

More Meat Treats

BEEF ROULADES

- 2 (1½ pounds) round steaks ¼ inch thick salt and pepper to taste
- 1½ teaspoons dry mustard
- 6 tablespoons chopped onions
- 6 slices bacon
- 6 dill pickles flour
- ¼ cup salad oil
- 1 can (10½ ounce) condensed beef broth

Cut each steak crosswise into three equal pieces. Pound each with wooden mallet or edge of saucer to flatten to one-eighth inch thickness.

Sprinkle lightly with salt and pepper. Spread each with ¼ teaspoon of dry mustard, then sprinkle each with 1 tablespoon of chopped onions.

Place a slice of bacon, then pickle, across narrow end of each piece of steak. Roll up, starting from steak end, and tie with twine. Sprinkle lightly with two tablespoons of flour.

In heavy skillet or Dutch oven with a tight fitting lid, slowly heat salad oil. In hot oil brown roulades on all sides until nicely browned. It takes about 15 to 20 minutes.

Add beef broth, bring to a boil, reduce heat and simmer with the cover on for about one and one-half hours or until tender.

Remove roulades with slotted spoon to a heated serving plate. Keep warm.

Pour drippings from skillet into a two cup measure. Return to skillet.

In a small bowl combine one and one-half tablespoons of flour with three tablespoons water, stirring to form a smooth paste.

Stir into drippings in skillet, bring to boiling, reduce heat and simmer, stirring constantly until thickened and smooth.

Pour gravy over roulades, serve with buttered cooked noodles and red cabbage.

Mrs. Estelle Steiner, 367 Kerrybrook Drive, Richmond Hill.

POT ROAST

- 4 pound blade roast
- 1 or 2 large onions
- 4 tablespoons butter or margarine
- 1 cup water
- salt and parsley to taste
- flour
- carrots
- potatoes

Roll roast in flour. Melt butter in Dutch oven and brown meat on all sides in the melted butter. Remove meat.

Saute sliced onions in butter until golden brown and remove.

Return meat to Dutch oven, placing it on a small rack in the pot. Add onions. Sprinkle salt on meat. Add water and sprinkle parsley over meat very generously.

Cover and place in 350 degree oven for two to three hours. During last hour pare enough carrots and potatoes for your family and add them to the meat.

When meat and vegetables are done remove them to appropriate bowls and platter. Make gravy from the stock remaining in the pot.

Mrs. Mary Barnes, 27 Beaverton Road, Richmond Hill.

BEEF BOURGUIGNON

- 2 round steaks one inch thick
 - butter and oil
 - ½ cup flour
 - salt, pepper, parsley
 - 1 garlic clove
 - 1 can consommé (beef)
 - ½ bottle of Burgundy red wine
 - ¼ pound salt pork
 - 20 small white onions
 - ½ pound fresh mushrooms
- Cut meat in one-inch cubes in a frying pan. Melt butter and a few drops of oil. Roast well in a dutch oven. Add wine and consommé diluted, plus add salt, pepper and parsley. Cover and cook at 375 degrees about two and one-half hours.

Meanwhile blanch salt pork and cut in little pieces. Put it into a small frying pan at low heat until golden brown. In the fat of the pork add small onions and brown them putting them in a bowl set aside. Then fry mushrooms in butter, add to meat casserole 45 minutes before serving. Serve with parsleyed potatoes.

Mrs. Estelle Steiner, 367 Kerrybrook Drive, Richmond Hill.

BEAN CRUST PIE

- 28 ounce can baked beans
- 1 teaspoon dry mustard
- 1 egg lightly beaten
- ½ cup chopped onion
- ¼ teaspoon salt
- 1 tomato sliced
- 4 eggs beaten
- 1½ cups diced ham
- ½ cup grated cheese
- 2 tablespoons ketchup

pepper to taste
Drain beans, add mustard and one egg and mash. Line sides and bottom of nine-inch pie plate.

Beat four eggs, stir in salt, pepper, onion, half the cheese, ketchup and ham. Mix well and pour into pie plate. Sprinkle with remaining cheese. Place tomato slices over top.

Bake in 325 degree oven until firm—about seven minutes.

Mrs. T. K. Dawson, RR 3, Dundalk.

YUMMY HOT HAM 'N' CHEESE ROLLS

Cut ½ pound cooked ham and ½ pound sharp cheddar cheese into ¼ inch cubes. Combine with ½ cup sliced green onions, 2 hard-cooked eggs, sliced and ½ cup thinly sliced celery. Toss together with 3 tablespoons salad dressing blended with ½ cup chili sauce or catsup. Mix well and spread mixture in burger, hot dog or dinner). Wrap individually in foil, and bake 15 minutes at 400 degrees. These can be made ahead, kept in the refrigerator, then heated at serving time.

Makes a great late-night company snack.

Mrs. Glenna Taylor, 309 Gells Road, Richmond Hill.

MINI-PIZZAS

- ½ to ¾ pounds hamburger meat
- ¼ teaspoon Worcestershire sauce
- sprinkling of garlic salt
- ½ teaspoon salt
- pepper to taste
- 2 packages refrigerator biscuits (10 biscuits in each package)
- ¼ cup plain or hot ketchup
- 5 slices tomato
- oregano or marjoram to taste
- 5 slices onion
- 2½ teaspoons salad oil
- 5 slices of cheese or grated cheese

Combine meat, Worcestershire sauce, garlic salt, and pepper. Flatten biscuits with a rolling pin to make them round.

Spread each round with some ketchup, top with beef mixture, then with a slice of tomato. Sprinkle each with one-half teaspoon of salad oil and place on a baking sheet.

Bake 15 minutes at 425 degrees, then top each with cheese and bake another five minutes.

Mrs. Daphne Straumann, 376 Bent Crescent, Richmond Hill.

Ideal for a quick lunch or Saturday supper on the patio, says Mrs. Straumann. Serves a family of six when accompanied with salad or celery and carrot sticks.

MINCED BEEF CASSEROLE

- 1 pound ground chuck steak
- ½ cup chopped celery
- ½ cup chopped green pepper
- 1 medium size onion (chopped)
- 1 can (10½ ounces) tomato soup
- 2 cups thinly sliced raw potato salt
- pepper
- sage
- marjoram
- thyme

Mix ground steak celery, peppers and onions and fry in small amount of fat until meat has slightly browned. Remove from heat and drain off fat.

Place in casserole dish and add can of undiluted soup and raw potato. Add salt and pepper to taste and a pinch of sage, marjoram and thyme.

Bake in 350 degree oven until meat and potatoes are baked—about one hour. Serves six.

Mrs. Deanne Clarke, 227 Rosemar Gardens, Richmond Hill.

MEAT LOAF

- 1 pound lean ground chuck
 - ¼ cup bread crumbs
 - 1 large egg
 - 1 medium onion
 - ¼ cup Minute Spanish rice
 - salt and pepper to taste
- Combine meat, bread crumbs, well-beaten egg, diced onion and remaining ingredients. Turn into lightly greased casserole.

Dot top of meat loaf with ketchup and bake one hour at 350 degrees. Good hot or cold.

Mrs. Paul Steeves, 63 Elmgrove Avenue, Oak Ridges.

ITALIAN STYLE SPAGHETTI SAUCE WITH MEAT BALLS

- olive oil
- 10 chopped onions
- 2 green peppers, chopped
- 2 large cloves of garlic, minced
- 2 cans (28 ounce size) tomatoes
- 1 large and 1 small can tomato paste
- 2 can (28 ounce size) of water

Meat Balls:

- 2 pounds ground beef (or meat of your choice)
- 2 eggs
- 2 tablespoons wheat germ (or bread crumbs)
- 1 teaspoon parsley, chopped fine
- 2 teaspoons grated parmesan cheese
- 1 onion, chopped fine
- ½ green pepper, chopped fine
- salt, pepper and garlic (fresh or powdered)

Spices:

- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon cinnamon
- 1 teaspoon oregano
- 1 teaspoon crushed chilies
- ½ teaspoon cayenne
- ½ teaspoon thyme
- ½ teaspoon pepper
- ¼ teaspoon fennel
- ¼ teaspoon allspice
- 1 teaspoon garlic powder

Saute ten chopped onions, two peppers, garlic cloves in olive oil until transparent.

Add cans of tomato, tomato paste and water. Simmer over low heat for two or two and one-half hours.

Make meatballs by mixing together ground meat, eggs, wheat germ, parsley, parmesan cheese, onion, green pepper, salt, pepper and garlic. Form the mixture into balls, roll in flour and fry in oil till browned.

During the last half hour or hour of cooking add spices to sauce.

This, says its contributor, is a delicious sauce that freezes well and can be doubled. It is her own original recipe, not copied from any other cookbook or recipe articles.

For a milder sauce, reduce quantity of chilies and cayenne.

The spices may be added to sauce at the beginning, but Mrs. Mark has found that the blend then needs to be adjusted during cooking. Mrs. Sandra Mark, 85 Pemberton Road, Richmond Hill.

STUFFED BEEF ROLL

- 1½ pounds ground beef
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- 2 tablespoons catsup
- 3 tablespoons minced onion
- 2 tablespoons finely chopped green pepper

Stuffing

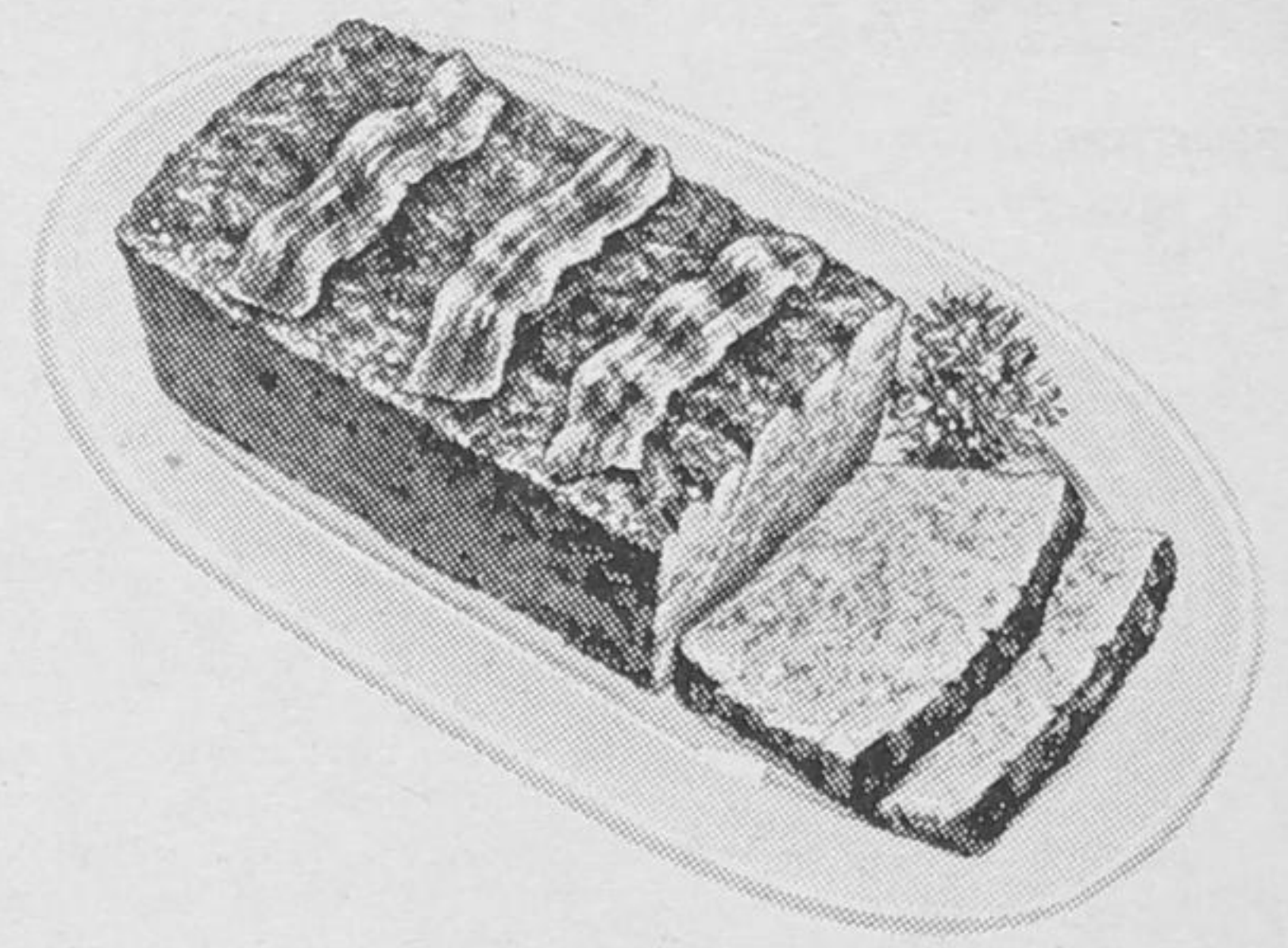
- 3 cups soft bread crumbs (I use the blender)
- ½ cup chopped celery
- 1½ tablespoons minced onion
- 1 egg
- 1 teaspoon salt
- 2 tablespoons chopped parsley
- ½ cup fine dry bread crumbs

Combine ground beef with salt, pepper, mustard, Worcestershire and catsup. Add onion and green pepper. Place on wax paper; roll into rectangle one-half inch thick.

To make stuffing: Combine three cups crumbs, celery, minced onion and beaten egg. Stir in salt and parsley. Mix well. Spread over surface of meat. Preheat oven to 350 deg.

Sprinkle outside of roll with one-half cup dry crumbs. Place on rack in shallow pan. Bake one and one-half hours.

Yield: Six to eight servings. Mrs. R. Anthony, 218 Lawrence Avenue, Richmond Hill.



CABBAGE ROLLS

- 3 large heads of cabbage
- 2 pounds minced beef
- ½ pound minced veal
- ½ pound minced pork
- 1 pound cooked Uncle Ben's rice
- 6-8 onions fine minced
- 1-2 cloves of garlic left whole
- 4 tablespoons Crisco
- ½ teaspoon red paprika
- ¼ teaspoon marjoram
- Accent, salt and pepper to taste
- 1 48-ounce can stewed tomatoes (salted)
- 1 48-ounce can salted tomato juice
- 1 small can sauerkraut

Cook the rice and let cool.

To prepare the cabbage cut out the core so it will cook quickly. Cook in boiling water with 2 tablespoons of vinegar (the vinegar will keep the leaves from falling apart). Boil until soft. Cool and separate the leaves and pare the thick core on the leaf, thus making a neater roll.

Saute the onions and garlic in crisco until transparent. Remove the garlic and add red paprika. Combine meat, rice, onion mixture, salt, pepper, Accent and marjoram. Mix well by hand but do not squeeze.

Drain the sauerkraut and scatter or line the bottom of a large heavy pot. Roll the meat mixture into each cabbage leaf tightly from the core up then stuff the sides in with your finger. Place the cabbage rolls firmly and neatly into the pot.

Cover with left over leaves and pour in the tomato juice and stewed tomatoes. Bring slowly to a simmer on top of the stove and cook for about 1½ hours. Mrs. Elsie Roman for: Mayor Anthony Roman, Town of Markham.

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BEEF CABBAGE ROLLS

- 1 medium cabbage
 - Filling:
 - 1 pound minced beef
 - 1 teaspoon salt
 - 1 onion chopped
 - ¼ cup catsup
 - ½ cup water
 - 1 teaspoon chili powder
 - ½ cup minute rice
- Mix thoroughly. If not moist enough add water.

Peel cabbage leaves that have been softened in hot water. Spoon meat mixture onto a cabbage leaf and roll up. Place in Pyrex pan nine by 12 inches. Repeat until all filling has been used.

Any remaining cabbage may be chopped up and placed around rolls in the pan.

Sauce:
1 can tomato soup
1 can water
Combine and pour over cabbage rolls. Bake in 375 degree oven for one and one-half hours. At half time turn the cabbage rolls so all cook evenly in tomato sauce. Mrs. G. McKay, 122 Brooke Street, Thornhill.

CABBAGE ROLLS

- 1 large cabbage
- 2 pounds hamburger
- 1 tin (28 ounces) tomatoes
- 1 tin (19 ounces) tomato juice
- ¾ cup uncooked rice
- 1 large cooking onion
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon pure garlic powder
- 2 dashes Tabasco sauce
- 1 or 2 bay leaves
- 1 teaspoon oregano

First boil the rice. While it is boiling core your cabbage and place it in a large pot of boiling water. *When the leaves are tender and very green looking, remove from pot.

Next separate each leaf from the whole cabbage.

Now mix cooked rice, onion, hamburger, salt, pepper and just one-half teaspoon of the garlic powder together.

Put a heaping spoonful of the meat mixture onto a leaf, roll carefully and place the larger, tougher leaves to the outside of your pot. Continue in this manner until all the meat mixture is finished.

Add the tin of tomatoes, tomato juice, one-half teaspoon garlic powder, bay leaves, oregano and tabasco sauce. Simmer at least two hours on top of the stove in covered pot.

Enough for two meals. Keeps well refrigerated or frozen.

Mrs. Norman Hunt, 14 Poplar Drive, Oak Ridges.

BARBECUE MEATBALLS

- 1 pound ground beef
- 1 cup minced onion
- 1 egg
- ¼ cup milk
- ¼ cup bread crumbs
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons cooking oil
- 2 (8 oz.) cans tomato sauce
- ½ cup molasses or brown sugar
- 2 tablespoons vinegar

Combine first 7 ingredients and shape into 12 meatballs. Brown in oil in skillet; remove excess fat. Combine tomato sauce, molasses, vinegar and seasoned salt; pour over meatballs. Simmer over low heat 10-15 minutes, turning frequently until meatballs are well glazed. Serve over rice or noodles if desired. Makes 4 servings. Mrs. Glenna Taylor, 309 Gells Road, Richmond Hill.

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TASTY CELERY MEAT LOAF

- Preheat oven to 350 degrees.
- 1 can cream of celery soup
- 2 pounds ground beef
- 1 egg
- 1½ cups chopped onion
- ½ cup bread crumbs
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chopped parsley

Combine ingredients to a shape into loaf. Bake in oven 1½ hours. Mrs. Elizabeth Harris, 84 Apricot Street, Thornhill.

Gordon S. Wood
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