



POT ROAST

## Cow Belles' Corner

By MRS. JED HYDE

me by Mrs. Dave Campbell of

Pot roast is the busy housewife's best friend. She can put it on and forget it for a number of hours while she does housework, shops or relaxes. It will fill the house with wonderful appetizing aromas to greet her hungry family as they come in during the afternoon, and makes a delicious centerpiece to anchor a hearty meal to. It will usually provide another meal or two in sliced cold cuts of one of a variety of hash dishes. My mother always said the true measure of a cook was in her soups and hashes!

Pot roast is in the less tender category of meats and needs some form of tenderizing such as long, slow cooking with plain or acid liquid. Some of the most common pot roast cuts are the blade and arm, the chuck, the rump, and the bottom round. For best flavor, the meat should be browned well in fat, with or without a flour coating. Liquid is then added and the roast covered and cooked slowly for several hours. As with soups and stews, and other things added is almost endless. Here is a simple, basic pot roast recipe:

### Blade Pot Roast With Vegetables

- 1/2 cup flour
- 1 teaspoon salt
- 1 teaspoon monosodium glutamate
- 1/4 teaspoon pepper
- 1 blade roast with bone, 3 inches thick (about 3 lbs.)
- 2 tablespoons fat or salad oil
- 3 1/2 cups water
- 12 small carrots
- 12 small onions

Combine first 4 ingredients, using only half of each. Coat pot roast with this mixture; place in Dutch oven or kettle and brown slowly on each side in hot fat or oil. Pour off excess fat. Add part of water (1 cup). Cover kettle and simmer for 2 1/2 hours. It may be necessary to add more water in order to keep at least 1/2 inch in bottom of kettle. A low rack may be slipped under meat to prevent sticking. After 2 1/2 hours, add vegetables. Cook 45 minutes longer, or until meat and vegetables are fork-tender. Arrange meat and vegetables on hot platter; keep warm. Add 2 more cups of water to liquid in kettle. Combine rest of first 4 ingredients and blend to smooth paste with last 1/2 cup water. Add to liquid in kettle. Stir over low heat until smooth and thickened. Serve with pot roast.

Suggested menu: Mashed potatoes, add a salad of sliced tomatoes. For dessert, frosted devil's food cake.

Here is a good idea for the working woman or the day you are helping at the Red Cross bloodmobile:

**All Day Pot Roast**

This is a good hearty meal you can leave in the oven in the morning and finish up when you come home. We prefer a thick cut of pot roast, but thick or thin, place the roast in a piece of heavy aluminum foil large enough to fold over the meat so the steam does not escape. Place the meat in the foil, season with salt and pepper and herbs such as marjoram and a touch of savory, if you like. Some like to sprinkle this with monosodium glutamate and others use dried onion soup. We slice four to six onions in big chunks over the top. Fold the foil over to seal tight; place in a shallow pan. Turn oven to very low, 200 degrees; and leave eight hours or more.

We sometimes brown the meat before we put it in the foil. This gives the meat more of a real pot roast flavor, we think. We steam potatoes and serve any favorite vegetable with the meat. If you don't like onions, don't use them. Green salad or relishes and a fruit dessert go well with this.

### EATING-OF-THE-GREEN

Celebrate St. Patrick's Day on the first day of spring with a molded lime gelatin salad of cooked peas and cut green beans. Serve with mayonnaise combined with crunchy roasted diced almonds.

Mustard cups filled with canned fruit cocktail accompanied by hot cinnamon toast add up to a quick and colorful breakfast. Slip a can of fruit cocktail into the refrigerator the night before to give the fruits eye-opener appeal.

# Specialties in Gourmet

By RUTH KING

HERALD AND NEWS, Klamath Falls, Ore.

Thursday, March 7, 1963 PAGE 1-B

## Cheese-ing Is Pleasing

Almost everybody loves beef (milk) are the only accompaniments

pot pies—even the cook when they're easy to make as these. Though the recipe below calls for old standbys like canned beef stew, frozen mixed vegetables and pie crust mix, thanks to Cheddar cheese the flavor is a delightful new one.

Half the cheese is blended directly into the crust, making it meltingly delicious when it comes from the oven. The other half tops the stew and frozen vegetable combination to keep the filling moist and add yet more of its own sharp taste.

This is bound to please the man of the house. He might even be happy to know how relatively thrifty it is, since it calls for the canned and packaged groceries that are usually on sale this time of the year.

Make these pot pies for lunch or dinner soon. A crisp tossed salad and glasses of

### QUICK BEEF POT PIES

- (6 pies)
- 6 tart pans or shallow casseroles, 7-ounce
- Preheated 400 degree oven

1 package pie crust mix

### Onion Soup

- 5 medium onions, sliced
- 1/4 cup butter
- 5 bouillon cubes
- 1 cup hot water
- 3 cups milk
- French bread
- Parmesan or Romano cheese

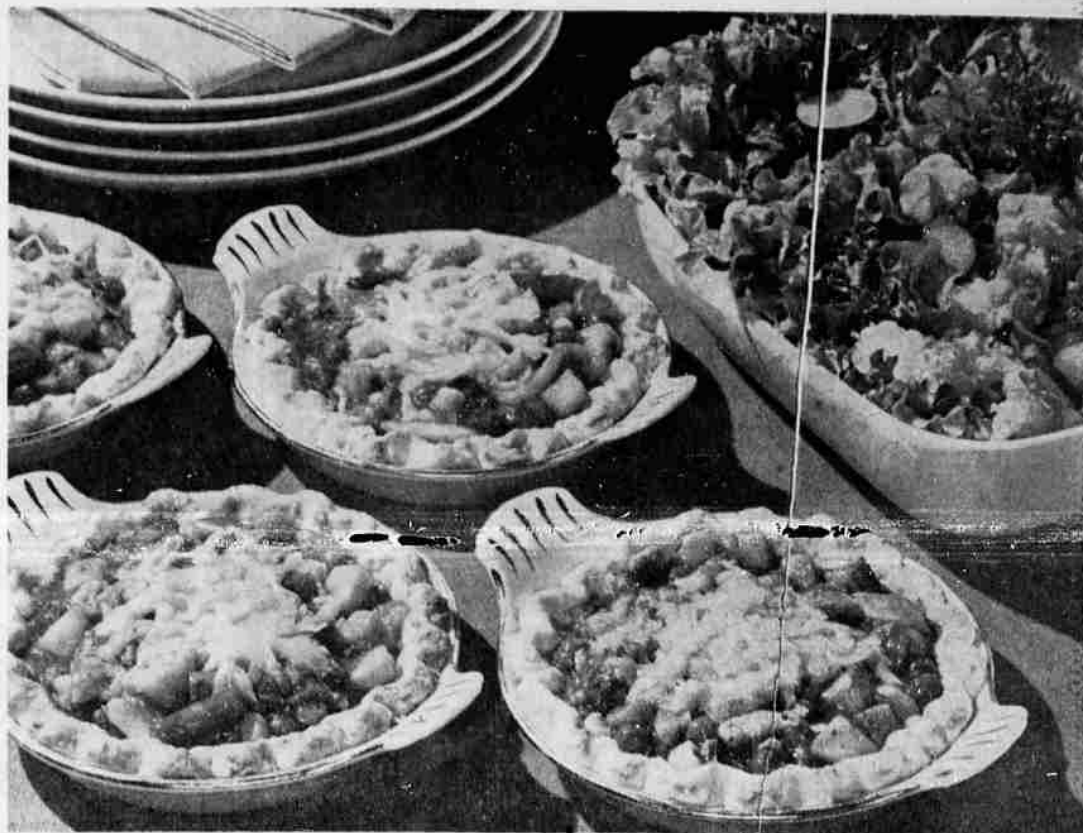
Saute onions in butter until transparent and tender; do not brown. Dissolve bouillon cubes in hot water; add bouillon and milk to onions. Heat. Toast French bread slices; float on soup. Sprinkle with grated Parmesan or Romano cheese. Makes 4 servings.

- 1 cup (1/4 lb.) shredded Cheddar cheese
- 1 can (1 1/2 lb.) beef stew
- 1 package (10 oz.) frozen mixed vegetables, thawed
- 1 cup (1/4 lb.) shredded Cheddar cheese

Combine pie crust mix and 1 cup Cheddar cheese; add water according to package directions. Divide dough into 6 equal portions. On lightly floured board roll dough to 1/8-inch thickness; line pans. In a bowl combine stew and vegetables; spoon into pans. Bake 35-40 minutes; sprinkle remaining 1 cup cheese over tops of pies and return to oven for 2 minutes or until cheese is melted.

### PERSUASIVE APPETIZER

Halve grapefruit, remove alternate sections and replace with wedges of California avocado for a persuasive appetizer. Cut thick lengthwise slices of avocado into halves to form wedges.



EVERYBODY LOVES POT PIES — Canned beef stew takes on glamour when wrapped in a flaky crust. Shredded cheddar cheese both in the crust and in the topping makes cheese news.

## Round Steak For Two

Do you ever hesitate when selecting round steak at the meat market? The entire slice with its small round bone is a hearty meal. If you have a freezer and find for a large family, but a section the whole round steak too much

for one meal, divide the steak into sections and freeze the other for later use. Loosely wrap the fresh meat in waxed paper or in aluminum foil and store in the refrigerator for use within two days. Wrap the meat for freezer storage tightly in moisture-vapor-proof wrap. Be sure to label the package with the contents, number of servings (allowing 1-3 to 1/2 pound for each serving) and date of freezing. The meat can be stored in the freezer six to eight months.

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