

FOOD SECTION

September 22, 1982
Volume XII, Number 50
Section II



Taking it easy:

Speedy beef stir-fry to the rescue

Some days you're on the go so much that before you know it, it's dinner time. What you need is a family-pleasing, satisfying and nutritious entree that takes little time or effort to prepare. Sound impossible? Not with Speedy Beef Stir-Fry to the rescue.

This quick and convenient skillet dinner features strips of beef and a tasty vegetable combination of broccoli, green beans, pearl onions and red peppers. For added flavor, the thin strips of beef chuck steak are lightly coated with white wine before they are quickly browned in hot oil. The vegetable preparation is easy, too, for the colorful combination can be purchased frozen and needs only be blanched before stir-frying with garlic. Then the beef and vegetables, which have been cooked separately, are combined and you

have a tasty, tempting dinner ready to serve.

Because the beef strips are cut from an economical chuck blade steak Speedy Beef Stir-Fry will fit into a modest food budget. To be sure that the chuck steak is tender and delicious, cut it into thin strips and avoid overcooking. You'll find it easier to cut the steak when it is partially frozen. Since cutting the strips is the most time consuming part of this recipe, you may want to do this sometime during the day when you have a few extra minutes. After the strips are cut, be sure to cover them tightly and refrigerate until it's time to begin cooking.

In addition to being fast and economical, this entree is also nutritious. Even though steak from the

loin or rib, it offers the same high-quality nutrition. Beef is an outstanding source of complete protein, the type needed daily by the body to build, maintain and repair tissue. Other essential nutrients found in beef include the B-vitamins thiamin, riboflavin, niacin, B-6 and B-12, and minerals important to good health such as iron and zinc.

SPEEDY BEEF STIR-FRY

- 1 pound boneless chuck blade steak, cut ¼ inch thick
- 2 tablespoons white wine
- 1 package (16 oz.) frozen broccoli, green beans, pearl onions and red peppers
- 3 tablespoons cooking oil
- 1 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 clove garlic, minced

Partially freeze steak to firm and slice across the grain into thin strips. Pour wine over beef strips, stirring lightly to coat. Blanch vegetables 1 minute; drain. Quickly brown steak strips (½ at a time) in hot oil in large frying-pan. Remove from pan; season with ½ teaspoon salt and the pepper. Keep warm. Add vegetables and garlic to pan; sprinkle with remaining salt and stir-fry 4 to 5 minutes. Stir in steak strips and heat through. 4 servings.

The beef and vegetables will be especially tasty served with hot biscuits, and rice, if desired. For a quick, refreshing salad, combine fresh fruits in season that have been cut into bite-sized pieces. Chocolate sundaes are an easy way to produce smiles for desserts.

Beyond Daiquiris:

Island dreaming begins with rum

One of the most popular American cocktails is the Daiquiri. It was originated by an American, Jennings Cox, while supervisor for some copper mines near the town of Daiquiri, in Cuba, in the 1890s. Unexpected guests arrived one day in 1896 and Mr. Cox was out of gin. Worried that his friends might not like the local popular liquor, Cox mixed rum with lime juice and sugar and thus concocted the Daiquiri. It was an immediate success and it's still a favorite. (The original recipe follows, although many today substitute limeade concentrate and use the packaged mix.) A popular variation of this refreshing drink is the Daiquiri Pie. This brand-new version features a chocolate crust, made with crumbled chocolate cookies. We've included also a version of the Rum Dream Cake.



DAIQUIRI PIE

Put 2 teaspoons lime or lemon juice and ½ teaspoon sugar into a blender, shaker or pitcher with ice. Add a generous jigger of light rum. Blend, shake or stir well. Serve in chilled cocktail glass or on the rocks.

- 1 package (4-serving size) lemon-flavored pudding and pie filling (not instant)
- 1 package (3 ounces) lime-flavored gelatin

- ½ cup sugar
- 2½ cups water
- 2 tablespoons lime juice
- 2 eggs, slightly beaten
- ½ cup light rum (80 proof)
- 1½ cups heavy cream, whipped
- 1 9-inch chocolate cookie crumb crust

In saucepan, combine pudding, gelatin and sugar. Blend in ½ cup water, lime juice, and eggs; blend well. Gradually add remaining water. Cover over medium heat, stirring until mixture comes to full boil. Remove from heat; stir in rum. Chill until slightly thickened. Blend whipped cream with the chilled mixture. Spoon into prepared crust. Chill until firm. If desired, garnish with additional whipped cream and lime slices.

For crumb crust, use:

- 1½ cups crushed chocolate cookies
- 3 tablespoons melted butter
- 1 tablespoon sugar

Combine the crushed chocolate cookies, butter and sugar; blend well. Press against bottom and sides of 9-inch pie plate. (For ease, lightly

butter or vegetable spray pie plate before pressing in crumbs.) Chill 1 hour before filling or bake at 350° for 8 minutes. Chill before filling.

RUM DREAM CAKE

- 1 package (18½ ounces) white cake mix
- 1 envelope (2 ounces) whipped topping mix
- 4 eggs
- ½ cup water
- ½ cup light rum
- 1 package (10 ounces) frozen strawberries, thawed
- 1 medium banana, sliced
- Confectioners' sugar

In large mixer bowl, combine cake mix, topping mix, eggs, water and rum. Blend until moistened. Beat 4 minutes at medium speed. Pour into greased and floured 10-inch tube pan. Bake at 350° for 45 minutes or until cake tests done. Cool in pan 15 minutes. Turn out onto wire rack and cool completely. Just before serving, blend strawberries and bananas. Sprinkle confectioners' sugar on cake. Serve with prepared fruit. Makes one 10-inch cake.

NEW CROP

KING APPLES \$3.98
23 lb box

BARTLETT PEARS HOOD RIVER 4 LBS 99¢

PRUNES LOCAL, ITALIAN 5 LBS 99¢

DANISH SQUASH LOCAL GROWN LB 19¢

CAULIFLOWER SNO WHITE LB 49¢

CARROTS New crop YOUNG, TENDER (25 lb bag) \$2.98

PISA RAVIOLI RICOTTA CHEESE MEAT CHICKEN 4 LB BAG REG. \$4.99 \$3.99

CARLO ROSSI WINE HOODY'S SALTED PEANUTS IN THE SHELL 99¢ LB

HALEY CHILI WITH BEANS Regular or Hot 15 OZ REG. 85¢ 59¢

YELLOW POPCORN REG. 49¢ 39¢ LB

GRANDMA MOLASSES 2 STAR REG. \$4.99 3.99 ½ GAL

S&W COFFEE Regular or Drip TIN \$6.99

LEAN-FRESH GROUND BEEF 25% OR LESS FAT REG. \$1.69 LB \$1.19 LB 10 LB PKG \$10.99

COUNTRY STYLE SPARERIBS REG. \$1.79 LB \$1.79 LB

RICHBROOK ISLAND YOUNG HEN TURKEY BREAST REG. \$1.29 LB \$1.29 LB

PRICES GOOD THROUGH SATURDAY, SEPT. 25, 1982

SHERIDAN FRUIT Co.
S. E. UNION & OAK — 235-9353

THE NEW WEIGHT WATCHERS' COOKBOOK IS YOURS FREE WITH THE NEW YOU.
—Jean Nidetch

Join now through October 2, attend class for 12 weeks, and get the new Weight Watchers® cookbook. FREE.*

The secrets of chocolate nut cake, Swiss fondue, orange-ginger chicken—and hundreds more tantalizing recipes—are waiting for you. Along with all the secrets of the most successful weight loss program in the world. All you have to do is join a Weight Watchers class and attend 12 consecutive meetings.

You'll learn how to lose weight without giving up the foods you love. And before you know it, you'll get a most delicious gift. Our newest cookbook. With recipes based on our newest Food Plans. A \$13.95 value, yours free.* Now what could be more tempting than that?

It's easier to lose weight when you're not doing it alone.

Offer valid in participating areas only. *You pay postage and handling.

WEIGHT WATCHERS®
The most successful weight loss program in the world.

Join Any Class Anytime

NORTH PORTLAND
Carpenters Hall
2225 N. Lombard Street
(At Brandon)
Mon. 7:00 p.m.
Thurs. 9:30 a.m.
Emanuel Hospital
2801 N. Gantenbein
Emanuel East, Room 2001
(Nursing Home)
Thurs. 7:00 p.m.

NORTHEAST PORTLAND
Maranatha Church
1222 N. E. Skidmore
Sat. 9:30 a.m.
Northeast
Portland Center
5049 N. E. Sandy Blvd.
Mon. 7:00 p.m.
Tues. 9:30 a.m. & 7:00 p.m.
Wed. 7:00 p.m.
Thurs. 7:00 p.m.
Fri. 9:30 a.m.

Fellowship Baptist Church
4737 N. Lombard Street
Tues. 7:00 p.m.

For Information Call Collect (803) 297-1021, 8:30-5:00

© Weight Watchers International Inc. 1982 Owner of the Weight Watchers Trademark.