

FOR THE LADIES...

An American Staple with a Different Touch

Entrecate Saute Aux Epinarads Et Raisins
(Saute' New York Steak with Spinach and Raisins)

For party of four...

4 center cut New York Steaks (10 oz. each)
2 cups California dry raisins, blanched for 2 minutes
1 shot cognac
1 shot brandy (armagnac)
1/2 glass madiera (port)
1 cup clear beef broth
2 bunches of fresh spinach, washed and patted dry of excess fluid.

Technique...

Boil raisins in water 2 minutes. Refresh raisins in cold water. Remove all stems and pieces with a skimmer.

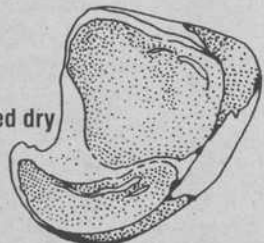
Lightly coat bottom of saute' pan with one tsp of olive oil until oil is hot. Cook steak to desired degree. Remove steak.

Add blanched raisins, cognac, brandy, and madiera. Flambe' by removing pan from open heat. Have pan cover ready in case the flame is excessive. Ignite liquid in saute' pan. Use a lighter rather than a match. When flame has left, add broth, a pinch of salt and a pinch of pepper to taste.

Reduce liquids in pan to desired consistency.

Blanch spinach in hot, salty boiling water. Squeeze out all water. Add raw (lightly melted) butter. Turn gently. Add a pinch of salt and a pinch of pepper to taste.

For dessert serve fresh raspberries.



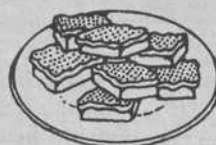
Dishin It Out By Nona



Nona Carroll

Menu

New York Steak
Baked Potatoes
Tossed Salad
Raspberries
Brownies



Baked Potatoes with Parmesan-Chive Butter

4 medium baking potatoes, scrubbed
8 tablespoons (1 stick) unsalted butter, softened
2 tablespoons finely grated Parmesan cheese
Pinch ground red pepper (cayenne)
Salt, freshly ground pepper, to taste

Bake potatoes in a preheated 400° oven 40 to 60 minutes, or until potatoes are tender.

In food processor or blender, combine butter, chives, cheese and red pepper until well blended. Scrape butter onto a sheet of plastic wrap and roll into a cylinder. Chill butter until potatoes are done. Serve potatoes warm, and season with salt and pepper.

Brownies with Coffee Ice Cream and Kahlua

4 homemade or store bought brownies
1 pint coffee ice cream
1/2 cup Kahlua or other coffee liqueur
1/4 cup toasted pecans, to garnish (optional)

Place brownies on 4 plates, and top each with a scoop of ice cream. Drizzle with 2 tablespoons of Kahlua and garnish with 1 tablespoon pecans, if desired.

Cucumber cold cream: 2 oz almond oil added to 1/2 oz shredded white wax. Dissolve in a fireproof bowl standing in a saucepan of boiling water. Peel and chop cucumber (about one quarter of a whole one). Add to the oil and wax mixture and simmer slowly for about an hour, covering the bowl. Stir and remove from heat. Cool and store in pots with screw top lids.

BEAUTY TIPS MEAL—TIMES

Encourage the family to treat at least one meal of the day as a social occasion when they meet for a leisurely meal around a table. Avoid the tray meal eaten in front of the television. If the family is in a rush, serve a really nutritious main course - a casserole, say - and fruit or cheese for dessert.

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Restrictions Could Lead to Pay TV

New York - Placing further limits on tobacco and alcohol advertising could push more sports programming from broadcast television to pay-TV outlets, drive some magazines out of business and eliminate thousands of jobs in the media, a new report by an advertiser and media group says.

Critics said the report failed to reflect the possibility that other advertisers likely would fill any void left by a decline in tobacco and alcohol products advertising.

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