



BEV LYONS, popular home demonstrator for California Oregon Power Company, and Barney Duin of Safeway Stores, collaborated in presenting a free beef barbecue cooking school under the sponsorship of Klamath County Cow Belles at the fairgrounds on July 28. She is shown getting ready to remove a perfectly browned roast from the motor-driven spit of the barbecue loaned by Montgomery Ward and Company for the cooking school. The barbecue is mobile as it sets solidly on rubber-tired wheels. The top compartment (just under the spray bottle containing water sitting conveniently on top) is a warming compartment where garlic French bread was heated in foil while the meat barbecued. A layer of gravel was placed in the bottom of the barbecue brazier before charcoal briquets were added for the fire.

### Beef Cooking School And Barbecue Ideas

Those who attended a Klamath County Cow Belle beef cooking school earlier this year were intrigued with the delicious results achieved by Bev Lyons with a pan of short ribs.

Here is her Braised Short Ribs of Beef recipe. She added barbecue sauce instead of tomato juice to finish cooking the short ribs and they were delicious and not greasy.

This barbecue sauce may be prepared in advance and is actually better if made the day before:

- 1 No. 2 can tomatoes with puree
- 1 can tomato paste
- 1 large onion chopped
- 1/4 pound of butter
- 1/4 cup vinegar
- 1/4 cup brown sugar
- 1 can green chilies, chopped
- 2-tablespoons Worcestershire sauce
- 1-tablespoon prepared mustard
- 1/2 cup catsup
- 1-tablespoon Accent

Celery salt, garlic salt, salt, pepper or mixed seasonings to taste.

Lightly brown chopped onion in butter. Add all other ingredients and allow to cook slowly 1 hour. Do not allow sauce to become too thick. This sauce can be brushed on the meat shortly before it is done or it may be used to cover the meat after it is sliced and then permitted to stand a few minutes before serving. For the short ribs, add a little to the bottom of the pan during final cooking.

**BRAISED SHORT RIBS**  
Select 12 ounces to 1 pound of short ribs per person. Choose some that have generous portions of white fat on them. Have them cut in serving pieces in about 2 inch lengths. Place short ribs in heavy uncovered pan in oven preheated to 400 degrees.

Brown short ribs for about 1 hour until they are extra well browned, stirring occasionally. Remove from oven and pour off all clear drippings immediately. Do not allow short ribs to stand in drippings as they will become greasy and unpalatable.

After draining add a small amount of tomato juice or any other liquid you desire — just enough to cover the bottom of the pan. Do not add too much liquid at one time. Add more from time to time as necessary. Return short ribs to oven in a covered pan and cook at 300 de-

grees until tender and meat falls from the bones. Note: After liquid is added the short rib cooking may be completed on top of the stove in a Dutch Oven following the same plan, namely, a small amount of liquid and add more from time to time.

Seasoning may consist of fresh onions, carrots, celery salt, pepper, garlic, combination salts, herb salts, bay leaves, catsup, green pepper or almost any one seasoning or combination of more than one. Use a variety each time you prepare short ribs to vary the flavor. Be daring! Experiment! and keep your family raving about what a good cook you are!

### SUMMER SALAD

Treat your family to California mid-summer cantaloupe often during July and August, the height of its season. The fruit has a flavor fit for the gods, all because it is never picked before it is fully ripe. Then it is iced and sent to all parts of the country in refrigerated cars. This method of shipment holds the wonderful flavor and sun ripened goodness. Calorie watchers will be delighted to learn that half a mid-summer cantaloupe scores but 35-40 calories. "Snow-top Salad," an exotic summer refreshment—rings of tender melon filled with sliced strawberries and topped with snowy mint-flavored cream cheese. Elegant!

- SNOW-TOP SALADS**
  - 1 California mid-summer cantaloupe
  - Salad greens
  - 1 cup sliced fresh strawberries or whole raspberries
  - French dressing
  - 1 (3-ounce) package cream cheese
  - 2 teaspoons finely chopped mint
  - 1/2 teaspoon seasoned salt
- Cut cantaloupe into 4 thick rings; remove seeds and rind from each one. Arrange circle of melon on salad greens; fill center of each with berries; drizzle French dressing over fruits. Soften cheese and beat in milk; add mint and salt. Spoon cheese mixture on top of each salad.  
Makes 4 servings.

# upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

## Herald and News

### FRUIT PIE

Like your pies high and fluffy? Make a "Golden Chiffon Pie." This has lots of filling, so build the sides of the crust up well. Chill the mixture until it holds its shape, so it can be "heaped" into the shell with nice ripples. Canned fruit cocktail makes short work of preparing the fruit for this luscious dessert. Apricot nectar gives the golden hue to the filling. This is a wonderfully refreshing and elegant summer dessert.

#### GOLDEN CHIFFON PIE

- 1 envelope plain gelatin
- 1/4 cup cold water
- 1 (No. 303) can fruit cocktail
- 1 (12-ounce) can apricot whole fruit nectar
- 3 eggs
- 1/4 cup sugar
- 2 teaspoons finely grated orange rind
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1 baked (9-inch) pie shell with high fluted rim
- 1/2 cup whipping cream

Soften gelatin in water. Drain fruit cocktail. Heat apricot nectar to just below boiling. Separate eggs; beat yolks with sugar. Blend in a few tablespoons hot nectar. Combine yolk mixture with remaining nectar and cook, stirring, over boiling water or very low direct heat until mixture thickens slightly—about 5 minutes. (Do not boil.) Add orange rind, lemon juice, salt and softened gelatin; stir until gelatin dissolves. Chill until mixture will mound on a spoon. Beat egg whites until stiff but not dry. Fold egg whites and drained canned fruit cocktail into apricot mixture. Pile filling into baked pie shell. Chill until firm—about 4 hours. Whip cream and spread over pie before serving.  
Makes 1 (9-inch) pie—6 servings.

### CHEDDAR CHEESE

Freshly shredded cheddar cheese is a wonderful topping for fruit salad. Sprinkle it over cooked green vegetable, or top hamburgers, barbecued on the outdoor grill or cooked inside, with shredded cheddar. It is a very versatile cheese.

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**BWARE OF IMITATIONS**

LOOK FOR THE HAPPY LITTLE DOG

**TOPS IN QUALITY!**

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BARNEY DUIN, Safeway Stores, Inc., Portland, and Bev Lyons, Copco home demonstrator, Medford, shared barbecue ideas and tricks with some 200 guests of Klamath County Cow Belles at the fairgrounds on July 28. The beautiful roasts barbecued before the eyes of the crowd were contributed by Safeway and then given away.

### BARBECUING

"Keep the menu simple and easy when planning a barbecue," was Barney Duin's advice to those who attended Klamath County Cow Belles' third free cooking school held on July 28 at the fairgrounds.

"Put nearly all of the effort into the barbecued meat," he added, "limiting the other courses to simple, eaten-out-of-hand items or such things as chilled tomato juice and possibly a crispy, crunchy salad. Lots of crisp rolls and butter, with plenty of coffee, tea or cooling summer drinks also are in order."

"Remember, when planning a barbecue to be plenty generous so that everyone feels free to partake of the food and that no one has to hold back. And, always expect unexpected guests."

"Paper plates add to the informality of the occasion, but do use metal silverware. You can't balance a choice piece of steak on a paper or plastic form."

Things you need for a successful barbecue listed by Duin included gravel, water in a small clothes sprayer, charcoal, charcoal lighter fluid or an electric starter, smoke chips if you like hickory flavor, matches, fire tongs, good, fireproof gloves, long-handled fork, long-handled spatula, long-handled steak tongs and a sturdy apron. He advised lighting the fire about an hour before you plan to start barbecuing so it will have time to burn down to a red-coal condition. Have some extra fuel in the brazier, heating, but not on the burning coals, ready to add when needed.

"Do not add cold briquets to a hot fire as they cool the fire down and the food slows down in cooking," he advised.

Duin explained, to keep the heat concentrated on the food. Breezes usually are blowing outside so the barbecue should be mobile, or the stationary, brick ones should have a movable hood to prevent too much air movement between the heat and the food. The spit (which should be turned by an electric motor) should turn at a rate of six turns per minute. This is slow enough, he explained, to hold the juices in and allow for self-basting.

As a final thought, select the cuts you would for oven broiling because you can't make a chuck steak turn out like a filet just by cooking it in an outdoor barbecue.

### BLUE CHEESE

Crumble some blue cheese on top of a tossed green salad for extra flavor. Blue cheese spread on "party" rye slices and then topped with black olive rings (Wyandotte, of course) adds just the right touch to an appetizer or snack tray.

### POT ROAST

Save juices from a pot roast (if you have more than enough for gravy) and add to the next meat loaf or spaghetti sauce for additional richness and flavor.

Below is a **Constant Comment** TEA

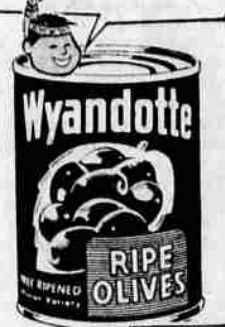
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### STUFFED PEPPERS

Leftover meats can be a real bargain to the homemaker. Combine 2 1/2 cups finely chopped cooked beef, 1 1/2 cups mashed or diced potatoes, 1-3 cup chopped stuffed peppers, 1/4 cup chopped onion, one teaspoon salt, 1/4 teaspoon pepper and 1/2 cup hot water for stuffing for six medium size green peppers. To prepare the peppers, remove tops and seeds from the peppers. Simmer peppers five minutes in salted water. Fill the drained, hot peppers with the stuffing. Place peppers in a baking dish and pour 1/2 cup hot water into the baking dish. Bake for 30 minutes in 350-degree oven. When only five minutes cooking time remains, sprinkle tops of peppers with grated parmesan and return to oven.

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