

FOOD FORUM

DOROTHY JOHNSON

ASSORTED RECIPES

SALISBURY STEAK

1 lb. chopped beef, 1 tsp. salt, 1/4 tsp. pepper, 2 tbsp. margarine or butter, 1/2 c. fresh bread crumbs or whole wheat germ, 1/2 c. evaporated milk, or two eggs; 1/8 tsp. garlic powder, pinch of oregano.

Preheat oven to 350 deg. Mix beef with seasonings, milk (or eggs) and bread crumbs. Form into individual steaks about 3/4" thick and 3 to 4" across. Butter both sides of patties. Place on broiler rack and broil 6 to 8 minutes on each side. Heat should be 3" from meat. Turn once. (For pan broiling, turn often. Pour off liquid as it collects.) Salt and pepper just before serving.

LIVER CASSEROLE

1 lb. beef liver (sliced), 1/4 c. flour, 1/4 c. shortening, 3 med. onions, chopped; 1/4 c. chopped celery, 1 c. canned tomatoes, 1 tsp. salt, 1/8 tsp. pepper.

Roll each piece of liver in flour and brown slightly on both sides in hot shortening. (Turn unit on 'high' to start; when shortening is hot, turn to 'medium high' and brown at that temperature). Put liver to one side of skillet and brown onions slightly. Place in casserole. Add celery and tomatoes, covering liver with the vegetables. Add salt and pepper. Cover tightly and bake in moderate oven (350 deg.) for 45 minutes. Note: 1 cup evaporated milk may be substituted for tomatoes. Also, 1/8 tsp. savory is a splendid addition for flavoring.

GLORIFIED STEAKS

It's not really necessary to "dress up" a steak, but once in a while it's fun to give it a new seasoning twist. For instance, have you ever marinated steak in French dressing for a few hours or overnight, before broiling? An even more elaborate seasoning trick is to spread a broiled steak with a bleu cheese mixture. Gourmets swear by this one! Mash some bleu cheese with a little cream and add a few drops of worcestershire sauce. When the meat is almost done, spread it with the mixture and finish broiling.

Lemon Butter: Combine some melted butter (slightly browned) with lemon juice and finely chopped parsley or chives. Spread over hot broiled steak.

CAPIROTADA

(New Mexican Bread Pudding)

1 cup sugar, 2 cups water, 1 tsp. cinnamon, 6 slices bread toasted, 1 1/2 cups shredded cheddar cheese, 1 cup raisins, 2 tbsp. butter.

Place sugar in sauce pan over medium heat. Cook until (stirring) sugar melts to an amber colored liquid. Remove from heat and stir until caramel is dissolved. Remove from heat, and stir in water and cinnamon bread in a 2 qt. casserole, then layer of cheese, then raisins. Repeat layers until bread, cheese and raisins are used. Dot top with butter then pour syrup over mixture. Bake at 350 deg. until syrup is absorbed, about 30 minutes.

STRAWBERRY DUMPLINGS

1/3 cup sugar, 2/3 cups water 1/2 teaspoon vanilla, 1 cup sifted all purpose flour 2 tablespoons sugar, 1 1/2 teaspoon baking powder, 4 tablespoons butter or margarine, 1/2 cup milk, 1/2 teaspoon salt, 1 pint (about 2 cups) strawberry berries hulled 1 tablespoon sugar.

In sauce pan, combine the 1/3 cup sugar and the water. Bring mixture to boiling; reduce heat and simmer, uncovered 5 minutes; stir in vanilla. Sift together flour, 2 tablespoons sugar, the baking powder, and salt. Cut butter or margarine till mixture is crumbly. Add milk and stir until well combined. Place berries in a 1 1/2 quart casserole; pour hot sugar mixture over. Immediately drop dumpling dough in 8 to 10 spoonfuls over berries. Sprinkle dumplings with the remaining 1 tablespoon sugar. Bake in a very hot oven (450 degree) for 25 to 30 minutes, or till dumplings are done. Serve warm.

REDDY KILOWATT'S

Helpful Hints For The Homemaker



Want to do something special for your family but hate to heat up the oven on these hot summer days! Try one of these three tasty treats in your blender.

LEMON CHEESE CAKE In 15 Minutes

1 (8 oz.) pkg. Cream Cheese 1 Pkg. Jell-O Instant Lemon Pudding
2 cups skim milk 8-in. graham cracker crust

In your blender stir cream cheese until very soft. Gradually blend in 1/2 cup milk and the pudding mix. Blend slowly 1 minute add 1 1/2 cup milk. Do not beat. Pour into cooled graham cracker crust. Sprinkle graham cracker crumbs on top to make it extra crunchy. Then chill.

INSTANT FRUIT SHERBET (Blender)

1 6-oz. can frozen lemonade, limeade or cranberry juice
2 heaping cups crushed ice
2 egg whites
sugar (optional)

Put 1 6-oz. can juice and 2 heaping cups crushed ice and 2 egg whites into blender. Add sugar if desired. Blend in "hi" for 1 minute or until sherbert is consistency of fine snow. Serve immediately. Makes 6 to 8 servings.

PINEAPPLE MAGIC SHERBET (Blender)

Put 1 13 1/2-oz. can frozen pineapple chunks into blender. Cover and blend on high speed to consistency of a smooth creamy sherbert. Serve immediately; garnish with sprig of fresh mint. Makes 3 servings.

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Manor House

Seeks State Treasurer



Dean Blake, 55, has filed with John Koontz for the office of State Treasurer. Blake says a fresh new look is required in the office. A new look at investment of idle funds in the demand checking account can assure the state's General Fund of may additional thousands of dollars per year. A new look at cooperation with the other financial departments of the executive branch will materially improve the accounting and record keeping of the state. These require attendance and attention to the requirements of Nevada Revised Statutes and coordinated effort with the Board of Finance, Comptroller and the Department of Administration Budget Office.

Blake stated "he has been with the Nevada Department of Fish and Game as Chief of Administrative Services, including financial management, since 1965." Prior to that time he was a Senior Management Analyst in the States Budget Division. He further said that "the foregoing experience gives me an excellent insight into the operations of the Nevada financial functions."



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