

### Meat Pies A Man's Dish



**GRILLED 'N' GOOD** — Ham and lamb cubes baked in biscuit dough over wood charcoal briquets were the invention of one contestant in a "men only" cookout. Cubes are cooked separately with seasonings, then wrapped in dough and grilled in foil over glowing charcoal. Serve these hearty meat pies the next time you entertain around the fireplace.

Meat pie cooked over wood charcoal briquets was a leading entry in a recent national cookout contest for men only. Here's the recipe, planned for a party of six. The treat, of course, is "convertible"—that is, it can be prepared just as easily indoors over a fireplace grill or built-in kitchen grill.

- 1 small leg of lamb, boned and trimmed
- 2 cloves garlic, crushed
- 1-3 cup butter
- 1 lb. cooked ham, cut in 1-inch cubes
- 2 green peppers, cut in 1-inch pieces
- 2 small onions, minced
- 1 lb. small mushrooms, quartered
- 2 tbs. Lemon juice
- 1/2 tsp. oregano

- 3 tsp. salt
- 1/4 tsp. pepper
- 3 slices bacon
- 2 cups biscuit mix
- 1/2 tsp. paprika
- 2-3 cup milk
- 14-inch heavy duty quilted foil

Cut lamb into 1-inch cubes. In large skillet, saute with garlic in butter until well browned, about 10 minutes. Add ham, green pepper, onion and mushrooms; cook five minutes. Add sherry flavoring, lemon juice, oregano, salt and pepper; simmer, uncovered, for 10 minutes, stirring frequently.

Cook bacon until crisp; drain well and crumble. Combine bacon, biscuit mix and paprika; stir in milk and mix to a

smooth dough. Divide dough into six portions and roll each out to a seven-inch square. Spoon equal portions of meat and vegetable mixture onto center of squares; crimp edges of dough together, forming rolls.

Cut six 10 x 14-inch sheets of foil; place a roll on each and wrap securely. Place on grill over glowing wood charcoal briquets; cook 10 to 12 minutes, turning frequently to brown evenly. Remove from grill; fold foil back and crimp around edges to make serving dishes. Garnish with pineapple chunks, lemon slices and parsley sprigs, if desired.

Originator Melvin W. Conway of Clovis, Calif., rates this a tasty, hearty meal for hungry men.



**MORE FLAVOR** — For a truly delicious flavor and shorter cooking time try individual pot roasts simmered in rich, canned tomato sauce. Won't strap the budget either.

### Individual Pot Roasts

Individual Pot Roasts fit especially well into plans for serve-yourself dinners, since there is no carving required at the table and vegetables are cooked with the meat. The combination of subtle French seasoning with the bright flavor of canned tomato sauce produces an especially delicious main course.

Suitable as accompaniment would be the classic French salad of lettuce tossed with an oil and vinegar dressing. Use three tablespoons pure vegetable oil, 2 tablespoons wine vinegar, 1/4 teaspoon salt and a dash of pepper. The French salad maker mixes salt and

pepper with 1/4 teaspoon dried mustard and a few drops of vinegar in salad spoon. Then uses spoon to toss salad, sprinkling lettuce first with oil, then vinegar, and tossing madly.

The typical French dessert would be a bowl of assorted fresh fruits and a tray of cheeses. After this, small cups of double-strength black coffee. Good? Oui, Madam!

#### INDIVIDUAL POT ROASTS

- (Serves - 6)
- 3 lb. boneless beef pot roast
  - salt and pepper
  - 1/4 cup pure vegetable oil
  - 1 medium onion, chopped
  - 1 clove garlic, minced
  - 1 cup sliced celery
  - 2 (8-ounce) cans tomato sauce
  - 1 1/2 cups water
  - 2 teaspoons salt
  - 1/4 teaspoon pepper
  - 1 small bay leaf
  - 6 small potatoes, peeled and halved
  - 6 carrots, cut in half
  - 1 1/2 cups fresh or frozen lima beans
  - 1/4 cup flour

Cut beef into 6 pieces, keeping as uniform as possible. Sprinkle with salt and pepper. Brown well in pure vegetable oil in Dutch oven. Add onion and garlic; cook over medium low heat until tender and lightly browned. Add celery, tomato sauce, water, salt, pepper and bay leaf. Cover and simmer two hours or until meat is tender. Add vegetables and cook 20 to 25 minutes longer. Remove meat to platter and keep warm. To make gravy mix flour with 1/4 cup water, add this mixture to the pan liquid in the Dutch oven. Simmer until thickened.

#### MARKET BASKET

##### Oregon State University

An unusual number of beef features, plentiful economical buys in pork, good buys in chicken, and scattered values in turkeys describe the situation at the meat counters this week. In the beef department we will see particular emphasis on the steak cuts, although pot roasts will also get their share of attention.

Fresh pork will probably continue to be featured for the next few weeks. There are particularly good buys in shoulder steak, pork chops, loin roasts, and bacon.

Vegetables with the lowest cost per serving include potatoes, root vegetables, squash, cabbage, and beets. Cauliflower and broccoli are at about their lowest price of the season. Brussels sprouts, the miniature cabbages, are approaching their peak supply. Good quality sprouts are firm, compact, bright in appearance, and green. Don't overcook this attractive vegetable if you want it to retain color, shape and nutritive value.

California artichokes are plentiful and the price has dropped a little. Artichokes offer an interesting menu change served either as a salad or as a hot vegetable.

There are lots of pumpkins for pies. The flavor of pie made with home-cooked pumpkin is outstanding.

Apples, grapes, cranberries and bananas lead the fruit parade. Just harvested, crisp, flavorful apples are economically priced. Also, this is the season to buy fresh apple cider and to buy or make caramelized apples.

Oregon cranberries, a bumper crop this year, add a festive touch to any meal. Put a few packages into the freezer for later use. Because they go into the freezer dry, they're easy to separate later on. If you wish to grind berries, do so while still frozen, as they will be less drippy.

Persimmons and pomegranates, two interesting but less-known fruits, are now in the markets adding extra color to the already colorful fall fruit and vegetable displays.

#### COOKING WITH BUTTERMILK

Many good cooks have discovered that buttermilk, with its unique flavor and slight acidity, makes light tender cakes, biscuits and pancakes. Home economists with gas appliance manufacturers say that if you have a favorite recipe that calls for sour milk, you can substitute the same amount of buttermilk.

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- |                |                                 |         |               |                                       |        |
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| Boneless Roast | Waste-free rump or Sirloin tip. | lb. 89c | "Smokies"     | Armour Sausage 12 oz. pkg.            | 49c    |
| Fancy Bacon    | Safeway or Armour Star.         | lb. 59c | "Back-Ribs"   | Armour pre-cooked ribs, 2 1/2 lb. can | \$2.49 |
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- Toilet Tissue** Zee, White & pastels, 3 4-roll packs (or) **12 rolls \$1**
- Ice Cream** Lucerne Party Pride, 14 delicious flavors. 1/2 Gal. **69¢**
- Biscuits** Betty Crocker, refrigerated, Bisquick or Buttermilk, 8 oz. **3 for 29¢**
- Pineapple** Highway half slices, No. 1 1/4 flat tin. **5 for \$1**

### Save More

- Orange Drink or Grape, Shasta, 46 oz. can **3 for 89c**
- Chocolate Syrup Hershey's 16 oz. can **2 for 49c**
- Peanut Butter Skippy, Chunky & creamy, 28 oz. **89c**
- Chili Sauce Town House, real flavor, 12 oz. **25c**
- AA Large Eggs Cream O' The Crop, Dozen **49c**

### Safeway Savings

- Hash Browns Russ-ettes, shredded 12 oz. pkg. **2 for 35c**
- Marshmallows Fluf-Puff, miniatures, 10 1/2 oz. pkg. **25c**
- Bran Flakes Kellogg's cereal 14 1/2 oz. pkg. **3 for \$1**
- Sugar Frosted Flakes Kellogg's 10 oz. **3 for \$1**
- Froot Loops Kellogg's cereal 10 1/2 oz. pkg. **3 for \$1**

### Don't Forget These

- Chunk Tuna Star-Kist No. 1/2 cans **3 for 89c**
- Mustard Morehouse Western style, 20 1/2 oz. **25c**
- Ovaltine Plain or Chocolate 6 oz. jar **39c**
- Yuban Coffee Regular or Drip 1-lb. can **79c**
- Cat Food Friskies, Fish or Chicken, 6 1/4 oz. can **2 for 31c**

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