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# JOURNAL FOOD SAMPLE

### READER RECIPE EXCHANGE



Bad Laurie's Stew



Mexican Stew

From Laurie Gibbons of Apopka, Fla., comes a savory, sweet-sour stew named for a moment of family history. "The year was 1932," writes Ms. Gibbons "and I was being particularly obstreperous. 'When I'm gone, you'll be sorry,' said my grandmother sadly." Answered her granddaughter, "If you're going to die, can I have your recipe for stew?" and grandma and granddaughter both laughed. Ms. Gibbons still has the recipe, inscribed on the top in her grandmother's writing: "Bad Laurie's Stew."

**BAD LAURIE'S STEW**  
 2 lb. trimmed beef stew meat (rump, chuck or round), cut into 2-in. cubes  
 2 medium onions, sliced  
 3 tablespoons lard or salad oil  
 3 cups boiling water  
 1 bay leaf  
 1 tablespoon salt  
 1/2 teaspoon pepper  
 1/2 teaspoon caraway seeds  
 1/4 cup vinegar  
 1 medium red cabbage, cut into 6 wedges  
 1/2 cup broken gingersnaps  
 1/4 cup warm water  
 Brown beef and onions in lard or oil in a heavy saucepan or Dutch oven. Add 3 cups boiling water, bay leaf, salt, pepper and caraway seeds. Cover tightly and cook slowly for 1 1/2 hours. Add vinegar to stew; place cabbage wedges on top. Cover and cook about

45 minutes to 1 hour more, or until beef and vegetables are tender.

Soak gingersnaps in 1/4 cup warm water. Lift out cabbage and meat, add gingersnaps to liquid and bring to a boil, stirring to make a smooth gravy. Add meat to gravy. Heat through. Serve with cabbage wedges and cooked noodles. Garnish with sprigs of dill, if desired. Serves 6.

Lynda Rathburn of Uclulet, B.C., sent in this show-stopper: a spicy chicken and pork stew with a tropical air. And you don't get much in the way of Mexican food in Canada, especially not in a logging camp, where Mrs. Rathburn lives (her husband's the manager) and entertains delighted guests with "other Mexican specialties I learned from my Grandma Ortiz in New Mexico."

### MEXICAN STEW

1 lb. lean boneless pork, cut into cubes  
 2 tablespoons butter or margarine  
 2 tablespoons salad oil  
 1 chicken (2 1/2 lb.), cut into eighths  
 Seasoned flour  
 1 tablespoon chopped almonds  
 1 teaspoon sesame seeds  
 1 medium onion, chopped  
 1 green pepper, chopped  
 1 quart boiling water  
 1 can (8 oz.) tomato sauce  
 1/4 cup sugar  
 1 tablespoon chili powder  
 1/2 teaspoon cinnamon  
 1/2 teaspoon ground cloves  
 1/2 teaspoon oregano  
 1 can (18 oz.) sweet potatoes, drained  
 1 can (13 1/4 oz.) pineapple tidbits, drained  
 1/2 cup chopped peeled apple  
 Salt to taste  
 Sliced bananas  
 Brown pork in a large skillet in butter and oil. Remove meat to a Dutch oven; reserve drippings. Coat chicken with flour and brown in same drippings in skillet. Remove chicken and

add to pork. Brown almonds and sesame seeds in same skillet. Add onion and green pepper, sauté until soft. Add water, tomato sauce, sugar, chili powder, cinnamon, cloves and oregano. Cook 10 minutes. Add to the meat and simmer 30 minutes. Add sweet potatoes, pineapple and apple. Simmer 10 minutes more. Taste for salt and serve in soup bowls, topped with the sliced bananas. May be served with hot buttered flour tortillas. Serves 6.

### NEWS OF THE SUPERMARKET

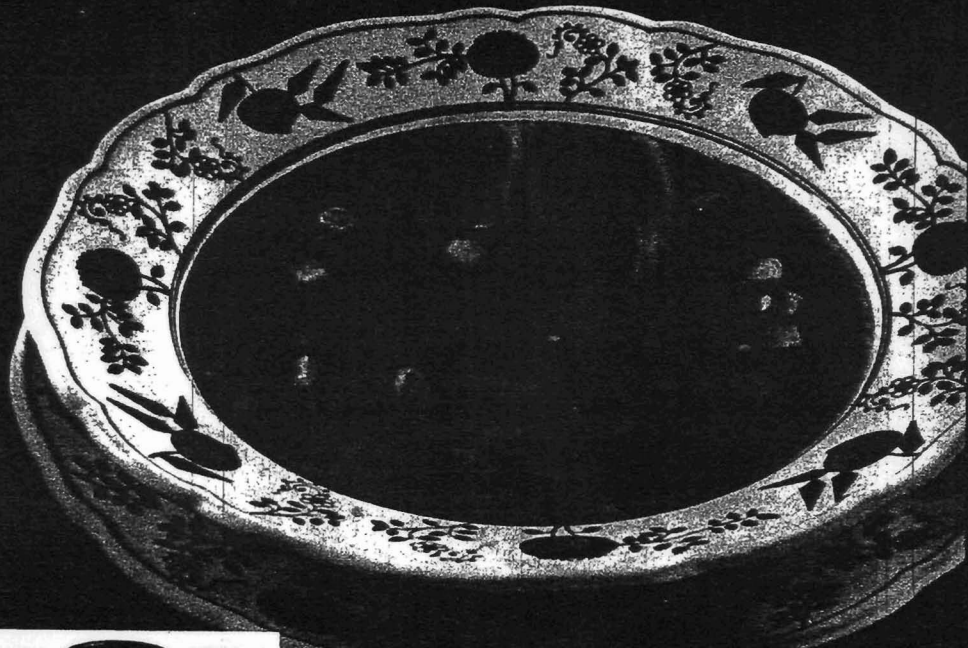
June is rose month, ragweed month, lilac and appleblossom month—and if you happen to be in the Virgin Islands on June 19, you might join the inhabitants in celebrating Organic Act Day. Although the day commemorates passage of a set of rules and laws, we thought it had more basic overtones. An organic act might be the planting of a bed of unsprayed zucchini seeds—something we plan to do in the hazy future. In order to perform an immediate organic act, we rushed into our handy supermarket (it begins to sound like streaking) and bought some of the Jolly Green Giant's latest offerings: Green Beans and Onions with Bacon Bits frozen in light sauce and new Green Giant Niblet Ears Frozen Corn-on-the-Cob. Since buying food and taking it home is about as organic as we plan to be this month, we turned the nose of our trusty shopping cart into the crowded aisle and let it lead us to all sorts of new things:

- Stouffer's new frozen Italian Spaghetti with Meat Sauce.
- Betty Crocker's newest tuna helper; Creamy Rice 'n' Tuna.
- New from General Foods is Batter 'n' Bake for Chicken. So we got a chicken, and one thing lead to another and finally to—Batter 'n' Pâté Baked Chicken. Not bad at all. Combine 2 teaspoons horseradish, 1/2 cup finely grated Swiss cheese and 1 can (4 1/2 oz.) liverwurst spread. Spread over the skin sides of 1 chicken (2 1/2 lb.) cut into eighths before coating with prepared Batter 'n' Bake.
- Another new thing from Kraft—Cracker Barrel Brand. (continued)

Send us your favorite Christmas bread recipe. We'll pay \$50 for two winners. Include origin; we reserve the right to alter recipes used; recipes become property of Doune Publishing, Inc. Entries must be postmarked by June 30. Send: Recipe Exchange, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022.

# Remember the first time you discovered vegetables really tasted good?

## Campbell's Vegetable Soup



Maybe the carrots started it for the potatoes. You spooned up a couple of alphabet letters. Somehow the potatoes, peas and corn found their way into your spoon. Maybe it was the way the good broth blended them all together. Before you knew it, the bowl was empty. And vegetables somehow tasted good

from then on. Later on you discovered a couple of more delicious ways to enjoy vegetables: Campbell's Old Fashioned Vegetable and Campbell's Vegetarian Vegetable Soups.

### Mm! Mm! Good!

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