

A Stew—By Any Other Name!

A queer little house tucked away on a cross street in New York has become famous for Hungarian goulash. Every night the starred item on the menu is goulash, yet when you peep into the generous-sized brown pot set before you, you discover that the combination of meats and vegetables varies from night to night. One unusually good goulash is tender cubes of veal and pork delicately browned and deliciously flavored by a thickened sour cream sauce to which is added a generous portion of finely shredded sauerkraut.

Stews for spring time? Yes, of course. The low fire used for stews, the goodness of re-heated stew, and the variety of spring vegetables make this a welcome suggestion for a May dinner.

The French call it ragout, while the Irish call it stew. To most of us, stew is the name given to combinations of small savory meat morsels simmered with various vegetables and selected seasonings.

The basis of all good stews is one or two kinds of meat. Beef and mutton give rich, full flavor to the finished dish, while lamb, veal and pork give a more delicate tasting stew.

In selecting the cut of meat, remember that meat streaked with fat will produce a richer stew and a carefully chosen cut of just the right proportion is a wise choice. We suggest one of the less demanded cuts of beef neck, shank, plate or chuck. Chuck or breast of lamb or veal are a happy choice. Although pork is seldom used alone, half pork used with half veal enhances the flavor and enriches the broth.

Another secret of success is low, slow cooking. Do not drown the meat, rather add just enough water or meat stock to keep the meat from sticking to the pot. Simmer gently. A stew cannot be hurried.

For seasonings, well-flavored meat, blended spices such as plenty of salt, a whiff of garlic, or perhaps a bit of tumeric or chili powder add piquancy and zest. Of course, the vegetable flavors complete the whole.

In the south, all good stews have okra, some families insist on tomatoes, others want cabbage, and few would deny potatoes and onions. Of course, the vegetables are added to the meat broth in time to cook them enough—but not too much. In this way whole onions may need 1 hour of cooking whereas new peas and new carrots require but 15 minutes.

So, be it stew, ragout, goulash, gumbo or mulligan—call it by what name you will—the clever cook learns to make a number of variations of these savory meat and vegetable combinations.

Hungarian Goulash
3 lbs. beef chuck
1 qt. water
1 salt, pepper
1 clove garlic
1 bay leaf
2 new carrots
2 potatoes
2 tablespoons butter
2 tablespoons paprika
1 cup tomato puree
noodles

Cut the beef into 2-inch cubes. Brown in beef stock. Add water or beef stock and salt, pepper, bay leaf and garlic. Cover and simmer slowly 2 hours. Add large sliced potatoes, thickened with butter, blended with flour and paprika. Simmer until meat, thickens and potatoes are just tender. Before serving, add tomato puree.



MAKE PERFECT CUSTARD PIE THIS EASY WAY

Filling delicately firm, crust so tender and flaky

Here's the new way to make custard pie that gives success every time. Just remember two things. First, bake your pie in a very hot oven (450°). Then your filling won't sink into the crust and make it soggy. Second, use Spry, the new, purer ALL-vegetable shortening to get extra flaky, tender crust.

Triple-creamed Spry gives flakier pastry, lighter cakes in half the mixing time. Cooking experts for 251 home-making schools say it's the creamiest shortening they ever used. Better for frying, too. Try Spry—make this pie today!

Custard Pie
3 eggs and 2 egg yolks or 3 cups milk
4 eggs, slightly beaten 1 teaspoon vanilla
1/4 cup sugar 1/4 Spry Pie Shell
1/4 teaspoon salt 1/4 Nutmeg

Beat eggs slightly and add sugar and salt. Add milk and vanilla. Strain custard mixture into unbaked pie shell and sprinkle with nutmeg. Bake in very hot oven (450° F.) 30 to 40 minutes, or until knife inserted comes out clean.

Spry Pie Shell
1/4 cup sifted all-purpose flour
1/4 teaspoon salt
1/4 cup cold water (about)

Sift flour and salt together. Add 1/4 of Spry and cut in until mixture is as fine as corn meal. Add remaining Spry and continue cutting until particles are size of a navy bean. (Notice how easily triple-creamed Spry cuts into your flour.) Sprinkle water, 1 tablespoon at a time, over mixture. With a fork, work lightly together until a dough is formed. Roll dough 1/4-inch thick. Place dough in pie plate and let relax 5 minutes. Pat with ball of dough. Trim pastry 1/4-inch larger than pan and turn back edge. Flute rim.

(All measurements in these recipes are level)
Try Spry for lighter cakes, crispier fried foods, too.

platter. Arrange vegetables around. Keep hot. Drop dumplings by spoonful into the broth. Cover closely. Steam 12 minutes. Serve at once on platter with stew.
Dumplings: 2 cups flour, 4 teaspoons baking powder, 1 teaspoon salt and about 1 cup milk.

Imperial Pear Salad Unique

1 pkg. lemon or lime gelatin
1 cup hot water
1 cup pear juice
1 tablespoon vinegar
1/2 teaspoon salt
1/2 teaspoon ginger
3 halves canned pears, sliced
Dissolve gelatin in hot water. Add pear juice, vinegar, salt and ginger. Chill. When slightly thickened, fold in pears. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise and cream cheese, if desired. Serves 6.

HINTS TO THE WISE

To prevent woolen golf hose and sweaters from stretching, fit them over frames after they are laundered. Dry them thoroughly before removing them from the frames.

Flour should be measured at the time it is to be used. If it is allowed to stand it will pack down and accurate measurements will not be possible.

Keep a full cookie jar for the youngsters. Plain sugar, coconut, ginger or chocolate cookies are very good—and easy to make. You can

save time by dropping dough from the tip of a spoon onto a greased baking sheet or by spreading a thin layer of dough in a shallow, greased pan and cutting it into squares after it is baked.

Give your window screens a coat of thin white screen enamel. Doing so will not obstruct vision from the inside but will make vision from the outside less clear.

Give a crusty top to baked custard. When the custard is half-done sprinkle a thin layer of crumbled cake, macaroon or sugar cookie over the top. Drop the crumbs lightly over they will mix into the custard.

Chill caramels, before you remove their paper coverings. If the caramels are warm the papers are apt to stick tenaciously to the candy.

Rove's Recipes From Here 'n' There

Charleston Sunshine Cake

6 egg yolks
1 1/2 cups granulated sugar
6 egg whites, beaten
1/2 teaspoon salt
1 teaspoon lemon extract
1 teaspoon almond extract
1 teaspoon grated lemon rind
1 cup pastry flour
1 teaspoon cream of tartar

Beat yolks for three minutes. Add sugar and beat for two minutes. Add rest of the ingredients and mix just enough to hold the ingredients together. Do not beat. Pour into an ungreased tube pan and bake in a very slow oven for 50 minutes. Invert

the pan until the cake is cool and then carefully remove it. Note: Sift the sugar three times and the flour four times before measuring it.

Fruit Medley Dessert

1/2 cup butter
3 cups brown sugar
1/2 cup pineapple juice
1/2 cup diced rhubarb
2 cups diced pineapple
2 tablespoons lemon juice
1/2 teaspoon salt

Place butter and sugar in a frying pan. Heat slowly and, when melted, add the rest of the ingredients. Cover with batter.

Butter
1/2 cup flour
1/2 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 egg, beaten
1/2 cup milk
4 tablespoons fat, melted
1 teaspoon vanilla

1/4 teaspoon almond extract
Mix ingredients and beat for two minutes. Pour over the fruit mixture. Bake in the frying pan in a moderately slow oven for 30 minutes. Cool. Serve fruit side up.

Rancho Cherry Pie

pie crust
4 cups seeded red cherries
1 cup granulated sugar
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
3 tablespoons butter

Line a pie pan with pie crust. Mix the rest of the ingredients and fill the crust. Cover with additional crust, making four all in the top to allow the steam to escape during the baking. Bake for ten minutes in a moderate oven. Lower heat and bake for 40 minutes in a moderately slow oven.

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Sauerkraut, No. 2 1/2 2 for 25c
Early Garden Peas, No. 2 2 for 25c
Early Garden Peas, 11-oz. can 2 for 19c
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