

It's Open Season For Hamburgers



OLD RELIABLE GROUND BEEF garnished with cheese.

By CECILY BROWNSTONE
Associated Press Food Editor

GROUND BEEF IS SO GARIOUS. You can team it with other foods and do quick tricks with it for warm-weather eating.

Some of our friends always add pure monosodium glutamate to the beef. Monosodium glutamate is a protein derivative long used in the Orient as an aid to developing flavor. Nowadays you find it on our market shelves in small white crystals in shaker packages.

One acquaintance of ours buys his ground beef the day before he plans to use it, sprinkles it with monosodium glutamate (½ teaspoon per pound of meat) and then refrigerates the mixture overnight. He claims that his method brings out the best in the beef. If you would like to try this, here are three suggestions for using the beef. The definite recipe we give you calls for adding the monosodium glutamate to the meat just before using.

JUMBO HAMBURGER

Shape a pound of ground beef into a big thick patty and brown it in a little butter, cooking it to the degree of doneness you like. Then sprinkle the top of the meat patty so it is white with salt, black with pepper, yellow with dry mustard and red with paprika. Now swoosh the meat—right over the seasonings—with a square of soft butter and let the butter ooze down into the skillet. (Naturally no salt or pepper are added to the beef before cooking this way.) Remove the patty to a hot platter. Add a little water—two to four tablespoons is usually right—to the skillet and stir well; boil up and pour over the meat. Serve at once to three hungry eaters.

HAMBURGER SURPRISE

Shape eight flat patties out of a pound of ground beef. Place a tidbit in the center of four of them: an anchovy (flat or rolled); a thin slice of onion; a tablespoon of chili sauce or minced parsley; a thin round slice of dill pickle or ched-

dar cheese; a pickled mushroom; or a few thin slices of water chestnut (plain or pickled) or frankfurter. Place the remaining four patties over the ones you've garnished and press edges tightly together with your fingers. Cook in a skillet on the kitchen range or over the outdoor grill. If outdoors, count on two hamburgers for each person.

THREE DECKERS

Dip slices of eggplant in flour and then fry in butter until tender and lightly browned on both sides. Use each slice of eggplant as the base for a cooked hamburger; top each hamburger with a broiled tomato half.

BROILED HAMBURGER TOAST

Ingredients: 1 pound ground beef, ¾ to 1 teaspoon salt, ¼ teaspoon pepper, ½ teaspoon pure monosodium glutamate, 6 slices (regular thickness) bread, sliced cheddar cheese (cut into thin strips long enough to go across the bread slices).

Method: Break up meat with a fork on a chopping board. Sprinkle entire surface of meat with salt, pepper and monosodium glutamate. Mix with fork or fingers to distribute seasonings, but don't pack down meat. Toast bread slices on one side only under broiler; spread meat mixture lightly on untoasted side of bread, covering edges well so they won't burn. Broil about 3 inches from heat about five minutes or until almost cooked through; timing will vary with different ranges so watch carefully. Remove from broiler; cross with cheese strips and place under broiler until cheese melts. Makes 6 servings. **Note:** This Hamburger Toast tastes good with green olives and a big salad of greens and sliced cucumber.

WHAT KIND OF BEEF?

Many cooks favor ground chuck for hamburgers. But some kitchen experts like to have round steak ground with a little suet for meat patties. If there's a weight-watcher in your family you can have lean round steak ground without the additional fat.

Signs Up Again

ORANGE, Va. (AP)—Released a few months ago by the Chinese Communists after 30 months imprisonment, airman John W. Thompson has signed up for a six-year hitch in the Air Force.

Thompson, given a red carpet welcome by his home townsmen, has married Carole Reynolds, of Culpeper, since his return.

A 200 pound hog contains 15 pounds of sausage.



TODAY'S Menu

Meat In Loaf And Soup

By ALICE DENHOFF

SINCE meat isn't all rib roasts, sirloin steaks and veal cutlets, let's take a look at the thriffter side of the picture. Ground beef comes to the rescue and there it is, just waiting to be used with added ingredients that should include a little imagination.

Meat and Rice

A rice-stuffed meat loaf should get a good reception. For 8 servings, combine 1½ lbs. ground beef, ¼ c. minced onion, ½ c. day-old bread crumbs, 2 slightly beaten eggs, ½ c. milk, 1½ tsp. salt, ½ tsp. sage and ½ tsp. pepper. Place half the mixture in a greased loaf pan. Combine ingredients for stuffing and spread on meat loaf mixture; top with remaining loaf mixture. Bake at 325° F. for 1½ hrs. Let stand 15 min. before slicing. Serve with hot tomato sauce. To prepare the stuffing, combine 1½ c. cooked rice, 1 beaten

egg, ¼ tsp. salt, ¼ tsp. pepper, ¼ c. milk and ¼ tsp. thyme.

Hearty Soups

Good as our commercial soups are, some of us like to go on a soup-making spree once in a while.

If you would like to prepare 2 qts. of a hearty oxtail soup, then invest in 2½ lbs. oxtails.

Dry and dredge with flour and brown in a little hot fat in a deep, heavy skillet. Add 1½ tsp. salt, ¼ tsp. pepper, ½ bay leaf, 2 sprigs parsley and 2 qts. water. Boil for 10 min.; skim. Cover and simmer over low heat 2 to 3 hrs. or until meat is very tender.

Remove joints, pick meat from bones and return meat to soup stock.

Add ½ c. each diced celery, carrots and onion and simmer 30 min.

Add 1 tsp. Worcestershire sauce and season to taste with salt and pepper.

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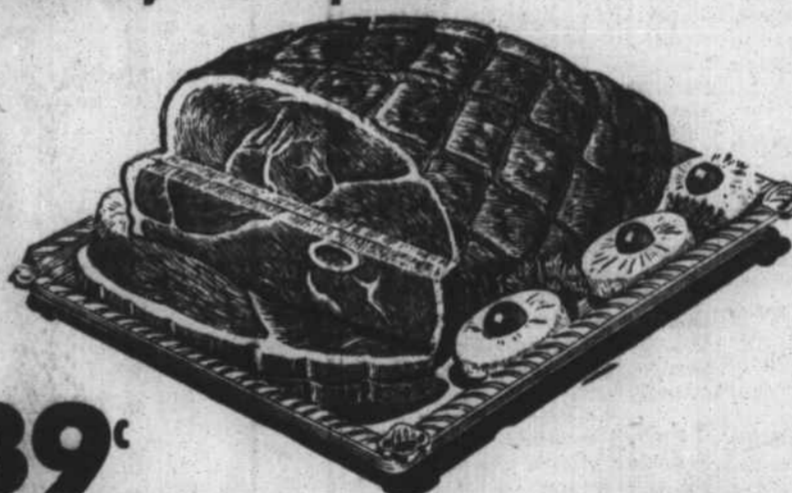
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