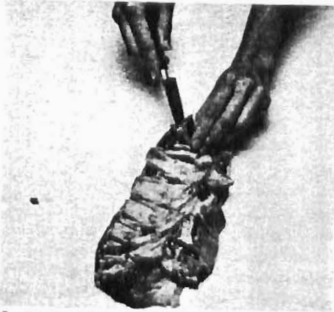


- margarine
 1 cup chopped
 onions
 1 cup golden raisins
 1 cup chopped
 orange sections
 with juice
 ½ cup dry
 unseasoned
 bread crumbs
- and
 ½ tsp. pepper
 2 recipes for coating
 (see above)
 ¼ cup butter or
 margarine
 ¼ cup salad oil

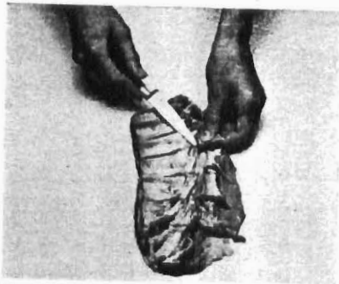
Skin and bone chicken breasts as described. Cut each breast in half lengthwise; pound thin as in previous recipe. Prepare stuffing: Sauté in 2 tablespoons butter or margarine 1 cup chopped onions until tender. Remove from heat. Add 1 cup each golden raisins and chopped orange sections with juice, ½ cup dry unseasoned bread crumbs, 2 cloves garlic, crushed, 2 teaspoons salt, 1 teaspoon grated lemon rind and ½ teaspoon pepper. Spread



1. Cut at base of flap of lamb breast to expose shallow-seated, thick bone.

crumbs. Let coating dry 15 minutes. Dip once more in egg and crumbs to form a second coating. Refrigerate 30 minutes. Bake at 425° for 30 minutes. In small pan heat ¼ cup butter or margarine and salad oil. Use to baste roulades during last 15 minutes of cooking time. Remove toothpicks and serve as pictured on page 132 with Orange-Walnut Sauce. Serves 6.

Orange-Walnut Sauce: In small pan blend 1 tablespoon cornstarch with 1 cup each white wine and orange juice. Heat, stirring constantly, until sauce simmers and thickens. Remove from heat. Stir in ½ cup each broken walnuts and thin orange-slice quarters and 2 teaspoons grated orange rind. Pour over roulades. Serve immediately.



2. Cut on sides of shallow breastbones, then cut under each bone to detach from meat. Keep attached to bone at base.



Lamb breast, another budget cut, is simple to bone and delicious when stuffed. We used two in recipe shown.

BREAST OF LAMB WITH RICE STUFFING

- | | |
|---------------------------|--------------------------------------|
| 2 (1-lb.) breasts of lamb | 1½ tsp. dill weed |
| Stuffing: | 1½ tsp. salt |
| ½ cup raw rice | ½ tsp. pepper |
| ¼ cup butter or margarine | ½ cup sliced pimiento-stuffed olives |
| 1 cup chopped onion | ¼ cup white wine |
| 2 cloves garlic, crushed | ¼ cup water |



3. Start at narrow end, cut under loosened breastbones and curved bone. Lift and cut, working toward wide end.

according to
 bones. Melt 2 tablespoons
 margarine in large skillet
 cup chopped onion, and
 crushed. Add ½ teaspoon
 weed and salt and ½
 per. When onion is tender,
 cup sliced pimiento-stuffed
 cooked hot rice. Toss
 Place one breast of lamb
 surface uppermost, and cover
 pared stuffing. Top with
 of lamb, the de-boned
 the stuffing. Tie the lamb
 together in four places. Mix
 ing 2 tablespoons butter or
 in casserole or Dutch oven
 both outer surfaces of lamb
 cup each white wine and
 serole. Cover tightly. Roast
 1 hour, or until meat is tender.
 every 15 minutes with cooking
 Place lamb on serving platter
 remove string. Serve
 sautéed red and green pepper
 Serves 4.



4. Remove bones in one piece, stuffing over surface before serving.

Budget Toup



Don't tell us you're having the same old stay-at-home dinner again tonight. Not when you can whip up Black Forest Salad, Bavarian Beans, and Rhinelander Pork Chops for under a dollar a serving for the entire meal.

Start with some Lipton Beef Flavor Mushroom Mix and you're on your way to tangy German cookery. Lipton wraps up fresh-tasting mushrooms in rich, beefy broth.

It's the thriftiest way to get from here to a Bavarian banquet we can think of. *Auf Wiedersehen.*

RHINELANDER PORK CHOPS

- 6 pork chops (¾ inch thick)
 1 cup chopped onion
 ½ cup chopped green pepper
 ½ cup sliced celery
 1 envelope Lipton Beef Flavor
 Mushroom Mix
 1¼ cups water
 2 tablespoons sherry

In large skillet, brown chops; drain on absorbent paper. Cook onion, green pepper and celery in drippings until tender; stir in Lipton Beef Flavor Mushroom Mix, water and sherry. Return chops to pan and simmer, covered, stirring frequently, 45 minutes or until chops are tender. Makes 6 servings.

