

Stir fry dinners the easy way

Stir-fry may be a relatively new cooking term, but clever cooks have done it from the dawn of skillets.

It doesn't even have to involve a wok or Oriental seasonings. Stir-frying transcends nationality because it really translates into one smart method of getting a main course together in minimum time.

Here are two speedy and quite different stir-fries that use no-waste round steak. Because the beef should be thin-sliced to stir-fry, this more expensive cut of meat can be stretched into an affordable—and impressive—meal. To have a firm texture for easier thin slicing, the meat should be frozen for at least an hour.

As you plan ahead, these two suggestions might work out for alternate days some busy upcoming week.

The Stir-Fried Caraway Beef is served over mashed potatoes. It, and the Budapest Beef, with paprika and gherkins, echo the flavors of Northern and Central Europe.

Quick-cooking is possible because all ingredients for stir-frying are cut reasonably small or thin, and because slow-simmered condensed soup and gravy provide the depth of flavor that smoothly binds the dish together.

STIR-FRIED CARAWAY BEEF

- 1/2 pound boneless round steak (1/2-inch thick)
- 2 slices bacon
- 2 medium onions, sliced
- 1 cup sliced celery
- 1 teaspoon caraway seed
- 1 can (10 1/2 oz.) Au Jus Gravy
- 1 medium tomato, cut up
- Mashed potatoes.

Freeze meat 1 hour to firm (makes slicing easier); slice into very thin strips. In a 12" skillet, cook bacon until crisp; remove and crumble. Pour off all but 2 tablespoons drippings. Cook onions, celery and caraway seed in hot drippings until just tender; push to one side. Add meat; cook until color just changes. Then add crumbled bacon, gravy and tomato. Heat, stirring occasionally. To serve: Pour over mashed potatoes. Makes 4 cups or 4 main dish servings.

BUDAPEST BEEF

(Not in photo)

- 1/2-pound boneless round steak (1/2-inch thick)
- 2 tablespoons salad oil
- 1 can (about 16 oz.) potatoes, drained and cut in half
- 1/2 cup chopped onion
- 1 medium clove garlic, minced
- 2 teaspoons paprika
- 1 can (10 1/4 oz.) condensed golden mushroom soup
- 1/2 cup water
- 1/4 cup sliced sweet gherkin pickles
- 2 tablespoons sweet gherkin pickle juice
- 1 teaspoon dried parsley flakes

Freeze meat 1 hour to firm (makes slicing easier); slice into very thin strips.

In a 12" skillet in hot oil, brown potatoes and cook onion with garlic and paprika until tender; push to one side.

Add beef, cook until color just changes. Add remaining ingredients. Heat, stirring occasionally. Makes 4 cups of 4 main-dish servings.



Stir-fried Caraway Beef—with its use of thin-sliced ingredients—is a quick-cooking, budget-stretching entree to serve dinner guests or as a family treat.

Moving Sale

The Elk Cleaners will be moving back to their former location. Unclaimed clothes (over 90 days) will be sold for charges. Thanks for helping us move by picking up your order.

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DEL MONTE ROUND-UP

Donation received

Rosalie J. Boothe, Executive Director of the House of Exodus, has announced that the Exodus Clean Team, a youth component of the House of Exodus Drug/Alcohol Treatment Center at N.E. 16th and Alberta, is the recipient of a \$10,000 grant from the J.E. Edwards Fund through the Oregon Community Foundation.

The check was presented to Mrs. Boothe by Mr. Ned Look, Director of the Oregon Community Foundation. Mr. Look was accompanied by Dr. Walter C. Reynolds and Mr. Brian G. Booth, at the time of the presentation. The grant will be used to finance a 10-week educational/work experience for teenage youth in the N/E. area of Portland.

The youth attend two hours of instruction each morning followed by three hours of work in the community repairing, painting, assisting senior citizens with minor repairs. Contracts with area businessmen for cleanup/work experience are also being obtained at the present time.

Del Monte Catsup
Rich & Flavorful 32 Oz. Bottle **99¢**
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