

# MAIN MEAL MAKIN'S

Here are recipes for the kind of good food from which great meals are made . . . main dishes, salads, and desserts which you will serve in many wonderfully satisfying combinations.



## "HOLIDAY IN CHICAGO" FAMILY WEEKLY Recipe Contest for TEEN-AGE readers

Send your favorite original recipe to Culinary Arts Institute, 153 N. Michigan Ave., Chicago 1, Ill., to reach us before November 22, 1957. Details of prize Christmas-New Year vacation trip in next week's issue! Also, \$10.00 award if your recipe is published in FAMILY WEEKLY. Readers between the ages of 13 and 18 are all eligible.



### OP Master's Pork Chops



Thin corn wafers (enough to yield 1 to 1 1/2 cups crumbs)  
1/3 cup firmly packed brown sugar  
2 teaspoons dry mustard  
1 teaspoon salt  
1/2 teaspoon Accent  
1/4 teaspoon cayenne pepper  
1 cup water  
1/4 cup cider vinegar  
3 lemon slices  
1/4 cup butter  
1 cup catsup  
6 pork chops, cut about 1-in. thick  
1 1/2 teaspoons fat  
2 medium-size onions, finely chopped  
1 clove garlic, crushed in a garlic press or minced (thin, papery outer skin removed)

- Place corn wafers on a long length of heavy waxed paper. Loosely fold paper around wafers, tucking under open ends. With a rolling pin, gently crush to make fine crumbs. Or place wafers in a plastic bag and gently crush. Set aside.
- Mix brown sugar, dry mustard, salt,

Accent, and cayenne pepper together in a saucepan. Add water and vinegar gradually, blending in. Add the lemon slices and butter.

- Stir over low heat until sugar is dissolved and butter is melted. Simmer, uncovered, over low heat 15 min.

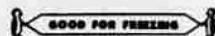
- Remove from heat and blend in the crumbs and catsup. Set aside.

- With dull edge of knife, lightly scrape meat surfaces. Heat fat in a large heavy skillet. Put chops into skillet and brown on both sides. When chops are browned, remove from skillet.

- Add the onion and garlic to the skillet and cook over medium heat, occasionally moving and turning with a spoon, until onion is transparent. Stir in the catsup mixture.

- Return chops to skillet. Cover and cook over low heat 50 to 60 min., 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 lemon slices before serving. 6 servings

### Beef Stew



2 lbs. beef for stewing (chuck, round or brisket, cut in 1 1/2-in. pieces)

1/4 cup flour  
1 1/2 teaspoons salt  
1 teaspoon Accent  
1/4 teaspoon pepper  
3 tablespoons fat  
2 cups hot water  
1 bay leaf  
1/4 teaspoon thyme  
1 teaspoon salt  
6 small whole onions  
6 small whole carrots, washed, and pared or scraped  
6 potatoes, washed, pared, and quartered  
1 cup peas (1/2 pkg. frozen peas)  
1 cup (8 oz. can) tomato sauce

- To coat evenly, shake meat pieces in a plastic bag containing a mixture of the flour, salt, Accent, and pepper.

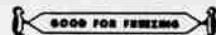
- Heat fat in a 3-qt. top-of-the-range casserole. Add meat pieces and brown on all sides over medium heat, occasionally moving and turning pieces with a spoon.

- When meat is browned, slowly add the hot water, bay leaf, and thyme. Bring liquid rapidly to boiling; reduce heat, cover and simmer (do not boil) 1 1/2 hrs. If necessary, add more hot water as meat cooks.

- Stir in the 1 teaspoon salt. Add onions, carrots, and potatoes to stew. Cover and cook 25 min. longer, or until vegetables are nearly tender.

- Mix in the peas and tomato sauce. Cook 10 to 15 min. longer, or until meat and vegetables are tender when pierced with a fork. Remove bay leaf before serving. 6 servings

### Banana Sponge Cake



1 cup sifted cake flour  
1/2 teaspoon salt  
4 egg yolks  
1/2 cup sugar  
1 to 2 teaspoons banana extract  
1/2 teaspoon lemon juice  
4 egg whites  
1/2 cup sugar  
1/2 cup sieved bananas (1 to 2 bananas with brown-flecked peel)

- Set out a 9-in. tubed pan.
- Sift cake flour and salt together. Set aside.
- Beat egg yolks, first 1/2 cup sugar, banana extract, and lemon juice together until thick and lemon-colored. Set aside.
- Using clean beater, beat egg whites until frothy. Add remaining 1/2 cup sugar gradually, beating well after each addition. Continue beating until rounded

peaks are formed and egg whites do not slide when bowl is partially inverted.

- Spread egg yolk mixture over egg whites and gently fold together.

- Sift about one-fourth of the dry ingredients at a time over surface. Fold together gently after each addition. Fold in the sieved bananas. Turn batter into pan.
- Bake at 350°F 45 min., or until cake surface springs back when lightly touched.

- Remove from oven. Immediately invert pan on tubed end until completely cooled. If cake is higher than tube, invert between two cooling racks so top of cake does not touch any surface. To remove from pan, cut around tube with paring knife to loosen cake. Loosen sides with spatula and gently remove cake.

One 9-in. tubed cake