

The Cooking Corner

STIR-FRY BEEF WITH BROCCOLI

1/2 pound flank or round steak
1 tablespoon cornstarch
1/4 teaspoon red or black pepper
1 tablespoon soy sauce
1 tablespoon sherry
1 tablespoon sesame oil
1 tablespoon minced ginger
1 clove garlic, minced
1 tablespoon oil
1 small onion, cut into eights
1 small bunch broccoli, cut in 1-inch pieces
1 4-ounce can mushrooms
4 tablespoons beef stock
1 tablespoon oil

Slice beef across grain into thin slices. (Partially frozen beef slices easier.) Combine cornstarch, pepper, soy sauce, sherry, sesame oil, ginger and garlic. Add meat and mix. Heat wok or heavy frying pan. Add oil. When almost smoking, add onion, broccoli and mushrooms, and toss 2 minutes. Add half the beef stock. Cook covered 3-4 minutes. Remove to platter. Wipe wok with paper towel. Heat 1 tablespoon oil to almost smoking. Add meat and toss until just browned, still rare. Add vegetables and toss. Add remaining beef stock and cook until sauce thickens. Serve immediately over rice.

MEXICALI CASSEROLE

1/2 cup chopped onion
1 tablespoon butter, melted
2 15 1/2-ounce cans chili with beans or 4 cups homemade chili
1 17-ounce can whole kernel corn, drained
1 16-ounce can tomato wedges, drained
1 8 1/2-ounce package corn muffin mix
1/2 cup grated sharp Cheddar cheese

Saute onion in butter until tender. Stir in the chili, corn and tomatoes. Spoon mixture into a shallow 2-quart casserole. Prepare muffin mix according to package directions. Add the cheese to the muffin mix. Spoon mix over the chili mixture. Bake at 350° for 30 minutes until topping is browned.

LAMB SHISK KEBOBS

1 bottle Regina red wine vinegar
1/3 cup water
8 bay leaves
3/4-1 cup sugar
3 pounds leg of lamb cut into 1 1/2-inch cubes
Whole mushrooms caps
Tomato wedges
Green pepper wedges
Onions, quartered

Mix first 4 ingredients and boil 5 minutes. Cool, pour over lamb and marinate several hours or overnight. Just before serving, alternate lamb with vegetables on skewers. Cook on charcoal grill until doneness is achieved.

SWEET AND SOUR PORK

1 pound lean pork
1 tablespoon red wine
2 tablespoons soy sauce
2 egg yolks
4 tablespoons cornstarch
1-2 tablespoons water
1 cup oil
6 tablespoons sugar
2 tablespoons soy sauce
1 tablespoons red wine
3 tablespoons vinegar
1 8-ounce can pineapple chunks with juice
3 tablespoons ketchup
2 tablespoons cornstarch
1/2 cup water

Cut pork into bite-size pieces and marinate in wine and soy sauce 15 minutes. Beat egg yolks, add cornstarch. When adding water, put in one tablespoon first, then one more tablespoon if the mixture is too thick. Coat pork with egg mixture, fry coated pieces in oil until golden brown. Drain on paper towels. To make sauce, combine sugar, soy sauce, wine, vinegar, pineapple chunks with juice and ketchup in sauce pan. Bring to a boil. Combine cornstarch and water. Add to boiling mixture. Cook stirring constantly until thick. Add fried pork pieces and serve.

BARBECUED SPARERIBS

3 pounds fresh pork spareribs
1 tablespoon butter
1 medium onion, chopped
1 8-ounce can tomato sauce
1 tablespoon vinegar
1 tablespoon lemon juice
2 tablespoons brown sugar
1 teaspoon salt
1 teaspoon dry mustard
1 bay leaf
1 teaspoon Tabasco
1 clove garlic, minced

1/4 cup cold water

Preheat oven to 450°. Cut spareribs into serving pieces. Place in shallow roasting pan and roast 30 minutes. Pour off fat. While ribs are roasting, combine remaining ingredients in a sauce pan. Bring to boil. Spoon over ribs. Reduce oven temperature to 350 and roast one hour

or until done. Baste several times. Serve with remaining sauce.

DIFFERENT BAKED BEANS

1 16-ounce can baby lima beans
1 16-ounce can kidney beans
1 16-ounce can pork and beans
1 16-ounce can green beans

1 large onion, chopped
1/2 cup brown sugar
1/4 cup vinegar
3/4 cup catsup
1 tablespoon Worcestershire sauce
1 tablespoon prepared mustard
2 tablespoons bacon drippings, optional
Drain all beans. Add other ingredients and mix well. Bake in 9 x 13-inch casserole for 1 hour at 350°.

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