

Hints for Homemakers

by **SONDRA REID**

RECORD PRODUCTION

Steaks in Supermarket Spotlight

Choice steaks have been listed on market specials more frequently this summer and at more moderate prices than in several years. This is due to the record production levels of top grades of beef which, of course, produce more steaks.

According to USDA's Agricultural Marketing Service, this situation is expected to continue through summer.

Some Tips

So with brides and steak hungry families in mind—many of whom may welcome shopping and cooking advice—here are some tips.

For outdoor or indoor broiling or grilling, select USDA Prime or Choice beef. Prime is less generally available than Choice and considerably more expensive. Choice is the top grade available at most markets. You will need from 1/2 lb. to 1 lb. for each serving.

Porterhouse and T-bone are similar cuts from the short loin and are sometimes confused. The porterhouse is larger and comes from the part nearest the round. The T-bone comes next, then the club steak. The porterhouse contains the most tenderloin. Club steaks have none.

Will Serve 3, 4

Porterhouse or T-bone, cut 2 to 3-in. thick and weighing 3 to 4 lb., will



Sondra Reid

serve 3 to 4 people. Club steaks are individual servings. They should be at least 1-in. thick for broiling. When cut 1/2-in. thick they should be pan-broiled or pan-fried.

Spencer or Delmonico are names given rib steaks with the bone removed. They should be cut 1 1/2 to 2-in. thick to serve four.

Boneless filet or loin, sometimes called stripper or New York, are from the short loin (the porterhouse without the filet and bone). They should be cut 2 to 2 1/2-in. thick to serve four.

Whole Sirloin

Pinbone or whole sirloin has more bone than most steaks but usually is priced lower. It contains some tenderloin and, when cut thick, carves to advantage for a large family. The carver should remove the bone and slice the meat so that some of the tenderloin is included with each serving.

Top sirloin, also called

Three Cheese Cake Favorites

Some like cheese cake with a light, spongy texture. Others prefer a rich, creamy type cheese pie. Three versions to choose from will delight those who yearn to make their own.

Cheese cake with texture almost like moist angel cake is baked in a spring-form pan. Cream cheese pie has a sour cream topping and may be served at room temperature or chilled. Apple sauce tops a rich pie made with cottage cheese.

CHEESE CAKE

- 1 1/2 cups zwieback crumbs
- 1/4 cup butter or margarine, melted
- 1 1/2 tsp. cinnamon
- 4 eggs, separated
- 1 tsp. salt
- 2 tbsp. lemon juice
- 1 tsp. vanilla
- 1 tsp. almond extract
- 1 cup sugar
- 2/3 cup flour
- Grated peel of 1 lemon

2 cups farmer-style cottage cheese

1 cup sour cream

Mix crumbs, butter and cinnamon. Grease and lightly flour 9-in. spring form pan. Line bottom and sides with crumbs, saving about half for top.

Beat egg yolks until light. Blend in salt, lemon juice, vanilla, almond extract, sugar, flour and lemon peel. Beat well. Mash cottage cheese well with fork or put through sieve. Beat in small amounts of egg mixture alternating with sour cream. Continue beating until very smooth. Beat egg whites until stiff and fold in lightly. Pour into prepared crumb crust and bake at 350 deg. about 1 hr. Sprinkle remaining crumbs over top 30 min. after starting to bake. Turn heat off and cool in oven with door open 1 hr. or until completely cooled. Makes 12 servings.

CREAM CHEESE PIE

- 1 cup graham cracker crumbs

2 tbsp. sugar

1/4 cup butter or margarine, melted

4 3-oz. pkg. cream cheese, softened

2 eggs

1 cup sugar

2 tsp. vanilla

2 tsp. grated lemon or orange peel

1 1/2 cups dairy sour cream

Combine crumbs, 2 tbsp. sugar and butter and mix well. Press crumbs to bottom and sides of 9-in. pie pan. Refrigerate. Combine cream cheese, eggs, 3/4 cup sugar, 1 tsp. vanilla and lemon peel. Beat until smooth. Turn into prepared crust and bake at 350 deg. 35 min. Combine sour cream, remaining sugar and vanilla. Spread pie with topping and bake 10 min. longer. Cool completely on wire rack. Serve at room temperature or refrigerate several hours or overnight and serve chilled. Makes 8

servings.

CHEESE-APPLE SAUCE PIE

1 cup corn flake crumbs

2 tbsp. sugar

1 tsp. cinnamon

2 tbsp. butter or margarine, melted

2 cups cottage cheese

2 eggs

1/2 cup sugar

1/8 tsp. salt

1/2 cup heavy cream

2 tbsp. flour

3 tsp. grated lemon peel

3 tbsp. lemon juice

1-lb. can apple sauce

Combine crumbs, 2 tbsp. sugar, cinnamon and butter. Mix well and press on bottom and sides of 9-in. pie pan. Press cheese through fine sieve. Add eggs, 1/2 cup sugar, salt, cream, flour, 1 tsp. lemon peel, and 1 tsp. juice. Beat until smooth. Turn into prepared crust and bake at 325 deg. about 1 hr. Cool. Combine remaining peel, juice and apple sauce. Spread over pie. Chill before serving.

Delmonico or club steak, is a boneless cut from the end of the loin. It can be cut for individual servings or left in a large piece to slice after grilling.

The tenderloin is considered the top steak by many authorities, although others think there are cuts with finer texture and flavor. A tenderloin may be roasted or broiled whole and sliced for a large party. It also is sold in cuts which go by several names — tournedos, filets mignon, filets, Chateaubriands.

CHARCOAL BROILED STEAKS

Use top quality steak at least 1-in. thick. If from heavy beef, trim some of

the excess fat. Slash fat at edges to prevent curling. Have a whole tenderloin well-tied to form a firm roll.

Use moderately hot fire with steaks 6 to 7 in. from coals to begin with. Raise the firebox or lower the grill as needed to maintain temperature of about 350 deg. at grill level.

Use a meat thermometer whenever possible to determine doneness desired. A 1 1/2-in. thick steak, at room temperature, requires 8 to 12 min. for very rare; 10 to 14 min. for rare; 14 to 18 min. for medium; 18 to 25 min. for well done.

Baste with a little butter or oil, if needed, while broiling, but salt and

pepper the steak after it is done. A whole tenderloin needs frequent basting. Tenderloin cuts should be cooked quickly with edges wrapped in bacon or strips of suet.

OVEN BROILED STEAKS

Preheat broiler and prepare steaks as above. Place meat on lightly greased broiling pan. Position meat 3 to 5 in. from source of heat. Turn once.

Season after meat is cooked. Timing is approximately the same as for charcoal broiling. A small slash may be cut in steak to determine doneness. Use a meat thermometer in thick steaks.

PAN-BROILED STEAKS

Tender steaks less than 1-in. thick can be pan-broiled in a heavy frying pan or on a grill. Heat pan and rub with a little meat fat or sprinkle with salt.

Brown steaks on one side, turn and brown other side. Reduce heat and turn meat as necessary to cook to desired doneness. Pour off fat as it accumulates. Season and serve.

FOR RENT---

To selected Tenants New 3 & 4 Bedroom Houses with 2 Baths. By Appointment Only, Call 642-7042, between 6 & 8 P.M.--\$129.00 Per Month.

DENTON PHARMACY

OUR EXPERT PHARMACIST

Has your Doctor's ENDORSEMENT

NOW

642-4381

OPEN

H & OWENS

IN THE GOLDEN WEST SHOPPING CENTER

VOTE FOR PROGRESS

DARWIN LAMB

★

★

★

★

★

★

COUNTY

COMMISSIONER

AT-LARGE

★

★

★

★

★

★

DEMOCRAT

YOUTH, PLUS EXPERIENCE MEANS VIGOROUS REPRESENTATION for ALL...IN ALL COUNTY GOVERNMENT

DON'T LET

The SILVER DOLLAR MAN

CATCH YOU SHORT!

WIN SILVER DOLLARS

WITH