



# Southfield cook's Italian beef recipe is a winner

You expect Mexican dishes to be popular in Texas and California cooking contests. You don't expect them to be quite so dominant in the Midwest.

But in the 10th annual Michigan Beef Cook-Off, Mexican dishes led the way, followed by Italian and Greek. Of the 15 recipes that made the finals, five were Mexican, including two dishes cooked by Al Schonwetter of Oak Park.

Three finalists prepared Greek food. Three entries were Italian, including Anita Sudakina's beef bragiola, which won an honorable mention.

While the Southfield cook's competitors were working over hot stoves in Michigan State University's human ecology building, Anita and her husband were majoring in vacation — in Hawaii.

The beef commission's Cattle Women were kind enough to head the rules. Anita's niece, Karen Danio, was allowed to take her place and cook the beef roll.

"I prepared the dish with her," Karen said following the judging. "I prepared it by myself."

Some of the five men and eight women contestants shared three common problems: inadequate seasoning, incorrect number of specified servings and not enough beef in fillings.

For example, the Italian beef torte, which looked like a pasta sponge cake, was supposed to serve six. It really served 16. It also contained more cheeses than beef.

AT FIRST, I thought the sombrero beef squares contained too much chili powder. Then I looked at the recipe. It didn't contain any. But the cubed chuck roast apparently spent too much time in the beef marinade.

The deviled beef bones were arranged most appetizingly: the individual short ribs standing on end, with erect chives in the center, topped with its own purple flower. Unfortunately, the beef was bread-crumbed too much. Less crumbs and a little sauce on the side would have immensely improved the taste.

The Athenian beef pick ups had too much phyllo dough surrounding too little ground round, but was a valiant try.

"I didn't need any advice on what to eat the night before I participated in the judging. I enjoyed charbroiled swordfish and snails at the Village Market in East Lansing, thanks to Pat Scott, beef commission vice president.

I also received an appropriate gift: a box of frozen strip steaks from the Country Store in Lansing. But that posed a problem.

I had to shuttle the box from freezer, thanks to the beef commission photographer — who was in the midst of moving — to the refrigerator at the motel where I was staying. However, the airline I flew didn't have an ice box.

When I got home, I asked my wife to check the beef. Only one steak had partially thawed. My wife knew what to do — she cooked it her way and ate it. I was still full.

**BEEF BRAGIOLA**  
2 lb. round steak, sliced ¼ inch thick, cut into individual portions (3 inches by 4 inches), pounded to flatten  
3 tbs. olive oil  
¼ lb. mushrooms, sliced  
¼ cup dry red wine (burgundy)  
Stuffing ingredients:  
2 cloves garlic, pressed  
2 cups homemade type bread crumbs  
¼ cup Parmesan cheese, grated  
¼ cup fresh parsley, minced  
¼ tsp. salt  
¼ tsp. pepper  
4 oz. white melting cheese, such as Mozzarella or Monterey Jack or Fontina, coarsely grated

Prepare stuffing: In dutch oven or large electric frying pan, melt butter or margarine. Sauté garlic. Toss in bread crumbs until all the garlic butter is absorbed and the crumbs become toasted. Remove from heat. Gently mix in Parmesan cheese, parsley, salt and pepper. Press stuffing into individual beef portions and divide Mozzarella cheese equally on top of stuffing. Roll each steak tightly and secure with toothpicks.

In garlic scented pan in which stuffing was prepared, heat olive oil and then brown meat rolls along with

mushrooms. Add wine, cover, and simmer 1-1½ hours or until tender.

The wine sauce will then glaze the beef as it cooks and all of the flavors mingle. Remove picks and serve on a bed of buttered noodles. Garnish with chopped parsley and grated lemon rind if desired. Serves 6. Preparation time is one hour.

It can be made a day in advance and reheated, if desired. Also, when cold, it slices beautifully into cocktail size portions. At serving time, reheat gently in a 350 degree oven, or in a microwave oven.

**MEXICAN MANICOTTI**  
1 lb. ground chuck  
½ cup onion, chopped  
¼ tsp. lastant minced garlic or 1 clove, crushed  
10 oz. pkg. frozen chopped spinach, cooked and drained  
½ cup grated Parmesan cheese  
½ tsp. salt  
¼ tsp. pepper  
8 corn tortillas, 7-inch  
1 jar (15 ½ oz.) spaghetti sauce  
1½ cups shredded Monterey Jack cheese

Preheat oven to 350°. In large skillet, combine beef, onion, and garlic. Stir together over medium heat until beef is brown. Stir in cooked spinach,

chopped cheese, salt and pepper. Spread ¼ meat mixture across center of each tortilla. Fold on place of tortilla over filling and roll. Place seam side down in greased 9 x 13 inch baking dish. Spoon spaghetti sauce over rolls and sprinkle with Monterey Jack cheese. Bake 15-20 minutes or until cheese melts and sauce is bubbling. Serves 4.

**BEEF DIABLO**  
1 2-3 lb. first cut chuck blade steak, pounded and cut into strips  
\*1 cup chopped green or red sweet peppers  
1 cup chopped onion  
2 tbs. vegetable oil  
1 tbs. chili powder  
3 cloves minced garlic  
¼ cup beer or white wine  
¼ cup beef broth  
¼ tsp. ground cumin  
1 tsp. lime juice  
½ tsp. sugar, brown or white  
Salt and pepper to taste  
1 tsp. dried cilantro or parsley substitute  
1 tbs. flour  
1 cup shredded Monterey Jack or Colajk cheese  
16 flour or corn tortillas or 1 lb. cooked pasta

\*For tangier flavor, substitute ¼ cup fresh Jalapeno peppers, seeded and

chopped and ¼ cup green peppers. Sauté pepper, onion, and garlic in oil until slightly tender. Remove from pan. Sauté beef strips in same pan. (Add more oil if necessary.) Brown on all sides. Add beer, broth, chili powder, cumin, lime juice, cilantro, sugar, salt

and pepper. Heat through. Sprinkle flour over mixture to thicken, stirring. Roll tortillas in non-stick fry pan or griddle. Spoon meat mixture into center of a tortilla. Sprinkle cheese on top. Roll up and serve. Serves 8. Preparation time is approximately one hour.

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