

FOOD FORUM

DOROTHY JOHNSON

THE BUDGET STRETCHER

Now that we are settled down from the fancy holiday fare, and the strain of holiday cookery, we welcome our budget stretcher "Hamburger." Most hamburger dishes are really very simple, and it gives the cook a vacation from kitchen work.

By law, ground beef can contain no more than 25% fat and no adulteration—meaning there can be no added color or filler in it.

Versatility of the hamburger has no ending. Try these chopped steak recipes.

BALKAN HAMBURGER STEAK

- 1-1/2 lb. ground beef
- 1 onion, minced
- 2 cloves garlic, mashed
- 2 slices bread
- water
- 1/4 cup grated Parmesan cheese
- 1/4 cup minced parsley
- 2 tsp. crumbled dried mint
- 1-1/2 tsp. salt
- 1/4 tsp. pepper

Combine ground beef, onion, garlic and bread which has been soaked in water and squeezed dry. Mix well and add cheese, parsley, mint, salt and pepper. Mix thoroughly and shape into steaks, pressing firmly enough to make meat cling together. Arrange side by side in shallow pan. Bake at 375 deg. 40 min. or until meat is done but not dry. Serve on a bed of rice, if wished.

BRATENBURGER STEAKS

- 3 slices dry bread
- 2 cups hot water
- 1 lb. ground beef
- 2 tbsp. minced onion
- 1 egg
- 2 tsp. salt
- 1 tbsp. butter or margarine
- 1/2 cup vinegar
- 12 whole cloves
- 1 bay leaf
- 8 gingersnaps, crumbled coarsely

Crumble the bread and soak in 1/2 cup of the hot water. Add ground beef, onion, egg and salt. Mix well and shape into patties. Melt butter, add meat patties and brown on both sides. Combine vinegar, remaining 1-1/2 cups water, cloves, bay leaf and gingersnaps. Pour over meat, cover and simmer about 1 hour. Remove bay leaf and cloves

and serve hot meat patties and gravy with noodles or mashed potatoes.

SWINGER STEAKS

- 2 lbs. lean ground beef
- 1-1/2 cups minced onion
- 1-1/2 cups finely diced green pepper
- 1-1/2 cups chopped peeled tomato
- 1/4 cup minced stuffed olives
- 2 cups shredded cheddar cheese
- 1 tsp. salt

Thoroughly mix ground beef, onion, green pepper, tomato, olives, cheese and salt. Shape into thick patties and place on a platter or tray and refrigerate 2 or 3 hours. When ready to cook, again press together each meat patty firmly to prevent crumbling while cooking. Grease a hot grill or heavy skillet, add steaks and brown on each side. Turn heat low and cook until done as desired, about 10 minutes on each side for medium rare. Serve with pilaf or poopy seed noodles. Makes 6 to 8 servings.

BEEF PATTIES LYONNAISE

- 1/3 cup minced onion
- 2 tbsp. butter or margarine
- 1-1/2 lb. ground beef
- 2/3 cup oatmeal
- 1-1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. basil, crushed
- 2/3 cup milk
- flour
- mushroom sauce

Lightly saute onion in butter in large skillet. Remove onion with slotted spoon and combine with ground beef, oatmeal, salt, pepper, basil and

milk. Shape into thick patties. Coat lightly with flour and brown on both sides in pan drippings remaining from frying onion. Remove patties from skillet and make sauce. Return hamburgers to sauce, cover and simmer 10 minutes. Serve hamburgers and sauce on buttered noodles.

MUSHROOM SAUCE

- oil
- 1/3 cup sliced celery
- 1/4 cup chopped onion
- 1/4 cup flour
- 2 cups beef broth - 1-4 oz. can
- mushroom stems and pieces, drained
- 3/4 tsp. salt
- 1/8 tsp. pepper

Add enough oil to pan drippings for Beef Patties Lyonnaise to make 2 tbsp. Add celery and onion and cook until onion is tender but not browned. Stir in flour. Gradually add beef broth and cook and stir until smooth. Bring to a boil and simmer 1 minute. Stir in mushrooms, salt and pepper. Makes 2 cups.

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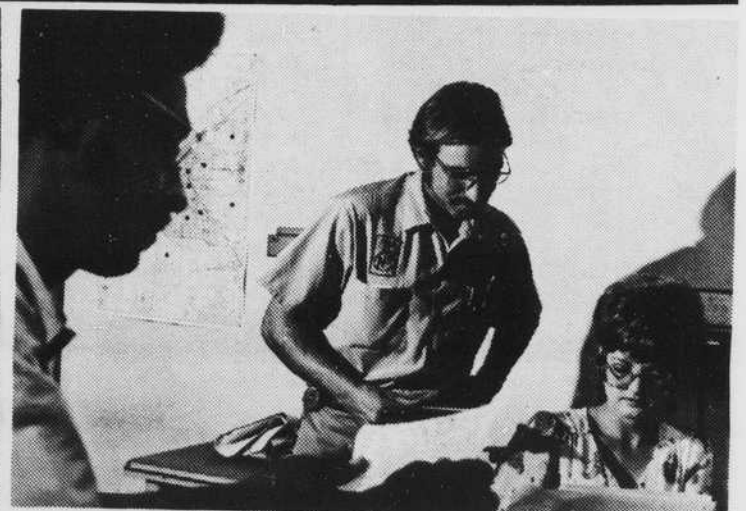
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Left to right: Sarge Holbert, Paolo Scinni, and Bobbie Ennis.

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