Stuff a round steak Italian-style for a different, economical dinner

You've braised it Swiss-style, rolled it for birds, cut it linto strips, marinated and broiled it. And still you're looking for new and different ways to prepare beef round steak. It's steak you like to serve again and again for it represents an excellent value for your meat dollar. You know you're doing your budget and your family a favor every time you serve it.

budget and your family a favor every time you serve it. Enthusiasm for round steak is sure to remain high when you give it a new dimension by wrapping it around a Florentine filling and flavoring it with the enticling istates of flusty. The stuffing is a combi-nation of cooked pork sausage, chopped spinach and Parmesan cheese.

Parmean cheepers sausage, enopped spinaca and Parmean cheepers. Round steak represent a good buy for it carries a lower price per pound than more tender ateaks from the loin and ris. However, round steak comes to the table tender and delicious when proper preparation techniques are used, sitch as pounding and shartly cooking in liquid as called for in this recipe. Shartly cooking in liquid as called for in this recipe. The consideration of the control of the control

ITALIAN ROUND STEAK ROULADE
I full cut beef round steak, cut % inch thick (approximately 2 to 2 % lbs.)
% lb. fresh pork sausage



Meatballs are stars of table

One meatbail! I vaguely recall the song, but more vivid is a recipe I came across the last two decades while rolling more than 3,000 meatbails.

One meatbail is made from three pounds of ground chuck, combined with olive oil, beaten eggs, bread crumbs, paraley, grated cheese, cooked onion, raisins, salt and pepper, browned on top of the stove and baked covered in a 350° oven about an boxr, basted with tomato sauce every 10 minutes.

while I was tempted to try it, I resisted because I like my meatballs considerably smaller than cantaloupes.

taloupes.

I GUESS the Italians have made meatballs famous, but they are American, German, Spanish, Chinese, Swedish and English. Meatballs have a more noble calling than just complementing spanghetti sauce, not that I would dare knock one of my lavorite disheatballs as knights of the round dinstruction. They can be browned, and the control of the main meal. They can go it soups with Chinese cabbage and noodles or with vegetables and vernicelli. They can be browned, cooked in broth and served on rice. They can be simmered in a variety of sauces.

There are guidelines I follow no matter their size:

I refrigerate meatballs at least 30 minutes before cooking so they don't fall apart, even if I use eage. However, I make an exception when rolling them follow.

There are sucception when rolling them follows:

I succept the second with a fork while they prown in the skillet, leaving enough room to operate.

I use a alotted stoom when adding or grouping.

ate.

I use a slotted spoon when adding or removing them from pots or dishes.

But I need no coaching when it comes time to

THREE-MEAT MEATBALLS

THREE-MEAT MEA'S
2 lbs. ground beef-pork-yeal
1 small onion, chopped
2 eggs, slightly beaten
4 cup Italian-style bread crumbs
44 cup Italian-style bread crumbs
44 cup grated Parmeran cheese
1 can (8 ox.) tomato sauce
Sait

Black pepper 1 tbsp. olive oil

Combine all ingredients except oil, shape into 20 meathalls 14 inches in diameter and refrigerate 30 minutes. In large skiller, heat oil and brown half of meathalls on medium high heat, remove and keep warm; brown remaining meathalls. Add all to spaghetti sauce or cook in skillet in 1 cup water on low heat about 45 minutes until desired doneness. Serves 5-6.

SWEET AND SOUR MEATBALLS

SWEET AND SOUR MEATBAI

% Ib, ground beef
% Ib, ground pork
6 lap, say sauce
1% lap, black pepper
1% lap, black pepper
2 lapp, margare
3 green peppers, quartered
1 caused placeapple alices, cut in sixths
% cap placeapple julce
% cap vinegar
2 labp. comstarch
2 labp. comstarch
2 cap claceapple alice
% cap vinegar
2 labp. comstarch 2 tbsp. cornsi 1 tbsp. sugar

Combine meat with 4 teaspoons soy sauce and black pepper, abape into 30 meatballs and roll in flour. In large skiller, melt margarine, brown meathalls, reduce beat to medium, cover, cock 5 minutes, remove and keep warm. Cut quartered green peppers in thirds, add to skillet with ½ top broth, cover and cook on medium heat 5 minutes. Silr in pleaspile juice. In small saucepan, combine remaining broth, pineappile juice, vinegar, correstarch, squar and rest of soy sauce, bring to boil, stirring, add to peppera-pineappie mixture and constantly silr until sauce thickens. Return meatballs and heat through. Can serve on rice, Serves 5-8.

1 pkg. (10 or.) frozen chopped spinach, defrosted and well drained 4 cap grated Parmesan cheese 3 tbsp. floor 1 tsp. salt ... 4 tsp. pcoaking fat 1 medium onlon, finely chopped 1 clove garlic, minced 5 cap water 5 ksp. [

1 can (15 oz.) tomato sauce 2 thep. flour

What you can do if the power fails

Michigan's occasional severe storms and high winds can lead to power failures. In the event that your electricity goes off it is important to keep the freezer door closed.

Unopened freezers that are full, well-insulated and have been set sufficiently cold can keep items frozen for one to two days. When the power goes on, if meats are still partially frozen, they should be quickly refrozen. Meals that have completely derivated but are still cold can be cooked, then frozen. How can you determine if the meat is no longer good to eat? Check for a general change in the quality. This includes loss of freshness and a color-change from the bright red in beef or pink in pork, veal or lamb to a dull gray color. An off-odor will develop, and if the meat has been kept in an unopened package, the surface may become slippery. If there is any question about the safety of the meat, it should be discarded.

Remove bone from round steak. Cook pork sausage in frying pan until pink color disappears; pour off drippings. Add spinach and Parmesan cheese, mixing lightly. Combine 3 tablespoons flour, salt and pepper; dredge round steak and pound to kinch thickness. Spread pork mixture over surface of meat. Starting at narrrow end, roll steak, jelly-roll fashion, and tie securely with string at 1-inch intervals. Brown meat in cooking fat in large frying pan; remove meat and pour off all but 1 tablespoon drippings. Cook onlon and garlic in drippings 2 minutes; replace meat back in frying pan. And water and sprinkle Italian seasoning over meat; cover dightly and cook slowly 1 kh ours. Combine tomato sauce with 2 tablespoons flour; sit into cooking liquid and continue cooking, covered, 30 minutes or until meat is tender. Remove meat; remove strings and serve with sauce, 8 servings.

To serve, the steak roll is carved into alices and served slong with the sauce on linguini, a favorite Italian pasta. Let the nationality of the beef roulded influence the rest of the menu selections. A tossed green salnd with Italian dressing and crusty garlic bread will go deliciously. You may also want to add a green vegetable such as buttered peas or beams to the main course meau.

Meadow Party & Drug Store

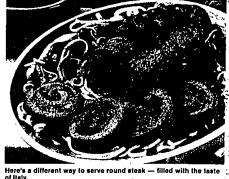
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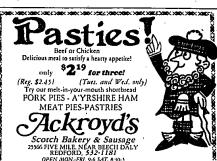
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