

For Father's Day

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but as it cooks she will be out with the family and fun.

There's really no better way to honor Dad on his special day than to feature some of his favorite foods - steak, potatoes and vegetables. Barbecued

London Broil is prepared with a fairly economical cut of meat, flank steak. The steak is marinated overnight in a blend of Italian-style dressing, Worcestershire sauce, dry mustard, thyme and sliced onion with the result being thin, tender, juicy slices of beef that fill

your mouth with flavor. Potatoes are another of Dad's favorites so spruce them up for the occasion with the sharp flavor of Cheddar cheese and a blend of mushroom soup, milk, barbecue sauce and seasonings. A creamy potato dish is the perfect mate for

steak. Complete the dinner with a kabob combo of sliced zucchini, whole cherry tomatoes and fresh mushrooms, covered with grated Parmesan cheese when served.

BARBECUED LONDON BROIL

$\frac{3}{4}$ cup Italian-style dressing
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
 $\frac{1}{4}$ teaspoon thyme, crushed

Lancaster Farming, Saturday, June 16, 1979-101

1 medium onion, sliced
 $1\frac{1}{2}$ pound flank steak, scored
2 tablespoons butter, melted
Combine dressing, Worcestershire sauce, mustard and thyme; add onion. Place the steak in a shallow dish and pour over marinade; cover and refrigerate at least four hours or overnight. Remove steak from marinade to broiler pan. Melt butter in shallow pie pan. Lift onions out of marinade (reserve marinade) into pie pan; cover with foil and steam as steak broils. Broil meat (three to four inches from heat) for five to seven minutes, occasionally spoon marinade over top; turn and broil an additional five to seven minutes or until desired degree of doneness. To serve: Slice steak in thin diagonal slices across the grain. Garnish platter with vegetable kabobs. Makes four to six servings.

Note: Cook steak on grill over hot coals five minutes on each side for medium rare; occasionally spoon marinade over top.

CHEESY BARBECUED POTATOES

2 cups (8 ounces) shredded Cheddar cheese
1 can (10 $\frac{1}{2}$ ounces) cream of mushroom soup
 $\frac{1}{3}$ cup milk
2 tablespoons barbecue sauce
 $\frac{1}{4}$ teaspoon oregano
 $\frac{1}{4}$ teaspoon salt
 $1\frac{1}{8}$ teaspoon pepper
4 cups thinly sliced potatoes (about four medium potatoes)

$\frac{1}{2}$ teaspoon paprika
In a large bowl mix together $1\frac{1}{2}$ cups cheese, soup, milk, barbecue sauce, oregano, salt and pepper. Stir in potatoes until well coated. Turn into shallow buttered $1\frac{1}{2}$ -quart baking dish. Bake in preheated 350 degree F. oven 1 hour or until potatoes are tender. Cover with foil first 45 minutes of baking. Sprinkle with remaining $\frac{1}{2}$ cup cheese and paprika; let stand five minutes before serving. Makes four to six servings.

VEGETABLE KABOBS

3 medium zucchini
12 cherry tomatoes
12 mushrooms
Grated Parmesan cheese

Parboil zucchini five minutes or until just tender; drain and cut into twenty-four $\frac{1}{2}$ -inch pieces. Thread zucchini, tomatoes, and mushrooms alternately on each of six skewers. Brush with marinade from Barbecued London Broil. Broil five to seven minutes turning and basting with marinade occasionally. Sprinkle liberally with Parmesan cheese. Makes six kabobs.

Note: Cook kabobs on grill over hot coals for about 10 minutes or until done, turning and brushing with marinade occasionally. Kabobs may be prepared in advance and refrigerated. Return to room temperature and broil.

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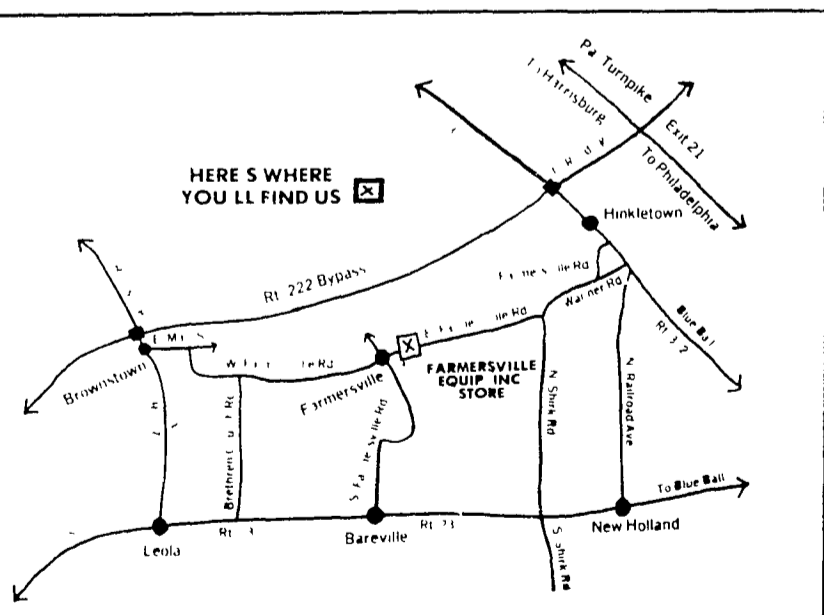
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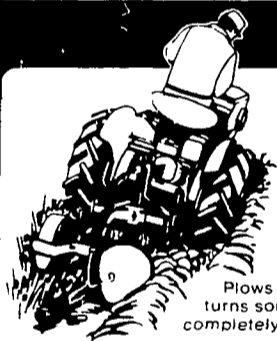
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