



Plain old ham becomes an elegant entree when combined with artichokes and served in an easily prepared puff pastry.

Plain old ham stars in party-special entree

Fortunately, elegant entertaining doesn't have to take a lot of time or money. Ham and Artichokes Deluxe is a delicious example of a company-special entree that's compatible with the budgets and hectic time schedules of today's hostesses.

Perfect for a small dinner party, after-theater supper or midnight buffet, this gourmet's delight features strips of smoked ham, artichoke hearts, and fresh mushrooms in a delicate Gruyere cheese sauce. The creamed ham and vegetables are festively served in puff pastry shells easily made from frozen puff pastry dough.

Because of the convenience of fully-cooked ham, the filling can be made in a matter of minutes. You'll find it easy to dovetail the preparation of this entree into the busiest schedule for both filling and shells can be made in advance. Come serving time, you need only leave your guests long enough to heat through the filling.

While ham is elegant enough for entertaining, it's economical enough for every day. Ham is an especially good budget-stretcher when you plan for leftovers. Even an entree as special as the

one featured here can be made with leftovers from a bone-in, boneless or canned ham. Or you can buy ham just for this main dish at the deli counter. Adding to the value of ham are its many nutrients including high-quality protein, B-vitamins and the minerals iron and zinc.

HAM AND ARTICHOKE DELUXE
 1/4 to 1 lb. cooked smoked ham, sliced 1/4 inch thick
 1/4 cup sliced green onions
 2 cups (8 oz.) mushrooms, halved
 2 tsp. butter
 1/4 cup flour
 2 cups milk
 1 pkg. (9 oz.) frozen artichoke hearts, defrosted

Prepare Pastry Shells. Cut ham into strips 1/4 inch wide. Cook mushrooms and onions in butter in large skillet 2 to 3 minutes; stir in flour. Gradually stir in milk and cook slowly until thickened, stirring occasionally. Add Gruyere cheese and continue cooking, stirring constantly, until cheese is melted. Stir

in ham strips and artichoke hearts; continue cooking until heated through. Spoon into Pastry Shells. 4 servings.

***PASTRY SHELLS**
 1/4 of a 17 1/2-oz. pkg. frozen puff pastry sheets (1 sheet)

Thaw puff pastry 20 minutes; unfold. On lightly floured board, roll out sheet to 15 x 13-inch square. Cut out 4 circles, 6 inches in diameter. Shape pastry rounds over four 10-ounce inverted custard cups, making pleats so pastry will fit closely. Prick thoroughly with fork to prevent puffing. Place inverted custard cups on baking sheet. Bake in hot oven (400°) 12 to 15 minutes or until brown. Carefully remove shells from cups. Cool on rack. Yield: 4 pastry shells.

Try stew tonight

Just ask the family. They'll all agree that one of their favorite meals is hot'n' hearty homemade meat stew.

Here are two excellent stews — one made with beef, the other lamb.

PATCHWORK BEEF STEW
 2 lbs. beef for stew, cut into 1 1/2-inch pieces
 1/4 cup flour
 2 tsp. salt
 1/4 tsp. pepper
 2 tsp. cooking fat
 1 1/2 cups water
 2 medium onions, diced
 6 medium turnips, pared and halved
 12 radishes
 2 tsp. vinegar
 1 tsp. soy sauce
 1 tsp. sugar
 1/4 tsp. caraway seed
 1 can (16 ounces) green beans, drained

Combine flour, salt and pepper. Dredge beef in seasoned flour, reserving any extra flour, and brown in cooking fat in Dutch oven. Pour off drippings and sprinkle meat with any reserved flour. Add water and onion, cover tightly and cook slowly 1 hour. Add turnips, radishes, vinegar, soy sauce, sugar and caraway seed. Bring to boil, reduce heat and cook slowly 45 minutes or until meat and vegetables are tender. Stir in green beans and heat through, 6 to 8 servings.

ITALIAN LAMB STEW
 2 lbs. lamb for stew, cut into 1-inch pieces
 2 tsp. cooking fat
 1/4 tsp. salt
 1 tsp. basil leaves
 1/4 tsp. pepper
 1 can (16 ounces) whole tomatoes
 1/4 cup water
 1 medium onion, quartered
 2 cups sliced celery (1/4-inch pieces)
 1 medium eggplant (1 lb.), cut into cubes or wedges
 1/4 cup ripe olives, cut in half
 2 tsp. flour
 Cooked rice or noodles
 Grated Parmesan cheese

Brown lamb in cooking fat in Dutch oven; pour off drippings. Sprinkle salt, basil and pepper over meat. Drain tomatoes, reserving liquid. Combine 1/4 cup tomato liquid and water; add to meat. Cover tightly and cook slowly 1 hour. Add onion and celery. Continue cooking, covered, 30 minutes or until meat and vegetables are tender. Cook eggplant in boiling salted water for 10 minutes or until done, stirring occasionally; drain thoroughly. Combine flour with remaining tomato liquid and gradually stir into stew. Cook, stirring constantly, until thickened. Fold in eggplant, tomatoes and olives; heat through. Serve on hot cooked rice or noodles. Serve Parmesan cheese as an accompaniment. 6 servings.

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