

Marinade tenderizes round steak

It's fun to experiment with different styles of cooking, to explore the many exciting cuisines of the world.

But it is always nice to come back to the goodness of an old-fashioned, all-American dinner. From coast to coast, city to farm, generations of Americans have enjoyed the satisfaction that comes with sitting down with the family to a braised beef steak dinner.

For Americana cookery at its best, try a spicy round steak. The steak is packed with hearty flavor provided by a spicy marinade that also serves as cooking liquid and gravy. The tomato-based marinade is seasoned with Worcestershire sauce, garlic, chili powder and onion.

After the steak is marinated, it is browned, then slowly braised to tenderness.

Sliced onions are added during the cooking, contributing flavor and texture interest to the beef steak. Just before serving, the cooking liquid is thickened to make a flavorful gravy.

SPICY ROUND STEAK

1 beef round steak, cut 1/2 inch thick (approximately 2 to 2 1/2 lbs.)

1 can (6 oz.) tomato sauce
2 tbs. brown sugar
2 tbs. Worcestershire sauce
1 tbs. lemon juice
1 clove garlic, minced
1 tsp. chili powder

1/2 tsp. ground cumin
1/2 tsp. salt
1/2 tsp. pepper
1 tbs. cooking fat
1 cup water
1 onion, sliced into 1/4 inch slices

Combine tomato sauce, brown sugar, Worcestershire sauce, lemon juice, garlic, chili powder, cumin, salt and pepper in a saucepan. Cook slowly 10 minutes, stirring occasionally. Cool. Place steak in utility dish or plastic bag; add marinade, turning to coat. Cover dish or the bag securely and marinate in refrigerator 6 to 8 hours (or overnight), turning at least once. Pour off and reserve marinade. Brown steak in cooking fat in large frying-pan. Pour off drippings. Add reserved marinade and 1/2 cup water. Cover tightly and cook slowly 45 minutes. Add onions and continue cooking, covered, 30 to 45 minutes or until steak is tender. Remove steak to warm platter. Serve cooking liquid, thickened with flour if desired, with steak. Serves six.

It's appropriate that the flavorful beef steak and gravy be served with fresh vegetables. Golden corn on the cob goes well with the entree as does cooked red cabbage.

For a refreshing salad, combine fruits in season, then complete the main course with piping hot biscuits. Rice pudding sprinkled with cinnamon will end the meal on a delicious, homey note.

Pasties Sale
Buy Direct From Factory

Beef Pasties
Meat Turnovers
Beef Turnovers
Chicken Turnovers

3 for 89¢

Aug. 10-12
Savoy
Ingalls

Frozen Food Center
3232 OAKMAN BLVD. 29407 W. SIX MILE
DEARBORN - 522-2028 Livonia - 425-0282
Mon.-Sat. 9-6 Mon.-Sat. 9-6

Westland GARDEN CENTER AND NURSERY

20% OFF

Potted Shade Trees
• Roses

32593 Cherry Hill - Westland
(Between Hartman & Vanoy)
Mon.-Sat. 9-7 Sun. 9-6 721-0810

Michigan White or Yellow SWEET CORN

Picked Fresh Daily

6 ears for 69¢

Now Ready For Canning
• Sweet Corn
• Pickles - Dill
• Beets
• Green Beans
• Peaches
• Carrots
• Blueberries

Michigan HEAD LETTUCE
18 Size
59¢ Head

Michigan Honey Rock MELONS
14 Size
98¢ Ea.

Whole WATERMELON
\$2.49 - \$3.95
Whole Ice Cold Melons - no extra charge
ICE COLD CUT...19¢ lb.

• Fruits • Vegetables
• Eggs • Melons
• Dairy • Honey • Jellies
• Fresh Bread Daily

Prices good thru Aug. 11

CLYDE SMITH & SONS
CENTENNIAL
FARM MARKET
3000 Newburgh Road
Open Mon.-Sat. 9 a.m.-8 p.m.
Sun. 9 a.m.-7 p.m.



Round steak becomes company fare when it is marinated, browned, then slowly braised to tenderness. Moist heat is responsible for the fork-tender results.

Foreigners offered class in English

A 42-hour intensive seminar in English for foreign students who speak the language poorly will be on Aug. 10-14 and 17-21 at the Orchard Ridge Campus of Oakland Community College.

The seminar is aimed at students with intermediate proficiency in English, as measured by those who have scored less than 550 on the Test of English as a Foreign Language or less than 80 on the Michigan Test of English Proficiency.

Registration will begin on July 1 and is limited to 20 students.

For more information, call George Keith or Johanna Kobran at the Orchard Ridge Campus, 476-9400. The campus is at Orchard Lake Road and Interstate 696 in Farmington Hills.

The fee is \$325, which includes all course materials, testing and test results.

Need some teeth?

Check

Classified Ads

844-NYD
Oakland County
971-0000
Westland County
922-0000
Rochester/Ann



Full-time granny, part-time cop.

My name's McGruff, the Crime Dog. And that's Mimi Marth up there. She's a volunteer crime fighter - makes crime prevention a part of her day. If Mimi sees something suspicious, she reports it. Fast. So the cops can act. Fast.

There are over 100 other folks like her, who make up the Eyes and Ears Patrol in Hartford, Connecticut. There are groups like this all over the country, working together to help prevent crime.

Find out what you and your community can do. Write to: McGruff Crime Prevention Coalition, Box 6800, Rockville, Maryland 20850

And help...
TAKE A BITE OUT OF CRIME™

NOW OPEN Little Tony's Italian Bakery & PIZZA

Deep Dish Pizza

	SMALL 6 pcs.	LARGE 12 pcs.	X-LARGE 24 pcs.
CHEESE	2.50	4.24	7.75
CHEESE & ONE ITEM	2.90	4.74	8.75
CHEESE & TWO ITEMS	3.29	5.44	9.50
CHEESE & THREE ITEMS	3.70	6.14	10.85
CHEESE & FOUR ITEMS	4.10	6.84	11.90
LITTLE TONY'S SPECIAL	4.60	7.24	13.50

With Cheese, Pepperoni, Ham, Mushrooms, Green Pepper, Bacon, Onion.
(Anchovies on request)
CHOICE OF ITEMS: Pepperoni, Bacon, Hamburger, Green Pepper, Anchovies, Ham, Mushrooms, Onions, Black Olives, Italian Sausage.
Baked at no extra charge.
Baking Instructions: Rise 20 minutes, bake 425 degrees, for 20 minutes.
Home of the Square Pizza

HOME-MADE LASAGNA
Family Size \$2.99
All Dinners include Chips, Roll, Choice of Salad

STUFFED PEPPERS
BAKED GOODS
CANNOLIS
NAPOLEONS
CREAM PUFFS
CHEESE CAKE
TURNOVERS
APPLE JACKS
CHERRY JACKS
BAKLAVA
DONUTS
BUTTER COOKIES

CAKES
LUNCH MEAT PARTY TRAY \$2.99 per person
SPECIALIZING IN SUBS 1 Ft. & 6 Ft.
You pick the meat, we pick the price.

FROM OUR DELI:
FRESH ITALIAN SAUSAGE
RICOTTA CHEESE
ITALIAN LUNCH MEATS
AND CHEESE
KOWALSKI LUNCH MEATS
SPICES
IMPORTED PRODUCTS
GROCERY PRODUCTS
DAIRY PRODUCTS
SOFT DRINKS

COUPON
Hoffman
Hard Salami
\$1.09 1/2 LB.
Good thru 8-26-81

COUPON
Bordens
Elsie Ice Cream
\$1.89 1/2 GAL.
Good thru 8-22-81

COUPON
Large
Grade A
Eggs
69¢ DOZ.
2 DOZ. Limit per person
Good thru 8-22-81

COUPON
Bologna
1/2 lb.
49¢
Good thru 8-22-81

COUPON
Italian Bread
Buy 2
Get 1
FREE
Good thru 8-22-81

Bordens Milk
Homo Low Fat
\$1.79 \$1.49

Little Tony's Italian Bakery & Pizza
Orchard 10 Shopping Center
24101 Orchard Lake 474-1750 Daily 8-8 Closed Sunday