

## Cook-off winner

(Continued from Page B12)

sizzling and continue stir-frying only until pink of meat disappears. Remove from heat.

Melt 1/4 c. butter in another fry pan; add flour, stirring into a smooth paste. Add pimiento and onion; gradually stir in beef broth.

Cook, stirring until thickened. (If

blender is available, whirl broth with flour, pour into melted butter, add vegetables; then stir until thickened.

Add cheese, cream, salt and pepper; stir in cayenne; stir all until smooth.

Place whole cauliflower, flower side up, in large bake-proof bowl

Surround with beef mixture, cover all with sauce and bake in 400 degree oven for 15 minutes or until top is golden brown.

### BEEF ROLLS POLISH STYLE

2 lb. sirloin tip, cut six thin  
6 hard boiled eggs, halved  
6 strips bacon, halved  
1 med. onion, sliced  
3 t. mustard  
1 t. marjoram  
3 T. potato or corn starch  
1 c. warm water  
1/2 c. sour cream  
2 T. Maggi seasoning or 1 beef cube  
2 or 3 T. vegetable oil  
2 t. fresh green parsley  
12 wooden toothpicks

Mix cornstarch with 1 t. salt and 1/2 t. pepper.  
Cut each steak in half, pound lightly. On each piece sprinkle

marjoram, spread 1/2 t. mustard, place 1/2 strip bacon, put 1/2 hard boiled egg, cover with onion and roll beef around it. Fasten with toothpick.

Dredge each roll in mixture of starch, salt and pepper. Heat the oil. Brown each roll quickly (on both sides) in hot oil.

In the meantime dissolve 1 T. of Maggi in 1/2 c. warm water. Add to skillet, cover tightly, lower the heat to low and cook for approximately 20 minutes.

While remaining water is still warm, dissolve 1/2 c. of sour cream in it, add 1 T. Maggi

seasoning. Sauce should be of smooth consistency.

After 20 minutes, turn rolls around and add sour cream sauce, carefully mixing with all liquids in the skillet. Raise heat for a moment to a light boil and immediately lower to simmer. Cover tightly. Cook for additional 30 minutes, turning rolls occasionally.

Remove from heat, discarding toothpicks. Arrange on a warmed dish, with remaining sour cream sauce on top. Sprinkle with freshly chopped parsley. Serve on bed of mashed potato.

## Lycoming 4-H'er leaves for Germany

**JERSEY SHORE** — Lycoming County's Corinne Snook, daughter of Mr. and Mrs. Edward Snook, Jersey Shore, has been selected to participate in the International 4-H Youth Exchange program this summer.

The program is conducted by the National 4-H Club Council in behalf of the Cooperative Extension Service. It is an annual educational program between the United States and 35 other countries.

Corinne will live and work with seven host families in Germany, leaving tomorrow and returning in December. She will provide programs for civic and 4-H groups throughout the Lycoming County upon her return home.

Corinne has finished her second year at Southeastern College, Lakeland, Florida. She is currently working on her father's hog farm in Antes Fort, Lycoming County.

She was a member of the Nippenose Valley 4-H Club, and in 1980 was chosen Lycoming County Outstanding 4-H member. In the summer of 1981, she worked as a 4-H summer assistant in the Extension office, and has taken part



Corinne Snook

in many of the 4-H county and state activities. The IFYE exchange is in cooperation with the Ministry of Food, Agriculture and Forestry of Germany. Friends of 4-H in Lycoming County, the Pennsylvania 4-H Foundation, and National 4-H Council are cooperating in financing the exchange.

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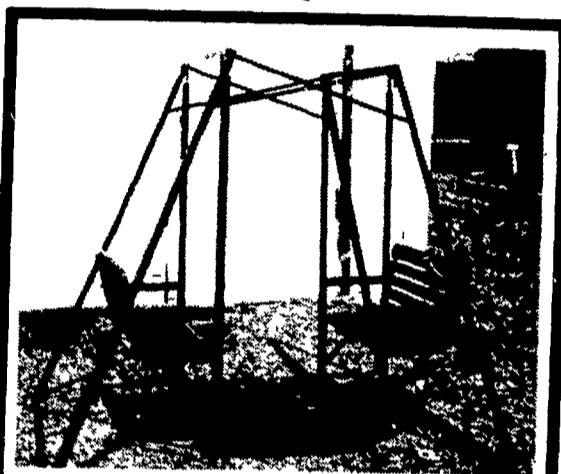
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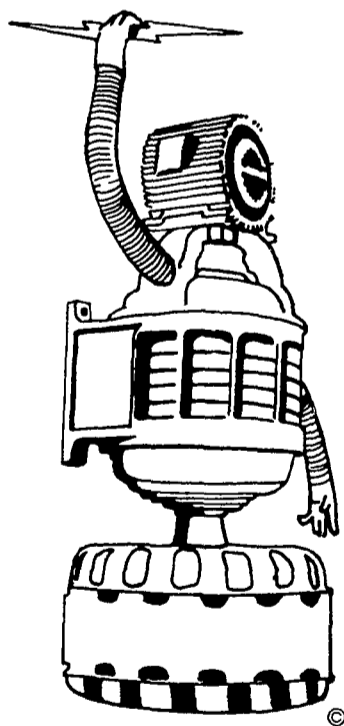
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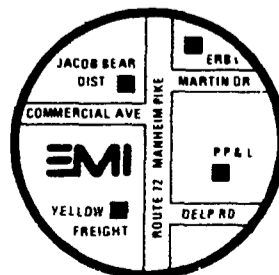
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