

Beef Contest Entries Make End-Of-Summer Sizzle

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4 cups water
2 teaspoons fresh lemon
1 tablespoon Worcestershire sauce
1 teaspoon sugar
2 bay leaves
½ teaspoon ground allspice
1 large yellow onion, roughly chopped
10 trimmed and peeled carrots, cut into 1-inch lengths or 25 baby carrots
12 small red or white potatoes (about 1½ inches in diameter)
½ bunch parsley, wide-leaf Italian, chopped
Mix flour, salt and pepper in a bowl. Dredge meat in flour mixture, coating lightly. Heat oil in large, heavy-bottomed pot with tight-fitting lid. Using medium-high heat, brown ¼ of your meat, turning meat when it is rich brown.

When first batch has browned, remove with slotted spoon and place in bowl or large plate. Repeat browning process with remaining batches. Leave last batch in pan. Meanwhile place water in another pan on high heat. Bring to boil. When last batch of beef has browned, gently pour in water. It will sizzle. Return all meat to pot.

Stir in lemon juice, Worcestershire sauce, sugar, bay leaves, allspice, and onion. Bring to simmer, scraping bottom of pan. Cover and reduce heat to low.

Simmer 1½ hours. After 1½ hours add carrots and potatoes. Simmer, uncovered, 20 to 25 minutes until carrots and potatoes are fork tender. Add salt or pepper as needed. Stir in parsley and serve. Yields 6-8 servings.

Ms. Nancy J. Getz
Bath

BEEFY MACARONI

1 pound ground beef
30 ounces tomato sauce
3 ounces cream cheese
1 cup sour cream
½ cup cheddar cheese, grated
Cook beef in a skillet over medium heat 10 minutes or until browned. Drain well. Add tomato sauce. Mix well. Lower heat to simmer and cook 215 minutes. Cook macaroni, following directions on package. Drain well.

In a medium bowl, combine cream cheese and sour cream. Mix well. Layer beef, then macaroni, then sour cream mixture in a greased casserole dish. Sprinkle cheddar cheese evenly on top. Bake in preheated, 350 degree oven for 20 minutes. Serves six.

My mother and I like this recipe because of the cream cheese and sour cream. She serves it with a salad and home made applesauce. It is great!

Whenever I have to go to a covered dish, this is a recipe I make and I never come home with leftovers.

Kathleen Hampford
Pottsville

BAR-B-Q BURGERS

1½ pound ground beef
1 small onion, chopped
2 slices bread, crumbled
½ teaspoon pepper
1 egg
1 teaspoon salt
¼ cup ketchup
Topping:
3 tablespoons brown sugar
½ teaspoon dry mustard
¼ cup ketchup
Mix together beef, onion, bread, pepper, egg, salt, and ketchup and form into 12 nice-sized burgers. Put on cookie sheet with sides. Put about a tablespoon topping on each (or until topping is all used). Bake at

350 degrees for 45 minutes, then add a slice of cheese.

Our favorite burger, this recipe was shared by a friend.

Lydia Allgyer
Quarryville

MEATLOAF

1½ pounds ground chuck hamburger
½ pound sausage
1 cup bread crumbs
2 teaspoons bread crumbs
2 teaspoons dried onions
2 teaspoons Worcestershire sauce
2 eggs
1 cup milk
1 teaspoon parsley
1 small onion
Red or green peppers
Dash Italian seasoning
Mix all ingredients together. Put into a glass oblong pan. Shape your meat loaf to put into glass or oblong pan. Spread ketchup on top of loaf, then chop an onion and layer over the top of the loaf, along with chopped red or green peppers. Add dash of Italian seasoning.

This makes a big meat loaf.

Mr. R. Kophanzy
Bath

PIZZA BURGER SPREAD

1 pound ground beef, browned and cooled
½ pound longhorn cheese, shredded
½ pound ground ham or spam
16 ounce pizza sauce
1 teaspoon oregano
1 teaspoon parsley flakes
Mix all together. Heat in bun or on open sandwich. Other cheese and ground hot dogs can also be used.

This is easy to prepare ahead of time and freeze small portions to thaw for quick meals. We are pizza lovers so this is a hit with us.

Mrs. James S. Zimmerman
Ephrata

PRESSURE COOKER BEEF STEW

1 pound stir-fry beef
1 tablespoon olive oil
1 tablespoon dried chopped onion
¼ teaspoon salt
¼ teaspoon pepper
¼ cup water
8 small potatoes
16 ounces frozen whole baby carrots
1 cup stewed tomatoes
1 tablespoon flour
¼ cup water
½ teaspoon browning and seasoning sauce
Cook beef and olive oil in heated pressure cooker until brown. Add onion, salt, pepper, ¼ cup water, potatoes, carrots and stewed tomatoes. Close cover securely. Place pressure regulator on vent pipe and cook 10 to 12 minutes. Let pressure drop. Make a paste of flour and ¼ cup water. Stir paste into stew. Add seasoning, stir until well blended. Makes four servings.

I created this recipe with ingredients my family enjoys. When schedules are hectic and appetites are hearty, this recipe comes in great!

Joann Frazier Hensley
McGaheysville, Va.

SALISBURY STEAK

1 pound ground beef
1 egg, beaten
1 onion, chopped
½ cup milk
1 teaspoon salt
1 cup fine bread crumbs
10¼ ounces cream of mushroom soup
Mix all ingredients except the cream of mushroom soup. Make patties, roll in flour and fry on electric skillet until outer edges

are brown. Put in a 9 by 9-inch baking dish and pour cream of mushroom soup on top. Bake at 350 degrees for 45 minutes.

We enjoy this soft, moist meat dish. It makes its own gravy with the mushroom soup and is delicious served with mashed potatoes.

I also make several batches and after browning them, put them in the freezer. They are a quick and easy meat dish for a busy day, or unexpected company.

Andrea Martin
Mohnton

TURKISH RICE

1 pound ground beef
4 slices bacon, diced
1 large onion, chopped
2 cups crushed tomatoes or pasta sauce
2 cups cooked rice
Cook first three ingredients together until beef is no longer pink. Add next two ingredients, place in casserole dish and top with favorite shredded cheese. Bake at 350 degrees for 30 minutes.

Mrs. John Randall
Bloomfield, N.Y.

MEAT AND CHEESE ROLL

1½ pounds ground beef
1 egg
¼ cup Italian-style bread crumbs
½ cup finely-chopped onion
15 ounce tomato sauce, divided
1 teaspoon salt
½ teaspoon pepper
2 cups mozzarella cheese
1 green pepper, cut into rings
Combine beef, egg, bread crumbs and onion ¼ cup tomato sauce, salt and pepper. Mix well and shape into a flat rectangle, about 10 by 12 on a piece of wax paper. Sprinkle with 1 ½ cups cheese evenly on meat mixture.

Starting with shortest end, roll up, jelly roll fashion, and press ends of roll to seal. Bake in a shallow baking dish for one hour. Drain off excess fat.

Pour remaining sauce over roll. Garnish with remaining ½ cup cheese and green pepper rings. Bake an additional five minutes or just until cheese starts to melt.

My husband, Jamie, and my son, Jacob, enjoy this dish because it is meatloaf with a twist to it. I enjoy making it for them.

Sharon Heacock
Plumsteadville

BEEF JERKY

1 pound lean round or flank steak
4 tablespoons soy sauce
4 tablespoons Worcestershire sauce
1 tablespoon ketchup
¼ teaspoon garlic powder
¼ teaspoon pepper
½ teaspoon garlic powder
⅞ teaspoon salt
6 drops hot sauce
Remove all fat from flank steak and cut ¼ to ½ inches thick. Cutting against the grain will make the meat more tender. Marinate meat one hour and drain. Place on trays for drying. Do not overlap meat. Turn once during drying. Dry at 145 degrees for 10 hours. It is ready when it bends without breaking. Store in refrigerator.

Daniel Pedrick
Salem, N.J.

GREEN PEPPERCORN LONDON BROIL

3½ pounds top sirloin steak, 2½ inches thick
1 cup dry wine
¼ cup parsley
¼ cup oil
3 cloves garlic, minced
3 scallions, thinly sliced
1 teaspoons green peppercorns
1 teaspoon dry mustard
½ teaspoon thyme
1 bay leaf
1 tablespoon coarsely ground black pepper
Green peppercorn butter+I
Pierce steak on both sides with fork. Place in shallow dish. Combine next nine ingredients and pour over steak. Marinate at least four hours. Drain steak and press pepper onto both sides. Broil over coals or broil in oven four to six inches from heat. After 15 minutes at 500 degrees turn over for 10 minutes or to desired doneness. Brush both sides with half the peppercorn butter and let stand 10 minutes.

+I Green Peppercorn Butter:

½ cup softened butter
¼ cup chopped fresh parsley
2 tablespoons green peppercorns
2 teaspoons lemon juice
2 teaspoons Worcestershire sauce
1 teaspoon Dijon mustard
Combine all ingredients and mix until smooth. Use other half of the peppercorn butter over vegetables surrounding the steak.

Vegetables:
1 pound fresh broccoli florets
1 tablespoon vegetable oil
1 large green pepper, cut into ¼ inch strips
a large red pepper, cut into ¼ inch strips
1 large yellow pepper, cut into ¼ inch strips
2 cups cherry tomatoes
¼ cup parsley
Cook broccoli and drain. Heat vegetable oil, add all peppers and saute three or four minutes. Remove from heat. Add cherry tomatoes and parsley. Toss and arrange around steak.

My husband and I live on a 140-acre farm and have raised polled Herefords for 30 years. This recipe is really outstanding and makes great conversation and top quality eating.

MaryAnn Pedrick
Salem, N.J.

BEEF SALAD

2 pounds round steak, about ¼ inch thick, and sliced into ¼ inch strips
10-15 snow pea pods
3 tablespoons vegetable oil
Dressing★
1 teaspoon browning sauce (seasoning)
1 pound fresh spinach
2 cups thinly-sliced Chinese cabbage
¼ pound fresh mushroom, sliced
1 small red onion in rings
3 hard boiled eggs, quartered
12 cherry tomatoes
5 sliced crumbled beef bacon
2 tablespoons sesame seeds (toast if preferred)

Blanch snow peas and set aside. Heat oil in large skillet. Add ½ of steak, stir fry until no pink remains. Remove and repeat with other half. Add 1 cup of dressing and browning sauce. Cover and chill 1½ hour.

Stir once in between. Remove stems and wash spinach. Tear to bite size, add cabbage, mushrooms, onion and snow peas. Place on platter. Arrange steak in center. Garnish with eggs and tomatoes. Sprinkle with bacon.

★ Dressing:
1 cup vegetable oil
¼ cup chili sauce
¼ red wine vinegar
½ cup sugar
1 tablespoon soy sauce
Combine in jar and shake vigorously.

MaryAnn Pedrick
Salem, N.J.

MARINARA BEEF

2 pounds chuck roast (1½-2-inches thick)
¾ cup Gazebo Room salad dressing (sold in Giant supermarkets)
Place chuck roast in glass Pyrex dish and pour the salad dressing over top. Set in refrigerator for four hours, turn and marinate for another four hours. Discard marinade. Place roast on gas grill on low heat. Grill for 30 minutes. Turn once. Can also be made in oven by placing in baking dish, roast at 225 degrees. Do not cover. Let cool and slice thin.

Mrs. B.M. Campbell
Elizabethville

BEEF 'O' ITALIANO

In a heavy medium roasting pan, place 2-ounces extra virgin olive oil on medium high heat. Put 3 to 4 pound beef roast (your choice) into pan, turn several times until brown to your liking on each side. Preheat oven to 400 degrees while searing meat. Sprinkle with diced onions and granulated garlic to your taste. On each side (lightly cover each side before placing into oven. Turn heat down to 350 degrees. Place two medium cleaned onions in pan with 2-ounces water. Cover pan, add more water while cooking if meat is lacking moisture. Never let meat get dry. Cook 45-60 minutes, depending on size of roast. Turn temperature to 150 degrees for ½ hour to 45 minutes or according to size of roast. You can make gravy with pan drippings, if desired.

Toast homemade bread or Texas toasted bread. Shred or cut meat over toast and gravy or serve individual slices or chunks. Note: no salt or pepper used. Caution. Please do chores first.

This is such a hit with our family because while the beef is cooking, we are attending church Sunday morning. Our time is limited because we work during the week and raise project pigs for 4-H projects and show in competitions in Pennsylvania and surrounding states. This recipe does justice for any cut of meat.

Augie Catalano
Punxsutawney

Chili Cook-Off

LANCASTER (Lancaster Co.) — Lancaster County Parks, along with co-sponsors Marietta Area Business Association and Harvey's BBQ hosts its fourth annual Chili Cook-Off Sept. 16, from noon to 5 p.m. Held at Chickies Rock County Park, Marietta, will be 11 local restaurants competing for Judges' and People's Choice Awards.

Family activities include pony rides, a petting zoo, custom car cruise, and a disc jockey. Admission is \$2, children 10 and under are free.

For more information, call (717) 299-8215.