

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

TIME TO FUSS...



SPENCE

Now that the holiday season is over and we have time to catch our breath we can think about the things we've been wanting to do but have put off because there wasn't time. Christmas baking always takes up so much time that we don't do too much fussing with main dish eating. Long-simmering stews and soups — we don't even think about them!

In the next few weeks before the busy springtime season starts try either this Old-Fashioned Hearty Chicken Soup or the Browned Beef-Dumpling Stew. They will be well-worth the time it takes to make them.

- BROWNED BEEF-DUMPLING STEW**
- 2 medium onions, thinly sliced
 - 1 cup chopped celery tops
 - 2 quarts cold water
 - 2 bay leaves
 - 4 whole black peppercorns
 - 2 whole cloves
 - 2 whole allspice
 - 1 teaspoon salt
 - 1 ham bone, remove all meat and marrow (optional)
 - 1/2 cup butter or margarine
 - 1/2 cup all-purpose flour
 - 1 1/2 cups light cream
 - 1 (4-ounce) jar pimiento, cut into large pieces
- DUMPLINGS:**
- 2 eggs well beaten
 - 1 cup 100% bran flakes
 - 1/4 cup milk
 - 2/3 cup sifted all-purpose flour
 - 1 1/2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1/2 teaspoon marjoram leaves
 - 1/4 teaspoon thyme leaves
 - 2 tablepoons butter or margarine

To prepare stew: Combine 1/2 cup flour, 1 teaspoon salt and pepper in a plastic or paper bag. Add meat shake to coat evenly. (Reserve leftover flour.) In a Dutch oven melt 1/2 of butter or margarine. Brown 1/2 meat well on both sides. Set aside. Repeat. Heat remaining 1/4 of butter or margarine. Blend in remaining 1/4 cup flour and reserved seasoned flour. Brown slowly, stirring constantly with a wooden spoon. When rich brown in color, remove from heat. Gradually stir in water. Bring to a boil, stirring constantly. Add meat and remaining 1 teaspoon salt. Simmer gently for 1 hour stirring occasionally to avoid sticking on the bottom. Add vegetables. If necessary, stir in more water. Cover and cook 1 hour longer or until meat and vegetables are tender. Fifteen minutes before stew is done drop in dumplings.

To prepare dumplings: Combine first three ingredients. Sift next five ingredients into a separate bowl. Cut in butter or margarine until mixture resembles coarse meal. Stir in bran mixture. Drop batter about 1 tablespoon at a time over top of hot stew. Cover. Cook 15 minutes without lifting lid. Makes 16 dumplings and 5 to 10 servings of stew.

- OLD-FASHIONED HEARTY CHICKEN SOUP**
- 3 to 3 1/2 pound stewing chicken, cut into 6 to 8 pieces
 - 3 cups thinly sliced, pared potatoes (4 to 5 potatoes)

4 hours. (Meat will fall off bones.) Remove from heat. Reserve about 1 cup large chicken pieces. Discard ham bone. Strain soup; use a wooden spoon to force as much as possible through strainer. (There will be about 6 cups.) Melt butter or margarine; blend in flour and cook 1 to 2 minutes. Gradually stir in soup. Bring to a boil, stirring constantly. Stir in cream, reserved chicken pieces and pimiento. Add more seasoning, if desired. Reheat; do not boil. Serve with crackers. Makes 8 servings.

Serve spinach as in these Spinach Timbales. They may be quickly and easily assembled well in advance and refrigerated until baking time

- SPINACH TIMBALES**
- 2 tablepoons butter or margarine
 - 2 tablepoons finely chopped onion
 - 1 (10-ounce) package chopped spinach, thawed
 - 5 eggs
 - 1/2 cup grated Swiss cheese
 - 16 Waverly wafer crackers, finely rolled, (about 2/3 cup crumbs)
 - 1 cup hot milk
 - 1/4 teaspoon ground nutmeg
 - 1/4 teaspoon salt
 - 1/8 teaspoon ground black pepper
- Melt butter or margarine in a small saucepan. Saute onion until soft. Squeeze all water from spinach; chop very finely. Add to onion. Cover; cook 5 minutes. Beat eggs until foamy. Add cheese and cracker crumbs. Slowly stir in milk; slowly stir in spinach. Add seasonings. Pour into 4 to 6 buttered individu-

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al baking dishes, or custard low rack in a preheated moderate oven (350 degrees) 25 from top. If desired, refrigerate until baking time. Set in shallow baking pan. Fill pan with hot water to 1/2-inch above dishes. Bake on (Continued on Page 13)

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