

Food Forum

Dorothy Johnson

HISTORY ON A BUN

The hamburger has, not only a highly interesting, but a truly international background. The Russians are believed to have conceived the idea. They were fond of chopped raw beef, known today as Steak Tatar.

A seaman from Hamburg, Germany picked up a taste for this earlier version of Hamburger and gave it the name by which it is best known in the United States. But it was the Americans who brought the hamburger to its present form and status. Chopped beef was broiled and served in a sandwich at the 1904 St. Louis Exposition--and the American hamburger was born.

THOUSANDS OF VERSIONS are served in homes and commercial eating establishments. Some masquerade as Salisbury Steak, or Chopped Steak in fancy restaurants. Others are simply hamburgers and trimmings in burger palaces and stands from coast to coast.

Chuck and Round are the two most popular cuts of beef ground for hamburgers. Many supermarkets build their reputation around ground beef for it is one of the most popular meats. So whether you pick up a package labeled ground regular, chuck, round, or meatloaf mixture, be sure it is a today's pack of quality meat your supermarket is proud to offer.

Hamburger is a quick "steak" meat when dinner must be ready fast. It's hearty family fare when your budget is in a squeeze, and an easy-to-dress-up conversation piece "star" dish when company comes.

Yes, the whole world loves a hamburger--just about anytime, anyway--and is it any wonder?

Hamburgers Mexicano

1 can Mexican-style salsa, 1 chopped tomato, 1/2 green pepper, finely diced; 1 small onion, finely chopped; 2 lbs. ground beef, salt, pepper, monosodium glutamate, 4 to 6 hamburger buns.

Combine salsa, tomato, onion and green pepper. Break meat up gently with fork, blending in salt, pepper and monosodium glutamate to taste. Shape into four to six patties. Broil, pan-broil, pan-fry or grill until done as desired. Spoon sauce over top of burgers.

Pizza Burgers

2 lbs. ground beef, 3/4 to 1 cup tomato sauce for spaghetti or pizza--homemade or canned--oregano, salt, pepper, monosodium glutamate, 3/4 to 1 cup Mozzarella cheese, 6 to 8 slices French bread.

Break meat up gently with fork, blending in salt, pepper and monosodium glutamate to taste. Shape into 6 or 8 patties slightly in oval shape. Broil or pan fry. Place one patty on each slice of French bread. Spoon sauce, sprinkle with oregano, then with cheese. Place under broiler until cheese melts.

Dinner Beef Patties

1 large Bermuda onion, 2 tablespoons butter or margarine, 3 tablespoons brown sugar, 2 lbs. ground beef, 1/4 cup water, 2 teaspoons salt, paprika, Chili Glaze (recipe follows).

1. Peel onion and cut crosswise into 4 thick slices; saute in butter/margarine until lightly browned on bottom--turn carefully; add water and brown sugar; cover and simmer 10 minutes, or just until tender; sprinkle with paprika. Keep hot while preparing and cooking meat.

2. Mix ground beef lightly with salt; shape into 4 large and 4 medium-sized patties--about 1 inch thick.

3. Pan-fry over medium heat 8 minutes--turn; cook 5 minutes longer. Spoon chili glaze over; continue cooking, basting with glaze in pan 3 minutes longer for medium, or until meat is as done as desired.

4. Put one large and one medium-sized patty together with a slice of the Bermuda onion between--top with any remaining sauce from pan. **CHILI GLAZE:** Combine 1/2 cup chili sauce with 1/2 cup water, 1 tablespoon corn sugar, and 1 tablespoon worcestershire sauce in a 2-cup measure. Makes about 1 cup.

Sour Cream Burgers

1 lb. ground beef, 1 can (8 oz.) tomato sauce, 1/2 cup soft bread crumbs (1 slice), 1 egg, 1 small onion grated, 1 tablespoon worcestershire, 1/2 teaspoon salt, 1 tablespoon

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butter/margarine, 1 envelope sour cream sauce mix--milk.

1. Mix ground beef lightly with 1/4 cup of the tomato sauce, bread crumbs, egg, worcestershire, onion and salt until well blended. Shape into 4 patties about 1 inch thick.

2. Pan-fry over medium heat in butter/margarine until brown on both sides.

3. Blend sour cream sauce mix with milk following label directions; stir in remaining tomato sauce; pour over patties; cover.

4. Simmer, basting several times, 25 minutes.

All-American Cheeseburgers

1 lb. ground beef, 1 teaspoon salt, 1/8 teaspoon pepper, 4 slices (half an 8 oz. pkg. process American cheese, 2 teaspoons catsup, 4 slices tomato, 4 slices Bermuda onion, 4 slices hamburger buns toasted and buttered.

1. Mix ground beef lightly with salt and pepper--shape into 4 patties about 1 inch thick.

2. Pan-fry over medium heat 8 minutes on each side for medium cooked, or until meat is done as you like it. Brush tops lightly with catsup; cover with cheese slices (heat from meat will melt cheese slightly).

3. Top each with a tomato and onion slice; put together sandwich style with buttered buns.

Hawaiian Burgers

1 lb ground beef, 1 can (8 oz.) pineapple tidbits, 1 tablespoon brown sugar, 4 flat corn meal cakes toasted and buttered, flake coconut, 1 teaspoon salt, 1/8 teaspoon pepper, 1 tablespoon prepared mustard, 1/4 teaspoon ground ginger.

1. Mix ground beef lightly with salt and pepper; shape into 4 patties about 1 inch thick.

2. Drain syrup from pineapple; combine with mustard, brown sugar and ginger.

3. Pan-fry patties over medium heat, brushing several times with sauce; for 8 minutes--turn; brush with more sauce. Cook 4 minutes longer, or until meat is done as you like it.

4. Place patty on each corn meal cake; top with pineapple and sauce from pan; sprinkle with coconut.

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