

Cow Belles Corner

By MRS. CHARLES D. CHEYNE
Beef short ribs are an economical and tasty dish. If you are partial to barbecue dishes in the summer, here is one to try. Serves 6.

MARINATED SHORT RIBS

3 pounds beef short ribs cut into serving pieces
2 tablespoons hot mustard
3 tablespoons salt
Black pepper (use a generous amount)
1/2 teaspoon chili powder
1/2 teaspoon sugar
1 tablespoon lemon juice
6 tablespoons olive oil
1 clove garlic, crushed
1 onion, quartered

Wipe the meat with a damp cloth. Mix all the ingredients together in a jar. Shake well and pour into a deep bowl. Add the beef. Cover and place in the refrigerator for 8 to 24 hours, stirring occasionally.

Place the ribs in a roasting pan, reserving the excess sauce and the onions. Brown the ribs in a hot oven (400 degrees) for about 15 minutes. Add the marinade and the onions to the pan. Cover, reduce the heat to moderate (350 degrees), and bake for one hour. Remove the cover and bake till onions are brown and fat crisp. Serve with baked potatoes and barbecue sauce or gravy made from the drippings.

Short ribs are also good done in a 400 degree oven on a broiler pan. Season them with salt, pepper and soy sauce to taste. Bake about an hour. They will be crisp and most of the fat will drip away into the bottom of the broiler pan.

Ever heard of Polenta? It's a corn meal and cheese dish with hamburger sauce topping. It's both economical and good. Serves six.

POLENTA

Sauce:
1/2 cup olive oil
1/2 cup finely chopped onion
1 clove garlic, peeled and crushed
1 cup sliced mushrooms
1 pound hamburger
1 can (1 lb. 12 oz.) tomatoes
1 cup finely chopped celery
2 carrots, scraped and sliced
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon powdered cloves
1 to 1 1/2 teaspoons oregano
1 1/2 teaspoon lemon juice
pinch cayenne pepper
1 beef bouillon cube

Heat the oil in a large heavy skillet. Sauté the onion, garlic, and mushrooms until pale golden. Add the hamburger, break it up with a fork and brown well. Add the remaining ingredients and mix well. Cover and simmer over a very low heat for about 1 hour. Stir occasionally.

Polenta base:
2 cups yellow corn meal (coarse-ground is best)
3 cups cold water
3 cups boiling water
2 teaspoons salt
1/2 teaspoon pepper
1 1/2 cups grated Parmesan cheese

Mix corn meal and cold water in the top of a double boiler. Add boiling water, salt, and pepper, stirring till smooth. Cook till smooth and thickened. Add 1 cup of the cheese and mix well. Spoon mixture into a buttered 2-quart casserole. Sprinkle top with remaining 1/2 cup cheese. Bake in a moderate oven, 350 degrees F., for 20-25 minutes. Then broil till top is golden. Serve with sauce.

Hamburger Steak Marinade

2 pounds ground beef, seasoned with salt and pepper and shaped into four steaks

MARINADE

1 (8-ounce) can tomato sauce
1 (1 1/2 ounce) package chili mix

1/2 cup red wine
Combine marinade ingredients and pour over hamburger steaks, turning steaks several times. Cover tightly and refrigerate 12 to 24 hours. Remove meat from refrigerator about 1/2 hour before frying, broiling, or barbecuing. Drain excess marinade off steaks and cook as desired, using remaining marinade for basting steaks if desired.



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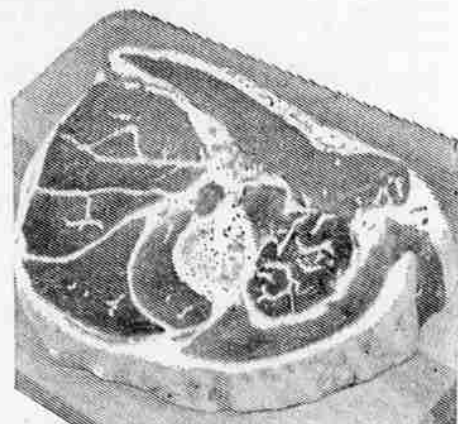
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