

Meat, Fish Poultry, and Main Dishes

Broiled Beef Steaks

▲ Base Recipe

Wipe with a clean, damp cloth.
Beef steaks, such as porterhouse,
T-bone, sirloin or club, cut about
1 in. thick

Allow about 1/2 lb. meat per serving.

Set temperature control of range at Broil.

Arrange beef steaks on broiler rack. Place in broiler with top of steak 2 in. from heat source; broil 8 to 10 min. on each side. (The short cooking time for rare steaks; the longer cooking time for medium-done steaks.)

Meanwhile, for each pound of meat, mix
1 teaspoon salt
1/2 teaspoon monosodium glutamate
1/4 teaspoon pepper

When steaks are browned on one side, sprinkle with one-half of seasoning mixture. Turn and broil second side. Test for doneness by cutting a slit along the bone and noting color of meat. Season second side of meat.

Note: For 2-in. steaks, broil with tops of steaks 3 in. from heat source, allowing 15 to 20 min. on each side.

20 min.



Heat in skillet

1 to 2 tablespoons fat

Add patties and brown both sides over medium heat, turning occasionally. Allow 10 to 15 min. for cooking. Drain off any excess fat as it accumulates.

6 servings

—Fork-Tender Steak

30 min.

Follow ▲ Recipe. Omit shredded apple. Add 1 egg, well beaten, with bread crumbs and seasonings. Place meat mixture on broiler rack and pat into a large oval about 1 1/2 in. thick.

Set temperature control of range at Broil.

Place broiler rack in broiler with top of meat 3 in. from source of heat; broil 12 to 15 min. When browned on one side, carefully turn and broil 8 to 10 min. on second side. Serve with panbroiled bacon (see Calf's Liver with Bacon)

—Broiled Lamb Chops

15 min.

Follow ▲ Recipe. Substitute shoulder, rib or loin lamb chops for beef steaks. Broil about 5 to 7 min. on each side. Garnish with tomato and water cress.

—Bacon Wrapped Beef Patties

30 min.

Follow recipe for Fork-Tender Steak. Shape meat mixture into 6 patties. Wrap 1 slice bacon around each patty and secure with a wooden pick. Broil, allowing about 10 min. on first side and 8 min. on second side.

—Broiled Ham Slice

20 min.

Follow ▲ Recipe. Substitute 1 1/2 to 1-in. thick ham slice for beef. Omit seasoning mixture. Broil about 8 to 10 min. on each side. Serve with Mustard Sauce.

—Apricot Lamb Patties

30 min.

Cut 4 slices bacon in 1/4-in. pieces and pan-broil (see Calf's Liver with Bacon) until crisp.

Meanwhile, follow ▲ Recipe. Omit shredded apple. Substitute ground lamb for ground beef. Add 1 egg, well beaten, with bread crumbs and seasonings. Divide mixture into 6 portions.

Stuff 6 large, cooked apricot halves with bacon pieces. Place an apricot half on each meat portion; gently shape patty around apricot. Cook as in ▲ Recipe. Garnish lamb patties with sprigs of mint.

Beef Patties

30 min.

▲ Base Recipe

Set out a large, heavy skillet.

Combine and mix lightly
1 1/2 lbs. ground beef
1/2 cup (1 slice) fine, dry bread crumbs
1/4 cup grated onion
1 1/2 teaspoons Worcestershire sauce

and a mixture of
1 1/2 teaspoons salt
1/2 teaspoon monosodium glutamate
1/4 teaspoon pepper

Wash, quarter, core, pare and shred
2 medium-size apples (about 1 1/2 cups, shredded)
Mix lightly and thoroughly with meat. Shape into 6 patties, about 3/4 in. thick.

Beef Patties, Potatoes and Red Cabbage



Sunshine Cole Slaw

▲ Base Recipe

Prepare, shred or chop fine and combine in a deep bowl
3/4 lb. cabbage (about 3 cups)
1/2 lb. carrots (about 1 1/4 cups)
Toss lightly with
1/4 cup fine green pepper slivers

Add a mixture of and toss until vegetables are well coated

1/2 cup Cooked Salad Dressing
1 tablespoon lemon juice
1 teaspoon celery seed

Place salad in refrigerator to chill until time to serve.

Pack lunch portions into containers; cover containers tightly.

6 servings

Stuffed Tomato Shells

▲ Base Recipe

For Tomato Shells—Rinse and cut slice from tops of

6 firm tomatoes

Scoop out centers of tomatoes with a spoon. Invert and set aside to drain.

For Filling—Blend together

1/2 cup (1/4 lb.) dry cottage cheese
1/4 cup chopped cucumber
1/4 cup chopped celery
2 tablespoons chopped green pepper
1 tablespoon minced onion
1 tablespoon Mayonnaise
1/2 teaspoon salt
1/4 teaspoon monosodium glutamate
Few grains pepper

Spoon filling into tomato shells. Place into container and cover tightly. Place into refrigerator and chill until time to pack lunch.

6 servings



BEEF BOOTH — Klamath County Cow Belles will again have a display of beef products. They will have available cookbooks and beef recipes and beef candy. Here, Mrs. Rodney (Jana) Wright takes a turn at manning the display.

Good Beef Recipes

KANSAS SWISS STEAK

Mix together:

1 tablespoon dry mustard
1/2 cup flour

Pound above mixture into a 1 1/2 pound (1 inch thick) piece of top round steak. Season with salt and pepper and brown on both sides in hot fat.

Place in a small roaster, and pour over the following mixture:

1 cup sliced onions
1 tablespoon brown sugar
1 tablespoon Worcestershire sauce
1 carrot, diced
1 1/2 cups canned tomatoes
Cover and bake in slow oven 325 F about 1 1/2 hours. Serves 6.

COOKING SCHOOL COUPON

GOOD TUESDAY, MARCH 26th
FOUR FISHERMEN

FISH STICKS
39¢

Reg. 69¢
14-Oz.
Pkg.

LIMIT 2-Pkgs.

Limit one coupon per family. Attend the cooking school and visit Big-Y for the best food values in town. This coupon good only at BIG-Y tomorrow, March 26th. Remember, all our grocery specials from last Thursday's ad are good through Wed.

**BIG
Y**

4710
South
6th