



When you talk American cooking, you have to be talking about either chicken or pot roast. This beef dish is a standby in almost every household.

Pot roast: an all-American with vegetables and gravy

While American cookery is as diversified and complex as its people and regions, it is unified by the abundance and exceptional quality of the foods available. An entree that truly exemplifies the tradition of cooking in the land of plenty is Americana Beef Pot Roast.

Generations of Americans have cherished the goodness of pot-roast served with vegetables and gravy. A boneless beef chuck cross rib pot-roast is seasoned with marjoram, then slowly cooked to tenderness in a small amount of liquid that's accented with minced garlic.

The colorful medley of vegetables that cook along with the pot roast includes carrots, turnips, onion and whole green beans. The flavorful cooking liquid is thickened for an old-fashioned gravy that's delicious when served with the meat and vegetables.

You'll find a cross rib pot roast to be a good buy for it is boneless with little waste. A boneless beef chuck eye roast is another appropriate beef cut that can be used in this recipe.

AMERICANA POT ROAST
3- to 5-lb. boneless beef chuck cross rib or chuck eye pot roast

2 tbs. cooking fat
1 1/4 tsp. salt
1/4 tsp. leaf marjoram
1/4 tsp. pepper
3/4 cup water
1 clove garlic, minced
6 medium carrots, halved crosswise
6 small turnips, halved crosswise
1 large onion, cut into 12 wedges
1 pkg. (10 oz.) frozen whole green beans, defrosted
2 tbs. cornstarch
2 tbs. water

Brown pot roast in cooking fat in Dutch oven. Pour off drippings. Sprinkle salt, marjoram and pepper over pot roast; add water and garlic. Cover tightly and cook slowly 2 1/2 hours. Place carrots, turnips and onion around pot roast and continue cooking, covered, 45 minutes or until meat is tender and vegetables are tender-crisp. Add green beans and continue cooking, covered, 8 to 10 minutes. Remove meat and vegetables to warm platter. Add water, if necessary, to cooking liquid to make 2 cups. Mix cornstarch with 2 tablespoons water, combine with cooking liquid and bring to a boil. Boil 1

minute, stirring constantly. Serve gravy with pot roast and vegetables.

In keeping with the all-American theme of the meal, serve the pot roast with cornbread wedges and a tossed spinach salad. Then end the meal as Grandma would have, with warm squares of gingerbread topped with a lemon sauce or apple pie.

Ready-made crusts top off homemade pies

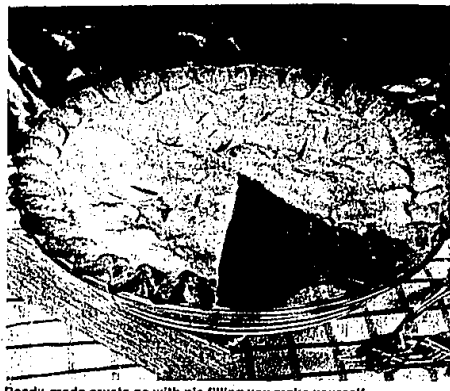
To take advantage of a possible return to home pie baking, Pillsbury has come out with ready-made pie crusts. While people still like home-made pie, making the crust takes so much time.

Because fewer women are full-time homemakers who show their skill with pastry, the company hopes to appeal to busy women and women who work outside the home.

These crusts, found in refrigerated dairy cases, are the first to duplicate homemade quality, according to the Pillsbury Co. All you have to do is unfold the crust, place it in your own pie pan and add the filling.

Try a pie with a filling that combines rhubarb and a can of tart red cherries as a way to brighten up a dull fall day. The rhubarb extends the popular, but expensive, cherries and gives a nice, slightly tart flavor to the filling.

If apple pie is a family favorite, a one-crust version, Apple-Raisin Pie, would be a happy choice. Line the pie pan with one pie crust, heap in sliced fresh apples combined with 1/4 cup raisins and sprinkle with a crumb topping that sweetens the fruit while it bakes to a crunchy, spicy topping.



Ready-made crusts go with pie filling you make yourself.

APPLE-RAISIN CRUMB PIE
15-oz. pkg. pie crusts
1 tsp. flour

Filling
6 cups thinly sliced, peeled apples
1/2 cup raisins
1/4 cup sugar
1/4 tsp. ground cinnamon
1/4 cup sugar
3/4 cup flour
6 tbs. margarine or butter

Prepare pie crust according to package directions for filled one-crust pie. (Refrigerate remaining crust for later use.) Heat oven to 400° F.

In large bowl, combine apples and raisins; place in pie crust-lined pan. Mix 1/4 cup sugar and cinnamon; sprin-

kle over apples. Mix 1/2 cup sugar with flour; cut in margarine until crumbly. Sprinkle over apples. Bake at 400° for 35 to 45 minutes, or until apples are tender and crust is golden brown. 8 servings.

TIP: Cover edge of pie crust with strip of aluminum foil during last 10 to 15 minutes of baking if necessary to prevent excessive browning.

CHERRY-RHUBARB PIE
15-oz. pkg. pie crusts
1 tsp. flour

Filling
16-oz. pkg. frozen rhubarb, thawed and drained
16-oz. pkg. can pitted tart red cherries, drained
1 1/2 cups sugar

2 tbs. tapioca
*3 cups fresh or frozen rhubarb can be substituted

Prepare pie crust according to package directions for two-crust pie. Heat oven to 400° F.

In large bowl, combine rhubarb, cherries, sugar and tapioca. Pour into pie crust-lined pan. Top with second crust and flute edges; slit crust in several places. Bake at 400° for 35 to 45 minutes or until golden brown. Place pan on foil or cookie sheet during baking to guard against spillage. 8 servings.

TIP: Cover edge of pie crust with strip of aluminum foil during last 10 to 15 minutes of baking if necessary to prevent excessive browning.

Want to help cholesterol researchers?

A team of nationally known researchers is trying to determine whether lowering cholesterol will affect heart disease.

The National Institute of Health is supporting the program at four regional medical centers throughout the country.

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How to prepare diabetic's meal

Dietitians will demonstrate how to prepare a holiday meal for diabetics from 7-9 p.m. Nov. 11 at Providence Hospital, 16001 Nine Mile, Southfield. Participants will be able to taste-test the foods prepared. Recipes will be provided, along with a list of cookbooks available in local bookstores.

The class is limited to 20 persons. There is a \$4 charge per person. Registrations may be made with the Providence Hospital community health education department, 532-9041.

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