

POST COOKBOOK

Marinated meats are a speciality



COOK OF THE WEEK—Mrs. Fran Williams poses with her children (left to right) Lee, Elizabeth and David in the kitchen of her home. (Steward J. Calkins Photo)

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by Joan Kingsbury
"An interesting lady with a warm friendly smile" is an accurate description of this week's cook, Frances Williams.

Frances and her family reside in a home on Carverton Road in Trucksville. Since purchasing the home, her husband Lee has done a lot of remodeling which has resulted in a lovely home. Lee recently closed in the front porch and is now in the process of installing a fireplace in that room. Natural wood siding enhances the front of the house.

The Williams household consists of, in addition to Frances and Lee, their children, Elizabeth, who is nine and a student at Westmoreland Elementary School; Lee, who is seven, and a student at Trucksville Elementary School; and David, who is 15 months old.

A visit with grandma is always fun, and the Williams' children can visit their grandma anytime since Frances' mother Mrs. Estelle Gray, a former elementary school teacher, also resides with them.

Frances was raised in Niagara, N.Y. She is a graduate of Lewiston-Porter High School, and Niagara University with a degree in nursing. Although she previously worked as a pediatric nurse, Frances said she is very happy to stay home with her growing children until they are all in school.

Raised in Philadelphia, Lee is a graduate of Central Catholic High School in that city. He graduated from LaSalle University, Philadelphia and received his masters degree from Niagara

University and an A.C.S. Certificate from the Soviet Institute. He is presently working towards earning his Ph.D. from State University of New York.

Lee spent the summer semester of 1976 at the Russian Language Institute in Leningrad studying and researching for his doctorate dissertation. Lee is an assistant professor of history and political science at College Misericordia in Dallas.

Frances enjoys several hobbies. Sewing is a favorite pastime, as is knitting. She is presently in the process of embroidering a quilt for baby David. This task is very time consuming but the end product is long-lasting as well as beautiful. Frances enjoys reading "just about anything". She also finds time to be secretary of the Trucksville PTO.

Daughter Elizabeth belongs to Brownie Troop 625, and takes piano lessons, and is learning to crochet. Both young Lee and his sister take a weekly gymnastics class.

Lee holds a brown belt in Karate, and is also interested in judo, wood-working and swimming.

The Williams family attend Gate of Heaven Church in Dallas.

Summer is an especially busy time for Frances because she cans and freezes a lot of vegetables from the Williams' garden. Last summer she canned about 40 different kinds of pickles, and 60 quarts of tomatoes in addition to various other vegetables.

A summertime treat in the Williams' home is Frances' recipe for tomato olive salad. Frances says that this combination of vegetables and seasonings must be chilled at least six hours to insure a good flavor.

If marinated meats are a favorite at your house Frances has submitted two excellent recipes. Marinated flank steak combines scallions, soy sauce, olive oil, thyme, oregano, tabasco sauce, and lemon juice and flank steak into a delicious dinnertime speciality.

Sauerbraten is a dish usually found in restaurants. It takes rather a long time to prepare since the meat must soak in the brine for four days. After cooking, it is served over noodles.

For a satisfying dessert Frances has given us a cheesecake recipe that is rich and mouthwatering. Try it sometime soon.

TOMATO OLIVE SALAD

1/2 cup olive oil
1/4 cup wine vinegar
1/2 tsp. salt
1/8 tsp. pepper
1 tsp. basil
1/4 tsp. thyme
1 clove garlic crushed
4 large tomatoes
green olives 1/2 cup or green and black olives, mixed to equal 1/2 cup
1 sweet Spanish onion, sliced thin

In bowl combine olive oil, vinegar, salt, pepper, basil, thyme, and garlic. Slice tomatoes thinly, arrange in layers with onions and olives. Chill for about six hours before serving. Makes 6 servings.

MARINATED FLANK STEAK

MARINADE
6 tbs. minced scallions
3 tbs. soy sauce
4 tbs. olive oil
1/2 tsp. thyme
1/2 tsp. oregano
about 5 drops tabasco sauce
juice of one lemon

Marinate flank steak for about four hours or overnight. Broil in preheated broiler 3 minutes on one side and 3 minutes on the other side. Carve flank steak cutting thinly across grain.

SAUERBRATEN
about 3 lbs. round steak or chuck roast
pepper—few grindings
2 onions sliced
1 carrot sliced
1 stalk celery, chopped
4 cloves
4 peppercorns
1 qt. wine (burgundy)
2 bay leaves
2 tbs. bacon fat
6 tbs. butter
5 tbs. flour
1 tbs. sugar
10 gingersnaps, crushed

Season meat with salt and pepper. Place in glass or enamelware bowl. Combine onions, carrots, celery, peppercorns, cloves, wine and bay leaves and 1 1/2 pts. of water or enough to cover meat. Cover and refrigerate for 4 days.

Drain meat; saute in bacon fat and butter, until brown. Add marinade liquid and bring to boil, lower heat, simmering for about 3 hours.

Melt remaining 5 tablespoons butter in pan. Stir flour into butter. Add sugar and blend until a nice brown color. Add to meat.

Cover and cook another hour.

Remove meat to a serving platter. Stir crushed gingersnaps into hot juices and cook until thickened. Serve over noodles.

LINDY'S CHEESECAKE

Crust
3/4 cup graham cracker crumbs (about 10 crackers)
1 tbs. sugar
1 tbs. melted butter

Combine above and press evenly over the

bottom of a 9 inch spring-form pan.

Filling
5-8 oz. packages cream cheese
1 3/4 cups sugar
3 tbs. flour
1 1/2 tsp. grated lemon peel
1 1/2 tsp. grated orange peel
1/4 tsp. vanilla extract
5 eggs
2 egg yolks
1/4 cup heavy cream

Combine cheese with sugar, flour, lemon peel, orange peel, and vanilla.

Add eggs and yolks, one at a time, beating only until combined, add cream. Pour into pan, bake at 500 degrees for 10 minutes, then reduce heat to 250 degrees for 1 hour. Cool in pan, and then top with 1 cup sour cream
1 tbs. sugar
1 tsp. vanilla
about 1/2 tsp. nutmeg

Back Country Briefs

The Rev. James Pall, chaplain at Wyoming Seminary, will be the guest preacher at a joint worship service Sunday morning at 11 in Carverton United Methodist Church of the three churches comprising the Carverton UM Charge at Carverton, Orange and Mt. Zion.

Flowers on the altar for Sunday morning's worship service in Carverton UM Church were placed there by Mr. and Mrs. Donald Moser in memory of James Perry.

Mrs. Janet Brunges is in charge of the annual art contest of the Centermoreland UM Church School. The contest is being sponsored by the MM's of the church. This year's theme is "God's Promises." Sunday is the completion date for entries.

Men of East Dallas United Methodist Church will hold their annual pancake supper in the church social rooms on Saturday with serving from 5 to 7 in the evening. Menu will consist of pancakes, eggs, pie, sausages and coffee.

Tickets are available from men of the church or will be available at the door. Flowers on the altar for Sunday morning's worship service in Centermoreland UM Church were placed there in memory of Stanley Brown by the family.

Mrs. Ethel Cooper of Centermoreland was reported in good condition in Tyler Memorial Hospital, Tunkhannock, at press time.

Waters Family
The Waters Family of Washington, D.C., will be conducting services tonight, tomorrow and Saturday evenings in

Westmore Church of Christ, Kingston. The Waters family has conducted services in the past in Centermoreland UM Church and is well known in the Back Country area. During their stay here this week, the family will be guests of Mr. and Mrs. Roger Bellas of Beaumont.

Mrs. Gertrude Lee of Binghamton, N.Y., along with her son-in-law, Rev. Carlos Munoz, of Centermoreland, and other guests, spent Monday in Philadelphia where they visited Leonard Munoz, a patient in Lankenau Hospital there. Leonard's condition is somewhat improved. He has been hospitalized since late June.

Friends of Mrs. Faye Perry of Carverton will be glad to learn she came home last Thursday from Nesbitt Memorial Hospital, Kingston, where she had been a patient for several days as a result of injuries received a week ago Sunday at Carverton while snowmobiling.

Sincere sympathy is extended to the family of the late Miles Shales, who passed away Sunday evening. Funeral services were held yesterday.

The Rev. Kenneth Madden of Lake Winola will preach at the morning worship service at 11 in Northmoreland Baptist Church in Centermoreland Sunday morning, and also at the evening service at 7:30.

Teachers and officers of Centermoreland UM Church School will meet Wednesday morning at 10 at the home of Mrs. Robert Phillips, Centermoreland. Members are asked to bring a bag lunch. A meeting of the MM's of the

church will follow.

Mrs. Arla Charney of Beaumont will entertain the Ladies Fellowship of Northmoreland Baptist Church at her home tomorrow evening at 7:30.

Stations of the Cross will be held tomorrow evening at 6:30 in St. Frances Cabrini Church, Carverton, followed by mass, Rev. Father Thomas Croghan, pastor, has announced. Stations of the cross in Blessed Sacrament Church, Centermoreland, are held Wednesday evenings at 7:30 during the Lenten season.

Singer visits
Rev. Edgar Singer of Kingston, UM District superintendent, will be the guest speaker at the All Charge Lenten service of the three UM Church comprising the Centermoreland UM Charge, tonight at 7:30 in Centermoreland UM Church.

All churches of the Franklin-Northmoreland area are urging support of the blood drive to be held Tuesday, March 5, at the Gate of Heaven School in Dallas. The need is urgent and anyone willing to help is asked to contact their respective church representatives.

Representing the three churches of the Centermoreland UM Charge on the blood drive committee are: East Dallas, Sally Wagner; Dymond Hollow, Mrs. Gertrude Coolbaugh and Centermoreland, Helen Besteder.

Belated birthday congratulations are extended to Leland Gay of Centermoreland, who notched his 72nd birthday anniversary on Saturday, and was treated to dinner at the Pine Brook Inn. Mr. Gay, a lifelong resident of the area, is retired after having worked for years at NEBA in Tunkhannock. He is in good health. Mr. and Mrs. Gay observed their 47th wedding anniversary on Nov. 11. Mrs. Gay is the former Miss Verna Brunges of Centermoreland. The couple has three daughters: Mrs. Eldridge Wright of Waverly, N.Y.; Mrs. Donald Vogin of Tunkhannock and Mrs. Gerald Brown of Vernon.

Confraternity of Christian Doctrine of Blessed Sacrament Church, Centermoreland, and St. Frances Cabrini Church, Carverton, made plans for its annual dinner dance to be held in the Knights of Columbus Hall in Luzerne on Saturday evenings, April 8, beginning at 6:30 with a cocktail hour. Rev. Father Thomas Croghan, pastor, is honorary chairman. Leonard Krispin, president of the CCD, has named Mrs. John Luke, Jr., chairman.

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