



Byrd's Kitchen

by Vivian Byrd

Slow-cook pot tenderizes

Grocery shopping has become such a trauma to most budgets that slow cooking looks even more attractive than ever.

Simmering over low heat for a long period of time tenderizes tougher and less expensive cuts of meat and blends flavors.

Electric slow-cooking pots are boons to this kind of cooking, and to busy homemakers, particularly those who also have careers.

Ingredients can be tossed in the cooker in the morning and, by the time everyone arrives home in the evening, dinner is ready to go on the table. For many of us, that sounds like "almost heaven."

Below are some interesting recipes designed for slow cooking. They are from Margaret Gini's cookbook, "One Pot Meals" (101 Productions, San Francisco), a gem I discovered recently. If your bookstore doesn't have it, write to me and I will give you the publisher's address.

Hope you enjoy these.

POT-AU-FEU

- 1 beef knuckle bone
- 1 3-pound beef brisket or rump
- 1 bay leaf
- 2 springs parsley
- 2 springs thyme, or
- 1 tsp. dried thyme
- 1 whole plump chicken, about 4 pounds
- 1 pound chicken giblets
- 6 carrots, halved
- 3 leeks, white part only
- 2 onions, each stuck with 2 cloves
- 3 turnips, quartered
- 3 celery ribs with some leaves, halved
- Salt and freshly ground pepper to taste
- Accompaniments: pickles and horseradish
- French bread and sweet butter

Combine all ingredients with 3 quarts water and cook on low setting in slow cooker, covered, for 8 to 10 hours. When done, put meats and chicken on a platter with the giblets; surround with vegetables and keep warm.

Strain the broth, skimming off fat, and serve separately in cups. Slice meat and serve with the pickles and horseradish. Serve with French bread and butter. Serves 8 to 10 people.

LAMB BAKED WITH TOMATOES AND POTATOES

- 1 large onion, sliced
- 2 tbsp. each olive oil and butter
- 2 pounds boneless lamb, cut into 1-inch cubes
- 2 sprigs rosemary, chopped, or ¼ tsp. dried rosemary
- ½ cup dry white wine
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 2 cups peeled, seeded and chopped ripe tomatoes
- 1 ¼ pounds new potatoes

Saute onion in olive oil and butter until transparent in a skillet or a slow cooker with a browning unit. Add lamb and rosemary and brown meat on all sides. Cut potatoes into quarters, place in bottom of a slow cooker and top with remaining ingredients. Cook, covered, on low 6 to 8 hours. Serves 6.

POT ROAST, VIENNESE STYLE

- 1 3½ to 4-pound rump roast or sirloin tip
- 2 tbsp. butter
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 1 onion, chopped
- 2 carrots, chopped
- 2 turnips, chopped
- 4 dried figs, chopped
- 1 cup white wine
- 1 cup beef stock
- 8 new potatoes
- 4 gingersnaps, crushed

Brown meat on all sides in butter in a skillet or a slow cooker with a browning unit. Put carrots, turnips and potatoes in bottom of slow cooker and place roast on top. Add remaining ingredients, except gingersnaps, reducing wine and stock to ¾ cup each. Cover and cook on low 8 to 10 hours. Add gingersnaps and cook on high, uncovered, until thickened.

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That leftover pork roast can be converted into a golden crusted pork pie.

Roast pork leftovers star in flaky pork pie encore

A roast of pork does not lack versatility. Impressive in its original crispy, cooked-to-a-T state, it is a boon to lovers of cold sliced pork sandwiches and again, as a bonus meal in the form of Pork Pie Encore.

The pork filling is quickly made with the aid of canned celery soup. The top pastry crust can be made from scratch or, for convenience, from a mix. For flavor interest, the filling is seasoned with savory, parsley and garlic and the crust is sprinkled with Parmesan cheese.

Because the pork is already cooked and the vegetables are partially pre-cooked, the baking time is brief, just long enough for the filling to heat through and the crust to turn golden. The pie is especially appropriate for a tight time schedule for it can be assembled early in the day when convenient, covered and refrigerated. Then all

that's left to do come dinner time is simply bake and enjoy.

The pork leftover from a roast should be tightly covered and placed in the refrigerator or freezer as soon as possible after serving. For meat to retain its highest quality, it should be stored in as large a piece as possible and cut in pieces for the pie just prior to making the filling. Leftover pork can be stored in the refrigerator for four or five days, in the freezer for two to three months.

PORK PIE ENCORE

- 1 pound cooked pork cut into ½-inch pieces
- 1 cup thinly sliced carrots
- 1 small onion, coarsely chopped
- ¼ cup water
- 2 tbsp. snipped parsley
- ¼ tsp. salt
- ¼ tsp. summer savory

- ¼ tsp. garlic powder
- 1 can (10¼ ounces) condensed cream of celery soup
- Pastry for a single pie crust
- 1 tbsp. grated Parmesan cheese

Place carrots, onion and water in saucepan and cook, covered, 8 to 10 minutes or until tender; drain and combine with pork. Sprinkle parsley, salt, savory and garlic powder over mixture; stir in celery soup. Pour into 9-inch circular or square baking dish.

Roll pastry into 10-inch circle or square. Sprinkle Parmesan cheese over pastry and lightly roll into crust. Place crust over pork mixture. Fold edge of crust under and crimp. Bake in hot oven (450 degrees) 18 to 20 minutes or until crust is golden brown. Makes 4 to 5 servings.

Eggs great for any meal

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