

Brussels Sprouts with Chestnuts

- 2 cups Brussels sprouts (about 1/2 lb.)
- 1/2 lb. chestnuts
- 1 beef bouillon cube
- 1/2 teaspoon salt
- Few grains pepper
- 1/4 teaspoon Accent
- Few grains nutmeg
- Butter or margarine
- 1/4 cup buttered bread crumbs*

1. Rinse Brussels sprouts. Let stand in cold salted water 20 to 30 min. to remove any dust or small insects which settle in the sprouts. Drain. Cook loosely covered in a large amount of boiling salted water about 10 to 20 min., or until just tender. Drain, reserving 1/2 cup of the liquid.
2. Rinse chestnuts, make a slit on two sides of each shell and put into a saucepan. Cover with boiling water and boil about 20 min. Drain. Peel off shells and skins. Return blanched nuts to saucepan and cover with boiling salted water. Cover and simmer 8 to 20 min., or until chestnuts are tender; drain. Mix chestnuts with the Brussels sprouts.
3. Dissolve beef bouillon cube in the reserved hot Brussels sprouts liquid. Set aside.
4. Arrange one-half of the Brussels sprouts-chestnut mixture in a buttered 1-qt. casserole. Sprinkle with one-half of a mixture of the salt, pepper, Accent, and nutmeg; dot generously with butter. Repeat. Pour the reserved beef broth over the Brussels sprouts mixture. Sprinkle the buttered crumbs over the top.
5. Bake at 350°F 15 to 20 min., or until crumbs are lightly browned. 4 servings

*For Buttered Crumbs—Toss 1/4 cup fine dry bread crumbs in 1 tablespoon melted butter or margarine.



HEARTY january specials



Veal Pot Roast

A large roast will provide the left-over cooked veal for the zesty Veal Bells.



- 5 lb. veal rump roast
- 3 tablespoons lard
- 1 tablespoon brown sugar
- 1 teaspoon crushed marjoram
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped onion
- 1/4 cup water
- 1 tablespoon cider vinegar
- 1/2 cup water
- 2 tablespoons flour

1. Set out a Dutch oven, or a heavy saucepot having a tight-fitting cover.
2. With dull edge of knife, lightly scrape meat surfaces.
3. Heat lard in the Dutch oven over medium heat; add the meat and brown on

- all sides.
4. Season the meat with a mixture of the brown sugar, marjoram, dry mustard, paprika, salt, and pepper. Add the onion, 1/4 cup water, and vinegar.
 5. Cover tightly; simmer (do not boil) about 2 1/2 hrs., or until meat is tender when pierced with a fork.
 6. When meat is tender, remove to a warm platter and keep warm. Strain liquid, if desired. Return it to Dutch oven; set over medium heat.
 7. Pour the 1/2 cup water into a 1-pt. screw-top jar. Sprinkle the flour onto the water. Cover jar tightly and shake until the mixture is well blended.
 8. Slowly pour the flour-water mixture into the hot liquid, stirring constantly. Bring rapidly to boiling, continuing to stir; cook 3 to 5 min. Serve hot with the pot roast. 8 to 10 servings

Veal Bells

- 2 cups cubed, cooked veal
- 1 medium-size onion, quartered
- 1 small green pepper, quartered and cleaned (seeds and white membrane removed)
- 2 cups (two 8-oz. cans) tomato sauce
- 1/2 cup catsup
- 1/2 cup water
- 2 tablespoons brown sugar
- 1 1/4 teaspoons prepared horse-radish
- 3/4 teaspoon Worcestershire sauce
- 1 tablespoon butter
- 1 tablespoon flour
- 3/4 cup fine dry bread crumbs
- 3/4 teaspoon salt
- 1/2 teaspoon crushed marjoram
- 1 egg, beaten
- 3 tablespoons butter, melted

1. Butter an 11x7x1 1/2-in. baking dish.
2. Put veal, onion, and green pepper through medium blade of food chopper. Set aside.

3. Mix together 1 cup tomato sauce, catsup, water, brown sugar, horse-radish, and Worcestershire sauce. Set aside.
4. Melt 1 tablespoon butter in a saucepan over low heat; blend in the flour. Heat, stirring constantly, until mixture bubbles. Remove from heat. Add gradually, stirring constantly, the tomato mixture. Return to heat and cook, stirring constantly, until mixture thickens. Cook 1 to 2 min. longer. Pour sauce into the baking dish. Set aside.
5. Combine the bread crumbs, salt, and marjoram. Mix together lightly the veal mixture, egg, bread-crumbs mixture, and the remaining tomato sauce. Shape into 8 bells using a 1/2-cup measuring cup (do not pack). Turn bells out of mold and arrange in baking dish in the sauce. Brush with melted butter.
6. Bake at 400°F 35 to 40 min.; baste with tomato sauce after bells have been in oven 25 min. 8 Veal Bells