

Home on The Range

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Dredge meat in flour; brown in hot fat. Season meat. Cover with unsweetened cranberry sauce and one cup hot water. Cover closely; cook slowly about three hours or until tender. Add more water if necessary. Remove roast to platter. Thicken liquid for gravy. Yields six to eight servings.

Mrs. James Coombs
Gardners, Pa.

xxx
**IMPERIAL
TENDERLOIN**
1 (4 to 6 pound)
beef tenderloin
¾ cup melted
butter or margarine
1 clove of garlic
1 tablespoon Wor-
chestershire sauce
¼ pound bleu cheese

Trim surface of fat from tenderloin. Brush with ¼ cup margarine. Roast on a rack at 450 degrees F. for 45 to 60 minutes or until meat thermometer registers 140 degrees F. Mash garlic in Worcestershire sauce. Combine with bleu cheese and remaining margarine. Remove meat from oven. Spread cheese-garlic mixture over top. Serve immediately. Yields six servings.

Mrs. James Coombs
Gardners, Pa.

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**SOUTHERN SPICY
BEEF CUBES-FRIED
BROWN RICE**
2 pounds beef for stew,
cut in ¾-inch pieces
1 tablespoon brown
sugar
¼ teaspoon ground
ginger
2 cups cider
2 teaspoons whole
cloves
½ cup flour
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
¼ cup cooking fat
¼ cup finely chopped
onion
2 tablespoons
margarine
2½ cups cooked brown
rice (cooked in beef
broth)
2 tablespoons minced
parsley
½ cup pecans, finely
chopped
¼ teaspoon basil
¼ teaspoon ginger
¼ teaspoon pepper
¼ teaspoon salt
2 tablespoons
cornstarch

1 teaspoons bottled brown
sauce for gravy
Broiled tomato wedges
Parsley

Place beef cubes in casserole large enough to hold beef. Combine brown sugar, ginger, cider, and whole cloves, and pour over cubes. Cover and marinate beef in refrigerator overnight. Remove beef cubes from marinade. Discard cloves, reserve marinade. Combine flour, one teaspoon salt, ¼ teaspoon pepper, and ¼ teaspoon paprika and dredge beef cubes. Brown beef in fat in heavy skillet. Place beef in casserole, add ¼ cup marinade. Cover and bake in a slow oven (325 degrees F.) for two to two and a half hours or until tender. Remove beef cubes to center of a hot serving platter and keep hot. Sauté onion in margarine until transparent. Add onion to rice. Toss cooked rice with parsley, pecans, basil, ginger, ¼ teaspoon pepper and ¼ teaspoon salt until hot; keep hot while making gravy. To make gravy, blend cornstarch and ¼ cup reserved marinade; cook, stirring constantly, until thickened, stir in brown sauce. Surround beef cubes with hot rice. Drizzle spicy gravy over beef cubes. Garnish with broiled tomato wedges and parsley. Makes six servings.

Mrs. Margie F. Tyler
McComb, Mississippi

xxx
**BEEF STEAK
CASSEROLE
CHINESE**
2 pounds beef round
steak, cut in 1-inch
cubes
3 tablespoons flour
3 slices salt pork
1 tablespoon cooking fat
2 onions, chopped
2 teaspoons paprika
½ cup water
1 can (16 ounces)
Chinese vegetables
1 tablespoon lemon juice
1 envelope (2 ounces)
country vegetable soup
with noodles
1 cup boiling water
2 tablespoons flour
Coat beef cubes with flour. Pour cold water over salt pork, drain and cut in small pieces. To a four quart pressure cooker, add salt pork and cooking fat; brown beef cubes in fat. Add onions, paprika and ½ cup water. Cook in pressure cooker 10

minutes or until meat is tender. Preheat oven to 400 degrees F. Drain Chinese vegetables, cover with cold water, let stand one minute and drain. In a three quart casserole, place cooked meat, cooking liquid, Chinese vegetables, lemon juice and soup mix; add one cup boiling water. Shake two tablespoons flour into mixture to thicken. Mix well cover and bake in a hot oven (400 degrees F.) for 15 to 20 minutes or until heated through and thickened. Makes six to eight servings.

Mrs. Beatrice M. Hanson
Keene, New Hampshire

xxx
ANGUS CASSEROLE
3 pounds beef round
steak, cut 1 inch thick
3 tablespoons cooking fat
1 teaspoon garlic salt

Junior Cooking Edition

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bubble. Add vanilla. Stir. Pour hot custard on crust. Let stand until cool.

Place egg whites in bowl. Add sugar and cream of tartar. Beat at high speed until peaks form. Add vanilla. Beat again. Spread on top of custard and sprinkle ½ cup of crumbs on top. Bake at 400 degrees F. for eight to ten minutes or until topping turns golden brown.

Esther Mae Hoover
Age 10
New Holland, Pa.

xxx
**CHOCOLATE WAFFLE
COOKIES**

1 cup butter
1½ cups granulated sugar
4 eggs
2 cups flour
½ cup cocoa
½ teaspoon salt
2 teaspoons vanilla
Mix ingredients together until well mixed. Put by teaspoons into hot waffle iron for two minutes. Frost when cooled.

Carol Witmer
Age 13
Ephrata, Pa.

xxx
RICE CEREAL CRUNCH

1 6 oz. package of but-
terscotch morsels
½ cup peanut butter
4 cups rice cereal
1 tablespoon water
1 6 oz. package of chocolate
chips
½ cup confectioners sugar

½ teaspoon thyme
½ teaspoon cracked
pepper
¼ teaspoon nutmeg
¼ cup beef consommé
1 can (10¾ ounces)
condensed mushroom
soup
½ cup sauterne wine
1 can (4 ounces)
chopped mushrooms
½ cup instant onion
1 cup rice
2½ cups water
1 teaspoon salt
1 tablespoon butter

Slice meat into thin strips about four inches long. Brown strips in cooking fat. Add garlic salt, thyme, pepper, nutmeg, consommé, ¾ cup mushroom soup, wine, mushrooms with liquid and onion; mix well. Cover and simmer 1½ hours or until tender. Cook rice with

water, salt and butter 30 minutes or until rice is tender. Serve meat over rice. Makes six to eight servings.

Mrs. Robert Scheidecker
American Angus Auxilliary

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**SKILLET BEEF AND
BEANS IN CREAM
GRAVY**

1 tablespoon flour
½ cup beef broth
1 cup beef gravy
or 1 can (10-½ ounces)
½ cup half-and-half
Salt and pepper to taste
8 thin slices cooked pot
roast (about 1 pound
meat)
1 can (1 pound) whole green
beans, well drained
Blend flour with small
amount of broth to smooth
paste. Heat gravy in skillet;
stir in flour paste, remaining
broth and half-and-half and

cook and stir until slightly thickened and smooth. Season with salt and pepper. Add meat to gravy on one side of skillet and beans on other side; heat through. Good with noodles. Makes four servings. Note If canned gravy is used, flavor with desired seasoning, garlic, etc.

To cook in microwave oven blend flour and small amount of broth in 10x6x2-inch glass baking dish. Gradually stir in remaining broth, half-and-half and gravy; cook eight minutes or until mixture boils, stirring twice. Season with salt and pepper. Add meat and beans as above, cover with waxed paper and cook three minutes or until heated through.

NUT CARAMELS

2½ cups granulated sugar
1 cup rich milk (cream)
¾ cup corn syrup
½ cup butter
1 cup cream
1 teaspoon vanilla
½ teaspoon salt
1 cup chopped nuts

Mix sugar, rich milk, butter, and corn syrup. Bring to a boil, add slowly 1 cup cream. Cook gently until mixture forms hard lump when dropped in cold water. Remove from heat. Add vanilla, salt and nuts. Pour into buttered nine inch square pan. When cool, mark into small squares.

Irene Oberholtzer
Age 13
Narvon, Pa.

namon, soda, and salt. In a mixing bowl, cream butter and sugar. Blend in the egg and molasses and beat until fluffy. Add the dry ingredients gradually, mixing thoroughly. If desired, chill dough for easier handling. Roll out on lightly floured surface to ½ inch thickness. Cut in strips two inches wide. Spread filling on a strip and then cover with another strip. Repeat this until dough and filling is used up. Cut into one inch bars. Place on ungreased cookie sheet and bake at 350 degrees F. for 12 to 15 minutes. Yields about 50 cookies.

Mary Jane Sensenig
Age 9
Shiloh, Ohio

Marlene Yoder
Age 14
McVeytown, Pa.

xxx
LEMON LASSIES

Filling:
3 eggs, slightly beaten
1 cup granulated sugar
1 tablespoon lemon flavor or
¼ cup lemon juice
1 teaspoon salt
2 cups cocoanut
Cookies:
4½ cups flour
1 teaspoon cinnamon
1 teaspoon baking soda
½ teaspoon salt
¾ cup butter
2 cups granulated sugar
2 eggs
½ cup light molasses
Combine all the filling ingredients except cocoanut and cook over low heat, stirring constantly until thick. Remove from heat and add cocoanut. Set aside to cool. Combine flour, cin-



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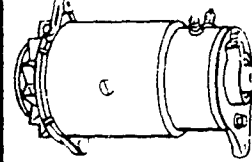
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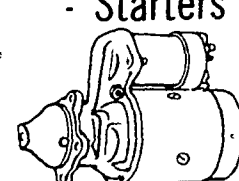
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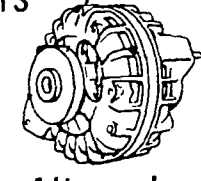
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