

# something's cooking

## Tantalizing Steak Diane

Steak Diane has long been favored as a gourmet's delight both in fine restaurants and at home. Unfortunately many cooks, faced with limited food budgets, cannot afford such prestigious entrees.

It is possible, however, to enjoy the famous flavor of Steak Diane without upsetting the budget. Just substitute economical round steak for the more expensive steaks traditionally used. Since round steak is a less tender cut of meat, modifications need to be made in the preparation procedure for the most tender and flavorful results.

While traditional Steak Diane calls for pan-frying, the steak is braised in this economy version. Preparation begins as with many round steak entrees. The serving-size pieces of steak are pounded, dredged and browned, then slowly cooked in a small amount of liquid. The special flavor comes with the later addition of sherry, brown sugar and Worcestershire sauce. To complete the dish in style, mushrooms and green onions join the steak shortly before serving.

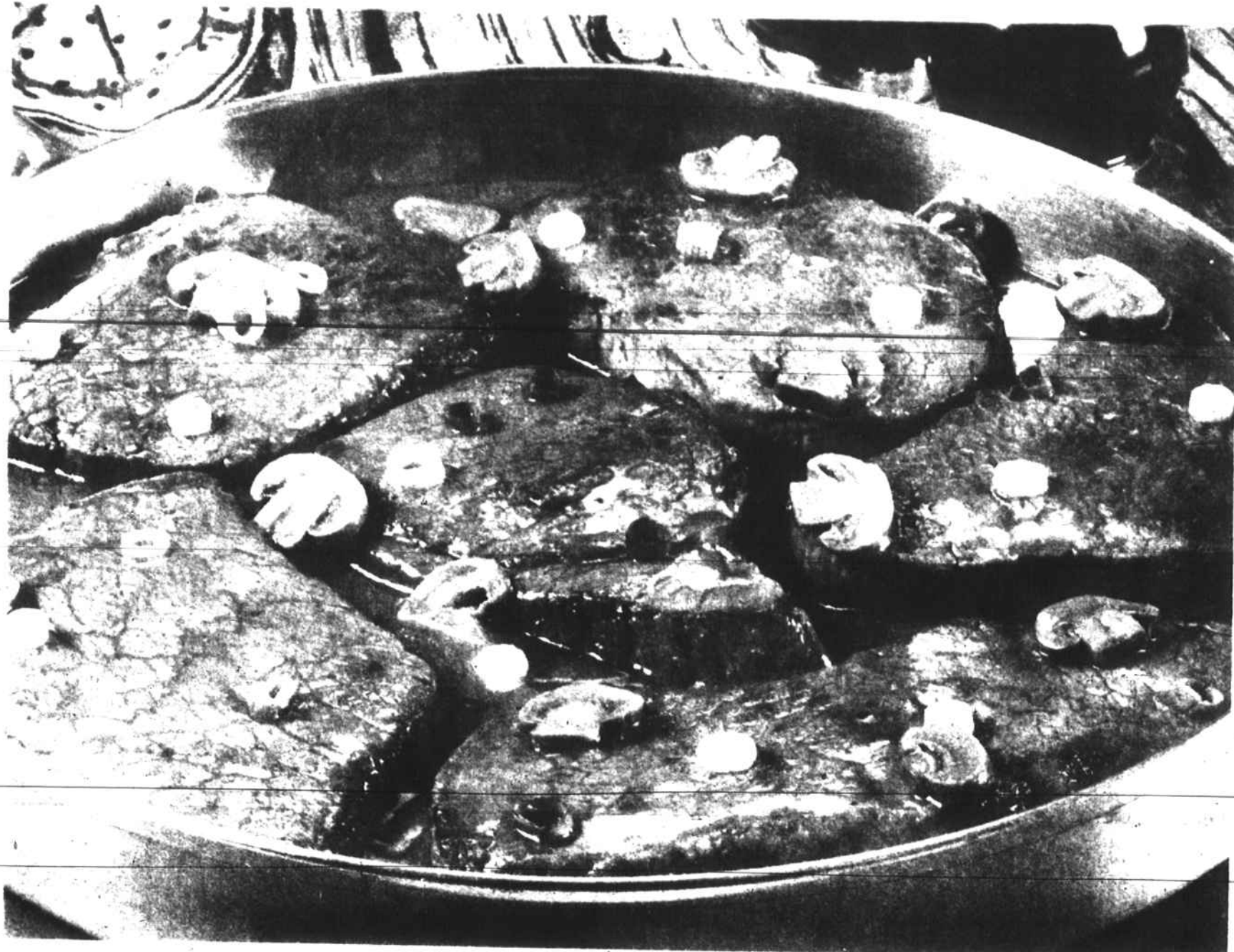
### Mock Steak Diane

- 2 pounds beef round steak, cut 1/4 inch thick
- 2 tablespoons flour
- 1 teaspoon salt
- 2 tablespoons water
- 1/4 cup dry sherry
- 2 teaspoons brown sugar
- 1 teaspoon Worcestershire sauce
- 1 jar (4 ounces) sliced mushrooms\*, drained
- 1 green onion, thinly sliced

Cut round steak into 6 serving-size pieces. Combine flour and salt; dredge meat and pound both sides. Brown meat in cooking fat in large fry-pan. Pour off drippings. Add water, cover tightly and cook slowly 1 hour (Add additional water during cooking if necessary). Combine sherry, brown sugar and Worcestershire sauce; stir into cooking liquid and continue cooking, covered, 25 minutes or until meat is tender. Add mushrooms and green onions and continue cooking 5 minutes. 6 servings  
\*One-fourth pound fresh mushrooms can be substituted for canned mushrooms. Cook in 2 tablespoons butter or margarine before adding to meat.

You'll find Mock Steak Diane economical enough for family meals yet special enough for company. Rice will go well with the steak as will buttered carrots. To dress up the side dishes for company, some wild rice can be added to the long grain rice and a little dill weed can be used to pick up the flavor of the carrots.

For a seasonal salad, take advantage of the current apply supply and make a crunchy and colorful Waldorf salad. Depending on the occasion, dessert could be simply ice cream or something truly spectacular such as strawberry-topped cheesecake.



Braised round steak takes on the famous flavor of Steak Diane when cooked in sherry and served with mushrooms and green onions.

## Message Board

### FRUIT LEATHERS

Because of the high cost of food, more and more homemakers today are preserving their own food in season, when they are less expensive, for use later in the year.

One method of food preservation that is growing in popularity is drying fruits and vegetables.

Drying is the process of removing moisture from foods so they can be stored for longer periods of time.

This is often with fruits giving them a sweet flavor and chewy texture.

According to Jane Aitchison, foods and nutrition specialist with the North Carolina Agricultural Extension Service, a delicious snack or lunch-box treat is a dried fruit leather.

Fruit leathers are made by pureeing fresh, canned, or frozen fruit to a smooth thick liquid which is spread on a flat surface.

The puree is then dried in a dehydrator from 6 to 8 hours, in the sun from one to two days, or in a conventional oven taking up to 18 hours.

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## UNC-TV From page 4

vote which programs should be aired. We think the situations we have noted could have been avoided with wider representation at a decision-making level.

The new board for the network, established by the General Assembly is in the process of being appointed by the UNC Board of Governors, the governor, and leaders of the two houses of the assembly. We would suggest that its members not come from the "upper crust" that always seems to fill such slots, but from places like Hope Mills or Kernersville or East Winston where public television is the only channel for expression.

In the area of minority affairs, a panel should be appointed to study the needs for minority programming on the network. Hopefully, one recommendation will be a network commitment to a broad spectrum of minority programming.

Finally, someone needs to deal with the narrow-mindedness that keeps public television from presenting a viable alternative to the practices of commercial television.

**"It's 2 A.M. and I feel rotten. Who has time to read medicine labels?"**

Sorry, there is no excuse for not reading the medicine label. The label tells you what it's for, how much to take and how often to take it. It's important information. Before you take any medicine, read the label. Medicines

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7:1	700	84	168
8:1	800	96	192
9:1	900	108	216
10:1	1000	120	240
11:1	1100	132	264
12:1	1200	144	288
13:1	1300	156	312
14:1	1400	168	336
15:1	1500	180	360
16:1	1600	192	384
17:1	1700	204	408
18:1	1800	216	432
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22:1	2200	264	528
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24:1	2400	288	576
25:1	2500	300	600
26:1	2600	312	624
27:1	2700	324	648
28:1	2800	336	672
29:1	2900	348	696
30:1	3000	360	720
31:1	3100	372	744
32:1	3200	384	768
33:1	3300	396	792
34:1	3400	408	816
35:1	3500	420	840
36:1	3600	432	864
37:1	3700	444	888
38:1	3800	456	912
39:1	3900	468	936
40:1	4000	480	960
41:1	4100	492	984
42:1	4200	504	1008
43:1	4300	516	1032
44:1	4400	528	1056
45:1	4500	540	1080
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## Letters

from page 5

but not the quality of such weaponry.

The overall objective of SALT II is to alleviate the tension of uncontrolled arms both qualitatively and numerically. Without these objectives defined clearly and enforced, no treaty of any significance exists.

It is hopeful to say that detente is not the only means of national defense. With the hope that the laws of Biblical love prevails (given to us by Apostel Paul in First Corinthians 13:7, telling us that love never fails), there will continue to be hope in times of tension between heads of nations.

But we as Christians must not let tension disturb us or our faith or let it trouble our hearts. But in these times of spiritual and moral wickedness (Galatians 5:19-21) the mind of man must contest these issues on the only level he knows how--under the threat of physical annihilation.

Therefore, under these conditions, detente (as a measure of restricted lethal weaponry) will continue to rule the hearts of man.

Finally, we as Christians must continue to exercise the power of Paul's message of the God-given law of the greatest of man's potential secret of the success and that is that "love triumphs over all obstacles. "Love never fails."

Furman Richardson  
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