

Kraut and Frankfurters Are Thrifty Offering



Sauerkraut and Frankfurter Stew with potatoes, onions, carrots, parsnips and celery.

By CECILY BROWNSTONE
(Associated Press Newsfeatures)
Ever think of making a frankfurter-and-sauerkraut stew? It's zesty, thrifty and hearty. Frankfurters and sauerkraut will be featured in food markets from

Feb. 4 to Feb. 13, so you may get some good buys.
For another meal, try this Kraut, Frankfurter and Potato Puff. It's different and good; fine to serve the family for supper with crusty French bread, a salad and dessert.

Sauerkraut and Frankfurter Stew
Ingredients: 4 chicken bouillon cubes, 3 cups boiling water, one No. 2½ can sauerkraut, 4 medium-sized potatoes (peeled and cut in half), 8 small white onions (peeled), 2 medium-sized carrots (cut in short lengths), 2 medium-sized parsnips (cleaned and coarsely diced), 2 ribs celery (sliced), 3 tablespoons brown sugar, salt and pepper, 8 frankfurters (cut in short lengths).
Method: Dissolve bouillon cubes in boiling water; add sauerkraut, potatoes, onions, carrots, parsnips, celery and brown sugar. Cook covered over moderate heat 1½ hours; add salt and pepper to taste and frankfurters. Continue cooking over low heat about 15 minutes or until frankfurters are hot through. Makes 6 servings.

Lamb Shank With Rice

When looking for something new and different to serve your family choose lamb shanks. Slow cooking in moisture makes these individual servings of lamb tender and tasty.

Here's how to prepare them in a casserole with rice. Brown the shanks in lard or dripping. Do this slowly and thoroughly so they will retain their well browned color after the liquid is added.

Add 2 cups of water to the meat and season with salt and pepper. Let the meat cook covered for about 1½ hours or until tender. Keep the meat at the simmering stage, below boiling, until the meat is tender.

Next, remove the meat from the broth. When the shanks are cool enough to handle, remove bones. In the meantime, cook ¼ pound of rice in the lamb broth, adding water as necessary. When tender, drain the rice, saving broth. Add ½ cup chopped celery and place in a baking dish. Add gravy made by thickening the remaining lamb broth. Place lamb shanks on top. Heat thoroughly in a slow oven (300F).

Braised Lamb, Vegetable Dish

Good, flavorful, home-grown, west-coast lamb with vegetables make a fine meal when fixed like this with meat sliced from bones on serving platter, surrounded by vegetables.

Braised Lamb Shanks
4 lamb shanks
2 tablespoons flour
2 tablespoons fat
1-1½ cups water
1 teaspoon salt
¼ teaspoon crumbled rosemary
1 teaspoon garlic salt
½ teaspoon onion salt
8 whole carrots
8 medium cooked potatoes
1 cup cooked peas, optional
1-2 egg shanks with flour.
Brown in fat in large heavy frying pan. Add water, salt and seasonings. Cover and simmer until meat is tender; about 1½ hours. Add carrots and simmer ½ hour longer.
Remove shanks and slice meat from bones. Place in center of serving platter. Arrange vegetables around edge. Make gravy from stock in pan, adding more water and thickening with flour if necessary. Add peas. Pour over meat. Six generous servings.

Nectar Whip Is Delicious Dessert

Nectar was originally the food of the gods and no divinity ever dined more royally than on "Frozen Nectar Whip." It's a combination of sunny apricot whole fruit nectar with prunes and whipped cream.
Frozen Nectar Whip
1½ cups apricot whole fruit nectar
2 tablespoons grated lemon rind
½ cup granulated sugar
½ cup prunes
1 cup whipping cream
½ cup chopped pitted cooked prunes.
Combine nectar, lemon juice, rind, sugar and salt, and stir until sugar is dissolved. Pour into refrigerator tray, place in freezing compartment with control set at lowest temperature, and freeze until firm. Turn into chilled bowl and beat with rotary beater until smooth and fluffy. Whip cream until stiff and fold into frozen mixture with prunes. Return to freezing compartment, and freeze to desired consistency. Reset temperature control to normal. Makes about 1 quart.

Open-Faced Variety Of Sandwiches Good

Snacks are in demand most any hour of the day — when Junior comes in from playing, after the show, when the gang meets at your house or for a Sunday eve bit to eat.

Here are two open-faced sandwiches that fill the requirement for a snack. They look good, taste good and may be prepared in a hurry. A bacon-egg combination is one you'll serve time and again. For this dish, dice bacon and cook until crisp, then combine with hard-cooked egg and mayonnaise to moisten. Plan on two slices of bacon and one egg per sandwich. Spread on single slices of bread. If for Sunday evening complete your snack with a sliced tomato, cucumber and onion salad. You might have a light dessert of fruit cup and cookies.

Bacon and applesauce combine for a second treat. Cut strips of bacon in half, then cook until crisp. In the meantime, spread toasted slices of bread with cinnamon-flavored applesauce. Then place three strips of crisp bacon over the top of the sauce. With this sandwich serve potato chips, a head lettuce salad and ice cream sundaes.

Sorrento Tomato Dressing Different

Can't let another day go by without adding something important to your salad dressing repertoire. This is wonderful with simple salad greens, as a sauce for seafood cocktails or as an accompaniment for pan fried fish fillets or fish patties.

Sorrento Tomato Dressing
2 slices fresh white bread
2 cloves garlic
1 8-ounce can tomato sauce
1½ Teaspoon paprika
¼ teaspoon pepper
½ cup salad oil
¼ cup cider vinegar.
Remove bread crusts. Cut garlic in thin slices and insert in bread. Let stand one hour. Remove garlic. Crumble bread into small bowl and add tomato sauce, salt, sugar, paprika and pepper. Beat in salad oil and vinegar. Cover. Chill. Stir before using.

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