

Food

By Betty Brown

SLOW COOKER COOKERY

One of the most serviceable small appliances to be found in any kitchen is the slow crockery cooker. Indeed, to many women, it has become an indispensable item, especially to those who work during the day and do not wish to spend hours in the kitchen when they get home in the evening. But even housewives find it useful, because it frees up their time to do other things.

Other important aspects of this type of cooking are its economy, nutritional values and enhanced flavor — aspects that all of us are interested in!

Slow cooking retains more vitamins, minerals and juices in the food, makes less expensive cuts of meats tender and tasty and the cooker cooks all day for about 3 cents.

Another plus is that you never have to watch the meal as it cooks — just put the ingredients in the slow cooker and forget about it!

Here are some excellent recipes you'll enjoy cooking in your slow-cooker. Get the ingredients going early in the morning and come home to savory aromas at dinnertime.

BEEF BURGUNDY

- 2 lbs. lean beef shoulder or chuck, cut in 1-inch cubes
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon butter or margarine
- 1 tablespoon vegetable oil
- 3 tablespoons instant tapioca
- 1 cup Burgundy wine
- ½ cup beef bouillon
- 1 tablespoon tomato paste
- 1 cup chopped onion
- 1 can (3 oz.) whole mushrooms, undrained
- 1 bay leaf
- 2 cloves garlic, crushed



Sprinkle meat with salt and pepper. In Dutch oven, heat butter and oil, add meat cubes and brown over high heat. Place browned meat in slow cooker. Sprinkle with tapioca and add all remaining ingredients; mix well. Cover slow-cooker and cook on high-heat setting for 3 to 4 hours or until tender, or cook on low setting for 7 to 8 hours. Serve with hot, cooked noodles. Glazed carrots would go well with the meal. Makes 6 servings.

MANDARIN LAMB SHANKS

- 6 lamb shanks, halved crosswise (4 lbs.)
- 1 10½-oz. can condensed beef broth

- 2 tablespoons lemon juice
- 1 tablespoon anchovy paste (optional)
- 1 teaspoon dried oregano, crushed
- ½ teaspoon dry mustard
- ¼ teaspoon garlic powder
- ¾ cup cold water
- 2 tablespoons all-purpose flour
- 1 11-oz. can mandarin oranges, drained
- ½ teaspoon Kitchen Bouquet
- Hot cooked rice

Place lamb in large plastic bag set in deep bowl. Combine broth, lemon juice, anchovy paste, oregano, mustard, and garlic powder. Pour over lamb in bag and close; refrigerate overnight, turning bag twice to coat meat. Drain meat, reserving marinade. Measure; add water if necessary to make 1½ cups. Place lamb shanks in crockery cooker. Add 1 cup of the reserved marinade; chill remaining marinade. Cover cooker; cook on low-heat setting for 8 to 10 hours. Discard cooking liquid. Return meat to cooker to keep warm. In sauce pan blend cold water slowly into flour; add remaining marinade. Cook and stir till thickened. Stir in oranges and Kitchen Bouquet; heat through. Season to taste. Serve lamb and sauce over rice. Serves 6.

PORK MORENGO

- 2 lbs. boneless pork shoulder, cut in 1-inch cubes
- ½ cup chopped onion
- 2 tablespoons cooking oil
- 1 16-oz. can tomatoes, cut up
- 1 teaspoon instant chicken bouillon granules
- 1 teaspoon dried marjoram, crushed
- 1 teaspoon salt
- ½ teaspoon dried thyme, crushed
- Dash of pepper
- 1 3-oz. can chopped mushrooms, drained
- 1/3 cup cold water
- 3 tablespoons all-purpose flour
- Hot cooked rice



In skillet brown *HALF* of the pork cubes and chopped onion at a time in hot oil; drain off fat. Transfer meat and onion to crockery cooker. In same skillet combine undrained tomatoes, bouillon granules, marjoram, salt, thyme and pepper. Stir together, scraping browned bits from bottom of skillet; pour over pork. Cover; cook on low-heat setting for 8 to 10 hours. Turn to high-heat setting. Stir in drained mushrooms. Blend cold water slowly into flour; stir into pork mixture. Cook, uncovered, on high-heat setting till thickened, 15 to 20 minutes; stir occasionally. Serve over rice. Makes 6 to 8 servings.

CHICKEN AND SAUSAGE CASSOULET

- 1¼ cups dry navy beans

- ½ lbs. bulk pork sausage
- 1 2½-to-3-lb. ready-to-cook broiler-fryer chicken, cup up
- ½ cup finely chopped carrot
- ½ cup chopped celery
- ½ cup chopped onion
- 1½ cups tomato juice
- 1 tablespoon Worcestershire sauce
- 2 teaspoons instant beef bouillon granules
- 1 teaspoon salt
- ½ teaspoon dried basil, crushed
- ½ teaspoon dried oregano, crushed
- ½ teaspoon paprika



Advanced preparation: In large saucepan bring beans and 4 cups water to boiling. Reduce heat and simmer, covered, for 1½ hours. Pour beans and liquid into bowl. Refrigerate overnight. Shape sausage into 18 balls; brown in skillet. Remove meatballs; reserve dripping in skillet. Cover meatballs; refrigerate overnight. Sprinkle chicken with salt and pepper; brown in the reserved drippings. Remove chicken; cover and refrigerate overnight.

BEFORE SERVING: In crockery cooker place chicken, meatballs, carrot, celery and onion. Drain beans; mix well with remaining ingredients. Pour over meat mixture. Cover; cook on low-heat setting for 8 hours. Remove chicken and meatballs. Mash bean mixture slightly; serve with meat. Makes 6 servings.

DUTCH-STYLE BEEF AND CABBAGE

- 1 1½-lb. beef round steak, cut ¾ inch thick
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons cooking oil
- 3 large onions, sliced (3 cups)
- ¾ cup hot water
- 1 tablespoon vinegar
- 2 teaspoons instant beef bouillon granules
- 1 small head cabbage

Trim excess fat from meat; cut into cubes. Combine flour, salt and pepper; coat meat with flour mixture. In skillet quickly brown meat on all sides in hot oil. Drain off fat. Transfer meat to crockery cooker; add onions. In same skillet combine water, vinegar and bouillon granules. Stir together, scraping browned bits from skillet; pour all into cooker. Cover and cook on low-heat setting for 8 hours. About 15 minutes before serving, cut cabbage into 4 or 5 wedges. Cook in a 3-quart saucepan in a large amount of boiling salted water till tender, 10 to 12 minutes. Drain well. Serve beef mixture over hot cooked cabbage wedges. Makes 4 or 5 servings.

SHRIMP A LA CREOLE

In a crockery cooker stir together one 28-oz. can tomatoes, cut up and undrained; ½ cup chopped green pepper; 2 bay leaves; 1 clove garlic, minced; 1 teaspoon dried oregano, crushed; 1 teaspoon dried thyme, crushed; ½ teaspoon salt; and 2 dashes bottled hot pepper sauce; mix well. Cover and cook on high-heat setting for 3 hours. Stir in 10 ounces frozen shelled shrimp. Cover and cook 20 minutes longer. Slowly blend 1 tablespoon cold water into 1 tablespoon cornstarch. Stir into shrimp mixture. Cook 10 minutes more, stirring occasionally. Serve over hot cooked rice. Garnish with snipped parsley. Makes 4 servings.

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