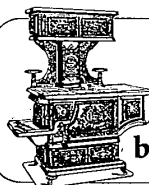


# Treat Dad to a Beef Cookout

Father's Day is a special day to honor that extra-special dad. To pamper him, put on your chef's hat and prepare a meal featuring his favorite meat — beefsteak, broiled just the way he likes it.

And if you're wondering if your budget is up to it, there is a solution. Steaks for broiling do come at economical prices, although they may be less familiar than the popular porterhouse, T-bone, rib eye, sirloin or tenderloin. Top round steak and chuck blade steak are most eligible for broiling, especially when they are marinated, which tenderizes and at the same time supplies extra flavor.

On Father's Day or any day, use one of these recipes for a beef cookout the whole family will enjoy. It's a delicious way to show Dad just how special he is.



## The Warming Oven by Emily Watson

June was the best month of all at the one-room country school. The farm families sent boxes of strawberries to school; they invited the teacher for dinner and sent her home with bouquets of roses, delphinium, and always, a couple of quarts of strawberries.

Harry and Lois Walker were the ones with the beautiful roses and delphiniums. But my favorite stop was the Frederisys. Mrs. Frederisy cooked a big dinner at noon and for supper, during the whole strawberry season, they had strawberry shortcake.

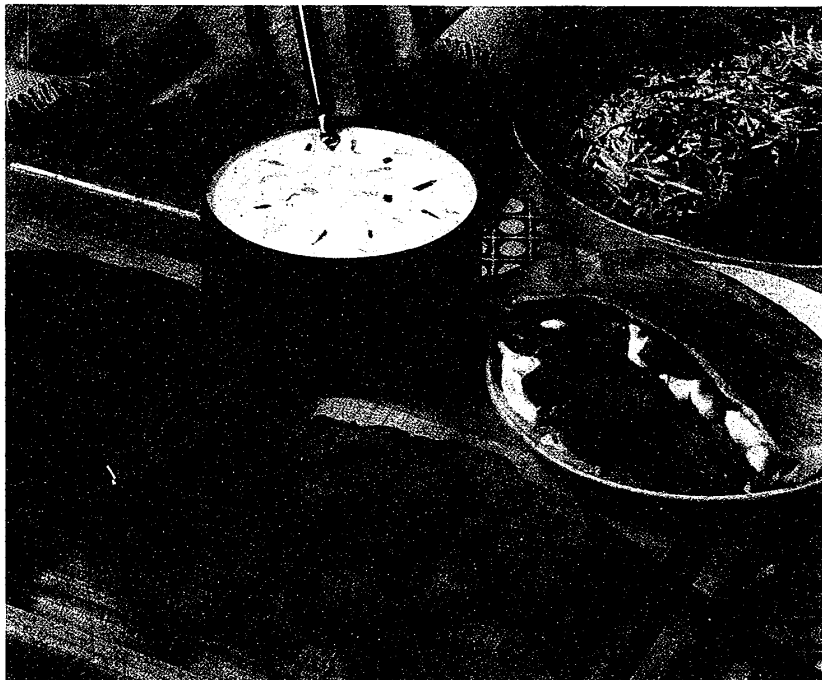
What a fantastic meal! And what a lovely lady. I'll remember Mrs. Frederisy and her strawberry shortcake as long as I live. I never did ask her for her biscuit recipe, guess I thought I'd just be eating hers forever.

The following is Aunt May's recipe. Sometimes she made individual biscuits, and sometimes she put the whole thing in a pie tin, splitting it for one large shortcake.

### STRAWBERRY SHORTCAKE

2 cups flour  
1/2 tsp. salt  
2 tsp. baking powder  
3 rounded tsp. of shortening  
3/4 cup sour milk  
4 tsp. baking soda

Sift together dry ingredients. Rub in the shortening. Add the sour milk and mix until just blended. For individual biscuits, drop on greased cookie sheet. Bake in preheated 400 degree oven for 12 minutes or until golden brown. Serve hot with plenty of butter and crushed, sweetened strawberries.



One lean and waste-free beef top round steak makes many super sandwiches when carved into thin, juicy slices and tucked into pita bread pockets along with sliced crisp vegetables and a very special onion-yogurt sauce.

## Steak and Sauce Pocket Pleasers

- |                                 |   |
|---------------------------------|---|
| 1 broiled beef top round steak* | 1 medium green pepper, cut in thin strips |
| 4 loaves pita bread             | 1 large tomato, cut in thin wedges        |
| 2 cups finely shredded cabbage  | Onion-Yogurt Sauce**                      |

Carve steak in very thin slices across the grain of the meat. Cut loaves in half crosswise and enlarge pockets when necessary. Place cabbage, green pepper and tomato wedges in each pocket using half the vegetables. Add 1 tablespoon onion-yogurt sauce to each. Place 6 to 8 slices of meat in each pocket on top of vegetables and sauce. Place an equal amount of remaining vegetables in pockets. Add additional sauce as desired. 8 servings.

### \*Broiled Top Round Steak

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|--|-------------------------------------|
| 1 beef top round steak, cut 1 1/4 inches thick (2 1/2 to 3 pounds) | 1/4 cup salad oil                   |
| 1/2 cup lemon juice  | 1-1/2 teaspoons salt                |
| 1/4 cup water  | 1/4 teaspoon coarsely ground pepper |

Combine lemon juice, water, salad oil, salt and pepper. Place steak in utility dish or plastic bag; add marinade, turning to coat. Cover dish or tie bag securely and marinate in refrigerator 6 to 8 hours (or overnight), turning at least once.

Place steaks on grill top so surface of meat is 4 to 5 inches from heat and broil at moderate temperature to rare or medium (25 to 35 minutes), turning and brushing with marinade occasionally.

### \*\*Onion-Yogurt Sauce

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|-----------------------------------|-------------------------|
| 1 envelope Onion Soup Mix         | 1 cup shredded cucumber |
| 1 carton (16 ounces) plain yogurt |                         |

Combine onion soup mix, yogurt and cucumber, mixing thoroughly. Cover and chill. Yield: 3 cups.

### Cookout Chuck Steak

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|--|-----------------------------------|
| 2 beef chuck blade steaks, cut 3/4 inch thick (approximately 4 pounds) | 1 tablespoon Worcestershire sauce |
| 1 envelope Beefy Onion Soup Mix  | 1 can (8 ounces) tomato sauce     |
| 1/2 cup dry red wine   | 1/4 cup brown sugar               |
| 1/4 cup red wine vinegar   | 1 tablespoon chili powder         |
|  | 1/4 teaspoon cumin, if desired    |

Combine beefy onion soup mix, wine, vinegar and Worcestershire sauce. Place steaks in utility dish or plastic bag; add marinade, turning to coat steaks. Cover dish or tie bag securely and marinate in refrigerator 6 to 8 hours (or overnight), turning at least once. Drain marinade from meat and combine with tomato sauce, brown sugar, chili powder and cumin, if desired, in small saucepan; cook slowly 10 minutes, stirring occasionally. Place steaks on grill so surface of meat is 4 inches from heat. Broil at moderate temperature 7 to 10 minutes on each side, depending upon degree of doneness desired (rare or medium). Brush steaks with sauce occasionally while broiling. 6 to 8 servings.

### Onion Chiliburgers

- |  |   |
|--|---|
| 2-1/2 pounds ground beef                 | 1/3 cup chili sauce                       |
| 1 envelope Onion or Beefy Onion Soup Mix | 2 tablespoons finely chopped green pepper |
| 1/3 cup water                            | 1/4 teaspoon pepper                       |

Combine ground beef, onion soup mix, water, chili sauce, green pepper and pepper, mixing lightly until ingredients are evenly distributed. Shape into 8 patties 3/4 inch thick. Place on grill or on rack in broiler pan 3 to 4 inches from heat. Broil 7 to 8 minutes on first side, turn and broil 6 to 8 minutes, to degree of doneness desired. Serve on split Kaiser rolls or hamburger buns. 8 servings.



High in flavor, but comparatively low in cost, are these beef chuck steaks that are marinated before and brushed during broiling with a zesty sauce easily made with an envelope of beefy onion soup mix.