

something's cooking



Sweet potatoes and broccoli are tasty partners for a savory pot-roast.

A House Warmer For Fall

With the youngsters back in school, many homemakers are finding they have more time to devote to meal preparation. This fact, coupled with brisker weather, usually means the return of slow cooking entrees such as beef potroasts, soup and stews.

While the cook enjoys the fulfillment that comes with serving something very special she has prepared with care, the whole family appreciates the beefy aroma that greets them at the door and the robust flavor that brings them eagerly to the dinner table to enjoy.

Pot-Roast-a-Plenty

- 3 to 4 pound beef 7-bone pot-roast or blade roast
- 1/4 cup flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons cooking fat or drippings
- 1/4 teaspoon sage
- 1/2 cup water
- 1 tablespoon red wine vinegar
- 2 teaspoons sugar
- 1 cup sliced celery
- 3 small sweet potatoes, cut crosswise into 1-inch slices
- 1 medium onion, cut in 12 wedges

1 1/2-pound broccoli, cut into flowerets including stems
Combine flour, salt and pepper; dredge meat, reserving excess flour. Brown meat in cooking fat or drippings in large frying-pan or Dutch oven. Pour off drippings. Sprinkle sage over meat, add water, wine vinegar and sugar; cover tightly and cook slowly 1 hour 15 minutes.

Place celery, sweet potatoes and onion around roast; continue cooking, covered, 50 minutes. Arrange broccoli on top of roast and continue cooking, covered, 20 minutes or until meat is tender and vegetables are done. Remove meat and vegetables to warm platter. Combine reserved four with 1/4 cup water, add to cooking liquid and cook, stirring constantly until thickened. Reduce heat and cook 3 to 5 minutes. Serve gravy with pot-roast.

With beef, potatoes, and vegetables in the main entree, the rest of the menu can be planned with ease. A cool, crisp mixed green salad, brightened with tomato wedges, offers a nice contrast to the hot and hearty pot-roast. Home baked bread is another possible accompaniment, either made from scratch, a mix or frozen dough. For dessert, take advantage of the seasonal abundance of apples and bake an apple crisp to be topped with ice cream.

Message Board

HONEYDEWS

What are the signs of a sweet, ripe honeydew melon?

The honeydew is ripe when the rind has a velvety feel, is soft at the bottom end and has a creamy-yellow color, say specialists with the North Carolina Agricultural Extension Service.

Avoid dead-white melon with a greenish tinge. To freeze honeydew melon, peel and seed the fruit, cutting it into balls or cubes. To freeze in syrup, boil 4 cups water and 3 cups sugar; cool. Pack fruit in containers and add cooled syrup to cover.

To freeze in sugar, sprinkle 2 cups sugar over each 3 quarts cut melon. Stir carefully until sugar is dissolved. Pack into containers, allowing one inch head-space. Cover, seal and freeze.

Melon balls or cubes can also be frozen without the addition of sugar or syrup.

SNACK ATTACK

Snacks can easily eat up a big share of your food budget while adding little value to your family's diet.

Youngsters, especially, need to lift that nutritious nibbling can provide. Here are some snack suggestions from specialists with the N.C. Agricultural Extension Service:

Slice a banana into bite-size pieces and dip into either fresh orange juice or lemon mixed with a little honey. Coat with chopped nuts.

String wooden picks with alternating cubes of cheese and fresh fruit such as grapes or chunks of apple, pear or melon.

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Youth Present Recipes

Honey Milk Balls and Bambinos are among the many recipes to be prepared by youngsters from Northwest North Carolina in a demonstration kitchen at the Dixie Classic Fair when it opens Sept. 28.

"Our cooks will range in age from four to 11, because we want people to see that children can prepare many different dishes," said Martha Hogan, a Forsyth County extension agent, and coordinator of the demonstrations.

The recipes being prepared during the 2 to 7 p.m. daily demonstrations will be available in a cookbook to be sold by youngsters in the exhibition building.

"They will fix after-school snacks; meat and protein dishes, and various desserts, breads and cereals," Miss Hogan said.

Bambinos, a popular after-school snack, are similar to pizza. To prepare, arrange round snack crackers on an ungreased cookie sheet. Spread one teaspoon of tomato paste on each cracker with a spatula.

Top each cracker with one pepperoni slice. Sprinkle the pepperoni with shredded cheddar cheese. Put in toaster oven and melt cheese.

No actual cooking is required for the Honey Milk Balls, said Miss Hogan.

the good food starts at your...

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