

*Appetites sharpen and dinner becomes a bright occasion*

*when it centers on any one of these hearty main dishes, each a triumphant flavor blend*

# L I V E L Y I N F L A V O R

## RICH IN PROTEIN

### Fruited Lamb Spareribs

TO PREPARE: 20 MIN.

TO COOK: 1½ HRS.

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|------------------------------|---|
| 3 lbs. lamb spareribs        | ¼ cup chopped parsley                           |
| 1 teaspoon salt              | 1 medium-size orange, cut in ¼-in. thick slices |
| ¼ teaspoon black pepper      | 1 medium-size lemon, cut in ¼-in. thick slices  |
| 1 teaspoon curry powder      | 1 1-lb., 4-oz. can sliced pineapple, drained    |
| 1 cup orange juice           |   |
| 1 teaspoon grated lemon peel |   |
| ½ cup finely chopped celery  |   |

1. Put spareribs into a large heavy skillet. Mix together salt, pepper, and curry powder; blend in the orange juice, lemon peel, celery, and parsley. Pour over spareribs. Top with orange, lemon, and pineapple slices; cover skillet.

2. Cook over low heat about 1½ hrs., or until meat is tender.

3. Remove spareribs and fruit to a warm serving dish. If desired, skim off fat and thicken cooking liquid for gravy. 4 to 6 servings

### Party Pork Chops

TO PREPARE: 20 MIN.

TO COOK: 65 MIN.

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|-------------------------------------|-------------------------------------|
| 6 pork chops, cut about 1 in. thick | ¼ teaspoon ground cloves            |
| 2 tablespoons flour                 | ½ teaspoon ground allspice          |
| 2 tablespoons fat                   | ¼ cup cider vinegar                 |
| 1½ teaspoons salt                   | ¼ cup raspberry jam                 |
| ½ teaspoon pepper                   | ½ cup hot water                     |
| ¼ teaspoon dry mustard              | 3 large onions, cut in ½-in. slices |
| ½ teaspoon ground cinnamon          |                                     |

1. Coat pork chops with flour. Heat fat in a large heavy skillet. Put chops into skillet; brown on both sides. Transfer browned chops to a shallow baking dish.

2. Mix salt, pepper, mustard, and spices with vinegar. Blend in the jam and hot water. Pour mixture over chops. Cover.

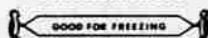
3. Cook in a 350° F oven 40 min. Arrange onion slices around chops. Cover and continue cooking about 25 min. longer, or until meat is tender and thoroughly cooked. Remove chops and onions to hot platter. If desired, thicken drippings for gravy. 6 servings

### Family Weekly Cookbook

MELANIE DE PROFT

FOOD EDITOR

### Chicken Molé



TO PREPARE: 25 MIN.

TO COOK: 40 MIN.

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| 2 frying chickens, about 2½ lbs. each ready-to-cook weight, cut in serving-size pieces | 1 teaspoon chili powder  |
| Salt   | ¼ teaspoon ground nutmeg   |
| Black pepper   | ¼ teaspoon ground cinnamon   |
| 3 tablespoons shortening   | ½ teaspoon ground cloves   |
| ½ cup finely chopped onion   | ¼ teaspoon Tabasco   |
| ½ cup chopped green pepper   | ¼ sq. (¼ oz.) unsweetened chocolate                                    |
| 1 clove garlic, crushed in a garlic press  | 1 tablespoon grated orange peel  |
| 2 tablespoons olive oil  | ¼ cup chopped pine nuts (or unsalted peanuts, almonds, or cashew nuts) |
| 1 1-lb., 3-oz. can tomatoes, drained and cut in pieces                                 | ½ cup currants   |
| 1 teaspoon salt  | 2 tablespoons cornstarch   |
| ½ teaspoon black pepper  | 2 cups chicken broth   |

1. Season chicken pieces with salt and pepper. Heat shortening in a large heavy skillet. Add chicken pieces and cook until evenly browned. Transfer chicken pieces to large baking dish or casserole.

2. Cook onion, green pepper, and garlic in olive oil until onion is golden; occasionally move and turn with a spoon. Blend in a mixture of the tomatoes, salt, pepper, spices, Tabasco, chocolate, orange peel, nuts, and currants.

3. Blend cornstarch with about ¼ cup of the chicken broth; stir into remaining broth. Add to mixture in skillet, blending thoroughly. Cook, stirring constantly, until thickened. Pour over chicken in baking dish.

4. Cook in a 325° F oven about 40 min., or until chicken is tender. During cooking, baste occasionally. About 8 servings

### Calf's Liver with Bread Stuffing

TO PREPARE: 30 MIN.

TO COOK: ABOUT 2 HRS.

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|-------------------------------|----------------------------------|
| 1 calf's liver (about 3 lbs.) | ¼ teaspoon black pepper          |
| Bread Stuffing*               | 3 strips (about 8 oz.) salt pork |
| ½ cup flour                   | ½ cup water                      |
| ½ teaspoon salt               |                                  |

1. Wash the liver in cold salted water. Drain thoroughly and wipe dry. Peel off outside membrane. Using a sharp knife, make an incision in the thickest part.

2. Lightly fill liver with Bread Stuffing. Fasten with skewers. Coat liver evenly with a mixture of flour, salt, and pepper. Place in roasting pan and arrange strips of salt pork on top. Pour water into the pan.

3. Cook in a 350° F oven 2 hrs. About 12 servings  
\*For Stuffing—Soak 4 slices white bread in cold water and squeeze dry. Using a fork, lightly toss with a mixture of 1 teaspoon salt, ½ teaspoon black pepper, ¼ teaspoon poultry seasoning, 1 teaspoon chopped parsley, and 1 teaspoon grated onion. Add 2 tablespoons melted butter and 1 slightly beaten egg; mix lightly but thoroughly.

### Veal in Creamy Tomato Sauce

TO PREPARE: 20 MIN.

TO COOK: 20 MIN.

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|--|-----------------------------|
| 4 slices bacon, diced  | 2 tablespoons chopped onion |
| 1½ lbs. veal steak (about ½ in. thick), cut in serving-size pieces | 1½ teaspoons salt           |
|  | 1 teaspoon paprika          |
|  | 1 cup thick sour cream      |
|  | ½ cup tomato sauce          |

1. Cook bacon pieces until crisp in a large heavy skillet. With slotted spoon, remove bacon to a small dish, leaving bacon fat in skillet. Add meat and onion to skillet; brown meat on all sides and cook onion until soft. Sprinkle evenly with a mixture of the salt and paprika.

2. Remove from heat. Pour over meat a mixture of the sour cream and tomato sauce. Cover skillet.

3. Cook over low heat about 20 min. Do not boil. Garnish with reserved bacon pieces and serve with cooked buttered noodles. About 6 servings

The ingredients for the preparation of Fruited Lamb Spareribs are assembled for a picture of culinary charm.