

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 meat-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 mari-

nade, 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 1/2 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 tsp oil
1 tsp each salt and ground cumin

Combine tomato juice, vinegar, chi-

lies, 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
2 tsp 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. Four 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.

SLIM LINE BEEF STEAK
1 beef blade steak, cut 1/4 to 1 inch thick (approximately 2 pounds)
1 can (8 ounces) cocktail vegetable juice
1/4 cup lemon juice
1 tsp 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 15 minutes. Cook. 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 laced 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 way sought to criticize Omar for not eating a salad after the loss 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 appeal 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 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 tsp. sherry wine vinegar
4 tsp. 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.

Lo-cal pasta

This recipe uses a vitamin-packed vegetable juice as the vital ingredient. Calorie count? A mere 352 per serving with spaghetti and 253 per serving with spaghetti squash.

SPAGHETTI VIA VENITO

1/4 lb. ground beef
Salt
Pepper
2 cups vegetable juice
1 1/4 cups eggplant cut in strips
1 cup green pepper squares
1 large clove garlic, minced
1/4 tsp. Italian seasoning, crushed
2 tbsp. water
1 tbsp. cornstarch
4 cups hot cooked spaghetti

1. In large bowl, season ground beef with salt and pepper to taste; shape into 16 small meatballs (1 inch).
2. In 2-quart saucepan over medium heat, brown meatballs; spoon off fat.
3. Add V-8 vegetable juice, eggplant, green pepper, garlic and Italian seasoning; heat to boiling.
4. Reduce heat to low. Cover and simmer 10 minutes or until meatballs are done, stirring occasionally.
5. Meanwhile, in cup combine water and cornstarch until blended. Gradually stir cornstarch mixture into sauce. Cook, stirring until thickened. Serve over hot spaghetti. Makes 3 1/4 cups or 4 servings.

352 calories per serving.
Variation: Substitute 4 cups cooked spaghetti squash for spaghetti. 253 calories per serving.

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