

# Christmas recipes from around the world



## SPICY BEEF STEW MEDITERRANEAN

1 1/2 pounds beef for stew (1 1/2-inch cubes)  
4 fluid oz. dry red wine  
2 teaspoons vegetable oil  
1 cup pearl onions  
1/2 cup tomato paste  
1 tablespoon red wine vinegar  
1 teaspoon salt  
1/4 teaspoon pepper

1/4 teaspoon ground cumin, or to taste  
3 cups water  
3-inch piece cinnamon stick

On rack in shallow roasting pan broil beef cubes, turning occasionally, until browned on all sides, 6 to 7 minutes. Transfer beef to bowl; add wine and toss to coat. Cover and let marinate in refrigerator for at least 8 hours, turning meat sever-

al times. Drain beef and reserve wine. Using paper towels, pat cubes dry.

In 3-quart saucepan heat oil; add onions and saute until lightly browned. Using a slotted spoon, transfer onions to a dish and set aside.

In same pan saute beef cubes for 5 minutes, turning to coat all sides. Stir in tomato paste and vinegar.

Sprinkle with salt, pepper and cumin. Add water, cinnamon stick, and reserved wine; bring liquid to a boil. Reduce heat, cover, and simmer until beef is almost tender, about 1 1/4 hours.

Add onions to saucepan, cover, and cook until beef and onions are tender, about 30 minutes longer. Remove and discard cinnamon stick.



## MIDDLE-EASTERN BEAN DIP

12 oz. drained cooked small white beans  
2 tablespoons lemon juice  
1/4 teaspoon minced fresh garlic  
1/4 teaspoon salt  
Dash pepper  
1 teaspoon olive oil  
Garnish: parsley sprig

In work bowl of food processor or in blender container combine beans, lemon juice, and garlic and process until smooth. Transfer mixture to a bowl; add salt and pepper, then gradually stir in olive oil. Garnish with parsley sprig.

## ALL-AMERICAN APPLE FRITTERS

1/2 cup plus 2 tablespoons enriched all-purpose flour  
1 teaspoon double-acting baking powder  
Dash salt  
2 medium eggs  
1/2 cup apple juice (no sugar added)  
4 small apples (McIntosh or Golden Delicious\*), pared, cored, and each cut crosswise into 4 rings  
2 teaspoons lemon juice, or to taste\*  
1 tablespoon vegetable oil, divided  
2 teaspoons confectioners' sugar

Onto sheet of wax paper sift together flour, baking powder and salt. In medium bowl beat eggs until very foamy; alternately beat in flour mixture and apple juice. Continue beating until batter is smooth. Lightly brush apple rings with lemon juice and dip into batter.

In 10-inch nonstick skillet heat 1 teaspoon oil; add 5 to 6 apple rings and saute, over medium heat, until golden brown on underside. Turn rings and saute until other side is browned. Transfer fritters to plate and keep warm.

Divide remaining apple rings into 2 batches and saute as above, using 1 teaspoon oil for each batch.

Sprinkle fritters with confectioners' sugar and serve warm.

\*If you use sweeter apples, increase the amount of lemon juice

## RUSSIAN SALAD

1 pound peeled cooked potatoes, cut into 1/2-inch cubes  
2 eggs, hard-cooked and chopped  
1 medium dill pickle, cut into 1/4-inch dice  
1/2 cup cooked diced carrot (1/4-inch dice)  
2 tablespoons lemon juice  
1/4 teaspoon each salt and pepper  
1/4 cup plain unflavored yogurt  
1 tablespoon plus 1 teaspoon mayonnaise  
1 teaspoon Dijon-style mustard  
Garnish: chopped fresh parsley

In 2-quart mixing bowl combine potatoes, eggs, pickle, carrot, lemon juice, salt, and pepper. In small bowl mix yogurt with mayonnaise and mustard; pour over potato mixture and toss lightly to combine. Cover and chill for at least 1 hour.

Remove salad from refrigerator about 15 minutes before serving. Serve garnished with parsley.

## PECAN PETITES

1 cup margarine  
1/4 cup granulated sugar  
1 teaspoon vanilla  
2 cups flour  
1 cup chopped pecans  
Confectioners' sugar

Cream margarine and granulated sugar until light and fluffy. Blend in vanilla. Add flour; mix well. Stir in nuts. Shape rounded teaspoonfuls of dough into balls; place on ungreased cookie sheet. Bake at 325°F, 20 minutes. Cool slightly; roll in confectioners' sugar. Approx. 3 dozen.

# Fred Meyer

## ONE STOP HOLIDAY SHOPPING

Season's Greetings  
All Fred Meyer Stores  
CLOSE AT 6:00 P.M.  
CHRISTMAS EVE  
Friday, December 24  
and will be  
CLOSED  
CHRISTMAS DAY  
Saturday, December 25  
All stores will open at 9:00 A.M.  
Sunday, December 26.

Prices good Wed., Dec. 15 thru Fri., Dec. 24th

**Armour or Swift Canned Ham**  
3 lb. can • Reg. \$9.99

**\$7.98** each

First two—Additional at regular price

## Steak Sale

U.S.D.A Choice Beef Loin

**T-Bone Porterhouse**  
**Top Sirloin**  
**New York Tenderloin**



Reg. \$3.98 lb. **\$2.98** lb.  
Reg. \$4.08 lb. **\$3.08** lb.  
Boneless • Reg. \$4.08 lb. **\$3.08** lb.  
Boneless • Reg. \$5.38 lb. **\$4.38** lb.  
Reg. \$5.38 lb. **\$4.48** lb.

**Maxwell House**  
3 lb. can • Reg. \$8.79

- Regular
- Electric Perk
- ADC

**\$4.99**

First one—Additional at regular price

**MY-TE-FINE Sugar**  
5 lb. pkg. • Reg. \$1.89

**\$1.29**

First one—Additional at regular price

**MY-TE-FINE Flour**  
10 lb. bag

- Regular
- Unbleached

**\$1.33**

First one—Additional at regular price

**MY-TE-FINE Potato Chips**  
8 oz. box • Reg. \$1.19

- Regular
- Dip
- B-B-Q

**68¢** each

First two—Additional at 89¢

**Cinch Dish Detergent**  
22 oz. bottle • Reg. \$1.63

**\$1.28** each

**MY-TE-FINE Ice Cream**  
Half Gallon • Reg. \$1.79 to \$1.89

- Vanilla
- Vanilla/Orange Sherbet

**99¢** each

First two—Additional at regular price

6 other flavors Half Gallon Reg. \$1.79 to \$1.89 **\$1.39** ea.

**Tangerines**  
Sweet and Juicy with Zipper Skin

**6 lbs. for 99¢**

25 lb. box • \$3.99

**Whipped Topping**  
MY-TE-FINE • 8 oz. tub • Reg. 79¢

**2 for \$1**

**French Bread**  
MY-TE-FINE • 9 varieties • 15 oz. pkg. Reg. 85¢

**2 for \$1**

Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad. Except Morrison, 122nd & Stark, The Dalles, Medford and Consumer Warehouse.