

POT STICKERS (Continued)

bring the water back to a boil. Immediately add one cup of cold water. Bring back to a boil and remove pot stickers with a strainer. Serve with sauce.

Frying - Heat two flat bottomed skillets until very hot. Add tablespoonfuls of peanut oil to each skillet. Place pot stickers in skillets in one layer. Cover and heat over a low heat for five minutes or until browned. Add 1/3 cup of water to each skillet, cover and cook five minutes or longer until the liquid has completely evaporated. Serve browned side up, with sauce.

If using foil - Steam over boiling water approximately 20 minutes or follow instructions for boiling.

CORN DOGS**Pat Goodstein**

1 c. flour	1 egg, beaten
2/3 c. corn meal	3/4 c. Coffee Rich
2 T. sugar	10 hot dogs
1 1/2 tsp. baking powder	Oil, for frying
1 tsp. salt	Mustard and relish, if desired
2 T. shortening, Crisco or oleo	

In medium bowl mix flour, corn meal, sugar, baking powder and salt. With pastry blender or fork, cut in shortening until mixture resembles fine crumbs. In small bowl combine eggs and Coffee Rich. Add to dry mix. Mix well. Pat hot dogs dry with paper towel. Dip in batter and coat all sides. Drop 1-2 at a time in hot oil in mini fryer. Fry until golden, about one minute on each side. Insert wooden skewer in end of each. Serve hot.

BEEF AND PEA PODS**Irv Locketz****MARINADE:**

2 T. soy sauce
 2 T. dry sherry
 1 tsp. brown sugar
 1/2 tsp. cornstarch

2 scallions
 1 quarter-sized slice fresh
 ginger
 1/2 lb. pea pods
 4 T. peanut oil
 1/4 tsp. salt
 1/4 c. chicken broth

THICKENER:

2 tsp. cornstarch
 1 T. water

1/2 lb. round steak
 1 clove garlic

OPTIONAL GARNISHES:

1 tsp. oriental sesame oil
 or 2 oz. walnut halves or
 2 oz. cashews

Freeze beef for 45 minutes to aid slicing it. Mince the garlic, ginger, and scallions. Combine in a small dish. Combine the marinade ingredients and mix well. Prepare thickener (mix ingredients together). Slice the beef very thinly against the grain. Pour the marinade over the beef and let it set for 1/2 hour, mixing occasionally. Wash, remove the strings from and dry the pea pods. Bring all the remaining ingredients to the stove. Drain the beef. Heat 2 tablespoonfuls of oil in a heavy skillet or wok. Set the temperature to near maximum heat. Put in 1/2 of the garlic-ginger-scallion mixture and stir a few times. Add the beef and stir vigorously until cooked. Remove from pan. Add the remaining oil and heat it. Add the salt. Add pea pods and stir-fry for 2 minutes. Add chicken broth and turn the heat to medium. Cover and cook for 3 minutes. Put the beef back in and stir a few times. Stir the thickener and add it to the pea pods and broth. Stir until thickened. Put in a serving bowl and add garnishes (optional). Stir at the table.

BEEF WITH GREEN PEPPERS**Roberta Gelatt**

1 lb. lean beef	2 medium or 3 small green peppers
1 T. cornstarch	4 T. vegetable oil
1 tsp. sugar	1/2 tsp. salt
2 to 3 T. soy sauce	1 clove garlic, crushed
1 T. dry sherry	

Cut beef across grain into slices about 2 inches long and 1/4-inch thick. Combine cornstarch, sugar, soy sauce and sherry. Mix and pour over sliced beef. Cut green pepper into 1 1/2 inch pieces. Pour 2 tablespoonfuls oil into skillet or wok. Set over high heat. Add salt, then green peppers. Stir until peppers turn darker green, about 1 minute. Remove green peppers to a plate leaving oil in the skillet. Add remaining oil to skillet. Add crushed garlic. Stir in beef mixture. Cook, stirring over high heat, for 2 minutes. Add green peppers; mix well. Serve immediately with fluffy rice. Makes 2-3 servings.

PEPPER STEAK**Lillian Brodsky**

2 lbs. skirt steak	1/3 c. barbecue sauce
2 T. oil	1/3 c. ketchup
1 rib celery	1/3 c. water
1 onion, sliced	1/3 c. wine
1 green pepper, sliced	

Cut steak into strips and either broil slightly or brown in frying pan into order to reduce fat of meat. Saute' celery, onion and green pepper in oil. Add barbecue sauce, ketchup, water and wine. Cut steak into serving-sized pieces and add to mixture. Simmer first on top of stove, and then in oven until soft and tender. Before cooking is finished, add extra pieces of green pepper. Serve with rice or potato.

HUNGARIAN GOULASH**Roberta Katz**

3 onions, sliced	1 1/2 c. water
3 lbs. boneless chuck, cubes	1/3 c. Wesson oil
2 T. paprika	1 T. salt
1/2 tsp. pepper	1 (6 oz.) can Hunt's tomato paste
	1 clove garlic

In Dutch oven cook onions in oil until tender, stirring frequently. remove and reserve. Combine paprika, 2 teaspoonfuls salt and pepper, coat meat with mixture. Brown meat in drippings, return onions to pan. Stir in Hunt's tomato paste, water, garlic and remaining salt. Simmer, stirring occasionally, for 1 1/2 to 2 hours, or until meat is tender. (If too thick, stir in a bit more water). Makes 6 to 8 servings.

BARBEQUED POT ROAST**Jeanette Rifkin**

1/2 c. (1 stick) margarine	1 T. vinegar
1/4 c. chopped onion	1 tsp. prepared mustard
3 T. hickory-flavored catsup	1 tsp. salt
1 T. Worcestershire sauce	2 round bone pot roasts, 2 inches thick (about 2 to 2 1/2 lbs. each)

In small saucepan combine margarine, onion, catsup, Worcestershire sauce, vinegar, mustard and salt. Stir over low heat until margarine melts; set aside. Over hot coals, brown meat about 5 minutes per side. Salt and pepper each side after it is browned. Tear off two 5-inch lengths of heavy foil; fold each length double. Center one roast on each foil strip. Pour 1/2 cup of sauce over each roast. Bring up sides of foil to meet. Fold together down onto meat in tight double folds. Fold ends over and over up close to meat. Place over slow coals 1 1/2 to 2 hours or until tender. Makes 8 servings.

SCOTT'S TEXASBURGERS**Scott Blanke**

1 lb. ground beef	2 T. finely chopped onion
1 egg	1 T. Worcestershire sauce
1 tsp. basil	1 T. barbecue sauce
1/4 tsp. garlic salt	2 T. white wine
1/4 c. bread crumbs	Dash pepper
Dash hot sauce	

Combine ground beef and egg. Mix in all remaining ingredients except bread crumbs. Add bread crumbs (may need more to obtain firm texture). Make into 4 patties. Sear on either side and then grill until done.

BARBEQUED BEEF**Corine Neuman**

1 1/2 lbs. hamburger	1 T. vinegar
3/4 c. ketchup	1 T. prepared mustard
1/2 tsp. salt	1 tsp. brown sugar
Small onion, chopped	

Brown hamburger. Add rest of ingredients and simmer 30 minutes.

HAMBURGER CASSEROLE (LOPSCOTCH)**Corine Neuman**

1 lb. hamburger	4 large potatoes, sliced
1 small onion, chopepd	1 (8 oz.) can Hunt's tomato sauce
4 carrots, sliced thinly	

Use 2 1/2 quart casserole and arrange ingredients in layers. Use half of hamburger chunks, half chopped onion, carrot slices and potato slices. Repeat and top the casserole with tomato sauce. Bake covered at 350° for 1 hour.

HAMBURGER-MACARONI CASSEROLE**Sandy Perlmutter**

1 lb. ground beef	1 can tomato soup
1 clove garlic, chopped	1/2 can water
1/2 onion, chopped	1 T. ketchup
Salt and pepper, to taste	1 T. Worcestershire sauce
1/2 c. cooked macaroni	1 small can mushrooms

Brown beef, garlic and onion slowly until meat is cooked and onion is soft. Season with salt and pepper. Mix in remaining ingredients and put in 1 1/2 quart casserole. Bake at 350° for 30 minutes.

MEAT LOAF**JoEllen Hartman**

2 lbs. ground beef	2 eggs, beaten
1 medium onion, chopped	2 tsp. salt
1/4 c. chopped green pepper	1/8 tsp. pepper
1 (8 oz.) can tomato sauce	1 (8 oz.) pkg. frozen potato balls
2 c. soft bread crumbs	

Combine all ingredients except potato balls. Mix thoroughly; fold in balls. Press into 9 x 5 inch loaf pan. Bake at 350° for 1 hour 15 minutes.

PINWHEEL MEAT LOAF**Eve Bern**

1 1/2 lbs. ground beef	1 clove minced garlic, or
1 medium onion, grated (1 c.)	1/4 tsp. garlic powder
1 small carrot, grated	1/4 c. fine dry bread crumbs
1 egg	1/4 c. water
2 T. catsup	Seasoning, to taste

Combine thoroughly and make the following stuffing:

8 slices white bread, 1/4-inch cubes, moistened	1/4 c. melted fat
3/4 c. finely diced celery	1/8 tsp. pepper
1/4 c. finely chopped onion	1 tsp. salt
1/4 c. minced parsley	1/4 tsp. thyme, optional
	1/4 tsp. marjoram, optional

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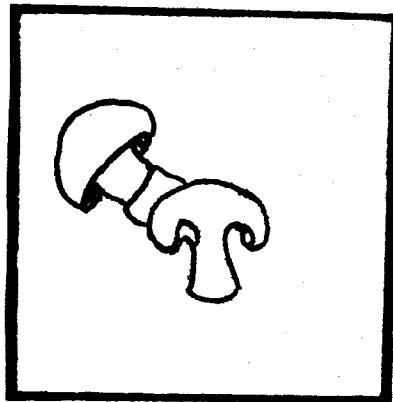
PINWHEEL MEAT LOAF (Continued)

Saute' onion in melted fat and add celery. Mix in some of the moistened bread cubes and heat, stirring to prevent too much browning. Turn into moistened bowl and lightly mix in remaining cubes and seasonings. Roll or pat meat mixture between 2 sheets of waxed paper into a rectangle 1/2-inch thick. Remove top layer of paper and cover meat with an even layer of filling. Roll like jelly roll, removing bottom sheet of waxed paper as you roll. This can be prepared early in the day, wrapped in waxed paper and refrigerated. To bake, place in well-greased pan and bake in 325° oven for 1 1/2 to 2 hours. Let stand about 10 minutes before slicing. May be served with sauteed mushrooms or mushroom gravy.

SPAGHETTI AND MEAT IN A PAN**Susann Annis**

1 lb. ground beef, in little pieces	2 tsp. salt
2 c. spaghetti, broken into inch pieces	1 tsp. fresh ground pepper
1 medium onion, chopped	1 c. catsup
3 c. stewed tomatoes	

Mix all ingredients in a utensil with a tight-fitting lid. Place on range and turn on high until steam appears. Turn switch to lowest position and cook for 30 minutes. Do not remove the lid during the cooking period.



SPAGHETTI AND MEAT SAUCE (served at Synagogue) **Eve Bern**

1 1/2 lbs. ground beef	Sugar, salt, pepper, to taste
1 or 2 cloves garlic, minced	1 (6 oz.) can tomato paste
2 medium onions, chopped	3/4 tsp. oregano
1/4 c. oil	1/2 tsp. basil
1 (8 oz.) can tomato sauce	1 tsp. Worcestershire sauce
2 cans tomato paste	

Saute' onion and garlic in oil. Add meat, browning lightly. Add rest of ingredients. Fill cans from tomato sauce and paste with water and add to sauce. Simmer for 1 hour or more until thickened. Boil thin spaghetti in salted water. Drain. Pour meat sauce over spaghetti. Serves about 6.

MEAT ROLLS**Bobbie Balto**

2 T. oil	Thyme, marjoram, basil, salt,
1 garlic clove, minced	pepper
1 medium-large onion, chopped	Dash Worcestershire sauce
2 to 3 medium potatoes, chopped	Chopped parsley
3 medium carrots, chopped	2 lbs. chopped meat
	Flour tortillas

Saute' garlic, onion, potatoes and carrots in oil. Towards end of sauteing, add spices and parsley to taste. Remove from skillet and brown 2 pounds chopped meat. Add to vegetables. Place about 2 tablespoonfuls of meat-vegetable filling on a flour tortilla and roll up with sides tucked in as for egg rolls. Liberally oil a baking dish, turning each meat roll so they are covered with the oil. Bake at 350° about 20 minutes or until golden brown, crisp and sizzling. Filling is also good on noodles. Yields 12 meat rolls.

POTTED BEEF, ITALIAN STYLE**Charlotte Levinger**

1/4 c. olive oil	2 bay leaves
3 lb. chuck roast	Salt and freshly ground pepper
1 carrot, chopped	1 c. red wine
1 stalk celery, chopped	1 small can tomato paste
1 onion, chopped	2 c. warm beef broth or consomme'
2 cloves garlic, chopped	

In a heavy saucepan, heat the oil and brown the beef quickly on all sides. Add the carrot, celery and onion and saute' until the onion is golden brown. Add the garlic, bay leaves and salt and pepper to taste. Continue cooking over low heat. Add the wine and the tomato paste diluted with the warm beef broth. Cover and bring to a boil. Continue cooking, covered, until the meat is tender, about 2 1/2 hours. Stir occasionally, basting the meat from time to time. If the gravy becomes too thick, add more warm beef broth. When the meat is done, remove from the pan and serve separately. Serve the gravy, unstrained, over any kind of pasta.

GRILLED SHORT RIBS OF BEEF**Jeanette Rifkin**

6 lbs. short ribs of beef	1/2 tsp. black pepper
Meat tenderizer	1/8 tsp. hot red pepper sauce
1 (8 oz.) can tomato sauce	1 c. minced onion
1/4 c. cider vinegar	1 clove garlic, minced
1/2 c. water	1/4 c. vegetable oil
1/2 tsp. dry mustard	2 1/2 tsp. salt

Sprinkle ribs with tenderizer as package directs. Combine all of the remaining ingredients in a saucepan. Cook for 10 minutes. Cool sauce to room temperature and pour over the ribs. Cover and marinate in the refrigerator overnight or at room temperature for 3 hours. Drain the ribs and place on a double hinged wire broiling rack. Grill the ribs about 5 inches over coals for 1 hour, turning and basting them frequently with the marinade mixture. Serves 6-8.

BARBECUED SHORT RIBS**Eve Bern**

3 lbs. meaty short ribs, cut in serving-size pieces	2 T. Mazola oil
1/2 c. chopped onion, fresh or frozen	2 T. vinegar
1 tsp. dry mustard	1 T. Worcestershire sauce
2 T. brown sugar	2 T. lemon juice
1 c. chili sauce	1/2 tsp. salt
1 c. catsup	1/4 tsp. paprika
	1 c. water

Place ribs in large pan, preferably on rack to drain off excess fat from ribs. Place in moderate oven until lightly browned. Let stand until fat is congealed, and then remove ribs and place in baking pan. Make sauce as follows: saute' onion in fat, add the remaining ingredients, bring to a boil, adding more water if necessary. Let simmer 1/2 hour. Pour over the ribs, cover and bake 2 to 2 1/2 hours at 350°. Serves 3 or 4.

POLYNESIAN SHORT RIBS**Gladys Neuman**

4 to 5 lbs. beef short ribs	2 cans (16 oz.) crushed pine- apple, undrained
1 c. brown sugar, packed	1/4 c. minced onion
3 T. cornstarch	2 T. Worcestershire sauce
1 tsp. celery salt	1/3 c. cider vinegar
1 tsp. ginger	1 T. shredded orange rind
1/4 c. soy sauce	4 dashes Tabasco sauce
1/2 c. water	

Cut ribs into serving-size pieces 3 to 4 ribs wide. Arrange in small roasting pan or 2 1/2 quart casserole dish. Cover pan tightly and bake in moderate oven (375°) for one hour. Mix together brown sugar, cornstarch, celery salt and ginger. Stir in remaining ingredients. Cook over low heat, stirring constantly until mixture thickens slightly. Drain drippings from baking pan. Pour sauce over ribs and brush generously so that all ribs are covered with sauce. Cover pan again and return ribs to oven. Bake 30 minutes and then remove cover and continue baking until ribs are tender and brown, about 30 minutes more. Serve on rice. Yield: 4 servings.

SHISH-KEBAB WITH SEASONED RICE**Sandy Perlmutter**

6 oz. pkg. wild rice	2 T. chopped parsley
1/2 c. mayonnaise	2 T. chopped onions
1/4 lb. mushroom slices (2 c.)	1 T. Coffee Rich
1 lb. beef stew meat	1/4 tsp. salt
1/2 lb. mushrooms, whole	1/8 tsp. garlic powder
1 c. cherry tomatoes	1/8 tsp. pepper
1/2 c. green pepper chunks	1/2 c. mayonnaise

Prepare rice according to directions, omitting margarine. Combine rice, mayonnaise and mushroom slices. Toss lightly and spoon into pan. Alternate meat, peppers and mushrooms on skewers. Arrange over rice and bake at 350° for 40 minutes. Combine the last seven ingredients and serve over kebabs. Put tomatoes on skewers for the last 5 minutes.

VEAL SUPREME**Gladys Neuman**

4 veal steaks	4 carrots
Salt, Ac'cent, garlic powder, to taste	1/2 stick margarine
Flour	1 T. catsup
4 potatoes	1 c. chicken soup or bouillon

Season veal and dredge with flour. Brown on top of stove (veal steaks) in margarine. Remove to baking dish (veal only). In skillet, with remaining ingredients, add ketchup and bouillon. Add this mixture to veal. Bake uncovered at 325° for 45 minutes. Add slices carrots and potatoes, bake covered for 45 minutes, or until potatoes are soft. More bouillon may be added if needed.

VEAL MARENGO**Lillian Brodsky**

1 lb. boneless veal, cubed	4 carrots, cube sized
1/3 c. flour	1 c. dry white wine
1/4 tsp. white pepper	Parsley, to taste
Salt, to taste	2 T. margarine
1/4 c. oil	1 c. sliced mushrooms
1 small clove garlic, crushed	1 c. pea pods
1/3 c. chopped onion	1/2 c. consomme', canned or cube
4 tomatoes, quartered	1 c. orange juice
8 to 10 pitted prunes	

Mix pepper with flour, place in bag and coat meat. Heat oil in skillet; brown onion, garlic, push aside and brown meat. Add tomatoes, carrots, prunes, parsley and white wine. Cover and simmer over low heat until meat is tender.

In separate skillet, brown mushrooms lightly in margarine. Add pea pods. Place all ingredients in roaster; add 1 cup orange juice. Cover and place in oven for 1/2 hour or more. If mixture is too thin, add a little extra flour.

VEAL SCALLOPINI**Judith Kramer**

1/4 lb. veal scallops	1 tsp. sugar
1/2 c. flour	1/2 tsp. marjoram
Parsley flakes	4 T. catsup
2 T. oleo or oil	1 (4 oz.) can button mushrooms, drained
3 onions, diced	3/4 c. cooking sherry
1 clove garlic	

Press flour into veal and sprinkle with parsley flakes. Brown in shortening on both sides and remove from pan. Saute' onions and garlic. When brown add veal, sugar, marjoram, catsup, mushrooms and liquid and sherry. Cover and simmer slowly for 1/2 hour.

VEAL SCALLOPINI

Lillian Brodsky

1 lb. thinly sliced veal steak, cut in 3-inch squares	1 T. stuffed green olives, sliced in rings
1 T. oil	1 T. flour
1 small clove garlic	1 small onion, sliced thin
1 tsp. salt, pepper	1/2 c. sauterne, part tomato juice can be used
Pinch sage and nutmeg	1/4 lb. mushrooms, sauteed or 1 can mushrooms

Saute' garlic in oil for about 5 minutes. Remove garlic. Brown meat in oil, then sprinkle it with the flour, salt, pepper, sage, nutmeg, onions and wine. Cover and simmer about 20 minutes. More wine or juice may be added if dry. When tender, add mushrooms and olives. Cook few minutes longer.

BAKED VEAL CHOPS

Charlotte Levinger

2 leeks, sliced lengthwise, washed and chopped or 1/2 c. thin onion slices	Salt and freshly ground pepper, to taste
1/2 c. thin carrot slices	Dry white wine or chicken stock or both
1 stalk celery, chopped	Flour
Thyme	
6 veal chops or steaks, 1-inch thick	

Preheat oven to 375°. Arrange vegetables over bottom of shallow casserole and sprinkle with thyme. Sprinkle chops with salt and pepper and place on the vegetables. Add enough liquid to barely cover the vegetables. Bake uncovered, basting frequently with the liquid in the casserole, until the chops are browned and tender, about 1 1/4 hours. Add more liquid if necessary and turn the chops occasionally while cooking. Strain the gravy and thicken with a little flour mixed with water. Serves 6.

BARBEQUE SAUCE**Susann Annis**

2 1/4 c. catsup	1/2 tsp. garlic powder
2 1/4 c. water	1/2 tsp. salt
2 tsp. beef broth	2 tsp. Worcestershire sauce
1 1/4 tsp. dry mustard	2 dashes hot pepper sauce
1 T. chili powder	Tsp. liquid smoke
1 tsp. black pepper	1 T. lemon juice
1/4 tsp. cayenne pepper	

In large saucepan, bring all ingredients to boil over medium heat. Reduce heat and simmer, stirring occasionally, 15-20 minutes. Refrigerate what isn't used.

ORIENTAL MARINADE FOR LONDON BROIL**Sara Levenstein**

1/4 c. soy sauce	1 clove garlic, minced
1 T. oil	2 T. sherry
1 green onion, minced	1 slice ginger root, crushed, optional

Combine all ingredients well. Marinate meat 2-4 hours. Broil until done.

SWEET-SOUR SAUCE (FOR CHICKEN OR BEEF)**Susann Annis**

1 (8 1/2 oz.) can cubed pineapple	1/2 c. vinegar
1 c. brown sugar	2 tsp. soy sauce
2 T. cornstarch	1/3 c. chopped green pepper
1 c. chicken bouillon	

Drain pineapple, reserving juice. Mix together sugar and cornstarch in pan; add pineapple juice, bouillon, vinegar and soy sauce. Bring to a boil, stirring constantly, until thickened and clear. Boil 1 minute. Stir in green pepper and pineapple. Add cooked chicken or beef.

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