole purpose of having casseroles is to eco-nomize on meat. Dishes such as spaghetti with meat and tomato sauce, tuna casserole or creamed tuna, etc. are to make the protein or meat stretch to feed everyone. So make them mostly saucy and make the meat stretch."

Refer to Dad's Letter "The Health Revolution" No. 353 for more tips on economical and helpful ways of cooking and buying foods. We love you!

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THE FAMILY NEWS OF LOVE! - BY YOU!

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THE HOT AND EXCITING STORY OF AN UNDERGROUND WITNESS!

—by AMI ROSE about her job with the Robert Vesco's!

Dear Dad & Maria,

I love you! What more can I say than that? The rest has to be in deed. Lord help me to be "A sample not a sermon!" I pray I can follow the beautiful sample that you have so faithfully set. God bless you. Keep socking it to us, we need it!

About a month-and-a-half ago I wrote you from the Philippines telling you that I had volunteered for a mission helping out Robert Vesco (of world fame!) and his family. Well, I've been here for almost a month with them. It's been a very surprising and exciting month, with its fair share of trials and lessons too. Please pray for me, it's not an easy situation being here without close fellowship or counsel (with the Family).

I'm working out of the KQS in (censored) and keeping in touch with them and reporting there. So much has happened that it's hard to know where to start telling you, but I really wanted to write and let you know how it is going. I will leave out a lot of the detail, but try to get in the important points of



Ami on the beach; photo by Mrs. Vesco. DAD: Life can be beautiful working for the Lord and witnessing—even in a paying job!—Amen?

what is happening.

First of all, I came to work with their small son. He's really a sweet little boy and we get along really well. I believe they are pleased with my work with him, and can see that I really love him.

I get along with both Mr. (Bob) and Mrs. (Pat) and I'm especially close to Pat. We have established a good open, honest friendship. She is by far more spiritual and deeper

than he is and is really a sheep (DAD: PTL!)

It really is a beautiful relationship that we have now. They are very nice people and I enjoy working with them. I know that my relationship with Pat is a lot deeper than with Bob and I think it will be easiest to reach him through her, because he really clings to her and is very dependent on her.

Pat has asked me how long I will stay with them, and that I'm welcome to stay forever! I told her that I don't have any plans and I will just play it by ear. They want to start touring and have asked me to go too. Bob wanted to know if I am a secretary and said I could help him with his correspondence.

They also let me use their car and go out when I like, it's OK with them if I date and everything. I'm trying to be real careful about how much I go out and be choosy about who I go out with so they don't get the wrong idea.

I have been exploring the FF possibilities here, and although the place is crawling with rich people it is really a heavy party spirit and nobody seems to be interested in anything as serious as God. The really rich people don't seem to take many things seriously—other than money! But I'm sure the Lord has his sheep here too. I'm going to keep looking!

They pay me, plus room and board, and I send \$100 of that to the KQS. Being in a situation like this is so new and different and I know I'm making plenty of mistakes, but I'm going to continue to do the best I can, by the grace of God.

The Lord told me to count the cost before I took the job. He told me it would entail a lot of sacrifice. I only hope that I can learn things that are going to help others if and when they have to be in an underground situation like this, living and working in the system. (DAD: Amen!)

I am desperate for any help or suggestions that you might have for me. I only want to do God's will and whatever that entails. I know these people can be a real blessing to God's Kingdom. Do you have any suggestions of how to operate in this type of situation? (DAD: Just keep loving them.)

One thing that really frustrates me is that Faithy and Juan haven't written me one word since their original letter asking if I wanted to do it—nothing of their background with the Vesco's or anything! (DAD: Sorry.—Faith, how come?)

I hope that this letter hasn't been too long and bothersome, and I'm sorry it's so messy. I love you and certainly appreciate your prayers! (DAD: GBY!)

Oh, by the way, this is the most beautiful place I have ever seen! The water is the cleanest in the world and the weather is great. I'll enclose a picture taken at the beach (see photo). (DAD: Life can be beautiful working for the Lord and witnessing—even in a paying job!—Amen?) I love you and am praying for you. Love, hugs, prayers and kisses, Ami Rose. (GBY for being a real sample of love! These poor folks really need it, they've been so persecuted by the U.S.—Like us! They are truly political exiles like us! GBAY all!—Love,—Dad.)