



Readers Submit Best Beef, Veal Recipes

Our readers love beef and veal, both power-packed with protein, iron, zinc, niacin, vitamin B6 and vitamin B12.

Some families serve their traditional recipes again and again, never tiring of them. Other readers search for new recipes, adapt, improvise, and add a bit of this and that.

Participants sent in a variety of recipes that differ widely in style and ingredients but guaranteed to taste top-notch.

No matter what kind of cook you are, you're sure to want to try many of these entries appearing in the next two issues of this paper.

VEAL PARMESAN

6 breaded veal patties
6 slices Swiss cheese
½ pound spaghetti
2 ½-ounce can spaghetti sauce
Bake veal patties according to instructions on package. Break spaghetti into 2-inch pieces and cook until soft. Drain water and add spaghetti sauce. Cook until hot. Top baked veal beef patties with a slice of Swiss cheese and cover with spaghetti. May sprinkle with Parmesan cheese if desired.

Enjoy! Delicious served with French bread.

Judy Zimmerman
Myerstown

SWEET POT ROAST

3-4 pounds beef roast
1 onion
1 can mushroom soup
½ cup water
¼ cup brown sugar
¼ cup vinegar
2 teaspoons salt
1 teaspoon mustard
1 teaspoon Worcestershire sauce

Brown meat on both sides in skillet. Add onions. Place meat in baking dish. Blend together remaining ingredients and pour over meat. Bake slow at 275 degrees for 3-4 hours.

This is a lovely beef dish that our family loves. The dish doesn't require a lot of preparation.

Our 3-year-old and 15-month old are already big meat lovers so I'm looking forward to finding new recipes in Lancaster Farming to try.

Mrs. Eugene Hoover
Stevens

HIGH TEMPERATURE ROASTED EYE ROUND

3-4 pounds eye round roast
2-3 cloves garlic
Salt and pepper to taste
Seasoned butter:
½ cup butter
2 teaspoons seasoned salt

1 teaspoon Italian seasonings
1 teaspoon ground black pepper
3-4 drops hot sauce

Cut 2-3 slashes in the meat and insert a clove of garlic in each slit. Let stand 1½ hours. Sprinkle salt and pepper on top. Remove garlic and put roast in an oven roasting pan. Do not cover. Do not add water.

Roast in 500 degree oven, allowing 5 minutes per pound. Do not open oven door.

After roasting at high temperature, turn off the oven and allow meat to remain in closed oven for 1½-2 hours. Combine all ingredients for the seasoned butter. Mix well. Slice and serve the roast with the seasoned butter. Makes five servings.

Dorothy Carvell
New Holland

DRIED BEEF CASSEROLE

1 can cream of mushroom soup
1 cup milk
1 cup grated cheese
1 cup uncooked elbow macaroni
3 tablespoons finely chopped onion
¼ pound dried beef
2 hardboiled eggs, sliced
Cut dried beef into bite-sized pieces. Stir soup to creamy consistency. Add remaining ingredients except eggs. Fold in eggs. Turn into buttered 1½-quart casserole dish. Store, covered, in refrigerator for at least 3-4 hours or overnight. Bake at 350 degrees for one hour, uncovered. Serves 4-6.

Easy to make and tastes good when it is cold outside. It's a special dish for us.

Vera Martin
Bowers

BEEF STROGANOFF

2 pounds round steak
1 pound fresh mushrooms, sliced
1 cup butter
1 pound onion, finely chopped
1 can tomato soup
6-ounce can tomato paste
1 teaspoon salt
½ teaspoon pepper
1 teaspoon soy sauce
1 cup sour cream
Minced parsley

Cut meat in very thin strips; trim off excess fat. Brown meat and mushrooms in butter. Add onions. Combine soup, tomato paste, and seasonings; add to meat mixture. Cover and simmer one hour. Just before serving, stir in sour cream. Thicken gravy, if desired. Serve over buttered noodles. Serves 8-10.

Linda Miller
New Smithville

BEEF ALA REINE

2 cups sliced mushrooms
3-ounces dried beef, cut into strips
2 tablespoons finely chopped onions
¼ cup butter
¼ cup flour
1¼ cups milk
1 cup sour cream
1 cup shredded sharp cheese
1 package frozen asparagus spears, cooked accordingly

Cook mushrooms, beef, and onions in butter 5 minutes. Blend in flour, gradually add milk. Cook stirring constantly until thickened. Stir in sour cream and sprinkle with cheese. Cover pan and allow to stand over low heat 5 minutes or until cheese melts. Don't boil. Stir lightly. Serve over hot cooked asparagus. Can be served over rice.

Holly Miller
Dauphin Co. Dairy Princess

BREWED BRISKET

4-5 pounds beef brisket or desired cut
1 package dry onion soup mix
1 medium onion (sliced into rings)
2 medium ribs celery, chopped
1 cup chili sauce
½ cup water

1 can or bottle beer (any kind)
Brown beef in Dutch oven. Put into roaster and sprinkle dry onion soup mix over the top of meat. Arrange onions and celery on top of brisket. Combine chili sauce and water. Pour around meat. Bake covered at 275 degrees for three hours. Pour beer over meat and continue cooking 45 minutes longer. Refrigerate overnight. Remove fat and slice thin. Warm slowly in sauce. Serves 8-10.

This is enjoyed by all of us, especially on a cold, winter day. It's great for an entree or just for sandwiches.

Gail Spielman
Ellington, CT

POT ROAST

4 medium potatoes, cubed
4 carrots, sliced
3-4 pounds rump roast, or pot roast, cut into serving size pieces
1 teaspoon salt
½ teaspoon pepper
1 bouillon cube
½ cup boiling water
Put vegetables and meat in slow cooker. Stir in salt and pepper.

Dissolve bouillon cube in hot water, then pour over other ingredients.

Cover. Cook on low 10-12 hours or high 5-6 hours in 5-quart crockpot.

Good on a cold winter day.

Miriam Nolt
New Holland

MARINATED BRISKET OF BEEF

1 beef brisket
1½ cups Coke
¼ cup Worcestershire sauce
Marinate meat for several hours. Drain. Combine:
1 teaspoon allspice
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
½ cup sugar
¼ cup soy sauce
¼ cup barbecue sauce
¼ teaspoon salt

Rob this marinade over brisket or rub beef. Bake at 325 degrees until doneness desired. For rare, 140 degrees; medium, 160 de-



News anchors sample Veal Pizzola in celebration of National Veal Month recently. For the recipe and other veal recipes, call the Beef Council at (717) 939-7000 or visit the Website www.pabeef.org.

Winners Named In Beef Contest

EPHRATA (Lancaster Co.) — Lancaster Farming readers sent in their tastiest beef and veal recipes to vie for fantastic prizes awarded by the Pennsylvania Beef Council. This event marks the second contest sponsored by this paper in conjunction with the Beef Council.

Sixteen winners were selected by a random drawing and will receive one of the following prizes within the next few weeks: crockpot, 15-piece cutlery/block set, steak knife sets, aprons, cutting boards, cookbooks, one of several different styles of roasting pans, hat, and instant read thermometers.

Recipe contest entries will be printed in this week's and next week's issue of *Lancaster Farming*. Make sure you clip the recipes, you're sure to find several that will become your family's favorites.

Thanks to all participants for sharing your recipes. Even if you didn't win a prize, your recipe is sure to be treasured by many readers.

The winners include the following: Arlene Hughson, Jeffersonville, N.Y.; Marian Hoover, Kutztown; Elaine Swank, Berlin; Darlene Auker, Akron; John Strommer, Media; Marj Swartz, Annville; Arlene Hoover, Stevens; Jean Sarver, Millerstown; Berlinda Myers, Dallastown; Crystal Bollinger, Mifflinburg; Janet Weaver, Shippensburg; Edna Horning, Lebanon; Linda Miller, New Smithville; Fern Freeman, Elliottsburg; Sue Becker, Ephrata; and Gail Spielman, Ellington, Conn.

grees; well done, 170 degrees.
My family loves this roast well done.

Mrs. Richard Beachel
Danville

OLD-FASHIONED BEEF STEW

2 pounds beef, cut into 1½-inch cubes
2 tablespoons oil
2 cups boiling water
1 teaspoon Worcestershire sauce
1 clove garlic
1 medium onion, sliced

1-2 bay leaves
1 tablespoon salt
1 teaspoon sugar
½ teaspoon paprika
Dash allspice or cloves
6 carrots, diced
6 potatoes, diced
3 onions, diced
10-ounce bag, baby green lima beans

Thoroughly brown meat on all sides in hot oil. Add boiling

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Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

January

- 12 — Beef Contest Entries
- 19 — Soups and Stews
- 26 — Superbowl Ideas

February

- 2 — Heart-Healthy Cooking