



Boneless sirloin is good buy

It doesn't happen very often, but when boneless sirloin is on sale and the same price as round steak, I snap up the sirloin. That's no great surprise, I guess, but I take advantage of the sirloin windfall for cooking reasons, too. That spells 6-3-2-1-1. I substitute the boneless sirloin in a variety of fried steak dishes because not only doesn't it have to cook as long, the meat still ends up more tender. I also allow the sirloin into this strips for Chinese beef dishes.

You can pound the sirloin thin and coat it, such as in chicken-fried steak, or fry it as is with an instant sauce, thanks to canned soups.

Bargain boneless sirloin soothes the average food budget.

COUNTRY-FRIED SIRLOIN
1 lb. boneless sirloin, halved
Salt and black pepper
2 tbsp. cooking oil
1 can (10 1/2 oz.) French onion soup

Season steaks to taste on both sides, brown in hot oil in skillet drain grease, pour on soup, reduce heat to low, cover and cook 35 minutes. Serves 2.

MUSHROOMED CHICKEN-FRIED SIRLOIN
1 1/2 lbs. boneless sirloin steak, 1/4-inch thick
2 eggs
1/4 cup milk
1/4 cup all-purpose flour
1/4 cup cracker meal
1/4 cup cooking oil
1 can (10 1/2 oz.) Campbell's Golden Mushroom soup

Salt and white pepper

Cut sirloin in 6 pieces, trim excess fat and pound thin. Beat eggs with 2 tablespoon milk in soup bowl. Place flour in second soup bowl and cracker meal in another. Dredge meat in flour, thoroughly dip both sides in egg-milk mixture and dredge in cracker meal. Thoroughly brown three pieces steak in 1/4 cup hot oil in skillet, turning once, and set aside. Heat remaining oil,

thoroughly brown three pieces steak in 1/4 cup hot oil in skillet, turning once, and set aside. Heat remaining oil, thoroughly brown rest of meat, return browned pieces, cover and cook on low heat 30 minutes. Remove meat and keep warm. Drain grease from skillet, add soup, stir in rest of milk, season with salt and pepper to taste, bring to boil, stirring, reduce heat to medium low and simmer couple minutes. Return meat to skillet and heat through or pour on sauce when serving. Serves 3-6.

Spices cost more, but still a bargain

Although the cost of spices is no longer 29 cents a tin (or even very close to it), they are still relatively inexpensive. They cost more today (what doesn't?) than they did a few years ago, but they're still one of the best bargains in the store when they are evaluated realistically.

According to The American Spice Trade Association, there are more than 1,000 pinches in a one-ounce tin of ground black pepper. And the same ounce of pepper is enough to season your breakfast eggs every morning for two years.

A single ounce of oregano will make 432 slices of pizza famous.

And a 1 1/2-ounce container of ground cinnamon is enough for 456 slices of apple pie. The bottom line is that even when three or four spices are used in a recipe, the seasoning cost per portion of a dish is not apt to turn more than a few pennies and frequently much less than that. In terms of total food cost, the seasoning is a small fraction, but it can often make the difference between an ordinary dish and something really special.

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