

For the Farm Wife and Family



Irish Fare Fittin' For Everybody

By Mrs. Richard C. Spence



SPENCE

Whether you're Irish or not, corned beef simmering gently on the range seems to murmur that the dinner menu will be a hearty one. The usual vegetables cooked and served with corned beef are cabbage and boiled potatoes but a delightfully unusual switch is to sweet potatoes and Brussel sprouts.

Modern corned beef brisket is easy to buy in family-size drip-free packages ranging in weights from 2½ - 6 pounds. There is a choice to be made between regular and garlic and spice cures. A personal touch can be added to the regular corned beef by adding a bay leaf and onion slices, or caraway seeds to the cooking water. The subtle flavor may be linked to a rich golden raisin sauce by in-

cluding caraway as one of the ingredients.

A good cook who makes the best use of her time often cooks a piece of corned beef brisket large enough to serve for more than one meal. And incidently she may shorten the total cooking time considerably

by using a pressure saucepan and the directions recommended by the equipment manufacturer.

A second meal idea is to cut the cooked corned beef into half inch cubes to be added to a hearty salad combination of cooked sliced beets and potatoes and chipped dill pickle. A tasty marinade is made of salad oil, vinegar, dry mustard, dill weed, chopped chives, and

salt and pepper to pour over the meat and vegetables. The seasonings blend well during chilling. The salad can be served in lettuce or cabbage leaves and garnished with wedges of hard-cooked eggs.

CORNED BEEF WITH SWEETS AND LITTLE CABBAGES

- 3 to 4 pounds corned beef with garlic and spice
 - 1 bay leaf
 - 1 small onion, sliced
 - 8 sweet potatoes
 - 2 packages (10 ounces each) frozen Brussels sprouts
- Place corned beef in a kettle and cover with water. Add bay leaf and onion and cover. Simmer 3 to 3½ hours or until fork-tender. Add pared sweet potatoes last 30 minutes of cooking time. Add frozen Brussels sprouts the last 15 minutes of cooking time. Remove corned beef to platter and arrange vegetables around it.

NOTE: If corned beef brisket with regular cure is used, add 1 teaspoon mixed whole spices to cooking water.

CARAWAY CORNED BEEF

- 3 to 4 pound corned beef brisket
 - 1 bay leaf
 - 1 teaspoon caraway seeds
 - 1 small onion, sliced
- Place corned beef in a kettle and cover with water. Add

- spices and onion and cover. Simmer 3 to 3½ hours or until fork-tender. Serve hot with Golden Caraway Sauce.
- ### GOLDEN CARAWAY SAUCE
- 1½ cups apple juice
 - 1 tablespoon cornstarch
 - 2 teaspoons lemon juice
 - ¼ teaspoon grated lemon peel
 - ½ teaspoon caraway seeds
 - ½ cup golden raisins
 - 1 teaspoon brown sugar
 - ½ teaspoon salt

Combine apple juice and cornstarch in a saucepan. Add remaining ingredients and cook, stirring constantly until sauce is thick and clear. Serve hot over corned beef.

CORNED BEEF AND APPLE EN CASSEROLE

- 8 to 10 slices cooked corned beef
- 2 teaspoons lemon juice
- 3 cooking apples, pared and sliced
- ½ cup brown sugar
- 1½ tablespoons flour

2 onions, peeled and sliced. Add lemon juice to apple slices. Blend brown sugar and flour. Place ingredients in layers in a 1½ quart casserole, beginning with half the apple slices, then half the onion slices, sprinkle with half of the brown sugar mixture, and top with 4 to 5 slices of corned beef. Repeat. Cover casserole and bake in a moderate oven (350 degrees) for 40 minutes, or until apple slices are tender.

Another variety meat that is suitable for any meal is Bacon. Bacon is good by itself but many other foods are enhanced by its flavor. Salads, soups, sandwiches, maindishes, dips — just about anything you can think of takes to bacon.

BACON-CORN CHOWDER

- ½ pound sliced bacon, cut into 1 inch pieces
- 2 small onions, peeled and sliced

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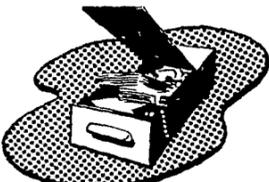


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