

## The Warming Oven by Emily Watson

First of all, in response to the reader who couldn't find quinces, there is a source.

A friend planned to have some brought up from her mother's place in Ohio this past weekend. They are \$10 a bushel but you probably wouldn't need the whole bushel for a few batches of jelly.

Give me a call at 459-2700 and I'll tell you how to contact Carol and the quinces.

AND FOR the mother who called to say she wasn't interested in gourmet recipes, this is for you. I know exactly what you meant when you said you preferred something a little more practical.

Back when I was cooking for six, baked potatoes and beef 'n biscuit was one of our favorites menus. You can put them both in the oven and relax.

If your family enjoys hot biscuits, they'll love beef and biscuit. (They even taste good cold.)

### BEEF 'N BISCUIT

- 1 lb. ground beef
- 1/2 cup finely chopped onion
- 1/2 cup chopped green pepper
- 2 tsp. margarine
- 1 tsp. salt
- Dash of pepper
- 2 tsp. flour
- 1 cup milk
- Rich biscuit dough
- 1 10 1/2-oz. can tomato soup (optional)

Brown meat, onion, and green pepper in margarine. Season with salt and pepper. Add flour, blend, add milk and cook. Stir all the while until thickened.

Roll dough 1/4 inch thickness in rectangle (about 8x12 inches) and brush with butter. Spread cooled meat mixture on dough, then roll jelly-roll fashion, sealing edge. Slice in about 3/4-inch slices. Place cut side down on greased cookie pan. Bake in 450-degree oven for 20-25 minutes.

The heated, full-strength tomato soup sauce is optional. The kids probably would prefer catsup. When I dug this recipe out of the archives, I discovered the rich biscuit recipe was not included. You can use a biscuit mix, two cups will be the right amount but add a couple of rounded tablespoons of shortening before adding liquid.

### ITALIAN MEAT SAUCE STARTER

- 1 cup oil or cooking fat
- 3 cloves garlic
- 3 green peppers, chopped
- 3 large onions sliced fine
- 3 lbs. ground beef
- 3 cans tomato paste
- 3 cans tomato sauce
- 3 cups boiling water
- 1 tsp. celery salt
- 1 tsp. garlic salt
- 1 tsp. chili powder
- 1 tsp. salt
- 1 tsp. paprika
- 2 tsp. Worcestershire sauce
- 3 tsp. A-1 sauce
- 3 tsp. chili sauce

Heat oil in large heavy kettle. Add crushed garlic, green pepper and onions. Cook over low heat five minutes. Add meat, mix well and cook on high heat until lightly browned. Add tomato paste, tomato sauce and water. Cook over low heat for two hours. Add seasonings. Cool quickly. Package and freeze in pint containers. Yield: 10 pints.

To thaw, put container under hot water until contents can be slipped out. Or, remove from freezer and let stand at room temperature several hours before using. Or, remove from freezer and let stand overnight in refrigerator.

### MEAT SAUCE AND SPAGHETTI

- 2 pints meat sauce
- 1/2 cup tomato juice
- 1 8-oz. pkg. spaghetti
- 1 tsp. salt
- Grated Parmesan cheese

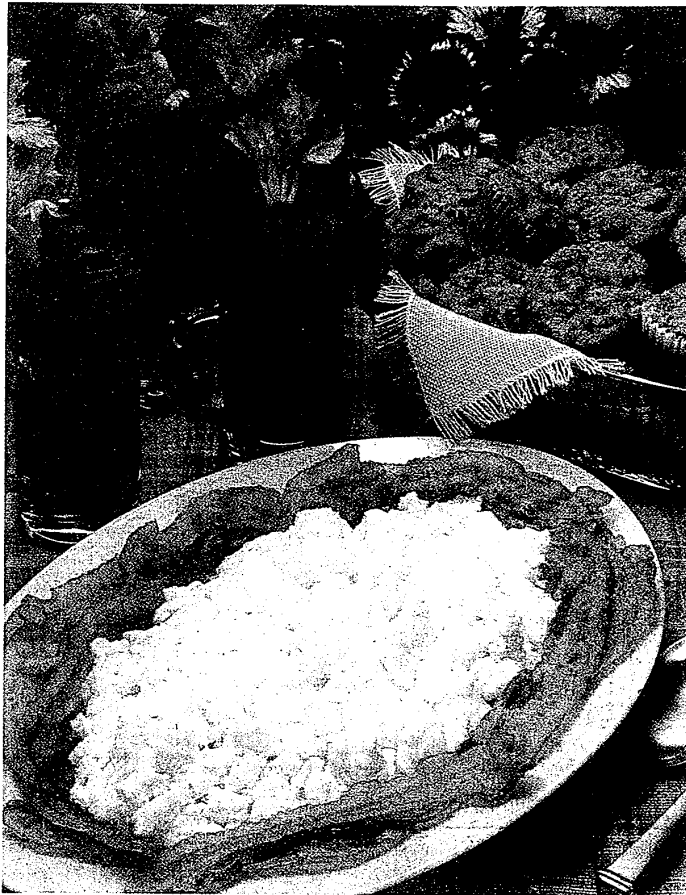
Thaw meat sauce and heat with tomato juice. Cook spaghetti in boiling salted water until tender. Drain. Serve with meat sauce and cheese.

### MEAT SAUCE WITH KIDNEY BEANS

- 1 pt. meat sauce
- 1 can red kidney beans
- 1/2 cup red wine

Combine all ingredients in a 1 1/2-quart casserole. Bake at 350 degrees for one hour.

(Continued on page 3C)



Recipes for creamy mallow cheesecake, ratatouille Pyrenees and herb sauced fish appear inside.

## Microwave Cookery

### Pumpkin Muffins

- |                           |                        |
|---------------------------|------------------------|
| 1-1/2 cups flour          | 1 egg, slightly beaten |
| 1/2 cup sugar             | 1 cup canned pumpkin   |
| 2 teaspoons baking powder | 1/3 cup margarine      |
| 3/4 teaspoon cinnamon     | 1/4 cup milk           |
| 3/4 teaspoon salt         | 1/2 cup raisins        |

Combine dry ingredients. Add remaining ingredients; mix well. Line plastic muffin tray or custard cups with paper liners. Spoon batter into six cups, filling each cup 1/2 full. Microcook 3 to 5 minutes or until tops are set, turning once each minute. Remove muffins from tray or cups immediately. Cool on wire rack. Repeat with remaining batter. Approximately 1 dozen.

To Reheat: Microcook on paper towel until hot using the following times as guidelines. Serve immediately.

- 1 muffin — 10 to 15 seconds
- 2 muffins — 20 to 25 seconds
- 3 muffins — 25 to 30 seconds

Tip: Some muffins may be done before others. If so, remove; continue microcooking remaining muffins a few seconds.



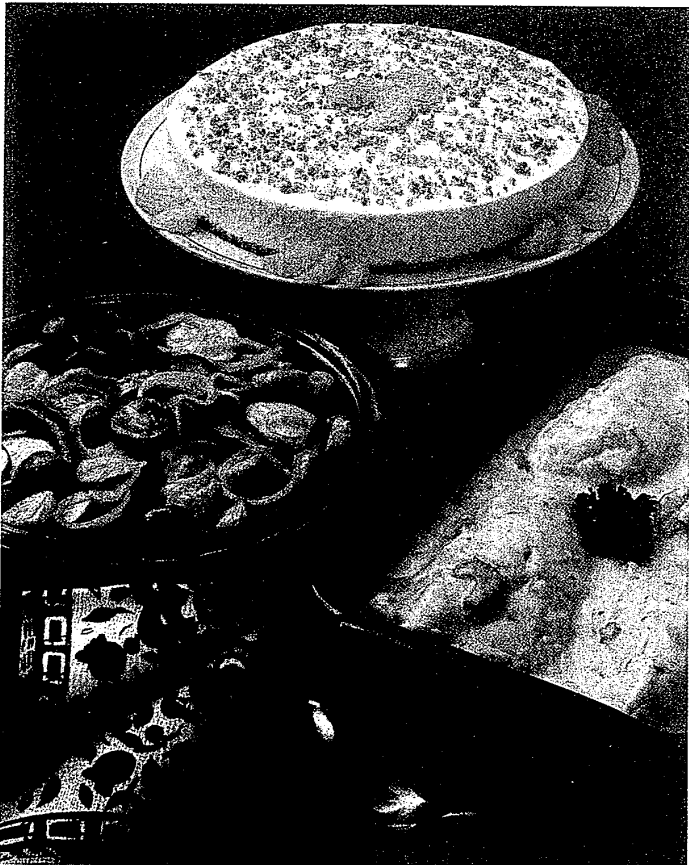
### Savory Scrambled Eggs

- |                        |                                 |
|------------------------|---------------------------------|
| 1 tablespoon margarine | 13-oz. pkg. cream cheese, cubed |
| 8 eggs                 |                                 |
| 1/3 cup milk           | Salt and pepper                 |

Microcook margarine in 1-1/2-quart casserole 30 seconds or until melted. Add eggs and milk; mix well. Add cream cheese. Cover; microcook 3-1/2 to 4 minutes or until eggs are almost set, stirring after 2 minutes. Stir; let stand, covered, 2 minutes before serving. Season to taste. 4 servings

Variations: Add chopped parsley, chives, green onion slices or crisply cooked bacon, crumbled, to eggs with cream cheese.

Omit cream cheese. Microcook eggs as directed until almost set. Add 1/2 cup (2 oz.) shredded Kraft sharp natural cheddar or Casino monterey jack cheese. Continue as directed.



Cream cheese helps set off scrambled eggs as they team with muffins in a delightful meal.