

FOR THE LADIES...

MENU

*Boiled Dinner
Cinnamon/Orange Bread
Fresh Fruit
Herb Tea*

BOILED DINNER

8 to 12 servings

- 1 pound beef brisket, trimmed of excess fat
 - 2 pounds veal shank, cut 2 inches thick and tied
 - 1 large Spanish onion, quartered
 - 1 celery rib, quartered
 - 1 carrot, quartered, plus 1 pound carrots, thickly sliced
 - 1/2 head of garlic
 - 2 sprigs of fresh thyme or 1/2 teaspoon dried
 - 2 sprigs of parsley
 - 1 bay leaf
 - 1 1/2 teaspoons whole black peppercorns
 - 1 1/2 teaspoons coarse (Kosher) salt
 - 1 chicken (3 pounds) trussed
 - 1 pound kielbasa, pricked with a fork
 - 1 pound white sausages (bratwurst), pricked with a fork
 - 1/2 pound turnips, quartered
 - 12 small new potatoes
 - 1/2 pound green beans
 - 1 small head of savoy or green cabbage (about 1 pound), cut into quarters
- Horseradish Sauce and Green Sauce (recipes follow), as accompaniment

1. In a large stockpot, cover the brisket with cold water and bring to a boil over high heat. Reduce the heat to moderately low and simmer, skimming occasionally, for 40 minutes. Add water to the pot as necessary to keep the meat just covered as it cooks.

2. Add the veal shank, onion, celery, quartered carrot, garlic, thyme, parsley, bay leaf, peppercorns and salt to the pot. Add water, if necessary, to keep the ingredients just covered. Simmer for 45 minutes. Add the chicken to the pot and simmer until juices run clear when a thigh is pierced, about 50 minutes longer. Remove from the heat.

3. Bring a medium saucepan of water to a boil. Add the kielbasa and white sausages, reduce the heat to moderate and cook until heated through, about 10 minutes. Drain the sausages and add them to the pot with the other meats.

4. While the meats are cooking, bring a large pot of salted water to a boil over moderately high heat. Add the turnips and cook for 5 minutes, then add the sliced carrots and cook for another 5 minutes. Add the potatoes, cook for 10 minutes longer, then add the green beans and cabbage and cook until all the vegetables are just tender, about 15 minutes more. Drain well.

5. To serve, reheat the meats and vegetables in the broth. Remove the meats and the chicken to a work surface to carve and slice. Arrange the meats on a platter and mound the vegetables alongside. Serve hot, with the Horseradish and Green sauces passed separately.

Dishin It Out *By Nona*



Nona Carroll

HORSERADISH SAUCE

Makes About 1 Cup

- 3/4 cup creme fraiche
- 3 to 5 tablespoons finely grated fresh horseradish or drained prepared white horseradish
- 2 to 3 tablespoons red wine vinegar
- Salt and freshly ground white pepper

In a small bowl, combine the creme fraiche with 3 tablespoons of the horseradish and 2 tablespoons of the vinegar. Mix well. Taste and add more horseradish or vinegar if desired. Season with salt and white pepper to taste. Cover and refrigerate for up to 2 days before serving.

GREEN SAUCE

Makes About 1 1/4 Cups

- 2 hard-cooked egg yolks
- 1 can (2 ounces) flat anchovy fillets, drained and chopped
- 4 garlic cloves, crushed
- 1 1/2 teaspoons Dijon-style mustard
- 1 tablespoon drained capers, rinsed and chopped
- 3 tablespoons finely chopped parsley
- 1 tablespoon chopped fresh tarragon or 1 teaspoon dried

- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh chervil (or add an extra tablespoon of parsley)
- 1/4 cup plus 2 tablespoons red wine vinegar
- 2/3 cup extra-virgin olive oil
- Salt and freshly ground pepper

1. In a medium bowl, mash the egg yolks with a fork. Add the anchovies, garlic, mustard, capers, parsley, tarragon, chives and chervil and mix well.

2. In small bowl, put red wine vinegar. Slowly add olive oil to vinegar, whisking as you add it. Add salt and pepper, and continue to whisk, until sauce is smooth and well blended.

3. Refrigerate, covered for several hours until well chilled.

CINNAMON/ORANGE BREAD

Serves 6

Moist, light and spicy. Great for gingerbread lovers.

BREAD:

- 3 large eggs
- 1/2 cup butter, softened
- 1 cup unsweetened orange juice
- 2 1/2 cups unbleached white flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 3/4 cup chopped nuts

TOPPING:

- 1/2 pint heavy cream
- 1/2 teaspoon orange extract

Beat together eggs, butter, and juice. Add flour, baking soda, baking powder, and cinnamon; mix well. Stir in chopped nuts. Spoon into oiled and floured 9" by 5" loaf pan. Spread evenly in pan. Bake at 325 degrees for 55 minutes or until browned and a knife inserted in the center comes out clean. Cool on wire rack.

To prepare topping, beat together heavy cream and orange extract just until light and fluffy. Spoon over warm Cinnamon Orange Bread slices and serve.

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