



DRY MUSTARD, POUNDED into round steak along with the flour, gives this Swiss steak a "devised" flavor. Serve fruit salad of pineapple chunks and apple slices on lettuce leaves to accompany the Swiss steak.

a popular, wholesome entree for any family dinner and the gravy is so good.

The term "Swiss steak" also refers to the way in which the meat is prepared. Swiss steaks are less tender cuts of beef, lamb, and veal, cooked by braising. Generally, cuts of meat weighing one and one-half to three pounds and cut from one to two inches thick are used. Flour is pounded into the meat, which is then browned in fat, and cooked with a small amount of liquid and seasonings until tender. Most Swiss steak recipes include some form of cooked tomatoes, too.

Here is a recipe for a tasty Swiss steak. Dry mustard, pounded into the meat along with the flour, gives a "devised" flavor which blends so well with the tomatoes, and onion and garlic seasonings. Serve the remaining sauce over the meat.

DEVILED SWISS STEAK

- 1½ pounds beef round steak
 - ¼ cup flour
 - 1 teaspoon dry mustard
 - 1½ teaspoons salt
 - ¼ teaspoon pepper
 - 1 medium onion, sliced
 - 2 tablespoons fat
 - 1 clove garlic, minced
 - 1 No. 303 can tomatoes (2 cups)
- Mix flour, mustard, salt and pepper and pound into steak with meat pounder or edge of a heavy saucer. Cook onion in hot fat until yellow, and push to one side of pan. Brown meat thoroughly on both sides. Add remaining ingredients. Cover pan and cook over low heat two hours or until meat is tender. Add a small amount of water during cooking, if necessary. 6 servings.

Just as beef, lamb, or veal can be prepared as Swiss steak, so can a variety of cuts from each kind of meat. Besides the beef round steak in the recipe above, for example, beef rump, sirloin tip, and chuck steaks also can be used. They all are prepared by the same basic method.

This version of Swiss steak suggests beef chuck steak and is seasoned with tangy Worcestershire sauce, bay leaf and celery. If you prefer, cook this in a 325 degree oven instead of on top of the range.

SPICY SWISS STEAK

- 2 pounds chuck steak, 1½ inches thick
- ¼ cup flour
- 2 tablespoons drippings or fat
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 No. 303 can tomatoes (2 cups)
- 2 medium onions, sliced
- 1 stalk celery, diced
- 1 bay leaf
- 2 teaspoons Worcestershire sauce

Pound flour into steak with meat pounder or edge of a heavy saucer. Brown slowly in hot fat in a heavy skillet. Sprinkle steak with salt and pepper and add remaining ingredients. Cover and cook over low heat or in a 325 degree oven 2 hours or until meat is tender. Add a small amount of water during cooking, if necessary. Serve steak with the tomato gravy spooned over it. 6 servings.

For a thicker gravy, mix two tablespoons flour and one-fourth cup water and stir into the sauce after the cooked meat has been removed. Cook over low heat, stirring, until the gravy becomes smooth and thickened. Season to taste with salt and pepper.

Some cooks like to vary a basic Swiss steak recipe by changing the seasonings. Among the different seasonings suitable are thyme, basil, majoram, garlic, Worcestershire sauce, chili powder, dry mustard, onion, and bay leaf. Instead of tomatoes use tomato paste, sauce, or puree.

From New Holland R1 comes this answer to a request for Smear-case. Says this reader who does not want her name used:

Saw a request for Smear Case. Will try and send a recipe as near as I can as it's a little difficult to put it in print. I learned it from my Mother. I like to try new recipes so I hope folks will enjoy these.

SMEAR CASE

Take one milk bucket full of morning skimmed milk Set in kitchen so it stays at room temperature till after supper. Place in large dishpan; place on back of stove overnight. It shouldn't get too hot, just medium hot. Till morning it should be set. Pour a cup of cold water over it; cut in big squares so it divides itself. Take a large dipper; scoop it in a cheese cloth. Tie four corners of cloth together so a hook can be placed in it. Hang in a cold room overnight so the whey can be separated from the curds. The room temperature should not be freezing. Next morning place on flat surface like a drainboard. Place a heavy object such as a gallon milk crock on it so all the whey possible can be squeezed out of it. Near dinner time take a cheese maker. Put some of the curds in; add a few dippers of whole cold milk. Alternate that way until curds are all gone. When finished it should resemble whipped cream. If no cheesemaker is handy use large dishpan and large spoon. Add small amounts of milk; try to smooth it with spoon. Keep adding milk till it's like whipped cream. Will last a week if kept in cold place. Will make a gallon of cheese which is very good to eat with honey or apple butter on bread. Hope people can understand it; tried to make it plain as I could.

We haven't had any recipes for Gingerbread for a long time. Our friend from New Holland sends us this one which sounds as if it would be delicious with some whipped cream and hot coffee.

GINGERBREAD

- 1 cup sugar
- 1 cup molasses
- 1 cup thick milk or buttermilk
- ¾ cup shortening
- 3 cups flour
- 2 eggs
- 1 teaspoon soda
- 1 teaspoon ginger
- 1 teaspoon cloves

Mix sugar, molasses, eggs, shortening and thick milk. Put soda in thick milk before mixing in batter. Add cloves and ginger. Then add flour in about four parts. Bake in a moderately hot oven for one-half hour or till cake springs back when touched with finger. The cake is good served with whipped cream or chocolate frosting. I use one-fourth cup Brer Rabbit and fill the cup with other molasses. It gives a darker cake.

HEAR

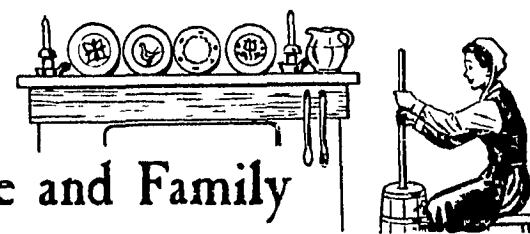
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For the Farm Wife and Family

This reader also sends along a recipe for a chocolate cake which she says "is very good for people who like to soak, dip, or dunk cake in coffee."

CHOCOLATE CAKE

- 2 cups flour
- 1½ cups light brown sugar
- ½ cup cocoa

(Continued on page 10)



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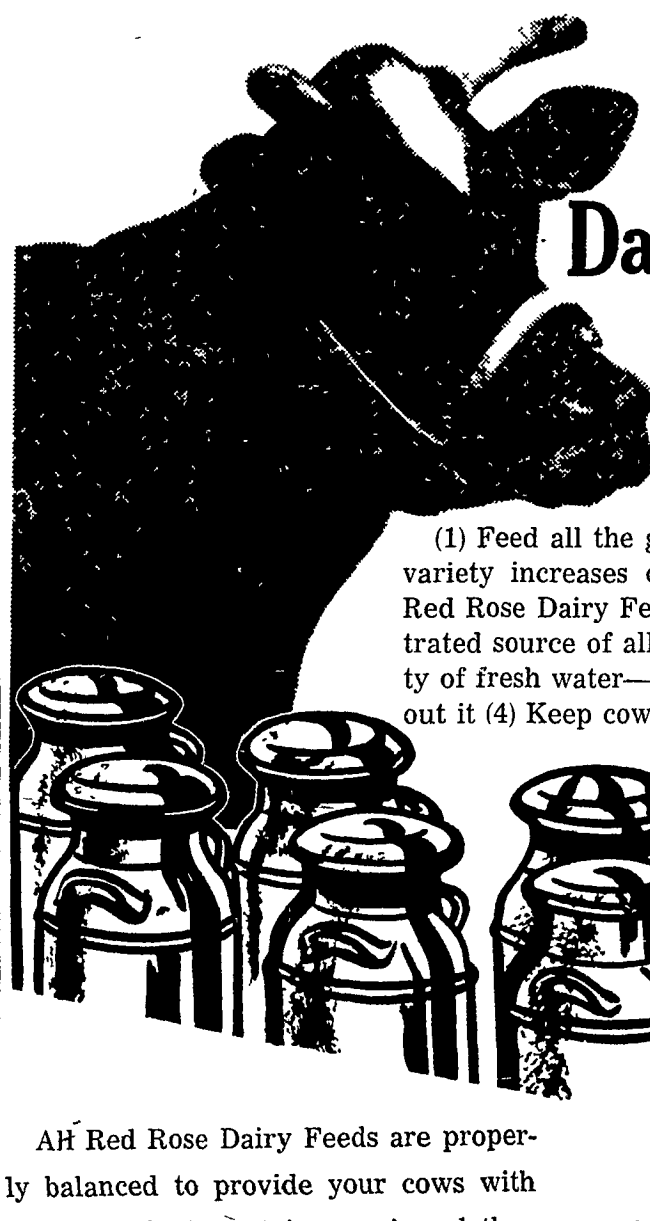
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