Beef up choices of meat to put on barbecue

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The next grade is choice, a grade that accounts for 20 percent of all the beef sold and is what most supermarkets and butchers carry for consumer purchases. The meat is also light colored and has a firm layer of fat, but the marbeling is uneven and there might be little pockets of fat. Choice meat is a tad more coarse than prime.

THERE CAN BE quite a difference between top choice and low choice, since about 15 years ago the breeders and gowers changed the grades, incorporating plain choice into top prime and the grade below choice, good, into choice.

So the choice meat you get now encompasses a wide range of quali-

TRADITIONAL BEEF WELLINGTON good beef fillets

4 good beef fillets
1 cup fresh chopped mushrooms
4 strips bacon or salt pork
8 strips bacon or salt pork
9 strips bacon or salt salt pork
9 to sal

ty. This is why you can see some to make das "top choice." No one, however, would dare advertise their meat as "bottom choice." The "good" grade of meat former; The "good" grade of meat former) was the commercial grade. This grade is for folks who don't like a lot fall. It is plain meat with hardy any marbling and is apt to be tough, with hittle flavor. These critise usually with hittle flavor. These critise usually with hittle flavor. The continuation of the chances flavor and tenderness flavor and tenderness my include some cows and bulls. The last grade, which is seldem seen in retail markets but is mainly used by the processors of frankfurters, bologna, knockwurst, sausages and canned or potted meat products.

lightly greased baking pan until de-sired internal temperature is

CLASSIC LONDON BROIL

Although many people think of London broil as a cut of meat, it is actually a way of cooking meat. A boneless piece of meat is marinated, broiled, then silced into thin silces and is usually served with a must-room sauce. Flank steak has tradi-tionally been the best cut for London broils

I flank steak, 2-2% pounds

Yours truly has a simple rule that is followed by all the Janes Gang, Momma always said never to buy steaks or good meat that was cut and wrapped in a smothering plastic. She always said that you should get to know your buther or meat person so that when quality counted, you could depend on his or her recommenda-

TO THIS DAY, she still relies on Mr. Szymanski and, in all honesty, at the family barbecues, you can always tell. Of course, an occasional Momma Janes pie and loaf of fresh bread never hours.

So light up those grills and heat up those broilers, but when you want the best, rely on a good butcher or meat market for the tastlest cuts. Bon Appetit!

paprika sait and pepper to taste juice of 1 lemon I clove garile, chopped fine I tablespoon chopped parsley % teaspoon thyme or rosemary oil

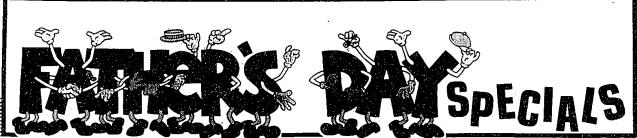
oil

Place the piece of meat in a dish
or saucepan and season it with
paprika, sait and pepper. Squeeze
the lemon juice over it and then
sprinkle with garlic, parsiety, thyme
and rosemary. Wet the meat with
it, turning it several times. Marinate the meat in the relrigerator for

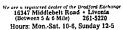


Morel finders

Arthur Borucki of Bloom field Township recently found morel mushrooms in his own home town. Bloom-field Village Officer Henry Rogalsi told Borucki where he had seen some mush-rooms, and Borucki, who has hunted morels before, has hunted morels before, gathered them up. "They're not supposed to grow south of Bay City," said Borucki, who found two 10-inch-sulpones and two 8-inch ones, among 11 morels. He said they were found in a woodpile and believes the sporewere in the wood when it was brought from up north. (Another Observer & Eccentric reader wrote to say she found six morels, one six-inches tall, in her Livonia backyard.)



















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