

HONEY GARLIC RIBS

Margaret Wark

4 lb spareribs
3/4 cup brown sugar
2 Tbsp cornstarch
3/4 cup water
3 Tbsp soya sauce
1 Tbsp honey
2 cloves garlic, finely minced

Cut through each rib. Place ribs in large, shallow roasting pan and bake in 375°F oven for about 1 1/4 hours, turning once. If ribs are getting too dry and yet are not fork tender, add a little water to pan. While they are baking, make sauce. Combine sugar with cornstarch and water, soya sauce, honey and minced garlic in small saucepan. Bring to a boil, stirring constantly. When ribs are fork tender, remove from roaster and place in heatproof serving dish. Pour sauce over ribs and serve immediately or keep warm in a low oven.

These ribs do not reheat well.

PEGGY'S RIBS (Daryl's Friend)

Winnie Wood
Daryl Clarke

2 to 3 lb ribs, sliced between bones
2 cups chopped onion
1 cup ketchup
1 cup water
2 Tbsp vinegar
2 Tbsp brown sugar
2 Tbsp lemon juice
2 Tbsp Worcestershire sauce
Pinch dry mustard

Brown ribs then place in casserole. Place all ingredients, except ribs, in frying pan. Simmer for 15 minutes. Pour over ribs. Cover and bake at 325°F for 1 to 2 hours.

FORGOTTEN STEW

Margaret Wark

1 1/2 lb beef, cubed
2 to 3 celery stalks, cut on bias
4 to 6 carrots, halved lengthwise
2 large onions, cut in 1/2 inch slices
3 potatoes, peeled and cubed
1 can tomato soup, undiluted
1/2 soup can water
1 tsp salt
1 tsp paprika
1/2 tsp pepper
1/2 tsp thyme
2 Tbsp Minit Tapioca (optional)

Place all ingredients in 3 quart casserole; stir until thoroughly mixed. Cover tightly. Bake at 250°F for 3 to 4 hours or whatever suits you best.

BEEF AND TATER BAKE

Maureen Jackson

1/2 lb lean ground beef
1 cup bread crumbs
1 egg
1/2 cup chopped onion
1/3 cup ketchup
1/2 tsp salt
3 cups mashed potatoes (hot)
3/4 cup shredded cheddar cheese

Combine all ingredients, except potatoes and cheese. Pat into 8 inch baking dish. Bake at 350°F for 30 minutes. Remove from oven and drain excess fat. Mix mashed potatoes with cheese and spread on top of meat. Bake another 20 minutes.

PAT BLAZEY'S SPICED BEEF

Lynn Horner

4 to 5 lb corned beef
2 tsp ground cloves
1 tsp allspice
1 tsp mixed spice (5 spice powder)
2 tsp cinnamon
2 tsp freshly ground pepper (or less)
1 tsp ginger powder
1 tsp dry mustard
2 Tbsp brown sugar
Enough brown vinegar and olive oil to make a thick paste, but spreadable when mixed with the ground ingredients

Preheat oven to 375°F. Score meat with sharp knife. Rub in paste on all sides. Press some peppercorns into upper and side surfaces. Wrap meat in double foil and refrigerate for 2 days.

Bake in preheated oven (375°F) for 30 minutes per pound (wrapped) and 30 minutes more at end of time. Test with skewer. Juice should be clear. Keep wrapped. Allow to cool completely. Most of the fat will be liquified so when completely cold, change the foil wrap carefully. Slice to enjoy with salads or in sandwiches. Makes great Reubens!

BEST EVER MEAT LOAF

Barbara Lister

10 oz can tomato soup
2 lb ground beef (lean)
1/2 cup fine dry bread crumbs
1/3 cup finely chopped onion
1 egg, slightly beaten
1 tsp salt
1/4 to 1/3 cup water

Mix thoroughly 1/2 cup soup, beef, bread crumbs, onion, egg and salt. Shape firmly into loaf, 8x4 inches. Place in shallow baking pan. Bake at 370°F for 1 1/4 hours. Blend remaining soup, water and 2 to 3 Tbsp pan drippings. Heat, stir occasionally. Serve with loaf. Makes 6 to 8 servings.