



pilot light
Greg Melikov

Make French dip with 'real' bread

"Recently I ate at a restaurant that had on its menu a sandwich called 'French Dip,'" writes Helen Reeves of Portrance, Kan. "I was wondering if you might have the recipe and could send it to me. I would like to also have the recipe for the bread part - this sandwich was flaky and very good."

Of boneless beef roast (instead of rib roast) and roast in open pan; dissolve 2 beef bouillon cubes in 1/2 cup hot water, mix with 1/4 cup Burgundy and baste meat during roasting. After roasting to desired doneness, remove meat to warm platter and let stand 20 minutes before slicing. Pour meat juices, minus excess fat, into small saucepan along with beef scrapings; dissolve another bouillon cube in 1/2 cup hot water, mix with a little more Burgundy and add, stirring on heat, until desired consistency is reached. Then strain the liquid. Slice beef thin, place in French bread, cut in sandwich length, roll and

heat in oven. Then just eat and dip. As for the bread part, I find patronizing a bakery more to my liking for convenience sake. But a friend, with a vast journalistic background, who started her own weekly, has a nifty recipe that she says: "Tastes just like homemade French bread. That crust is out of sight. 'Enjoy, enjoy!'" Try it, try it!

JOAN'S HOT CASSEOLE BREAD
1 pkg. dry yeast
1 cup very warm water
4 cups unbleached flour
1 tsp. sugar
2 tsp. salt
1/2 cup tap water
Butter
Place yeast in warm water, let dissolve and stir well. Place flour, sugar and salt in medium-size bowl and mix. Add yeast mixture and mix. Add tap water to soften dough; getting it a bit stickier than biscuit dough; cover and let rise until doubled. Punch dough down and divide, place each batch in generously buttered casserole and let rise uncovered until doubled. Bake in pre-heated 400-degree oven about 40 minutes, remove and butter crusts.

Tailor breakfast to your needs

No time for breakfast? Nonsense! Breakfast can be tailored to fit any schedule and any budget. The benefits of a good breakfast are threefold. Breakfast refuels the body after a night's sleep, providing the energy and stamina needed to perform well at work, school and play. Breakfast supplies significant amounts of Vitamin C, riboflavin and calcium, three important nutrients which you do not get enough of in other meals. Breakfast is a good snack skipper. And breakfast helps discourage munching snacking which can add unwanted pounds.

If family members are cereal lovers, purchase the large-size box. (Compare prices quickly by dividing the purchase price by the number of ounces or pounds.) "Day old" bread and bakery goods are just as nutritious and less costly, while cheese sold in large pieces is a better buy than shredded or sliced varieties. Purchase plain lowfat yogurt in pint-size containers rather than individual cartons. Then, add your own fruit and sweetening for extra savings. When the urge to bake strikes, prepare muffins,

biscuits, corn bread, banana bread and coffeecakes in quantity. Freeze them in individual portions to hasten thawing. Other economical breakfast recipes are available in "Stretching Food Dollars." This information-packed booklet from the Quaker Oats Co. also includes money-saving shopping tips as well as nutrition information, food storage charts and meal planning lists. For your FREE copy, send name and address to: QUAKER "Stretching Food Dollars" Booklet Offer, P.O. Box 11257, Chicago, IL 60611.

While breakfast should supply one-quarter to one-third of the day's nutrients and calories, breakfast food doesn't have to be traditional fare. Cheese, pizza and an orange can be just as nutritious as rice, eggs and toast. The key is always including a good source of vitamin C, whole grain cereal or bread and at least one protein-rich food such as meat, cheese, peanut butter, nuts, eggs, yogurt or milk.

Breakfast doesn't have to be elaborate to be nutritious, either. Many breakfast foods require little preparation or can be prepared the night before. Strawberry Summer Breakfast, a cool and creamy make-ahead fruit and cereal combo, features foods from three of the Basic Four Food Groups. Fresh strawberries and orange or pineapple juice contribute a healthy helping of vitamin C, while a one-ounce serving of rolled oats supplies seven B vitamins, vitamin E and nine minerals as well as weight-boosting dietary fiber. As an added bonus, whole-grain oats contain no cholesterol and almost no sugar or salt.

Combine all ingredients; mix well. Cover, refrigerate at least 8 hours or overnight. Mix well before serving. Serve with milk, if desired. NOTE: When using old fashioned oats add an additional 1/4 cup oats.

STRAWBERRY SUMMER BREAKFAST
1/2 cups sliced strawberries
1/4 cups unsweetened pineapple or orange juice
1 cup quick or old fashioned* oats, uncooked
1/2 cup coarsely chopped nuts
(tbsp. brown sugar)

IGA TABLETITE
Western Beef
Chuck Roast
SOLD AS ROAST ONLY
\$1.49 LB.

Dairy
Orange Juice **89¢**
Low Fat Milk **\$1.39**
Amtr. Singles **\$1.79**
Yogurt **39¢**
Frozen
Whipped Topping **55¢**
Ice Cream **\$2.99**
Perch Fillets **\$1.99**
Fish Fillets **\$2.99**

A SANDWICH is another quick-to-fix breakfast which is as good for you as delicious. Bagels, corn bread, English muffins, pita bread, biscuits, tortillas and waffles are a tasty change of pace from plain bread and can be filled with a variety of healthful ingredients. Try layering cheese, tomato and crumbled cooked bacon between two waffles. Stuff chicken salad and fresh pineapple cubes on a whole wheat pita bread. "Planned over" meat, eggs, fruit and vegetables are other nutritious and economical choices.

HOLLY FARMS GRADE A Chicken Breast
Whole, Split or, Jumbo Pack
\$1.39 LB.

IGA TABLETITE
Western Beef
Boneless
Denver Steaks **\$1.99** LB.
HYGRADE MEAT
Ball Park
Franks **\$1.59** LB.
1 LB. PKG.

BLUEBERRY BOUNCE
1 cup fresh or frozen blueberries
2 medium bananas, sliced
1/2 cup unsweetened pineapple juice
1/2 cup plain yogurt or milk
1/2 cup quick or old fashioned oats, uncooked
1/2 tsp. sugar
1/2 cup crushed ice or 8 to 10 ice cubes

WEST VIRGINIA
Sliced Bacon **\$1.99** 1 LB. PKG.

FRESH ATLANTIC Ocean Pink
Ocean Perch Fillets **\$2.39** LB.

Place all ingredients in blender container. Blend at high speed about 1 minute or until smooth. Serve immediately. 4 servings.

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Frozen
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Ice Cream **\$2.99**
Perch Fillets **\$1.99**
Fish Fillets **\$2.99**

Produce
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FRESH ATLANTIC Ocean Pink
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