## Lamb neck stew is cheap, hearty meal

Has talk of the nation's economic wars made you more conscious of food costs? Fresh lamb neck silves, combined with a mixture of vegetables and spices make an economical and nutritiolis meal. Tossed together in a Harvett Vegetable Lamb Neck Stew, you will delight your family or guests.

Lamb neck alices are just what the nation implies. They are thin alices cut national states of the state of t

The lamb neck is tender and julcy. Braised, or simmered in liquid, it provides an alternative to the everyday meal. Mixed with the fresh vegetables included in this delicious stew and fresh famb neck silees become a favorite contreo item.

HARVEST VEGETABLE LAMB
NECK STEW
4 Dos. lamb neck slices

4 bs. lamb neck slices
2 (bap. cooking oil
1 b; caps chicken bouillon or broth
2 k; caps water
2 isp. sail
4 (sap. ground pepper
2 lap. dried oregano leaves
4 up, dried thyme leaves
5 isp. ground nutmeg
5 isp. ground nutmeg

i clove garlic, minced 2 cups diced turnips 1 cup silced carrois 12 smail white onlons 1 medium green pepper, cut into 1-inch

strips 2 thip, flour 1 can (8 oz.) whole kernel corn, un-drained Freeze-dried or fresh chopped chives

In Dutch oven, brown lamb in oil over medium-high heat. Pour off fat. Add broth or boullion, 2 cups water, sait, pepper, oregano, thyme, nutneg and garlic. Cover and simmer about 45 minutes over medium-how heat. Add turnips, carrots, onlons and green pepper. Oover and cook about 20 minutes, or until vegetables are almost tender. Blend remaining ¼ cup water into flour. Add flour mixture and corn to stew, cook about 10 minutes longer. Sprinkle with chives.(6 servings)



Lamb neck slices are combined with fresh vegetables in this sa-

### Learn to use microwave

Preparing Meals Using Microwave ooking is a workshop to be offered by choolecaft College on four Fridays be-

ginning March 4.
It will include demonstrations of cooking and browning roasts, prepar-ing vegetables and desserts, defrosting

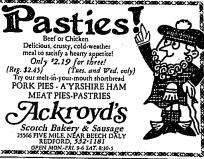
and slow cooking.

Participants may attend sessions 1-3
p.m. or 7-9 p.m. A variety of microwave units will be used and discussed. The fee is \$30. For registration
or further information, call 591-6400
Ext. 409.

## Tender omelet

Beat a little water into eggs when making an omelet, instead of milk or cream, for a more tender result.







pilot light Melikov

## Garlic the magnificent

Garlic, with a magnificent heritage stretching back almost 6,000 years, has been credited with supplying strength and courage, fighting heart attacks and respiratory aliments, curing or relieving symptoms of flu, ulcers, worms and snakebites.

It has been spoken of as an aphrodistic, it has been used to ward off evil spirits. It has killed mosquitoes,

the nas occur spoken or as an approximate the mosquitoes.

Garlie also is native to all the great cuisines, incipcing Italian, Greek, Spanish, French and Chinelie But it does present some problems for beginning cooks.

Separating a head of garlic with the flat part of a
big Infle or the soit side of your fist will not wowanders - it will simply send some cloves flying.

But the control of the but some cloves flying and the core will almost singly perform of the but has
the cloves will almost singly perform of the but has
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the cloves will almost singly perform of the but has
the cloves will almost singly perform on a flat, hard
surface and lightly swat them with the flat side of a
chef's kulle. Peolings come off easily. You may
have to hit some cloves individually, such as the
larger, not so uniform ones, but they still peel without effort.

One but may yield anywhere from 18 medium
cloves and four thy ones to 13 fairly large ones and
a tiny clove.

The taste of earlie can be altered by how it is

cloves and four uny ones to 18 mary mage once and a thy clove.

The taste of garlic can be altered by how it is prepared or used. Cloves cooked in their skins without piercing produce a buttery flavor on the sweet side. Juice presed from a clove has a lusty flavor. Minced or crushed garlic sauteed retains its potent flavor and aroma. But lengthy, slow cooking reduces that potency to a subtle taste.

Therefore, it is reachible to set a less pungent re-

Therefore, it is possible to get a less pungent result from two heads of garlie than from one clove. Proof that garlie is truly magnificent is best illustrated by making soup and salad dressing.

GARLIC SOUP

2 heads garlic 2 quarts clear chicken broth

Z quarfs clear chicken broth
1 tsp. sail
2 whole cloves
4 tsp. sage
4 tsp. thyme
4 paraley sprigs
1 bay leaf
2 thsp. oilve oil
1 cup small macaroni shells
3 esg voiles

1 cup smail macaroni shells
3 egg yolks
2 tbsp, sweet butter, melted
Black pepper
6 slices whole wheat bread
1 % cups gratedd Gruyere cheese

Separate garlic into cloves, peel and place in large pot. Add broth, stir in salt, cloves, sage, thyme, parsiety, bay leaf and olive oil, bring to almmer on medium high heat, reduce to low and cook covered 1 hour. Strain and discard garlic and berbs. Raise heat to medium, add macaroni and cook uncovered until ahelis are tender. Beat together egg yolks and butter, slowly add to soup and stir in pepper to taste. Place allee of bread in each soup bowl, sprinkle with cheese and ladle on soup. Serves 5.

CREAMY GARLIC DRESSING 4 cup mayonnaise
4 cup haif and haif
I small garlic clove, haived
4 tsp. salt
6 tsp. black pepper

Place mayonnaise and half and half in blender, add garlic, salt and pepper, blend until smooth. Pour into small container, cover and refrigerate until ready to use, Yields ½ cup.



**Tablerite Fresh** 

Grade A Whole

**Chicken Legs** 

Backs Att.

**HYGRADE** 

Meat Ball Park

Franks

LB.

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Ripe

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**Beef Sirloin** Tip Roast



GLENDALE (LEAN) Small Whole Tasty **Boneless** Hams

Broccoli

Celery 49% LARGE, JUICY 6 for Grapefruit \$ 1 00

CALIFORNIA NAVEL

Oranges 8/\$400

White



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Delight



FAME

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**Dinners** 69¢ Lumberjack Bread .... 79 +dep. At *IĜAI* 

177 **‡199** 

Grand Prize ĹŔŖŸĔĠŔŜ

# Saving Spree

Banquet 🕙

Banquet

IGA Caupon Coupon Coupon

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-Bakery

69¢ SAVE AT LEAST (30°) SAVE (22)

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GRADE A while Young they \$419 Capons

59°

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Gingerbread Men

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% Gal. 2.18 \*1.19
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· 8-10 lb. Avgs.

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T.A.V. Sliced

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1 LB. PKG.

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