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## Round Steak Is Styled For Fall

do a lot of styles -- clothing into the steaks that are then salt and pepper; pound into ing styles. The temperature Also promoting tenderness and brown in cooking fat in gradually cools and it seems and flavor is the long, large frying-pan. Pour off only natural for cooks to leisurely cooking. shift from the light and easy meals of summer to the Ruta-Tater Round Steak heartier, more robust meals of fall.

Round steak, braised to tenderness, is always popular in autumn, especially when teamed with seasonal vegetables. In addition to becoming reaquainted with favorite round steak recipes, the family will welcome a flavorful one that adds variety.

For an especially delicious and satisfying conclusion to a brisk day, try Ruta-Tater Round Steak. It features servingsize pieces of round steak topped with onion slices and served with rutabaga strips and potato wedges that contribute to its name as well as its appeal.

Although beef round steak is naturally less tender, several techniques are used in this recipe to assure tender, flavorful results. The pieces of steak are pounded with a mallet or edge of a saucer to break up muscle fibers and connective tissues. To aid flavor development,

#### THINK EGGS-FOOD FOR THOUGHT

This fall, North Carolina Egg Marketing Association suggests that you Think almonds. An Italian Tuna EGGS -- because eggs are food for thought. Where would omelets be today Spinach/Orange Salad salad dressing over bean Serves 4-6. without eggs? How would souffles puff or popovers pop? What would emulsify mayonnaise, leaven sponge cakes, thicken custards or bind meat loaves? Eggs are versatile! And they can find a place in every course from soup to dessert and at every

meal from dawn till dusk. And, when you're in a hurry don't worry. An Instant Egg Pick-Up can quickly get you off and running in the morning. Simply combine one clean, fresh egg and one cup of orange juice in a blender or shaker container. Add a tablespoon of honey and some ripe fruit if you like and then blend or shake until frothy for a speedy meat.

The egg is also incredibly nutritious as it is versatile. Eggs are especially valued for the quality and the amount of protein they provide. When you eat eggs, you're getting the protein you need to build and repair body tissues. Protein-rich eggs are packed with important vitamins and minerals,

Eggs also merit a place in the weight reducers diet. A large egg averages only 80 calories and can be fixed in many satisfying, yet slimming ways.

Budget-watchers will be glad to have eggs around too. When large eggs sell for 90° a dozen, they're only 60° a pound.

When you think about it, eggs are hard to beat when it comes to versatility, nutrition and economy. They have around-the-clock appeal at every meal. So keep enough eggs on hand and have a flavorful fall!

styles, lifestyles, even cook- browned in cooking fat. both sides of pieces of steak

- 11/2 to 2 pounds beef steak, cut 3/4 to 1 inch thick
- 2 tablespoons flour
- l teaspoon salt 1/8 teaspoon pepper
- 2 tablespoons cooking fat
- 2 mediums onions, cut crosswise into 1/4 inch slices
- 1/2 cup water
- I clove garlic, minced 1 pound small potatoes
- I pound rutabaga 2 tablespoons parsley
- 1 tablespoon butter

Cut steak into 6 serving-

As the seasons change, so seasoned flour is pounded size pieces. Combine flour, drippings. Reserve 6 onion slices; chop remaining onion and place around meat. Add water and garlic, cover and cook slowly 1 hour. Place one onion slice on top of each piece of steak; continue cooking, covered, 30 minutes or until meat is tender. In the meantime, scrub potatoes (do not pare) and cut in wedges. Pare rutabaga and cut in 2x1/2x1/2-inch strips. Cook potatoes and rutabaga in saucepan in just enough salted water to cover 40 to 45 minutes or until tender. Drain, add parsley and butter and toss. Serve oniontopped pieces of steak and vegetables on warm platter.



Onion-topped beef round steak, shares platter with potatoes and rutabaga.

Ruta-Tater Round Steak distinct muscles. When the meat, potato and vegetable, boneless portions of any of full-cut steak. the round steak muscles used. The full-cut round is easily identified by its small round bone and the three

can be prepared with a full- steak is boned and these cut round steak, which is muscles are sold separately, probably the emost they are usually priced tomatoes in lettuce cups economical choice. Or higher per pound than the drizzled with a favorite

-top, bottom or eye - can be Steak is practically a full main course complete with Apple Crisp.

all that need be added is a simple salad such as sliced dressing. Then bring the Since Ruta-Tater Round meal to a delicious close with warm-from-the-oven

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6 servings.

Here's a pot pourri of salads to brighten up your meals -- some hearty, some light -- all tasty and tempting. The Exotic Chicken Salad has its origin in the far east, made with rice and stretcher.

makes a great accompaniment for even the most formal dinner meal and the Pickle Cranberry Ring is tangy and unique, ideal to serve on a buffet with a cold assortment of meat and a variety of breads. Enjoy!

#### **Exotic Chicken Salad**

- 2 cooked chicken breasts, skinned boned and cut into strips
- 1 cup chopped red or green peppers
- 3 cups cooled cooked rice 1/2 head lettuce, torn into bite-size pieces

1/4 cup sliced almonds

- 2 hard-cooked eggs, sliced
- 1 cup mayonnaise 2 teaspoons prepared
- mustard

1 teaspoon salt

1 teaspoon green peppercorns or 1/2 teaspoon seasoned pepper

Combine chicken, red peppers, rice lettuce, almonds and eggs. Blend mayonnaise, mustard and seasonings. Pour over rice & chicken mixture; toss lightly. Makes 6 serving.

#### Italian Tuna Salad

- 4 cups drained cooked pea beans, or 2 (15-oz.) cans cannellini beans, drained
- 1/4 to 1/3 cup Italian Salad Dressing 3 green onions, finely
- chopped 2 tablespoons chopped fresh parsley

- 1/4 cup sliced pimientostuffed olives
- 1 (61/2 oz.) can tuna fish Lettuce cups or other salad greens .
- 1 (12-oz.) jar marinated vegetables, if desired

Salad is areally good budget beans, green onions, garnish with marinated The parsley and olives. Pour vegetables, if desired.

mixture. Toss gently to keep beans whole. Cover and refrigerate at least 6 hours or overnight. To serve, drain tuna and break into chunks. Add to bean

mixture. Toss lightly. Ar-In a large bowl, combine range salad on greens and

### Church Notes

By Lucile Douthi

Sunday, September 27

- Group #3 of First Calvary Baptist Church will sponsor a Rainbow Tea at 4:00 p.m. There will be guests from various churches appearing on the program. The public is invited to attend.
- Union Services of Saint John C.M.E., Union Baptist, Emmanuel Baptist, and New Bethel Baptist Churches will be held at 7:00 p.m. at Union Baptist Church. The speaker will be Dr. Jerry Drayton. The public is invited to attend.

#### Monday, September 28

- Dr. S.W. Mack will be the speaker of the week for revival services which will be held at Files Chapel Church in Lexington, North Carolina Services begin at 7:30 nightly. Reverend F.D. Betts is host pastor. The public is cordially invited to attend.
- Reverend Samuel Cornelius, pastor of New Jerusalem Baptist Church will render revival services at Mount Carmel Baptist Church beginning September 28 through October 2. Services begin at 7:30 nightly. The public is invited to attend.
- Union Bethel A.M.E. Church, 1617 North Trade Street will celebrate its 86th anniversary and the 9th anniversary of its pastor, Reverend Louis S. Werts. The 11:00 speaker will be Reverend John Heath, Associate Minister of the Ambassador Cathedral. The 3:00 guests are Reverend T.L. Coble and his congregation of Saint James A.M.E. Church. Dinner will be served after the 11:00 service.
- There will be a very important meeting of the 11th Street Community Reunion Association at 3 p.m. in the 14th Street Recreation Center. All members and interested persons are urged to attend and please be on time.



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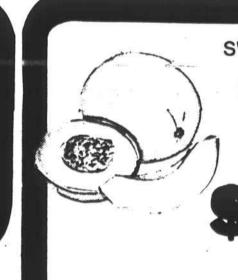
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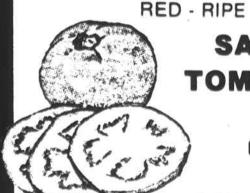
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