

Question

Corner

(Continued from Page B8)

Blueberry Buckle

- ¼ cup sugar
- ¼ cup shortening
- 1 egg
- ½ cup milk
- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups blueberries, drained

Crumbs:

- ½ cup sugar
- ½ cup flour
- ½ teaspoon cinnamon
- ¼ cup soft butter

Mix sugar, shortening, and egg thoroughly. Stir in milk. Measure and blend dry ingredients and add to above mixture. Stir in blueberries. Spread batter in 9x9x1½ -inch pan. Sprinkle crumbs on top. Bake 40 to 45 minutes at 375 degrees.

BROCCOLI-STUFFED BEEF ROAST

Correction: Sorry broccoli amount was inadvertently missed in last week's edition. Here is the complete recipe:

3 to 4-pound boneless beef top loin roast

- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter
- 1 cup finely chopped mushrooms
- ¼ cup finely chopped onion
- 1 cup broccoli
- ¼ cup apple cider

2 tablespoons grated Parmesan cheese

- 1 tablespoons dry bread crumbs
- 1 clove garlic, minced
- 1 teaspoon dried thyme leaves, crushed
- ¼ teaspoon lemon pepper

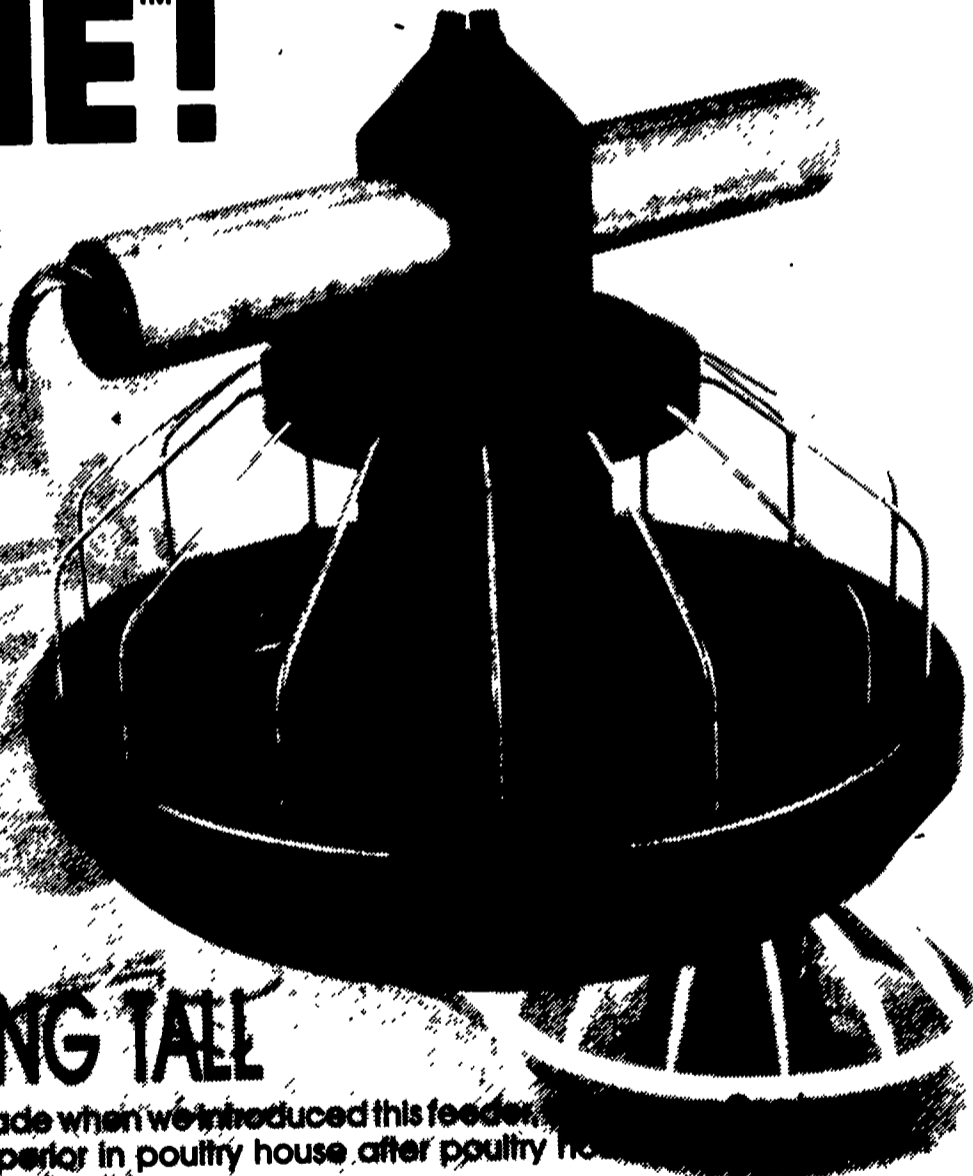
Trim fat from beef. Make a cut one-third of the way down horizontally through the length and width of the roast (parallel to the surface of the meat). Do not cut through the opposite side. Unfold the top, thinner flap. Make a second, horizontal shallow cut 4 of the way through the thicker meat portion. Rotate the beef one-half turn and continue cutting with knife horizontally through the length and width of the roast (parallel to the surface of the meat). Do not cut through the opposite side. Unfold the flap. The meat should lay flat. Sprinkle top of open beef surface with salt and pepper. Melt butter in nonstick frying pan over medium heat until hot (about 2 minutes). Add broccoli, mushrooms and onions; cook and stir 3 to 4 minutes. Add cider; cook until liquid evaporates about 2 to 3 minutes. Remove from heat and stir in cheese and bread crumbs. Spread ½ the stuffing onto the middle beef section and fold the flap over. Spread remaining filling over it. Close last flap to enclose the stuffing. Combine garlic, thyme, and lemon pepper; sprinkle over top and sides of roast. Place beef roast on rack in open roasting pan. Do not add water. Do not cover. Roast in 325 degree oven to desired doneness. Allow about 21 to 23 minutes per pound. Allow roast to stand 15 minutes in warm place before carving. Carve into ½ -inch thick slices.

Beef Council

Blueberry Banana Muffins Lo Cal

- ¾ cup mashed banana
 - 1 large egg
 - ½ cup milk
 - ¼ cup vegetable oil
 - 2 cups white flour
 - 1 teaspoon baking soda
 - 1 teaspoon baking powder
 - 1 cup fresh or frozen blueberries
- Beat together mashed banana and egg until creamy. Add milk and oil. Beat well. Measure in flour, baking soda and baking powder. Beat well. Gently fold in blueberries. If berries are tart, sprinkle artificial sweetener on top before folding in. Spoon batter into greased muffin tins. Bake 350 degrees for 15 minutes or until lightly browned. Great warm!

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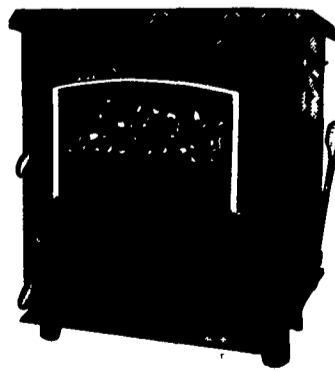
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