

# 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.

handwritten words.

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

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

of Birmingham.

Before Sue gave it to me, of course, this deposit ticket became a recipe card. It now lives in my recipe files were the heading "Best Beef Siew 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.

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 fami-ly seemed to get grouchy and over-hun-gry, snapping at each other and de-manding instant delicious dinners.

However, it had to be at home, wait-ing. 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

Effective thru Nov. 10

Kids seem to like it as well as grownups. Maybe because it is com-posed 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 uncoopera-

tive.

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.

constarch into a separate small mixing bowl, or any small container.

Then, add an equal amount of cold
water and mix with a fork or whist.
When well mixed, it should be smooth
and white, with to 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 than one
dollar per person, computed on the
sis of the cost of vegetables than one
dollar per person, computed on the
hard so the standard of the standard
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 suitde for cooking andeard and freezing, Or,
doubling the amounts and freezing half
Since stew is a combination of
ingredients, I prefer a simple green
and of iceberg and romain lettuce
and a light vinaigrette dressing.

And crunchy breadsticks. The tex-

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icely. Follow up with a citrus fruit salad of fresh tangerine sections, orange sec-tions, 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 tasy dinner that doesn't make last minute demands on the cook.' Instead, it fits your schedule.

SUE'S BEEF STEW

17 ibs. stew beet
15 oz. can tomato sauce
2 or 3 small to medium potatoes,
Peeted 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
1 small to medium yellow onion, cut

into a sections
1 thsp. sugar
3 thsp. cornstarch, mixed with 3 thsp.
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 % itsp, which makes the stew spicy. Mix all the ingredients in casserole and cook tighty-covered in the oven at 250 degrees for five hours. If you are out and early 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 enough liquid, add the cup of water.

VARIATIONS: When doubling the re-cipe, rather than two cans of tomato

Apples and beef combine beautifully. A Bavarian apple pot roast recently won an award in the Michigan Beef Cook-Off. Its creator, Ruth Selter 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.

Apple pot-roast

'takes top prize

BAVARIAN APPLE POT ROAST 4-lb. beef chuck roast or pot roast 2 thsp. cooking oil 1½ tsp. salt

5 whole cures.

I hay leaf

1 cup apple juice or apple cider



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 re-

lease the flavor and mix into the stew.

Add ½ 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

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2 tbsp. flour

Brown meat on both sides in oil in Dutch oven. Sprinkle, salt, ginger and pepper over meat; add cloves and bay leaf. Four 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, str into liquid, bringing to a boil while stirring. Season to taste. Spoon a little gravy over meat; serve remainder in gravy boat.



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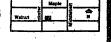
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