

## Hearty Meals

### STUFFED HAM

A tradition in our family for over 25 years!  
15 lb. ham, fully cooked and bone in  
10 lbs. cabbage  
2 medium onions  
pepper  
celery salt

Cover ham with water in large kettle. Cover and boil ham about 1 hour. Shred cabbage and onions and add to ham. Scald with ham juice. Taste juice; season with black pepper and celery salt. Add just enough pepper so the amount is just visible. Don't overdo it. Cover and cook for 30 minutes.

Line large broiler pan with clean linen towel. Carefully remove ham from kettle. (Watch out, it will be very HOT). With sharp knife make slits at about 3 inch intervals into ham; using two forks to hold slit apart, stuff cooked cabbage into slit. Repeat making slits all over ham. Pack any remaining cabbage over the outside of the ham. Secure cloth tightly around ham using large safety pins.

Put ham back into liquid. Bring liquid to a boil, turn down heat and let ham cook for 25 minutes more.

Uncover kettle and let ham cool in liquid.

Let ham sit in liquid for 2-3 days. Garages in the winter are perfect, just make sure it doesn't freeze. Use your refrigerator if you have the space. Everyone in our family has used the "garage method" for 35 years!

Slice and serve cold, with cabbage on the side.

Marcia Kloepper,  
Mullen Place, Glen Williams

### SPICED-UP BEEF

1 stalk celery, chopped  
1 medium onion, chopped  
1 clove garlic, minced  
1 tbsp. mild curry paste  
1 1/2 tbsp. all purpose flour  
2 cups hot beef stock  
1 tbsp. tomato paste  
1 tbsp. chutney  
1 12-oz. can luncheon meat cut into large cubes  
chopped fresh parsley for garnish is optional

To be prepared in the microwave oven on HIGH setting. Place the celery, onion, garlic and curry paste in a large bowl. Cook, covered, for 5 minutes. Stir halfway through cooking. Stir in the flour. Gradually blend in the stock, tomato puree - tomato paste and chutney. Cook, uncovered, for 4 minutes. Stir halfway through cooking. Stir in meat. Cook, uncovered, for 8 minutes. Stir halfway through cooking. Spoon over a bed of rice in a warm serving dish. Sprinkle with chopped parsley and serve.

Lisa Knoepfli,  
Sargent Road, Georgetown

### HONEY LEMON PORK CHOPS

4 to 6 pork chops  
1 tbsp. vegetable oil  
1/3 cup chili sauce  
1/4 cup honey  
1/2 tsp. grated lemon rind  
1 tbsp. lemon juice  
1/2 tsp. salt  
1/4 tsp. pepper  
1/2 cup sour cream  
1 tbsp. flour

Trim fat from chops and score. Heat oil in frying pan. Brown chops on both sides. Drain fat. Combine chili sauce, honey, lemon rind and juice, salt and pepper. Stir into pan. Cover and simmer over low heat about 30 minutes. Remove chops from pan and keep warm. Whisk together sour cream and flour. Stir into pan juices. Cook until smooth and thick. Spoon over chops. Serve 4 to 6.

Kelly Reid,  
James St., Brampton

### CHICKEN FRIED RICE

(A crowd pleaser!)

1 1/2 cups cooked chicken cut into pieces  
3 cups water  
3 cups Uncle Ben's rice  
1 green pepper cut into pieces  
3 celery stalks cut into pieces  
1 onion cut into pieces  
1 can mushrooms with juice  
2 cubes of chicken or beef broth  
1 envelope of onion soup mix  
3 tbsp. vegetable oil  
8 tbsp. soya sauce

In a medium to large roasting pan put all ingredients together, uncooked. Add cooked meat and bake at 350 F for 1 hour. Take cover off and heat another 20 minutes. Do not dilute chicken or beef cubes, just put them in whole. You may substitute chicken for any other meat you prefer. The fried rice is great for a big hungry crowd. Makes enough for 10-12 people. Ideal with shishkebab. Preparation time: 10 minutes  
Cooking time: 1 hour 20 minutes  
Makes about 7-8 cups

Kelly Reid,  
James Street, Brampton

## Casseroles

### VEGETABLE SUPREME

2 cups broccoli pieces  
2 cups cauliflower pieces  
2 eggs  
1/2 cup mayonnaise  
1 10-oz. can Cream of Mushroom Soup - not diluted  
1 medium onion, finely chopped  
1 cup of sharp cheddar cheese, grated  
1/2 cup butter, melted  
1 box seasoned croutons, crushed

Preheat oven to 350 F. Cook the vegetables separately in boiling salted water for 5 minutes. Drain the vegetables and distribute into the bottom of an oblong casserole dish approximately 3 inches deep. Set dish with vegetables aside. Beat eggs in a large bowl. Combine with mayonnaise, onion, mushroom soup and 1/2 cup of cheese. Pour over the vegetables. Sprinkle remaining 1/2 cup of cheese over top and finally cover the casserole with crushed seasoned croutons. Bake in preheated oven for 40 minutes. Serve dish hot. Serves 8 people.

Lisa Knoepfli,  
Sargent Road, Georgetown

## Casseroles

### STEAK CASSEROLE

1 1/2 lb. round steak  
1 can mushroom soup  
1 envelope dried onion soup mix  
1 can button mushrooms  
1 soup can red wine

Cut steak in bite size pieces and place in a casserole. Add all the rest of the ingredients. Cover and bake at 375 F for 2 hours.

Georgina Bible,  
RR8, Orangeville

### CABBAGE BEEF CASSEROLE

1 tbsp. oil  
1 lb. ground beef  
1 onion chopped  
pinch of pepper and salt  
5 tbsp. raw rice (any kind)  
10 oz. can tomato soup  
1 soup can water  
3 cups coarsely shredded cabbage

Preheat oven to 350 F. Heat oil in large frying pan. Add meat and cook, stirring until it loses its red color. Stir in onion, rice, pepper and salt. Cook for 3 minutes. Mix in soup and water. Place shredded cabbage in bottom of casserole and pour meat mixture over top. Do not stir. Cover and bake for 1 1/2 hours. Serve piping hot. 4 servings.

Georgina Bible,  
RR8 Orangeville

### QUICK AND EASY CHICKEN CASSEROLE

4 boneless chicken breasts  
5 celery stalks  
5 carrots  
2 onions  
1 green pepper  
3 cans tomato soup  
1/2 tsp. pepper

Preheat oven to 350 F. Remove all skin from chicken. Chop carrots, celery, onions and green pepper into very fine pieces. Put chicken and chopped vegetables in a large casserole dish. Add tomato soup and pepper. Bake in oven for 1 1/2 hours. Can be baked longer at 325 F. Serve over mashed potatoes or rice.

Gabriele Ramsden,  
Reid Court, Georgetown

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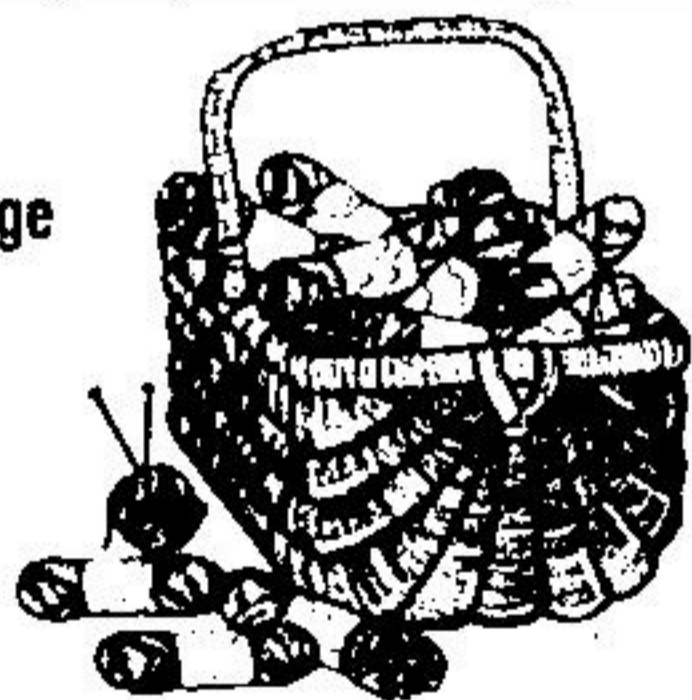
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