

Beef Cookery Expert Opens 3rd Annual Cooking School



BEEF EXPERT — Helene Kralowec, home economics expert with the Oregon Beef Council and the Klamath County Cow Belles, with an impressive background in her field, will demonstrate unusual ways to prepare beef recipes at the Herald and News Cooking School Tuesday, March 26. Mrs. Kralowec was on the Mary Cullen's Cottage Home Economics staff for 11 years and prior to that time, held a similar staff position with the Seattle Times. She will kick off the Third Annual Herald and News Cooking School at the fairgrounds Tuesday. Doors open at 12 noon. There will be door prizes and awards. There is no charge for admission.

Good Beef Recipes

Recipes to be demonstrated by Helene Kralowec Tuesday, March 26.

STUFFED BEEF LOG

2 pounds ground beef
1/2 cup quick cooking oats
1/2 cup finely chopped onion, if desired
1/2 cup milk
1 egg, beaten
2 teaspoons salt
1/2 teaspoon pepper

Combine ingredients in order given. Mix thoroughly. Shape into rectangle about 10x16 inches on aluminum foil. Spread Sausage Stuffing evenly over meat. Roll as for a jelly roll and place seam side down on rack in open roasting pan. Bake in a moderate oven (300 degrees) 1 hour 15 minutes. Eight servings.

SAUSAGE STUFFING

1/2 pound fresh pork sausage
1 medium potato, grated
1/4 cup grated onion
1 egg, beaten
1 cup soft bread crumbs
1/2 teaspoon salt

Combine ingredients and mix well. Use in Stuffed Beef Log recipe.

GOURMET BEEF BIRDS

1-3 cup flour
2 teaspoons salt
1/4 teaspoon pepper
2 pounds top round steak, 1/2 inch thick
1 1/2 cups bread crumbs
1/4 cup raisins
1/4 cup celery, finely chopped
1 cup apple, chopped
2 teaspoons prepared mustard
1/4 teaspoon sage
1 cup apple juice
3 tablespoons fat or salad oil

Combine flour, most of salt

(1 1/2 teaspoons) and pepper. Pound seasoned flour into steak. Cut steak into 6 portions. Mix together crumbs, raisins, celery, apple, mustard, sage, remaining salt (1/4 teaspoon) and 1 tablespoon of the apple juice. Place about 1-3 cup apple mixture on each piece of steak. Roll like a jelly roll and fasten with wooden picks or skewers. Brown meat slowly in hot fat or oil. Pour off drippings. Add rest of apple juice. Cover tightly and cook slowly for 1 1/2 hours, or until meat is tender. Thicken cooking liquid for gravy, if desired.

BEEF STROGANOFF

1 1/2 pounds lean beef
1 teaspoon paprika
3 tablespoons butter or margarine
1/2 pound fresh or 1 cup canned mushrooms, sliced
1 tablespoon flour
1 cup sour cream
Salt to taste

Cut beef across grain of meat, in very thin strips. Melt butter or margarine in fry pan or kettle, add meat and brown very lightly. Cover pan and let meat cook very slowly for 15 minutes if fillets; 30 to 40 minutes if round steak. Add sliced mushrooms and cook slowly 10 minutes longer. Blend flour into cream and add to meat; cook slowly until mixture is thickened, stirring constantly. Season to taste with salt and serve immediately with fluffy rice.

SWISS STEAK IN FOIL

1 cup thick barbecue sauce or chili sauce
1-3 cup flour
2 pounds round steak, 1-inch

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Monday, March 25, 1963

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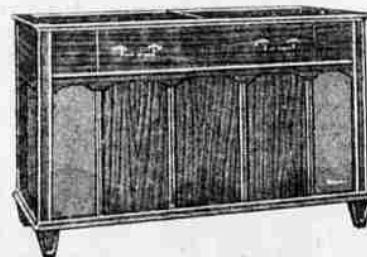
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