

Home On The Range



Memorial Pickings

GRILL ONCE AND ENJOY IT TWICE!

When you fire up the grill, make it work double-time for you. Cook once and make two meals!

Call it a dividend or a bonus, but cooking once for two meals is a smart thing to do. Think beyond leftovers — make a completely different second meal. For example, grill a sirloin steak; serve half of it the first night. A night or two later use the remainder in a salad or sandwich.

That's easy to do with Sesame-Ginger Grilled Sirloin. A reserved portion of the ginger-sesame-soy sauce marinade for the beef also doubles as a salad dressing for the second meal. Here's how it works.

Meal #1: Marinate a beef top sirloin steak, then grill with bell peppers. Reserve half of the grilled steak and peppers to use in the salad; serve the remaining steak and peppers.

Meal #2: Cut the reserved beef and peppers into strips, toss with the reserved dressing, pea pods and cooked vermicelli. In 20 minutes, dinner is served.

Because sirloin is a tender beef cut, it only needs to marinate 15 minutes to take on the flavor of the marinade. Marinating should always be done in the refrigerator. (Tip: A heavy-duty plastic food-safe bag is ideal for marinating.)

SESAME-GINGER GRILLED SIRLOIN

Total preparation and cooking time: 45 minutes

Marinating time: 15 minutes

2-pound boneless beef top sirloin steak, cut 1½ inches thick

4 red or yellow bell peppers, each cut lengthwise in half

Sesame Dressing:

3 tablespoons soy sauce

3 tablespoons white wine vinegar

1 tablespoon sugar

1 tablespoon dark sesame oil

2 teaspoons grated fresh ginger

or ½ teaspoon ground ginger

2 cloves garlic, crushed

In small bowl, whisk together dressing ingredients. Reserve ½ cup for Spicy Sesame Beef & Noodles; cover and refrigerate.

Trim fat from beef steak. Place steak and remaining dressing in plastic bag; turn to coat. Close bag

securely and marinate in refrigerator 15 minutes, turning once.

Remove steak from marinade; discard marinade. Place steak and bell peppers on grid over medium coals. Grill 25 to 30 minutes until steak is medium-rare to medium doneness and bell peppers are tender, turning steak and bell peppers once. For Spicy Sesame Beef & Noodles, reserve ½ of cooked steak (12 ounces) and ½ of grilled peppers (4 halves). Carve remaining steak into slices; serve with remaining peppers. Makes 4 servings (serving size: ¼ of recipe).

Nutritional information per serving: 193 Calories; 26 g protein; 7 g fat; 4 g carbohydrate; 3.1 mg iron; 250 mg sodium; 76 mg cholesterol.

Cook's Tip: To check the temperature of the coals, cautiously hold your hand, palm side down, at cooking height (just above the grid). Count the number of seconds you can hold your hand in that position before the heat is uncomfortable and you have to pull it away: 4 seconds for medium coals.

SPICY SESAME BEEF & NOODLES

Preparation time: 20 minutes

12 ounces cooked beef steak from Sesame-Ginger Grilled Sirloin

4 ounces uncooked vermicelli or thin spaghetti

4 grilled pepper halves (reserved from Sesame-Ginger Grilled Sirloin)

½ (6-ounce) package frozen pea pods, defrosted

½ cup Sesame Dressing (reserved from Sesame-Ginger Grilled Sirloin)

½ teaspoon hot pepper sauce

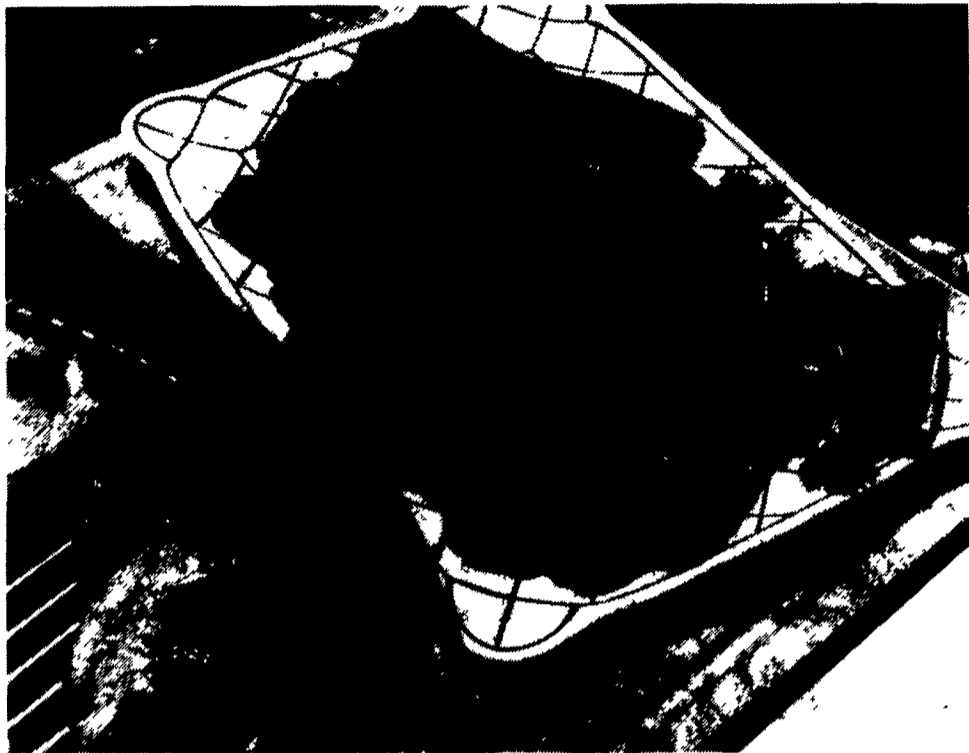
1 teaspoon dark sesame oil

2 tablespoons chopped fresh cilantro

1. Cook vermicelli according to package directions.

2. Meanwhile carve beef steak into thin slices. Cut peppers into thin strips. In medium bowl, combine beef, peppers and pea pods. Add dressing and pepper sauce; toss to coat.

3. In large bowl, combine vermicelli and sesame oil; toss to coat. Add beef mixture and cilantro; mix lightly. Makes 4 servings (serving size: 1½ cups).



Two meals in one make grilling more fun — and midweek meals less hassle! Sesame-Ginger Grilled Sirloin stars in a steak dinner the first night and later, in a main dish salad.

GAZPACHO SALAD

Salad:

4 tomatoes, seeded, diced

2 cucumbers, peeled, diced

2 green peppers, seeded, diced

1 medium onion, diced

1 can sliced ripe olives, drained

1 teaspoon salt

½ teaspoon pepper

Dressing:

½ cup olive oil

¼ cup vinegar

¼ cup lemon juice

1 tablespoon parsley, fresh

2 garlic cloves, minced

2 teaspoons chopped green onions

½ teaspoon salt

½ teaspoon pepper

In a glass jar or bowl; layer salad ingredients one-third at a time until all are used. Combine dressing and pour over vegetables.

Cover and chill for several hours or overnight.

Serves 10-12 people.

Julianne Medaglia
Birdsboro

LAMB CHOPS JALAPENO (Serves 4)

4 American lamb shoulder chops, (1-1½ lbs.), 1-inch thick, round bone or blade*

½ teaspoon seasoned salt

½ teaspoon ground pepper

1 can (8 ounces) crushed pine-

apple, in its own juice

½ cup jalapeno jelly

¼ cup fresh lemon juice

1 tablespoon prepared mustard

*Leg or sirloin steaks can be substituted for chops.

Sprinkle lamb chops with seasoned salt and pepper. Grill lamb chops over moderate heat or broil 4 inches from heat source, 8 to 10 minutes on each side.

While lamb is cooking, combine remaining ingredients in a small saucepan. Bring to a boil, stirring until jelly is melted. Remove from heat.

Spoon jalapeno sauce over lamb chops or steaks for the last 5 minutes of cooking. Watch carefully to prevent burning.

Preparation Time: 10 minutes; Cooking Time: 20 minutes.

(Turn to Page B8)

Featured Recipe

Dinosaurs are "in" and it's easy to find dinosaur cookie cutters, but these cookies will taste just as good in any shape. You will be pleasantly surprised with this recipe because it adjusts to your schedule. You might mix the ingredients and refrigerate the dough one day; cut and bake the next day (be sure to let dough soften at room temperature before rolling out).

Dinosaur Cookies

Yield: 12 - 20 dinosaurs

½ cup granulated sugar

½ cup brown sugar

½ cup butter (1 stick), softened

½ cup peanut butter

½ teaspoon vanilla

1 egg

1 cup all purpose flour

½ cup whole wheat flour

¼ teaspoon baking powder*

¼ teaspoon salt*

½ cup chocolate chips

*You can use self-rising flour instead of all purpose; omit baking powder & salt.

Directions: In large mixing bowl, beat sugars and butter until light and fluffy. Add peanut butter, vanilla and egg; mix until smooth. Combine flours, baking powder and salt in small bowl. Gradually add flour mixture to sugar mixture until well blended.

Refrigerate dough from 1 to 24 hours — depending on your schedule.

Roll one-half of dough on lightly floured board to ¼ -inch thick. If it is sticky, put some flour on your hands. Cut with 3 to 5 inch dinosaur cookie cutter. Place on ungreased baking sheet. Add chocolate chips, laying them sideways around the back and down the tail of cookie and one for the eye. Repeat with remaining dough. Bake in preheated 350° F oven for 12 to 18 minutes or until golden brown. Cool slightly before removing to wire racks to cool completely.

Note: When refrigerating dough, cover with plastic wrap and drape with a dish towel. Let the dough soften again before rolling out.

Measuring Flour: Flour does not have to be sifted if lightly stirred and spooned into a dry measuring cup. Fill the cup, then level it off with a straight edge (knife or spatula). When measuring dry ingredients with a spoon, level off the same way.

Courtesy of the Home Baking Association

Last Chance To Send Recipe For June Dairy Month Extravaganza

In a salute to dairy farmers, *Lancaster Farming* wants to show our readers how versatile and great tasting dairy products are when used in appetizers, dips, soups, breads, main dishes, vegetables, desserts, beverages, snacks, and salads.

Every person who jots down a favorite recipe using dairy products and sends it to us will receive a packet of 25 decorative recipe cards and a note pad.

Please send your recipe using a sizable quantity of at least one of the following ingredients: milk, cream, sour cream, butter, yogurt, buttermilk, ice cream, cottage cheese, ricotta cheese, cream cheese or any hard or soft cheese.

Print or type your recipe and be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. Be sure to print your name, full address, and phone number on the recipe. Please

include a few paragraphs about yourself or your family. Although it is not required, we'd like a picture of you or your family to include with the recipe when it is printed. Photos will be returned if you mark your name and address on the back of the photo.

All recipes submitted will be printed during the month of June. This is a popular annual event for our readers who enjoy the recipes and reading tidbits of information about the person who submits the recipe.

Send your recipe and accompanying information and photo to Lou Ann Good, *Lancaster Farming* Dairy Recipe Extravaganza, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.

One recipe for family, please. Send it immediately. Recipes will be accepted through June 4.