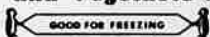


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EXCELLENT



Beef and Vegetable Soup



TO PREPARE: 25 MIN. TO COOK: 3½-4 HRS.

- 4 lbs. cross-cut beef shanks
 - 3 qts. water
 - 1½ cups chopped onion
 - 1 cup chopped celery
 - 2 tablespoons celery salt
 - 1 tablespoon salt
 - 1 teaspoon black pepper
 - 1 bay leaf
 - 1 cup diced (1 medium-size) potato
 - 1 cup sliced (3 medium-size) carrots
 - ½ cup packaged pre-cooked rice
 - ½ cup minced parsley
 - 1 No. 2 can (about 2½ cups) tomatoes
1. Set out a 6-qt. kettle having a tight-fitting cover.

- 2. Place meat in kettle; cover with water. Add onion, celery, celery salt, salt, pepper, and bay leaf. Simmer, covered, 2 to 3 hrs., or until meat is almost tender.
- 3. Remove from heat. Remove shank bones and cut meat into small pieces. Return meat to soup.
- 4. Add potato and carrots to kettle. Cover and simmer 10 to 15 min. Add rice and continue cooking about 15 min., or until vegetables are tender.
- 5. Remove from heat. Let soup stand until cold, and fat rises. Remove fat.
- 6. Add parsley and tomatoes. Reheat soup and serve hot. Remove bay leaf before serving. About 5 qts. soup

Quick Applesauce Fruitcake



TO PREPARE: 35 MIN. TO BAKE: 70 MIN.

- ½ cup sifted flour
 - 1 cup (about 4 oz.) pecans, coarsely chopped
 - ¾ cup (about 5 oz.) pitted dates, cut in fourths
 - ½ cup (about 4 oz.) candied red cherries, cut in fourths
 - ¾ cup (about 5 oz.) diced assorted candied fruits
 - ¾ cup (about 4 oz.) golden raisins
 - 1 10-oz. pkg. applesauce cake mix
 - 2 eggs
 - Water
1. Thoroughly grease and lightly flour bottom only of a 9½x5¼x2¾-in. loaf pan.
2. Put flour into a large bowl. Add the pecans, dates, cherries, candied fruits, and raisins; lightly toss together.
3. Empty cake mix into a large mixing

- bowl. Measure the eggs in a 1-cup measuring cup for liquids. Add water, if necessary, to make ½ cup. Add to the cake mix; blend and mix according to directions on package. Pour batter over fruit-nut mixture and mix well. Turn into prepared pan and spread evenly.
- 4. Place a shallow pan containing 2 cups hot water on bottom rack of oven during baking time.
- 5. Bake at 325°F 1 hr. 10 min., or until a cake tester inserted in center of cake comes out clean.
- 6. Cool completely on cooling rack. Remove from pan and wrap cake in aluminum foil or other moisture-vapor-proof material. Store in a cool place. Once or twice a week, using a pastry brush, paint cake with apple cider or orange juice. About 2¼ lbs. fruitcake

Apple Pecan Pie

Voted a blue ribbon by apple-growers at their annual September Apple Smorgasbord, in Grand Rapids, Mich.

TO PREPARE: 30 MIN. TO BAKE: 50 MIN.

- Pastry for 1-crust 9-in. pie (your favorite recipe or a prepared mix)
- 1 cup coarsely chopped pecans
- 2 tablespoons butter
- 1 teaspoon vanilla extract
- 1 cup firmly packed light brown sugar
- 3 eggs, well beaten (until thick and piled softly)
- ¾ cup dark corn sirup
- ½ cup thick applesauce
- Few grains ground cinnamon

- 1. Prepare pastry (do not bake).
- 2. Cream together the butter and vanilla extract until butter is softened. Add brown sugar gradually, creaming until fluffy after each addition.
- 3. Add eggs in thirds, beating thoroughly after each addition. Blend in the pecans, corn sirup, applesauce, and cinnamon. Turn into the pastry shell.
- 4. Bake at 450°F 10 min. Reduce heat to 350°F and bake 35 to 40 min. Cool on cooling rack. One 9-in. pie



MELANIE DE PROFT, Director, Culinary Arts Institute

Family Weekly

Cookbook

Steak Roll-Ups with Noodles

TO PREPARE AND COOK: 1 HR. 45 MIN.

- 1 1½-lb. flank steak
 - 3 tablespoons butter or margarine
 - ½ teaspoon thyme
 - ¼ teaspoon sage
 - ¼ teaspoon basil
 - 3 tablespoons fat
 - 1 No. 2½ can (about 3½ cups) tomatoes
 - 1 6-oz. can (¼ cup) tomato paste
 - 1 cup (about 2 medium-size) chopped onion
 - 1 clove garlic (thin, papery outer skin removed), cut in halves
 - 2 teaspoons salt
 - ¼ teaspoon black pepper
 - 1 teaspoon Accent
 - 1 teaspoon chili powder
1. Set out a Dutch oven; or use a heavy sauce pot having a tight-fitting cover.
2. With dull edge of knife, lightly scrape

- meat surfaces. Place meat on a flat working surface and pound or score the meat. Spread one side with butter. Sprinkle evenly with a mixture of the thyme, sage, and basil. Starting at a long side, roll up meat. Tie with cord.
- 3. Heat fat in the Dutch oven over medium heat. Add the steak roll and brown on all sides. Add the tomatoes, tomato paste, onion, garlic, and a mixture of the salt, pepper, Accent, and chili powder.
- 4. Bring liquid rapidly to boiling; reduce heat, cover, and simmer (do not boil) 1½ hrs., or until meat is tender when pierced with a fork.
- 5. Remove garlic from sauce. Remove steak roll. Insert skewers at 1-in. intervals. Remove cord. Slice between skewers. Arrange meat on hot platter and spoon sauce over all. Serve with parsley-buttered noodles. About 6 servings

Creamy Green Bean Casserole



TO PREPARE: 15 MIN. TO HEAT: 25 MIN.

- 2 10-oz. pkgs. frozen green beans
 - 1 8-oz. can water chestnuts, drained and sliced
 - 1 No. 2 can bean sprouts, drained
 - 1 4-oz. can mushrooms, drained
 - 1 10½- to 11-oz. can condensed cream of mushroom soup
 - ½ teaspoon salt
 - Few grains black pepper
 - 1 3½-oz. can French fried onion rings
1. Cook green beans according to directions on package. Drain, if necessary.
2. Put into a large mixing bowl the water chestnuts, bean sprouts, mushrooms, and a mixture of the soup, salt, and pepper. Add beans; toss lightly. Turn into 2-qt. casserole. Top with onion rings.
3. Heat thoroughly in a 325°F oven about 25 min. About 8 servings

Cheese-Biscuit Pans



TO PREPARE: 20 MIN. TO BAKE: 9 MIN.

- 1 8-oz. container ready-to-bake biscuits
 - 1 tablespoon butter, softened
 - ½ cup sharp American cheese food, softened
 - Melted butter
1. Grease bottoms only of ten 2½-in. muffin-pan wells.
2. Remove biscuits from container and flatten each biscuit to ¼-in. thickness.
3. Spread biscuits with softened butter. Cut each biscuit in half. Spread cheese on 15 of the biscuit halves. Stack three of the cheese-spread halves; top with a buttered half, buttered-side down. Repeat. Cut each stack in half. Place in muffin-pan wells with a cut-side down. Brush tops with melted butter.
4. Bake at 450°F 9 min., or until biscuits are golden brown. 10 biscuits