

Feeding the Family

By ZOLA VINCENT
Food Editor

Luscious Lamb, Beef and Pork Make Meal Planning Easy

Springtime meal-planning gets a lift as meat supplies take a turn upward and prices on many cuts go downward. Wake up those spring-fever appetites by trying new cuts and new ways of serving your old standbys.

Luscious spring lamb in not-so-expensive legs and in very inexpensive shoulder chops, shoulder roasts (we buy a roast and have the butcher cut chops just the thickness we like), neck steaks and breast pieces, is in excellent supply. Or perhaps you'll like the looks and the price of lamb chops which resemble miniature legs of lamb just right for one serving.

The bonanza of beautiful beef and plentiful pork continues with the usual economy cuts very economical and the fancier cuts not so fancy-priced. Take a look at this newspaper's market list. Look at the prices displayed back of the meat counter.

Lamb Like Company
Lamb likes "company" in the form of tasty mint, currant or grape jelly accompaniments served, perhaps, individually in rounded Basset pear halves or tiny fanciful dishes artfully decorated with fresh mint leaves... or peas halves filled with American cheese, sprinkled with paprika and heated in a moderate oven until the cheese is melted... or with a currant-mint sauce made simple by crushing an eight-ounce block of currant jelly and combining it with one teaspoon grated orange rind and two tablespoons dried or fresh mint leaves. Let this stand an hour or two before serving.

Shoulder Lamb Chops
Often Overlooked
We think it is too bad that shoulder lamb chops are so often overlooked in favor of more expensive leg or rib chops. You'll find these delicious and tender and oh-so-juicy lower-priced chops in a few minutes they may be broiled, pan-broiled or braised. If chops are thick, three-fourths to one-inch, we suggest oven-broiling. If thinner, pan broiling is the better method to use. Boil the chops on one side; season; and broil other side. Try broiling with thyme for something new and tasty. Just broil the chops, then cook slowly in a covered skillet with a small amount of water and a sprinkling of thyme.

Burgundian Beef Is Gourmet Stew

Here is a company-size, gourmet stew which is one of our all-time favorites. Use boneless stewing beef, or have your butcher cut a rump or round into one-inch cubes, or you may prefer yours cut into larger pieces. Serve over hot fluffy rice. Makes eight servings.

3 tablespoons butter
3 pounds stewing beef cut in 1-inch cubes
3 cups chopped onion
1 carrot, cut in circles
1 clove garlic
5 peppercorns
2 bay leaves
1 tablespoon tarragon vinegar or crushed tarragon leaves
1/4 teaspoon thyme
1 1/2 to 2 cups California Burgundy
Salt to taste

Melt butter in skillet; add beef and brown on all sides. Remove beef to a plate. Add onion, garlic, and carrots to fat in skillet and simmer until a light yellow, do not brown. Put beef back in skillet; add remaining ingredients and cook over a very low flame for three hours. The long, slow cooking brings about a perfect blending of the flavors. Remove excess fat and serve. Like most stews this takes well to reheating.

Peppy Pork Balls
With Tomato Sauce
Let thrifty ground pork help you save a few pennies more for that "tax bill" which is almost due. Believe us, this is no hardship when you serve these pork balls cooked in a zesty tomato sauce. Makes six servings.

2 tablespoons butter or other shortening
1 small onion, chopped
1 clove garlic, chopped
1 1/2 pounds ground lean pork
2 cups fresh bread crumbs
1/4 cup minced parsley
2/3 cup grated cheddar cheese
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon oregano
2 eggs, beaten
2 9-ounce cans tomato sauce
1 cup water
Dash tabasco
Worcestershire sauce to taste

Brown onion and garlic in melted butter. Add to meat and combine with bread crumbs, parsley, cheese, salt, pepper, oregano and eggs. Mix well. Shape into balls allowing one-fourth mixture per ball. Brown a few at a time in a few tablespoons hot fat over low heat. Drain off



LAMB FOR SPRING—Spring is here and with it lots of luscious lamb. Whether you serve an elegant leg of lamb or less expensive but equally elegant tasting shoulder chops—mint, currant or grape jelly is a sure-fire accompaniment.

fat and place all meat balls in the pan. Combine tomato sauce, water, tabasco and Worcestershire sauce; pour over meat balls. Simmer covered for one hour and 45 minutes.

Bacon Wilted Spinach
Perhaps Popeye has something to do with it for more and more children actually ask for spinach. Serve it this way and they'll probably ask for it even more often.

1/4 pound bacon
2 pounds fresh spinach
1/4 cup finely sliced onion
1 teaspoon salt
1/4 cup vinegar

Fry bacon until crisp. Remove from pan and crumble. Pour off bacon drippings leaving one-third cup in skillet. Wash spinach carefully. Remove stems from leaves and cut into small pieces. Place stems and leaves in a kettle; tightly cover and let steam three or four minutes or until tender. Cook onion in drippings until soft. Add remaining ingredients including crumbled bacon; toss with spinach. Makes six servings.

Dried Fruit Industry In National Limelight

So large and important has the dried fruit industry become that two weeks, March 16-30, instead of the usual one week have been designated as "Dried Fruit Weeks."

California is considered the world's center of dried fruit production. The leading fruits in the drying industry are raisins, prunes, peaches, apricots, figs, apples and pears. Of these, raisins are the most important economically. Last year 290,000 tons of raisins were dried. Domestic markets accounted for 200,000

tons; export markets took care of the remainder.

California produces 200,000 tons of dried prunes annually. Incidentally, a prune is a variety of plum which can be dried without fermenting when the pit is left in.

In order of tonnage peaches are next with 28,000 tons produced annually; apricots follow with 20,000 tons; figs, 12,000 tons; and pears, 4,000 tons.

Only completely ripe fruit is used for drying which is not economically possible for fruit which is harvested for canning or to be shipped in the fresh state. For this reason dried fruits have become a symbol of complete flavor and compact good eating qualities.

Drying Ratios
It is interesting to note that the highest drying ratio is for apples. Because of the variations in peeling and coring the ratio will vary as much as six-nine to one. It takes 5 1/2 pounds of fresh apricots to produce one pound dried. Prunes and peaches run 3 1/2 pounds fresh to one dried. Raisins are three to one.

It is desirable to store dried fruit in a reasonably dry well ventilated place.

Preferred Cooking Method
Newer and scientifically advanced processing methods have done away with the old-time necessity for soaking fruit. To obtain best results, the quick-cooking method is recommended. In all cases rinse fruit, remove any core from pears or apples, cover with water and boil until tender. Peaches must be removed from water after five minutes in order to remove their skins.

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No obligation, nothing to buy. Just come in and register your name. All persons over 18 years of age eligible.



LOOK WHAT 19c WILL BUY



Lettuce 2 for 19c

LARGE, SOLID

Radishes and Green Onions 4 bunches for 19c

LOCAL - TENDER

Spinach 19c pkg.

Rhubarb 19c pound

Nature's Tonic

Extra Fancy

CELERY HEARTS 19c pkg.

Luscious, Tender

Fryers 49c lb.

Strauss CHOICE MEATS
ALL MEATS INSPECTED
WELL TRIMMED - U.S.D.A. CHOICE

T-Bones 98c lb.

Treat the Family

Pure Pork Sausage 39c lb.

FRANKFURTERS LARGE, JUICY **3 lbs. 1.00**

GROUND BEEF NICE, LEAN **3 lbs. 1.00**

Nice Selection of Sea Foods!

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COFFEE 93c lb.

MANNINGS

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Aluminum Foil REYNOLDS **4 rolls 1.00**

COTTAGE

Margarine 19c lb.

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TUNA 27c

COLORS

SCOTTIES 19c ea.

400 Count

... PAULSEN'S ...

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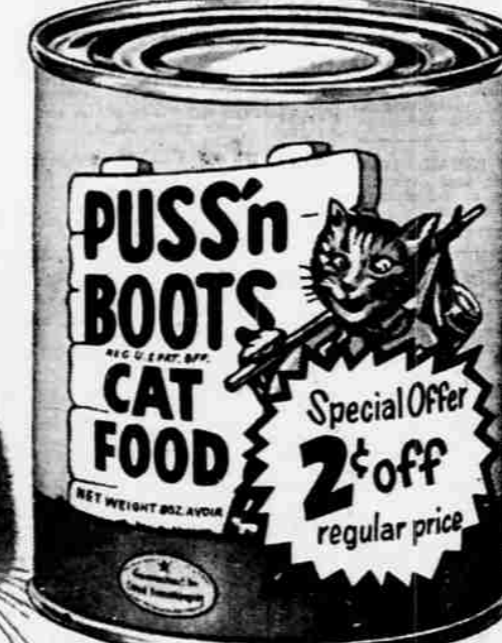
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