

## For the Farm Wife and Family



### Ground Beef "Appetite-Tempters"

By Mrs. Richard C. Spence



SPENCE

Ground beef can be used in so many ways that it would be impossible to name them here. Favorites, of course, are hamburgers and meatloaves; but who would refuse barbecued hamburger or hamburger stroganoff. Ground beef is great for casseroles; it can be combined with other ingredients and used as a filling for peppers or a biscuit-dough roll. We could go on and on. Use your own ingenuity in serving this versatile meat.

The distinctive flavor and aroma of certain seeds used in cooking — sesame, caraway, poppy, dill, celery — give character to many foods. Stroganoff n' Herb Biscuits, a hearty ground beef casserole is topped with

flavorsome drop biscuits containing celery seed and sprinkled with poppy seeds. Serve this quick main dish with a tossed green salad, fresh asparagus and hot gingerbread with lemon sauce.

#### STROGANOFF N' HERB BISCUITS

1 1/2 pounds ground beef  
2 tablespoons instant minced onions OR 1/3 cup finely chopped onions  
1 tablespoon parsley flakes  
3/4 teaspoon garlic powder

1 teaspoon salt  
1/4 teaspoon pepper  
1 cup (6-ounce can) drained mushroom stems and pieces  
1 1/4 cups (10 1/2 ounce can) condensed vegetable soup  
1 cup dany sour cream  
1/2 cup milk  
1 1/4 cups sifted flour

2 teaspoons baking powder  
1 teaspoon paprika  
1/2 teaspoon salt  
1/2 teaspoon celery seed  
1/4 teaspoon pepper  
1/2 cup whole bran cereal  
1/4 cup soft shortening  
3/4 cup milk  
1 teaspoon poppy seeds

Brown beef with onions, parsley, and garlic powder; drain off excess fat. Stir in salt, pepper, mushrooms and soup; simmer 15 minutes. Blend in sour cream and milk; heat thoroughly. Place in a 9 x 9-inch baking pan.

Sift together flour, baking powder, paprika, salt, celery seed and pepper. Stir in cereal. Cut in shortening until mixture resembles coarse corn meal. Add milk; stir only until blended. Drop by tablespoons over meat mixture. Sprinkle biscuits with poppy seeds. Bake in a very hot oven (475 degrees) about 15 minutes. 6-8 servings.

Some ways with a meatloaf —

#### BARBECUED MEATLOAF

1/4 cup molasses  
1/4 cup prepared mustard  
1/4 cup vinegar  
1 cup tomato juice  
2 eggs  
3 cups soft bread crumbs  
1 medium onion, finely chopped  
1/4 cup finely chopped parsley  
1 tablespoon salt

1/2 teaspoon thyme  
3 pounds ground beef  
1 can (1 pound-14 ounces) peach halves

Blend molasses and mustard; stir in vinegar. Add 1/2 cup of mixture to tomato juice and eggs in large mixing bowl; beat until blended. Stir in bread crumbs, onion, parsley, salt and thyme. Add ground beef, mix well. Form into a loaf in shallow baking pan. Brush with part of remaining molasses mixture. Bake in moderate oven (350 degrees) 1 1/2 hours, brushing occasionally with molasses mixture for glaze.

FOR BARBECUED PEACHES: Drain peach halves; brush with molasses mixture; add to pan 15 minutes before end of baking time. 12 servings.

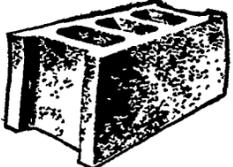
#### BUTTERMILK MEATLOAF

RING  
2 tablespoons butter  
1/3 cup chopped onions  
1 egg, slightly beaten  
3/4 cup buttermilk  
1/2 cup quick-cooking oatmeal  
1/2 teaspoon monosodium glutamate  
1 teaspoon salt  
1/2 teaspoon pepper  
1 1/2 pounds chuck, ground

2 tablespoons chopped onion  
1/4 cup catsup  
In a small skillet melt butter; add onions and saute until tender. Meanwhile in a mixing bowl combine egg, buttermilk, oatmeal, monosodium glutamate, salt and pepper, mix thoroughly. Add ground chuck and parsley along with onions; blend thoroughly. Pack firmly into ring mold; bake 1 to 1 1/4 hours. Allow to stand 5 minutes; drain off excess drippings and turn out onto oven-proof platter. Place catsup over top of meatloaf. Fill center with mashed potatoes.

If you'd like to try bulgur the way your youngsters may have eaten it at school, here is a recipe for meatloaf with bulgur. Toasty in appearance, nutty in flavor, bulgur is easily adaptable to many recipes. It can be served as a side dish with meat, poultry, or fish. Or, you can incorporate it into a meat loaf, use it in the stuffing of cabbage rolls, in pancakes, and in casseroles. Dry, cracked wheat bulgur can be purchased at most specialty shops or at (Continued on Page 11)

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