

# Stir-frying: Perfect for today's style

In the culinary world just as in the fashion world, there are fads that quickly come and go. Occasionally, however, there is a style or trend that is so basic and so right for the times that its popularity continues on and on.

Such is the case with stir-frying. Many American cooks were first introduced to the ancient practice of stir-frying in a wok with the recent interest in Oriental cuisine. But it wasn't long before they began incorporating the technique into their daily cooking routines. For they discovered that stir-fried entrees were quick and easy, light and nutritious, fresh and flavorful — perfect for today's lifestyle.

Another nice feature of stir-frying is that the variations are almost endless. Now that fall vegetables are in abundant supply, it's a good time to try Autumn Beef Stir-Fry. It's a colorful combination of beef strips, acorn squash and red pepper strips that can be quickly cooked in a wok or frying pan. Or if you prefer, all can be cooked in a microwavable oven.

You'll also appreciate how easy this entree is on the budget for it is made with economical chuck steak. The secret to successfully stir-frying this less tender steak is to cut it into very thin strips. You'll find this easy to do when the steak is first partially frozen. You'll also want to be careful not to overcook the beef strip.

## AUTUMN BEEF STIR-FRY

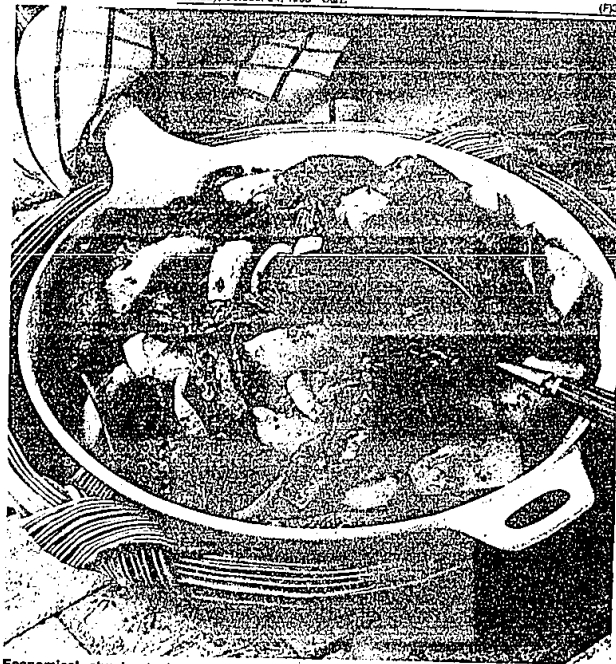
- 1 1/2 lb. boneless beef chuck steak, cut 1-inch thick
- 1 small acorn squash
- 2 tsp cooking oil
- 1 tsp salt, divided
- 1/4 tsp pepper
- 2 tsp cornstarch
- 1/2 cup water
- 1 medium onion, sliced lengthwise
- 1 clove garlic, minced
- 1 medium red pepper, cut into strips
- Dash nutmeg
- 1 tsp. snipped parsley

Cut squash in half lengthwise; remove seeds. Cook, covered, in boiling water to cover 10 to 12 minutes. Cut into 1/4-inch slices. Pare slices and cut each into 3 pieces. Cut steak to very thin strips. Stir-fry steak strips (1/2 at a time) in hot oil in wok or large frying pan. Remove beef; season with 1/4 teaspoon salt and the pepper; keep warm. Reduce heat. Combine cornstarch and water; add to pan along with onion and garlic. Cook 4 to 5 minutes, stirring to loosen any particles in pan. Add squash, red pepper strips, remaining salt and nutmeg. Cook and stir 2 to 3 minutes. Return steak strips to pan and beat through. Sprinkle parsley over beef and vegetables. Serve hot, 4 servings.

Partially freeze steak to facilitate slicing into strips.

**Microwave Directions:** Place squash halves, cut side down, in a microwave-safe baking dish. Cover with plastic wrap, vent and microwave at HIGH 4 minutes. Proceed as above. Cut slices in thirds crosswise and then in half lengthwise. Heat oil in a 11 1/2-by-7 1/2-inch microwave-safe baking dish at HIGH 3 minutes. Spread steak strips in layer over bottom, cover with waxed paper, and microwave at MEDIUM 9 minutes, stirring every 3 minutes. Remove beef; season with 1/4 tsp. salt and the pepper. Combine cornstarch and water; add to dish along with onion and garlic. Cover and microwave at HIGH 3 minutes, stirring after 1 minute. Add squash and continue cooking 2 minutes. Stir in beef, red pepper, remaining salt and nutmeg. Cover and microwave at HIGH 3 minutes or until beef is heated through and red pepper is tender crisp.

For a light but satisfying meal, serve the beef and vegetable stir-fry simply with a mixed greens salad tossed with apple slices. Toss the meal off with vanilla ice cream balls rolled in crunchy granola or chopped nuts and coconut.



Economical chuck steak and seasonal vegetables make this flavorful stir-fry entree an ideal choice for a family meal.

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**Cut Green Beans, Corn or Peas**

**39¢**

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**Potato Chips**

**79¢** 1 1/2 lb. bag

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# Hungry folk need fillin'

After a hard day at the office, or a long afternoon raking leaves, what is required is food that "sticks to the ribs." So if you're surrounded by a hungry family, it's time to try these cheesy potato pancakes. And don't rule them out for breakfast either.

## CHEESY POTATO PANCAKES

- 4 medium-sized boiling potatoes (about 1 1/2 pounds peeled, shredded and well drained)
- 1 cup (4 oz) shredded Cheddar cheese
- 2 tbsp grated onion
- 3 eggs
- 1/2 cup all-purpose flour
- 1 tsp salt
- 1/4 tsp pepper
- 2 cups applesauce
- 1/4 tsp cinnamon

Combine potatoes, cheese, onion, eggs, flour, salt and pepper; mix until well blended. Heat enough oil to just cover bottom of a large heavy skillet. (You may have to add more oil as you continue to fry pancakes.) Drop 1/4 cup batter into hot oil to form each 4-inch pancake. Cook over medium-high heat until golden and crisp on both sides. Drain on paper toweling. Meanwhile, combine applesauce and cinnamon; heat until warm. Serve pancakes immediately with warm applesauce. Yield: 12 4-inch pancakes.

Note: To hold for serving, wrap in foil and place in warm oven.

# Children's musical staged next month

David Wood's "The Plotters of Cabbage Patch Corner," a musical play written especially for children's audiences, will be presented at 10:15 a.m. Wednesday-Friday, Nov. 2, 4, and 1 and 4 p.m. Sunday, Nov. 6, at the Lydia Mendelsohn Theatre, Michigan League Building, at the University of Michigan, Ann Arbor.

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