

For the Farm Wife and Family

Post Holiday Meals

After festive holiday fare, a period of economy meals often follows. But, economy meals need not and should not be uninteresting by contrast. A flavorful pot roast of beef is just the thing. Cooked with the beef may be a variety of vegetables and specialized seasonings.

Remember that the good beef flavor along with all the vitamins, minerals, and high quality protein are as plentiful in the less tender cuts as in those selected for broiling and oven roasting. Moist heat and long slow cooking bring a pot roast to the table fork tender and delicious. A three to five pound round bone pot roast is a good selection because it is so easy to carve. So too is a boned rump roast.

Allowance of enough for extra helpings and second meals is a buying economy worth noting. Before cooking keep the beef pot roast loosely covered and stored in the refrigerator. Try to use it within 5 or 6 days of purchase. Cooked leftovers

should be covered and then kept in the refrigerator.

Our extra special Spicy Pot Roast makes a truly extraordinary meal. Sweet potatoes and celery are added towards the end of the cooking period. If you desire, water chestnuts may be added, too. The broth, which gets its pleasant spiciness from the soy sauce with the meat, makes an excellent gravy to accompany the dinner.

SPICY POT ROAST

- 3 to 5 pound beef pot roast
- 2 tablespoons fat
- ½ cup brown sugar, firmly packed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup vinegar

- ¼ cup soy sauce
- ½ bay leaf, crumbled
- 8 ounce can water chestnuts, sliced (optional)
- 4 stalks celery, cut into strips
- 4 medium size sweet potatoes, peeled and sliced lengthwise into eighths.

Brown roast in hot fat in a heavy skillet. Mix brown sugar, salt, pepper, vinegar, soy sauce and bay leaf together. Pour mixture over roast. Cover tightly and simmer for 1½ hours. Add water chestnuts and celery. Cover and continue to simmer for ½ hour. Add sweet potatoes. Cover and simmer for 1 hour or until meat and vegetables are fork tender. Remove roast and vegetables to a warm serving platter. Thicken liquid for gravy if desired. Use 1½ tablespoons flour for every cup of broth. 6 to 8 servings.

SAUSAGE AND SCRAPPLE

With pork plentiful and reasonably priced, now is a good time to treat the family to sausage or scrapple—both surprisingly easy to make at home. The following directions for making both products, which call for economical cuts of pork were developed by the U. S. Department of Agriculture's Agricultural Research Service.

FRESH SAUSAGE

- 4 pounds of ground pork
- 5 teaspoons salt
- 4 teaspoons ground sage
- 2 teaspoons ground pepper
- ½ teaspoon ground cloves
- or 1 teaspoon of ground nutmeg
- 1 teaspoon sugar

Have meat ground from a boned shoulder or from pork "trimmings" that offer a proportion of ½ lean to ½ fat. (Too little fat makes cooked sausage dry; too much makes it too "rich" and causes shrinkage in cooking.) If pork is ground at the store, mix meat and spices until thoroughly blended. If meat grinding is done at

STUFFING MUFFINS

In Shape For WINTER-WISE Breakfasts



This winter-wise breakfast matches appetites with the crisp crackling weather of a late winter morning. The menu bids twice for approval: It not only offers favorite foods for this meal, but shapes toast into a surprise dish—Apple-Pineapple Stuffing Muffins. A menu certain to bring late risers on the run is.

- Orange Juice
- Grilled Link Sausages
- Apple-Pineapple Stuffing Muffins
- Fluffy Scrambled Eggs
- Coffee

The Stuffing Muffins are muffins with a modern air. For easy doing, cut the bread cubes the night before, when, you also can fill the muffin cups with the fruit stuffing mixtures. They will bake, in the morning, while the eggs and sausages are being prepared.

APPLE-PINEAPPLE STUFFING MUFFINS

- 2 tablespoons shortening
- 2 tablespoons finely chopped onion
- 1 quart toasted bread cubes
- ½ teaspoon salt
- Dash of pepper
- 1 cup applesauce
- 1 cup pineapple tidbits, drained
- ½ cup brown sugar

Melt shortening in a skillet; add onion and saute until tender. Combine with toasted bread cubes, salt, pepper, applesauce and pineapple. Place ½ cup stuffing mixture in each greased muffin cup. Sprinkle about 2 teaspoons brown sugar over stuffing in each cup. Bake in a slow oven (350°F) for twenty minutes. Yield: 11 Apple-Pineapple Stuffing Muffins.

home, sprinkle seasoning mixture over the pork before putting it into the grinder. After blending meat and seasonings, add a scant half cup of cold water and knead sausage until it becomes sticky and doughlike. Mold into patties about ½ inch thick, or pack into small loaf pans and chill before

cooking. Fresh sausage will keep only a few days in the refrigerator. It can be kept frozen at zero degrees for several weeks if the salt is omitted before freezing and added instead just before serving.

Cook sausage patties slowly and thoroughly in an uncovered fry pan until brown

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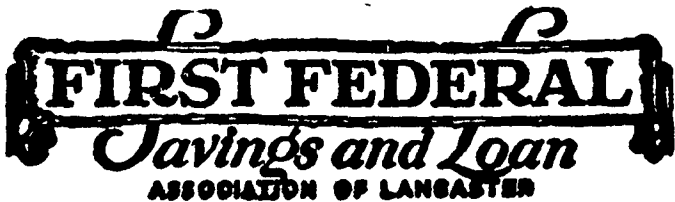
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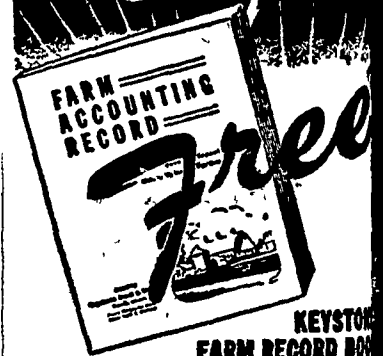


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