



An old family recipe makes for a tasty beef dinner.

Brisket comes up the big winner in beef cook-off

When Lucille Roach of Florissant, Mo., was looking for a recipe to enter in the National Beef Cook-Off, she reached into her recipe file for an old family favorite and came up with a winner. Mrs. Roach's Baked Beef Brisket took the top prize of \$1,500 at the seventh annual cook-off held in Scottsdale, Ariz.

The easy and tasty brisket recipe has been a favorite in Mrs. Roach's family since World War II when meat was rationed by points. The brisket was only one point per pound, so points were stretched by buying brisket for the meat-centered meals the family enjoyed.

Winning the third place prize of \$500 was Edna King of New Mexico for her Chili Beef Rellenos Won Ton, which features green chilies stuffed with a ground beef filling, wrapped in egg roll skins and fried.

The National Beef Cook-Off is sponsored by the American National CowBelles and the Beef Industry Council of the National Live Stock and Meat Board. The contest this year drew entrants from 48 states and the District of Columbia.

Next year the cook-off, which is open to all non-professional cooks, will be held in Sioux Falls, S.D.

The top eight recipes are available in a folder and can be obtained by sending a large, stamped, self-addressed envelope to: Best of Best, Department MFS, Beef Industry Council, 444 N. Michigan Ave., Chicago, Ill. 60611.

BAKED BEEF BRISKET

- 4-pound boneless beef brisket
- 2 tps. salt
- 1/2 tsp. black pepper
- 1 clove garlic, minced
- 3 large onions, minced
- 1 cup hot water
- 2 Tbsps. cornstarch
- 1 cup cold water

Place brisket, fat side up, in 10-x-13-inch roasting pan. Season brisket with salt and pepper; sprinkle with garlic and place onions on top. Bake in moderate 375-degree oven one hour, or until the onions turn brown. Add hot water, cover with aluminum foil and seal tight. Reduce oven heat to 300 degrees and continue cooking 2 hours. Remove brisket and onions to warm platter. To make gravy, combine 2 tablespoons cornstarch dissolved in 1 cup cold water with cooking liquid and cook, stirring until boiling and thickened. Garnish with parsley, cherry tomatoes, pickled peppers, turnips or stuffed olives. Serves 12.

CHILI BEEF RELLENOS WON TON

- 2 pounds lean ground beef
- 2 medium onions, chopped
- 1 clove garlic, finely chopped
- 1/2 tsp. salt
- 1/2 tsp. oregano
- 1/2 tsp. ground cumin
- 4 cups shredded Longhorn cheese
- 24 green chilies
- 24 egg roll wrappers
- Tomato cups

Brown beef slowly over low heat. Pour off drippings. Add onion, garlic, salt, oregano and cumin. Cook, stirring constantly, until onion is golden. Remove from heat; add cheese, stirring to blend. Remove seeds from chilies and pat dry with absorbent paper.

Stuff chilies, using about 2 Tbsps. meat mixture for each. (Meat mixture need not be completely covered by chilies.)

Place each filled chili diagonally on an egg roll wrapper. Place lower triangular flap over chili and the point under it. Bring left and right corners toward the center and roll up. Seal edges with a few drops of water.

Fry in deep hot fat (320 degrees) until golden brown. Place won tons on a platter and garnish with tomato cups filled with guacamole salad and topped with ripe olives. Serves 12.

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