

Here Are Some Favorite Cow Belle Recipes

DUTCH BLIND BIRDS

4 to 5 pounds rolled rib roast, or similar type, which if sliced raw will give slices the size of a saucer.

Thin onion slices.

Small dill or sour pickles. Salt, pepper, mustard, or any of the preferred American meat sauces.

Slice uncooked roast as thin as possible with sharp knife. Season the meat slices to taste. It is possible to make many varieties. Put one onion slice and one-half pickle in the middle of the meat, roll it as neatly as possible, and fasten with two tooth picks. Roll lightly in flour and brown in hot skillet in browned creamy butter. Put in buttered baking dish and finish in medium oven for about 30 to 45 minutes, depending on thickness of slices and tenderness of meat. Yield approximately 1½ dozen birds.

UNIQUE ROAST

1 chuck or rump roast, or leg of veal
1 can of tomato soup
1 small bottle of stuffed olives
1 can of tomato sauce
1 small can of mushrooms
Garlic if desired

Clean meat and make incisions about ½ to 1 inch deep all over the roast. Insert olives and push well into the cut. Bits of garlic may also be inserted. Brown meat, and then add tomato sauce, tomato soup, mushrooms and liquid from mushrooms. Bake in 325 F° oven until done.

OVEN STEW

2 slices bacon
2 large onions
1½ pounds round steak
1 can tomato soup
3 tablespoons flour
4 carrots
Flour
1½ cups water
Salt, pepper, paprika
6 small onions
6 small potatoes

Cut bacon in small pieces and brown in frying pan. Remove to baking dish. Slice large onions and brown in fat. Add to bacon. Cut beef in small pieces, roll in flour and brown. Put in dish. In fat that remains add soup, water, seasonings to taste. Add flour mixed with a little cold water. Boil 3 minutes stirring constantly and pour over beef. Cover and bake 2½ hours. Add whole onions, potatoes and sliced carrots. Bake 1 hour longer. Serves 6.

CRANBERRY POT ROAST

3 or 4 pounds shoulder pot roast
2 tablespoons fat
2 tablespoons flour
Salt and pepper
2 cups tart cranberry sauce

Have the shoulder roast cut to desired thickness and shape. Dredge it with flour and brown in hot fat. Season and pour over it unsweetened cranberry sauce, together with 1 cup hot water. Cover closely and cook slowly at a simmering temperature, adding water from time to time as necessary. Cook for about 3 hours. When done remove pot roast to a hot platter and thicken the remaining liquid for gravy. (This makes an exceptionally good gravy.)

To make cranberry sauce:

2 cups cranberries
1 cup water

Wash berries, add water and cook about 5 minutes or until they stop popping.

STUFFED STEAK FOR PRESSURE COOKER

1 pound steak
2 teaspoons salt
¼ teaspoon pepper
¼ cup water
1 teaspoon paprika
1 tablespoon fat
Bread dressing

Stuff steak with bread dressing. Fold edges together, fasten with toothpicks and lace with string. Season with salt, pepper, and paprika. Heat cooker and add fat. Brown steak on all sides in hot

fat. Add water. Place cover on cooker.

Allow steam to flow from vent to release all air from cooker. Place indicator weight on vent pipe and cook 25 minutes with steam of 15 pounds.

BEEF WITH CABBAGE AND GREEN PEPPER (Chinese Dish)

In a preheated, heavy 10 inch

pan, place:
2 tablespoons oil or fat
3 teaspoons salt
Dash of pepper

Cut into ¾ inch thick slices and add: 1 pound flank or round steak. Cook over a moderately hot flame, stirring constantly, until meat is brown.

Add:

1 cup beef bouillon
Slice finely and add:
1 pound cabbage
Finely dice and add:
2 green peppers
Cover pan tightly and cook over a low flame for 10 minutes. Blend together and add:
2 tablespoons cornstarch

2 teaspoons soy sauce

¼ cup water

Cook for a few minutes, stirring constantly until juice thickens and the mixture is very hot. Serve immediately with hot boiled rice.

DUMPLINGS

¾ cup flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup corn meal
½ cup milk
2 tablespoons melted shortening

Combine dry ingredients — stir in milk and shortening. Drop by spoonfuls into hot gravy. Cover and cook 15 minutes. 6 to 8 dumplings.

BREAD DRESSING

1 egg
½ teaspoon salt
1 tablespoon minced onion
3 slices of stale bread cubed and moistened
¼ teaspoon pepper
1 tablespoon butter
Minced parsley

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