## Savory roast beef can be cooked out on the grill

The tradition of celebrating special family occasions with a roast beef dinner needn't be set aside during the cookout season. The savory goodness of a beef roast cooked over the coals while turning on the rolisserie can be enjoyed by all. Or the roast can be cooked in a covered outdoor grill by following the manufacturer's directions.

When choosing a roast for the rotisserie, look for one that's boneless, natu-rally tender, compact and fairly uniform in shape. Meeting these specifica-tions is a beef tip roast. All who gather around the picnic table will be im-pressed with its jucy tenderness and hearty beef flavor.

You'll find a tip roast easy to balance on the rod. Balancing is the key to a roast turning evenly and cooking uni-formly. The roast should be cooked at a

The tip roast will be best if cooked just to rare or medium. Your most acturate guide to doneness is a roast meat thermometer. When placing the thermometer in the roast, care should be taken that the tip does not rest in far or on the rodisserie rod. It is important that the thermometer will not touch the drin and as the roast turns.

Serve the roast with Summer Zucchi-ni Cups. Pieces of zucchini are scooped out to form cups for a filling made with zucchini, celery, red peppers and bread crumbs. Onion, garlic, thyme and dill weed all contribute to the special fla-

vor of the filling. The zucchini cups can be conveniently cooked on the grill top or in a microwave oven. ROTISSERIE BEEF TIP ROAST

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3% to 8-pound beef tip roast
Insert roisserie rod through center
of roast and test for balance by rotating rod in palms of hands. Tighten spit
forks so roast turns with rod. Insert
meat thermometer (at an angle so it
will clear the cooking unit and drippan) so the tip is centered in the roast
and does not rest in fat or on the rod.
Place rotisserie and roast at low to
moderate temperature to desired demoderate temperature to desired de-gree of doneness; 140 degrees F. for

rare; 160 F. for medium. Allow 35 to 40 minutes per pound for a roast weight 31½ to 4 pounds; 30 to 35 minutes per pound for a roast weighing 5 to 8 pounds.

SUMMER ZUCCHINI CUPS 4 medium zuechial

SUMMER ZUCCHINI CUPS
4 medium zuechial
1 iap, sait nedium zuechial
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1, cup chopped celery
1, cup chopped red perpers
1 small enton, chopped
1 small clove garlic, minced
1/4 tap, leaf thyme
1/4 tap, sait
1/4 tap, begper
1/4 cup toasted coarse bread crumbs
2 Taps, butter or margarine, melted
1/4 cup water

Trim ends and cut each zucchini crosswise into 4 pieces. Scoop out center of one end of each to form cups; reserve pulp. Sprinkle cups with 1 teaspoon salt, invert on absorbent paper. Coarsely chop pulp, add celery, red pepper, onton and garlie. Sprinkle thyme, dill weed, 1½ teaspoon salt and pepper over vegetables. Add bread crumbs and butter, tossing lightly. Fill each zucchini cup with 2 to 3 tablespoons vegetable mixture. Place cups in 9 x 13-inch metal baking para, downer. Cover pan tightly with aluminum foil. Place on grill over ash-covered coals and cook 15 minutes. Vent one corner of aluminum foil and come corner of aluminum foil and continue cooking 5 to 10 minutes or until vegetables are tender. Yield: 16 zucchini cups.





## Jerky, pioneers' staple, is a treat

Once it was used for survival - now it's for fun.

Once it was used for survival — now it's for fun. The foot is jety — strips of dried meat that have traveled through history. Journeying west in the saddlebags of the early ploneers, Jerky played a life-sustaining role in the building of America. In those early days, Jerky was made from buffalor venison by methods learned from the Indians. Strips of meat were spead on frames and dried in the sun or over slow wood-burning fires. Later preparation moved indoors and Jerky traveled with modern outdoorsmen — backpackers, skiers and campers. The meat more often used was beef. The strips were dried in ovens set at a low temperature and the preparation time was reduced form days to 10 to 12 hours.

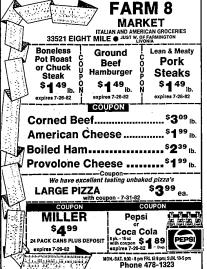
MICROWAVED BEEF JERKY 1% to 1% pound beef flank steak, partially frozen 1% teaspoon salt

teaspoon sant teaspoon garlic salt teaspoon freshiy ground black pepper

Remove all visible fat from steak; cut lenghtwise (with the grain) into this strips (% inch or less). Combine salt, garlie salt and epper sprinke over strips and mix to distribute evenly. Arrange half the strips, fall and close together on microwavesafe bacen rack. Cover with waxed paper and mix crowave at low 21 minutes; invert strips, plagid drier strips in center of rack. Rotate rack a half turn and continue microwaving at low 21 minutes until dry but slightly pliable. Remove to absorbent paper. Repeat with remaining strips. Cover with absorbant paper and let stand 24 hours. Store in a covered container. Note: The strips can be miabsorbant paper and ret stain 24 hours, store in a covered container. Note: The strips can be mi-crowaved at medium 24 minutes or at high 12 min-utes. Keeping quality is improved and strips are cooked more evenly on low power.









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