

Oven Stew New Quirk For Old Dish

Ever popular beef stew becomes a family or company special when baked in the oven and served in and around a golden ring of corn bread. Easy to look at and even more pleasing to the palate, this hearty dish adds tempting variety to weekly menus.

Since beef is in particularly good supply right now, stew is a wise and economical choice. Among beef cuts that make wonderful rich stew are beef shoulder, shank, neck meat and the less tender portion of the round. When buying, it's a good idea to plan on at least 1/2 pound of lean, boneless meat per serving to make sure you have enough for generous portions. Also, it's important to remember that beef for stewing should be stored in the refrigerator loosely wrapped in waxed paper and used within 2 or 3 days.

The secret for bringing out the full rich flavor of beef and making the meat tender, enough to cut with a fork is long, slow cooking. "Oven-baked Beef Stew" bakes in a moderate oven (350) for about 2 hours or until the meat is almost tender. Pleasing color and flavor variety are added by slipping a block of frozen lima into the stew at this point. Then, cover and continue baking 45 minutes before preparing the corn bread ring.

Here are complete cooking directions for this tempting oven-baked stew and corn bread ring.

OVEN-BAKED BEEF STEW AND CORN BREAD RING

- 2 pounds beef stew meat
- 2 medium onions, sliced
- 1/2 cup chopped green pepper
- 1/4 cup chili sauce
- 1/2 cup water
- 2 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 package frozen lima beans
- 1 12 oz. package corn bread mix
- 3 tablespoons flour

Cut beef into 2-inch pieces and put into large heavy kettle or casserole dish. Cover with onions, green pepper, chili sauce and 1/2 cup water and sprinkle with salt and pepper. Cover and bake in a moderate oven (350) 2 hours or until the meat is almost tender.

Add frozen block of lima beans. Break apart with a fork and stir into mixture. Cover and continue baking 45 minutes. Prepare corn bread mix according to directions on package and pour into 5-cup ring mold which has been rubbed with fat and floured lightly. Remove stew from oven and increase heat to 400. Bake corn bread ring about 20 minutes or until brown. Thicken stew with 3 tablespoons flour mixed with 1/2 cup water and allow to simmer slowly while corn bread is baking. Turn out corn bread on a deep platter and surround and fill it with the stew. Serves 8 to 10.

SPECIAL BEEF STEW

- 3 pounds beef chuck
- 1/2 cup flour
- 3 tablespoons fat
- 2 teaspoons salt
- 1 cup grated carrot
- 1/2 cup diced onion
- 1 cup chopped celery
- 1/2 cup chopped green pepper
- 1 can (1 1/4 cups) condensed cream of mushroom soup

Cut beef into 1 1/2 inch cubes. Roll in flour and brown in hot fat. Season with salt. When meat is well browned, add vegetables and soup. Cover. Cook slowly for 2 1/2 to 3 hours. Serve on cooked noodles or macaroni. Serves 8 to 10.

LITTLE GREEN

Next time you prepare corn pudding, add a little chopped green pepper and canned pimiento.

ROUGH STUFF

Don't smooth out a meringue when you are spreading it over a pie filling. Swoops and billows look pretty after the topping is browned!



Provocative Is Name for Stuffing

Chopped Brazil nuts contribute texture interest, provocative nut flavor, and richness to poultry and meat stuffings. Try this nut addition and the praises will establish a poultry-stuffing tradition.

BASIC BRAZIL NUT STUFFING

- 1/2 cup (1 stick) butter
- 2 cups chopped Brazil nuts
- 1/2 cup diced onion
- 1/2 cup diced celery with leaves
- 1/2 teaspoon monosodium glutamate
- 1 1/2 teaspoons salt
- 1/2 teaspoon Tabasco
- 1/2 teaspoon poultry seasoning
- 8 cups lightly packed bread crumbs or cubes
- 2 tablespoons chopped parsley
- 1/2 cup boiling water or stock

Melt butter in saucepan or skillet. Add Brazil nuts, onion, celery, monosodium glutamate, salt, Tabasco and poultry seasoning. Cook until Brazil nuts are lightly browned. Add to bread crumbs and parsley. Add water or stock, toss lightly with a fork until well mixed. Season cavity of bird with additional seasoning before stuffing lightly.

YIELD: Enough for a 12-pound turkey or 2 6-pound turkeys, using 1/2 cup stuffing per pound dressed weight.

- NOTE: If desired, stuffing may be baked separately to serve with chicken, veal or beef. Place stuffing in foil; seal edges tightly. Bake in a moderate oven (350 - 375 degrees) 35 minutes, or in a slow oven, (325 degrees) 45 minutes.
- VARIATIONS
- 1. Substitute 4 cups corn bread crumbs for 4 cups bread crumbs
- 2. Substitute 3 cups cooked rice for 3 cups bread crumbs
- 3. Substitute 1 cup seedless raisins or 1 cup cut up dried apricots for 1 cup of the Brazil nuts. Increase water to 1/2 cup.
- 4. Add 1 can (4 ounces) drained mushrooms (cut and pieces) to stuffing. Substitute mushroom liquid for water.

SNAPPY BEANS

Want to vary green snap beans? Add the cooked beans to a cream sauce and top with bits of crispy cooked bacon. Use bacon fat in making the cream sauce, if you like a lot of bacon flavor.

FLUFFO

Shortening
3 lb. Can **85¢**

M AND M CANDY
Plain or Peanut
6-oz. Pkg. **33¢**

REYNOLDS

Aluminum Foil
Heavy-Duty Roll **59¢**

SWIFTS

PREM
12-oz. Tin **39¢**

ARMOUR STAR

Corned Beef
12 oz. Tin **49¢**

SAVE UP TO 20% BUY LARGE ECONOMY SIZE

GAINES MEAL

25 lbs. \$2.89
10 lbs. \$1.49

IVORY SNOW Lg. Pkg. **31¢**

OXYDOL Lg. Pkg. **31¢**

IVORY Lg. Pkg. **31¢**

IVORY Lg. Pkg. **31¢**

IVORY Lg. Pkg. **31¢**

IVORY Small Bottle **31¢**

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3045 S. Commercial St.
First in South Salem

Emery's IGA Foodliner
Wallace Rd. at Seventh, West Salem

Orcutt's IGA Market
4200 N. River Rd.

State Street IGA Market
1230 State St.



SUNNY MORN Coffee
Lb. Can **86¢**

Ocean Spray Cranberry Sauce
2 303 tins **35¢**
Strained or Whole

V-8 Vegetable Juice
46 oz. Can **37¢**
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To the first 150 ladies that visit each Salem IGA store Saturday, Dec. 24.

Prices Effective Thurs., Fri. and Sat., December 22, 23 and 24

- PILLSBURY PIE CRUST STICKS** Special! 2 Pkgs. in One **29¢**
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GOOD HOLIDAY EATING!

STEINFELD Sweet Midget

- PICKLES** 8 oz. Jar **31¢**
- Steinfeld Dicy Cucumber 24 oz. Jar **35¢**
- Steinfeld Kosher DILL PICKLES 24 oz. Jar **39¢**

Feature of the Week!

Par-T-Pak BEVERAGES
Your Favorite Mixers or Flavors

Quart Bottle **20¢** Plus Bottle Deposit

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3 Tall Cans **35¢**

ZEE PAPER WRAP NAPKINS

Package of 80 **10¢**

BLITZ WEINHARD BEER

Carton of 12 Bottles **\$2.05**

Includes Bottle Deposit

Franz Stuffing BREAD
Package **32¢**

Williams POTATO CHIPS
Pkg. of 3 Bags **49¢**
Reg. 59¢

Dromedary CAKE MIXES
2 Pkgs. **45¢**

IGA Select Ripe **OLIVES**
2 Pint Cans **45¢**

Delicious Ripe'n Ragged Fruits

IGA PEACHES \$1.00

IGAs Golden **CHUNKY PINEAPPLE** 35¢ Each 3 No. 2 1/2 Cans **\$1.00**

IGA Tree Ripened Unpeeled **HALVED APRICOTS** 35¢ Each 3 No. 2 1/2 Cans **\$1.00**

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IGAs **Margarine** Pound Pkg. **19¢**

IGAs **SUGAR** Sprinkles Powdered or Brown 2 lb. Pkgs. **19¢**

IGAs **Oysters** 4 1/2 oz. Tin **39¢**

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12:30 to 1:30 State St. Mkt.
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Hormel Ready To Serve
14 to 16 Pound Size Whole or Shank Half

HAMS 45¢

lb.

FRESH OYSTERS Pint Pacific **59¢**

COUNTRY SAUSAGE Pure Fresh Pork lb. **29¢**

TURKEYS U.S. Insp. Grade A Fresh or Frozen
AT LOW COMPETITIVE PRICES
Ducks, Geese, Capons, Roasting Hens and Fryers For Your Selection.

Fresh, Crisp **CELERY** lb. **10¢**

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Fresh **GRAPEFRUIT** 8-lb. Bag **49¢**

Bruce Cleaning WAX Quart Can **\$1.19**

CALGON Water Softener Pound Pkg. **33¢**

