

# Beef Shank Makes Meal

By MRS. TED HYDE  
Public Relations Chairman

This is the first in a series of articles which will come to you throughout the year from the Klamath County Cow Belles. We will feature a cut of the month with different ways to prepare it, tell you about some of the projects we carry on, and introduce you to some of our members, your neighbors and friends.

We know most people like to eat beef and lots of it. The problem is to get variety and stretch out of every dollar you spend, and that is what we hope to help you with.

**COW BELLE CUT OF THE MONTH — BEEF SHANK**

Beef shank is one of the least expensive cuts and appropriate for this time of year as it is best used in soups or hearty stew-type dishes. Beef shank is the "forearm" of the steer. It is usually cut across the bone into fairly small round pieces with the bone in the middle. It makes a particularly good soup meat.

Here is a recipe from the Cow Belles' "Roundup of Beef Cookery."

**BEEF AND VEGETABLE SOUP**  
(8-10 servings)

3 to 4 lbs. beef shank  
2 tablespoons bacon fat  
2 quarts cold water  
1 teaspoon salt  
1 1-lb can of tomatoes  
1/4 head young cabbage, shredded  
5-6 carrots, sliced  
2 cups green beans, cut in thirds  
1 cup potatoes, diced  
1/2 cup celery, chopped  
1/4 cup uncooked rice or barley

Brown meat in hot bacon fat. Cover with cold water; bring to a boil slowly. Add salt and onion. Simmer for 2 hours. Add vegetables and rice or barley. Simmer 1 hour longer.

The recipe is offered as a starting point. Soup is, of course, something which can be developed according to the imagination of the cook, the ingredients at hand, and the tastes of the family. If the bones you use for soup are fat, a cooling period (before the vegetables are added) is suggested. The fat will rise to the top, solidify and can be easily lifted off. You may remove the bones and break up the meat at this time. Any combination of vegetables your family likes or which may be on hand may be substituted, but for the best flavor, at least onions, carrots and celery should be used. Fillers can be varied also, singly or in combination for an infinite variety: potatoes, noodles, rice, macaroni, barley. Seasoning to taste with more salt, pepper, beef extract, tabasco sauce, Worcestershire sauce, herbs, etc. is part of the fun of soup making. Serve with a sprig of parsley in each bowl, or hot buttered or cheesy French bread in or with it. If there is any left over, it is good warmed up again the next day for a quick lunch.

Here is another recipe using shank, with a really different taste:

**SPICED SHANK OF BEEF**  
(6 servings)

3 lbs. beef shank  
1/2 cup vinegar  
2 teaspoons salt  
2 tablespoons sugar  
1/2 teaspoon cinnamon  
1/2 teaspoon cloves  
1/2 teaspoon pepper  
1 bay leaf  
1 teaspoon Worcestershire sauce  
1 onion, sliced  
3 tablespoons fat or salad oil

Cut shank in portion-sized pieces. Put into deep bowl. Combine vinegar, salt, sugar, cinnamon, cloves, pepper, bay leaf and Worcestershire sauce and bring to boil. Cook for 5 minutes, cool and pour over meat. Let stand 4 hours, turning meat occasionally. Remove meat, saving spiced marinade. Brown meat and onion in fat or oil. Add marinade and enough hot water to cover meat. Cover and simmer 2 hours, or until meat is tender. Thicken gravy.

**SMOTHERED BEEF CUBES**  
(4 servings)

2 lbs. beef (shank or neck) seasoned flour  
2 onions, chopped  
2 to 3 tablespoons fat  
1/2 cup sour cream  
1/2 cup water  
2 tablespoons cheese, grated  
1 teaspoon salt  
1/2 teaspoon pepper

Bone beef, cut in 1-inch cubes. Roll in seasoned flour. Brown beef cubes and chopped onions in hot fat in heavy skillet, Dutch oven or electric skillet. Combine remaining ingredients; pour over beef. Cover and simmer for 2 hours. Add a little more water during cooking if necessary. Serve hot with pan gravy.

**Pan Gravy**

Pan gravy would be made in this case by skimming off any excess fat, adding more water (to bring the liquid to about 2 cups), and adding a flour and cold water blend for thickening. Use about 4 tablespoons flour for the 2 cups of liquid in the pan, and mix with enough cold water (about 1/2 cup for this amount) to make a smooth blend. Add slowly to hot liquid, stir until thick and the gravy simmers. Season to taste.



**PICTURE PRETTY** — From a famous brand of canned foods comes this recipe for Pineapple-Orange Salad. One package or orange gelatin dessert, 1 cup hot Pineapple-Orange Juice Drink, 1 cup cold Pineapple-Orange Juice Drink, 12 slices canned Sliced Pears, six maraschino cherries, halved. Add gelatine to hot Pineapple-Orange Juice Drink and stir until dissolved. Stir in cold Pineapple-

Orange Juice Drink. Chill until syrupy. Add pear slices and cherry halves. Pour into a three-cup mold previously rinsed with cold water. Chill. Unmold and serve with salad dressing made with the equal parts of mayonnaise and commercial sour cream, with dash of salt. Garnish with sliced, toasted almonds. Serves six. If preferred, this salad can be made in six individual molds.



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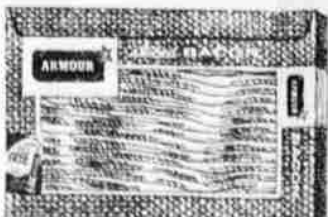


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