

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 family.

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-

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 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.

See
Lancaster Farming
CowCam
Visit our Website
at www.lancasterfarming.com

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
1 1/4 cups sugar
1/2 teaspoon celery seed
1/2 teaspoon mustard seed (or 1/4 teaspoon dry tumeric and 1/4 teaspoon dry mustard)

In large pan, combine squash, onions, peppers; sprinkle with salt and add two trays ice cubes. Mix well and let set 3 hours or until ice melts. Drain well in colander 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



TOMATOES

Cooking Tips:

• Tomatoes are versatile. Saute, bake, broil or grill them...and most of all, eat them raw!

• If you wish to remove skins, dunk whole tomatoes in boiling water for 15-30 seconds, remove with slotted spoon.

• For a decorative, quick and delicious side dish, slice tomatoes and arrange on a plate. Drizzle with olive oil (or a vinaigrette), chopped fresh basil or parsley and a little salt and pepper.

• 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 tomatoes have softened and begin to bubble. It's a kid favorite.

• Top slices with a tangy guacamole or pesto spread for a great snack, hors d'oeuvres or side dish.

• Add tomato chunks to summer soups or hearty stews or puree tomato for a soup base or stock.

TOMATO SOUP

1 tablespoon butter
2 cloves garlic, minced
2 carrots, chopped
2 stalks celery, chopped
2 quarts canned tomatoes (or equivalent in fresh tomatoes and water)
pinch of sugar
1/2 cup fresh basil (or 1/4 cup dry)
salt and pepper to taste
grated Parmesan cheese
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.

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 sweeter 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 9 1/2-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. Sprinkle 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.

GOOD FOOD OUTLET STORES



See Our Original Line Of Golden Barrel Product Plus All Kinds Of Beans, Candies, Dried Fruit, Snack Mix, Etc. At Reduced Prices

Processors Of Syrups, Molasses, Cooking Oils, Funnel Cake Mix, Pancake & Waffle Mix & Shoofly Pie Mix

If your local store does not have it...
SEND FOR FREE BROCHURE

AUGUST SPECIALS

10% OFF
Good Food Dried Beans & Soup Mixes

1 Gal.
OLLIE'S PANCAKE & WAFFLE SYRUP \$4.89

64 oz.
GOLDEN BARREL CANOLA OIL \$2.79

GOOD FOOD INC. W Main St. Box 160
Honey Brook, PA 19344
610-273-3776
1-800-327-4406

GOOD FOOD OUTLET 3614 Old Philadelphia Pike
Intercourse, PA 17534
(Just east of Kitchen Kettle Village)

L&S SWEETENERS 388 E. Main St
Leola Pa 17540
717-656-3486
1-800-633-2676



Accepted • We Ship UPS Daily



D.S. Stainless Steel Canners

Rectangular Canners
Sizes: 24" x 24" (\$429.00)*

Round Canner
Size: 25" round (\$389.00)*

Features: Double wall firebox for maximum heat protection and minimum heat loss; drain valve; all cast iron door and frame; 6" flue with baffle; portable; for use indoors or outdoors; uses minimum amount of wood

Use: canning, frying, soup making, or lots of hot water
Optional: LPG burner



* Price includes wooden can rack and stainless steel lid

D.S. Machine Shop Stoves & Chimneys

238B Old Leacock Road • Gordonville, PA 17529
717/768-3853

DEALER: NIPPENOSE CHIMNEY & STOVES
RD 3 Box 367 (Rt 64) Williamsport, PA 17701



Canning Jars & Lids
All shapes and sizes!
Factory direct pricing!
Distributor inquiries welcomed!
Fillmore Container Inc.
2316-B Norman Rd.,
Lancaster, PA 17601
Ph (717) 397-4131
Fax (717) 397-0941