Last Chance To Enter Beef Recipe Contest

The Pennsylvania Beef Council and Lancaster Farming are sponsoring a beef recipe contest to highlight the versatility and nutritional value of beef. To enter the drawing, pick out your favorite recipe which includes a substantial amount of beef or veal.

The Pennsylvania Beef Council has furnished many terrific prizes to help you cook up, grill up, baste up, and eat up beef any style. Besides several full-color beef cookbooks and aprons, prizes include gift certificates to Hoss's Steak House, Doc Holliday's Steakhouse, and Giant grocery store. You may also win a

14-piece knife set in a counter block, a 4-piece steak knife set, stainless steel skewers, a roasting pan and rack, a basting brush, meat thermometers, two grill tool sets, and a grill mitt.

Simply give us your favorite recipe to prepare that steak, roast, filet, or ground beef for your hungry family and write a short description on why the recipe is such a hit with your familv

Your recipe may fall into the appetizer, soup, entree, vegetable, snack and salad categories or any other creative way to prepare and present beef and veal.

The deadline to enter recipes is Friday, August 25. Contest winners will be printed in the September 2 issue of Lancaster Farming.

Send your entry immediately. Winners will be selected by a random drawing at the end of August, however Lancaster Farming will be printing beef recipes throughout September.

Please clearly print or type your recipe entry. Also be specific and accurate with measure-

TOMATOES

Tomatoes are versatile.

• If you wish to remove skins,

• For a decorative, quick and

Saute, bake, broil or grill

them...and most of all, eat them

dunk whole tomatoes in boiling

water for 15-30 seconds, remove

delicious side dish, slice tomatoes

and arrange on a plate. Drizzle

with olive oil (or a vinaigrette),

chopped fresh basil or parsley

• Add tomato to your list of shish-ka-bob vegetables.

• Try frying or broiling sliced tomatoes topped with thin slices

of cheese. Remove from heat

when cheese is melted and toma-

toes have softened and begin to

• Top slices with a tangy gua-camole or pesto spread for a great snack, hors d'oeuvres or

Add tomato chunks to sum-

mer soups or hearty stews or

puree tomato for a soup base or

TOMATO SOUP

2 stalks celery, chopped 2 quarts canned tomatoes (or

 $\frac{1}{2}$ cup fresh basil (or $\frac{1}{4}$ cup

equivalent in fresh toma-

1 tablespoon butter

2 carrots, chopped

pinch of sugar

dry)

2 cloves garlic, minced

toes and water)

salt and pepper to taste grated Parmesan cheese

bubble. It's a kid favorite.

side dish.

stock.

and a little salt and pepper.

Cooking Tips:

with slotted spoon.

raw!

ments, temperatures, times, and sizes of baking dishes to use. We may disqualify entries if these guidelines are not followed.

Along with the recipe include your complete mailing address so we can send you a prize if you're a winner. In addition please enter one recipe per family. Contest participants must be 18 or older.

Send entries to Lou Ann Good, Lancaster Farming Beef Recipe Contest, P.O. Box 609, 1 East Main Street, Ephrata, PA 17522.



The Pennsylvania Beef Council has furnished many terrific prizes to help you cook up, grill up, baste up, and eat up beef any style. Besides several full-color beef cookbooks and aprons, prizes include gift certificates to Hoss's Steak House, Doc Holliday's Steakhouse, and onions, peppers; sprinkle with Giant grocery store. You may also win a 14-piece knife salt and add two trays ice cubes. set in a counter block, a 4-piece steak knife set, stain- Mix well and let set 3 hours or less steel skewers, a roasting pan and rack, a basting until ice melts. Drain well in cobrush, meat thermometers, two grill tool sets, and a grill mitt.



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¹/₂ teaspoon celery seed tard)

lander about 30 minutes.

In large pot, combine vinegar, sugar, and spices; heat to boiling, add well drained squash mixture to vinegar syrup. Heat to full rolling boil and boil for 3 to 5 minutes until squash is translucent. Spoon into hot dry jars. Makes about 4 pints. Process in boiling water for 5 minutes. About 50 calories per half cup. Always chill several hours before using.

R



BLENDER SALSA DI POMODORO

lots of tomatoes

small amount of basil and parsley, dried or fresh

a large amount of oregano

minced garlic cloves

1 or 2 carrots, finely chopped

salt and pepper Olive oil

In Italy, no one follows a recipe for tomato sauce, so use your imagination for quantities!

A couple of guidelines: Do not underestimate the amount of garlic; when in doubt, put in lots! Also, carrots are often the sweetener in Italian tomato sauce. Blend or process the tomatoes to an almost pureed texture. Gradually add herbs, garlic and carrots. Slowly cook the mixture in a deep skillet (cast iron is best). When sauce has reduced about halfway to the texture you want, add salt and pepper. Add several tablespoons of olive oil before reheating for serving. Makes any quantity.

SOUTHERN TOMATO PIE

1 sheet refrigerated pie crust

6 plum tomatoes, cut 1/4-inch

- thick
- Coarse salt (optional) 2 cups shredded mozzarella or
- Swiss cheese
- Olive oil
- ¹/₂ cup minced fresh basil ¹/₂ teaspoon freshly ground pepper

Heat oven to 450 degrees. Prepare pie crust sheet, using a 9½-inch tart pan. Do not prick crust. Partially bake nine-11 minutes or until golden. (If crust puffs up, gently press back with back of wooden spoon.) Remove and cool crust; reduce oven heat to 375 degrees. Sprin-

kle tomatoes with salt, if desired, and place in single layer on paper towels; let drain 30 minutes. Pat dry. Sprinkle cheese evenly in cooled pastry shell. Arrange tomatoes over cheese in an overlapping circular pattern, covering surface. Brush tomatoes with olive oil. Sprinkle with basil and pepper. Bake 30-35 minutes. Let stand 10 minutes before slicing. Serve hot or at room temperature. Eight servings.

Heat butter in skillet; saute garlic, carrots, and celery. Add tomatoes and simmer 20 minutes. Add sugar, basil, salt and pepper; simmer five-10 minutes longer. Top with Parmesan. Eight servings.

Summer Vegetable

(Continued from Page B6)

- 10 cups yellow summer squash, sliced
- 2 cups thinly sliced onions
- 1 or 2 green bell peppers, chopped
- 1 or 2 red bell peppers, chopped
- 3 teaspoons pickling salt
- 1 cup cider vinegar
- 1¹/₄ cups sugar
- teaspoon mustard seed (or 1/4 teaspoon dry tumeric and 1/4 teaspoon dry mus-

In large pan, combine squash,

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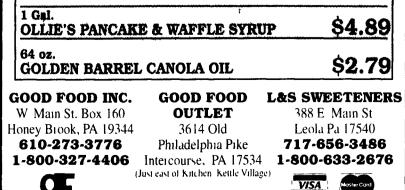
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