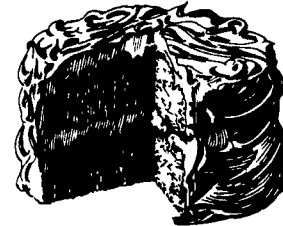


Home On The Range



Lean Face Of Beef

Beef isn't what it used to be. In keeping with the times, beef has trimmed down and shaped up for the 1990s, resulting in a healthier "new" product.

Average beef cuts contain 27 percent less fat than its equivalent did just five years ago according to a national survey.

Beef is an excellent source of nutrients and, when broiled or roasted, adds significantly less fat to a diet than ever before. Because beef has a high proportion of nutrients compared to calories, it is called a nutrient-dense food. A 3-ounce serving of cooked beef provides a 30-year-old woman with 52 percent of recommended daily protein, 18 percent iron, and all vitamin B-12 and half the zinc. It has 183 calories.

To help health-conscious consumers select the leanest beef, industry experts have designated the "skinniest six" cuts, all of which have no more than 180 calories and 8.5 grams of fat per 3-ounce cooked serving. The skinniest six beef cuts are round tip, eye of round, top round, tenderloin, top loin, and top sirloin.

BEEF 'N SOUR CREAM AND MUSHROOMS

- 1 pound ground beef
- ½ pound fresh sliced mushrooms
- 1 tablespoon butter
- 1 cup sour cream
- 1 tablespoon flour
- 1 teaspoon salt
- Dash pepper

Saute beef and mushrooms until brown. Set aside. Melt butter, add flour and blend. Add sour cream, stirring constantly. Pour meat into sauce and cook for several minutes. Serve over cooked noodles. Serves 4 to 6.

Karlene Weaver
Lebanon Co. Alternate Dairy
Princess

SHEPHERD'S PIE

- 1½ pounds ground beef
 - 1 large onion, chopped
 - 1 can cream corn
 - Mashed potatoes
- Brown beef and onions. Season with salt and pepper. Spoon mixture on bottom of a casserole dish. Spread corn over top of beef mixture. Spread mashed potatoes on top of corn. Bake at 375 degrees until bubbly, about 45 minutes. During the last 5 minutes, put under broiler and brown mashed potatoes. Let stand 20 minutes until potatoes are set.

Vivian Heffner
Windsor

MEXICAN STEAK AND VEGETABLES

- 1½ -pound top round steak, 1-inch thick
- 2 tablespoons olive oil, divided
- 1 tablespoon lime juice
- 1 tablespoon red wine vinegar
- 2 teaspoons ground cumin, divided
- 1½ teaspoons chili powder
- ½ teaspoon salt
- ¼ teaspoon ground red pepper
- 1 clove garlic, minced
- 1 large onion, cut into 8 wedges
- 1 medium green pepper, cut into 8 wedges
- 1 medium tomato, cut into 8 wedges
- ½ teaspoon dried oregano leaves
- ¼ teaspoon pepper

Combine 1 tablespoon oil, lime juice, vinegar, 1 teaspoon cumin, chili powder, salt, red pepper, and garlic. Place steak and marinade in plastic bag or utility dish, turning once to coat. Tie bag securely or cover dish and marinate in refrigerator 6 to 8 hours, turning at least once. Remove steak from marinade and place on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 8 to 10 minutes; turn and broil second side of steak 8 to 10 minutes, to desired degree of doneness, brushing with marinade occasionally. Meanwhile, heat remaining oil and cumin over medium-high heat in a large heavy non-stick frying pan. Add onion and green pepper and heat through. Carve steak into thin slices and serve with vegetables. Serves 4 to 6.

SALISBURY STEAKS WITH MUSHROOM GRAVY

- 2 pounds ground beef
- 3 tablespoons margarine
- 2 eggs, slightly beaten
- 1 tablespoon oil
- 1 teaspoon salt
- 1 tablespoon water
- ¼ teaspoon pepper
- 3 tablespoons flour
- ½ cup dry bread cubes
- 1½ cups beef broth
- ¼ pound fresh mushrooms, sliced

Combine beef, eggs, salt, and pepper in mixing bowl. Shape into 6 oval-sized steaks. Sprinkle both sides with bread crumbs and press firmly into steaks. Refrigerate about 45 minutes. Saute mushrooms in butter and oil until brown. Remove from pan. Fry steaks until done. Mix water and flour. Add to pan juices along with broth and mushrooms. Bring to a boil. Reduce heat and stir until gravy thickens.

Theresa Haas
Pitman



Mexican steak and vegetables takes only 15 minutes preparation time after it is marinated 6 to 8 hours. Cooking time is 20 to 22 minutes.

CHEESEBURGER BAKE

- 1½ pounds ground beef
 - 2 tablespoons flour
 - ¼ cup chopped onion
 - 1 8-ounce can tomato sauce
 - 1½ cups catsup
 - 1 teaspoon salt
 - ¼ teaspoon pepper
 - 1 cup grated American cheese
- In heavy skillet, combine ground beef, flour, and onion; brown. Remove from heat. Add tomato sauce, catsup, salt and pepper; mix well. Pour into 8- or 9-inch square pan. Top with cheese. Prepare topping; place on top of meat mixture. Bake at 425 degrees for 20 to 25 minutes. Serves 6 to 8.

Topping:

- 2 cups flour
 - 3 teaspoons baking powder
 - ½ teaspoon salt
 - ¼ cup shortening
 - ¼ cup milk
- Sift together flour, baking powder, and salt; cut in shortening; add milk. Stir until combined. Turn out onto lightly floured board. Knead 10 or 15 strokes. Roll into 8- or 9-inch square; cut into 8 pieces. Place on top of meat mixture.

Alison Martin
Lebanon Co. Dairy Maid

BEEF JERKY

- 3 to 5 pounds lean beef
 - ½ teaspoons black pepper
 - 1 tablespoon salt
 - 1 teaspoon onion powder
 - 1 teaspoon garlic powder
 - 2 tablespoons liquid smoke
 - 1 cup warm water
- Slice beef very thin. Mix together seasonings. Place meat flat in rows in pan. Pour marinade over meat and cover. Refrigerate overnight. Place meat on cake cooling racks and place in oven on lowest temperature. Prop oven door open. Bake until meat is dry, 2 to 3 hours. Store in plastic.

Louise Rapp
Easton

BEEF ROAST

- 4- to 5-pound beef roast
- 1 medium onion
- 1 can cream of mushroom soup
- ½ can water
- ¼ cup brown sugar
- ¼ cup vinegar
- Salt and pepper to season
- 1 tablespoon mustard
- 1 teaspoon Worcestershire sauce

Mix all ingredients and pour over roast. Bake, covered, 3 to 4 hours in 350 degree oven.

Susan Weaver
Ephrata

SHEPHERD'S PIE

- ¼ cup butter
- 1 diced onion
- 4 cups diced cooked leftover beef or lamb
- ¼ cup flour
- 2 cups beef broth
- 1 can tomatoes, diced
- 2 cups diced cooked carrots
- 2 cups cooked peas or green beans
- ½ teaspoon thyme
- ½ teaspoon rosemary
- 4 cups well-seasoned mashed potatoes
- 2 eggs, well beaten

In large saucepan, heat butter and saute onion for 5 minutes. Add lamb or beef. Sprinkle with flour. Blend in beef broth, tomatoes, and the juice from tomatoes. Stir over medium heat until bubbly and thickened. Simmer 5 minutes. Add vegetables and herbs. Season to taste with salt and fresh pepper. Pour into 3-quart casserole. Combine potatoes and eggs. Spread evenly over stew. Bake in preheated oven 350 degrees, about 45 to 60 minutes. Serves 6.

L. Piskorowski
MD

(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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

- November 2- Small Game
- 9- Cooking With Oatmeal
- 16- Nuts, peanuts
- 23- Grandma's Favorite Recipe

STUFFED BEEF HEART

- 1 large whole beef heart
- ¼ cup diced onion
- ¼ cup diced celery
- 4 slices, toasted bread, cubed
- 4 cubes beef bouillon
- ¼ cup butter

Trim beef heart inside and outside. Saute onions in butter until translucent. Add celery and continue to saute for 3 minutes. Dissolve beef broth according to directions. Add 1 cup to celery and onions, stir in bread cubes until moistened. Stuff the beef heart with stuffing mixture, pressing all the way down into bottom of heart. Place stuffed heart into slow cooker. Cover with remaining beef broth. Cook over low heat for 8 hours. Slice thin and serve. Very tender.

B.J. Light
Lebanon

Featured Recipe

Ruth and James Horsch converted their country farmhouse into a bed and breakfast business in 1985.

Ruth credits the success of Pine Wood Acres to a quiet, country atmosphere, good food, and making each guest feel special.

Check this section for the feature story on a close-up look at Pine Wood Acres where more than 1,000 guests have spent the night.

Try this recipe that guests often enjoy during their stay at the Northumberland County bed and breakfast.

BAKED FRENCH TOAST

- ¼ cup butter
- 1 cup brown sugar
- 2 tablespoons light brown syrup
- 8½ -inch thick slices French bread
- 1½ cup milk
- 1 teaspoon cinnamon

Combine butter, sugar, and syrup in saucepan. Heat until melted. Pour into 9x13-inch pan. Place bread on top of sugar mixture in one layer. Whisk eggs, milk, and cinnamon. Pour over bread. Cover and refrigerate overnight. Bake uncovered 35 to 40 minutes at 350 degrees until firm and spongy in center.

Serve with fruit topping. Serves 8.
Top with blueberries, strawberries or peaches.