

Cow Belles Take Active Part In H&N School

By MRS. TED HYDE

Here are a couple of variations on our last week's theme — pot roast:

PARTY POT ROAST 8-10 Servings

- 1 blade pot roast (about 5 lbs.)
- 2 teaspoon salt
- 1/2 teaspoon pepper
- 1 garlic clove
- 3 tablespoons fat or salad oil
- 1 cup water
- 1 can condensed tomato soup
- 1 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 large onion
- 3 tablespoons brown sugar
- 1/2 teaspoon dry mustard
- 3 tablespoons lemon juice

Rub meat with salt, pepper and garlic. Brown on all sides in hot fat or oil. Add water, soup, and onion. Cover and simmer for 2 hours. Combine remaining ingredients; spread over meat. Cover and cook 1 hour longer, or until meat is tender. Thicken gravy if desired.

Suggested menu: Serve buttered noodles and zucchini squash. For dessert, orange chiffon cake.

(From Roundup of Beef Cookery)

HERB POT ROAST (6 servings)

- 1 arm-bone roast (about 4 lbs.)
- 1 garlic clove
- 2 tablespoons olive or salad oil
- 1/2 cup green onions, chopped
- 2 tablespoons wine vinegar
- 2 tablespoons salt
- 1 teaspoon oregano
- 1/2 teaspoon powdered ginger (optional)
- 1/2 cup chili sauce
- 1 beef bouillon cube
- 1/2 cup hot water

Brown meat and garlic in hot oil. Remove garlic. Add chopped onions, vinegar, salt, oregano, ginger and chili sauce. Dissolve bouillon cube in hot water and pour over all. Bring to boiling point, then reduce heat and simmer until meat is very tender, or 2 1/2 to 3 hours.

This week the Cow Belles are busy making plans for their part in the Herald and News annual cooking school March 26, 27 and 29 at the fairgrounds. Cow Belle Beef Day will be Tuesday, March 26, and Helene Kralowec, an experienced home economist and demonstrator, will be here to show Basin homemakers some new and tasty beef dishes. There will be special prizes and souvenirs galore, so plan to be on hand all three days, but especially Tuesday.

Don't forget about entering a candidate in our Father of the Year Contest. Applications must be in by April 1. Anyone is eligible, and it's a good way to bring recognition to the hard-working adult who has been helping your group. Entry blanks may be obtained from Mrs. Dayton Hyde, 1420 Pacific Terrace, or Mrs. Joe Smith, 5907 Alva Ave., Klamath Falls.

Part of a good pot roast should be the leftovers, so this week

we'll bring you some recipes along that line.

Our family likes to build their own dagwoods around cold sliced beef, so I serve a platter of cold sliced beef with perhaps sliced tomatoes and lettuce around for eye appeal, and another plate or two of other ingredients, pickles, mayonnaise, sliced cheese, some finger foods like carrots and stuffed celery, and of course the bread. Or another time it might be hot roast beef sandwiches with gravy. Those are the quick and easy ways with leftovers. Here's another:

BEEF HASH

(4-6 Servings)

- 2 cups cold roast beef, chopped
- 2 cups boiled potatoes, chopped
- 2 cups leftover or canned beef gravy
- Salt and pepper

Combine all ingredients in heavy skillet; heat. Stir occasionally to

keep mixture from sticking. Serve hot. (I like to add a touch of herbs such as oregano, sweet basil or bouquet garni for beef.)

JEFFY STEW

(6 Servings)

- 1 No. 303 can (1 lb.) carrots and peas (undrained)
- No. 303 can (1 lb.) small white onions (undrained)
- 2 cups cooked beef, cubed
- 1 cup leftover or canned gravy
- 1-3 cup coffee
- 1 cup biscuit mix

Drain carrots and peas and onions; save liquid. Put vegetables and beef in casserole. Combine vegetable liquid, gravy and coffee; pour into casserole. Make biscuit dough according to directions on package. Cut out small biscuits; use as topping. Bake in hot oven (450 degrees) for 20 minutes.

From Roundup of Beef Cookery comes the following:

HERALD AND NEWS, Klamath Falls, Ore.

LEFTOVER TREAT

- 2 1/2 cups cooked beef, diced
- 1 tablespoon onion, minced
- 1 tablespoon green pepper, minced
- 1 tablespoon fat or salad oil
- 1 cup leftover or canned beef gravy
- 1 teaspoon salt
- Pepper
- 1/4 teaspoon chili powder
- 1 tablespoon chili sauce
- 1 1/2 cups cooked rice
- 3 tablespoons sharp cheddar cheese, grated
- 1 egg, slightly beaten
- 1/2 cup corn flakes, crushed

Cook meat, onions and green pepper in hot fat until slightly browned. Add gravy, salt, pepper, chili powder and chili sauce. Combine rice, grated cheese and egg, mixing thoroughly. Alternate layers of rice and meat in a one quart greased baking dish. Sprinkle with corn flakes. Bake in a

moderate oven (350 degrees) for 30 minutes.

Suggested menu: Just add a green salad. For dessert, pineapple upside-down cake.

My latest discovery and current favorite:

BARBECUE HASH

- 1/2 cup chopped onion
- 2-3 cup chopped green pepper
- 1 1/2 tablespoons shortening
- Saute in Dutch oven until golden brown. Add:
- 2 cups cooked beef, chopped
- 1 1/2 cups chopped cooked potatoes
- 1/2 cup water
- 3 tablespoons catsup
- 3 tablespoons chili sauce
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon chopped garlic
- 1 teaspoon salt
- 1/2 teaspoon chili powder

Combine well and bake at 400 degrees for 70 minutes, uncovered.

Monday, March 25, 1963

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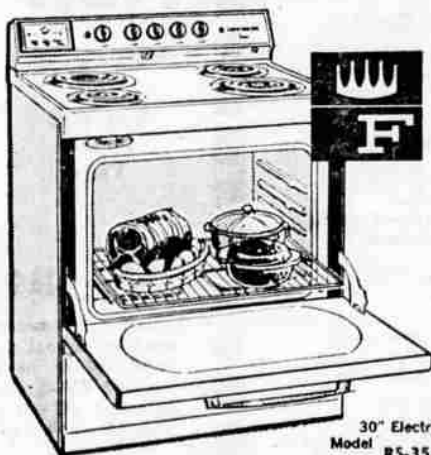
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