

Pack your backpack with gourmet goodies

See related story, Page 1B.

PACKABLE BEEF JERKY

- 4 pounds flank steak
- 1/4 cup chopped onion
- 1/4 teaspoon thyme
- 1-2 bay leaves
- 2 tablespoons salt
- 2 cloves garlic, crushed
- 2 teaspoons pepper
- 2 whole cloves
- 1/4 cup vinegar
- 1 cup red wine or water
- 1 cup Worcestershire
- 1 cup soy sauce

Slice meat with the grain (partially frozen is easiest). Combine remaining ingredients and mix well. Marinate meat strips at least overnight or for up to 36 hours. Squeeze liquid out with a rolling pin. Cover bottom of oven with foil. Drain meat over oven racks, allow to dry 9 hours at 175 degrees with the oven door propped open with a stick or wooden clothespin. Place in freezer-lock bags.

BAKING POWDER BISCUITS

- 2 cups flour

- 1 tablespoon plus 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup plus 2 tablespoons shortening
- 1/2-1/4 cup milk

Combine dry ingredients, mix well. Cut in shortening with a fork. Add just enough milk to evenly moisten and make a lumpy dough. Knead until rollable. Grease a skillet and place the biscuit mixture in the skillet. Cover with foil or a lid and cook over low flame, rotating pan to prevent scorching in one area for about 20 minutes. These can be made with herbs.

EASY CHICKEN PAN GRAVY FOR BISCUITS

- 1 cup water or milk or wine
- 1 chicken bouillon cube
- 2 tablespoons cornstarch

Combine all ingredients in a saucepan and heat until almost boiling, stirring constantly with a fork. After thickening, cook for 3 minutes.

COFFEETOP PASTA PARMESAN

- 4 ounces spaghetti, broken
- 1/4 cup instant long grain and wild rice

- 3 cups water
- 2 tablespoons Butter Buds seasoning
- 1/4 cup grated Parmesan cheese

In a coffeepot, bring water to boil and cook pasta with wild rice until tender, about 8 minutes. Using the ground holder, drain all water. Stir in seasoning and Parmesan cheese and enjoy!

MUSHROOM BARLEY SOUP

- 2 tablespoons oil or margarine or butter
- 1 cup chopped onion or 1/2 cup dehydrated
- 1 pound mushrooms or 1 cup dehydrated
- 2 tablespoons flour
- 6 cups water
- 6 beef bouillon cubes
- 1/4 cup whole barley
- 1 lemon, sliced or 1/4 cup lemon juice

In a large pot, heat oil or butter and saute onion, (optional if necessary) Add mushrooms and barley then add lemon juice. Cover and simmer for 20 minutes. Dissolve a little water in the flour and stir into soup to thicken. Season with pepper before serving.

Sandwiches get personal

See related story, Page 1B.

Suggested fillers for making your own roll-up sandwiches: (since the law prevents you from calling them "Dillies," after Picadilly Circus, maybe you could name them after your favorite square: Trafalgar, Herald or St. Mark's, perhaps).

- Peanut butter and jelly
- Cream cheese, ham, sliced dates, Chopped walnuts
- Grilled steak strips, Swiss cheese, cheddar cheese, lettuce, tomato, sour cream
- Sliced turkey, roast beef, ham, provolone cheese, lettuce and tomato
- Smoked turkey, cheddar cheese, leaf lettuce, honey mustard
- Grilled chicken strips, Havarti cheese, tomato and lettuce
- Chopped spinach, water chestnuts, parsley, Swiss cheese, lettuce and tomato
- Cold baked beans, chopped onion, yellow mustard
- Melted chocolate and orange marmalade

Melted chocolate and chunky peanut butter, or chopped nuts

- Cream cheese, caviar, chopped onion
- Herring, sliced egg, tomato and lettuce, chopped dill
- Chopped spinach, bean sprouts, sliced mushrooms, shredded cabbage, grated carrots, raisins, yogurt
- Chopped hard-boiled eggs, pecans, stuffed olives
- Raw tenderloin of beef, caviar, onion butter
- Ham, crushed pineapple (drained) Dijon mustard
- Flaked cooked salmon, mashed avocado, lemon juice
- Chopped chicken livers, chopped onion and parsley

RIB ROAST OF BEEF

- 4-rib standing rib beef roast
- 1/2 cup coarse salt plus 2 teaspoons pepper

Bring the roast to room temperature, and rub salt and pepper on top of the fat, but not the flesh.

Stand the roast on its bones, fatty side up, on a rack in a shallow roast-

ing pan, and put it into an oven, preheated to 325. Do not add water.

If you are using a meat thermometer, insert it so that the point is in the center of the meat, not touching the bone. If a thermometer is not used, use the timetable to estimate the time required to reach the desired degree of doneness.

When the desired degree of doneness is achieved, place the meat on a warm platter to rest while making the gravy and any other accompaniments.

STANDING RIB ROAST

- (5 to 8 pounds) roasted in 325-plus-degree oven
- Degree of Doneness Minutes Meat
- Rare 23 to 25 140 degrees
- Medium 27 to 30 160 degrees
- Well done 32 to 35 170 degrees
- This pan gravy

Skim all excess fat from the meat drippings, leaving any meat pieces in the pan. Stir in 1/4 to 1 cup of beef stock. Bring to a boil, scraping the bottom of the pan to loosen the meat.

La Rose
MARKET
YOUR FAMILY FOOD STORE

Phone (303) 442-9955
2375 ORCHARD LANE RD.
HOURS: MON-THU 9 AM - 9 PM
SAT-SUN 9 AM - 6 PM

Phone (303) 427-1944
3000 5 MILE RD. AT MEHRMAN
HOURS: MON-THU 9 AM - 9 PM
SAT-SUN 9 AM - 6 PM

Prices Effective Tuesday, July 30th thru Monday, Aug. 5, 1991

ONE WEEK SALE!

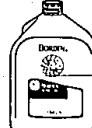
Cottonelle
BATH TISSUE
4 Roll Pack



79¢

Limit 1 per Family
Effective July 30-Aug. 5, 1991

Borden
2% MILK
Plastic Gallon



99¢

Limit 1 per Family
Effective July 30-Aug. 5, 1991



Tender Michigan

SWEET CORN

.08¢ per ear
Limit 12 Please

CHICKEN BONANZA Fresh Cut Daily • Grade A Chicken

CHICKEN BREAST
\$1.49 lb.

- PINWHEELS.....49¢ lb.
- (Breast Quarter with Wing)
- PICK-O-CHICK.....99¢ lb.



LEG QUARTERS
39¢ lb.

- Boneless • Skinless CHICKEN BREAST.....\$2.89 lb.
- CHICKEN DRUMSTICKS or THIGHS...59¢ lb.

PRICES GOOD JULY 30 THRU AUGUST 5

Fresh Approach

QUALITY

MEATS, PRODUCE & DELI

35243 Grand River • Farmington

In the Drake's Plaza across from Bob Saks • PHONE 442-2160

U.S.D.A. GOV'T. INSPECTED WHOLE BONELESS NEW YORK STRIP LOINS

11-lb. AVG.

\$2.99 lb.

CUT FREE OF CHARGE

U.S.D.A. GOV'T. INSPECTED BONELESS BEEF NEW YORK STRIP STEAKS

1 lb.

\$4.69

FRESH GROUND SIRLOIN PATTIES

1 lb.

\$2.39

Seafood

GEORGES BANK COD FILLETS

1 lb.

\$4.99

GEORGES BANK FISH PIECES

1 lb.

\$2.69

FRESH SWORDFISH STEAKS

1 lb.

\$8.99

20-LB. BAG KINGSFORD CHARCOAL BRIQUETS

\$4.99

20-LB. BAG **\$1.00**

MICHIGAN HONEY ROCKS

99¢ EACH

YOUR COST WITH IN-STORE COUPON

\$3.99

LIMIT 1 WITH COUPON PLEASE

TUESDAY, 7/30 ONLY

DORITOS TORTILLA CHIPS

REGULAR-NACHO-RANCHI

2 1-LB. BAGS **\$3**

LIMIT 4 PLEASE

WEDNESDAY, 7/31 ONLY

HAMBURGER FROM FRESH GROUND CHUCK

99¢ lb.

LIMIT 3-LB. PLEASE

THURSDAY, 8/1 ONLY

KRAFT PARKAY MARGARINE

2 1-LB. OTS. **\$1**

LIMIT 4 PLEASE

Deli

BUTTERBALL FRESH TURKEY BREAST

1 lb.

\$2.99

OUR OWN ITALIAN PASTA

1 lb.

\$3.49

MOZZARELLA CHEESE \$2.19 lb.

SEALTEST COTTAGE CHEESE

LARGE OR SMALL CURD

26-OZ. CTN.

\$1.39

FEATURING... "GUERNSEY" DAIRY PRODUCTS

Kraft Shredded CHEDDAR or MOZZARELLA CHEESE

12 oz.

\$1.97

Additional Quantities...\$2.19

Limit 2 per Family • Effective July 30-Aug. 5, 1991

Parkay MARGARINE

1 lb.

49¢

Additional Quantities...59¢

Limit 2 per Family • Effective July 30-Aug. 5, 1991

Hygrade HOT DOGS

1 lb.

89¢

Additional Quantities...\$1.19

Limit 4 per Family • Effective July 30-Aug. 5, 1991

Wishbone ITALIAN SALAD DRESSING

1 qt.

\$1.59

Additional Quantities...\$1.77

Limit 2 per Family • Effective July 30-Aug. 5, 1991

Bounty PAPER TOWELS

JUMBO ROLL

69¢

Additional Quantities...77¢

Limit 2 per Family • Effective July 30-Aug. 5, 1991

Better Made POTATO CHIPS

15 oz.

\$1.77

Additional Quantities...\$1.99

Limit 2 per Family • Effective July 30-Aug. 5, 1991