

The Sandy Post **Home & Garden**

Beef cook-off contest deadline nearing

The entry deadline date of Jan. 18 is nearing for the 1985 Oregon Beef Cook-Off.

And now is the time to pull out that favorite recipe and send it in. East County resident Linda Melcher was the winner in 1982 — and won a trip to Texas for the national cook-off.

Five finalists will be selected from the recipes submitted to the Oregon Beef Council. The finalists will participate in a cookoff in the Northwest Food Fair Feb. 23.

All recipes must follow these rules:

- All beef cuts must be from chuck, round, fresh brisket, plate, shank or ground beef.

- The recipe must contain from one to five pounds of beef. Each serving must contain at least three ounces of cooked beef and only beef.

- Cooking time cannot be more than four hours, except marinating time.

- The recipe must not use brand names.

- Judging will be 40 points on taste, 20 points on appearance, 20 points on originality and 20 points on ease of preparation. All entries become property of Oregon Beef Council.

- Contestants must be at least 18 years old.

To enter type or print the recipe, listing all ingredients and recipe directions, along with name and address to Oregon Beef Council, 1000 NE Multnomah, Portland, 97232.

In the meantime, the beef council recommends a special dinner with tender beef rib eye roast.

"Beef in a bag" is the common term used to describe buying a whole beef rib eye. It is a boneless section or subprimal of beef trimmed of ex-

cess fat and vacuum packaged in a plastic bag at a processing plant.

The beef is then shipped to the supermarket where the butcher can either sell it that way or process it further.

A whole boneless beef rib eye weighs about seven to nine pounds, so you could get one 4 to 6 pound roast and several steaks, depending on thickness.

The roast should cook at 350 degrees and should reach 135 degrees for rare, 155 for medium and 165 for well done. Allow roast to stand for 15 to 20 minutes before carving.

Southwestern Appetizer

For the Super Bowl, beef works well for the appetizer through the main course.

1 can refried beans
1/2 cup green chili salsa
2 cups guacamole
1 pound ground beef seasoned with salt, pepper, garlic and oregano
1/2 cup tomato enchilada sauce
1/2 cup cheddar or jack cheese, shredded
1/2 pound crumbled dry white cheese

2 four-ounce cans whole green chiles, drained and chopped
2 1/2 cup sour cream
1 large tomato, chopped and drained

1 cup black olives, sliced
2 tablespoons chopped chives
Warm tostados

Have ready 12-14 inch platter to layer ingredients. Mix beans and chili salsa. Keep warm. Prepare guacamole and set aside. Saute seasoned ground beef, drain off excess fat. Mix the beef with 1/2 cup en-

chilada sauce.

Layer the ingredients on the platter. Begin with the beans and salsa mix, then meat, chiles, guacamole, and both cheeses. Spoon sour cream over the top and garnish with tomatoes, sliced olives and chives. Serve with warm tostados. Serves 8 to 10.

Picadillo in Pita

Pita bread
1/2 pound ground veal
1/2 pound ground beef
1 clove minced garlic
1/2 yellow onion, peeled and diced
1 tablespoon vegetable oil
1 small potato, diced finely, unpeel-

ed
1 small apple, finely diced, unpeel-

1/2 cup beef stock
1 tablespoon vinegar
1 can tomato sauce
1 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon ground cumin
1/4 cup raisins
1/4 cup slivered almonds

In a large saucepan, saute the meat with oil, garlic and onion until onion is translucent. Stir in the potato, apple, beef stock, tomato sauce, vinegar and seasonings. Stir occasionally while simmering for 20 to 25 minutes. Stir in raisins, nuts and cook 5 to 10 minutes. Adjust seasonings. Serve warm in halved pita breads.

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DATE Wednesday, January 16, 1985
LOCATION Best Western Sunnyside Inn
1-205 @ Sunnyside Rd., Exit 14
Cascade Room
TIME 7:30 p.m.

CALL FOR RESERVATIONS

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EPIC Residential
Network, Inc.

Snow makes excellent mulching for gardens

Snow is an excellent source of mulch for the home gardener, suggests Ray McNeilan, Oregon State University Extension home gardening agent.

"A layer of snow prevents the ground from freezing hard during the winter. If you have perennial garden or landscape plants in your yard, a mulch of snow will help prevent root damage from frozen soil," he says.

If you shovel snow off driveways and walkways, take a little extra time to pile it around landscape plants under eaves that may have escaped coverage by snowfall, he suggests.

Flower bulbs and garden root crops in particular will benefit from an insulating layer of snow, and the added moisture when the snow melts won't hurt either, the gardening expert says.

A holiday gift houseplant needs care to give happiness all year long, says McNeilan.

Plants differ in their needs for light, water and fertilizer. Too much water will kill jade plants, while ferns need frequent watering. A Chinese evergreen will grow in poorly light areas, but an African violet needs to be placed in bright light.

First make sure the plant is in a pot that can drain away excess water and is in a soil mixture that supplies adequate air and water and anchors the plant firmly.

The plant should be watered only when the soil surface feels dry. When watering, put on enough so some runs out the bottom of the pot and can be discarded. Irrigating from the bottom is acceptable, but every third watering should be from the top to flush excess fertilizer salts out of the soil.

Place the plant in direct or indirect lighting according to its individual growing requirements. Fertilizer is necessary only when the plant is actively growing. Many indoor plants will grow vigorously for a while, then go into a resting period when the fertilizer requirements are very low.

"Houseplants seldom die of starvation. More plants are killed by too much fertilizer than the other way around," says McNeilan.

Houseplants generally prefer a higher humidity than most homes supply. Mist the foliage periodically or set the pot on a tray of pebbles and water. Be careful not to let the bottom of the pot touch the water.

Make repairs to plants damaged by high winds and cold weather as soon as possible, says McNeilan.

"The earlier damaged plants are taken care of the better chance they have of recovering," McNeilan says.

Damaged twigs and limbs should be cut back to the nearest strong, healthy wood or bud. It is important to remove all broken, fractured or splintered wood to eliminate areas where rot could take hold.

When pruning back to healthy wood, make the pruning cut flush with the nearest side limb. Do not leave a stub or snag.

If tree limbs were bent but not cracked, don't cut them down right away. Remove extra weight from the limb, such as expendable side limbs, and leave it alone. With time the limb may straighten out.

In some years, ice storms do big damage. A broken major limb should be sawed back to the trunk or major

side limb. Make the cut as clean as possible. This will help prevent rot diseases from becoming established in the area of the cut.

Trunks that are split may be pulled together. Two methods are commonly used, one involving bolts placed through the trunk, the other using wire around the tree.

Young, fast growing trees have the best chance to recover. In the early spring, an application of nitrogen fertilizer around the dripline of recovering trees and shrubs will encourage vigorous growth.

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This Good Cents home is located in Gresham's Fir Park subdivision. The two-story home, constructed by Wood Village Construction, Inc., is located at 1671 N.W. 19th Street. (See map for directions.) A few of its Good Cents features include R-19 insulated walls and floors, and zonal heating. If you're interested in saving money, you'll find it a welcome sight.

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Sunday school 9:45 a.m.
Morning worship 11:00 a.m.
Home Bible Study 6:00 p.m.
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Pastor John H. Van Lierop
Home 668-6100
Church 668-4543
Corner of Meining & Scenic Sandy

SANDY CHURCH OF THE NAZARENE

Currently meeting at
17150 University Ave., Sandy
(Seventh-day Adventist Church)
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:30 p.m.
Pastor Robert F. Scheifers
668-5712

EPISCOPAL MOUNTAIN MINISTRIES The Holy Eucharist - Sunday Schedule

The Church of the Holy Cross 9 a.m.
10351 S.E. Orient Drive, Boring
The Church of the Good Shepherd 11 a.m.
Pioneer Blvd., downtown Sandy
The Chapel of Saint Jude 1:30 p.m.
Scenic Drive, Sandy

Fr. Tom Davidson, Vicar 663-4223

SANDY ASSEMBLY OF GOD

SUNDAY SERVICES
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evangelistic Service 6:00 p.m.
Family Night
Wednesday 7:00 p.m.
Dale Edwards Church
Pastor Phone 668-5589

SANDY SEVENTH-DAY ADVENTIST CHURCH

Proctor and University
Sabbath School 9:30 a.m.
Morning Service 11:00 a.m.
You are Welcome
Pastor Ray Erwin
668-6144 - Church

ORIENT DRIVE BAPTIST CHURCH S.B.C.

15150 S.E. Orient Drive
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WORSHIP 8:30 AM
SUNDAY SCHOOL (all ages) 9:45 AM
WORSHIP 11:00 AM
TRAINING 6:00 PM
WORSHIP 7:00 PM
WEDNESDAY SERVICES (all ages) 7:00 PM
Children Ministries • Youth Ministries
Pastor Mike Holleman • Church 668-6083 • Home 668-6363



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Worship 11:00 am

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Saturday Eve. Mass 5:00 p.m.
Sunday Mass 10:00 and 12 Noon
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Welches, Oregon
Mass 7 p.m. Sat., 8 a.m. Sunday
18090 SE Langensand
Sandy, Oregon
Father Rodrigues 668-4446

Sandy Baptist Church

We invite you to join us for fellowship

Church: 668-4064
Pastor Fred Vogel
Wednesday
7:30 p.m. Prayer Meeting

Sunday
9:45 Sunday School
11:00 Morning Worship
6:00 Evening Worship



FELLOWSHIP BIBLE CHURCH

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meetings.



MEETING AT:
Sandy High School (Bluff Road)
Sunday mornings (9:30, 11:30)

PASTORS:
Dr. John Moore (695-2924)
Dr. Al Baylis (658-4728)

LIVING WAY FELLOWSHIP (FOURSQUARE)

DOUBLE SERVICES
Worship service 8 a.m.
Discovery (Sun. School), 9:30 a.m.
Worship service 10:30 a.m.
Pastor Ken Wold
17275 Strauss
668-4949
(Prayer Chain Available)

IMMANUEL LUTHERAN CHURCH

Worship 8:30 a.m.
Sunday School 9:30 a.m.
Bible Study 9:45 a.m.
Worship 11:00 a.m.
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668-6232 Church

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