



HEARTY STEW—Here is a hearty beef stew with fresh vegetables, some fresh parsley-stuffed green peppers and fresh asparagus with parsley sauce for enlivening Spring menus.

Feeding the Family

By ZOLA VINCENT
Food Editor

It's a Crime What Some Cooks Do to Fresh Vegetables

Fresh Spring vegetables piled high on produce counters make a mighty pretty sight these days. In the natural state or cooked quickly, they're jam-packed with good nutrition. Today we make a plea for the preservation of their fine health-giving qualities.

If you love a vegetable, don't cook it to death. It's murder when some cooks get hold of a fresh vegetable. Many a cook's idea of vegetable cookery is to drown the vegetable in a few quarts of water. Others boil it vigorously until it is limp and listless. Others pour all the vitamin and mineral nutrients down the drain.

Brussels sprouts take a beating bouncing around in a kettle of water to which a pinch of soda is added. Tch, tch! Some cooks assassinate asparagus, blackjack broccoli, commit hari kari on carrots and cauliflower, massacre mushrooms, smother spinach—to name a few of the sins committed against fresh vegetables.

Valuable Vitamins

Vitamins are still being discovered and clues indicate that there are many nutrients lurking unknown and unnamed in foods. So no one really knows what is being cooked to death and poured down the drain besides vitamins A and C and many members of the B complex family, the list of which keeps growing.

Many Minerals

Not only are vitamins put out of commission but such fine minerals as calcium, phosphorus, iron, copper, magnesium, manganese, potassium, sodium chloride (table salt) and others which we probably can't spell and you'd probably have difficulty pronouncing.

How To Save Them

Vegetables, given an opportunity in the raw state and in the saucepan contribute much toward keeping the family healthy, full of energy and pep. They brighten the eye, put pearl on the teeth, natural rouge on the cheeks, silk on the hair, quicken the step. Follow these simple rules for preservation of their vitamins and minerals.

Store perishables at low temperature in closed containers. Use soon.

Keep the more hardy staples such as potatoes and onions in a cool, dry place.

Serub rather than pare whenever possible. If you pare, keep parings thin.

Don't soak vegetables in water. Rinse them quickly in cold running water.

Don't crush or bruise. Bruises spoil texture and appearance, speed spoilage.

Cook vegetables quickly in small amounts of water, being sure not to overcook.

Do not add soda to vegetables under any circumstances.

Save the cooking water which actually is a vitamin-mineral packed pot liquor and use in soup, sauce or gravy.

Do not strain foods while hot.

Serve food as soon as possible after cooking.

Many think that fresh vegetables attain highest desirability when dressed simply with plenty of butter, salt and pepper to taste, with a favored spice, herb or seed added.

Pot Liquor Popular

Nowadays most of the cooking liquors are consumed along with the vegetables. Many nutrition-wise mothers save any drained-off vegetable liquor; use it for adding to sauces, soups or gravies. Many vegetable pot liquors make a fine cocktail when well-seasoned and chilled or when

blended with tomato juice or lemon juice.

Use pot liquor too to add flavor interest and moisture to meat loaves, casseroles, stews and meat pies.

Hearty Vegetable And Beef Stew

We counted 34 fresh vegetables in local markets this morning; all of them western grown. We found good buys in fine quality lean beef already cut up and ready for stewing. We combined the good protein-packed beef with a half dozen vitamin-and-mineral-packed vegetables and the result is this taste-tingling recipe. Eight servings.

- 2 pounds lean beef stew meat
- 1/2 cup flour
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons shortening or beef suet
- 1/2 cup chopped onion
- 1 whole bay leaf
- 5 cups boiling water
- 3 medium potatoes, quartered
- 6 small whole onions
- 6 carrots, cut in half
- 1 cup sliced celery
- 1 cup sliced green beans
- 1 cup fresh peas

Trim excess fat from meat and cut into one-inch cubes if meatman hasn't done so. Combine flour, the teaspoon salt and black pepper and toss with the meat. Melt shortening or beef suet in a Dutch oven or heavy saucepan. Add flour-coated meat, chopped onions, and brown. Blend in all leftover flour. Add bay leaf and boiling water; cover.

Simmer until meat is tender, about 1 1/2 hours. Add potatoes, whole onions, carrots, celery and beans and peas about 25 minutes before cooking time is up. If canned or frozen beans or peas are used, delay adding them. If gravy is too thin, thicken it with one tablespoon flour blended with two tablespoons water.

You'll want horseradish and zesty pickles with this.

Stuffed Peppers

As Vegetable Dish

Green peppers are most often stuffed with meat or fish. Here we offer them as a distinctive vegetable for serving with meat or fish. Choose the large squatty type peppers for this specialty which features finely chopped fresh parsley.

- 6 large squatty green peppers
- 1 cup boiling water
- 1 1/2 teaspoons salt
- 1/2 clove garlic, finely chopped
- 2 tablespoons finely chopped onion
- 1/2 stick (1/4 cup) butter or margarine
- 2 cups soft fine bread crumbs
- 1 1/4 teaspoons salt
- 1/4 teaspoon ground thyme
- 1/2 teaspoon ground black pepper
- 4 cups finely chopped fresh parsley

Yes, we really mean four cups finely chopped fresh parsley. Wash peppers. Cut a thin slice from stem end of each and remove seeds. Place in saucepan with boiling water and drain. Reserve liquid. Sauté garlic and onion in butter or margarine until limp and transparent, perhaps five minutes. Add bread crumbs, salt, thyme and pepper; toss lightly. Blend in parsley, spoon into drained peppers.

Arrange peppers in a close-fitting casserole. Cover and bake 30 minutes. Remove cover and bake another 10 minutes, or if desired, simmer 30 minutes in covered Dutch oven. Makes six servings or if you like cut sharply in two for more servings.

Parsley Sautéed Asparagus
Parsley is on hand in most households for garnishing and for flavoring soups, stews,

Scout News

Troop 39

Hornbrook—Several members of Boy Scout Troop 39 of Hornbrook attended the annual ball hosted by the Explorer Scouts of the Crater Lake Area Council of the Boy Scouts of America. The dance was held March 19 at the Jackson hotel in Medford.

Scouts present from the Hornbrook troop were Darrell Jones, Douglas Bennett, Ernie Burcell, Steve Farmer, Mike Turnbow and George Chadwick. Girls accompanying the boys were Caren Cross, Jennifer Cummins, Shirley Gillespie and Shirley Dickison.

Darrell Jones and Shirley Gillespie were winners in a dance contest.

Return of Dayal May Upset Congo

Leopoldville, Congo—Diplomatic sources warned Wednesday that the return of U.N. special representative Rajeshwar Dayal to the Congo might upset the delicate truce between U.N. and native forces.

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gravy, stuffings; is used in omelets and sauces; is tossed into many casserole dishes and into salads. Here we sauce asparagus with it. We make 1 1/2 cups of sauce for six servings.

Cook fresh asparagus as usual, using two pounds or so. For sauce: Melt two tablespoons butter or margarine in a saucepan. Remove from heat and blend in two tablespoons flour. Stir in one cup chicken stock, canned or made from bouillon cube. Add one-quarter cup of light cream. Return to heat and stir and cook over medium heat until mixture begins to thicken; add five minutes. Add three-quarter teaspoon salt, one-eighth teaspoon black pepper. Beat two egg yolks; add to one-quarter cup light cream and stir into the sauce. Cook over low heat only until hot (two minutes). Just before serving add three-quarter cup finely chopped fresh parsley; reheat.



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