

Feeding the Family

By ZOLA VINCENT
Food Editor

Austrian Veal Roast Has Coffee-Flavored Sauce

Although coffee as a flavoring for cakes, cookies and other desserts is familiar to everyone, its use in main dishes is not well known. One of the simplest yet most delicious main dish uses is this recipe as presented by Dione Lucas, famed Cordon Bleu alumna and cooking school dean at Standard Brands program for newspaper food editors.

The rich, delectable sauce owes its goodness to freshly-brewed coffee in combination with chicken stock, white wine and other ingredients. Twelve servings makes this very worth while.

- 1 boned, rolled veal roast (2½ pounds)
- 1 chicken liver
- 2 tablespoons Fleischmann's corn-oil margarine
- 2 tablespoons brandy
- 2 teaspoons finely chopped, garlic
- 2 teaspoons bottled meat glaze, optional
- 1 teaspoon tomato paste
- 1 tablespoon potato flour or cornstarch
- 1 cup freshly brewed, strong Chase and Sanborn coffee
- 1½ cups chicken stock
- ¼ cup dry white wine
- 2 teaspoons currant jelly

Have butcher completely cover veal roast with a caul and tie it securely with a string. Place on roasting rack and bake in a preheated 350 degree oven 1½ hours, basting frequently with drippings in pan. Do not add liquids. Meanwhile prepare sauce as follows:

- 1 Brown chicken liver in two tablespoons of the margarine. Flame with the brandy. Add remaining margarine; stir in the garlic. Remove from heat and add meat glaze, tomato paste and potato flour or cornstarch. Stir in coffee, chicken stock, white wine and currant jelly. Season to taste with a little freshly ground black pepper but no salt. Bring to boil, then simmer 10 to 15 minutes. Add pan juices from veal; strain.

Place roast in center of serving dish. Surround with mounds of boiled seasoned vegetables. Garnish with sautéed mushrooms. Serve sauce separately.

- 1 Party Beef Strips With Sour Cream Puffs
- 1 Your foods editor sampled many of the prize winning dishes in the recent Pillsbury Bake-Off; found this second prize winner (\$5,000 to Mrs. Joyce S. Anderson of Orchard Park, N.Y.) a prize winner with family and guests at home. Perhaps a contributing factor is the fact that we are inordinately fond of sour cream like many others in this part of the country. Six servings.

- 1 pound round steak (cut in ¼ inch strips)
- 2 tablespoons flour
- 1½ cups chopped onion
- ¼ cup shortening
- 1 cup canned tomatoes
- 1 cup water
- 1 can tomato paste
- 1 tablespoon sugar
- 1½ teaspoons salt
- ½ teaspoon pepper
- ¼ teaspoon Worcestershire sauce

- 1½ cups (8 oz. can) mushrooms
- ¾ cup sour cream

Sour Cream Puffs* Coat round steak with flour. Brown meat and onions in shortening. Add tomatoes, water, tomato paste, sugar, salt, pepper and Worcestershire. Cover and simmer slowly for 1½ hours or until meat is tender, stirring occasionally.

Add mushrooms and sour cream; continue cooking five minutes. Place mixture in two-quart casserole. Top with Sour Cream Puffs recipe below. Brush with butter and sprinkle with sesame seed. Bake at 425 degrees for 20 to 25 minutes until golden brown.

- 1 Sour Cream Puffs
- 1¼ cups sifted Pillsbury's Best flour
- 2 teaspoons double-acting baking powder
- ½ teaspoon salt
- ¼ cup shortening
- ¾ cup sour cream
- 2 tablespoons butter, melted
- Sesame seed

Sift flour with baking powder and salt. Cut in shortening until particles are fine. Add sour cream; stir with fork until particles are moistened, dough clings together. Pat out on well-floured surface to one-half inch thickness. Cut six 2½ inch biscuits and top each with one inch biscuit. Top beef strips as indicated above. Convenience Foods Gaining: Prices Holding Index Down

Newspaper food editors look forward each year to an annual statement from Paul S. Willis, president of Grocery Manufacturers of America, Inc., spokesman for most of the country's well known brands of food and grocery products. Speaking in Chicago, Willis told food editors that grocery

items had increased from 3,500 to 8,000 since he first spoke to them in 1944; said that total consumer expenditures for food had risen from \$31 billion to \$73 billion. Noting that about two-thirds of today's food store items are new or have since been basically improved, Willis gave credit to modern research facilities of manufacturers who spend about \$100 million annually; employ probably 7,000 skilled scientists and technicians, all of whom are building "futures".

Discussing the "Consumer Price Index", the industry spokesman said that it is important to draw a distinction between the overall index and the price of food bought at the grocery store. The index does not measure changes in the cost of living except the cost of continuing to live in exactly the same way. It is simply a barometer to measure the trend in price of a standard list of items (which includes everything from housing, automobiles and television sets to barber and beauty shop services). Actually, consumers are paying prices for food averaging about the same as they were seven years ago. Over that period, the overall Consumer Price Index has gone up about eight per cent; would have gone up about 10 per cent if grocery store prices had not remained stable.

To be sure, people are spending more money for food but that is because of large families and the fact that many families are enjoying more and better food.

Best Buys Quick look at local markets reveals poultry continuing as best meat buy with good values to be found in pork, beef and lamb when you look for longer-cooking cuts. Good values in smoked pork and sausage for supper as well as breakfast eating. Vegetable bins offer artichokes, beans, beets, broccoli, green and red cabbage, carrots, cauliflower, celery, corn, cucumbers, lettuce, onions, peppers, potatoes, hard squash, tomatoes, bunched vegetables. Fruits? Apples, bananas, avocados, grapes, melons, pears, lemons.

State Brings In Fire Lookouts

Southwest district of the state department of forestry was bringing its lookouts down from their stations today and reported that all may be down from their posts tomorrow.

Curt Nesheim, southwest district warden, said that weather will determine whether the lookout posts are manned again this season. He said that fire danger in the district is low after rain overnight ranging from .18 to 1.5 inches. The .18 was reported from Tallowbox station in the Applegate area and the 1.5 from Prospect.

Nesheim stated that some slash burning was being done today in the Little Falls area where about one inch of rain was recorded.

There was no report available from Rogue River National forest.

Medford station of the U. S. weather bureau reported .26 of rain from the storm yesterday and up to 10 a.m. today with larger amounts indicated at higher elevations and more precipitation in sight.

Two storms were reported moving in from the Pacific ocean with one scheduled to reach here Friday and the other Saturday or Sunday. Occasional rain is predicted for tonight and tomorrow with showery conditions anticipated Friday evening.

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