

Something's cooking

Round Steak Is Styled For Fall

As the seasons change, so do a lot of styles -- clothing styles, lifestyles, even cooking styles. The temperature gradually cools and it seems only natural for cooks to shift from the light and easy meals of summer to the 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 reacquainted 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 serving-size 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,

seasoned flour is pounded into the steaks that are then browned in cooking fat. Also promoting tenderness and flavor is the long, leisurely cooking.

Ruta-Tater Round Steak

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

Cut steak into 6 serving-

size pieces. Combine flour, salt and pepper; pound into both sides of pieces of steak and brown in cooking fat in large frying-pan. Pour off 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 onion-topped pieces of steak and vegetables on warm platter. 6 servings.



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

Ruta-Tater Round Steak can be prepared with a full-cut round steak, which is probably the most economical choice. Or boneless portions of any of the round steak muscles - top, bottom or eye - can be used. The full-cut round is easily identified by its small round bone and the three

distinct muscles. When the steak is boned and these muscles are sold separately, they are usually priced higher per pound than the full-cut steak.

Since Ruta-Tater Round Steak is practically a full main course complete with

meat, potato and vegetable, all that need be added is a simple salad such as sliced tomatoes in lettuce cups drizzled with a favorite dressing. Then bring the meal to a delicious close with warm-from-the-oven Apple Crisp.



THINK EGGS -- FOOD FOR THOUGHT

This fall, North Carolina Egg Marketing Association suggests that you Think EGGS -- because eggs are food for thought. Where would omelets be today 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 meal.

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, too.

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!

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 almonds. An Italian Tuna Salad is areally good budget stretcher.

The Spinach/Orange Salad 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 1/2 cup Italian Salad Dressing
- 3 green onions, finely chopped
- 2 tablespoons chopped fresh parsley

- 1/4 cup sliced pimiento-stuffed olives
- 1 (6 1/2 oz.) can tuna fish
- Lettuce cups or other salad greens
- 1 (12-oz.) jar marinated vegetables, if desired

In a large bowl, combine beans, green onions, parsley and olives. Pour salad dressing over bean

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. Arrange salad on greens and garnish with marinated vegetables, if desired. Serves 4-6.

Church Notes

By Lucille Donahue

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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