

# Food

## HEARTY STEWS

## The Food Emporium

### STEWES

Homemakers all over the world rely upon good tasting stews for delicious, economical meals, that are also filled with good nutrition. Stews are easy to prepare and can be cooked in one pot, thus cutting down on the clean-up and dishwashing time. They can be started early in the day and left to simmer slowly, while you do other things.

And even more importantly, they taste great the second day as a leftover dish. Below are several recipes for different and less familiar stews, that you are sure to enjoy cooking and eating.

#### COLUMBIAN BEEF-VEGETABLE STEW

- 1½ pounds boneless lean beef stew meat
- 1 bay leaf
- 1 teaspoon each salt and ground cumin
- 1 large clove garlic, halved
- 1 medium onion, chopped
- 2½ cups beef broth
- 2 large potatoes, peeled and quartered
- 2 large carrots, sliced diagonally, ½ inch thick
- 2 large ribs celery, cut in 2-inch pieces
- 2 tablespoons tomato paste
- 2 large ears corn, each cut in 4 chunks
- 1 cup fresh or frozen peas
- ¾ teaspoon oregano, or to taste

In kettle or Dutch oven, combine beef, bay leaf, salt, cumin, pepper, garlic, onion and broth. Cover; simmer 1 to 1½ hours or until meat is almost tender. Add potatoes, carrots, celery and tomato paste. Cover; simmer 20 minutes or until vegetables are almost tender. Add corn, peas and oregano; cook 5 minutes or until meat and vegetables are tender. Discard bay leaf. Stick corn holders into corncobs. Good with a crisp green salad and crusty hot bread. Serves 4.

#### STIFATHO (GREEK BEEF STEW)

- 1½ pounds lean beef stew meat
- 3 tablespoons butter or margarine, divided
- 1 tablespoon oil, preferably olive
- 1 medium onion, chopped (½ cup)
- 1 large clove garlic, minced
- 3 tablespoons tomato paste
- 1½ teaspoons salt
- ¼ teaspoon each pepper, cumin and cinnamon or to taste
- 1 large bay leaf
- 1 cup dry red wine
- Hot water
- 1 tablespoon red-wine vinegar
- 16 small white onions, peeled
- 2 tablespoons raisins or currants

In Dutch oven or large pot over medium heat, brown meat well in 1 tablespoon butter and the oil. Stir in chopped onion, garlic, tomato paste, salt, pepper, cumin, cinnamon, bay leaf, red wine, about ½ cup water (liquid should barely cover meat) and vinegar. Cover; simmer 1 to 1½ hours or until meat is almost tender. Discard bay leaf. Meanwhile, brown white onions in skillet in remaining 2 tablespoons butter. Add to meat with raisins and simmer about 30 minutes or until meat and vegetables are tender, shaking pan occasionally (try to keep onions whole by not stirring). Good served over rice.



Makes 4 servings.

#### COCIDO (SPANISH CHICK-PEA STEW)

- ¼ cup oil
- 1 pound boneless beef stew

- ½ pound chorizo (Spanish sausage) sliced thin
- 1 large onion, chopped
- 1 can (20 ozs.) chick-peas, drained, liquid reserved
- 1 can (20 ozs.) tomatoes, cut up
- 1 ham bone (about 1 lb.) with some meat left on
- 1 cup chopped green onions
- 2 medium carrots, cut in 2-inch pieces
- 4 cups water
- 1 teaspoon salt
- 2 medium sweet potatoes, peeled and cut in ½ inch cubes

Heat oil in large kettle or Dutch oven. Add beef and brown well. Add chorizo, onion and chick-peas; cook about 5 minutes or until onion is tender. Add reserved chick-pea liquid and remaining ingredients except sweet potatoes. Bring to boil; cover and simmer 1 hour. Add sweet potatoes; simmer 20 minutes. Remove ham bone; cut meat from bone (about 1 cup) and return to stew.

Serve the cocido as is or serve strained broth first and then the meat and vegetables as an entree. Delicious with hot corn bread. Makes 8 servings.

#### CHICKEN MARENGO

- 3 tablespoons oil
- 1 broiler-fryer (about 3 lbs.) cut up
- 2 tablespoons flour
- ½ cup chicken broth
- 1 can (16 ozs.) tomatoes
- ½ cup dry white wine
- 2 tablespoons tomato paste
- 2 tablespoons chopped parsley
- 1 medium clove garlic, minced
- 1 small bay leaf
- ½ teaspoon salt
- ½ teaspoon thyme
- ½ lb. mushrooms, sliced (about 2 cups)
- 1 jar (4 ozs.) pearl onions, drained

In large heavy skillet in hot oil, brown chicken well, about 12 minutes. Remove and set aside. Blend flour into pan drippings. Stir over medium heat about 2 minutes. Lower heat; add broth and stir to loosen brown bits in pan. Stir in tomatoes, wine, tomato paste, parsley, garlic, bay leaf, salt and thyme. Bring to boil; add mushrooms, onions and chicken. Cover; simmer 30 minutes or until chicken is tender. Remove chicken to serving dish and keep warm. Discard bay leaf. Stirring over high heat, boil sauce 5 minutes to reduce slightly. Pour over chicken. Serve with rice. Makes 4 servings.



#### HUNGARIAN PORK GOULASH

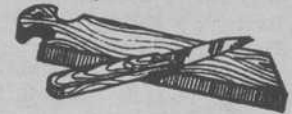
- 1¼ lbs. boneless pork shoulder, cut in 1-inch cubes
- 1 tablespoon flour
- 2 tablespoons butter or margarine
- 1 large onion, chopped
- 4 teaspoons paprika, or to taste
- 1 teaspoon caraway seed, slightly crushed
- 1 teaspoon salt
- 1 cup hot water
- 1 lb. sauerkraut, drained (about 1¾ cups)
- ½ cup sour cream

Dredge pork in flour. In Dutch oven over medium heat brown pork well in butter. Stir in onion and saute about 10 minutes or until onion is translucent. Stir in paprika, caraway seed, salt and water. Cover; simmer, stirring occasionally, 45 minutes or until meat is tender. Stir in sauerkraut and simmer 10 minutes. Stir in sour cream and heat through. Serve at once with mashed or boiled potatoes.

Makes 4 servings

#### FRENCH LAMB STEW

- 1½ lbs. boneless lean lamb stew meat, cut in 2-inch cubes
- Water
- 1½ teaspoons salt
- ½ teaspoon thyme
- 1 small bay leaf
- 2 medium carrots
- 1 medium onion stuck with 1 clove
- 2 tablespoons butter or margarine
- ½ lb. mushrooms, sliced thin (about 2½ cups)
- 1 tablespoon flour
- 2 egg yolks
- ¼ cup heavy cream
- 2 tablespoons lemon juice



Place meat in 4-quart kettle or Dutch oven with water to barely cover (about 2 cups), salt and thyme, bay leaf, carrots and onion. Cover; simmer 40 to 50 minutes or until meat is tender (do not overcook). Meanwhile, melt butter in 2-quart saucepan; add mushrooms and saute covered, stirring once, 5 minutes or until mushrooms are tender. Stir in flour until well blended. Gradually stir in 1½ cups strained meat broth; cook and stir until slightly thickened and smooth. Simmer uncovered, stirring occasionally, about 5 minutes. In small bowl, beat egg yolks, cream and lemon juice. Beat in about ½ cup of the hot sauce. Return mixture to saucepan and heat (DO NOT BOIL). With slotted spoon remove meat from broth to heated serving dish. Pour sauce over meat. Serve with steamed rice.

Makes 4 servings

#### TEXAS CHILI BEEF STEW

- 4 lbs. beef short ribs or flanken
- 1 large onion chopped
- 1 green pepper chopped
- 2 cloves garlic minced or pressed
- 2 tablespoons chili powder
- 1 can tomatoes
- 1 can diced green chili peppers, drained
- 1 cup beef broth
- 1 teaspoon salt
- 2 tablespoons flour
- ¼ cup water
- 2 cans kidney beans, drained
- 1 can corn, drained or vacuum packed

Heat Dutch oven. Rub fat of meat over bottom of pot until melted. Brown meat on all sides. Remove and save. Drain fat and return 1 tablespoon to pot. Saute onion, green pepper and garlic in fat in pot. Add chili powder, stirring constantly and cook for 2 minutes. Add tomatoes and chili peppers. Stir in beef broth and salt. Return meat to pot and bring to boil. Reduce heat to low and cover. Simmer for 2 hours. Then remove meat. Blend flour and water in cup, then stir into sauce until mixture thickens. Add beans and corn. Heat for five minutes. Return meat to pot, mix and heat thoroughly. Serve with a salad and corn bread. Serves 6.



#### LAMB A L'INDIENNE

Dice 2 strips of bacon, then saute in large skillet or Dutch oven. Add 1 lb. of cubed lamb and fry with the bacon. Stir in 1 pkg. of Chicken Rice-A-Roni. Cook until vermicelli is light brown. Pour in 2¾ cups of hot water, contents of flavor packet, ½ to 1 tsp. curry powder, ¼ cup of raisins and ¼ cup chopped green onions. Cover, bring to boil, reduce heat and simmer 15 minutes. Sprinkle with ¼ cup chopped peanuts. Good with buttered broccoli and a fruit salad. Serves 6.