

Best Beef Buys Less Sought Cuts

All of the news about beef these days is good — supplies are plentiful and prices on many cuts have dropped to the lowest point in years.

This is an excellent opportunity for homemakers to serve their families economical beef dinners of all kinds, from simple stews and pot roasts for everyday occasions to more festive dinners of rolled rump roasts and rib roasts for special events.

The best buys in beef usually are the less demanded cuts such as pot roasts and stew meat. New cooks should remember that these less tender cuts always should be cooked by moist heat—in a covered utensil with added liquid. On the other hand, rib roast of beef, one of the tender beef cuts, always should be oven-roasted in an open pan. It's important to cook this deluxe meat—an excellent choice for special family celebrations or guest dinners—at a low temperature (in a 325 degrees F oven).

Beef stews are especially popular with the family when served in the form of meat pies. Here's a novel meat pie made of beef stew meat combined with kidney beans and zesty seasonings: it's topped with a corn meal crust.

Fiesta Beef Pie
1 1/2 pounds beef stew meat
Flour, salt, pepper, fat
1/2 cup chopped onions
1 clove garlic
2 teaspoons chili powder
1 8-oz. can tomato sauce
2 cups water
1 No. 2 can kidney beans (2 1/2 cups)

1 1/2 cups corn meal
Cut meat into half-inch cubes, sprinkle with salt and pepper and roll in flour. Brown well in a few tablespoons of hot fat. Add onions, minced garlic chili powder, tomato sauce and water. Cover and cook slowly until meat is tender, about two hours. Stir occasionally to prevent sticking. Cook corn meal in 6 cups boiling salted water (1 1/2 teaspoons salt) to make a mush; line bottom and sides of a greased 1 1/2 or 2 quart casserole. When meat is tender, add undrained kidney beans. Pour into corn meal mush shell and bake at 375 degrees F. for 25 minutes; 5 to 6 servings.

Meat balls, made light and puffy with the addition of eggs, are always a popular dinner dish. There's good mushroom gravy with these balls to serve over mashed or baked potatoes.

Mushroom Meat Puffs
1 1/2 pounds ground beef
1 1/2 cups soft bread crumbs
1/2 cup chopped onion
2 eggs, beaten
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 1/2 teaspoons Worcestershire sauce

1 can mushroom soup
Mix all the ingredients except the soup and form lightly into balls. Roll in flour and brown well in a little hot fat. Over the balls pour the mushroom soup which has been diluted with 1/2 cup of water. Cover and simmer for 20 minutes. 6 servings.

Another beef favorite with many families is "boiled" beef brisket served with horseradish sauce. Actually, the brisket is not boiled, but is simmered to tenderness over low heat. Here's how to make this tasty dish:
Beef Brisket with Horseradish Sauce

4 pounds fresh beef brisket
1 bay leaf
4 whole cloves
1 clove of garlic
1 onion, sliced
2 tablespoons vinegar
2 tablespoons sugar
2 teaspoons salt

Wash brisket and place in Dutch oven or other large, deep utensil. Cover with hot water and add remaining ingredients. Cover, cook for 10 minutes and skim. Cover again and simmer 3 to 4 hours or until tender, adding more hot water as needed. Slice and serve with horseradish sauce made by adding 1/2 cup bottled horseradish and 1/4 teaspoon dry mustard to 1 cup medium white sauce.

Brownies Made by Easy Method; They Are Always Favorite

When you come right down to it, people enjoy the simple, everyday dishes best—the kind they have at home. We heard recently that the favorite dish of a hotel manager with 20 cooks at his command was ham and

eggs! The morale of the story is: don't wear yourself to a frazzle making a 10-layer torte for your friends when they would just as soon attack a plateful of Brownies!

Good news in the Brownie department is that there is now a streamlined method for making this excellent cake—or is it

a cookie? We never can decide which. The new method ends the tiresome beating needed to cream shortening and sugar—consequently cuts down on time too.

Brownies can stand alone for a simple dessert—and they are wonderful, to our way of thinking, as a snack with cold milk. But for dinner dessert or com-

pany refreshments, you might feel that they should be treated handsomely to a topping of ice cream—and we're inclined to agree.

BROWNIES ALA MODE
1/2 cup salad oil
2 squares unsweetened chocolate, melted
1 cup sugar
2 eggs, well-beaten

1/2 cup flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup chopped pecans
1 teaspoon vanilla
Vanilla ice cream
Combine the oil and melted chocolate. Add the sugar gradually to the eggs, then add the chocolate mixture. Add the flour, baking powder and salt which

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have been sifted together. Add the nuts and vanilla. Bake in a greased 8-inch by 8-inch pan in a moderate oven, 350 degree, for 25 to 30 minutes. Cut into squares when cold and place a scoop of ice cream on each brownie.

Hot Bean Salad
Slice salt pork thin and fry until crisp. When done, remove and break into bits. Chop medium sized onion and brown in pork fat, adding 2 tsp. prepared mustard. Mix onion, and salt pork with one can Mexican style spiced chili beans.



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