

## Simmering

### Vegetable Beef Stew

Buy: 2 pounds beef chuck or round  
8 people, or 2 pounds stewing lamb  
in 1 or 1 1/2 inch cubes.

#### Ingredients:

2 pounds stewing meat  
1 tablespoon fat  
1 quart boiling water  
1 medium onion, sliced  
1 tablespoon salt  
1/4 teaspoon pepper  
3 6 carrots, quartered  
4 2 potatoes (cut in 1 inch cubes)

#### Optional

1 tablespoon lemon juice  
1 teaspoon Worcestershire  
sauce  
2 bay leaves  
1/2 teaspoon paprika

#### Method:

1. Brown meat thoroughly.
2. Add boiling water, onion  
ings, and any or all of optional
3. Simmer 2 hours. Add  
if necessary.
4. Add carrots and potatoes.
5. Continue cooking 20 or 30 m  
until vegetables are tender.

## Braising

### Braised Liver

Buy: 1/4 pound beef, pork,  
liver for each serving.

#### Method:

1. Cut into 1/2 inch slices.
2. Roll in seasoned flour (1/2  
mixed with 1/2 teaspoon salt, and  
on pepper).
3. Brown in 1 tablespoon h  
moderate heat.