

New Spring Lamb Supply In; Meat Offers Variety



What meat is a top favorite with many hostesses? Why lamb chops, of course. Guests like them and they're one of the easiest meats to serve. Next time you're planning on lamb chops for a guest dinner or special family celebration, consider the economy of shoulder lamb chops. Besides being economical, they're juicy and packed with flavor.

Good supplies of spring lamb are beginning to come to market, so now's the time to plan a menu or two a week around lamb. The wide variety of cuts available, from leg of lamb to lamb neck slices, will give you plenty of choice.

Shoulder lamb chops are prepared like loin or rib chops. They may be broiled in your table broiler or range broiler, or they may be pan-broiled in a skillet on top of the range. No long, slow cooking for these beauties.

Here's our pet method for serving shoulder lamb chops—broiling them and serving with a delicious currant mint sauce.

Lamb Chops with Currant Mint Sauce

Have the chops cut $\frac{3}{4}$ to 1 inch thick. Broil each side 6 to 7 minutes. Season when chops are turned. Serve with currant mint sauce made as follows: Crush an 8-oz. glass of currant jelly and combine with 1 teaspoon grated orange rind and 2 tablespoons dried or fresh mint leaves. Let stand an hour or two before serving.

If you want to introduce some really unusual seasonings to lamb chops, pre-are these deviled chops. They're marinated awhile, then broiled with a savory sauce topping.

Deviled Lamb Chops

$\frac{1}{2}$ cup catsup
 $\frac{1}{2}$ teaspoons prepared mus-

tard
 $\frac{1}{2}$ teaspoons Worcestershire sauce
2 tablespoons brown sugar
4 shoulder lamb chops

Mix together sauce ingredients and spread on both sides of chops. Let chops stand for 1 hour in the refrigerator on a flat glass or earthenware dish. Remove chops to a shallow pan and broil for about 6 minutes per side or until sauce is bubbly and brown. Serve with any leftover sauce spooned over chops.

Hints on Lamb Cookery

1. Leg of Lamb: If your family consists of two or three members, buy a leg of lamb and have it cut into two pieces. Ask your meat man to cut off a big shank end, with plenty of meat left on it. Roast the larger piece and serve this for two or three diners—hot lamb and cold sliced lamb or leftover slices heated in gravy. Then freeze the shank piece to use in a week or two. Tightly wrap the meat in special freezer paper or aluminum foil. If you do not have a regular freezer and must freeze the meat in the ice cube section of your refrigerator, be sure to use it within a week to ten days. The meat cut from the shank end will make a delicious lamb stew.

2. Lamb Neck Slices: This is economical cut of lamb is one of the few exceptions to the rule of broiling or roasting all lamb cut. Lamb neck slices must be cooked by braising—browning in a little hot fat, seasoning, adding a little liquid and cooking in a covered skillet until tender, $\frac{1}{2}$ hours. Lamb shanks, also must be braised. Braised lamb shanks are a favorite he-man dish—a specialty dish of many fine eating establishments.

Buffet Beef Pie

Next time you're buffet entertaining, serve a hearty beef pie. After the stew has slowly simmered until the meat is tender, pour it into an attractive oven dish or casserole—one that may be served at the table. Top the beef stew with biscuits, then bake in a hot oven until the biscuits are done—12 to 15 minutes. Accompany the beef pie with more biscuits, with a tossed garden salad, apple pie with wedges of cheese and hot coffee.

Braising Beef Steak

With abundant supplies of beef coming to market, wise homemakers are including the many different cuts of beef in their menus often. Braised beef steak, tender and golden brown, is sure to be one of the family favorites.

First of all, dredge the meat with seasoned flour. Then place the meat in a heavy frying-pan with two or three tablespoons of lard or drippings. Brown the meat thoroughly on both sides. Next, add a small amount of liquid, starting with about $\frac{1}{4}$ cup. Then cover the meat and let it cook slowly until tender.

From the time the liquid is added until the meat is cooked, it is highly important that the temperature be kept low. This is in order to keep the meat at the simmering stage, not boiling. Slow cooking is important from both an economic and flavor standpoint. When cooked at a low temperature as compared with a high temperature, there is less meat shrinkage, meaning more meat to serve. Likewise, when cooked slowly the meat is more flavorful and more attractive to serve.

Gingered Prunes

Roasts and chops taste superb when accompanied with this California fruit. Boil 3 cups prunes in 3 cups water for 10 minutes. Add 2 unpeeled lemons cut into thin slices, 2 cups sugar and $\frac{1}{2}$ cup sliced preserved ginger; simmer 1 hour. Company and every day meals take on new interest!

Lift for Cereal

A cold winter day will seem less severe if you start off the day with a bowl of hot cooked cereal. A handful of seedless raisins added to the cereal as it cooks adds plenty of good taste and extra nutrition as well.

For Weight Watchers

Don't overlook the ready-to-use canned unsweetened fruits which may be eaten "as is" or combined with unflavored gelatin to make simple desserts or salads to add cheer and hope to the restricted diet.

Peach Dish Colorful, Delicious

For a fancy dessert try this Peach Flan of Dion Lucas' collection of recipes:

- Peach Flan Pastry—**
- 2 cups flour
 - 1 stick butter
 - $\frac{1}{4}$ cup bread crumbs
 - 4 egg yolks
 - 6 T. sugar
 - $\frac{1}{2}$ t. salt
- Pastry Cream—**
- 1 egg
 - 1 egg yolk
 - 3 T. flour
 - 3 T. sugar
 - $\frac{1}{2}$ cup hot milk
 - 2 t. gelatine
 - 2 stiffly beaten egg whites
 - 6 T. whipped cream
 - 1 t. vanilla
- Filling—**
- 6 ripe peaches (or 2 1-lb. cans)
 - 1 jar apricot jam
 - 2 T. water
 - $\frac{1}{4}$ cup blanched shredded almonds
- Little confectioner's sugar

Put the flour in the center of a board or slab, make a well in the center and into it put the egg yolks, sugar, butter and salt. Work the center ingredients to a smooth paste and quickly work in the flour. Knead a bit; wrap in waxed paper and let stand for 10 minutes. Roll out a little under $\frac{1}{2}$ -inch thick. Line into an 8-inch flan ring. Place on a cookie sheet. Trim off neatly and decorate around the edge with a pastry pinners. Line flan with waxed paper; put a little rice on top to keep it down while baking. Bake in 350° oven for 35-40 minutes. Remove, take off waxed paper and cool. Sprinkle a few bread crumbs on the bottom. Fill with pastry cream.

Put one egg and one egg yolk in a bowl. Add sugar, flour and beat until light and creamy. Stir in gelatine. Pour on hot milk. Stir over fire until it just comes to a boil. Then stir over ice until it cools. Add the stiffly-beaten egg whites, vanilla, whipped cream, and when just set, fill into flan.

Skin, cut peaches in half and remove pit. Cover top of flan with peaches. Melt down apricot jam with water, strain and cool. Brush tops of peaches with apricot jam; dust around with confectioner's sugar. Sprinkle top with shredded, blanched browned almonds.

Set for Carving

When dad gets ready to carve the dinner roast make sure that he has plenty of space in which to work. See that water glasses, vegetable dishes are not in his way. Place the meat platter directly in back of the dinner plates. If your platter is not several inches larger than the roast, then it's wise to have a second hot platter on which he can place the carved slices of meat. Be sure to keep garnishes simple enough so that he need not remove them before carving.

Glamorous Ways to Fix Yams With Fillet, Crab

If you are tired of the same old ways to prepare yams, try these Yam-Stuffed Fillets and Yam Crab Cakes with sauce.

You'll find both dishes have distinctive flair and flavor.

- Yam-Stuffed Fillets** (Makes 4-6 servings)
- 4 medium-sized yams, cooked, peeled and mashed
 - 1 tablespoon butter or margarine
 - $\frac{1}{4}$ cup minced onion
 - $\frac{1}{2}$ teaspoon salt
 - Pepper to taste
 - $\frac{1}{4}$ pounds fillets of sole
 - Salt and pepper
 - 3 tablespoons butter or margarine
 - 2 tablespoons chopped parsley
 - $\frac{1}{2}$ cup white table wine
- Combine yams, 1 tablespoon butter or margarine, onion and salt and pepper; mix well. Spread yam mixture over each fillet; roll fillets jelly-roll fashion around yam stuffing and fasten securely with toothpicks. Place in greased, shallow baking pan and sprinkle with salt and pepper. Melt 3 tablespoons butter or margarine over low heat; add parsley and wine. Pour over fillets. Bake in hot oven (400°) 20-25 minutes, or until fish flakes easily with a fork.
- Yam Crab Cakes** (Makes 6 servings)
- $\frac{1}{4}$ cups cooked, mashed yams
 - $\frac{1}{4}$ cup minced onion
 - $\frac{1}{2}$ teaspoon grated lemon rind
 - 1 tablespoon lemon juice
 - $\frac{1}{4}$ cup fine, dry bread crumbs

- 1 (6 $\frac{1}{2}$ -ounce) can crab meat
- Fine dry bread crumbs
- Combine yams, onion, lemon rind, lemon juice and $\frac{1}{4}$ cup bread crumbs. Drain crab meat, remove cartilage and flake; add to yam mixture and mix well. Shape in 6 cakes and roll in fine dry bread crumbs until well coated. Pan-fry in shallow fat until golden brown on all sides. Serve wine sauce.

Sauce

- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup white table wine
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons chopped parsley

Melt butter or margarine over low heat; add flour and blend. Gradually add milk and wine; cook until thickened, stirring constantly. Add salt and parsley.

Chili Serving

Chili con carne makes a grand treat for a Saturday night supper. For a change serve chili with potato chips or with hot corn bread. Or serve the chili on a bed of rice or on or combined with macaroni.

Children Can Decorate These February Cakes

Truly laughter must be a large part of young lives. And laughter grows from such simple sources. With several holidays ahead, meet the children's expectations with a party spirit. And let the young ones have a hand in the preparation. They can make and decorate these little cakes quite easily with appropriate cherry designs, using maraschino cherries.

Make the cupcake batter like this or use any of the popular mixes. Personally, we think it a fine idea for beginners to use the mixers because success is practically guaranteed. From scratch, proceed like this:

Cream $\frac{1}{4}$ cup butter or margarine; add $\frac{1}{4}$ cup sugar and cream thoroughly. Stir in $\frac{1}{4}$ cup light corn syrup gradually. Add 1 egg and beat well. Mix and sift 1 cup enriched flour, $\frac{1}{2}$ teaspoons baking powder, $\frac{1}{4}$ teaspoon salt. Add to first mixture alternately with $\frac{1}{4}$ cup milk. Add $\frac{1}{2}$ teaspoon vanilla. Fill buttered muffin pans about half full. Bake in modern oven, 350 degrees, about 20 minutes. Turn out of the pans and cool. Makes 12 medium size cup cakes.

Frosting

Cream 1 tablespoon butter and add $\frac{1}{2}$ cup confectioner's sugar gradually. As mixture thickens, add 2 tablespoons milk and $\frac{1}{4}$ teaspoon vanilla. Decorate with whole, halved and quartered maraschino cherries in various arrangements. No reason to try to

Spicy Meat Loaf Uses Whole Corn

The ingredients in this spicy, meat loaf have been carefully selected to complement the flavor of corn piled in the center. Together, the meat ring and corn make a "meal-in-one" dish with exceptional flavor.

For those of you who have been unsuccessful in unrolling a meat ring, here's a suggestion. Instead of using a standard mold, grease a thoroughly washed milk bottle and place on a greased tin. Form the meat around the bottle. When you have made a smooth, symmetrical shape, carefully ease the bottle from the center. Bake according to directions.

- Meat Ring a La Corn**
- $\frac{1}{2}$ lbs. ground beef
 - $\frac{1}{2}$ lb. ground pork
 - $\frac{1}{2}$ cup bread crumbs
 - $\frac{1}{2}$ cup milk
 - 1 tablespoon minced onions
 - 2 teaspoons salt
 - $\frac{1}{4}$ teaspoon pepper
 - 2 eggs, slightly beaten
 - 1 cup chili sauce
 - 2 slices bacon
 - 1 can whole kernel corn
- Carefully combine all ingredients, mixing well. Mold as directed above. Place 2 strips of bacon over ring during baking. Bake in moderate oven (350 degrees F.) about 55 minutes. Remove bacon strips before serving. Fill center with heated corn.
- make them all look alike, so make them all different.

Washington Birthday Salad

There are always cherries, of course, on the menu for a Washington birthday meal. Cherries and red apples both add to this Washington Birthday Salad.

Washington Birthday Salad

- 1 cup diced Delicious apples
- 1 package cherry gelatin
- $\frac{1}{2}$ cup boiling water
- 1 cup canned sweet cherries pitted
- $\frac{1}{4}$ cup chopped celery
- $\frac{1}{4}$ cup mayonnaise
- 3 maraschino cherries
- 23 slices American cheese
- Lettuce

Pour cherry gelatin in bowl and add boiling water. Stir until dissolved. Chill until partially set. Fold in diced Delicious apples, canned cherries and celery. Pour into 6x8 utility dish and return to refrigerator. When ready to serve, spread top with thin layer of mayonnaise. Cut in 6 inch squares and place on lettuce lined plates. Garnish with half maraschino cherry and a "hatchet" cut from a slice of cheese. As a meal accompaniment salad, will serve 6.

Peach of Dessert

The usual procedure is to serve canned fruits chilled. We suggest hot canned cling peach slices or halves for your eating pleasure. You get an entirely different flavor when peaches are served hot. Cookies or a plain cake to go with.

Much of the honey on the market is a blend of floral types. By blending, producers and processors keep their honey brands uniform in color and flavor.

Not Too Early for Spring Salad Idea

Maybe it seems a little early to talk about a spring salad but all the makings are readily available here in our land of plentiful fresh vegetables, so why not now?

Spring Salad

- 1 pound frankfurters
- 1 medium onion
- 3 medium size tomatoes
- 1 large head lettuce
- 1 clove garlic
- French dressing

Slice frankfurters crosswise. Slice onion very thin and cut tomatoes in wedges. Mince garlic and break lettuce into bite-size pieces. Toss ingredients together lightly with French dressing just before serving. Season to taste. Freshly ground pepper helps any salad. Plentiful cabbage and plentiful carrots combine in this very good vegetable dish that goes with anything. Melt 3 tablespoons butter in skillet with tight-fitting cover. Add 3 cups shredded fresh cabbage, 1 cup shredded raw carrots, $\frac{1}{2}$ cup beef or chicken stock, salt and pepper. Cover closely and simmer over low heat for 15 minutes or until vegetables are tender. Top with grated cheese, if desired. Around 70 calories per serving if you're interested.

Chicken Enchiladas Simple to Make

If you have a yen for a real south-of-the-border flavor try these authentic "Chicken Enchiladas." The tortillas take only a jiffy to make. The simple filling is a mixture of chicken, onion and luscious nutlike ripe olives. The finishing touch is a rich tomato sauce that whispers of garlic.

Chicken Enchiladas

Tortillas:

- $\frac{1}{2}$ cup sifted all-purpose flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{2}{3}$ cup corn meal
- 1 egg
- 1 cup water

Filling:

- $\frac{3}{4}$ cup ripe olives
- 2 cups diced cooked chicken or turkey
- $\frac{1}{4}$ cup thinly sliced green onion

Sauce:

- 1 minced clove garlic
- 1 tablespoon cooking oil
- 1 (8-ounce) can tomato sauce
- $\frac{3}{4}$ teaspoon chili powder.

Sift flour, salt and corn meal together. Beat egg lightly and combine with water. Stir into dry mixture. Pour about $\frac{1}{4}$ cup mixture onto lightly greased hot frying pan or griddle and tilt pan to spread very thin. Cook until set but not browned. Turn and cook second side. Cut olives into large pieces. Cover tortillas with chicken and olives. Sprinkle with half of green onion and cheese. Roll tortilla around filling and place close together in shallow baking dish. Pour sauce over rolls, sprinkle with remaining cheese and onion. Bake in moderate oven (350 degrees F.) 15 to 20 minutes.

Sauce: Cook garlic slowly in oil. Add tomato sauce and chili powder, and heat thoroughly. Makes 6 servings.

SNOW'S CONDENSED CORN CHOWDER

made with fresh-picked sweet corn from Maine farms

SERVE IT SOON

BY THE MAKERS OF SNOW'S CLAM CHOWDER

Save 10¢

on this special sale package of America's Finest Tea!

48 Tender Leaf TEA BAGS

Each tea bag in its own individual envelope—no extra cost.

Tender Leaf TEA BAGS

ORANGE PEKOE AND PEKOE CUT BLACK TEA

Supply Limited! See Your Grocer Now!

Randall's Market

FEATURE FINE

Meats

1288 State St. Phone 3-6489

BEEF ROAST lb. 33¢
Arm Cut - Blade Cut - Rump

T-BONE STEAK lb. 53¢
This is Eastern Oregon Hereford Beef, Well Trimmed

RIB STEAK lb. 47¢
This is Eastern Oregon Hereford Beef, Well Trimmed

SWISS STEAK lb. 55¢
Out of Delicious Eastern Oregon Hereford Beef

GROUND BEEF lb. 33¢
Fresh Ground Daily in Our Own Market

SHORT RIBS lb. 23¢
Lean and Meaty

BONED SIRLOIN lb. 69¢
Delicious to Pan Broil or Broil

SIRLOIN TIP lb. 59¢
Steak and Roast

ROUND STEAK lb. 55¢

BABY BEEF LIVER lb. 39¢

FRESH BEEF TONGUES or HEARTS lb. 29¢

EASTERN OREGON HEREFORD LOCKER BEEF

FRONT QUARTER	HIND QUARTER	HALF OR WHOLE
lb. 27 $\frac{1}{2}$ ¢	lb. 35 $\frac{1}{2}$ ¢	lb. 29 $\frac{1}{2}$ ¢