

Saucy Beef Fondue

Returned travelers from Switzerland, delighted by the original cheese fondue, are now trying variations of this famous dish. Popular beef takes happily to fondue, we are fond of "do it yourself," we have the electric fryers to keep the temperature right which add up to sure success, American-style.

Most important are the complementary sauces which are simple when we use basics like sour cream, rich red tomato sauce and butter, adding favorite condiments and seasonings for distinctive flavor. Since these are all pre-assembled and the guests cook their own meat, this sum-

ptuous dish makes entertaining easy. And it's a good choice to help people get acquainted—they just have to be friendly, sharing the central cooking dish and then personally dipping the meat into succulent sauces.

Use smaller tid-bits of meat to serve Saucy Beef Fondue as an hors d'oeuvre, larger ones when it is to be the main course. Instant meat tenderizer makes it possible to use the less tender cuts of meat as well as the most expensive tenderloin. Special forks, though nice, are not required; improvise with your kitchen utensils. It even adds to the fun to use skewers.

SAUCY BEEF FONDUE

(4-6 servings)

1½ pounds beef tenderloin, trimmed; cut in ¾ inch cubes. (Or use lean beef stew meat prepared with instant meat tenderizer following directions on label.) poly-unsaturated vegetable oil

Tomato Dipping Sauce
Horseradish Cream Sauce
Garlic Butter

Have beef cubes at room temperature. Heat 1½ inches poly-unsaturated oil in electric skillet, saucepan or deep fryer. Bring to 425 degrees F. Each guest holds the beef cube in hot oil with fork until cooked to desired doneness. Dip cooked meat into one of the sauces.

¾ cup bottled steak sauce
2 tablespoons brown sugar
2 tablespoons poly-unsaturated oil

Mix ingredients and bring to boil. Serve hot.

HORSERADISH CREAM SAUCE

1 cup commercial sour cream
2 tablespoons prepared horseradish
¼ teaspoon salt

Combine ingredients. Serve chilled.

GARLIC BUTTER

½ cup butter, softened
1 clove garlic, minced
Whip garlic and butter until light and fluffy

A small amount of baked ham leftover? Dice it and add it to green peas that have been cooked with strips of onion and seasoned with salt, pepper and butter.

Ground Beef Economical

When it comes to preferred pennies, meat loaf is sure to turn up in enough guises and disguises to serve every family coast to coast at least once a week. To keep it from becoming dull, imaginative cooks experiment with all kinds of seasonings for this versatile dish, varying them to suit their mood, or the occasion, or available ingredients.

Today's "Meaty Meat Loaf" version not only tastes new thanks to the onion soup mixed with convenient canned tomato sauce, but also is always moist and smooth because the sauce is mixed right in!

MEATY MEAT LOAF

(Serves 4 to 6)
1 pound ground beef

¾ cup dry bread crumbs
¾ cup onion soup mix (½ package)
1 can (8-ounce) tomato sauce
1 egg
4 carrots
2 large (or 4 small) potatoes

Combine meat, bread crumbs, soup mix, tomato sauce, and egg; mix thoroughly and mold into small loaf. Place in large baking pan, at least 13 x 9 inches in size. Clean carrots, peel potatoes; cut vegetables in serving size pieces. Arrange around meat loaf. Bake, covered, at 375 degrees for 30 minutes; remove cover and bake 30 more minutes, until meat is browned and vegetables are tender.

SUIT YOURSELF — Your guests cook their own bite-sized morsels of tender meat in hot, poly-unsaturated oil, then dip them in a choice of tasty sauces, easily prepared with canned tomato sauce, sour cream, and butter as basic ingredients.

School Lunch Menus Offered

Monday, Feb. 4
Roast Pork
Sweet Potatoes
Green Beans
Hot Rolls - butter
Prune-Plums
½ pint milk

Tuesday, Feb. 5
Noodle Medley
Toss Vegetable Salad
Cheese Sticks
Cinnamon Rolls
Apple
½ pint milk

Wednesday, Feb. 6
Beef-Vegetable-Rice Chowder
Carrot chips
Toasted Cheese Buns
Chocolate Cake
½ pint milk

Thursday, Feb. 7
Fried Chicken
Mashed potatoes & Gravy
Buttered Peas
Cranberries
Bread and Butter Sandwich
Jello
½ pint milk

Friday, Feb. 8
Baked or Boiled Beans
Finger Foods
Cornbread (Butter-Honey Top- ping)
Apple Crisp
½ pint milk
(Baking is done at schools.)

Philharmonic Filet

Filet mignon with fresh mushrooms is prepared with filets quickly cooked to desired doneness in butter over high heat. Prop filets on crossed spoon and fork at edge of pan and quickly saute a few sliced mushrooms. Season to taste with salt and freshly ground black pepper. Add a little dry sherry and flame, shaking pan to burn off the alcohol. Add a little cognac brandy and flame again. Serve as soon as flame dies.

SIDE DISH
Pear halves broiled with blue cheese and currant jelly make a pretty and flavorful garnish for roast lamb. Fill hollows in pear halves with cheese and top with jelly. Broil until heated through.



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