



Byrd's Kitchen

by Vivian Byrd

Here's the best beef stew ever

The ink is starting to bleed through the much-used paper, creating spotty, vaguely purple shadows behind the handwritten words.

The shadows compete with spattered tea and heaven-knows-what-else that left stains marking its passage but not identifying itself.

The paper is a printed checking account deposit ticket, which proclaims its owner to be Arthur H. or Mary Sue Johns, otherwise known as Art and Sue, of Birmingham.

Before Sue gave it to me, of course, this deposit ticket became a recipe card. It now lives in my recipe files under the heading "Best Beef Stew Ever." Also about the simplest and maybe the easiest. Certainly one of the tastiest I have ever made.

Last spring, late one cool afternoon, Sue and I were sitting through another one of those three-hour long little league games, commiserating with each other on the difficulties of planning dinner around practices and games.

If someone in your family is into soccer, football, piano lessons, etc., or if mother works or goes to college or does volunteer work (fill in the appropriate activity), the situation probably becomes familiar.

Pre-game was too early to eat. Yet, by the end of the game, the whole family seemed to get grouchy and over-hungry, snapping at each other and demanding instant delicious dinners.

However, it had to be at home, waiting. For by then, we were all too tired to eat out.

So, one solution Sue had come up with, and shared with me, was a delicious beef stew recipe that goes into the oven and is happiest left unchecked for five or six hours. It can easily be timed to be ready whenever the family wants it.

This recipe, like so many others, had been passed along from neighbor to

neighbor to relative. No one seems to know the original source. I call it Sue's Beef Stew.

Kids seem to like it as well as grownups. Maybe because it is composed of such familiar ingredients — beef, carrots, celery, potatoes and onions.

The liquid used is tomato sauce, which mixes with the meat juices and simmers into a rich brown gravy thickened with cornstarch.

Anyone who has not cooked with cornstarch before, be warned that it is crochety. It refuses to be added to any other ingredient. It will just lay there, powdery white, stubbornly uncooperative.

To avoid having to fish it out or, worse yet, starting the recipe over again, first put the required amount of cornstarch into a separate small mixing bowl, or any small container.

Then, add an equal amount of cold water and mix with a fork or whisk. When well mixed, it should be smooth and white, with no lumps. As a liquid, it goes into the pot and stirs easily into the other ingredients.

This recipe should serve a family of four at a cost of a little less than one dollar per person, computed on the basis of the cost of vegetables and meat actually used, rather than the cost of the whole package.

Also, I assumed that basics like sugar, salt and pepper would be on hand and did not compute a cost for them.

Stews improve in flavor when they sit a day or two in the refrigerator, between cooking and serving, an advantage that makes them particularly suited for cooking ahead and freezing. Or, doubling the amounts and freezing half for another day.

Since stew is a combination of ingredients, I prefer a simple green salad of iceberg and romaine lettuce and a light vinaigrette dressing. And crunchy breadsticks. The tex-

tures of the stew, the salad, and the breadsticks compliment each other nicely.

Follow up with a citrus fruit salad of fresh tangerine sections, orange sections, sliced bananas and purple grapes.

It isn't as much work as it sounds, so cut the tangerine and orange sections in half, popping out any seeds as you go. Slice the grapes in half and remove their seeds. Combine the fruits a few hours before serving so their flavors have time to mingle.

This whole menu can be ready and waiting, a tasty dinner that doesn't make last minute demands on the cook. Instead, it fits your schedule.

SUE'S BEEF STEW

- 1 1/2 lbs. stew beef
- 1 1/2 oz. can tomato sauce
- 2 or 3 small to medium potatoes, peeled and cut up
- 2 or 3 medium sized carrots, peeled and cut into 1-inch pieces
- 2 celery stalks, washed and cut into 1-inch pieces
- 1 small to medium yellow onion, cut into 8 sections
- 1 tbsp. sugar
- 3 tsp. cornstarch, mixed with 3 tsp. cold water
- Salt and coarsely ground pepper
- 1 cup water, optional

The amounts of each vegetable can be varied to suit your taste. I like pepper, so I use about 1/4 tsp., which makes the stew spicy.

Mix all the ingredients in casserole and cook tightly-covered in the oven at 250 degrees for five hours. If you are out and can't get home, it can cook for up to six hours.

If, when you put all the ingredients into the pot, there doesn't appear to be enough liquid, add the cup of water.

VARIATIONS: When doubling the recipe, rather than two cans of tomato

sauce, use one of tomato sauce and one 15-oz. can of tomatoes. The result is more liquid gravy.

During the last 15 minutes of cooking, add 1 tsp. dried oregano. Rub it between the palms of your hands to release the flavor and mix into the stew.

Add 1/2 cup of dried mushrooms.

Recipes, comments or questions are welcomed. Mail to Vivian Byrd, The Eccentric Newspapers, 1225 Bowers Street, Birmingham 48012. Please include full name, address and telephone number.



"Let Us Do Your Grocery Shopping!!!"

Introductory Offer

Save 15%

on delivery charge with this ad.

Limited Time Offer.

Just stop your grocery list, give it to us over the phone and we'll deliver it to your door...the same day.

We shop your order as though it is our own!

• Satisfaction Guaranteed •

Party Service

We'll deliver your liquor, pop, mixes, party trays...everything but the decorations.

Serving Farmington, West Bloomfield, Birmingham, Southfield and Livonia Senior Citizen & Handicapped Discounts

For more information 478-1442

Apple pot-roast takes top prize

Apples and beef combine beautifully. A Bavarian apple pot roast recently won an award in the Michigan Beef Cook-Off. Its creator, Ruth Seiler of Lapeer, also participated in the annual National Beef Cook-Off.

For a copy of recipes from this event, send a stamped, legal-size, self-addressed envelope to Winning Recipes, Michigan Beef Industry Commission, 122 S. Grand Ave., Suite 201, Lansing 48933.

BAVARIAN APPLE POT ROAST

- 4-lb. beef chuck roast or pot roast
- 2 tbsp. cooking oil
- 1 1/2 tsp. salt
- 1/4 tsp. ginger
- 1/4 tsp. pepper
- 5 whole cloves?
- 1 bay leaf
- 1 cup apple juice or apple cider

- 1/2 cup dry red wine
- 4 medium size red or golden Delicious apples, pared, cored, quartered
- 1 onion sliced
- 2 tbsp. flour
- 1/4 cup water

Brown meat on both sides in oil in Dutch oven. Sprinkle salt, ginger and pepper over meat; add cloves and bay leaf. Pour apple juice and wine over meat. Bring to a boil, reduce heat, cover tightly and simmer two hours. Add apples and onion slices. Continue cooking, covered, 30 minutes or until meat is tender. Remove meat, apples and onion. Keep warm. Skim off any fat from pan liquid. Mix flour with water until smooth; stir into liquid, bringing to a boil while stirring. Season to taste. Spoon a little gravy over meat; serve remainder in gravy boat.

For Your Cellar



I'm proud to offer my North Coast Counties 1971 Vintage wines for your enjoyment. I've selected them to bear the Proprietor's Reserve label, a distinction given only my very finest wines.

Softened and mellowed in wood, this limited edition of Pinot Noir, Cabernet Sauvignon, Barbera and Burgundy has been maturing in my cellars and is now ready for presentation to you. Further enhancement can be achieved in your own personal wine cellar.

Ask your favorite merchant for the 1971 Proprietor's Reserve vintage release wines from Sebastiani Vineyards.

Please send for our free monthly newsletter.

August Sebastiani

Sebastiani VINEYARDS
EST. 1825

P.O. Box AA Sonoma CA 95476

WALNUT LAKE MARKET

2100 WALNUT LAKE RD.

(JUST WEST OF INKSTER)

WEST BLOOMFIELD

626-2662

Effective thru Nov. 10



MEMBER OF UNITED MERCHANT WINE AND LIQUOR

10th ANNIVERSARY SALE

THE FINEST IN FRESH MEAT

We specialize in Freezer Beef Sides & Hind Quarters

20% OFF BEEF SALE

U.S.D.A. CHOICE

T BONE PORTERHOUSE SIRLOIN STEAK
Reg. \$4.39 lb. NOW **\$3.54** lb.

GROUND ROUND 2" x 1/2" lb.
NOW **\$1.75** lb.
TOP ROUND FAMILY STEAK 3" x 1/2" lb.
NOW **\$2.55** lb.

BONELESS RUMP ROAST Reg. \$2.89 lb.
SIRLOIN TIP NOW **\$2.31** lb.

STRIP STEAKS & DELMONICO Reg. \$5.49
NOW **\$4.39** lb.

CHUCK ROAST 2" x 1/2" lb. NOW **\$1.67** lb.
ENGLISH & ROUND BONE 2" x 1/2" lb. NOW **\$1.83** lb.

GROUND CHUCK Reg. 1" x 1/2" lb.
NOW **\$1.59** lb.

We reserve the right to limit quantities. Please no phone orders on these specials.

Select WINE SALE
15% OFF on 6 bottles or more not including wine already on special
also CASE PRICE BEER SPECIALS

MELODY FARMS GALLON MILK **\$1.89**
LO FAT GALLON **\$1.79**

CALIFORNIA HEAD LETTUCE **49¢**

NOW TAKING ORDERS FOR FRESH TURKEYS never frozen
CALL 626-2662
Once you try a FRESH turkey you will always want one

INDUSTRIAL & COMMERCIAL ACCOUNTS WELCOME
WE WILL DO OUR BEST TO SUPPLY YOU WITH ALL YOUR NEEDS

HOURS: 9:00 AM to 9:00 PM MON-SAT
10:00 AM to 6:00 PM SUNDAY

WE ACCEPT VISA & MASTER CHARGE

| | | |
|--------|-------|---|
| Walnut | Maple | W |
| | | |

Dine Out



Tonight

save energy

Although initially more expensive, fluorescent bulbs are cheaper to operate than normal incandescent bulbs and they last up to ten times longer. Fluorescents also give off considerably

FELDBRO Quality Meats

6720 ORCHARD LAKE ROAD • WEST BLOOMFIELD PLAZA
ORCHARD LK. SOUTH OF MAPLE
"Never a Burn Steer"

A Special Invitation to you!
Come in and see us for the finest Beef, Lamb, Veal, Pork, and a complete line of Fresh Poultry.
All our Beef is Western. Hand Selected, Top Choice, and Trimmed as Lean as Possible. Our Poultry is delivered Fresh Daily.
We offer you a complete selection of all meats, with our own Special Personal Touch at low prices all can afford.

ASK US FOR ANY SPECIAL CUT THERE IS NEVER AN ADDED CHARGE
Come in and let us Meat You.

| | | |
|----------------------------------------------------------------------------------------------------------|---------------------------|--------------------------|
| SAVING VALUE \$5.00 to \$10.00 | SPECIAL INVITATION COUPON | SAVING \$5.00 to \$10.00 |
| 20% OFF any one of the following whole U.S.D.A. CHOICE: FRIG RIB CUT or N.Y. Strip Sirloin | | |
| Please mail 10-12 lbs. cut & packaged FREE LIMIT ONE WITH THIS COUPON EXPIRES 11/1/79 | | |

ORDER NOW FOR THE HOLIDAYS. STRICTLY FRESH TURKEYS-DEER-DUCKS-ROASTERS CAPONS ALL SIZES

FELDBRO MEATS NEW HOURS: Monday-Saturday 9-6, Sunday 9-6 **626-4656**