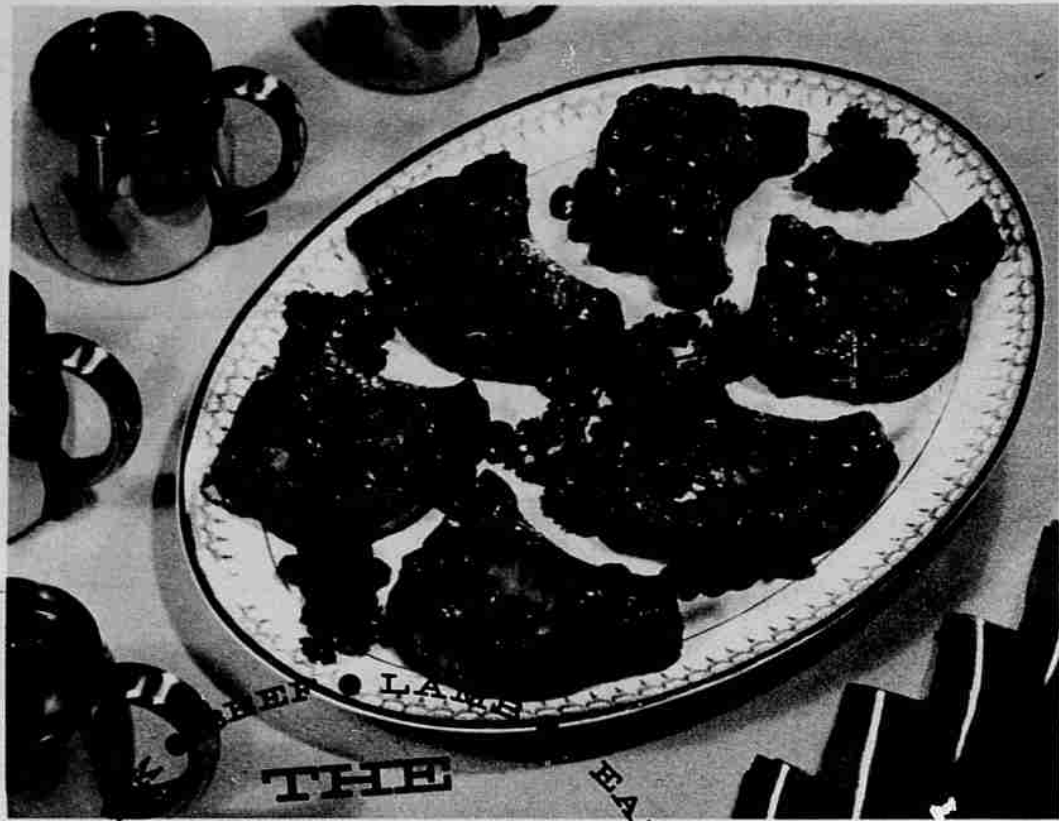




THE MEAT ON YOUR MENU

PORK • BEEF • LAMB • VEAL

Glazed Pork Chops

TO PREPARE: 20 MIN.

TO COOK: 65 MIN.

- 4 pork chops, cut about 1 in. thick
- 1/4 cup flour
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon Accent
- 1 teaspoon fat
- 1/2 cup hot water
- 3 tablespoons minced onion
- 1/4 cup golden raisins
- 1/2 cup apple jelly, broken in pieces with a fork
- 1/4 cup hot water
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves

1. Coat pork chops evenly with a mixture of the flour, salt, pepper, and Accent. Heat fat in a large, heavy skillet. Add chops and brown lightly on both sides. Remove to a large, shallow baking dish. Add 1/2 cup water, onion, and raisins. Cover.
2. Cook in a 350°F oven about 45 min.
3. Mix together the jelly, 1/4 cup water, and spices. Heat over simmering water, stirring occasionally, until jelly is melted.
4. Uncover baking dish and pour jelly glaze over the chops. Return to oven, uncovered, 20 min. longer, or until chops are tender and thoroughly cooked. (To test for doneness, cut a slit near the bone; no pink color should be visible.) Remove chops to warm serving platter and garnish with parsley.

6 servings

Veal Birds with Mushroom Stuffing

TO PREPARE: 25 MIN.

TO COOK: ABOUT 1 HR.

- 2 lbs. veal round steak (cutlet), about 1/2 in. thick
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 slices bacon, diced
- 1 cup chopped mushrooms
- 1 tablespoon chopped onion
- 1 cup soft bread crumbs
- 1/4 cup milk
- 2 tablespoons fat
- 1/2 cup water

1. Place meat on a flat working surface and repeatedly pound on one side with meat hammer. Turn and repeat process. Cut into six serving-size pieces. Season with a mixture of the salt and pepper.
2. Cook bacon until lightly browned. Remove bacon with slotted spoon. Add mushrooms and onion to bacon fat and cook until just tender. Lightly toss mushrooms, onion, and bacon with bread crumbs. Add milk; mix lightly.
3. Spoon some of stuffing onto each piece of veal. Roll meat around stuffing and fasten securely with skewer or wooden picks.
4. Heat fat in a large, heavy skillet. Add the veal rolls and brown on all sides. Remove to a 2-qt. casserole. Add the water. Cover.
5. Cook in a 350°F oven about 1 hr., or until meat is tender when pierced with a fork. If desired, thicken drippings for gravy.

6 servings

Family Weekly Cookbook

MELANIE DE PROFT

Food Editor

Broiled Steak

Broil 1 1/2-in. thick steak 3 in. from heat source. When browned on one side, sprinkle with a mixture of salt and pepper. Turn, broil until tender, and season. (Broil 8 to 10 min. on each side. The shorter cooking time for rare steaks; the longer cooking time for medium-done steaks.) To impart a tantalizing flavor, spread steak with softened Roquefort cheese after seasoning.

Spicy Lamb Shanks

TO PREPARE: 30 MIN.

TO COOK: ABOUT 2 HRS.

- 4 lamb shanks, about 1 lb. each
- 1/4 cup flour
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup fat
- 1/2 cup water
- 1 1/2 cups cooked dried apricots, drained
- 1 cup stewed prunes, drained and pitted
- 1 cup water (or liquid drained from fruits)
- 1/2 cup sugar
- 3 tablespoons cider vinegar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt

1. Coat lamb shanks evenly with a mixture of the flour, salt, and pepper. Heat fat in a large, heavy skillet. Put shanks into the skillet; brown well on all sides. Remove shanks to a large, shallow baking dish. Add 1/2 cup water.
2. Cover and cook in a 350°F oven about 1 1/2 hrs., or until meat is almost tender when pierced with a fork.
3. Put cooked fruits into a saucepan. Add remaining ingredients. Bring rapidly to boiling and simmer 5 min.
4. Drain fat from cooked lamb shanks. Add the cooked fruit mixture. Cover and return to oven 30 min. longer. Serve hot.

4 servings

Short Ribs, Western Style

TO PREPARE: 15 MIN.

TO COOK: ABOUT 1 1/2 HRS.

(allow time for soaking beans)

- 4 medium-size onions, quartered
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon rubbed sage
- 1 qt. water
- 1 cup dried lima beans
- 2 lbs. beef short ribs, cut in serving-size pieces
- 3 tablespoons flour
- 1 teaspoon dry mustard
- 2 to 3 tablespoons fat

1. Combine onions, salt, pepper, sage, and water in a large, heavy kettle. Cover and simmer 5 min. Add lima beans gradually to water (so boiling will not stop). Simmer, uncovered, 2 min. and remove kettle from heat. Cover and set aside to soak for 1 hr.
2. Meanwhile, coat short ribs evenly with a mixture of the flour and mustard.
3. Heat fat in a large, heavy skillet and brown short ribs on all sides over medium heat. When meat is browned, add to lima beans in kettle. Cover and simmer 1 1/2 hrs., or until beans and meat are tender.

About 6 servings

(Continued on page 11)