

Pennsylvanian first in national beef cook-off

DENVER, Colo. — Mrs. Alexander Desantis, Bethlehem, Pa., has been named first place winner of the 1976 National Beef Cook-Off, a cooking contest sponsored by the American National CowBelles to expand consumer awareness of the less familiar, less expensive cuts of beef. Chuck round rump and brisket cuts were featured in the contest held in Salt Lake City last week.

The CowBelles women's auxiliary of the American National Cattlemen's Association, hosted contestants from 31 states.

Mrs. Desantis said Fiesta Beef Torta Ole, her winning recipe, "has the appearance of a round layer cake that is cut in wedges and served with hot taco sauce." It utilizes ground round, refried beans, and cheese layered with corn meal yeast dough. Mrs. Desantis says cooking, of course, is her hobby.

Winning second place was Dr. Sam Tornik, a chiropractor from Plain City, Ohio. His recipe, "ZuBeefi," is an interesting combination of ground beef round, zucchini, and cheese. Placing third was Mrs. Clarence Bowman, Lawton, Okla., with "Italian Round Steak Rolls." Mrs. Bowman, who was born in Italy, specializes in adding an Italian flavor to beef dishes.

Honorable mention awards were presented to Mrs. Reginald Kay Wetumpka, Ala.; Mr. Frank E. Gladden, Ind.; Mrs. Roland Moran, S. Ford, Miss. Mr. Joseph Van Hee, Troy, Mich.; and Mr. Betty Noel, Spokane, Wash.

Winner prizes were \$1,000 first place, \$500 second place, and \$250 third place. A brochure of all contestants' recipes may be obtained by sending a stamped, self-addressed, business size envelope to Mrs. Dottie Curtis, American National CowBelles, 1001 Lincoln St., Denver, Colo. 80201.

Fiesta Beef Torta Ole Beef Filling

- 2-1/2 pounds ground beef round
 - 1 package taco seasoning mix
 - 1 cup water
 - 1 can (16 ounces) refried beans
 - 4 ounces Monterey Jack cheese, grated
- ### Dough
- 3-3/4 to 3-3/8 cups unbleached flour
 - 3/4 cup yellow cornmeal
 - 1/4 cup brown sugar, packed
 - 2 teaspoons garlic salt
 - 1 teaspoon taco seasoning mix
 - 2 packages (1 tablespoon each) active dry yeast
 - 3/4 cup milk

- One-third cup water
 - 1/4 cup (1 stick) margarine
 - 2 eggs, beaten
- ### Coating Topping Garnish
- 2 tablespoons cornmeal
 - 2 tablespoons refried beans
 - 1 to 2 tablepoons pine nuts
 - 1 jar Pounce taco sauce
 - Hot or mild preferred
 - Shredded lettuce
 - Cherry tomato
 - Ripe olive

Prepare dough as follows: In a large bowl or electric mixer, mix 3/4 cup flour, cornmeal, brown sugar, garlic salt, one teaspoon taco seasoning and dry yeast. In saucepan, combine milk, water and margarine; heat over low heat until mixture is very warm (120 degrees F. to 130 degrees F.). margarine does not need to be melted. Add mixture gradually to dry ingredients and beat two minutes at medium speed, scraping bowl occasionally. Add eggs and one-third cup flour, beat at high speed two minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out on a lightly floured board; knead until smooth and elastic, five to eight minutes.

While dough rises, prepare Beef Filling as follows: brown ground beef slowly in frying-pan until red color disappears; drain, if necessary, add remaining taco seasoning and water and simmer, stirring occasionally for 15 minutes. Stir in beans and cheese; blend well.

Grease a 9-inch springform pan generously. Fold a 30x6-inch piece of

heavy foil in half lengthwise. fasten foil around top of pan to form a collar extending about 2 inches above rim of pan. Lay for a soufflé grease inside of foil also. Part bottom and sides of pan with cornmeal; discard excess. Punch down dough; divide into three pieces. Pat or roll each piece of dough to a round about nine inches. Fit first round into prepared pan and press it edge to form a slight rim. Spoon in half of the beef filling, spreading evenly almost to edge of pan. Top with a

second round of dough, then remaining beef filling. Place third round of dough on top cover and let rise in a warm place until light 25 to 35 minutes. Preheat oven to moderate temperature (350 degrees F.). Score top of torta with a sharp knife into eight pie-shaped wedges. Brush with reserved egg and sprinkle with pine nuts, if desired. Bake 40 minutes, or until a deep golden brown. When almost ready to serve, heat taco sauce in small saucepan. Place a square of foil around the bottom

outside and about 1/2 inch up the outside of the pan; this avoids a messy oven in case of an occasional ring seal leak.

To serve: Remove foil and springform rim from torta; place torta on a large platter or plate. Surround with a ring of shredded lettuce garnished with cherry tomatoes and ripe olives. Place the heated taco sauce in a gravy boat to spoon over torta after it is cut and served. Cut in wedges as indicated. Makes eight servings.

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Pa. hog team first

RICHMOND, Va. — Pennsylvania's 4-H hog judging team scored a first place last Saturday at the 1976 Eastern U's. 4-H Livestock Judging Contest held here. Scoring 563 points, they beat second-place Indiana by four, and third place Maryland by five. Kevin Rohrer was third high individual in swine judging.

In the beef judging contest, the Pennsylvania team placed third behind Maryland and Kentucky. The team was out of the top three for sheep.

Overall, Pennsylvania's team (which was formerly

the Lancaster County team until it captured first place at the 4-H Achievement Days at University Park last July) came in fifth with 1487 points. At the top of the scoreboard was Maryland with 1519 points, followed by Virginia, Indiana and Kentucky.

A Maryland youth also took first place on an individual basis. He was J. D. Shanks with 514 points. He was also top individual for beef, followed by teammate Lori Hobbs. Lancaster County's Kenneth Brubaker was fifth in the combined standings.

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