

JANUARY 29, 1965



ONE OF THE top choices of Mrs. Judith Greenfield, a Bell Telephone system employee, from the recipes in the M. G. T. and G. C. C. cook book is the delicious "Spicy and Sour Beef." Cooking is a specialty of Mrs. Greenfield, the mother of two children.

'Spicy-Sour Beef' One of Working Mother's Favorites

A telephone company employee has selected the "Recipe to Remember" for this issue of MUHAMMAD SPEAKS from the M. G. T. and G. C. C. cook book—"Spicy and Sour Beef."

Mrs. Judith Greenfield, a coin assistance operator in the Bell Telephone system, temporarily set aside her plans to be a teacher, but after the Greenfields' two children are old enough, she will continue her education.

A true working mother, it is not surprising that Mrs. Greenfield's hobbies include cooking and sewing.

SPICY AND SOUR BEEF

2½ to 3 lbs. beef short ribs

- 1 tsp. salt
- 1 tsp. black pepper
- 2 tbsp. oil
- 2 medium onions, sliced
- 2 cloves garlic, mashed
- 1 tsp. grated fresh ginger
or
- ¼ tsp. ground ginger
- 2 tsp. cumin
- ½ tsp. turmeric
- 3 tbsp. vinegar
- 1 cup water

Trim excess fat from meat, season with salt and pepper and set aside. Fry onions, garlic, ginger and spices in oil about five minutes, stirring frequently. Add meat and brown, turning oc-

asionally. Add vinegar and water, cover and simmer until tender on top of stove, or in a 300-degree oven, for about 3-3½ hours.

Remove short ribs from sauce and spoon off excess oil before serving. If desired, thicken sauce with about one teaspoon cornstarch mixed in cold water. Serve meat in sauce.

Yield: 3 to 4 servings.

Note: May be frozen and heated at later date.

SAVE
DO YOUR HOLIDAY
EARLY

QUALITY CLOTHING
MEN, WOMEN

at
Temple No. 2