

# FOOD FORUM

Dorothy Johnson

## POT ROAST

Pot Roast is a roast food cooks transform into something very special. Pot roasts are made by braising the less-tender cuts of beef. The meat is first browned, then simmered long and slowly in a small amount of liquid. The following cuts of beef taste best when cooked this way: Boneless chuck, arm roast, blade roast, round, sirloin tip and rump.

### FRENCH CLASSIC POT ROAST

**MARINADE:** 2 c. dry wine, 1 c. water, 1-1/2 tsp. salt, 1 tsp. peppercorns, 2 c. sliced, pared carrots; 1 clove garlic, crushed; hand full of parsley stems, 1/2 tsp. leaf thyme, 1 bay leaf, 2 whole cloves.

**SAUCE:** 1/4 c. shortening or pure vegetable oil, 1 can (8 oz.) tomato sauce, 1 can (10-1/2 oz.) beef broth, 2 c. water.

**GARNITURE:** 16 small carrots, pared; 4 tbsp. butter or margarine, 18 to 24 small white onions, peeled; 1 tsp. sugar, 1/2 tsp. salt, 2 tsp. cold water, chopped parsley.

Pour marinade over roast. Cover. Refrigerate 6 to 10 hours, turning occasionally. Remove meat, drain. Brown meat on all sides; discard fat left in pan. Return meat and marinade to pan. Bring to boiling and cook until almost all liquid has evaporated. Add tomato sauce, beef broth and 2 cups water. Cover; bring to boiling. Simmer on range or put in a 350 deg. oven for 3 to 3-1/2 hours, or until meat is tender, turning occasionally.

While meat cooks, cook carrots in boiling salted water until tender. Drain. Saute in 2 tablespoons butter or margarine until slightly browned. Keep warm. Put onions in a large skillet. Add enough water to cover. Add 2 tablespoons butter or margarine, sugar and salt. Bring to boiling. Cook until all the water evaporates. Shake skillet to brown onions in the syrup. Keep warm. Remove meat to heated platter. Arrange vegetables around meat. Blend cornstarch and cold water and stir into boiling liquid; correct seasonings. Spoon some of gravy over meat; sprinkle with parsley.

### RHINELAND SAUERBRATEN

**Sweet and Sour:** 5 to 6 lb. pot roast of beef, 1-1/2 tsp. salt, 2 c. red wine vinegar, 1/2 tsp. peppercorns, 2 whole cloves, 1 bay leaf, 1 c. sliced onion, 3 c. water, flour, 1 c. diced carrots, 6 gingersnaps, crushed; 1 c. currants or raisins, potato dumplings.

Sprinkle meat with salt; place in glass or stainless steel bowl. Combine vinegar, peppercorns, cloves, bay leaf, sliced onion and water in saucepan. Bring to boiling. Pour over meat. Cool; refrigerate 10 to 12 hours, turning meat occasionally. Remove meat; drain. Dredge in flour. Strain marinade; reserve.

Saute carrots and onion in fat left in pan. Return meat to pan. Add marinade; cover. Bring to boiling, simmer on surface heat or bake at 350 deg. for 3-1/2 hours. Remove meat. Skim all fat from liquid; strain into saucepan. Add gingersnaps; bring back to boiling, stirring constantly until thickened. Correct seasonings. Add currants or raisins. Simmer 1 minute. Serve with potato dumplings. Serves 8 to 10.

### POTATO DUMPLINGS

2 c. cold water, 2 tbsp. lemon juice, 2 lbs. potatoes, 2 c. soft bread crumbs, 1 tsp. finely minced onion, 2 eggs beaten, 1-1/2 tsp. salt, dash of pepper.

Combine water and lemon juice in bowl. Grate potatoes into mixture (this keeps potatoes white). Squeeze potatoes dry in cheese cloth or towel. Combine remaining ingredients and shape into 2" balls on floured surface. Drop into boiling water. Cover. Simmer 15 to 20 minutes.

### PUERTO RICAN POT ROAST (Embellished with Olives)

5 to 6 lb. roast of beef, 2 cloves garlic, crushed; 1-1/2 tsp. salt, 1/4 tsp. pepper, 3 tbsp. pure vegetable oil, 1/4 c. wine vinegar, 1 c. red port wine, 1 can (10-1/2 oz.) beef broth, 2 c. water, 1 c. pitted ripe olives, 2 tsp. cornstarch, 2 tsp. cold

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## Helpful Hints For The Homemaker



This meat-vegetable dish can be varied a lot. You can use beef, pork, lamb or chicken as the meat, and you can use any of your favorite Chinese vegetables. Most supermarkets carry packaged chop suey mix, bean sprouts, frozen chinese peas, and Chinese cabbage.

### Cabbage Chop Suey

- |                        |                         |
|------------------------|-------------------------|
| 1 lb. chopped pork     | 1/2 c. celery, slivered |
| 2 Tbsp. oil            | 3 c. cabbage, shredded  |
| 1 onion, chopped       | 1 tsp. salt             |
| 1 green pepper, sliced | 1 Tbsp. soy sauce       |

The pork should be in small strips, not ground. If it is not available in that form at your favorite market, buy some pork steaks or chops and cut up into small, thin strips. In 1 Tbsp. of oil, pan fry pork, then remove from the skillet. In the other tablespoon of oil, saute onion until it is clear or translucent; add green pepper and celery. Cover and cook 5 minutes. A few minutes before serving, add cabbage, salt, soy sauce and pork. Cover tightly; cook 2 minutes only. Be sure to serve while cabbage is crispy.

If you like a gravy on it you may thicken 1 cup of chicken bouillon and one tablespoon soy sauce with 2 tablespoon cornstarch. Add this to the above mixture at the time you add the meat.

These recipes can be done in an electric skillet, or in a skillet on top of your electric range.

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water, hot cooked rice. Rub meat with garlic clove; sprinkle with salt and pepper. Brown in oil in Dutch oven or heavy skillet. Discard oil in pan. Add vinegar, wine, broth, 2 cups water and 1 clove garlic. Cover. Bring to boiling. Simmer 3-1/2 hours or until tender, turning occasionally. Add olives. Remove to platter. Skim fat from liquid. Blend cornstarch and cold water; add to liquid. Cook, stirring constantly, until thickened. Discard garlic. Serve with rice.

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