

Update your leftover roast beef by putting it in chic French croissants

The Americanization of the French croissant has been one of this year's most fun and delicious food trends. Since Americans have adopted this flaky French delicacy, it's been turning up in a variety of interesting places, even at picnics.

To sample what a delicious new dimension croissants can give to a picnic menu, try French Picnic Beef Sandwiches. They're simple yet impressive, easy-to-make yet elegant.

Thin slices of cooked roast beef are sandwiched between split croissants which can be bought frozen or from your favorite bakery. Boston or bibb lettuce leaves offer crisp texture contrast while whipped cream cheese accented with horseradish makes a most flavorful spread. If traveling a distance to the picnic site, for safety sake, you'll

need to wrap the sandwiches well and pack them in a cooler with ice to keep them chilled.

While these sandwiches may look and taste expensive, they won't upset the budget when made with leftover roast beef. Cost-conscious cooks know that making good use of leftovers is an excellent way to stretch the food dollar. Leftover beef from a roast is especially valuable for this so flavorful and can be served in so many first-class ways. Or if you prefer, buy thinly sliced roast beef at your favorite delicatessen.

A variety of beef roasts, including rib, rib eye, top round, tip round and chuck eye, are excellent sources for roast meals. For leftover beef of the highest quality, cook the beef on a rack in an open roasting pan in a slow oven

to the degree of doneness desired as indicated on a roast meat thermometer. Remember when cooking ahead for the croissant sandwiches that the chilled beef will be more tender and flavorful if cooked just to rare or medium.

To preserve the quality of the beef, proper storage is a must. The beef should be securely wrapped and promptly refrigerated or frozen. The beef will store better if left in large pieces and not sliced until you're ready to make the sandwiches. Cooked beef stored in the refrigerator should be used within four to five days while frozen beef can be stored for up to three to four months.

FRENCH PICNIC BEEF SANDWICHES
1 pound thinly sliced cooked beef

1 container (4 ounces) whipped cream cheese

1 tbsp prepared horseradish
8 Boston or bibb lettuce leaves
4 large croissants, split lengthwise

Thoroughly combine whipped cream cheese and horseradish. To assemble sandwiches, spread cut side of each croissant with an equal amount of the cream cheese mixture. Place two lettuce leaves on bottom half of each croissant. Arrange an equal portion of sliced beef over lettuce. Close sandwich with croissant top. Yield: 4 sandwiches.

A creamy pasta salad with sliced carrots and chopped broccoli will go well with the beef croissants as will an array of crisp relishes. For a continental dessert, pass a tray of fresh fruits and cheeses.



For a special picnic, tuck slices of roast beef between split croissants spread with cream cheese.

Dairy products are ideal for summertime dining

Ice-cream cones at the fair. Tall, cold glasses of milk after sandlot baseball games. Ice cream and milk are two foods synonymous with summertime fun.

Whether it's summer or winter, dairy products provide much-needed calcium and vitamin D when included in daily meals. You can assist family members in receiving recommended daily intake by using dairy products in recipes.

Home economists have developed a main dish and two desserts using dairy products with convenient packaged mixes. Try them this month.

SPINACH-CHEESE PIE

- 1 pkg. (10 oz.) frozen chopped spinach
- 1/4 cup sliced green onions
- 2 tbsp. margarine or butter
- 2 tsp. instant chicken bouillon
- 1/4 tsp. salt
- 1/4 tsp. pepper
- Dash of anise seed, if desired
- 1 pkg. pie crust sticks or mix
- 3 eggs, beaten
- 1 1/4 cups creamed cottage cheese
- 2 tsp. grated Parmesan cheese
- 1 tsp. water

Heat oven to 375°. Rinse frozen spinach under running cold water until thawed enough to cut into 1-inch pieces with knife. Cook onions in margarine in 10-inch skillet until tender. Stir in spinach, instant bouillon (dry), salt, pepper and anise seed. Cook and stir over low heat until all spinach is thawed.

Prepare pastry for two-crust pie as directed on package except — roll each round into 9-inch square. Place 1 square in ungreased square pan, 9x9x2 inches. Reserve 1 tablespoon of the egg stir remaining egg and the cheese into spinach mixture. Spread over pastry in pan. Cut several slits in remaining pastry square; place over filling. Mix water and reserved egg brush over top.

Bake until golden brown, about 40 minutes. Let stand 10 minutes before serving. 6 servings.

CREAM CHEESE SQUARES

- 1/4 pkg. chocolate chip cookie mix
- 1/4 cup chopped walnuts
- 1 pkg. (8 oz.) cream cheese, softened
- 1/4 cup sugar
- 2 tsp. milk
- 2 tsp. lemon juice
- 1/4 tsp. vanilla
- 1 egg

Heat oven to 350°. Knead 1 flavor packet about 10 seconds. Mix 1 pouch cookie mix and the flavor packet in large bowl until crumbly. Mix in walnuts. Press 3/4 of the crumbly mixture in ungreased square pan, 9x9x2 inches. Bake 12 minutes.

Beat remaining ingredients in small bowl until smooth; spread over crust. Sprinkle remaining crumbly mixture over cream cheese mixture, pressing lightly. Bake until wooden pick inserted in center comes out clean, 25 to 30 minutes. Cool; refrigerate 1 hour. Cut into about 14 1/2-inch squares. Refrigerate any remaining squares. 25 squares.

CRUNCHY BROWNIE ICE-CREAM SQUARES

- 1/4 cup margarine or butter, softened
- 1 pkg. fudge brownie mix (with can of chocolate flavor syrup)
- 1 can (3 1/2 oz.) flaked coconut
- 1/4 cup chopped nuts
- 1 half-gallon vanilla ice cream, slightly softened

Heat oven to 350°. Cut margarine into brownie mix (dry) until crumbly; stir in coconut and nuts. Spread in ungreased rectangular pan, 13x9x2 inches. Bake, stirring occasionally, until coconut is golden brown, 20 to 25 minutes. Stir to crumble cool.

Reserve 1 1/2 cups of the crumbly mixture into ice cream. Spread evenly in same pan; press firmly. Sprinkle reserved crumbly mixture evenly over ice cream; drizzle with chocolate flavor syrup. Cover

and freeze until firm. Remove from freezer 5 minutes before cutting. Cut into squares. About 16 squares.

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A question of size

What's the difference between Porterhouse and T-bone steaks?

These two prestigious steaks look very similar, for they are both cut from the beef top loin, and both contain the top loin and tenderloin muscles and a cross-section of the back bone.

The difference is in the size of the tenderloin muscle. The diameter of the Porterhouse tenderloin can be no less than 1 1/4 inches when measured across the center. For a T-bone steak, the diameter of the tenderloin can measure no less than 1/4-inch.