

the THINKING WOMAN

Dorothy Johnson's Food Forum

Ground beef adapts itself to all distinctive cuisines. Versatile ground beef may be found in any country. Each country has its own characteristic way of using ground beef.

The U.S. Department of Agriculture sets a limit of 30 percent fat content in ground beef. Ground beef is federally inspected packing plants. Often meat is prepared in local supermarkets in Nevada, state law requires the same percentage.

When selecting, be certain the package isn't torn. Choose a package that feels cold. Thaw frozen ground beef in the refrigerator. Keeping meat cold while thawing is essential to prevent growth of bacteria.

BLANKETED BEEF LOAF

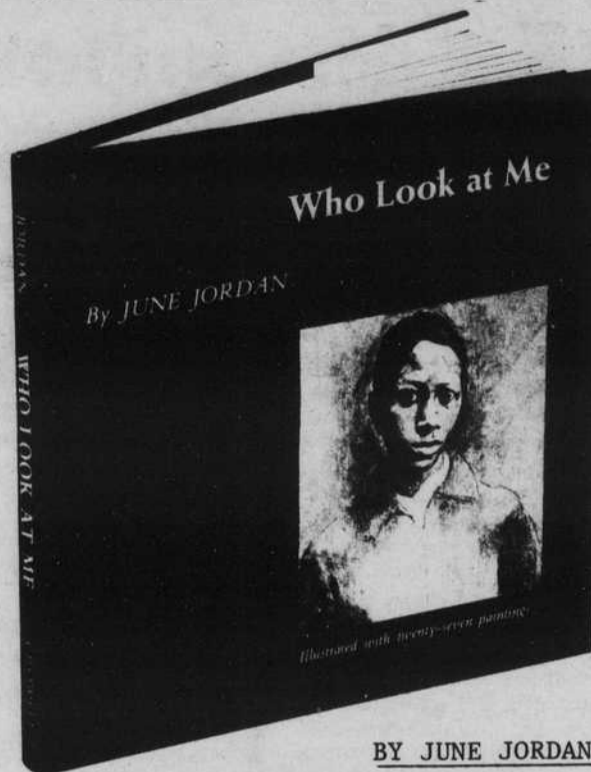
2 lbs. lean ground beef
1 1/2 cups soft bread crumbs
1 egg
1/4 cup catsup
1/3 cup salad olives
1 tbsp. prepared mustard
1 tsp. salt
1/2 tsp. rubbed sage
1/8 tsp. pepper
Pastry for Blanket recipe follows 2 tbsp. catsup.

Combine ground beef, bread crumbs, egg, catsup, olives, mustard, salt, sage, and pepper lightly but thoroughly. Place in 9x5 inch loaf pan pressing lightly to fill evenly. Turn loaf out of pan on to rack in roasting pan, and spread with 2 tbsp. catsup. Roll out pastry on lightly floured board into a rectangle 1/8 to 1/4 inch thick, approximately 10x15 inches. Cut strips 1 inch wide and 10 inches long. Place 8 pastry strips crosswise over loaf to cover top and sides, pressing them to loaf. (Leave ends open.) Bake in 375 F. degree oven for 45 minutes or until meat loaf is done and pastry lightly browned.

PASTRY FOR BLANKET

1 cup flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 cup shortening
1/4 cup milk

Mix flour, baking powder and salt. Cut shortening into flour until crumbs are the size of peas. Add milk, a little at a time mixing quickly and evenly through flour with fork until dough just holds in a ball. Use as directed in Blanketed Beef.



BY JUNE JORDAN

"I wanted to be a poet, actually I just thought I 'was' a poet, from very early on, like seven." As a young girl growing up in Bedford-Stuyvesant in Brooklyn, New York, June Jordan became

aware of the beauty and the potential power of words. Her family was very religious and when she was a child June had to learn the Bible by heart. It was through studying the Bible that she realized the beauty of words and their effect on the soul. Yet June was acutely conscious that not all words are so beautiful. The word 'Negro', for instance. If one word like that could cause so much pain, could label people inferior, June became determined to use her words to change that ugly hateful word. Her words would spell out, in the natural speech of her people, another beautiful way to see blackness. She began to write poems in Black English, in words full of the power of jazz, dance, love, self-determination, liberation. Her spectacular WHO LOOK AT ME combines poetry with paintings about Black people. Her novel, HIS OWN WHERE, written in Black English, was runner up for National Book Award in 1972.

In addition to her writing, this sensitive young Black woman is the mother of a teenage son, has taught English at the college level, been a research associate and writer for Mobilization for Youth, co-founded a creative writing workshop for Black and Puerto Rican children, worked on the movie *The Cool World* and helped create a proposal with Buckminster Fuller for the re-designing of Harlem. She won the American Academy in Rome Prize for Urban Design in 1971. In the summer of 1973, she organized a lobby and raised funds to bring relief to famine victims of Africa. Truly an active, dedicated and important woman.

Black woman's day proclaimed

Governor Hugh Carey has proclaimed June 23rd as Black Woman Day in New York State.

The Chief Executive noted in his proclamation that "during this International Women's Year, it is fitting and proper that we consider all women who have shaped national life. The Black woman -- whether the poetic Phyllis Wheatley, the heroic Harriet Tubman or the crusading Ida B. Wells -- has played a magnificent part."

Black Woman Day observances, originated by ENCORE Magazine to honor the American Black Woman, coincides with publication that day of a special 84-page edition of the newsmagazine, the nation's first bi-weekly edited and published by a Black woman journalist, Ida Lewis.

Governor Carey said that New York State was proud to join in the salute of the Black woman. "We have noted with pride that the Black woman participates actively, with courage and fortitude, in the affairs of this nation. To me, however, the strength of not only the women, but also of this state and our nation, is imbedded in the people who daily go about life's tasks with neither complaint nor condemnation. The Black woman has seen difficult days and has weathered

them. The sunlight of our national future will come, as it always has, from those willing to face the challenges of the future," he said.

Governor Ray Blanton, in his proclamation, stated that "the Black woman in Tennessee and across the nation has borne the pain of slavery and nourished the seed of hope for a race of mankind. The Black woman has made incalculable contributions to the building of Tennessee and the United States."

The Tennessee Chief Executive urged all citizens of the State to join in the observance and "pay tribute to Black women who have persevered through adversity to provide hope for the future of all people."

Governor Thomas L. Judge noted that "the Black Woman in the United States is a most important part of the American family."

Michigan Governor William G. Milliken urged all citizens of his state to "become aware and appreciative of the special qualities which our women possess and display." He noted further that "we need to pause and say to those Black women who do their daily work without complaint: 'Well Done.'"

STUFFED GRILLED HAMBURGERS Makes 8 servings

2 lb. ground beef
3/4 cup quick or old fashioned oats, uncooked
1/3 cup all-purpose barbeque sauce
1 egg, beaten
1 1/4 tsps. salt
1/4 tsp. pepper
1/4 tsp. oregano
1/2 cup grated mild Cheddar Cheese
2 tbsp. chopped onion
1/4 cup pickle relish, drained
8 hamburger buns, split, buttered and toasted

Thoroughly combine ground beef, oats, barbeque sauce, eggs, salt, pepper and oregano. Shape to form sixteen 3-inch patties. Combine cheese, onion, and relish. Top 8 of the patties with a heaping tablespoon cheese mixture. Cover with remaining patties; pinch edges firmly together to seal. Cook over hot coals or under broiler about 5 inches from source of heat for seven minutes. Turn and continue cooking about 5 minutes for medium doneness. Serve on hamburger buns.

MEXICAN BEEF LOAF WEDGES

1 can (8 oz.) tomato sauce
1 envelope (1 1/2 to 1 5/8 oz.) taco or enchilada seasoning mix
2 lbs. lean ground beef
1 egg
1 cup crushed corn chips
1/4 to 1/2 cup shredded cheddar cheese
cooked rice
avacado wedges
tomato wedges

Combine tomato sauce and enchilada seasoning mix. Add ground beef and egg and combine thoroughly.

Turn meat mixture into a 10 inch oven proof frying pan or a deep 9 inch round cake pan and bake at 350 F. degrees for 50 minutes. Remove from oven and sprinkle cheese around edge of meat loaf. Let stand 10 minutes before cutting wedges. Arrange wedges on bed of hot cooked rice. Garnish with shredded lettuce, tomato wedges and avocado wedges.