

Mustard adds zing

SHELL STEAK WITH MUSTARD CREAM
(Serves 4)

- 4 shell steaks, about 8 ounces each
- 1 tablespoon butter
- 1 tablespoon oil
- 2 shallots, chopped
- 1/2 cup cognac
- 1 1/2 cups heavy cream
- 2 tablespoons Dijon-type mustard
- salt
- pepper

In a large skillet, saute steaks in butter and oil to desired doneness. (Rare is suggested.) Turn once. Remove and keep warm.

Pour off half the drippings in skillet. Add shallots and cook until softened, stirring often. Add cognac to deglaze skillet. Cook until skillet is almost dry. Add cream and simmer until sauce is reduced to about 1 cup. Stir often. Strain sauce and return to skillet. Blend in mustard. Season to taste with salt and pepper. Add any accumulated juices from steaks to skillet, blend.

Serve sauce over steaks.
Suggestion: serve with roasted new potatoes and sauteed fresh spinach.

MAYONNAISE FOR SEAFOOD
(Makes 2 cups)

- 1 cup mayonnaise, homemade or commercial
- 1 teaspoon Dijon-type mustard
- 2 tablespoons chopped chives

Poinsettias can live

Poinsettias for Christmas come in a variety of looks but no matter what the size, shape, color, selection and care guidelines for poinsettias are the same.

Selection guidelines:
•Green foliage all the way to the soil line indicates a disease-free plant with active roots. Look also at the flower. If it is tight and green rather than expanded and yellow, the plant will last longer.

•If the buttons have turned yellow and the flower has opened, the plant's life will be shorter.

Care guidelines:
•On the trip home, wrap the plant in paper to protect it from cold temperatures. Once home, submerge the entire pot in water until air bubbles stop rising. Then water again only when the surface of the soil seems dry.

•The best room temperature for poinsettias is 65°-70°F. by day, 55°-60°F. at night. They need sunlight, if available, but if placing the plant near a window don't let the leaves touch the windowpane or they will shrivel and drop, McNeilan adds.

•Several weeks after bringing the poinsettia home, soluble fertilizer can be added to the water given to the plant, using one-fourth the dilution required for houseplants. The plant can be fed every three or four weeks, as needed, to keep it actively growing.

School Lunch

Monday, Dec. 5: Mexican taco, shredded lettuce/tomato, whole kernel corn, apple wedges, milk.

Tuesday, Dec. 6: Turkey & gravy, whipped potatoes, tossed salad w/ dressing, whole wheat roll, sliced peaches, Christmas tree cookie, milk.

Wednesday, Dec. 7: Sausage pizza, tater tots, carrot coins w/dip, chilled pears, milk.

Thursday, Dec. 8: Country style steak, fluffy rice, tossed salad, orange half, milk.

Friday, Dec. 9: Toasted cheese sandwich, french fries, celery chunks w/peanut butter dip, fresh pear half, milk.

School Breakfast

Monday, Dec. 5: Peach slices, toasted buttered bun, sausage patty, milk.

Tuesday, Dec. 6: Apple wedges, cheesy English muffin, milk.

Wednesday, Dec. 7: Orange juice, whole wheat roll w/peanut butter, milk.

Thursday, Dec. 8: Chilled pears, cinnamon roll, milk.

Friday, Dec. 9: Orange half, pumpkin bread, milk.

- 2 tablespoons chopped parsley
- 2 tablespoons tarragon, crushed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- generous dash of cayenne pepper
- 2 tablespoons lemon juice
- 1/4 cup cognac
- 1/2 cup heavy cream

In a bowl, blend mayonnaise with next seven ingredients. Blend in lemon juice and cognac.

Whip cream to soft peaks. Fold into mayonnaise mixture. Cover and chill. Serve with cold cooked seafood or fresh vegetables.



Sliced beef steak, topped with mustard sauce, makes a hearty dinner dish.

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