

Cut meat in small pieces and season. Melt fat and add flour. Then add the liquid gradually, stirring constantly until it boils. Gravy can be used and the flour omitted. Add meat and pour in baking dish or casserole. Cover with mashed potato and brown in oven.

BROWN STEW OF BEEF

Cut stewing meat into inch cubes, rejecting fat, skin, bone and gristle. Try out the fat and use the bone, skin and gristle for soup making. Put some fat in a sauce pan and in it brown an onion chopped fine. Roll the meat in 2 tablespoons of flour, and brown it in the fat, adding the rest of the flour, salt and pepper. When the meat is browned on all sides, add 1 pint of boiling water and simmer or cook in a fireless cooker until done. It will take nearly three hours in a fireless cooker or a little over an hour on the top of the stove. Meat for this can be skin, neck, flank, or any part suitable for stew.

SPANISH HASH

1 cup rice, uncooked	Pepper
1 quart uncooked tomatoes	Paprika
$\frac{1}{2}$ to 1 pound Hamburg steak	Green peppers, if de-
or left-over meat	sired
3 teaspoons salt	1 or more onions finely
	chopped

Add 1 cup washed rice to 1 quart of tomatoes. Add the salt, pepper, paprika, diced green peppers, onion and meat, which has been browned in a small amount of fat. Bake the hash in a covered dish in a moderate oven until the rice is tender. This takes about 2½ hours. To prepare this dish in a shorter time, parboiled rice, browned meat, diced green peppers and seasoning may be added to the tomatoes and cooked on the top of the stove. This makes a large amount. The hash is delicious reheated in a double boiler.

GOULASH

1 lb. beef, shoulder, neck or	1½ tablespoons fat
chuck	1½ tablespoons flour
1 tablespoon chopped onion	$\frac{1}{2}$ teaspoon salt
2 cups Water	