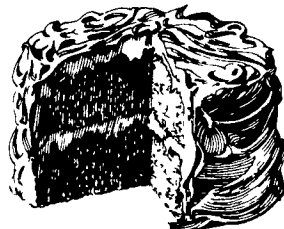


# Home On The Range



## Enjoy the great taste of beef

You'll find it easy to keep menu interest high when you experiment with the many cuts of beef available.

From old stand-bys like hamburger and pot roast to succulent steaks and prime rib, beef is a perfect entree for nearly every occasion. Whether you're looking for a quick, inexpensive meal for a family on the run, or an elegant centerpiece for a special meal, you should find a beef recipe to suit your fancy.

### BARBECUED BEEF BRISKET

3 ounces liquid smoke  
1 1/2 to 6-pound beef brisket  
Celery salt  
Salt and pepper to taste  
Steak sauce

6 ounces barbecue sauce

Place brisket in baking dish; pour liquid smoke over meat, then sprinkle meat on both sides with celery salt. Refrigerate overnight. Sprinkle meat with salt, pepper and a little steak sauce. Wrap in foil; bake 5 hours at 275°F. Uncover; pour on barbecue sauce. Cover loosely. Bake 1 hour. Remove from oven and let stand before slicing.

Ruth Ann Loose  
Altoona

### BARBECUED BEEF PATTIES

1 pound ground beef  
1 cup bread crumbs  
1/2 cup milk  
1 teaspoon salt  
1/8 teaspoon pepper

Mix and shape above ingredients in patties and place in baking dish.

#### Sauce:

1 1/2 tablespoons Worcestershire sauce  
1/4 cup vinegar  
3 tablespoons sugar  
1/2 cup catsup  
1 1/2 cups water  
1/2 cup onion

Pour sauce over patties and bake at 350°F. for 45 minutes.

Alma Shirk  
Mifflinburg

### BEEF AND CHEESE

1 pound ground beef  
1 small onion  
1 1/2 cups uncooked spaghetti  
1 cup tomatoes  
2 tablespoons butter  
3 tablespoons flour  
2 cups milk  
3/4 cup cheese

Cook spaghetti until tender, drain. In a skillet brown beef and onion in the butter. Add flour, seasoning, and milk. Cook until thick. Mix 1/2 cup cheese with spaghetti. Place half in baking dish. Put in meat mixture. Top with the tomatoes. Put on the rest of spaghetti. Sprinkle with remaining cheese. Bake at 350°F. for 25 to 30 minutes.

Elizabeth Fisher  
Gap

### SAUCY STEAK SANDWICH

1/2 cup butter  
1/4 cup sliced green onion  
1 1/2 tablespoons steak sauce  
1 tablespoon Worcestershire sauce  
6 cubed steaks  
6 slices Vienna bread, 1-inch thick  
6 slices tomato

Combine butter, onions, steak and Worcestershire sauces in a small saucepan; place on edge of grill to heat. Broil meat over hot coals 2 to 3 minutes on each side or until desired degree of doneness is reached. Meanwhile, toast bread on both sides. Brush one side of bread with sauce; arrange on platter. Place a steak on each bread slice. Serve immediately.

### PENNSYLVANIA APPLESAUCE MEAT BALLS

1/4 pound finely ground lean beef  
1/4 pound ground pork shoulder  
1/2 cup fine soft bread crumbs  
1 egg  
1 cup unsweetened applesauce  
2 tablespoons grated onion  
1 teaspoon salt  
1/8 teaspoon pepper  
1/3 cup catsup  
1/4 cup water

Combine all ingredients except catsup and water. Mix lightly. Form into 2-inch balls. Brown in hot vegetable oil. Place browned meat balls in baking dish. Combine catsup and water; pour over meat balls. Cover; bake at 350°F. for 1 1/2 hours. Serve hot. Makes 4 servings.

### MEAL-IN-ONE CHUCK ROAST

3 to 5 pounds beef chuck roast  
1 teaspoon seasoned salt  
1 large onion, sliced  
6 medium potatoes, quartered lengthwise  
6 large carrots, peeled  
1/4 cup cooking oil  
1 cup catsup  
1/4 cup water  
1/2 teaspoon pepper  
1 teaspoon dry mustard  
1/4 cup soy sauce  
2 tablespoons wine vinegar

Brown the roast on a hot grill (high setting on a gas barbecue) for 15 minutes on each side. Remove roast and place it on a large sheet of double-strength aluminum foil. Place the sliced onion on top and the potatoes and carrots around the roast. Combine remaining ingredients in a saucepan. Heat slowly over the grill until the mixture comes to a boil, stirring constantly. Do not boil. Remove and pour over the roast and vegetables. Wrap the foil securely around the roast, sealing the edges well. Place on the grill and cook at low heat for 1 1/4 hours, or until done, with the lid open one inch. Turn with tongs several times while cooking. Serves 6.



This Streak Strip Bonanza can be prepared in the microwave for a quick supper.

### PENNSYLVANIA STROGANOFF

1 beef flank steak (1 to 1 1/2 pounds) or 1/2 pounds top round steak, cut 3/4 to 1-inch thick  
1/4 cup flour  
1 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup cooking fat  
1 1/3 pound fresh mushrooms, sliced  
2 or 3 green onions, finely chopped  
3/4 cup water  
1 cup dairy sour cream  
2 tablespoons catsup  
2 teaspoons prepared mustard  
2 teaspoons Worcestershire sauce  
English muffins split and toasted or toast points

Partially freeze steaks to firm or partially defrost frozen steaks; slice diagonally across the grain into very thin strips (about 1/8-inch thick). Note: Steak can be sliced the day before, carefully wrapped and refrigerated. Combine flour, salt and pepper; dredge beef strips and quickly brown in hot fat (half at a time). Remove meat to absorbent paper. Reduce heat and add mushrooms, green onions, water, catsup, mustard and Worcestershire sauce to pan; cook until green onion is tender-crisp (about 5 minutes). Add meat; fold in sour cream. Slowly heat through (about 1 to 2 minutes), stirring occasionally. Serve immediately on hot toasted English muffins or toast points. Makes 6 servings.

### SWEET AND SOUR TROPICAL BEEF

2 pounds top round beef cubes  
6 medium-size green peppers  
1 cup scallions  
1 20-ounce can pineapple chunks  
3 ripe bananas (ripe but not over ripe)  
Cooking oil  
Sweet and Sour sauce (recipe below)

#### Sweet and Sour Sauce

This is not candied sweet sauce, it is a brown sauce with a tangy sweet flavor. Mix; use blender if possible.

1 cup pineapple juice plus reserve juice after draining pineapple  
1/2 cup white vinegar  
1/2 cup dark brown sugar  
8 tablespoons soy sauce

4 tablespoons cornstarch

1/2 cup cracked sesame seeds

#### Sweet and Sour Tropical Beef:

For ease of cutting use partially frozen beef and cut into small pieces while frozen, then allow to thaw. Drain pineapple, reserve juice for sauce. Clean green peppers and cut into thin slices. Clean scallions, cut or dice into small pieces. Peel bananas and cut into 1/4-inch slices.

We are ready to begin stir-frying, which is cooking with a high heat in a large wok or large frying pan while stirring constantly. Place one tablespoon cooking oil in wok and rotate to coat wok with oil. Note: This procedure is used before each ingredient or ingredients are stir-fried.

Stir-fry green peppers and pineapple 3 to 4 minutes; empty into a dish. Stir-fry beef until brown, 8 to 10 minutes, drain liquid from beef and add green peppers and pineapple to beef. Pour Sweet and Sour Sauce onto beef, green peppers and pineapple that are in wok. Bring sauce to a low boil, cook for 5 additional minutes. Shut off heat, add banana slices, cover and let stand for 8 to 10 minutes. Arrange on serving dish, sprinkle with diced scallions. Serve with white rice.

### STEAK STRIP BONANZA

1 pound beef top round steak, cut 3/4 inch thick  
1 10-ounce can tomatoes  
1 cup thinly sliced carrots  
1/2 cup chopped onion  
1/2 teaspoon basil leaves  
1/4 teaspoon oregano leaves  
2 tablespoons flour  
1 teaspoon salt  
1/8 teaspoon cumin  
1/8 teaspoon pepper  
1 tablespoon oil  
1 cup thinly sliced zucchini

To prepare in microwave: slice top round steak in strips 1/8 inch or less thick and 2 to 2 1/2 inches long. Break up tomatoes, drain into 1 1/2-quart microwave-safe bowl. Add carrots, onion, basil and oregano to liquid; cover and microwave at high 4 minutes, stirring after 2 minutes. Combine flour, salt, cumin and pepper; dredge steak strips. Add oil to 11 3/4 x 7 1/2-inch or 8 x 8-inch microwave-safe baking dish or casserole; spread steak strips in layer over bottom. Cover and cook at medium 6 minutes, stirring every 3 minutes. Stir in carrot mixture, tomatoes and zucchini. Cover and continue cooking at medium 12 minutes, stirring every three minutes. Cover and let stand 3 minutes. Makes 4 servings.

(Turn to Page B8)

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

July  
13  
20  
27

Garden Fresh Vegetables  
Summer Fruits  
Fresh-Baked Pies

## Featured Recipe

This week's featured recipe comes from J. Everett and Florence May Kreider of Quarryville. The Kreiders have enjoyed making homemade ice cream in their 15-quart hand-crank ice cream freezer for years and have perfected their technique.

Everett Kreider has adapted the freezer to run off his garden tractor so he doesn't have to churn all that ice cream with muscle power.

And, while the ingredients are important to making ice cream, the real secret to a superb product is eating it right away, the Everetts say. For more about the Kreiders, turn to this week's Family Living page.

### Vanilla Ice Cream

2 gallons milk  
1 dozen eggs  
4 cans sweetened condensed milk  
4 tablespoons vanilla  
7 cups sugar

Mix the eggs, sugar and condensed milk, then pour together with the regular milk and vanilla into ice cream maker container. The mixture should cover the next to last paddle in the container. Any fruit can be added to the mixture.