

FOR THE
**FARM
WIFE
AND
FAMILY**

Economical Meat Cookery

by Mrs. Richard C Spence
Lancaster Farming Food Editor

No matter what you call it or what you put in it, stew makes a delicious midwinter meal that's easy on the budget.

If your budget is still reeling from holiday spending and high food prices, try to economize on meat and fish. Spend a little more time and imagination in using less tender meat cuts into family-pleasing main dishes.

For instance, when you make that stew, try a new seasoning — curry powder, ginger, mace, rosemary, chili powder or dry mustard. Sliced black or green olives also add to flavor and appearance.

Stews are a good way to introduce a new vegetable to the family since the flavors are all blended together.

The less tender and less expensive cuts of meat require slow, gentle cooking in moist heat. Braising, stewing or cooking with water are the usual methods. For braising, first brown the meat, then add seasonings and a small amount of liquid and cook, covered, until the meat is tender.

Small pieces of less tender meat are used for stewing. More liquid is added than in braising,

vegetables are put in during the last part of the cooking.

You can cook larger pieces of meat in water as the first step in making soup. If you like the "browned" taste, brown the meat just before you add seasonings and vegetables.

You will find that shoulder and arm cuts, round steaks and roasts, breast and shank meat and frozen fish are generally low to medium priced cuts. Less meaty cuts such as short ribs and shank can be combined with any kind of dry beans to boost the protein content of the main dish.

To get meals out of the midwinter doldrums try a new recipe. Such dishes as sauerbraten, sweet and sour pork, short ribs and limas or fish baked with creese or tomato sauce may well become family favorites.

Take advantage of another characteristic of combinations of meat, spices and vegetables. Cook them a few hours ahead of time so the flavors have a chance to blend well. If you're a working wife, prepare the meat the night before knowing your main dish will taste even bet-

ter because it stood in the refrigerator overnight.

Whatever meat, spices or vegetables you prefer, the principles of moist cookery are the same. And, the results are the same, too — a delicious, nutritious main dish that's easy on the budget.

Here are three recipes featuring economical ground beef —

QUICK BEEF PIE

- 1 medium onion
- 1 1/2 pounds ground beef
- 1/2 teaspoon salt
- 1 can condensed tomato soup
- 2 cups drained, cooked or canned green beans
- 1/4 teaspoon pepper
- 1 1/2 cups prepared mashed potatoes

Chop onion. Crumble beef into large fry pan. Add onion and salt and cook until browned. Drain off excess fat. Add soup, green beans and pepper. Cook slowly for 5 minutes. Pour into greased baking pan. Put spoonfuls of mashed potatoes on top of meat mixture. Bake at 350 degrees 20 minutes. Makes 6 servings, about 1 cup each.

MEAT WHIRL

- 1 1/2 pounds ground beef
- 1 cup soft bread crumbs
- 1 egg
- 2 teaspoons prepared mustard
- 1 1/2 teaspoons salt
- 1 teaspoon prepared horseradish
- 1/4 teaspoon pepper
- 1 can (8 ounces) tomato sauce
- 1 1/2 cups (6 ounces) shredded Cheddar cheese
- 1 teaspoon dill seed

In a bowl lightly mix meat, crumbs, egg, mustard, salt, horseradish, pepper and 1/4 cup tomato sauce, reserve remaining tomato sauce. On wax paper pat meat into a 10 x 14 inch rectangle. Sprinkle with cheese. Roll from shorter side as for jelly roll, press ends to seal. Carefully transfer to baking pan, seam side down. Bake in a preheated 350 degree oven 45 min-

utes. Pour remaining tomato sauce over meat; sprinkle with dill seed. Bake 15 additional minutes; let stand 10 minutes. Remove to warm platter. Makes 6-8 servings.

SLOPPY JOE SANDWICHES

- 1 pound ground beef
- 1 medium onion
- 1 teaspoon salt
- 1/2 cup catsup
- 1/4 cup mustard

Chop the onion. Crumble the ground beef into a heated frying pan. Add onion and salt. Cook until meat is browned. Stir in catsup and mustard. Cook slowly, until hot. Serve on warm buns or bread. Each serving will be a half cup.

SAUERKRAUT

People have been enjoying sauerkraut as long as there have been words to describe it. It's produced by allowing cabbage to ferment naturally. This is the oldest and safest type of preservation known, since it eliminates any chance of food poisoning.

Sauerkraut has almost all the attributes of fresh cabbage. It's an excellent source of Vitamin C, contains appreciable amounts of protein and fat, and a cup of it provides just 32 calories.

To keep the full flavor of the kraut, serve it raw or barely heated through. For milder flavor, cook it for a longer period of time or blend with other foods such as apple chunks or green pepper sections. Rinsing kraut with boiling water produces a milder flavor and shortens cooking time.

Kraut may be used in appetizers, soups, relishes, salads, entrees and vegetable dishes. It can even be an ingredient in a moist chocolate cake. Heated plain or blended with spices, it

is an excellent cold weather accompaniment to frankfurters, spareribs, sausages, ham, pork, beef and poultry. Combined with meat, fish or vegetables, it becomes an extender for "planned-overs."

Lest you think we're kidding about the chocolate cake, we'll dare anyone to try this recipe. It is truly delicious.

SURPRISE FUDGE CAKE

- 1 1/4 cups sugar
- 1/2 cup shortening
- 2 eggs

- Dash of salt
- 1 teaspoon vanilla
- 1/4 cup cocoa
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup water
- 1 small can (8 ounces) sauerkraut

Cream shortening, add sugar and eggs, beat well, add salt and vanilla, beat until well blended. Sift cocoa, flour, baking powder and soda together, add alternately to above mixture with water, blend well. Add washed, drained and finely chopped sauerkraut, blend and pour into a greased and floured 9-inch square cake pan. Bake in a 350 degree oven about 45 minutes or until done.

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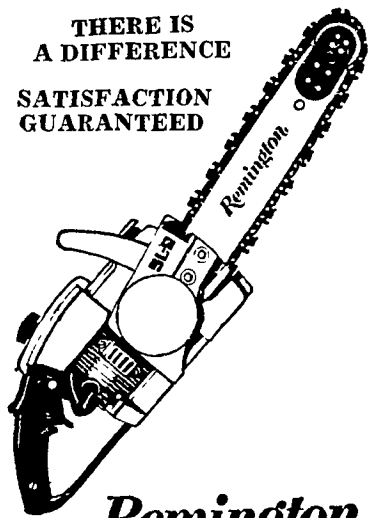
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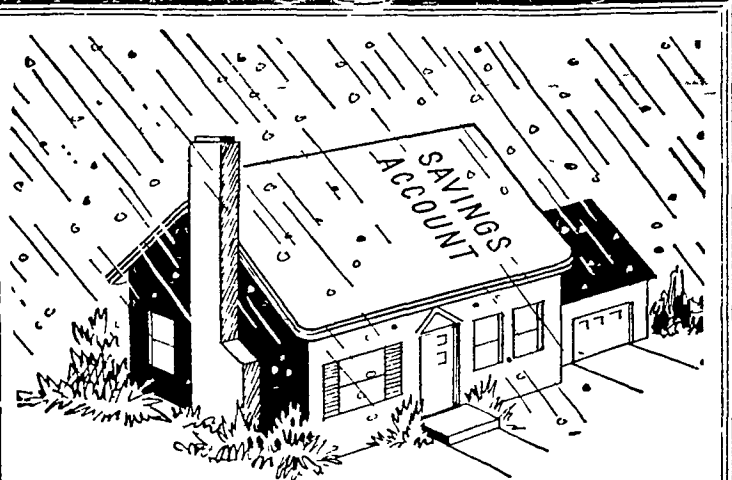
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