

# FOOD FORUM

Dorothy Johnson

## SWINGING BEEF STEW

After the holiday B-Que and picnic sandwiches, a sure way to please your family at dinner is to serve tasty beef stew. The recipe featured here combines fresh zucchini, carrots, potatoes and beef. Carnation evaporated milk is added to the stew, making the gravy creamy and nutritious.

### BEEF STEW

2 lbs. beef round, cut in 2" cubes, 2 tbsp. butter, 3 tbsp. flour, 1 med. onion, sliced; 2 c. beef bouillon, 1 clove garlic, 1 bay leaf, 1/4 tsp. marjoram leaves, 1-3/4 tsp. salt, 1/8 tsp. pepper, 1-1/2 lbs. potatoes, pared and halved or quartered, 3 med. carrots, cut in 1" slices, 2/3 c. (small can) undiluted Carnation evaporated milk.

In dutch oven or large saucepan, brown beef in butter. Stir in flour, then onion, bouillon and seasonings. Simmer covered 45 minutes. Add potatoes and carrots; simmer 20 minutes. Mix in zucchini and cook 10 minutes longer or until vegetables are tender. Lower heat.

Remove meat and vegetables to serving dish. Stir evaporated milk into pan liquid; pour over vegetables and meat. If desired, pan liquid may be thickened, as in gravy, using a range of 1 tablespoon flour per 1 cup liquid, before adding evaporated milk.

### CLEAR BEER CHICKEN SALAD

This salad has been a bit updated by adding beer to the aspic. Beer cookery is really not new but it has had a comeback in recent years and you'll enjoy the flavor it adds.

2 c. diced cooked chicken or turkey, 2-1/2 tbsp. unflavored gelatine, 1/4 c. cold water, 3 c. chicken stock, 1 c. beer, 3 tbsp. lemon juice, salt and white pepper, celery salt, ginger or ginger root, 1 c. cooked green beans, 1 c. finely diced celery, 1 jar (2 oz.) chopped pimiento.

Put gelatin in the cold water to soften. In a saucepan, combine the chicken stock and beer. Heat to boiling. Remove, add the lemon juice, salt, pepper, celery salt and ground ginger or ginger root to taste. (Remove ginger root.)

Add softened gelatine to the beer mixture and stir until dissolved. Chill mixture just until it begins to thicken, then add chicken and vegetables and blend carefully. Pour salad into an oiled 2-quart mold of plain or fancy shape; chill until firm--takes about 4 hours--or prepare overnight to be sure it is nicely self-supporting.

Serve on lettuce and pass a creamy, mustardy dressing. (Use half mayonnaise and half dairy sour cream seasoned with dry mustard to taste.)

### A NEW 3-BEAN SALAD

1 c. Kraft Apple Jelly, 1/3 c. cider vinegar, 4 tsp. cornstarch, 1 tsp. salt, 1 can (16 oz.) cut green beans, 1 can (16 oz.) kidney beans, 1 can (16 oz.) garbanza beans, 2 c. sliced celery, 1 c. sliced green onions.

Combine jelly, vinegar, cornstarch and salt in a small saucepan. Cook, stirring, until smooth and thickened.

Drain beans well. Pour hot dressing over them; chill well overnight if possible. Add celery and onion and serve on salad greens.

### SPRINGTIME APRICOT PIE

1 unbaked frozen pie crust shell, 2 eggs, slightly beaten; 2 c. dairy sour cream, 1-1/2 c. sugar, 1/4 c. flour, 1/2 tsp. salt, 4 drops almond extract, 1-1/2 c. dried apricots, crumbly topping.

Combine eggs, sour cream, sugar, flour, salt and almond extract. Beat with rotary beater until blended. Stir in apricots, which have been cooked, drained and cut into small pieces.

Pour mixture into pie shell. Bake in 400 deg. oven and sprinkle with crumbly topping. Return to oven and continue baking 20 to 25 minutes or until filling is set.

Crumbly Topping: Combine 1/2 c. light

# REDDY KILOWATT'S

## Helpful Hints For The Homemaker



Knowledge is power and in some cases, knowledge gives power even when using electricity.

If you have an electric blender, and automatic fry pan or pressure cooker, a broiler or an electric griddle, you can work miracles. Very few realize how many and how varied these miracles can be. Not only the beginner, but the experienced cooks can find their repertory widened and their prowess increased.

Now with the accurate thermostatic controls it is possible to be accurate about everything. You can measure the degree of heat as well as the flour and milk. The heat has always been crucial in many recipes and in thermostatically controlled small appliances the heat is measured and maintained as it is in an oven.

Let's try something entirely different in the electric skillet, let's bake a pizza!

### EASY PARTY PIZZA

2 Tbsp. shortening	1/2 lb. pepperoni, sliced OR
1 1/3 c. pkg. biscuit mix	1 can (8 oz.) pork sausage, sliced, OR 1/2 lb. browned ground beef
1/3 c. evaporated milk	1 can (2 oz.) sliced mushrooms, drained
1/2 c. canned tomato sauce	
1 tsp. oregano	
1 c. shredded Mozzarella cheese	

Grease a cold electric skillet on bottom and sides with shortening. In a small bowl combine biscuit mix with evaporated milk. Spread dough evenly over bottom of skillet. Spread tomato sauce over dough. Sprinkle with oregano. Top with layers of cheese, sausage and mushrooms. Cover. Turn control dial to 325 deg. and bake until crust is lightly browned, about 12 to 15 minutes. Cut into squares to serve. Makes 4 to 6 servings.

To make the pizza easy to cut and serve, line the bottom and sides of your electric skillet with aluminum foil before you begin. When the pizza is finished, simply grab the edges of the foil and lift the pizza out of the skillet for serving.

A more versatile appliance would be hard to find so let's make the most of it.

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brown sugar and 1/3 c. flour. Mix well. Cut in 1/4 c. butter or margarine until mixture resembles coarse crumbs.

## N.Y. GOP's NEW GOAL

The New York State (Caucus, National Council of Concerned Afro-American Republicans, will hold its annual dinner June 28th, 8 P.M. at the Park Sheraton Hotel. Horace Carter, New York Caucus Chairman, in announcing the dinner said it would signal the enrollment of 20,000 members in the Council and a drive to register thousands of Black people throughout the State as Republicans.

"When there were only 26 Black delegates and some 50 alternates at the Republican National Convention at Miami Beach last summer - something is wrong," Carter emphasized.

"We must do something for ourselves in the Republican Party and this is why we have organized the National Council of Concerned Afro-American Republicans."

### BOARD MEMBER

NEW YORK - (NPI) --Ald. Ralph Metcalfe of Chicago was one of five persons elected last week to the U.S. Olympic committee's board of directors. For Metcalfe, it is a chance to be on the other side of the Olympic picture. His earlier place with the Olympics was a sprinter in 1932 and 1936, where he won the silver and bronze medals, as well as helping his team take a gold medal in the 400-meter relay.

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