



**A HEARTY BEEF STEW** is just the dish to set before a hungry family in nippy evenings. In this tested recipe, beef stew meat is simmered to fork tenderness in bouillon seasoned with a generous amount of paprika and a whiff of garlic. Potatoes are added toward the end of the cooking time to simmer in the rich broth.

—Photo Courtesy American Meat Institute

### HUNGARIAN GOULASH

If you would be an expert stew-maker, follow these simple, basic rules:

1. Use any meat desired—beef, veal, lamb or pork and cut into cubes.
2. Dip meat cubes into seasoned flour and brown in a little hot fat over medium heat. For best results, brown only a few cubes at a time.
3. Add interesting seasonings, such as some celery tops, a few whole cloves and a bay leaf. Then add liquid to cover meat.
4. Cover and cook over low heat until meat is nearly tender.
5. Add the desired vegetables and cook until they are done. Favorite choices are carrots, potatoes and onions. Other interesting variations are peas, green beans, cauliflower, whole kernel corn, lima beans, kidney beans and cabbage.
6. Remove meat and vegetables to a hot platter and thicken liquid with a flour and water paste. Season gravy and pour over meat and vegetables.

**HUNGARIAN GOULASH**  
Here's a tasty variation of the standard beef stew, using stew meat (one of the thriftier cuts), cubed. Serve with a simple fruit salad and hard rolls or hot biscuits.

- 1 pound beef stew meat
  - 1 clove garlic
  - 2 medium onions
  - 2 teaspoons paprika
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 2 bouillon cubes
  - 2 cups boiling water
  - 2 cups diced potatoes
- Cut meat into 1-inch cubes and brown in a little hot fat. Add minced garlic, sliced onions, seasonings and the bouillon cubes dissolved in hot water. Cover and simmer 2 to 3 hours. Add 1 cup hot water and potatoes cut into 1/2-inch cubes. Cook 20 to 30 minutes longer or until potatoes are tender. Season to taste and thicken, if necessary. Four servings.

### OXTAIL SOUP

Wash 2 1/2 pounds oxtails and dry; dredge with flour and brown in a little hot fat in a deep heavy utensil. Add 1 teaspoon salt, 1/4 teaspoon pepper, bay leaf, parsley and 2 quarts of water. Boil for 10 minutes. Skim. Cover and simmer over low heat 2 to 3 hours or until meat is very tender. Remove joints; pick meat from bones and return meat to soup stock. Add 1-3 cup each diced celery, carrots and onion and simmer 30 minutes. Add 1 teaspoon Worcestershire sauce and season to taste with salt and pepper. Makes about two quarts.

### BAKED PEARS

Use fresh or canned pears. Spread cut halves with marmalade thinned with pear juice. Dot with butter or margarine and sprinkle with chopped nuts. Bake at 400 degrees just long enough to heat through and toast the nuts.

## upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor  
Herald and News

### Fish for Lent Or Any Season

Frozen or fresh fillets may be used for this dish. Mornay sauce is the perfect foil for fish any time. This fine sauce dish is especially useful during Lent when you're looking for ways to vary meatless meals.

If frozen fillets are used, thaw according to package directions. Pour the Mornay Sauce over the fillets.

#### CHERRY FILBERT MOLD

Pit cherries from one No. 2 can sweet cherries (1 cup) and put a filbert kernel in each center. Set aside. Dissolve one package cherry flavored gelatin in 1 cup hot water; add 1/2 cup lemon juice and 1/2 cup cherry juice. Refrigerate until partially set. Divide the nut filled cherries evenly into 8 individual salad molds. Pour in partially set gelatin. Refrigerate. Unmold on lettuce cups when set. Allow about four hours. Serves eight.

#### CHERRY SAUCE

Pit one cup canned cherries, using either light or dark sweet cherries. Mix 2 tablespoons cornstarch with a little cherry juice and combine with 1 teaspoon grated orange rind, 1/3 cup honey, 2 tablespoons butter, 1/4 teaspoon vanilla extract, 1/4 teaspoon lemon extract, 1 cup cherry juice and 1/2 teaspoon red food coloring. Bring to a boil and cook over low heat for two minutes. Add the cup of pitted cherries and serve as sauce on angel food cake, over nutmeg custard, or serve warm over ice cream or pancakes or waffles.

#### HONEY BUTTER

Honey butter gives an interesting change for waffles, toast or hot biscuits. Cream one cube of butter until soft and smooth. Gradually beat in 1/2 cup honey and continue to beat until the mixture is light and fluffy.

Fillet arranged in a baking dish and while it is baking you can finish the rest of the preparation for dinner.

#### FILLETS OF SOLE

1 pound sole fillets  
2 tablespoons butter  
1/2 cup finely chopped onion  
1 inch piece of bay leaf  
2 tablespoons flour  
1/4 teaspoon salt  
Dash of pepper  
1/2 cup evaporated milk  
1/2 cup water  
1/2 cup shredded Cheddar cheese  
2 or 3 tablespoons toasted, silvered almonds (if desired)

Melt butter in saucepan. Add onion and bay leaf and cook gently until onion is yellow and transparent. Remove bay leaf and discard. Blend in flour, salt and pepper. Stir in water and cook stirring constantly, until mixture is thickened. Gradually blend in milk. Stir in cheese. Continue cooking over low heat, stirring frequently, until cheese is melted. Pour over fillets in baking dish. Sprinkle almonds over top. Bake in a slow oven (325 degrees) until

fillets can be flaked easily with a fork and sauce is bubbly, about 25 minutes. Makes four servings.

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#### HONEY LEMON DRESSING

Mix together 1/4 cup mayonnaise, 2 tablespoons lemon juice, 1 tablespoon pineapple juice and 1 tablespoon honey or brown sugar. Serve with fruit salad such as a combination of almond-stuffed sweet cherries, cubed raw apples, pineapple chunks and crisp watercress.

#### TIGHT PANTS

Even shorts are trim and slim this season, according to fashion authorities. One high style shows abbreviated shorts designed in bright-colored cotton satin to be teamed with a softly-tailored shirt in blending stripes.

### Quick Shrimp Cocktail

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