

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 de-

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Below are some interesting recipes digited for slow cooking. They are from Margaret Gin's cookbook, "One Pôt Meals" (10) Productions, San Francisco), a gem I disovered 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

- I beef knuckle bone 1 3-pound beef brisket or rump 1 bay leaf

- 1 3-pound beet prisses or sump
 1 bay leaf
 2 springs parsley
 2 springs thyme, or
 1 stp. 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 fresthy ground pepper to taste
 Accompaniments: pickles
 and horseradish
 French bread and seet butter

Combine all ingredients with 3 quarts water

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, anserve 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 thsp. each olive oil and butter 2 pounds boneless lamb, cut into 1-inch cubes
- 2 sprigs rosemary, chopped, or ½ tsp. dried rosemary
- 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

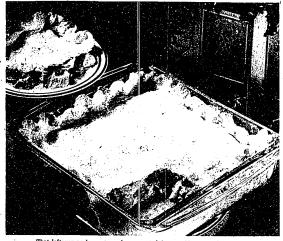
Saute onion in olive oil and butter until transparent in a skillet or a slow cooker with a browning unit. Add lamb and rosemary and brown meat on all sides. Cut potatoes into quarters, place in bottom of a slow cooker and top with remaining ingredients. Cook, covered, on low 6 to 8 hours. Serves 6.

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 thried figs, chopped 4 trued 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 potatees in bottom of slow cooker and place roast on top. Add remaining ingredients, except gingersnaps, reducing wine and stock to % cup each. Cover and cook on low 8 to 10 hours. Add gingersnaps and cook on high, uncovered, until thickened.

Correspondence should be addressed to Vivian Byrd, Eccentric Newspapers, 1225 Bowers Street, Birmingham 48012.



Roast pork leftovers star in flaky pork pie encore

A roast of pork does not lack versa-tility. Impressive in its original crispy, cooked-to-a-T state, it is a boon to lov-ers of cold silced 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 party crust can be made from scratch or, for convenience, from a mix. For flavor interest, the filling is seasons with savory, parsely and gartic and the crust is sprinkled with Parmesan cheese.

creat is springed with rarmesan debese. Because the pork is already cooked and the vegetables are partially precooked, 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 dimer time is simply bake and eajoy. 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 omaking 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
 pleces
 1 cup thinly sliced carrots
 1 small onlon, coarsely chopped
- ¼ cup water
 2 thsp. snipped parsley
 ¼ tsp. salt
 ½ tsp. summer savory

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 hol oven (450 degrees) 18 to 20 minutes or until crust is golden brown. Makes 4 to 5 servings.

Eggs great for any meal

Eggs over easy are just that — easy to prepare. But let's get this excellent source of protein out of the frying pan into some easy and exotic egg dishes.

Michigan's 6.4 million hens-produce

about 1.5 billion eggs each year, ac-cording to the Michigan Department of Agriculture.

The incredible, edible egg makes a The incredible, edible egg makes a

