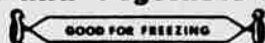


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EXCELLENT



Beef and Vegetable Soup



TO PREPARE: 25 MIN. TO COOK: 3½-4 HRS.

- 4 lbs. cross-cut beef shanks
 - 3 qts. water
 - 1½ cups chopped onion
 - 1 cup chopped celery
 - 2 tablespoons celery salt
 - 1 tablespoon salt
 - 1 teaspoon black pepper
 - 1 bay leaf
 - 1 cup diced (1 medium-size) potato
 - 1 cup sliced (3 medium-size) carrots
 - ½ cup packaged pre-cooked rice
 - ¼ cup minced parsley
 - 1 No. 2 can (about 2½ cups) tomatoes
1. Set out a 6-qt. kettle having a tight-fitting cover.

2. Place meat in kettle; cover with water. Add onion, celery, celery salt, salt, pepper, and bay leaf. Simmer, covered, 2 to 3 hrs., or until meat is almost tender.
3. Remove from heat. Remove shank bones and cut meat into small pieces. Return meat to soup.
4. Add potato and carrots to kettle. Cover and simmer 10 to 15 min., or until vegetables are tender.
5. Remove from heat. Let soup stand until cold, and fat rises. Remove fat.
6. Add parsley and tomatoes. Reheat soup and serve hot. Remove bay leaf before serving. About 5 qts. soup

Quick Applesauce Fruitcake



TO PREPARE: 35 MIN. TO BAKE: 70 MIN.

- ½ cup sifted flour
 - 1 cup (about 4 oz.) pecans, coarsely chopped
 - ¾ cup (about 5 oz.) pitted dates, cut in fourths
 - ½ cup (about 4 oz.) candied red cherries, cut in fourths
 - ¾ cup (about 5 oz.) diced assorted candied fruits
 - ¾ cup (about 4 oz.) golden raisins
 - 1 10-oz. pkg. applesauce cake mix
 - 2 eggs
 - Water
1. Thoroughly grease and lightly flour bottom only of a 9½x5¼x2¼-in. loaf pan.
 2. Put flour into a large bowl. Add the pecans, dates, cherries, candied fruits, and raisins; lightly toss together.
 3. Empty cake mix into a large mixing

- bowl. Measure the eggs in a 1-cup measuring cup for liquids. Add water, if necessary, to make ½ cup. Add to the cake mix; blend and mix according to directions on package. Pour batter over fruit-nut mixture and mix well. Turn into prepared pan and spread evenly.
4. Place a shallow pan containing 2 cups hot water on bottom rack of oven during baking time.
5. Bake at 325°F 1 hr. 10 min., or until a cake tester inserted in center of cake comes out clean.
6. Cool completely on cooling rack. Remove from pan and wrap cake in aluminum foil or other moisture-vapor-proof material. Store in a cool place. Once or twice a week, using a pastry brush, paint cake with apple cider or orange juice. About 2¼ lbs. fruitcake

Apple Pecan Pie

Voted a blue ribbon by apple-growers at their annual September Apple Smorgasbord, in Grand Rapids, Mich.

TO PREPARE: 30 MIN. TO BAKE: 50 MIN.

- Pastry for 1-crust 9-in. pie (your favorite recipe or a prepared mix)
- 1 cup coarsely chopped pecans
- 2 tablespoons butter
- 1 teaspoon vanilla extract
- 1 cup firmly packed light brown sugar
- 3 eggs, well beaten (until thick and piled softly)
- ¾ cup dark corn sirup
- ½ cup thick applesauce
- Few grains ground cinnamon

1. Prepare pastry (do not bake).
2. Cream together the butter and vanilla extract until butter is softened. Add brown sugar gradually, creaming until fluffy after each addition.
3. Add eggs in thirds, beating thoroughly after each addition. Blend in the pecans, corn sirup, applesauce, and cinnamon. Turn into the pastry shell.
4. Bake at 450°F 10 min. Reduce heat to 350°F and bake 35 to 40 min. Cool on cooling rack. One 9-in. pie



MELANIE DE PROFT, Director, Culinary Arts Institute

Family Weekly

Cookbook

Steak Roll-Ups with Noodles

TO PREPARE AND COOK: 1 HR. 45 MIN.

- 1 1½-lb. flank steak
 - 3 tablespoons butter or margarine
 - ½ teaspoon thyme
 - ¼ teaspoon sage
 - ¼ teaspoon basil
 - 3 tablespoons fat
 - 1 No. 2½ can (about 3½ cups) tomatoes
 - 1 6-oz. can (¾ cup) tomato paste
 - 1 cup (about 2 medium-size) chopped onion
 - 1 clove garlic (thin, papery outer skin removed), cut in halves
 - 2 teaspoons salt
 - ¼ teaspoon black pepper
 - 1 teaspoon Accent
 - 1 teaspoon chili powder
1. Set out a Dutch oven; or use a heavy sauce pot having a tight-fitting cover.
 2. With dull edge of knife, lightly scrape

- meat surfaces. Place meat on a flat working surface and pound or score the meat. Spread one side with butter. Sprinkle evenly with a mixture of the thyme, sage, and basil. Starting at a long side, roll up meat. Tie with cord.
3. Heat fat in the Dutch oven over medium heat. Add the steak roll and brown on all sides. Add the tomatoes, tomato paste, onion, garlic, and a mixture of the salt, pepper, Accent, and chili powder.
4. Bring liquid rapidly to boiling; reduce heat, cover, and simmer (do not boil) 1½ hrs., or until meat is tender when pierced with a fork.
5. Remove garlic from sauce. Remove steak roll. Insert skewers at 1-in. intervals. Remove cord. Slice between skewers. Arrange meat on hot platter and spoon sauce over all. Serve with parsley-buttered noodles. About 6 servings

Creamy Green Bean Casserole

CONVENIENCE FOOD RECIPE

TO PREPARE: 15 MIN. TO HEAT: 25 MIN.

- 2 10-oz. pkgs. frozen green beans
 - 1 8-oz. can water chestnuts, drained and sliced
 - 1 No. 2 can bean sprouts, drained
 - 1 4-oz. can mushrooms, drained
 - 1 10½- to 11-oz. can condensed cream of mushroom soup
 - ½ teaspoon salt
 - Few grains black pepper
 - 1 3½-oz. can French fried onion rings
1. Cook green beans according to directions on package. Drain, if necessary.
 2. Put into a large mixing bowl the water chestnuts, bean sprouts, mushrooms, and a mixture of the soup, salt, and pepper. Add beans; toss lightly. Turn into 2-qt. casserole. Top with onion rings.
 3. Heat thoroughly in a 325°F oven about 25 min. About 8 servings

Cheese-Biscuit Fans

CONVENIENCE FOOD RECIPE

TO PREPARE: 20 MIN. TO BAKE: 9 MIN.

- 1 8-oz. container ready-to-bake biscuits
 - 1 tablespoon butter, softened
 - ½ cup sharp American cheese food, softened
 - Melted butter
1. Grease bottoms only of ten 2½-in. muffin-pan wells.
 2. Remove biscuits from container and flatten each biscuit to ¼-in. thickness.
 3. Spread biscuits with softened butter. Cut each biscuit in half. Spread cheese on 15 of the biscuit halves. Stack three of the cheese-spread halves; top with a buttered half, buttered-side down. Repeat. Cut each stack in half. Place in muffin-pan wells with a cut-side down. Brush tops with melted butter.
 4. Bake at 450°F 9 min., or until biscuits are golden brown. 10 biscuits