

Use beef specials to stock freezer, barbecue

Beef prices are lower this summer and many cuts will be featured specials. As these cuts are available at the local supermarket or butcher shop, consumers can buy the lower priced steaks, ground beef and other cuts, store them in the freezer where they will be readily available for cooking outdoors.

Ground beef can be stored in the freezer for up to three months and other fresh beef can be stored for up to 12 months.

For best freezing results, wrap meat tightly in moisture/vapor-proof material such as freezer paper, aluminum foil and polyethylene films and freeze quickly at 0 degrees F. or below. Place the beef in meal-size packages convenient for your family. Label each package with the date, cut and weight or number of servings.

Many of the leaner beef cuts, such as the top and bottom round, will probably be available at attractive prices.

When marinated before cooking on the grill, these cuts become more tender, juicy and flavorful. Use liquids such as wine, vinegar or lemon juice as a base for the marinade ingredients. Marinate beef for at least six to eight hours before cooking, turning at least once to let the flavors penetrate and to tenderize the meat fiber.

THREE-WAY TOP ROUND STEAK
1 beef top round steak, cut 1 inch thick
Lemon Herbed, Burgundy Wine or Mexican-Style Marinade

Prepare Lemon Herbed, Burgundy Wine or Mexican-Style Marinade. Place steak in plastic bag; add marinade, turning to coat. Tie bag securely and marinate in refrigerator 6 to 8 hours (or overnight if desired), turning at least once. Drain marinade from steak; reserve marinade. Broil steak over low to medium coals 22 minutes for rare; 26 minutes for medium. Turn

once. Brush with marinade occasionally.

LEMON HERBED MARINADE
1/4 cup chopped onion
1/4 cup lemon juice
2 tablespoons oil
1/4 tsp each salt, pepper, dried thyme leaves, marjoram leaves and rosemary leaves

Combine onion, lemon juice, oil, salt, pepper, thyme, marjoram and rosemary. Yield: 1 1/4 cups.

BURGUNDY WINE MARINADE
1/4 cup Burgundy wine
2 tbsp oil
2 tbsp chopped green onion
2 tsp brown sugar
1/4 tsp salt
1 clove garlic, minced

Combine wine, oil, green onion,

brown sugar, salt and garlic. Yield: 1 cup.

MEXICAN-STYLE MARINADE
1/4 cup tomato juice
1/4 cup vinegar
1 can (4 ounces) chopped green chilies, drained
2 tbsp oil
1 tsp sugar
1/4 tsp each salt and ground cumin

Combine tomato juice, vinegar, chilies, oil, sugar, salt and cumin. Yield: 1 1/4 cups.

GINGERY BEEF KABOBS
1 beef sirloin steak, cut 1 inch thick (about 1 1/2 pounds)
3 tbsp brown sugar
1/2 cup each cider vinegar and soy sauce
1 clove garlic, minced
1/4 tsp each grated ginger root and hot pepper sauce

Cut steak into 16 one-inch cubes. Combine brown sugar, vinegar, soy sauce, garlic, ginger root and hot pepper sauce. Place beef cubes in plastic bag; add marinade, turning to coat. Tie bag securely and marinate in refrigerator 1 hour. Pour off marinade. Thread 4 steak cubes onto each of four 8-inch skewers. Broil kabobs over low to medium coals 10 to 15 minutes, depending on doneness desired (rare or medium), turning occasionally. Makes 4 servings.

MEXI-BEEF BURGERS
1 pound ground beef
1/4 tsp each ground cumin and salt
1/4 tsp pepper
1/4 to 1 1/4 tsp seeded, chopped jalapeno peppers
1/4 cup shredded Monterey Jack cheese
4 tomato slices
4 hamburger buns, split and toasted

Combine ground beef, cumin, salt, pepper and jalapeno peppers, mixing lightly but thoroughly. Shape into 4 patties, 1/4 inch thick. Broil patties over medium coals 5 to 6 minutes. Turn and continue broiling 5 to 6 minutes or to doneness desired. Sprinkle 1 tablespoon cheese on each patty 1 minute before end of cooking time. Place beef patties and tomato slices between bun halves. 4 servings.

SLIM LINE BEEF STEAK
1 beef blade steak, cut 1/4 to 1 inch thick (approximately 1 1/2 pounds)
1 can (6 ounces) cocktail vegetable juice

and wine vinegar. A quick light and you have your special flaming salad to present your dinner guests.

FLAMING SALAD
4 slices bacon, cut in 1/4-inch pieces
Fresh ground black pepper to taste
3 tbsp. sherry wine vinegar
4 tbsp. brandy
Greens of your choice

Saute the bacon until crisp. Pour off half the fat. Add pepper, vinegar and brandy and heat until the brandy sizzles. Ignite and pour over salad. Serves 4.

1/4 cup lemon juice
1 tbsp spicy brown mustard
2 tsp sugar
1/4 tsp hot pepper sauce
1 clove garlic, minced

Combine vegetable juice, lemon juice, mustard, sugar, hot pepper sauce and garlic in small saucepan and cook slowly 10 minutes. Cool. Place steak in plastic bag; add marinade, turning to coat. Tie bag securely and marinate in refrigerator 6 to 8 hours (or overnight), turning at least once. Remove steak from marinade; reserve marinade. Broil steak over medium coals 14 to 17 minutes for rare; 17 to 20 minutes for medium. Brush steak with marinade occasionally. 4 servings.

Flavorful Flank Steak
1 beef flank steak (1 to 1 1/2 pounds)
1/4 cup red wine
1/4 cup each oil and vinegar
1 tsp each dried marjoram leaves and salt
1 tsp peppercorns, crushed

Combine wine, oil, vinegar, marjoram, salt and crushed peppercorns. Place steak in plastic bag; add marinade, turning to coat. Tie bag securely and marinate in refrigerator 6 to 8 hours (or overnight), turning at least once. Remove steak from marinade; reserve marinade. Broil over medium coals 10 to 15 minutes, or to doneness desired. Turn once. Brush with reserved marinade occasionally. Carve steak diagonally across the grain into thin slices. 4 to 5 servings.

Here's salad to light up your life

"Keep the salad simple, Simon!" This is a pun, but won't be so amusing if you concoct a salad that is anything but simple. Crisp greens, tossed with herbs and spices are refreshing anytime. There is no need for complications.

Color, eye appeal and taste are the governing factors. There are no other rules.

Because there is such variety of ingredients that go into a salad, or so say the salad experts, salads appeal to many tastes. In fact, one was sought to criticize Omar for not eating a salad after the loaf of bread and jug of wine.

One group of epicurean souls, the wine-loving and wine-conscious purists, casts a jaundiced eye toward the tart vinegars that many times adorn a salad. So they always pass up the wine until after the salad with vinegar has been consumed.

Saladmakers need a free rein, enough to let their creative juices run free. However, every saladmaker knows that too many herbs, spices and condiments can ruin a perfectly good salad.

There are two schools of thought when it comes to making salads. First there is the school that believes eye ap-

peal is more important than just tossing everything together, as the second school of saladmaking contends. And the second school frowns on the salad that looks too perfect.

One of the most important aspects of saladmaking is the use of ingredients. How often have you turned away from a salad that had too much vinegar, herbs and oil? The same applies when using other seasonings.

One of the most dramatic salads you can offer your guests at dinner combines brandy and wine vinegar. The salad greens are already mixed. Then you make a marriage of bacon, brandy

Delight guests with dessert buffet

The dessert buffet — delightful looking, delicious and decidedly economical. When it's your turn to give a shower, reception or tea, entertain the neighbors or host an after-the-game gathering, surprise your guests with a sumptuous sweet table.

With proper planning, the only last-minute details involve adding garnishes, reading the beverage and setting your creations in place. Unless you choose differently, everything could be prepared at least a day ahead. Many desserts can even be made several weeks in advance of your party and stored in the freezer. Mixes for cookies,

cakes, bars, frosting, pastry and other desserts can help you streamline your timetable even more.

It is important to select an array of desserts that contrast color, texture, flavor and shape. Variety in serving dishes is important as well. You will want to place your desserts so that some are dramatically elevated on compotes or tiered ones and others are placed on attractive platters and plates.

CAKES, PIES, tortes, bars and other desserts that require cutting can be sliced ahead of time for easy serving.

Or, have someone assist your guests as they pass through the buffet line.

Balance heavy, rich desserts with lighter, less sweet selections. For instance, a bowl of colorful fresh fruits with wedges of angel food cake and a bowl of spiced whipped cream nerby is an irresistible threesome. For contrast, try rich, fudgy brownies, wedges of Boston cream pie and decorated sugar cookies.

Garnishes add the final festive touch and should be selected to complement the flavors, colors and textures of the

dessert. For instance, add whipped cream rosettes to a mousse, gelatin dessert of trifle. Sprinkle plain or toasted coconut over frosting. Place chopped or halved nuts in a special design or initial. Sift powdered sugar through a paper doily onto a pound cake.

Economize by letting your most spectacular offering double as a centerpiece as well as part of the buffet.

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