

# Outsmart the leftovers with these ideas for preparing meals for 2

Small-scale cooking can be both challenging and fun. All it takes is a bit of preplanning, and some help from experts who have addressed the problem. They have come up with creative, exciting solutions to outsmart the "leftovers."

For starters, look to the meat department. Round steak, a great economical and versatile cut, is frequently on sale. But even two hearty appetites can't finish one in a meal, and leftovers may be wasted. Round steak is one of those marvelous cuts of meat that is readily cut into manageable-sized portions. It freezes beautifully when securely wrapped (don't forget to label it with the date you froze it, and to use it within 6 to 12 months). It will also keep in the refrigerator for 2 to 3 days, awaiting a different, interesting preparation from the first time it was served.

Most cookbooks call for braising round steak in a small amount of liquid, because it is considered a "less tender" cut. But this means cooking an hour or more, longer than most care to devote to making dinner.

There are, however, ways to prepare round steak that are wonderful eating, easy and take less time. Broiling is quick, and when the cooked meat is sliced across the grain into thin strips, it makes for tender eating.

For flavor, marinate the meat first. Pourable dressings are popular, convenient marinades providing ready-combined seasoning ingredients. For example, Italian dressing adds the flavors of red bell peppers, garlic, onion, spices and herbs with no peeling or chopping. While cooking, baste the round steak with the dressing to keep it moist and add flavor.



## It's all in the dressing

My avocado tree looks more like a bush and only serves as a momentary roost for birds. It was supposed to grow and bear fruit. It never has. I doubt it ever will.

I must rely on friendly neighbors and supermarkets for my avocados. That's why I've come up with a couple special recipes to enjoy the buttery-tasting fruit.

The key to the avocado cocktail is the dressing, which also can go on greens.

The frozen tomato mayonnaise, which also can top green salads as well as halved avocados, has one drawback: It takes a little while to melt. But the wait is worth it.

### AVOCADO COCKTAIL

1 cup mayonnaise  
1/2 cup chili sauce  
2 tbsp. catsup  
1/2 tsp. tarragon or wine vinegar  
2 tbsp. minced celery  
2 tbsp. minced green pepper  
1 tsp. grated onion, including juice  
2 to 3 avocados  
Several parsley or watercress sprigs, for garnish

In container with lid, gently whisk together mayonnaise, chili sauce, catsup and vinegar. Stir in celery, green pepper and onion. Cover and chill. Halve avocados, seed, peel, dice and pile in sherbet glasses. Top with dressing and garnish. Pass rest of dressing at table. Yields 6 servings.

### WATERCRESED AVOCADO

1/4 tsp. salt  
2 tsp. lemon juice  
1 avocado, halved lengthwise and seeded  
2 tbsp. chopped watercress

Sprinkle salt and lemon juice on avocado. Fill centers with watercress. Serves 2.

### FROZEN TOMATO MAYONNAISE

1/2 cup mayonnaise  
1/2 tsp. minced onion  
3 tomatoes  
1/4 tsp. salt  
Pinch of cayenne pepper

Place mayonnaise in mixing bowl and stir in onion. Drop tomatoes one at a time in boiling water, let boil 1 minute, remove with slotted spoon, peel, chop and add to mayonnaise mixture. Stir in seasonings. Pour into ice tray, level and freeze without stirring. Yields 14 cubes. Place cube in center of each halved watercressed avocado and allow 45 minutes to 1 hour to melt. Use remaining cubes on future green salads.

### MARINATED ROUND STEAK

1/4 cup Italian dressing  
1/4 lb. boneless beef round steak, 1/4-inch thick

Pour dressing over steak. Cover; marinate in refrigerator overnight. Drain, reserving marinade. Place steak on rack of broiler pan. Broil on both sides to desired doneness, brushing frequently with marinade. With knife slanted, carve meat across grain into thin slices. 2 servings.

There are other tricks for tenderizing meats such as pounding to break up tough fibers. Stroganoff for Two takes on chances — the meat is both pounded and cut into quick-cooking strips before broiling. Cream cheese used as a rich sauce base eliminates the need for a traditional sauce. It's quick and delicious.

### STROGANOFF FOR TWO

1/4 lb. beef round steak  
1 tbsp. margarine  
2 tsp. chopped onion  
1 3-oz. pkg. cream cheese, cubed  
1/2 cup milk  
1/4 tsp. Worcestershire sauce  
Dash of salt and pepper  
2 cups (4 oz.) noodles, cooked, drained

With meat mallet or edge of plate, pound steak well on both sides. Cut steak into strips; brown in margarine. Add onion; cook until tender. Add cream cheese and milk; stir over low heat until cream cheese is melted. Stir in Worcestershire sauce and seasonings. Serve over noodles. 2 servings.

Variations are endless. Add mushrooms and a

pinch of dry mustard; or stir in tomato wedges and chopped green pepper along with a touch of sherry, and heat through.

With a bit of creativity, you'll find many other ways to serve round steak. Taking a tip from the Chinese, for example, it could be cut into strips, then stir-fried with fresh vegetables, ginger and soy sauce. Serve over rice for a meal in minutes. Round steak also can be cut into bite-size pieces and marinated in a flavorful dressing overnight. At mealtime, skewer for kabobs, with or without vegetables, and grill or broil, basting with the marinade.

Once you've decided on the entree, it's important to choose a compatible accompaniment. Vegetables in cheese sauce are popular, but many small-scale cooks feel an elaborate sauce preparation is just "too much." For an easy cheese-flavored sauce, the Kraft Kitchens suggest stirring pasteurized processed cheese spread into cooked vegetables and heat through to melt. There's no grating, no slicing, no waiting.

Frozen vegetables packed in plastic bags are a great help. You can remove only the amount needed, reclose the package and return the unused portion to the freezer.

### GLORIOUS GREEN BEANS

1 cup frozen cut green beans, cooked, drained  
1/2 cup pasteurized process cheese spread  
1 2 1/4-oz. jar sliced mushrooms, drained

Combine ingredients; heat thoroughly, stirring occasionally. 2 servings.

Microwave: Microwave beans in covered 1-quart casserole on high 4 minutes or until crisp-tender, stirring after 2 minutes; drain. Add process cheese spread and mushrooms; microwave 1 minute or until process cheese spread is melted when stirred.

## By popular demand: baked potato skins!

Several months ago "Pilot Light" columnist Greg Melikov featured a recipe for baked potato skins. Since then we have had several calls from readers who have one way or another misplaced the recipe. So for all of you who missed it or lost it, here is Melikov's baked potato skins.

### POTATO SKINS

4 baking potatoes, about 3 lbs.  
1/4 cup melted butter  
1 tsp. soy sauce

Preheat oven to 400 degrees. Scrub potatoes and pierce each several times with fork. Bake on cookie sheet 45 minutes and let cool briefly. Halve lengthwise, remove flesh, leaving 1/4 inch in shells, and reserve for future dishes. Raise heat to 500 degrees. Mix butter and soy sauce, brush on both sides of skins, place outside up on cookie sheet and bake until crisp, 8-10 minutes. Sprinkle on coarse salt. Brush on remaining butter mixture or try with favorite dip. Serves 4.

## Here is a chef's salad that you can brown bag

Millions of Americans pack brown bag lunches every day. Some do it to save money, some to save calories, some to have time for shopping, jogging or just relaxing. Whatever your reason you can get a booklet full of helpful ideas and recipes, featuring Roman Meal bread. For your copy of Lunches To Go, send a stamped, self-addressed business-size envelope to: The Roman Meal Co., c/o Food Editor, Observer & Eccentric Newspapers, 38251 Schoolcraft, Livonia, Mich. 48150.

### CHEF'S SALAD SANDWICH

2 slices bread

Softened margarine  
1 to 2 tbsp. Thousand Island dressing  
1/2 to 1 hard-cooked egg, sliced or chopped  
1 slice Swiss cheese  
1 slice ham  
1 slice turkey  
1/4 to 1 cup shredded lettuce or 2 or 3 lettuce leaves

Spread both bread slices with margarine, then with dressing. Arrange all remaining ingredients on one bread slice, then close with remaining bread slice. Makes 1 sandwich.



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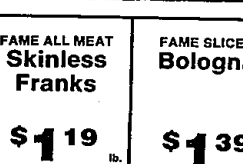
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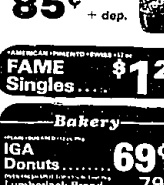
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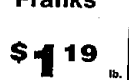
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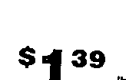
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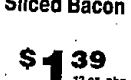
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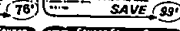
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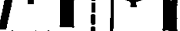
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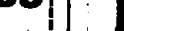
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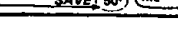
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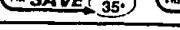
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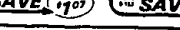
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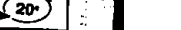
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