

Winning Beef Recipes Available For Free

MIDDLETOWN (Dauphin Co.) — Gloria Bradley of Naperville, Ill., took top honors at the 23rd National Beef Cook-Off® held in Omaha, Neb. on September 25. A panel of leading food professionals chose her recipe, "Fiesta Roast Beef with Tropical Fruit Relish" for its great taste and simplicity.

Bradley won \$40,000 and the title "Best Beef." In her island-style recipe, orange juice and peel, spicy brown mustard, hot pepper sauce, green bell pepper and tropical fruit salad are combined into a fruit relish to serve with a heat-and-serve roasted beef tri-tip.

"This recipe shows how a fully-cooked, heat-and-serve beef product can be used to create a delicious beef meal that easily can be prepared and on the dinner table in minutes," said Marilyn Weber, chairperson of the American National Cattle Women, Inc.'s National Beef Cook-Off Committee. "Americans love beef, and this recipe is perfect for quick, family dinners for weeknights."

Sixteen finalists competed in two categories, eight each in "Ground Beef" and "Prepared Beef." Each category winner received \$10,000 with an additional \$30,000 grand-prize awarded to Bradley.

Jason Boulanger, a graduate student majoring in wildlife biology, was the winner of the "Ground Beef" category. He hails from Williston, Vt., and attends South Dakota State University.

The 16 finalist recipes are showcased in a new National Beef Cook-Off® 1999 Prize Winning Recipes" brochure. To receive a free copy of the brochure, call 1-800-848-9088, or write: Prize Winning Recipes '99, ANCW, PO Box 3881, Englewood, CO 80155.

FIESTA ROAST BEEF WITH TROPICAL FRUIT RELISH

First Prize

Total preparation and cooking time: 30 minutes

- 1 package (1-1/2 to 2 pounds) fully cooked beef tri-tip roast
- 2 cans (8 to 8-1/4 ounces each) tropical fruit salad in light syrup
- 1 large orange
- 2 to 3 teaspoons spicy mustard
- 1/4 to 1/2 teaspoon hot pepper sauce
- Salt and pepper
- 1/2 cup diced green bell pepper
- Orange slices (optional)
- Remove beef tri-tip from

package; place in microwave-safe dish. Transfer 3 to 4 tablespoons liquid from package to small saucepan; set aside. Discard any remaining liquid or reserve for other use. Cover roast and microwave on high 7 to 10 minutes or until heated through. Let stand, covered, 5 minutes.

• Meanwhile drain fruit salad, reserving 3 tablespoons of the syrup. Cut up any large pieces of fruit; set aside. Grate 1 teaspoon peel from orange; set aside. Cut orange in half. Squeeze juice from 1/2 orange; peel and chop orange sections from remaining 1/2.

• Combine reserved syrup, orange juice, mustard, orange peel, pepper sauce, salt and pepper, as desired in medium bowl; whisk until blended. Measure

1/4 cup of the orange juice mixture; add to beef liquid in saucepan. Set aside. Add reserved fruit, chopped orange and bell pepper to remaining orange juice mixture in bowl; mix well. Cover and refrigerate

• Carve roast across the grain into thin slices. Bring mixture in saucepan to a boil; remove from heat

• Arrange beef and fruit relish side-by-side on platter. Spoon hot sauce over beef, as desired. Garnish with orange slices, if desired.

Makes six to eight servings.

Cook's Tip: Beef tri-tip is a boneless roast from the bottom sirloin. Tri-tip roasts usually weigh about 1-1/2 to 2 pounds and have a distinctive triangular shape.

CAESAR SALAD BEEF BURGERS ON GARLIC CROSTINI

Second Prize

Total preparation and cooking time 30 minutes

- 1-1/2 pounds ground chuck
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Salt and pepper
- 4 Romaine lettuce leaves
- 1/4 cup freshly shaved or grated Parmesan cheese
- Romaine lettuce leaves (optional)

Garlic Crostini:

- 8 slices sourdough bread (about 4x3x1/2 inch)
- Extra virgin olive oil
- 2 large cloves garlic, cut lengthwise into quarters

• Combine ground beef, minced garlic, 1 teaspoon salt and 1/2 teaspoon pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 3/4-inch thick patties, shaping to

fit the bread slices

• Place patties on grid over medium ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally. Season with salt and pepper, as desired.

• Meanwhile brush both sides of bread slices lightly with oil. Place bread around outer edge of grid. Grill a few minutes until lightly toasted, turning once. Remove bread slices, from grid. Rub both sides of each slice with a garlic quarter.

• Place on lettuce leaf on four of the bread slices; top each with a burger. Sprinkle evenly with cheese; cover with remaining bread slices. Cut burgers in half, if desired, arrange on lettuce-lined platter, if desired.

Makes 4 servings

Cook's Tip: Use a vegetable peeler to quickly shave Parmesan cheese

Horticultural Society Announces

Gold Medal Plant Awards

PHILADELPHIA — The Pennsylvania Horticultural Society — which has just named six Gold Medal winners for the year 2000 — is launching an outreach effort to familiarize gardeners all over the region with the Gold Medal tag.

Plants that receive the Gold Medal Plant Award designation are easy to come by, have exceptional attributes for ease of growing and make a great contribution to regional gardening needs.

Calculated under an intensive review period by expert horticulturists, growers, landscapers, and gardeners, these extraordinary plants have met the highest standards for disease resistance, ease of care, and beauty.

The annual awards presentation provides a forum for growers to choose outstanding plants for the trade, and over the last 11 years, 70 woody plants — all phenomenal garden performers and hardy from New York to Washington D.C. — have won the award. Winning plants are actively promoted to the nursery trade among growers, wholesalers, and retailers to ensure their availability to the gardening public.

The outreach effort is being done in conjunction with Chanticleer, the region's premier pleasure garden. In July of this year, Christopher Woods, the director on this 30-acre estate in Wayne, cited the Chanticleer Foundation's keen desire to bring these plants to the attention of gardeners throughout the region.

Lauding the positive impact of the Gold Medal Plant Award on the region's plant industry, Chanticleer awarded PHS with a \$375,000 multi-year donation to further the annual Award Program's exposure to the public.

Six prominent plants have been selected as the 2000 Gold Medal Plant Award winners.

• *Acer buergerianum* is an ideal small tree for today's landscape. Slow growing to 20 inches - 25 inches with an equal spread, the Triden Maple adds interest to the garden year round. Fall color varies from yellow to red but is always striking. In the winter an interesting exfoliating bark is revealed. It is pollution tolerant and will survive dry conditions. Hardy in zones 5-9.

• *Aronia arbutifolia* 'Brilliantissima' adds fall and

winter luster to the landscape with brilliant scarlet foliage and large crimson berries. A stoloniferous shrub, individual plants grow slowly to 6 feet with 3-foot - 5-foot spread. The red fruit persists long into the winter. Chokeberry will grow in sun or shade and is tolerant of moist or dry soil conditions. Hardy in zones 4-9.

• *Parrotia persica* is an elegant tree sure to make an impact on the landscape with its architectural branch structure. Growing to 20 feet - 40 feet with a 15-foot - 30-foot spread, *Parrotia* has glossy dark green leaves and is pest free. Fall color ranges from yellow to orange through purple and red tones but is always spectacular. Hardy in zones 4-8.

• *Quercus alba* is a grand old tree that is sorely underused in the modern landscape. The white oak is longer lived, harder wooded, and more broadly tolerant of soil types and moisture levels than any other shade tree. It has a slow growth rate but in time can reach 80 feet - 100 feet in height and spread — a tree for your grandchildren to treasure! Hardy in zones 3-9.

• *Syringa meyeri* 'Palibin' is a finely textured, compact shrub

that deserves a place in every garden. 'Palibin' grows rapidly when young but remains a compact 4-foot - 8-foot at maturity. Each spring, this lilac will delight you with fragrant violet - purple 2-foot - 4-foot panicles covering literally every spot on the shrub. It could be used as a hedge or in a mixed border. Imagine — no mildew either! Hardy in zones 3-7.

• *Weigela florida* 'Alexandra Wine & Roses'™ is a delightful shrub that will add a dash of drama to the garden. Growing to 4-foot - 5-foot with a 3-foot - 4-foot spread, *Wine & Roses*™ displays burgundy leaves highlighted by hot pink flowers in May. As autumn approaches the leaf color intensifies. Grow in full sun for best color. Hardy in zones 4-9.

Chanticleer is open to the public April 1 through Oct. 30, Wednesday through Saturday, 10 a.m. to 5 p.m. For more information about Chanticleer visit www.chanticleergarden.org or call (610) 687-4163.

A complete list of Gold Medal Plants and sources along with profiles of each plant can be found on the Pennsylvania Horticultural Society website at www.libertynet.org/phs or by mail with a self-addressed, stamped (55) envelope to PHS c/o Gold Medal, 100 N 20th Street, 5th Floor, Philadelphia, PA 19103

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