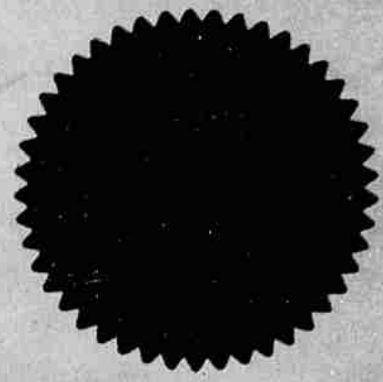


WINNERS AT THE PENNY-WISE FAIR



CATEGORIES	POINTS
FLAVOR	20
APPEARANCE	20
PENNY-SAVING	20
EASE OF PREPARATION	20
GENERAL APPEAL	20
	100

BARBECUED LAMB SHANKS

GOOD FOR FREEZING

TO PREPARE: 20 MIN.

TO BAKE: 1½ TO 2 HRS.

- | | |
|--|--|
| 4 lamb shanks, about 1 lb. each (have meat dealer crack shin bone) | 2 teaspoons sugar |
| ¼ cup flour | 2 teaspoons paprika |
| 1 teaspoon salt | 1 teaspoon dry mustard |
| ¼ teaspoon black pepper | 1 teaspoon salt |
| ½ teaspoon Accent | ¼ teaspoon black pepper |
| ¼ cup fat | ½ teaspoon Accent |
| 1 cup catsup | 5 drops Tabasco |
| ½ cup water | 1 cup chopped onion |
| ¼ cup wine vinegar | 2 cloves garlic, crushed in a garlic press or minced |
| 4 teaspoons Worcestershire sauce | |

- Coat lamb shanks with a mixture of the flour, salt, pepper, and Accent.
- Heat fat in a large heavy skillet over medium heat. Put shanks in skillet and brown well on all sides. Remove shanks to a large shallow baking dish.
- Mix remaining ingredients together and heat to boiling. Remove from heat and pour sauce over lamb shanks.
- Bake, covered, at 300°F 1½ to 2 hrs., or until meat is tender when pierced with a fork. Turn and baste shanks frequently. *About 6 servings*

BACON-WRAPPED LIVER PATTIES

TO PREPARE: 10 MIN.

TO COOK: 20 MIN.

- 1 lb. beef liver, finely chopped
- 3 tablespoons finely chopped onion
- 1 egg, beaten
- 1 tablespoon flour
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 4 slices bacon

- Mix together the chopped liver, onion, egg, and a mixture of the flour, salt, and pepper.
- Arrange bacon strips in a large skillet. Divide liver mixture into four portions. Put one portion onto each bacon strip. Bring ends of bacon over top and fasten with wooden pick. Cook over low heat until browned. Remove pick; turn and brown other side. *4 servings*

Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

SMOKED SHOULDER BUTT WITH MUSTARD SAUCE

TO PREPARE: 20 MIN.

TO HEAT: 15 MIN.

- Smoked boneless pork shoulder butt, about 1½ lbs.
- ½ cup firmly packed brown sugar
- 2 teaspoons flour
- 1 teaspoon prepared mustard
- 3 tablespoons cider vinegar
- ½ cup water
- 2 egg yolks, slightly beaten
- 1 tablespoon butter or margarine
- 1 10-oz. pkg. frozen broccoli spears
- 1 10-oz. pkg. frozen cauliflower
- ½ cup shredded sharp Cheddar cheese

- Cook shoulder butt.* Drain and slice.
- Combine sugar, flour, and mustard in top of double boiler. Blend in vinegar. Add water gradually, stirring constantly. Stirring gently and constantly, bring mixture rapidly to boiling over direct heat and cook for 3 min.
- Remove from heat and vigorously stir about 3 tablespoons of hot mixture into beaten egg yolks. Immediately blend into mixture in double boiler. Cook over hot water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove from heat and stir in the butter.
- Cook broccoli and cauliflower according to directions on package. Drain, if necessary.
- Arrange shoulder butt slices in a shallow baking dish. Arrange broccoli spears and cauliflower over meat slices. Spoon mustard sauce over all and top evenly with cheese.
- Heat in a 350°F oven about 15 min., or until thoroughly heated. *4 servings*

*To cook Smoked Shoulder Butt—Put shoulder butt into a large heavy sauce pot. Add enough hot water to cover meat. Add 1 teaspoon Accent, 5 whole cloves, 3 peppercorns, and 1 clove garlic. Bring liquid to boiling; reduce heat, cover and simmer (do not boil) about 1 hr., or until meat is tender. (Allow about 45 min per lb.) If necessary, add more hot water during cooking period.



PENNY-WISE CHICKEN CASSEROLE

TO PREPARE: 20 MIN.

TO BAKE: 1 HR. 15 MIN

- 1 broiler-fryer chicken, 2 to 2½ lbs. ready-to-cook weight, cut up
- 1 small head cabbage, cut in 1½-in. wedges
- 1 teaspoon flour
- 1 teaspoon caraway seed
- 4 small tart red apples, cored and cut in ¼-in. rings
- 2 tablespoons brown sugar
- 1 teaspoon flour
- ½ cup cider vinegar
- 1 tablespoon salt
- 2 tablespoons butter or margarine, melted

- Arrange cabbage on bottom of a shallow 2-qt. casserole. Sprinkle with 1 teaspoon flour and the caraway seed. Top with apple rings. Sprinkle with a mixture of brown sugar and 1 teaspoon flour.
- Arrange chicken pieces skin side up in casserole. Pour a mixture of the vinegar and salt over chicken; pour melted butter evenly over chicken. Cover casserole.
- Bake at 350°F 45 min. Remove cover. Bake 30 min. longer, or until chicken is browned and tender. *4 to 6 servings*

TOMATO-SMOTHERED STEAK

TO PREPARE: 20 MIN.

TO COOK: 2 HRS.

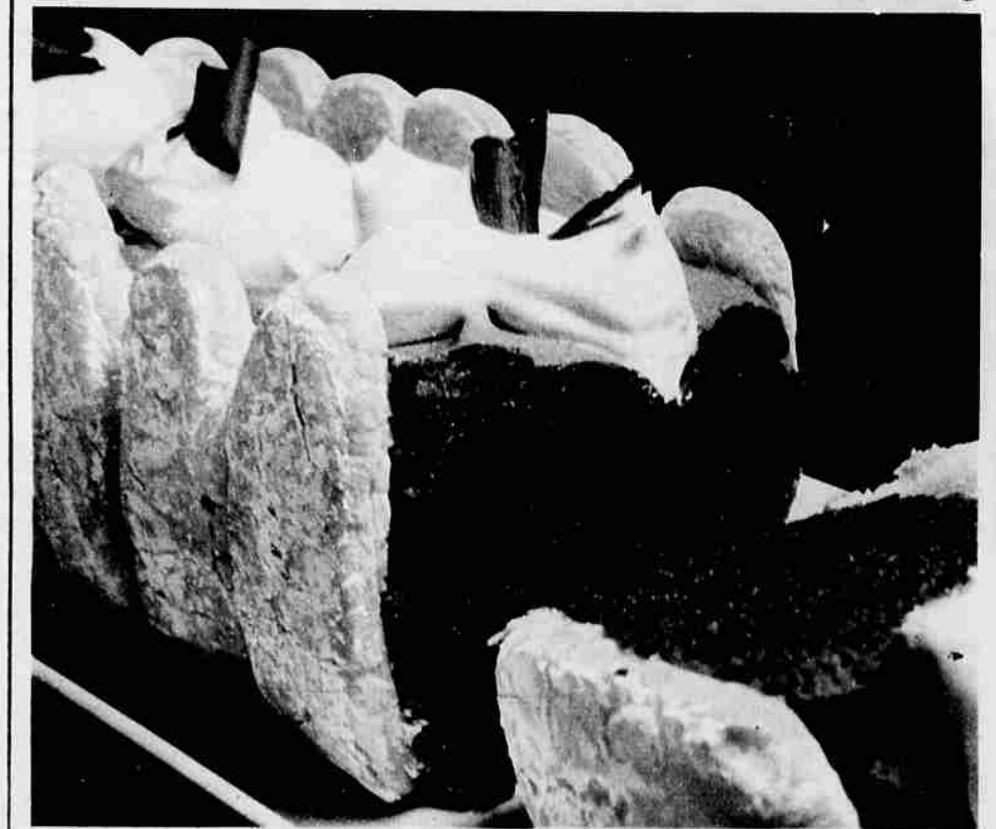
- 1½ lbs. arm or blade steak of beef, cut 1½ in. thick
- 3 tablespoons fat
- ¼ cup flour
- 2½ teaspoons salt
- ¼ teaspoon black pepper
- 1½ teaspoons chili powder
- 1 teaspoon celery salt
- 1 large onion, sliced
- ¼ cup finely chopped green pepper
- 1 lb. can (2 cups) tomatoes
- 3 drops Tabasco

- Heat fat in a large heavy skillet or in a Dutch oven over medium heat.
- Meanwhile, coat meat with a mixture of the flour, salt, pepper, chili powder, and celery salt. Brown meat on both sides in hot fat over medium heat.
- When meat is browned, add the onion slices, green pepper, tomatoes, and Tabasco. Bring liquid rapidly to boiling; reduce heat, cover tightly, and cook slowly over low heat or in a 300°F oven about 2 hrs., or until meat is tender. *About 6 servings*

Penny-wise
Chicken
Casserole—
low in cost,
high in flavor.

The newest, most elegant
desserts are chiffon...

make them in minutes with Jell-O Chiffon Pie Filling



Chocolate Chiffon Delight. Make Jell-O Chocolate Chiffon according to package directions. Line a 9 x 5 x 2 inch pan with waxed paper, extending paper an inch over rim. Arrange ladyfinger halves around sides of pan. Fill with luscious Chocolate Chiffon. Remove from pan. Garnish with whipped cream or new Dream Whip and chocolate curls.



Lemon-Gingersnap Pie. Whip up Lemon Jell-O Chiffon Pie Filling. Fold in 10 coarsely crumbled gingersnaps and spoon into crumb crust made with gingersnaps.

Chill until set. (P.S.: Try Strawberry Chiffon, too!)



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