

With a sizzling steak on the grill, any outdoor meal is destined for success. Choose a boneless shoulder or chuck steak and let it stand for several hours in an herbed red wine marinade. Then grill it until just right for your taste and slice it diagonally, across the grain. Serve it atop chunks of fresh French bread.

Another faithful standby at the barbecue scene is iced tea. A tall pitcher filled with the amber-colored liquid will take care of summertime thirsts — before, during and after the meal. Iced tea is so low on the calorie scale you can drink all you want without fear of adding unwanted pounds.

Pick a good quality tea, the most economical buy, because it makes the most satisfying drink. Here's directions for making a pitcherful using loose tea or teabags, the modern instant tea powder or the even more modern flavored iced tea mixes follow.

Using boiling water and loose tea or teabags: Bring 1 quart of freshly drawn cold water to a full rolling boil in a saucepan. Remove from heat and immediately add $\frac{1}{2}$ measuring cup of loose tea or 15 teabags. Stir, cover and let stand 5 minutes. Stir again and strain into a pitcher holding another quart of cold water. Serve over ice. Makes 2 quarts.

Using cold water and tea bags: Fill a quart pitcher or container with cold tap water. Add 8 to 10 tea bags (remove tags). Cover. Let stand at room temperature or in the refrigerator at least 6 hours or overnight. Remove tea bags, squeezing against side of container. Pour into ice-filled glasses. Makes 1 quart. Recipe may be doubled.

Using instant tea or iced tea mix: Follow directions on jar or envelope. In general, allow 2 rounded tablespoons of instant tea powder to each quart of cold water. Stir. Add ice. If using lemon-flavored iced tea mix, use 2 small envelopes or ½ cup mix to each quart of cold water.

2½ to 3 lb. boneless shoulder steak and 1½ inches thick
 ½ cup salad oil
 ¼ cup dry red wine or water
 1 tbsp. wine vinegar
 1½ tsp. salt
 ¼ tsp. pepper
 ½ tsp. garlic powder
 1 tsp. parsley flakes
 Half bay leaf, crumbled
 2 lemon slices, halved

Place steak in shallow baking dish. Prepare marinade by combining remaining ingredients; mix well. Pour over steak; cover and let stand 2 hours or refrigerate overnight, turning several times. Remove from marinade and place on grill about 4 inches above coals. Broil about 10 minutes on each side or until done as desired. Slice diagonally. Make 8-10 servings.

- 1 lb. dry small white beans
- 2 quarts cold water
- 2 tsp. salt
- 2 celery tops
- 1 small onion
- 2 sprigs parsley
- $\frac{1}{4}$ lb. lean salt pork
- $\frac{1}{2}$ cup salad oil
- 2 tsp. wine vinegar
- $\frac{1}{4}$ cup fresh lemon juice
- 1 garlic clove, minced
- 1 tsp. sugar
- $\frac{1}{4}$ tsp. dry mustard
- 1 cup diced green pepper
- 1 cup diagonally sliced celery
- 8 green onions with tops, sliced
- 1 cup sliced radishes
- 2 tsp. coarsely chopped parsley
- Salad greens

Wash and sort beans. In large saucepan, add water to beans, boil 2 minutes. Remove from heat; cover and let soak 1 hour. Add salt, celery, onion, parsley and salt pork to beans; simmer until they just begin to soften—about 45 minutes. Drain beans and discard vegetables and salt pork.

Prepare marinade dressing by shaking in jar with tight lid, the oil, vinegar, lemon juice, garlic, sugar and dry mustard; toss with warm beans. Cover, refrigerate and marinate 2 hours or more. A few hours before serving, add remaining ingredients except salad greens. Toss well and season to taste with salt and pepper. Chill. Serve with salad greens. Makes 10-12 servings.

May food shoppers will find turkeys and specialized poultry cuts among the better values in the meat department. Apples, cabbage, carrots, navel oranges, new potatoes and Michigan asparagus will also be good values in May.

The overall Consumer Price Index (CPI) for March, the most recent available, fell by 3.6 percent. This was the first monthly decline in 17 years. Food prices dropped an adjusted 0.3 percent. Most economists agree this was due to lower farm prices and won't likely be repeated in the April CPI.

Other information seems to bear this out. Retail prices for most cuts of beef, pork and poultry are increasing, primarily because of lower supplies. The number of cattle in feedlots was down 2 percent on April 1, according to the U.S. Department of Agriculture (USDA). The USDA report also said 2 percent fewer cattle were marketed from feedlots during the past quarter. Fewer cattle being slaughtered at lower weights has reduced the amount of beef.

Pork producers have also reduced supplies in an attempt to make their operations profitable. The number of swine kept for breeding purposes has been reduced 14-18 percent. Buyers

for retailers say ham is high for this time of year and predict it will go higher. Futures for pork bellies (the stuff of which bacon is made) recently climbed.

Chicken production and slaughter are also down. Turkeys are in good supply, however, mainly because of an 8 to 10 percent carryover of frozen birds. There also are large supplies of chicken leg quarters because of the heavy usage of white meat by a national fast-foods operation. Look for especially attractive features on both turkeys and chicken leg quarters throughout the spring.

The fresh produce picture is somewhat brighter.

Ample supplies of excellent quality California strawberries will be available at moderate prices throughout May. The volume deal for grapefruit is over, but quality is still good. Soon the supply source will switch to California, where the grapefruit are less sweet. Navel oranges, known for their sweet taste and easy peeling, will continue to be available this month.

Michigan apples are another carryover from fall that represent a good value. Be sure to store them in the refrigerator to retain their crisp, juicy texture. For those who want to get a

head start on summer, good quality Florida watermelons are available. A few chunks of fresh watermelon zip up a fresh fruit cup for a modest cost.

The current western iceberg lettuce situation illustrates how important weather is all through the growing season.

Rains at planting time are responsible for the variable quality and availability of head lettuce. High lettuce prices will most likely prevail in May, with 79 cents being a good price for a large head. Consider using cabbage, spinach, escarole, romaine or endive as alternatives. Other salad vegetables, such as peppers, radishes and cucumbers, are in good supply and reasonable for this time of year.

California asparagus is coming through in good volume now, but you may want to postpone eating your fill until Michigan's snapped asparagus comes — about May 10-15.

Some good quality Florida sweet corn is making its way to Michigan supermarkets. New varieties have a longer shelf life and arrive in amazingly good condition at moderate prices.

This information comes from the Cooperative Extension Service of Michigan State University.

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