

Entrees

BEEF STROGANOFF
 2 lbs. sirloin steak, cut into thin strips
 2 cups (1 pt.) sliced fresh mushrooms
 2 medium onions, sliced
 2 tbsp. oil or shortening
 3 beef bouillon cubes or 3 tsp. instant beef bouillon
 1 cup hot water
 1/2 tsp. salt
 2 tbsp. tomato paste or ketchup
 1 tsp. dry or prepared mustard
 2 tbsp. flour
 1/2 cup cold water
 1/2 to 1 cup (8 oz. or 1/2 pt.) dairy sour cream

In large fry pan, saute steak, mushrooms and onions in hot oil until golden brown. Add bouillon cubes, water, salt, tomato paste and mustard. Cover, simmer 30 to 45 minutes until tender. Combine flour and cold water. Slowly stir into meat mixture. Cook, stirring constantly, until mixture comes to a boil. Reduce heat. Stir in sour cream. Heat, but do not boil. Serve over rice or noodles.

Tips: If desired, use round or family steak, cut into thin strips, add 1 1/4 cups hot water and simmer 1-1 1/2 hours, until meat is tender.

Red wine can be used for half of hot water addition.

This recipe can be frozen for up to 2 weeks. Reheat, covered, in oven or in saucepan. Makes 6 servings.

Carole Cascone

STUFFED CABBAGE ROLLS

1 large cabbage
 1 can (1 lb. 13 oz.) peeled tomatoes
 1 lb. lean ground beef
 1/2 cup cooked rice
 1/2 tsp. salt
 1/4 tsp. pepper
 1 tbsp. pickling spices
 3 tbsp. brown sugar
 1 tsp. salt
 1/4 tsp. pepper

Core cabbage and steam in large dutch oven with a small amount of water, until leaves are softened. Separate leaves. Set aside.

Drain tomatoes, reserving liquid.

Combine beef, rice, 1/2 cup reserved tomato juice, 1/2 tsp. salt, and 1/4 tsp. pepper. Mix until well blended. Place 1/4 cup of meat mixture in centre of each cabbage leaf. Roll up, folding ends under to make a package. Fasten with toothpick. Arrange in large pan (dutch oven).

Tie pickling spices in a piece of clean cheese cloth. Place over meat rolls. Add remaining ingredients together with tomatoes.

Cook, covered, over low heat in a large saucepan or dutch oven for 1 hour.

Pressure cooker: Close pressure cooker cover tightly. Place pressure regulator on vent pipe and cook 10 minutes with pressure regulator rocking slowly. Let pressure drop of its own accord.

Carole Cascone

CRAB QUICHE

Pastry:

1 1/4 cups flour
 1/2 cup shortening
 pinch of salt
 approx. 1/2 cup water

Cut shortening into flour until a consistency of fine crumbs. Form a well in the centre and pour in the 1/2 cup of water. Add salt and work it together as quickly as possible, making a ball of dough. Let stand for one hour. Roll out and line a 9 inch pie plate, and puncture with a fork in several places. If you are going to freeze the quiche, brush with lightly beaten egg white and bake at 350 F. for about 5 minutes, just to seal the pastry so that it will not go soggy.

Filling:

1/2 cup leeks, cut finely on an angle (juliened)
 6 oz. crabmeat
 1 1/2 cups grated Gruyere cheese
 3 eggs
 8 oz. cream (35 per cent)
 salt and pepper to taste
 Cut leek into thin julienne slices. Blanch leeks quickly in boiling water. Flake crabmeat and mix with juliened leek and place in pie shell. Sprinkle grated cheese on top. Mix eggs with cream, add salt and pepper. Pour over crab-vegetable mixture in pie shell. Bake at 350 F. until filling is set and pastry is done (about 25 minutes).

Louise Frankow

HAWKESBURY STEAK

1 1/2 lb. blade steak
 14 oz. tin tomatoes
 1 envelope dry onion soup mix
 1/2 cup diced celery
 1 tbsp. worcestershire sauce
 1 tbsp. cornstarch
 1/2 tsp. marjoram

Cut steak into serving size pieces. Place one next to the other in a large shallow casserole dish. Drain tomatoes, reserving juice, and arrange them on steak. Sprinkle with soup mix and celery. Combine reserved juice with remaining ingredients and pour over steak. Cover and bake at 350 F. for 2 hours.

Mrs. Pat Hodkin

SPAGHETTI CALBENARE

(serves 4-6)

1 tsp. butter
 2 strips well done bacon
 1 tbsp. olive oil
 3 oz. smokes ham
 1 pint of heavy unsweetened whipping cream (35 per cent)
 1/2 oz. fresh chopped parsley
 2 pinches nutmeg
 black pepper and salt to taste
 6-7 mushrooms chopped (optional)
 2 oz. romano cheese

Fry bacon. Place in paper towel. Put aside. In frying pan, place butter, olive oil, mushrooms, ham, parsley, nutmeg, pepper. Fry until ham browns. Add cream, cheese, crumble bacon and add. Stir occasionally on medium heat until it thickens. Mix well into drained noodles. Serve hot.

Mrs. Amanda Heikamp

BARBECUED SPARERIBS

Sauce:

1 cup ketchup
 1 1/2 cups water
 1 tbsp. vinegar
 1 tbsp. lemon juice
 1/4 cup white sugar
 1/2 cup brown sugar
 1 tsp. dry mustard
 1/4 tsp. chili powder or to suit your taste

Add the above mixture to 2 chopped onions, browned in oil and let simmer on low heat for 2 hours adding 1 bay leaf and remove leaf when sauce is thick.

About 3 lbs. of spareribs cut in serving size pieces. Place with curved side up in flat pan. Sprinkle with salt and pepper. Place in 350 F. oven until light brown. Remove and put in deeper pan. Cover with sauce. Place foil over pan, seal edges. Let bake in very low oven (300 F.) for about 2 hours.

Georgina Bible

Hearty Meals

TOURTIERE

(French Canadian Meat Pie)

1 1/2 lbs. ground pork
 1 large onion, finely chopped
 1 1/2 cloves garlic, minced
 1/4 tsp. salt and dash pepper
 1 bay leaf
 1 1/2 tsp. savoury
 1 tsp. celery seed
 1/4 tsp. cloves
 1 cup breadcrumbs
 1/2 cup water
 pastry of choice

Combine all ingredients, except breadcrumbs, in a large saucepan. Add enough water to barely cover. Cover and simmer 30 minutes, stirring frequently. Add breadcrumbs 10 minutes before cooking is finished to soak up fat.

Line 9 inch pie plate with your favorite pastry, prick all over. Pour filling in, top with pastry, and prick with fork. Bake in 500 F. oven for 10 minutes. Reduce heat to 375 F. and bake another 30 to 40 minutes, or until golden. May be served hot or cold. May also be frozen.

Mrs. Pat Hodkin

CHINESE BEEF

WITH GREEN PEPPERS

1 lb. lean beef (shredded)
 4 tbsp. soya sauce
 2 tsp. cornstarch
 1/2 tsp. pepper
 6 med. green peppers (shredded)
 6 tbsp. cooking oil
 1 tsp. salt
 1/4 tsp. accent (optional)

Mix beef with 2 tbsp. soya sauce, cornstarch and pepper. Seed peppers, and cut in julienne strips. Fry in 3 tbsp. oil. Remove, add remaining oil and fry beef until redness disappears. Add peppers, salt, accent and remaining soya sauce. Heat through and serve on a bed of rice. 4-6 servings.

Carole Cascone

BARBECUED SHORT RIBS

2 tbsp. oil
 1/2 cup diced onion
 1 clove garlic
 2 lbs. beef short ribs
 2-3 stalks celery, chopped
 1/2 cup diced green pepper
 1 cup ketchup
 3/4 cup water
 2 tbsp. Worcestershire sauce
 2 tbsp. white vinegar
 2 tbsp. lemon juice
 2 tbsp. brown sugar
 1 tsp. dry mustard
 1/4 tsp. salt
 1/4 tsp. pepper

Preheat oven to 350 F. In an ovenproof casserole, brown onion and garlic on top of stove in hot oil. Discard garlic. Cut meat into serving size pieces and brown in casserole. Combine remaining ingredients and pour evenly over meat in casserole.

Bake covered in preheated oven 1 1/2 to 2 hours. If preferred, casserole may be simmered, covered, 1 1/2 hours or until tender on top of stove. Serve over fluffy rice. Makes 4 servings.

Mrs. Debbie Stiel

DONNA'S SUMMER SPAGHETTI

(Delicious and very economical)

3 tbsp. olive oil
 2 medium sized onions
 2 large cloves of garlic, minced
 6 large tomatoes, peeled and chopped or 1 large can of whole tomatoes
 pinch of salt, pepper, and fresh or dried basil

Heat the oil in a large heavy saucepan. Add onions and garlic. Cook over low heat until softened. Add tomatoes and a pinch of basil. Add salt and pepper to taste. Cook over medium heat about 15 minutes, until tomatoes are soft but still fresh tasting - not too mushy. Serve with grated Parmesan or Romano cheese, ladled over the pasta rather than mixed in.

Lorna Bowman

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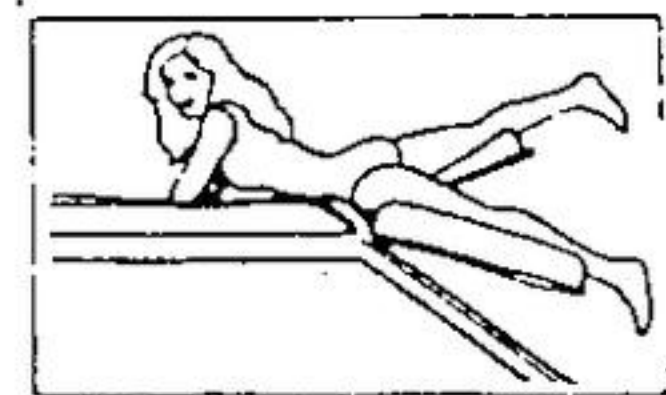
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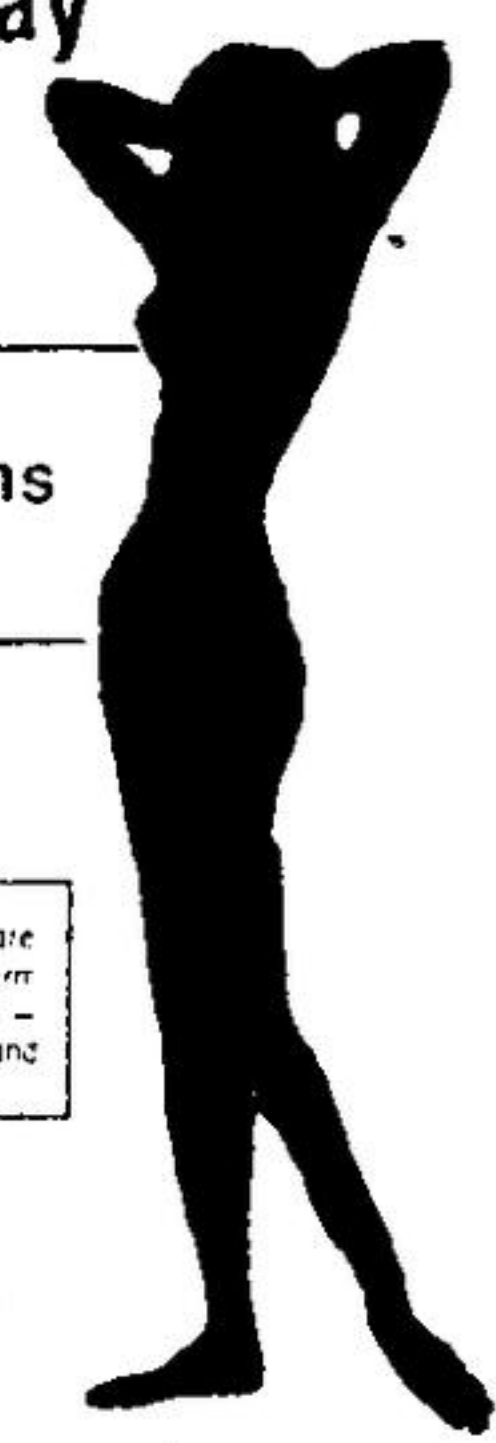
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