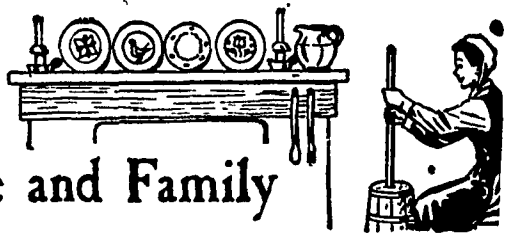


For the Farm Wife and Family



MEAT IN YOUR MENUS

By Mrs. Richard C. Spence



SPENCE

Now is the time to beef up your menus — with beef. It is in abundant supply. A good way for an inventive cook to really show off her culinary abilities is Beef Stroganoff, a dish with as many variations as spellings. A basic beef stroganoff makes good family fare any day of the week. Or, dressed up with a fancy sauce and made with the more tender cuts of beef, a stroganoff can become an elegant entree fit for royalty. Stroganoff has undergone many variations since it was served first in the 19th century by a Russian merchant — but it's always made with beef. In fact, a delicious stroganoff can be made with ground beef. And right now would be a good time to try this delicacy — for beef

is in abundant supply.

SIRLOIN BEEF STROGANOFF

¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
1 pound sirloin steak (cut ¼ inch thick)
¼ cup butter, margarine, or salad oil
½ cup diced onion
¼ cup water
1 can undiluted chicken soup
1 pound fresh mushrooms, sliced
1 cup sour cream
Chopped parsley or dill
Rice (enough to serve 6)

Combine flour, salt and pepper. Pound seasoned flour into sirloin steak. Cut meat into strips 1½ inches by 1 inch. Melt butter, margarine or salad oil in deep fry pan and brown meat strips, turning frequently. Add diced onion, water, chicken soup and mushrooms. Cook uncovered over low heat until mixture thickens and meat is

tender (about 45 minutes to an hour). Just before serving, stir in sour cream. Transfer to serving dish and garnish with chopped parsley or dill. Serve over fluffy beds of rice. Serves 6.

HAMBURGER STROGANOFF

¼ cup butter or margarine
½ cup minced onions
1 pound chuck, ground
1 minced clove garlic
2 tablespoons flour
2 teaspoons salt
¼ teaspoon monosodium glutamate

¼ teaspoon pepper
¼ teaspoon paprika
1 pound sliced mushrooms
1 can undiluted condensed cream of chicken soup
1 cup commercial sour cream
Snipped parsley, chives or fresh dill

Note: May omit mushrooms and use mushroom soup instead of chicken soup.

In hot butter in skillet, saute onions till golden. Stir in meat, garlic, flour, salt, monosodium glutamate, pepper, paprika, mushrooms, saute 5 min. Add soup, simmer, uncovered, 10 minutes. Stir in sour cream; sprinkle with parsley. Serve on hot mashed potatoes, fluffy rice, buttered noodles or toast. Makes 4-6 servings.

Another on the list of favorite beef dishes are pot roasts. You can make them from any of several beef cuts—shoulder or chuck, round steaks or roasts. Here's how to make a pot roast with round steak—

POT ROAST

2 pounds round steak
½ envelope dried onion soup
1 can undiluted cream of mushroom soup

Brown steak in heavy frying pan or roaster. Sprinkle over top the dried onion soup. Spread over this the undiluted cream of mushroom soup. Cover pan. Bake at 325 degrees for about 2 hours or until tender. Serves four.

WARNING: Use only tiny bit of salt, if any, because onion soup is salty.

RANCH STEAK

2 pounds top round beef, cut ½-inch thick
¼ cup flour
1 teaspoon salt
¼ teaspoon pepper
½ cup (1 stick) butter
½ cup catsup
½ cup lemon juice
½ teaspoon Worcestershire sauce
1 clove garlic, mashed

Cut steak into serving pieces. Combine flour, salt and pepper and pound into both sides of steak. In a skillet melt butter; saute steaks quickly on both sides. Stir in catsup, lemon juice, Worcestershire sauce and garlic; cover and allow to simmer at least 10 minutes.

NOTE: Ranch steak may be prepared ahead and kept warm over hot heat or in a low oven; or, prepared ahead, refrigerated and then reheated.

When you're looking for meats don't overlook the protein rich canned meats. They're economical and make excellent

main dishes for your meals.

BEEF STEW STUFFED PEPPERS

Open a 1½ pound can beef stew. Wash 3 small green peppers. Cut each lengthwise into halves and remove the stems and seeds. Par-boil the peppers in a small amount of boiling water in a covered kettle about 5 minutes. Drain. Place peppers in 1½ quart baking dish. Fill with beef stew. Top each stuffed pepper with 1 teaspoon chili sauce. Heat in moderate oven (350 degrees) about 30 minutes, or until piping hot 3 servings.

SPICE-GLAZED PREM WITH VEGETABLES

2 cans (12 ounces) Prem
¼ cup apricot preserves
¼ teaspoon ground cloves
1 teaspoon lemon juice
1 medium head cauliflower
3 to 4 carrots, pared
2 tablespoons melted butter or margarine
1 teaspoon lemon juice

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