Simply elegant steak roll

The grain prize winner in the National Beef Cook-Off is entitled "Spanish Steak Roll with Sauteed Vegetables." The recipe, by Sandy Clede the Wheat Ridge, Colo., received with a simple range-top cubins with a simple range-top cubins with a simple range-top recipies, send a self-addressed, business-size, stamped envelope to National Beef Cook-Off, 444 N. Michigan Avenue, Chicago, Ill. 80611-9909.

SPANISH STEAK ROLL WITH SAUTEED VEGETABLES Preparation time: 20 minutes Cooking time: 9 to 11 minutes

1 %-pound boncless beef top strioin steak, cut % to 1 lach thick I teaspoon garlie powder, divided & teaspoon freshly ground black

pepper
2 teaspoons vegetable oil, divided
1 teaspoon butter
34 teaspoon salt, divided
1 each red and green bell pepper,
cut lengthwise into thin strips
1 small white onion, thinly silced



Spanish Steak Roll with vegetables is a prize-winning recipe

l co sliced fresh mushrooms % op chopped walnuts % taspoon chill powder I talespoon dairy sour cream I ca (4 ounces) chopped green chi-lies trained

Lemo silices. Cliatro spirigs Pund boneless beef top sirioin stea to about vi-inch thickness. Sprikle with 'h teaspoon garlie power and pepper. Reat I teaspoo. oil and butter in 12-inch heav frying pan or griddle over medira-ligh heat until hot. Panfry steaks to '7 minutes for medium-rare 150 degrees F) or to desired doness, turning once. Remove steakto heated platter, sprinkle with 'i teaspoon salt. Keep warm.

Add red and green peppers, enion, mashrooms and walnuts. Cook 2 minutes, attring frequently, Add remaining W teaspoon garlie powder, V teaspoon sail and entill powder; continue cooking 2 minutes, stirring frequently. Spread steak with sour cream; top with chilles. Starting at long side, roll up steak jelly-roll fashion; secure with 6 wooden pieks. Spoon vegetables around steak roll; garnish with lemon silices and cilantro sprigs. To serve, carve steak roll between wooden pieks, remove and discard wooden pieks, servings. Nutrient data per serving of

Nutrient data per serving of steak roll and sauteed vegetables: 232 calories; 12 g fat; 468 mg sodium; 72 mg cholesterol.

Chief chili ready to try again

Chili champ I au Huyck of Farmington Hills said he had a "sensation" it me at the World Cookol Get. 20 at the abandoned Tropico Gold Mine in California.

He didn't make the finals, but he's not discouraged. "What a party!," he said. "It was incredible. There were 87 cooks, most of them had competed in the world cookoff before. I was one of three people who were there for the first time. I definitely plan to try to requalify." Huyck said he learned a lot and talked to other cooks.

PAT WILHITE, office manager at the Lark restaurant in West Bloom-field, was one of the 111 World Cookoff judges. She'll be home on

field, was one of the 111 WordCookoff Judges. She'll be home on
Monday.

Christmas is coming, and Ursula
Rymarz of Livonia is already thinking about cookies. She's planning to
make a variety of cookies for a family party on Dec. 7, and wanted to
know how to keep them fresh.

Lois Thieleko, home economist for
the Michigan Cooperative Extension
service, said cookies can be forcen in
air-tight containers. It's very important to make sure the cookies are
dry, and completely cooled before
you freeze them.

If you put the cookies in plastic
freezer bags, get as much of the air
out of the bag as possible. Air creates moisture. Don't freeze frosted
cookies. Freeze the cookies, and
frost them closer to the time you'll
be serving them.

A reader called and wanted to

A reader called and wanted to know how long eggs and canned



chicken broth keep in the refrigera-

Thieleke said it's best to store eggs in the carton on the bottom of the refrigerator. They'll keep up to eight weeks. Eggs stored in egg keepers on the inside of the refrigerator door will keep one to one and a half weeks.

The American Egg Board has a new booklet on the care and handling of eggs. Send a self-addressed, stamped, legal-size envelope to The Incredible Edible Egg Number 33, P.O. Box 733, Park Ridge III. 60068.

If you open a can of chicken broth and use only part of it, pour the reat in a seother entainer. I will keep in the refrigerator for three to four days. Better yet, pour it in an ice cube tray and freeze it. When it's freeze, put the cubes in a plastic freezer bag, and you'll never waste another can of chicken broth again. Marleen Allen of Redford is looking for a starter for sourdough. I looked all over, I'm still looking, and can't find one. If you've got a recipe for sourdough starter, please call except Wygonik, Taste editor, 953-2105.

cooking calendar

O HEALTHY GIFTS

On Wednesday, Nov. 6 at 9:30 a.m.
Lois Thieleke, extension home
economist from Oakland County will
present a program on healthy gifts
from the kitchen. At 1 p.m., Joseph
Sarafa from the Associated Food
Dealers of Michigan, will talk about
consumer trends in the supermarket.
Both programs will be at the Wayne
County Extension & Education Cen-

KITCHENGLAMOR
 Pizz: Calzone Workshop, 11 a.m.
Saturday, Nov. 2 at the West Bloom-field Kitchen Glamour, Orchard Mall, corner of Maple and Orchard Lake; 11 a.m. Saturday, Nov. 16 at the Redford store, 26770 Grand River, Call 537-1300.

Blue cheese adds zip to pasta entree

AP — Add zip to primavera-style pasta with the unexpected tang of blue cheese. You'll find that a little of this robust cheese goes a long way. It can easily stand on its ownthout additional herbs and spices. Choose any blue-veined cheese for this creamy side dish. Among your choices: Roquefort, Gorgonzola, Still-on or any of the blue cheeses produced domestically.

PASTA WITH BLUE-CHEESE SAUCE

BLUE-CHESS STOCKS

4 cups water
1 cup ritl or corkscrew macaronl
3 cups loose-pack frozen mixed broccoll, carrots and cantiflower
2 tablespoons all-purpose flour

h teaspoon salt
teaspoon pepper
I cup milk
te con crumbled blue cheese (2 ounces)

1/2 cup dairy sour cream Crumbled blue cheese (optional)

In sirge pan, bring water to bolling, Ait patal. Return to bolling, cook, unovered, for 5 minutes. Add vegetables Return to bolling; cook, unovered, for 5 to 7 minutes more or until lacaron is tender and vegetables are crisp-tender. Drain; return pah and vegetables to pan. Cover toleep warm.

In a stall saucepan, melt margarine or fater. Stir in flour, salt and pepper; dd milk. Cook and stir until bubbly; ook and stir for 1 minute more. Lepowe from heat; add 'w cup cheese add sour cerom. Return to heat, ook and stir to beat through beat of the star of the stir of the star of



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