

Pa. winning beef cook-off recipe chosen

ALLENTOWN — Gloria T. Bove of Bethlehem has won the fourth annual Pennsylvania Beef Cook-Off, held recently at Hess's Department Store, Allentown, according to Pennsylvania Secretary of Agriculture Penrose Hallowell.

Miss Bove's winning entry was "Cheese Meringue Topped Beef Torta Italienne." Hallowell noted, "Along with winning \$100 first prize, Miss Bove will represent Pennsylvania in the National Beef Cook-Off contest September 27 and 28 in Omaha, Nebraska." This was the second year in a row Miss Bove has won the distinguished state title.

First runnerup, receiving \$50, was Lois Clancy of Holland, Bucks County. Her entry was "Beef and Mushroom Supreme." Second runnerup, making "Joy of Beef Brisket, Apple

Spiced," was Mrs. Virginia Smith of Easton. "Picket Fence Beef Pie" was the third runnerup entry, submitted by Mrs. P. Oransky of Richboro, Bucks County. The second and third runnerups received prizes of \$25. Also competing as finalists were Mr. William Oransky of Richboro and Mrs. Nicholas Angelucci of Conshohocken.

According to Hallowell, "The entries were judged on their taste, and ease of preparation, practicality, originality and appearance."

Contest judges were Betty Rode, Commodity Promotion Supervisor, Bureau of Markets, PDA; Yolanda Salezsee of Germantown; and Mae Bleiler, Berks County Extension Home Economist.

The Cook-Off was sponsored by the Pennsylvania

Beef Council and the Pennsylvania Cattlemen's Association in cooperation with the Pennsylvania Department of Agriculture.

CHEESE MERINGUE TOPPED BEEF TORTA ITALIENNE

- 2 Tablespoons oil
- 2 pounds lean ground beef
- 1 small onion, chopped
- 1 small red or green pepper, chopped
- 1 can (4 oz.) mushrooms, drained & chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon oregano
- 1 clove garlic, minced
- 2 Tablespoons chopped parsley
- 1 can (6 oz.) tomato paste
- 1 can (8 oz.) tomato sauce
- 1/4 cup plus 2 Tablespoons grated Parmesan cheese
- 1 package (8 oz.) cream cheese, softened at room temperature
- 4 large eggs, separated

- 2 cups Ricotta cheese
- 2 Tablespoons chopped ripe olives.

Heat oil in large skillet. Add ground beef, onion, chopped pepper and mushrooms; saute until onion is transparent, about 10 minutes. Discard excess fat. Stir in salt, pepper, oregano, garlic, parsley, tomato paste, tomato sauce and 1/4 cup of Parmesan cheese; simmer about 5 minutes. Press beef mixture lightly into a buttered baking dish, approximately 11 inches by 2 inches deep. In medium size bowl, combine cream cheese, egg yolks, Ricotta cheese and olives. Mix well. Spread over beef mixture. Bake in preheated 350 degree oven, 15 minutes or until cheese mixture is firm. Remove from oven. Beat egg whites until stiff;

fold in remaining Parmesan cheese. Spoon over cheese mixture. (Meringue may be put through pastry bag and tube for decorative topping.) Return to oven and bake until golden brown, about 5 minutes. Garnish with parsley, cherry tomatoes and ripe olives. Cut into wedges and serve with a salad. Makes 8 generous servings.

BEEF AND MUSHROOM SUPREME

- 3 pounds round steak
 - 6 Tablespoons soy sauce
 - 3 teaspoons corn starch
 - 1 teaspoon sugar
 - 2 teaspoons garlic salt
- Cut beef into 1-inch slices. In small bowl, mix soy sauce, corn starch, sugar and garlic salt. Sprinkle over beef and toss to coat meat well. Marinate overnight. 1/2 cup oil

- 2 medium onions
- 2 pounds sliced mushrooms
- 1 teaspoon ginger root
- 1 teaspoon salt
- 2 cups beef bouillon
- 2 Tablespoons corn starch
- 4 cups hot cooked rice

Remove beef and place in electric frying pan; add oil; brown meat well, about 10 minutes at 420 degrees. Remove beef from pan and set aside. Add onions, mushrooms, ginger root and salt. Fry together for 5 minutes. Mix occasionally. Mix beef bouillon and corn starch together and pour over onions and mushrooms; add beef and cook at 300 degrees for 20 minutes more, turning occasionally. Place beef mixture over hot rice and serve. Makes 6 servings. Approximate preparation time: 35 minutes.

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FREEZER BRIOCHE BREAD

Surveys indicate that more people are baking bread at home than ever before.

Some bread recipes can go into the refrigerator or freezer to be baked at another time. This is a great convenience for the growing number of cooks who plan ahead for special occasions.

The growing interest in home baking has brought more powerful mixers and kneading devices to small electrical appliance lines. These are real labor savers for inexperienced cooks who don't know how to handle doughs and for handicapped persons with limited energy. These products of technology have helped considerably to reduce bread making failures and undoubtedly are among the reasons why bread-making has become a hobby for men as well as women.

This recipe for Freezer Brioche Bread illustrates how modern labor savers combine to accommodate home bakers who are concerned about time. Yeast is mixed with the dry ingredients and the dough can be mixed in the electric mixer. Since the dough is to be frozen, the rising periods are eliminated, the bread is shaped and immediately transferred

to the freezer to be baked some other time. (Not all bread recipes can go from mixer to freezer.) Thawing and rising will require around four hours, but the frozen loaves thaw and rise without requiring any attention from the cook.

FREEZER BRIOCHE BRAID

- Makes 2 cakes
- 5 1/4 to 6 1/4 cups unsifted flour
- 1/2 cup sugar
- 1/2 teaspoon salt
- 2 packages Fleischmann's Active Dry Yeast
- 1/2 cup milk
- 1/2 cup water
- 2/3 cup margarine
- 4 eggs (at room temperature)
- 1 teaspoon lemon extract
- 1 egg white
- 1 tablespoon sugar

In a large bowl thoroughly mix 1 cup flour, 1/2 cup sugar, salt and undissolved yeast.

Combine milk, water and margarine in a saucepan. Heat over low heat until liquids are very warm (120° F - 130° F.). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 min-

utes at medium speed of electric mixer, scraping bowl occasionally. Add eggs, lemon extract and 1 cup flour. Beat at high speed 2 minutes scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto heavily floured board; knead lightly to form a ball. Cover with a towel; let rest 15 minutes.

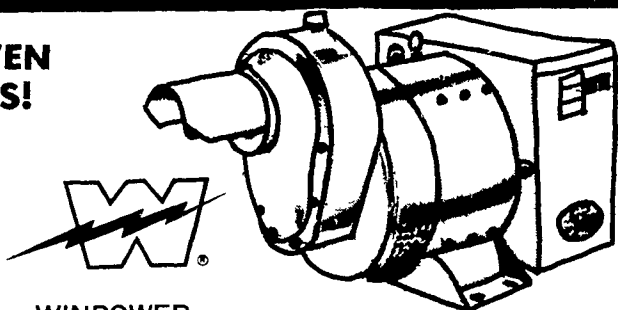
Divide dough in half. Divide each half into 3 equal pieces. Form each piece into a roll, 12 inches long. Braid 3 rolls together; pinch ends to seal. Repeat with remaining 3 rolls. Place on large greased baking sheet. Cover tightly with plastic wrap; freeze until firm. Transfer to plastic bags. Keep frozen up to 4 weeks.

Remove from freezer; un-wrap and place on un-greased baking sheets. Let stand covered loosely with plastic wrap at room temperature until fully thawed, about 3 hours. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour and 15 minutes.

Combine egg white and remaining 1 tablespoon sugar; brush mixture on bread. Bake at 350° F. about 25 minutes or until done. Remove from baking sheet and cool on wire rack.

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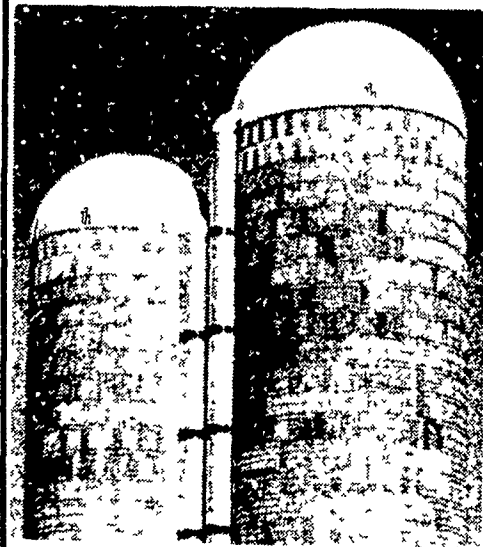
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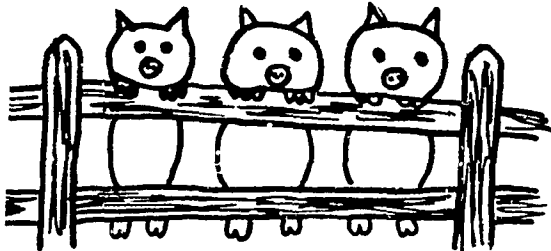
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