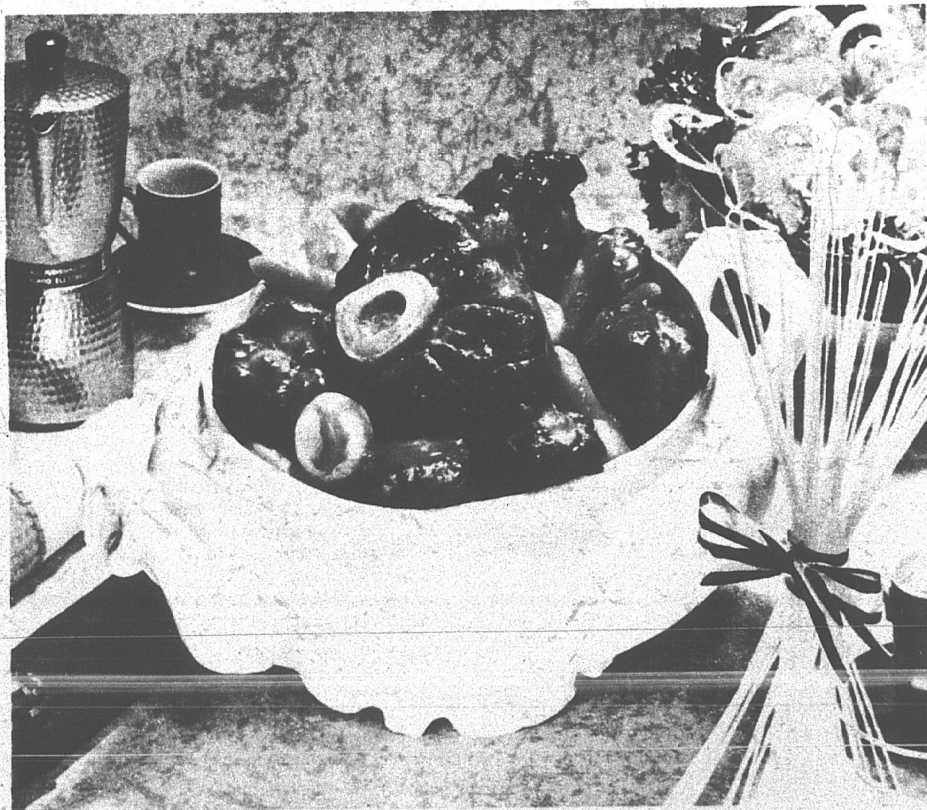


# Overtone Italiano IN THE MENU

MELANIE DE PROFT, Food Editor



A rich beef stew with the fragrance of oregano, a pasta accompaniment, a basil-oil-dressed salad, and small cups of strong black coffee are characteristic of an Italian-style meal.

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### Sweet Surprises!

After a hearty meal or snack, serve some of the world's most fabulous desserts—Crème Brûlée, Baked Alaska, Mousse Café, and other heavenly treats.

## Beef Stew

When planning a complete Italian menu, offer cheese and fruit for dessert.

- 4 lbs. boneless beef stew, cut in 2-in. cubes, or beef round steak, cut  $\frac{3}{4}$  in. thick
- Instant meat tenderizer (seasoned)
- $\frac{1}{4}$  cup flour
- 2 tablespoons salad or cooking oil
- 1 clove garlic, sliced
- $1\frac{1}{4}$  cups beef broth (dissolve 2 beef bouillon cubes in  $1\frac{1}{4}$  cups boiling water)
- 2 tablespoons chili sauce
- 1 to  $1\frac{1}{2}$  teaspoons oregano, crushed
- 1 teaspoon rosemary, crushed
- 6 medium-sized carrots, pared and cut in halves diagonally
- 12 small onions, peeled

1. If using round steak, cut meat into 3 x 2-in. serving-sized pieces.
2. Prepare the meat as follows: moisten each side of meat with water and sprinkle evenly with the instant meat tenderizer on all sides, using about  $\frac{1}{2}$  teaspoon per pound. Pierce meat pieces deeply with a two-tined fork at approximately  $\frac{1}{2}$ -in. intervals.
3. Coat meat with the flour. Use no salt. Heat the oil along with the garlic in a Dutch oven or a large, heavy skillet. Remove garlic; add meat and brown on all sides in the hot oil.
4. Add the broth, chili sauce, oregano, and rosemary. Cover and simmer about 1 hr.
5. Add the carrots and onions and continue to simmer 40 to 50 min., or until vegetables and meat are tender. 6 to 8 servings

## Basil Salad Dressing

Combine  $\frac{1}{2}$  cup olive or salad oil,  $\frac{1}{4}$  cup lemon juice, 1 teaspoon sweet basil, crushed, and  $\frac{1}{4}$  teaspoon salt in a jar with a tight-fitting cover. Shake well and pour over a salad of crisp curly endive, sliced oranges, and onion rings.

About 1 cup dressing

## Anchovy Canapés

Spread thin slices of toast shapes (rectangles, triangles, or rounds) with Spinach Butter (see recipe). Top with anchovy fillets and a sprinkling of sieved hard-cooked egg white and/or hard-cooked egg yolk.

**Spinach Butter**—Cream together  $\frac{1}{2}$  cup butter or margarine,  $\frac{1}{4}$  cup well-drained cooked chopped spinach forced through a sieve, 1 tablespoon finely chopped parsley,  $\frac{1}{4}$  teaspoon grated onion,  $\frac{3}{4}$  teaspoon lemon juice, and a few grains black pepper. Beat until fluffy.

## Spaghetti with Swiss Cheese

Cook 7 to 8 oz. thin spaghetti according to package directions; rinse and drain. Toss the drained spaghetti with 2 tablespoons butter or margarine, 2 tablespoons cream, and  $\frac{1}{2}$  to  $\frac{3}{4}$  cup shredded Swiss cheese until thoroughly mixed. 6 to 8 servings

## Spaghetti with Parmesan Cheese

Follow recipe for Spaghetti with Swiss Cheese. Substitute  $\frac{1}{4}$  cup shredded Parmesan cheese for the Swiss cheese.

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