

Foreign Exchange



Family Weekly Cookbook
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"The world is getting smaller" applies not only to communications and travel, but to the free flow of food products and wonderful ways to prepare and serve them. Here, with the all-American favorite, are glamorous European imports to please U. S. tastes.

Steak, the all-American favorite.

CONVENIENCE FOOD RECIPE

Broil a 1½-in. thick steak 2 in. from heat source. When browned on one side, sprinkle with a mixture of salt, pepper, and Accent. 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 after seasoning, spread steak with softened blue cheese.

Browned Butter Steak Sauce

Heat ¼ cup butter and 2 small cloves garlic, crushed in a garlic press or minced, in a skillet over medium heat until butter is golden brown; stir frequently. Remove from heat. Blend in 1 teaspoon lemon juice, 1 teaspoon steak sauce, ¼ teaspoon seasoned salt, and few grains freshly ground black pepper. Brush steak with sauce during broiling.

Barbecue-Braised Onions

Steak and onions go together.

TO PREPARE: 20 MIN. TO BAKE: 1 HR.

- 4 large Spanish onions
 - ¼ cup butter, melted
 - ½ cup honey
 - ½ cup tomato juice
 - 1½ teaspoons soy sauce
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
- Set out a large, shallow baking dish.
 - Cut a thin slice from each end of the onions. Cut each crosswise in half and remove skin. Put halves close together, cut-side up, in the baking dish.
 - Mix together the butter, honey, tomato juice, soy sauce, salt, and pepper. Spoon sauce over onions. Cover tightly with foil.
 - Bake at 350°F 1 hr., or until tender. Baste occasionally with sauce during cooking. With a wide spatula, carefully transfer onions to a warm serving platter. Spoon some of the sauce over the onions. Sprinkle tops with paprika. 8 servings

Roast Leg of Lamb, French Style (Rôti d'Agneau)

TO PREPARE: 15 MIN. TO ROAST: 2¼-3½ HRS.

- 5- to 6-lb. leg of lamb (do not remove fell)
 - 2 teaspoons salt
 - ¼ teaspoon black pepper
 - Garlic cloves, cut in slivers
 - 3 tablespoons butter, melted
 - 1 cup quick meat broth, cooled
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
- Set out a roasting pan with rack.
 - Rub lamb with a mixture of 2 teaspoons salt and ¼ teaspoon pepper. Cut several small slits in surface of meat and insert a sliver of garlic in each.
 - Place lamb, skin-side down, on rack in pan. Insert roast meat thermometer in center of thickest part of meat; be sure that bulb does not rest on bone or in fat.
 - Roast uncovered at 300°F about 2½ to 3½ hrs., allowing 30 to 35 min. per pound. Brush meat frequently with melted butter during roasting. Meat is medium done when thermometer registers 175°F; well done at 180°F.
 - Remove meat from pan to a warm platter; pour off fat from pan drippings.
 - Make gravy by stirring broth into drippings. Bring to boiling, stirring constantly. Stir in salt and pepper. 10 to 12 servings

Oxtail Stew (Ochsenschwanz-Eintopf)

GOOD FOR FREEZING

TO PREPARE: 30 MIN. TO COOK: 2¼-3 HRS.

- 3 oxtails (about 1 lb. each), disjointed
 - ½ cup flour
 - 1 teaspoon salt
 - ¼ teaspoon black pepper
 - 1½ cups (about 3 medium-sized) chopped onion
 - 3 tablespoons butter
 - 1 No. 2½ can tomatoes, drained (reserve liquid)
 - 1½ cups hot water
 - 4 medium-sized (about 1½ lbs.) potatoes, washed and pared
 - 6 medium-sized carrots, rinsed and pared or scraped
 - 2 lbs. fresh peas, rinsed and shelled
 - 1 tablespoon paprika
 - 1 teaspoon salt
 - ¼ teaspoon black pepper
 - ¼ cup water
 - 2 tablespoons flour
- Set out a 3-qt. top-of-range casserole having a tight-fitting cover.
 - Coat oxtail pieces evenly by shaking two or three at a time in a plastic bag containing a mixture of flour, salt, and pepper.
 - Heat the butter in the casserole over low heat. Add the onion and cook over medium heat until it is transparent, occasionally moving and turning

with a spoon. Remove onion with a slotted spoon and set aside.

- Put meat into casserole and brown on all sides.
- Return onion to casserole. Add the reserved tomato liquid and the hot water. Cover tightly and simmer 2½ to 3 hrs., until meat is nearly tender when pierced with a fork.
- When meat has cooked 2 hrs., using a ball-shaped cutter, cut the potatoes and carrots into small balls. Cut the tomatoes into pieces.
- When meat is almost tender, add potatoes, carrots, peas, and a mixture of paprika, salt, and pepper. Cover and simmer 20 min. longer, or until vegetables are nearly tender. Add the tomatoes and cook 10 min. longer, or until meat and vegetables are tender. Remove meat and vegetables to a warm dish.
- Pour the water into a screw-top jar. Sprinkle the flour onto the liquid. Cover jar tightly and shake until mixture is well blended. Slowly pour one-half the mixture into cooking liquid, stirring constantly. Bring to boiling. Gradually add only what is needed of remaining flour mixture for desired gravy consistency. Bring to boiling after each addition. Cook 3 to 5 min. longer after final addition. Return meat and vegetables to casserole and heat thoroughly. 6 to 8 servings

Szekely Goulash (Székely Gulyás)

Fare fit for a banquet—chunks of pork in creamy delectable kraut.

TO PREPARE: 35 MIN. TO COOK: 1 HR. 35 MIN.

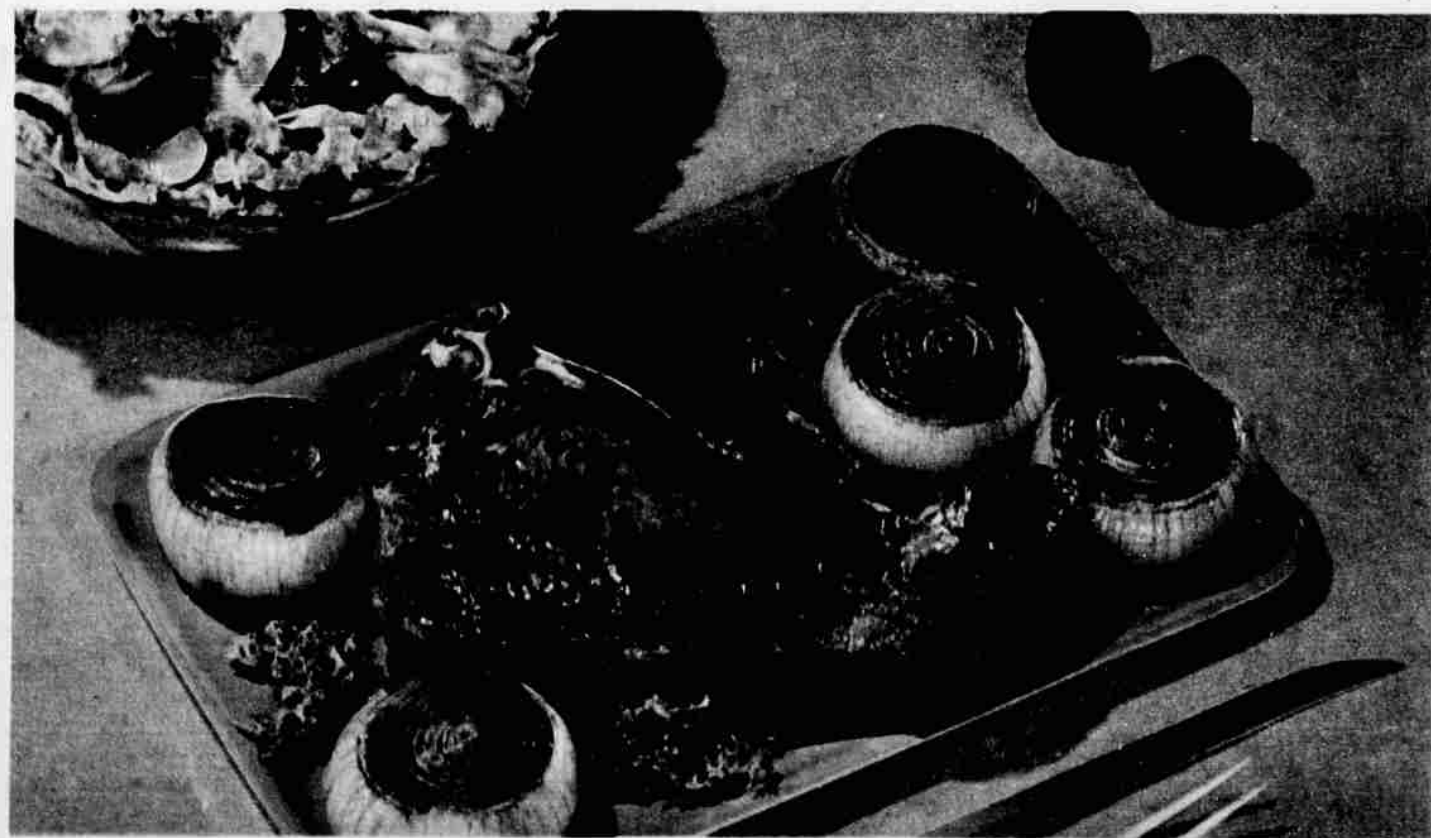
- 1½ lbs. lean leg of pork or pork shoulder
 - 2 tablespoons flour
 - 2 teaspoons paprika
 - 1½ teaspoons salt
 - 2 tablespoons fat
 - 2 tablespoons finely chopped onion
 - 2 or 3 tablespoons hot water
 - 1 No. 2½ can sauerkraut (about 3½ cups, firmly packed)
 - 2 cups hot water
 - 1½ cups thick sour cream
- Set out a 4-qt. sauce pot or a Dutch oven having a tight-fitting cover.
 - Cut the pork into 1½-in. cubes. To coat meat evenly, shake cubes in a plastic bag containing a mixture of flour, paprika, and salt. Set aside.
 - Heat the fat in the sauce pot over medium heat. Add the onion and cook until transparent, stirring occasionally.
 - Put the meat into the sauce pot and brown on all sides over medium heat, occasionally moving and turning. Add 2 to 3 tablespoons hot water. Cover sauce pot and simmer 1 hr., stirring occasionally. Add small amounts of water as needed.
 - Shortly before end of one-hour cooking period, drain the sauerkraut. If desired, rinse sauerkraut in cold water (goulash will have a milder flavor); drain again.
 - Mix sauerkraut with the meat and add 2 cups hot water. Bring to boiling, cover and simmer 30 min. longer, or until meat is tender.
 - Remove sauce pot from heat. Gradually add about 1½ cups cooking liquid to the sour cream, blending well. Blend into the meat mixture. Stirring constantly, cook over low heat, 3 to 5 min., until heated thoroughly. Do not boil. Serve in small bowls. 6 to 8 servings

Quick Tomato Sauce

CONVENIENCE FOOD RECIPE

TO PREPARE: 10 MIN.

- 2 tablespoons butter or margarine
 - 2 tablespoons flour
 - 1 teaspoon onion salt
 - ¼ teaspoon cayenne pepper
 - 2 8-oz. cans (2 cups) tomato sauce
 - ½ cup hot water
 - 2 teaspoons Worcestershire sauce
- Heat the butter in a saucepan over low heat. Blend in the flour, onion salt, and cayenne pepper. Heat until mixture bubbles, stirring constantly.
 - Remove from heat. Gradually add the tomato sauce, hot water, and Worcestershire sauce, stirring constantly. Return to heat and bring rapidly to boiling, stirring constantly. Cook 1 to 2 min. longer. Serve sauce hot. About 2 cups sauce



Veal Parmesan (Scaloppine di Vitello alla Parmigiana)

TO PREPARE: 25 MIN. TO BAKE: 20 MIN.

- 2 cups Tomato-Meat Sauce or Quick Tomato Sauce
 - 1½ to 2 lbs. veal round steak (cutlet), cut about ½ in. thick
 - 1½ cups fine dry bread crumbs
 - ½ cup shredded Parmesan cheese
 - 3 eggs, beaten
 - 1 teaspoon salt
 - ¼ teaspoon black pepper
 - ¼ teaspoon Accent
 - ½ cup olive oil
 - 6 slices (3 oz.) Mozzarella cheese
- Prepare sauce and set aside.
 - Set out an 11x7x1½-in. baking dish.
 - With the dull edge of a knife, scrape meat surfaces. To increase tenderness, place meat on a flat working surface and repeatedly pound on one side

with meat hammer. Turn meat and repeat process. Cut into six serving-sized pieces.

- Mix the bread crumbs with shredded cheese and set aside.
- Mix together the eggs, salt, pepper, and Accent.
- Heat olive oil in a large skillet. Dip meat pieces (coat both sides) into egg mixture; allow excess to drain back into bowl. Dip into crumb mixture (coat both sides). Dip only as many pieces at one time as will lie flat in skillet. Put in skillet and brown both sides over low heat. Repeat procedure for remaining pieces.
- Arrange browned pieces in baking dish. Pour sauce over them. Top with slices of Mozzarella cheese (1 slice per serving).
- Bake at 350°F 15 to 20 min., or until cheese is melted and lightly browned. 6 servings

Tomato-Meat Sauce

GOOD FOR FREEZING

TO PREPARE: 15 MIN. TO COOK: 4½ HRS.

- ¼ cup olive oil
 - ½ cup (about 1 medium-sized) chopped onion
 - ½ lb. boneless beef (chuck or rump)
 - ½ lb. boneless pork shoulder
 - 2 No. 2½ cans (7 cups) tomatoes, sieved
 - 1 tablespoon salt
 - 1 bay leaf
 - 1 6-oz. can (¼ cup) tomato paste
- Heat the olive oil in a large, heavy sauce pot having a tight-fitting cover.
 - Add the onion and cook over medium heat until

lightly browned, occasionally moving and turning with a spoon.

- Meanwhile, using the dull edge of a knife, scrape meat surfaces of beef and pork. Add meat to the sauce pot and brown, turning occasionally.
- Add sieved tomatoes, salt, and bay leaf to the sauce pot; cover and simmer about 2½ hrs.
- Blend in the tomato paste and simmer uncovered over very low heat, stirring occasionally, about 2 hrs., or until thickened. If sauce becomes too thick, add about ½ cup hot water.
- Remove meat and bay leaf from sauce. About 4 cups sauce