

Fragrant Meat Stew Favorite

The fragrant odors from the kitchen from this dish will pep up appetites, come dinner time, and it is an economy dish, too.

Bavarian Baked Dinner
 1½ pounds boneless stew beef
 1½ teaspoons kitchen bouquet
 2 tablespoons fat
 1 cup thinly sliced onions
 2 cups cold water
 1 tablespoon salt
 1 teaspoon caraway seeds
 ½ teaspoon pepper
 1 medium bay leaf
 ¼ cup vinegar
 1 medium red cabbage
 1 oz. gingersnaps, crumbled (8 small ones)
 ¾ cup warm water
 8 ounces noodles, cooked

Cut beef in ½ inch cubes. Place in mixing bowl and sprinkle with kitchen bouquet. Melt fat in Dutch oven over moderate heat. Add meat and brown on all sides. Add onions and cook until lightly browned. Add water, salt, caraway seeds, pepper and bay leaf. Cover and bring to boil. Simmer over low heat about 1 hour. Stir in vinegar. Cut cabbage in eight wedges, lay over top of meat and cook covered until cabbage is tender, about 30 minutes. Remove cabbage to warm place. Crumble gingersnaps, soak in warm water and add to meat. Stir until gravy thickens. Arrange noodles on warm place, top with meat and surround with cabbage wedges. Serve at once. Recipe makes 4 servings.

Kraut and Franks In Bake for Dinner

A tasty way to serve an old favorite duo—kraut and franks—is this bake:

Treasure Bake

(Makes 4 servings)
 ¾ cup butter or margarine
 1 medium-sized onion, sliced
 1 pound frankfurters, cut in 1-inch pieces
 1 1-pound 4-ounce can peas
 1 tablespoon all-purpose flour
 ½ teaspoon rosemary
 Salt and pepper to taste
 1 1-pound 11-ounce can sauerkraut, drained

Melt butter or margarine; add onion and sauté until tender. Add frankfurters and cook until lightly browned. Drain peas; combine pea liquid and flour; blend. Add flour mixture to frankfurter mixture; cook over low heat, stirring constantly, until thickened. Add peas, rosemary and salt and pepper; mix lightly. Arrange kraut around edge of lightly greased 2-quart casserole; fill center with frankfurter mixture. Cover and bake in moderate oven (375°) 25 minutes, or until thoroughly heated.

Au Gratin Dish One For Beginner Cooks

For beginner cooks here is a reliable fish dish to keep in your recipe file:

Fillet of Sole Au Gratin

The fillet is the meaty part on the side of the fish; you may buy it fresh or frozen. If you are using fresh fish, ask your butcher or fishman to fillet and skin whatever fish you choose. Grease a shallow glass baking dish with oil or butter, put the fillets in the dish, and sprinkle with a little salt and pepper mixed together. Pour in ¼ cup dry white wine and ¼ cup water mixed together, then sprinkle the fish with bread crumbs and dot with butter. To dot with butter, cut small pieces from a stick of butter and cast them hither and yon over the fish. Bake in a preheated moderate (350°) oven for about 25 minutes, or until the fish is cooked and the top is brown. You may add a little more wine and water if the liquid seems to disappear too rapidly.



Sure to be a favorite specialty bread is this one made with prunes and oats.

Prune and Oat Bread for Breakfast or Snack Time

Cereal and milk both are worked in to make this delicious prune oat bread. The bread is fine for breakfast and as toast, also as a snack food. Try it with cottage cheese at lunch time.

Prune Oat Bread
 2 cups sifted all-purpose flour
 ½ cup sugar
 2½ teaspoons baking powder

Minted Lamb Patties Refreshing Change to Serve on Dinner Menu

Minted lamb patties are a fine early spring meat dish. Usually, these patties are already prepared for you at the market, so all you have to do is to dip each one in mint sauce or other sauce, wrap an onion ring or two around it, and spear it with a skewer to cook.

Here are some suggestions about mint sauce:

Mint Sauce:
 1½ tablespoons confectioners sugar
 1-3 cup finely chopped mint leaves
 3 tablespoons water
 ½ cup strong vinegar

Heat water and dissolve confectioners sugar. Cool this syrup. Then add mint leaves and vinegar. Make ½ to 1 hour before serving. Recipe makes 1 cup.

Mint Butter:
 ½ cup butter
 1 tablespoon lemon juice
 ½ teaspoon salt if butter is unsalted
 ¼ cup finely chopped mint leaves, or ¼ teaspoon curry powder if you prefer curry flavor to mint.
 Beat butter until creamy, soupy soft. Add lemon juice slowly. (Add salt if necessary.) Then add mint leaves or curry powder. Makes 1 cup.

Currant Mint Sauce:
 1½ tablespoons finely chopped mint leaves
 1 tablespoon grated orange rind (cut with scissors into fine pieces)
 Add 1 tablespoon sherry for variation
 ½ tumbler of currant jelly
 Recipe makes 1 large cupful.

Tomato Magic

A vegetable's needed to round out a quick supper? What's on the pantry shelf—tomatoes? No wand-waving for this kitchen wizardry! Simply open up the can, add some real molasses, and heat tomatoes as usual. Result—a tart-sweet overtone, making the tomatoes a saucier partner for many foods. Especially good with Lenten fish dishes that are bland.

FLAVOR BLENDS
 Try adding slices of pimiento-stuffed olives to your toasted cheese sandwich—interesting blend of flavors.

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