

# Hints for Homemakers

## by SONDRA REID

# Braising Meats Tops in Taste

## "Two Party" Purchasing Saves Money



**Sondra Reid**

Braising meats are easy to prepare, relatively inexpensive and tops for rich flavor.

A popular cut of braising beef is round steak. It can be stored in the freezer for emergency or unexpected company suppers, then popped into the skillet with available packaged or canned seasonings or soups for flavoring.

Braised steak can be flavored up or down to suit individual taste. It goes well with chili and green pepper, which make a festive Mexican dish when combined with corn.

A dinner in a dish is simple to make by cooking carrots, onions and succotash with the meat. Chili sauce gives round steak a tomato flavor. Mushrooms make it company fare.

**CHILI STEAK**  
2 lb. round steak, 1/2 in. thick  
1/4 cup flour  
2 tsp. salt  
2 to 3 tbsp. butter or margarine  
1 cup water  
1 pkg. chili seasoning mix  
2 tbsp. diced green pepper  
12-oz. can whole kernel corn

Cut steak into serving pieces. Combine flour and salt and pound into meat. Brown in butter. Add water, chili seasoning and green pepper, mixing well. Cover and cook over low heat 1 hr., or until tender. Add corn and cook 5 min. longer. Makes 6 servings.

**ROUND STEAK STACKS**  
1 lb. round steak, 1/2 in. thick  
3 tbsp. flour  
1/2 tsp. salt  
1/8 tsp. pepper  
1/4 tsp. dill weed  
1 tsp. paprika

3 tbsp. shortening  
24 carrot strips, 3 in. long  
8 thin onion slices  
1 can onion soup  
1 pkg. frozen succotash

Pound steak to 1/4-in. thickness and cut into 8 pieces. Combine flour, salt, pepper, dill and paprika. Dredge meat in flour mixture. Brown in shortening and pour off drippings. Top 4 pieces of steak each with 6 carrot strips and 2 onion slices. Cover with remaining pieces of steak. Add soup. Cover tightly and cook slowly 1 1/2 hr. Add succotash and continue cooking 15 min., or until meat is tender and vegetables done. Makes 4 servings.

**STEAK ROYAL**  
1 1/2 lb. round steak, 1 in. thick  
1/3 cup flour  
1 cup sliced onions  
2 tbsp. shortening  
1 tsp. salt  
1/2 tsp. dry mustard  
1/8 tsp. pepper  
1 clove garlic, minced  
1/2 cup water  
1/3 cup chili sauce

Cut steak into serving pieces and rub with flour. Sauté onions in 1 tbsp. shortening and remove from skillet. Brown steaks on both sides in 1 tbsp. shortening. Blend salt, mustard, pepper, garlic, water and chili sauce.

Homemakers who work on a "two party system" may effect great savings in time, money and effort. The system, involving two parties within the same week, allows for one shopping trip and combined advance preparations.

Vegetables and greens for salad may be washed, dried and stored in plastic bags ready for both parties.

Appetizer foods from the first party often may be held in the refrigerator for the second. The same is true of certain delicacies such as marinated artichoke hearts, pickled mushrooms, an assortment of cheeses and gourmet accessories which might be out of the question for one party.

A wider choice of bake and serve rolls can be served since part of each package can be stored in the refrigerator until the second party.

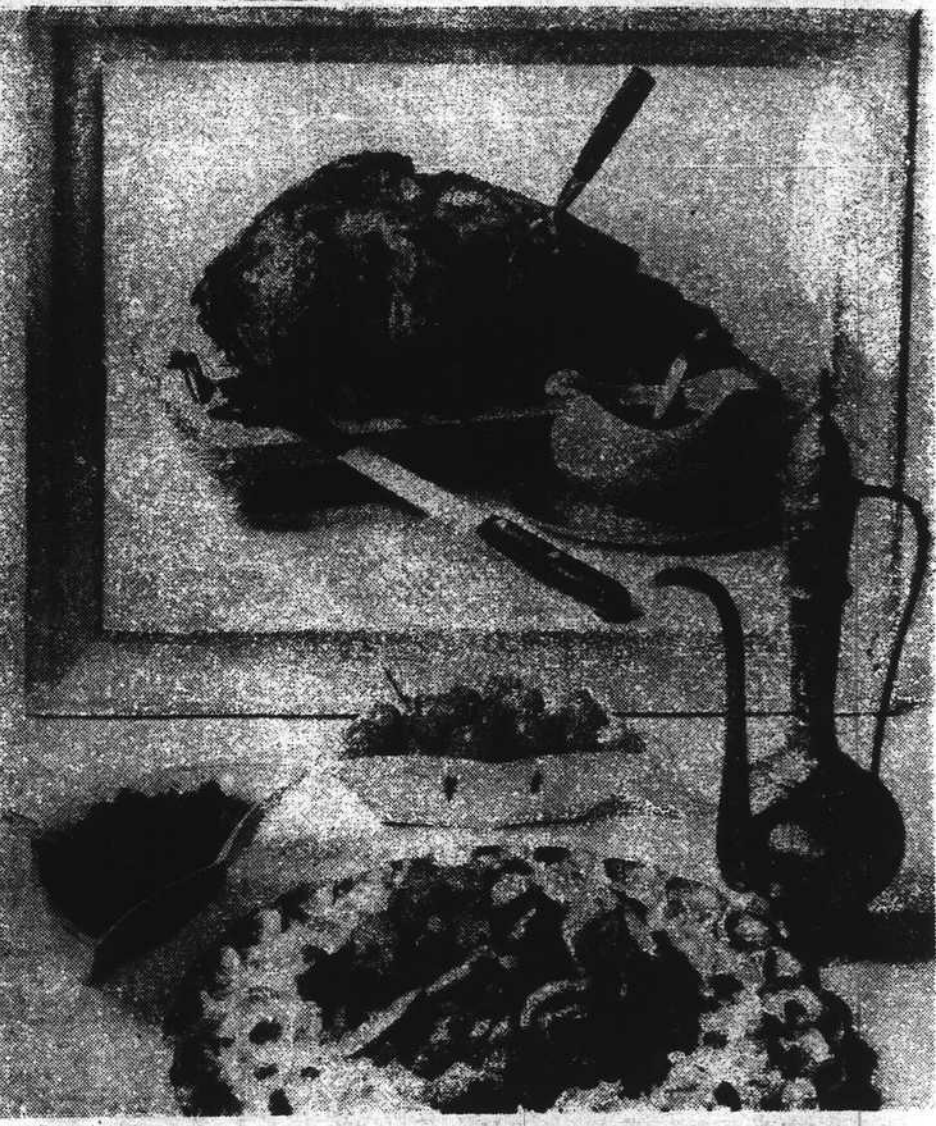
Frequently the dessert may be the same at both parties, permitting one-time preparation.

Two coordinated menus use roasts for one dinner that provide a second equally good luncheon or dinner specialty.

Pour over steaks and top with onions. Cover tightly and cook over low heat 1 to 1 1/4 hr. Makes 4 servings.

**FORK-TENDER STEAKS**  
3 lb. round steak, 1 in. thick  
Salt, pepper  
2 med. onions, sliced  
4 tbsp. shortening  
1 cup bouillon  
1 to 2 tsp. Worcestershire  
4-oz. can mushrooms

Cut steaks into serving pieces and season with salt and pepper. Sauté onions in 1 tbsp. shortening and remove from skillet. Brown steaks in 3 tbsp. shortening on both sides. Add sautéed onion, bouillon and Worcestershire sauce. Cover and cook slowly 40 min. Add mushrooms with liquid. Cover and cook 20 to 30 min., or until tender.



**DOUBLE DUTY**—A large roast leg of lamb may be the entree for a dinner party and provide gourmet Lamb Pilaf for second party on time-saving "two party" plan.

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