

"MY HUSBAND'S FAVORITE DISH" CASH-PRIZE CONTEST

Almost every homemaker has a recipe which her husband acclaims "best of all." FAMILY WEEKLY is looking for your man's favorite dish. And for the guidance and inspiration of new June brides, we plan to publish the outstanding original reader-contributions in a June issue.

To be eligible, you must have originated the recipe yourself or brought it to culinary perfection through your own skill.

In addition to publication in FAMILY WEEKLY, a \$25.00 cash prize will be awarded for those recipes chosen by our all-male Taste-Testing Panel.

The recipe for your husband's favorite dish must be postmarked before April 1, 1959. Mail entries to:

SPRING RECIPE CONTEST
Culinary Arts Institute
153 N. Michigan Ave.
Chicago 1, Illinois

Be sure to include your name and address. All entries become the property of Culinary Arts Institute. The judges' decisions are final.

TOMATO-LAMB STEW



TO PREPARE: 30 MIN. TO COOK: ABOUT 2½ HRS.

- 2 lbs. boneless lamb (shoulder), cut in 2-in. cubes
- 3 tablespoons shortening
- ¼ cup flour
- 2 teaspoons seasoned salt
- ¼ teaspoon black pepper
- ½ teaspoon chili powder
- 2 8-oz. cans (2 cups) tomato sauce
- 2 cups water
- 2 teaspoons seasoned salt
- ¼ teaspoon black pepper
- ¼ teaspoon chili powder
- 1 bay leaf
- 4 medium-size carrots, quartered
- 8 small onions
- 1 10-oz. pkg. frozen cut green beans, slightly thawed
- 3 cups whipped potatoes

1. Set out a Dutch oven or a large kettle having a tight-fitting cover.
2. Heat shortening in Dutch oven.

3. Coat meat evenly by shaking two pieces at a time in a plastic bag containing a mixture of the flour, 2 teaspoons seasoned salt, ¼ teaspoon black pepper, and ½ teaspoon chili powder.

4. Brown lamb in hot fat over medium heat; turn pieces occasionally to brown all sides. Pour off the excess fat.

5. Slowly pour in a mixture of the tomato sauce, water, 2 teaspoons seasoned salt, ¼ teaspoon black pepper, ¼ teaspoon chili powder; add the bay leaf. Bring rapidly to boiling. Reduce heat; cover and simmer (do not boil) 1½ to 2 hrs., or until meat is almost tender.

6. Add carrots and onions; cook about 20 min., or until vegetables are almost tender. Add beans and cook 15 min., or until tender. Remove bay leaf.

7. Pour stew into a 2½-qt. casserole. Force potatoes through a pastry bag and No. 7 star tube, or spoon around sides of casserole (see photo). Set in a 375°F oven about 15 min., or until potatoes are lightly browned.

About 6 servings

In Jig Time

Sharpen Spring appetites with these eye-appealing, satisfying dishes chock-full of fine flavor.



You'll love this version of an old favorite: lamb stew tantalizingly flavored with tomato, herb, and spice.

