

Beef Industry Releases Brochure

CHICAGO, II. — "There's good news about beef. Through the combined efforts of ranchers, farmers, packers and retailers, leaner cattle are being brought to market and more closely trimmed beef cuts are being sold at the retail meat counter." That's the message consumer will receive in the new checkoff-funded "Facts About Beef" brochure just released by the Beef Industry Council.

This updated, 24-page brochure provides the latest nutritional facts on beef and tells consumers that beef is a significant source of many nutrients that are essential to good health. The brochure includes facts from the new "Dietary Guidelines for Americans," released by the USDA and the Department of Health and Human Services. These guidelines promote the importance of eating a balanced and varied diet. Results from the National Market Basket Survey, which finds that beef sold at retail has 27 percent less trimmable fat than previously documented in "USDA Agriculture Handbook 8-13," are also provided.

Discussions about beef inspection and quality grading, selection and labeling, meat storage, food safety, and beef cookery round out the list of topics discussed in the brochure.

Through consumer information programs, more than one million copies of the brochure will be offered free to consumers through a variety of distribution sources, including food editors, trade show exhibits, educational seminars, public relations efforts and state beef council offices.

"Facts About Beef" is a checkoff-funded consumer information program funded by the Beef Board and managed on behalf of beef producers and importers by the Beef Industry Council of the Meat Board, a federation of 44 state beef councils that works to build demand for beef.



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Cook's Question

(Continued from Page B8)

ANSWER — Tracy Moyer from Reading requested a recipe for soft and moist oatmeal raisin whoopie pies. Thanks to Kathy Keeny, Glen Rock, for sending her favorite.

Oatmeal Whoopie Pies

- 2 cups brown sugar
- ¾ cup butter
- 2 eggs
- ½ teaspoon salt
- 2 cups flour
- 1 cup raisins, optional
- 2 cups quick oats
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 2 teaspoons baking soda
- 3 teaspoons boiling water

Cream butter, sugar, and eggs. Combine flour, salt, and baking powder; add to creamed mixture. Add cinnamon, quick oats, and raisins; mix well. Add baking soda to boiling water and add to batter. Mix thoroughly. Drop batter by tablespoonfuls on greased cookie sheets. Baking time: 10 to 15 minutes.

Filling:

- 1 egg white
- 1 tablespoon vanilla
- 2 tablespoons milk
- 2 cups confectioners sugar
- ½ cup shortening
- 2 tablespoons flour

Combine egg white, vanilla, milk and 1 cup confectioners sugar; cream well. Add remaining ingredients and beat well. Sandwich filling between two cookie halves to form pie. These are best wrapped individually and make good bake sale items.

ANSWER — Thanks to Anne Van Aller of Woodbine, Md., for sending in the following Friendship Dough recipe.

10-Day Pineapple Friendship Cake

Day 1: Place ½ cup sourdough batter in a large bowl. Add scant ½ cup honey, ½ cup flour and ½ cup milk. Stir together and keep at room temperature for 10 days. Days 2, 3, & 4: Stir once a day. Days 5: Add ½ cup honey, ½ cup flour and ½ cup milk. Days 6, 7, 8, & 9: Stir once a day. Day 10: Remove 1 cup batter and give ½ cup portion to each of two friends. To remaining batter add the following:

- 7/8 cup honey
- 2 cups flour
- 2 teaspoons cinnamon
- 2 teaspoons baking powder
- Dash salt
- 2 teaspoons vanilla
- ¾ cup oil
- 1 20-ounce can crushed pineapple
- ½ cup chopped nuts
- ½ cup raisins

Remove ¼ cup juice from crushed pineapple (not needed in the recipe). Combine all ingredients. Mix well. Pour into greased and floured 9x13-inch pan. Bake 325 degrees for 40 to 50 minutes.

ANSWER — Mrs. A.W. Stang from Knoxville, Md., wanted a recipe for homemade root beer. Thanks to Mrs. Emaline Martin, Shippensburg; and to Wanda Martin, Lititz, for sending recipes.

Homemade Root Beer

- ¼ heaping teaspoon yeast
- 2 tablespoons root beer extract
- 2 cups sugar

Fill 1 gallon jar one-half full of water. Add ingredients. Stir until dissolved. Add warm water until jar is full. Let set in warm room for approximately 2 to 3 days. Refrigerate and drink.

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