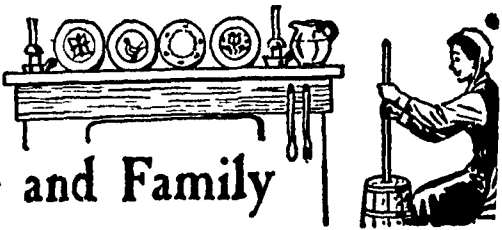


## For the Farm Wife and Family



### Rice Harvest Festival

by Mrs. Richard C. Spence

Rice has many features which make it a welcome and valuable addition to the menu. For this reason rice can be served in hundreds of ways and at any meal or time of day. Here are some combinations:

- Cooked RICE plus—fruits, nuts, dairy foods, custards, gelatins—in desserts.
  - Cooked RICE plus—meats, poultry, seafood, game, wild fowl,—in your main dishes.
  - Cooked RICE plus—vegetables, nuts, herbs, cheese—as a vegetable dish.
  - Cooked RICE plus—crisp greens, fruits, vegetables, meat, poultry, cheese, fish—to make delicious salads.
  - Cooked RICE in—main-course of wine or French dressing to make other special salads.
  - Cooked RICE in—batters and doughs to make bread, muffins or pancakes.
- Rice combines well with ground beef—
- INDIVIDUAL RICE MEAT LOAVES**
- 1 1/2 pound sausage meat
  - 1 1/2 pounds ground beef chuck
  - 3/4 cup milk
  - 1/2 cup uncooked rice
  - 1 egg, beaten
  - 1 medium onion, grated
  - 2 teaspoons minced parsley
  - 2 teaspoons salt
  - 1/2 teaspoon pepper
  - 1/4 teaspoon sage
  - 1/2 cup chili sauce
  - 2 teaspoons horseradish
  - 1 teaspoon prepared mustard
  - Beef and butter pickles
  - Combine meat, milk, rice, egg, onion, parsley, salt, pepper & sage. Form into 6 small meat loaves. Place on 12-inch squares of heavy duty aluminum foil or in individual aluminum foil baking pans. Combine chili sauce, horse-

radish and mustard. Spoon over loaves; then place 3 or 4 pickle slices on top of each loaf.

Fold foil over loaves and turn edges over two or more times, to seal or cover pans. Bake at 350 degrees or on grill about 1 hour, placing reflector between coals and foil. Makes 6 servings.

#### MOCK FILET MIGNON

- 1 1/2 pound ground chuck
- 1 1/2 cups cooked rice
- 2 eggs
- 1 medium onion, minced
- 1 clove garlic, crushed
- 1 tablespoon powdered mushrooms
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 8 slices bacon
- Mushroom sauce

In a mixing bowl, combine ground chuck, rice, eggs, onion, garlic, powdered mushrooms, salt and pepper. Divide into eight equal parts

and form into round patties about 3/4-inch thick. Wrap beef con around edge and pin to patty with toothpicks. Place on an ungreased baking sheet and bake at 450 degrees for 15 minutes. Serve with mushroom sauce. Makes 8 servings.

#### FLORENTINE BEEF

- 1 tablespoon cooking fat
- 1 medium-sized onion, coarsely chopped
- 1/2 medium-sized green pepper, coarsely chopped
- 1 pound ground beef (more if desired)
- 2 8-oz. cans tomato sauce
- 1/2 cup tomato catsup
- 1 tablespoon Worcestershire sauce
- 2 teaspoons salt
- 1/8 teaspoon black pepper
- 1 1/4 cups uncooked white rice
- 2 1/2 cups water

Melt the cooking fat in a 2-quart saucepan. Add the onions, green pepper and beef. Cook, stirring occasionally until the beef is brown-

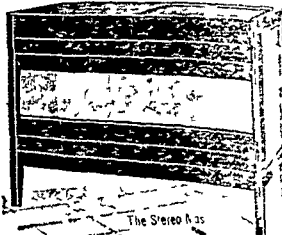
ed and the onions and green pepper are tender. Add a small amount of fat if mixture begins to stick. Stir in the tomato sauce, catsup, Worcestershire sauce, 1 teaspoon of salt and the black pepper. Simmer about 15 minutes. Stir occasionally. While the meat sauce cooks put the rice, 1 teaspoon of salt and the water in a 2 quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid and simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on at least 10 minutes or until ready to serve.

Just before serving, press the hot rice into 5 ounce custard cups or fluted saucers. Dip the molds in water before pressing in the rice. Unmold immediately onto serving platter. Spoon the hot meat sauce around the mounds of rice. Serve immediately. If desired, garnish with green pepper, parsley

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