

Succulent ham
and veal loaf served
with delicately
spiced peaches
is flavor harmony
at its best.



Grand meats

Family Weekly Cookbook / MELANIE DE PROFT, Food Editor

...are such ground meats as the tempting Party Ham Loaf garnished with baked peaches, just right for buffet service—Boeuf Polynesian, with its pleasing flavor, to grace your special-occasion table—Lamb Soufflé, a family special or perfect company fare when served with Hot Caper Sauce.

BOEUF POLYNESIAN

TO PREPARE: 20 MIN.

TO COOK: 15 MIN.

- 2 tablespoons butter
- 1 lb. ground beef
- 1 4-oz. can mushrooms, drained
- ½ cup golden raisins
- 1 10-oz. pkg. frozen peas
- ½ cup beef broth
- 1 teaspoon curry powder
- 1 tablespoon soy sauce
- 1 orange, sliced
- ½ cup salted cashew nuts

1. Heat butter in a large heavy skillet. Add ground beef and separate into small pieces with a spoon; cook until lightly browned.

2. Add mushrooms, raisins, peas, broth, curry powder, and soy sauce. Break block of peas apart with fork and gently toss mixture to blend. Arrange orange slices over top. Cover loosely and cook over low heat 15 min. Mix in the cashews. Serve with Fried Rice.

About 4 servings

For Fried Rice—Cook ½ cup chopped onion in 2 tablespoons butter until onion is light golden. Mix in 2 cups cooked rice and 2 tablespoons soy sauce. Cook over low heat, stirring occasionally, for 5 min. Stir in 1 slightly beaten egg and cook until set.

PARTY HAM LOAF

TO PREPARE: 20 MIN.

TO BAKE: 1½ HRS.

- 1½ lbs. ground veal
- 1 lb. ground cooked ham
- 1 cup nonfat dry milk
- 1 teaspoon dry mustard
- 1 teaspoon water
- ¼ cup grated onion
- 1 egg, beaten
- 2 1-lb., 13-oz. cans peach halves, drained (reserve sirup)
- 1 cup fine dry bread crumbs
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon ground cloves
- Whole cloves
- 1 cup firmly packed brown sugar
- ¼ cup cider vinegar
- 12 whole cloves

1. Combine ground veal, ground ham, and dry milk; with a fork, mix well. Blend together the dry mustard and water. Add to meat mixture with onion, beaten egg, 1 cup of the reserved peach sirup, and a mixture of bread crumbs, salt, pepper, and ground cloves; mix lightly but thoroughly. Shape meat mixture into a loaf and place on a rack in a large shallow baking pan. Insert whole cloves into meat loaf.

2. Bake at 350°F 1½ hrs.

3. Meanwhile, mix together in a saucepan 2 cups of the reserved peach sirup, the brown sugar, vinegar, and whole cloves. Bring to boiling; simmer 5 min. Generously spoon sirup over meat loaf every 20 min. during baking. About 15 min. before baking time is up, put the peach halves in pan around the meat loaf and spoon sirup over them.

4. Remove pan from oven. Transfer meat loaf and peaches to warm serving platter; let it stand a few minutes before slicing. Serve sauce remaining in baking pan with the meat loaf.

About 12 servings

LAMB SOUFFLÉ

TO PREPARE: 25 MIN.

TO BAKE: 40 MIN.

- 3 tablespoons butter
- 3 tablespoons flour
- ¼ teaspoon salt
- Few grains black pepper
- ½ teaspoon onion salt
- 1 cup milk
- 2 cups ground cooked lamb
- 4 egg yolks
- 3 tablespoons minced parsley
- 4 egg whites

1. Melt butter in a saucepan. Blend in a mixture of the flour, salt, pepper, and onion salt. Heat until mixture bubbles, stirring constantly. Remove from heat. Add milk gradually, stirring constantly. Return to heat and bring rapidly to boiling, stirring constantly. Cook 1 to 2 min. longer. Remove from heat and blend in the ground cooked lamb.

2. Beat egg yolks until they are thick and piled softly. Slowly spoon sauce into beaten egg yolks while beating vigorously with a spoon. Blend in the parsley.

3. Using clean beater, beat egg whites until rounded peaks are formed and egg whites do not slide when bowl is partially inverted. Gently spread sauce over beaten egg whites and carefully fold together until just blended. Turn mixture into a 1½-qt. casserole. Set casserole in pan of very hot water.

4. Bake at 350°F about 40 min., or until a silver knife comes out clean when inserted halfway between center and edge of casserole. Serve at once with Hot Caper Sauce.

About 6 servings

For Hot Caper Sauce (about 1 cup)—Heat 1 cup mayonnaise in top of double boiler over simmering water, stirring constantly; do not boil. Heat 2 teaspoons butter in a small skillet. Add 3 tablespoons chopped onion and cook until soft; drain. When ready to serve, blend onion, ¼ cup capers, coarsely chopped, and 2 tablespoons chopped, toasted, blanched almonds into the mayonnaise. Heat over simmering water and serve immediately.