

LIVING SECTION



Indian Summer barbecue: Kabobs Rosemary



Barbecued Kabobs Rosemary boasts a superlative sauce and a winning way with guests. Featuring strips of boneless round steak, zucchini squash and the last corn of the season, these zesty kabobs are a true celebration of Indian Summer.

Before packing away the barbecue grill for winter, make the most of those pleasant Indian Summer days by cooking outdoors. Guests can savor one of the best parts of summer, barbecued meats, while enjoying the colorful fall foliage.

Toast the autumn and bid farewell to summer with barbecued shish kabobs. The word "kabob" means meat; the word "shish" means sword or skewer. Dating back to 1,000 B.C., this dish originated with the nomadic horsemen who roamed the steppes of Central Asia, cooking over open fires. That it is still popular today is evidence of its basic appetite appeal.

Here's a version that should enjoy a long life in your own outdoor cooking domain. Barbecued Kabobs Rosemary features beef strips, corn-on-the-cob and zucchini squash alternately threaded on long skewers. Sliced from boneless round steak, the beef is marinated prior to grilling in an easy-does-it marinade made with condensed consomme, ketchup and vinegar. Rosemary is the dominant herb in this savory blend, which becomes a basting sauce when you add a little flour. The eye-catching nature of this fare is rivaled only by its mouth-watering taste. Accompany it with fluffy rice, fruit salad with yogurt and pita bread.

If good old-fashioned American hamburgers are on your company menu, dress them up for the occasion with a sauce that is a credit to the art of barbecuing. California Burgers, here we come! With a base of condensed beefy mushroom soup and additions of bacon, onion and orange marmalade, among others, this sauce is truly outstanding. For extra dash, serve the burgers on split Kaiser rolls.

BARBECUED KABOBS ROSEMARY

- 1 pound boneless round steak (1-inch thick)
- 1 can (10 1/2 oz.) condensed consomme
- 1/4 cup ketchup
- 1/4 cup vinegar
- 1 large clove garlic, minced
- 1/2 teaspoon rosemary leaves,

- crushed
- 1/4 teaspoon dry mustard
- Generous dash cayenne pepper
- 4 ears frozen corn, thawed and cut in 12 pieces

- 12 slices zucchini squash (1/2-inch)
- 1 tablespoon flour

Trim any excess fat from steak and cut meat in 1/4-inch thick strips.

To prepare marinade: Combine consomme, ketchup, vinegar, garlic, rosemary, mustard and cayenne; stir in beef strips. Cover and refrigerate at least 6 hours, stirring meat often.

About 30 minutes before serving: Preheat broiler if manufacturer directs. Thread meat and vegetables alternately on 12-inch metal skewers. Meanwhile, in 1-quart saucepan over medium heat, gradually blend remaining marinade into flour until smooth. Cook over medium heat until thickened, stirring occasionally.

Broil 15 minutes until rare or desired doneness, basting with sauce and turning every 5 minutes. Heat remaining sauce; serve with kabobs. Makes 6 servings.

Outdoor Method: Prepare kabobs as above. Place on grill 4

inches above glowing coals; cook 15 minutes or until desired doneness, turning and brushing with sauce every 5 minutes.

CALIFORNIA BURGERS (Not In Photo)

- 2 slices bacon, finely chopped
- 1/4 cup finely chopped onion
- 1 can (10 1/2 oz.) condensed beefy mushroom soup
- 1/4 cup orange marmalade
- 1 teaspoon vinegar
- 1/4 teaspoon hot pepper sauce

Indoor method: Season 2 pounds ground beef with salt and pepper; shape into 8 patties. Broil 4 inches from heat 10 minutes or until desired doneness, turning often and brushing with sauce. Heat remaining sauce. Serve patties on toasted hamburger buns with remaining sauce. Makes 8 servings.

Outdoor method: To prepare hamburgers, see Indoor Method. Place hamburgers on grill 4 inches above glowing coals. Cook 15 minutes or until desired doneness, turning often and brushing with sauce. Serve on toasted hamburger buns with remaining sauce.

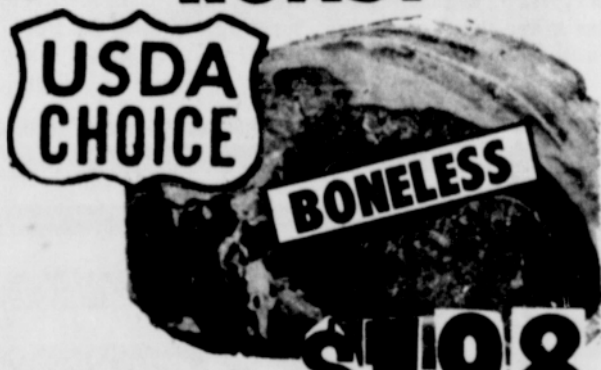
★ **NOW OPEN** ★
NEW-BEAUTIFUL
 Rent Subsidized
 Hi Rise Living
 Downtown

- ★ Designed for Seniors and handicapped
- ★ Qualified Applicants pay only 30% of their income
- ★ 162 units completely refurbished
- ★ Most modern fire & security systems

For information call . . .
PARK TOWER
 731 SW SALMON
 227-3367



BEEF RUMP ROAST



EASY TO CARVE BEEF ROAST

\$1.98

1 POUND



MEDIUM SIZE

DANISH SQUASH

5 FOR \$1.00

KIENOW'S SHOP FOR BRANDS you know VARIETIES you like SIZES you want

- 8411 SE Milwaukie
- 15th & East Burnside
- 122nd & NE Glisan
- N. Lombard at Gravelly
- Colquhoun Hills, Platteau
- 122nd at SE Division
- Oak Grove
- 14th & SE Morrison
- 23rd & NE Hancock
- 39th & SE Division
- 23rd & West Burnside
- Lake Oswego 90 & A
- King City

The Friendliest Stores in Town Since 1908

MEMBER OF UNITED FOODS

Protect stored foods from moths, insects this winter

Protecting stored foods in the home from insect infestation requires special care, according to Ray McNeilan, Oregon State University Extension home gardening agent.

Flour moths such as the Indian meal moth, the Mediterranean flour moth and the meal moth, are medium-sized, gray or reddish-brown, and have a wing span of 1/2-inch or more. These moths flying in homes are often the first sign of an infestation. The Indian meal moth may be a special problem in stored walnuts.

Mealworms are 1/2- to 3/4-inch long and have a dark brown to black hard shell.

All these insects are controlled the same way. The first step is to locate and destroy the source of infestation. After discarding all contamin-

ated food, food shelves should be thoroughly cleaned. Attachments used with some type of vacuum cleaner are useful in removing food particles lodged in cracks.

Food products that are infrequently used should be stored in containers with tight lids.

"Coffee cans with plastic lids will keep out adult insects, but the larvae can get under the lids. So a jar with a screw-on top will work better," says McNeilan.

In addition to careful storage, periodically check seldom used dried foodstuffs. Usually, thorough cleaning is the only control needed.

McNeilan advises using sprays only as a last resort and be sure the spray label indicates it is safe to use on household insects.

Mary & Jane's
DONUTS DANISH PASTRIES

Two locations for Mary Jane's wheat factories:

• Great food at reasonable prices

• Full line of breakfasts

• For lunch: We have sandwiches, homemade soup, chili and salads!

• We have donuts, Danish, pies and pastries.

121 N. Lombard
Open 7 Days a Week
5:30 a.m. - 5:30 p.m.
Sundays 8:00 a.m. - 3:30 p.m.
285-6270

5800 N. Portland Hwy.
Open 5 Days a Week
Mon. - Fri., 5:30 a.m. - 5:30 p.m.
281-6558

T-BONE STEAK

USDA CHOICE BEEF

\$2.89
lb.



SMOKED SAUSAGE \$2.99 **PORK LINK SAUSAGE \$1.69**

- SE 20th & DIVISION
- Forest Grove - 2329 PACIFIC
- 14410 SE DIVISION
- SE 72nd & FLAVEL
- Oregon City - 878 MOLALLA
- 3965 SE POWELL
- NE 15th & FREMONT
- Canby - 1051 SW 1st
- NE 74th & GLISAN
- W BURNSIDE at 21st
- LLOYD CENTER
- HILLSBORO - 960 SE OAK
- SAN RAFAEL - 1910 NE 122nd

TRADEWELL