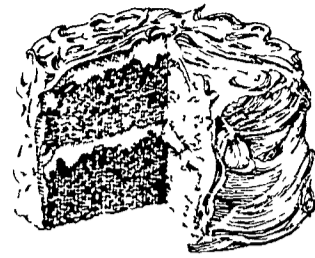


Home on the Range



Beef up your day with flavorful recipes

Beef is for more than main dishes and dinners, according to our Home on the Range column this week. Included are beef recipes for breakfast, brunch, lunch and supper, and a few might even make delicious snacks. Many of the beef recipes were furnished by the Beef Industry Council.

This is the last call for lamb recipes which will be featured in the Home on the Range next week.

The month of February will start off with cheese recipes, and of those old or new family favorites that call for the delightful taste of cheese. Valentine recipes will follow the next week, with special foods that are prepared with tender loving care for that Romantic holiday.

Cherry desserts will be seen on February 17, and egg recipes will finish up that month. All recipes can be sent to Home on the Range, Lancaster Farming, Box 366, Litz, Pa. 17543.

We're looking for themes for the month of March for the Home on the Range, and we thought some of our readers might have some ideas of different types of recipes that they would like to see featured. Any ideas can be sent to the same address as the recipes.

GROUND BEEF AND DRESSING CASSEROLE

- 1 pound ground beef, uncooked
- 1 teaspoon salt
- pepper
- 3 cups bread dressing (as for fowl)
- 1 cup mushroom soup
- 1 soup can of milk

In a buttered baking dish place half of bread filling, meat seasoned with salt and pepper, mushroom soup and milk heated together. Repeat these layers. Bake uncovered for one hour at 350 Degrees F.

Mrs. Kenneth L. Zimmerman
Frederick, Md.

CHINESE PEPPER STEAK

- 1 1/4 pounds top round steak, cut 3/4 to 1 inch thick
- 1 tablespoon cornstarch
- 1/2 teaspoon granulated sugar
- 1/4 teaspoon ginger
- 1/4 cup soy sauce
- 3 medium green peppers
- 3 small tomatoes
- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 1/4 cup water

Partially freeze the steak to firm and slice diagonally across the grain into very thin strips. Combine cornstarch, sugar and ginger and stir in soy sauce. Pour mixture over meat and stir. Cut green peppers into thin strips and cut tomatoes into wedges. Quickly brown beef strips (1/2 at a time) in hot oil and remove from pan. Reduce heat; add green pepper, garlic and water to pan and cook until green pepper is tender-crisp, five to six minutes. Stir in meat and tomatoes and heat through. Makes four servings.



This Carrot Coins Beef Loaf offers a different look to the old favorite, meat loaf. The recipe can

be found in today's Home on the Range.

SUNNY FLANK STEAK

- 1 beef flank steak (1 1/4 pound)
- 3 medium oranges
- 1/2 cup lemon juice
- 3 tablespoons Worcestershire sauce
- 2 tablespoons salad oil
- 2 teaspoons granulated sugar
- 1 teaspoon salt
- 1/8 teaspoon ground cloves
- 4 drops hot pepper sauce

Grate peel from one orange to measure one teaspoon; cut orange in half and squeeze juice into a small saucepan. Add lemon juice, Worcestershire sauce, oil, sugar, salt, cloves, and hot sauce, heat to boiling, stirring to dissolve sugar; cool. Place steak in plastic bag and add marinade, turning to coat. Tie bag securely, pressing out air, and place in a utility dish. Marinate in refrigerator for six hours or overnight, turning at least once. Remove steak from marinade and place on rack on broiler pan so surface of meat is three to four inches from heat. Broil five to six minutes; brush steak with marinade and turn. Broil second side of steak to rare, five to six minutes. Carve steak diagonally across the grain into very thin slices. Garnish with wedges cut from remaining two oranges. Makes four servings.

BRAISED BEEF

- 1 1/2 pounds beef bottom round steak, cut 3/4 to 1 inch thick
- 1 teaspoon salt
- 1 teaspoon thyme
- 1/8 teaspoon pepper
- 1 beef bouillon cube
- 1/2 cup hot water
- 2 packages (10 ounces each) cut green beans, defrosted
- 8 ounces mushrooms, sliced
- 3/4 cup buttermilk
- 1 tablespoon cornstarch

Trim separable fat from steak; slowly heat fat in large frying pan or Dutch oven to obtain one tablespoon drippings. Discard fat. Cut steak in 3/4 to inch cubes; brown in drippings. Pour off drippings. Combine salt, thyme and pepper, and sprinkle over meat. Crush bouillon cube and dissolve in hot water; add to meat, cover tightly and cook slowly 1 1/2 hours. Stir in green beans and mushrooms; continue cooking, covered, for 13 minutes. Add buttermilk to cornstarch, stirring to blend; gradually add to meat mixture and cook until thickened, stirring occasionally. Continue cooking two minutes. Makes four servings.

POLYNESIAN BEEF SALAD

- 12 ounces beef salami
- 1 cup mayonnaise
- 1 tablespoon lemon juice

- 1 teaspoon curry powder
- 1 can (15 1/2 ounces) pineapple chunks, drained
- 2 cups cubed red apple
- 1 pound seedless green grapes, halved
- 1 cup sliced celery
- 8 ounces water chestnuts, sliced
- 1/2 cup cashew nuts, halved
- lettuce cups

Cut salami in slices 1/4 inch thick; cut in bite-size wedges. Combine mayonnaise, lemon juice, soy sauce and curry powder. Toss together salami, pineapple chunks, apple, grapes, celery, water chestnuts and nuts. Fold in mayonnaise and chill. Serve in lettuce cups. Makes six servings.

GROUND BEEF CHOP SUEY

- 2 cups celery, thin one-inch strips
- 1/2 cup onion, sliced
- 1 pound ground beef

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HONEY BROOK MOLASSES

- BAKING MOLASSES • TABLE SYRUP
- BLACKSTRAP MOLASSES
- CLIP & SAVE FOR YOUR RECIPE FILES:

MOLASSES LOLLIPOPS

- 1 C. sugar
- 1/2 C. Honey Brook baking molasses
- 3 tbsp butter or margarine
- 1/2 tsp. salt
- 1/2 cup water

Combine all ingredients in a 2-quart saucepan. Stir until sugar is dissolved. Cook slowly to hard-crack stage (290 deg F.) or until syrup, when dropped in cold water, forms a hard, stiff ball. Drop from tablespoon onto ends of wooden skewers arranged on buttered pan. Remove from pan when cold.
YIELD About 20 lollipops

Look for Honey Brook Molasses with THE BEEHIVE at your local grocer.
If not available call: (215) 273-3776



ZOOK MOLASSES CO.

West Main St., Honey Brook, PA

Recipe Theme Calendar JANUARY

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Lamb Recipes
Deadline January 20

FEBRUARY

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Cheeses, Cheese Balls,
And Cheese Spreads
Deadline January 27

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Valentine Day Delectables
Deadline February 3

17

Cherry Desserts
Deadline February 10

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Eggs As You Like Them
Deadline February 17