

Pork steaks stretch dollars

As 1983 gets into full swing, contemporary cooks are interested in getting the best value for their food dollar.

Sure to help keep the new year's food budget in line is pork blade steaks with hominy. This entree features pork steaks and hominy that's flavored with Mexican flair.

Pork blade steaks are always an excellent way to stretch the meat dollar, points out the National Live Stock and Meat Board. Cut from the pork shoulder, the meaty steaks are economically priced, yet they offer a wealth of eating enjoyment and nutrition.

Pork Blade Steaks and Savory Hominy

Brown 3 pork blade steaks, cut to 1 inch thick (2 to 2 1/2 pounds), slowly in large frying pan. Pour off dripping.

Sprinkle 1 clove garlic, minced, 1 teaspoon salt and 1/2 teaspoon thyme leaves over steaks; add one quarter cup water. Cover and cook slowly 30 minutes. Remove steaks. Drain liquid from one 10-ounce



Start the year off with economical pork steaks served with piquant hominy.

can of tomatoes; cut up tomatoes. Combine liquid with 3 tablespoons flour in frying pan and cook, stirring constantly, until thickened. Stir in one 15-ounce can of hominy, drained, 2 to 4 ounces chopped

green chilies, drained, and tomatoes.

Place steaks on top of hominy and continue cooking, covered, 15 minutes or until meat is done. 5 to 6 servings.

Layered salad beats blahs

Winter salads getting "ho-hum" and expensive, too? Now's the time to look over some new possibilities and be your most creative. The things you can do with fruits and vegetables that can be called a salad are limited only by your own imagination.

If only lettuce and tomato is salad to you, then your either pay the price, go without, or try to change your idea.

Shopping for salad ingredients can be a real challenge. You have seasonal changes and

variation in how the products are sold. You need to judge edibility and freshness of many items, just by looking at them.

The price fluctuates so you have to be alert on each shopping trip. If you ask yourself, "What's in season?" or "What's inexpensive now?", you'll notice things like carrots, cabbage, broccoli, celery, oranges, grapefruit and turnips. Even avocados are relatively cheaper than usual right now. Then, the question becomes, "What can I do with these?"

Vegetable Salad Layer on Layer

Make four or more layers of salad ingredients that are lower cost right now. It's pretty in a clear bowl if you have one.

Layer 1: Chopped lettuce, whichever type is least expensive.

Layer 2: Chopped green onions, including quite a bit of the tops.

Layer 3: Alfalfa sprouts or bean sprouts. If you grow your own, be generous on this layer and skimpy on the lettuce

layer.

Layer 4: Choose or more of what is inexpensive or on sale: grated raw carrots, grated raw turnip, chopped celery, chopped broccoli or cabbage, either white or red. Try to choose colors that will add interest, and go together.

Cover with mayonnaise to seal the top. Sprinkle with seasoned salt. Refrigerate at least 12 hours, or up to 48 hours. The covering of mayonnaise helps blend the flavors.

Pretzels, beer add punch to burger

It's no surprise that ground beef is America's No. 1 meat choice.

It's delicious, economical and fortunately, versatile. Even the basic beef burger can be served in a variety of taste-tempting ways.

For a most unique approach to beef burgers, try flavoring the ground beef with two all-American favorites—beer and pretzels. Onion and pickle relish are also added to the beef for flavor and texture interest. Once the burgers are shaped, they need only be broiled and they're ready to enjoy.

When purchasing ground beef for this or any entree, look for the name

GROUND BEEF on the package. This is your assurance that it is pure beef, ground only from skeletal meat with no variety meats, other meats or ingredients added.

Beerburgers
2 pounds ground beef
1/2 cup beer

One-third cup crushed pretzels
2 tablespoons chopped onion
2 tablespoons drained pickle relish
1/2 teaspoon salt

Combine ground beef, beer, pretzels, onion, relish and salt, mixing lightly un-

til ingredients are evenly distributed. Shape into six patties, up to 1/2 inch thick.

Place on rack in boiler pan, 3 to 4 inches from heat. Broil 5 to 6 minutes on first side, turn and broil 5 to 6 minutes, to degree of doneness desired. 6 servings.

Test garden soil soon

One way to find out whether your garden soil will pass the course when it comes to producing quality vegetables next summer is to give it a test now.

A soil test consists of

laboratory chemical analysis of soil. The test determines the soil's supply of nutrients such as calcium, magnesium, potassium and phosphorus.

Test results help decide the fertilizer and lime needs of the garden plot. Cost varies according to elements to be tested. Soil testing is offered by many soil labs in Oregon.

Exchange students

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Danso-Manu said that when she thinks of another country she no longer thinks of a block of land, but rather a person she has met from that country, like Sakai from Japan or Fack from Sweden.

Danso-Manu probably speaks the best "American" English. Akan is the native language, although with Ghana a former British colony, English is the official language. Because neighboring countries were formerly French colonies, three years of French was required where she attended school.

Danso-Manu's major adjustment was from "British" English to "American" English.

"This program (AFS) is really important," she

said. "I've learned to appreciate the different things I've seen. Every day I learn something new. I think it's really a great experience."

Ghana is about the size of Oregon, but being on the equator, it is about 90 to 95 degrees most of the year. There is a three- to four-month season when it rains. Fresh fruits and vegetables are always available, she said. Agriculture and mining (gold, diamonds and bauxite) are the major industries.

"All my life I had English, but I didn't know English till I got over here," said Velez.

"It's kind of sad," Fack said. "It would be good for people here to learn more languages." She understands though, how that's not as important in

a country as large as the United States.

Fack speaks Swedish, English, German and French. When Herrero asked how well she speaks German and French, she said, "I could take myself to the bathroom if I needed to."

All the exchange students expressed a desire to travel more in the future. Herrero wants to be an officer in the army. "I don't know if I can," he said. "It's difficult."

Velez would like to be an electrical engineer.

Fack is interested in biology and chemistry, and "right now" wants to be a marine biologist. Her "secret dream" is to own a hotel and maybe be a ski instructor. She's staying with "the perfect family," she said. Bonnie

and Steve Sarich of Government Camp live but five minutes away from the slopes.

Danso-Manu would like to go into business, or work with the Foreign Service. Martinez would like to be a lawyer, and Sakai would like to be an English teacher, or perhaps work in the tourist business.

Herrero is staying with Clare and Connie Reynolds of Boring. Velez is staying with Gordon and Joy Johnson of Sandy. Danso-Manu is staying with Urban and Clara Brown of Sandy, and Martinez is staying with Harold and Judith Sackett of Sandy.

"I think it's important for people to learn to accept things, different views of life," said Fack. "That's the only way for world peace."

French student hosts sought

Families in the Sandy area have the opportunity this year to participate in a unique exchange program for French and American high school age students.

International Summerstays, a non-profit organization based in Portland, promotes international understanding by offering summer homestay programs for American teenagers with French families.

Opportunities are also made available for families in the Sandy area to host a French teen-ager for a month this summer.

Two Sandy area families have taken advantage of this opportunity.

Carl and Cheryl Boucher and their daughter Shelby,

a second year French student at Sandy Union High School, hosted Eric, a 16-year-old from just outside Paris. While visiting, the family and Eric traveled to the Oregon Coast, Eastern Oregon and throughout the state to give a taste of the area.

Gerald and Joyce Trukositz and their daughter Jenny, an advanced French student, hosted Anne Leveille from Paris two summers ago.

Last summer Jenny traveled to Paris to visit the Leveille family for two weeks in Paris and two warm sunny weeks at their summer home along The Riviera.

Students who travel to France on a four-week

homestay have a choice of dates: June 30-July 28; July 28-Aug. 26. Cost is \$1,170 from Portland including orientation, round trip transportation, medical, liability and emergency return insurance and administrative fees.

Persons interested in one of these programs may

contact Kathy Thomas at Sandy High School, 668-8011, or International Summerstays, 923 SE 26th, Portland, OR 97214.

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