

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

SWISS STEAK

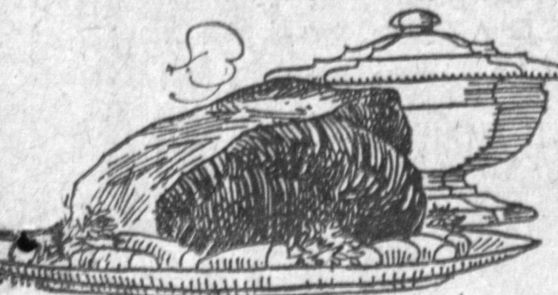
69^c
lb

U.S.D.A. Choice or Food Giant "Banquet Perfect" . . . Serve with mushroom gravy.
BONELESS ROUND STEAK 89th

U.S.D.A. Choice or Food Giant "Banquet Perfect" . . . Ever try sauerbraten?
BONELESS RUMP ROAST 89th

Ours is ground fresh hourly for flavor and eating enjoyment.
FRESH GROUND ROUND 69th

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RUMP ROAST

bone in
79^c
lb

Bacon and eggs for early breakfast or late supper . . . 1 st quality . . . 1 lb. pkg.
LUER SLICED BACON 59^c

Serve with cold apple sauce . . . a brunch or lunch special . . . skinless
LUER LINK SAUSAGE 4^{8 oz.} \$1
pkgs.

You don't have to buy the whole turkey . . . young tom turkey frozen
TOM TURKEY DRUMSTICKS 39th

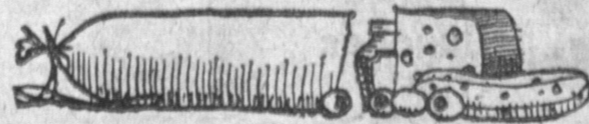
For the gourmet . . . Northern center cut halibut with lemon butter . . . frozen
HALIBUT STEAKS 69th



IMPORTED FROM SCOTLAND
CARR'S MOUNTAIN GLEN SCOTCH
ful \$3 98
fift

BARON DUVAL IMPORTED
RED OR WHITE FRENCH WINE
fift 89^c

ROCKINGHAM BLENDED
KENTUCKY WHISKEY
full quart **\$3 88**



XLNT Beef Tamales 4^{9 oz.} \$1
size

HONEY CREEK Natural Swiss Cheese 29^c
sliced 5 oz. pkg.

FOOD GIANT SLICED
ALL MEAT BOLOGNA
6 oz. pkg. **29^c**

4 Fabulous Sale Days, Thursday thru Sunday, Jan. 24-27

Only at stores with Van de Kamps Bakery

Van de Kamps BAKERY SPECIALS
THURS.-SUN., JAN. 24-27

CINNAMON SWIRLS 33¢
BUTTER RING CAKE 63¢
Apple or Apricot PUFFS pkg. of 4 39¢
BRAN MUFFINS 33¢

Only at stores with Van de Kamps Bakery

In HAWTHORNE
423 So. Hawthorne Blvd.

In SAN PEDRO
2849 Western Ave.

In MANHATTAN BEACH
2400 Sepulveda Blvd. at Main

In NO. TORRANCE
4848 W. 190th at Anza

In GARDENA
14990 Crenshaw Blvd.

In TORRANCE
3731 Pacific Coast Hwy.



"I buy the best meat here!"



"Every woman loves compliments on her cooking, and I can be sure of receiving them when I serve a beautiful roast from Food Giant! The roasts that I buy here are tender, juicy and taste delicious. The secret of being a good cook, is to start with the finest — that's why I buy meat at Food Giant! It can't be beat!"

Quality Control Means Better Meat!
Every morning, Food Giant executives and meat experts gather to sample, savor, criticize and comment on meats, chosen at random from our markets, and cooked in our own kitchen. Food Giant's "Meat Quality Control" means better meat for you!

Mrs. Lorene Hill, a satisfied customer at Food Giant/Baldwin Park



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ROUND STEAK

full cut
79^c
lb

CUBED STEAK

98^c
lb

GORTON'S FROZEN
Breaded Haddock

11 oz. pkg. **49^c**

GORTON'S FROZEN
Breaded Flounder

11 oz. pkg. **59^c**

GORTON'S FROZEN
Perch Fillets

1 lb. pkg. **59^c**

GORTON'S FROZEN
Cod Fillets

1 lb. pkg. **59^c**

Vegetables Go Oriental In Flavorful Recipes

For those who are bored with bland vegetables and ordinary fare, the Oriental manner of preparing produce should prove to be an appetite perk-upper. Soy starch and sugar play an important role in the Oriental vegetable picture.

1/2 lb. lettuce
1 Tb. cooked oil
1 Tb. soy sauce
6 c. boiling water

Method:
1. Separate lettuce into individual leaves.
2. Put into briskly boiling water, cook for 2 minutes. Drain.

STRING BEANS OR WAX BEANS WITH BEEF

Ingredients:
3/4 lb. string beans, cut into 2" pieces
1/4 lb. round onion, sliced
1/2" x 2"

Sauce:
1/4 tsp. salt
1/2 tsp. sugar
1 tsp. soy sauce
1/2 tsp. cooked oil
1/4 tsp. liquor

Gravy:
3/4 tsp. salt
2 tsp. sugar
1 tsp. cornstarch
2 tsp. soy sauce
1/2 tsp. liquor
1/4 c. water

Method:
1. Marinate beef with sauce 5-10 minutes.
2. Parboil string beans. Rinse in cold water, drain.
3. Pan fry onions, add meat, drain.
4. Add string beans and gravy. Mix well and fry gently for 2 minutes.
5. Serve.

BEAN SPROUTS WITH BEEF

Ingredients:
1/2 lb. bean sprouts
1/4 lb. beef, stripped
1/4 sm. round onion
1/4 tsp. salt

Sauce:
1/2 tsp. salt
1/2 tsp. sugar
1 tsp. cornstarch
1 tsp. soy sauce
1/4 tsp. liquor

Method:
1. Marinate beef in sauce 5-10 minutes.
2. Pan fry onion, add beef, fry 1 minute.
3. Add bean sprouts, salt and mix well, cook 1-2 minutes. Serve.

PICKLED CUCUMBER (SWEET SOUR)

Ingredients:
2 lb. cucumber
2 Tb. sugar
4 Tb. vinegar
Dash of salt

Method:
1. Cut ends off cucumber, split into half, remove pith. Slice and blanch in boiling hot water. Rinse in cold water and drain.
2. Bring the vinegar, sugar and salt mixture to a boil; simmer for 5 minutes. Cool.
3. Add cucumber. Chill and serve as a relish.

CHINESE CHILI BEANS

Ingredients:
1 lb. ground round
1 tsp. salt
1 can kidney beans, 1 lb. can
4 Tb. minced round onion
1/2-1 tsp. chili powder
1 Tb. ketchup
1 lge. tomato, quartered

Gravy:
1/4 tsp. salt
1 tsp. sugar
1 tsp. cornstarch
1 Tb. soy sauce
1/2 tsp. liquor
1/4 cup water

Method:
1. Pan fry onion and celery; add ketchup, salt and meat. Fry rapidly until meat is done.
2. Add tomato, beans, chili powder and gravy.
3. When mixture comes to a boil, turn flame to low and simmer for 20-30 minutes.

PAN FRIED SPINACH

Ingredients:
1 lb. spinach
1 clove garlic
1/4 tsp. salt
1/4 tsp. sugar
1 Tb. oil

Method:
1. Brown garlic in oil, add salt and sugar.
2. Add spinach, mix well and cook until done.

BROCCOLI WITH CHICKEN, BEEF OR PORK

Ingredients:
1 lb. broccoli, sliced thin, 2" long
1/2 c. chicken, beef or pork, sliced thin
1/2 small round onion

Sauce:
1/4 tsp. salt
1/2 tsp. sugar
1/2 tsp. soy sauce
1/2 tsp. cooked oil
1/4 tsp. liquor

Gravy:
1/4 tsp. salt
1 tsp. sugar
1 1/2 tsp. cornstarch
1 tsp. soy sauce
1/4 tsp. liquor
1/2/ tsp. water

Method:
1. Marinate meat in sauce 5-10 minutes.
2. Pan fry onions, add meat, fry gently 1 minute or until done, if pork is used. Remove.
3. Pan fry broccoli 1 minute, add gravy, cook 2 minutes.
4. Add meat, mix well and serve.

CABBAGE WITH DRIED SHRIMPS

Ingredients:
1 sm. round cabbage, 1 1/2 lb.
2 lb.
1/2 c. dried shrimps
1/2 round onion, sliced
1/4 tsp. salt
1 tsp. sugar
1 tsp. soy sauce
1/4 tsp. liquor
2 Tb. water

Method:
1. Pan fry onion, add shrimps, fry for 1 minute.
2. Add cabbage and other ingredients, and cook gently for 2-3 minutes.
3. Serve.

WILTED LETTUCE

Ingredients: