

*Appetites sharpen and dinner becomes a bright occasion*

*when it centers on any one of these hearty main dishes, each a triumphant flavor blend*

# LAMB IN FLAVOR

## RICH IN PROTEIN

### Fruited Lamb Spareribs

TO PREPARE: 20 MIN.

TO COOK: 1½ HRS.

3 lbs. lamb spareribs	¼ cup chopped parsley
1 teaspoon salt	1 medium-size orange,
¼ teaspoon black pepper	cut in ¼-in.
1 teaspoon curry powder	thick slices
1 cup orange juice	1 medium-size lemon,
1 teaspoon grated	cut in ¼-in.
lemon peel	thick slices
½ cup finely	1 1-lb., 4-oz. can sliced
chopped celery	pineapple, drained

1. Put spareribs into a large heavy skillet. Mix together salt, pepper, and curry powder; blend in the orange juice, lemon peel, celery, and parsley. Pour over spareribs. Top with orange, lemon, and pineapple slices; cover skillet.

2. Cook over low heat about 1½ hrs., or until meat is tender.

3. Remove spareribs and fruit to a warm serving dish. If desired, skim off fat and thicken cooking liquid for gravy. 4 to 6 servings

### Party Pork Chops

TO PREPARE: 20 MIN.

TO COOK: 65 MIN.

6 pork chops, cut	¼ teaspoon
about 1 in. thick	ground cloves
2 tablespoons flour	½ teaspoon
2 tablespoons fat	ground allspice
1½ teaspoons salt	¼ cup cider vinegar
½ teaspoon pepper	¼ cup raspberry jam
¼ teaspoon dry	½ cup hot water
mustard	3 large onions, cut
½ teaspoon	in ½-in. slices
ground cinnamon	

1. Coat pork chops with flour. Heat fat in a large heavy skillet. Put chops into skillet; brown on both sides. Transfer browned chops to a shallow baking dish.

2. Mix salt, pepper, mustard, and spices with vinegar. Blend in the jam and hot water. Pour mixture over chops. Cover.

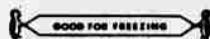
3. Cook in a 350° F oven 40 min. Arrange onion slices around chops. Cover and continue cooking about 25 min. longer, or until meat is tender and thoroughly cooked. Remove chops and onions to hot platter. If desired, thicken drippings for gravy. 6 servings

### Family Weekly Cookbook

MELANIE DE PROFT

FOOD EDITOR

### Chicken Melé



TO PREPARE: 25 MIN.

TO COOK: 40 MIN.

2 frying chickens, about	1 teaspoon chili powder
2½ lbs. each ready-to-	¼ teaspoon ground
cook weight, cut in	nutmeg
serving-size pieces	¼ teaspoon ground
Salt	cinnamon
Black pepper	½ teaspoon ground
3 tablespoons shortening	cloves
½ cup finely	¼ teaspoon Tabasco
chopped onion	sq. (¼ oz.)
½ cup chopped	unsweetened chocolate
green pepper	1 tablespoon grated
1 clove garlic, crushed	orange peel
in a garlic press	¼ cup chopped pine nuts
2 tablespoons olive oil	(or unsalted peanuts,
1 1-lb., 3-oz. can	almonds, or cashew
tomatoes, drained and	nuts)
cut in pieces	½ cup currants
1 teaspoon salt	2 tablespoons cornstarch
½ teaspoon black pepper	2 cups chicken broth

1. Season chicken pieces with salt and pepper. Heat shortening in a large heavy skillet. Add chicken pieces and cook until evenly browned. Transfer chicken pieces to large baking dish or casserole.

2. Cook onion, green pepper, and garlic in olive oil until onion is golden; occasionally move and turn with a spoon. Blend in a mixture of the tomatoes, salt, pepper, spices, Tabasco, chocolate, orange peel, nuts, and currants.

3. Blend cornstarch with about ¼ cup of the chicken broth; stir into remaining broth. Add to mixture in skillet, blending thoroughly. Cook, stirring constantly, until thickened. Pour over chicken in baking dish.

4. Cook in a 325° F oven about 40 min., or until chicken is tender. During cooking, baste occasionally. About 8 servings

### Calf's Liver with Bread Stuffing

TO PREPARE: 30 MIN.

TO COOK: ABOUT 2 HRS.

1 calf's liver	¼ teaspoon
(about 3 lbs.)	black pepper
Bread Stuffing*	3 strips (about 8 oz.)
½ cup flour	salt pork
½ teaspoon salt	½ cup water

1. Wash the liver in cold salted water. Drain thoroughly and wipe dry. Peel off outside membrane. Using a sharp knife, make an incision in the thickest part.

2. Lightly fill liver with Bread Stuffing. Fasten with skewers. Coat liver evenly with a mixture of flour, salt, and pepper. Place in roasting pan and arrange strips of salt pork on top. Pour water into the pan.

3. Cook in a 350° F oven 2 hrs. About 12 servings  
\*For Stuffing—Soak 4 slices white bread in cold water and squeeze dry. Using a fork, lightly toss with a mixture of 1 teaspoon salt, ½ teaspoon black pepper, ¼ teaspoon poultry seasoning, 1 teaspoon chopped parsley, and 1 teaspoon grated onion. Add 2 tablespoons melted butter and 1 slightly beaten egg; mix lightly but thoroughly.

### Veal in Creamy Tomato Sauce

TO PREPARE: 20 MIN.

TO COOK: 20 MIN.

4 slices bacon, diced	2 tablespoons
1½ lbs. veal steak	chopped onion
(cut ½ in. thick),	1½ teaspoons salt
cut in serving-size	1 teaspoon paprika
pieces	1 cup thick sour cream
	½ cup tomato sauce

1. Cook bacon pieces until crisp in a large heavy skillet. With slotted spoon, remove bacon to a small dish, leaving bacon fat in skillet. Add meat and onion to skillet; brown meat on all sides and cook onion until soft. Sprinkle evenly with a mixture of the salt and paprika.

2. Remove from heat. Pour over meat a mixture of the sour cream and tomato sauce. Cover skillet.

3. Cook over low heat about 20 min. Do not boil. Garnish with reserved bacon pieces and serve with cooked buttered noodles. About 6 servings

The ingredients for the preparation of Fruited Lamb Spareribs are assembled for a picture of culinary charm.