



By MARLENE CURRIN
Publicity Chairman
Morrow Co. CowBelles

Less tender cuts of beef can be cooked successfully in the microwave when proper consideration is given to the time and preparation of the beef.

A low power setting for slower cooking will develop tenderness and flavor.

Due to the slower cooking process, the addition of sauces and other liquid flavorings will enhance the flavor and tenderness of the meat.

For additional flavor and tenderizing, marinate less tender beef to prior to cooking. Or, use a commercial tenderizer.

If you wish to add vegetables to a pot roast or stew, they should be partially cooked in advance. Add them towards the end of the cooking time and they will absorb the flavors of the beef.

Cuts such as round steak, flank steak and blade steak can be sliced diagonally across the grain into thin strips for use in microwave recipes such as stir-frys, stroganoff and kabobs.

One recommended method of cooking less tender cuts is to begin the cooking time on high and then reduce it to a lower setting for the greater part of the cooking time.

If you are fortunate enough to have a microwave, be aware of the accessories and what and how they may aid you in cooking correctly.

A variety of accessories are available in particular, the browning dish, meat thermometer, roasting rack and simmer pot will make cooking beef easier and more fun. Rely on accessory instructions for best cooking results.

A browning dish is used to sear or broil beef. It is most effective with cuts such as steaks and ground beef. The

dish is reheated empty in a microwave; the meat is browned by contact with the intense surface heat of the dish.

A meat thermometer, especially designed for use in the microwave, registers internal temperature of beef to insure proper cooking.

Use of a rack is generally recommended for cooking beef roasts. The rack fits in a roasting dish and allows meat juices to accumulate in the bottom.

A simmer pot is similar to a slow cooker. The clay pot and lid are soaked in water prior to cooking. The additional moisture stored in the pot is transferred to the meat and juices during a prolonged cooking time.

Here are two more beef recipes for microwave oven cooking:

Spaghetti in a pie
8 ounces spaghetti
2 tablespoons butter
One-third cup grated Parmesan cheese
2 eggs, well beaten
1 pound ground beef
1/2 cup onion, chopped
1 can or jar (15 1/2 oz.) spaghetti sauce
1 cup cottage cheese
1 cup shredded mozzarella cheese

Cook spaghetti according to package directions on top of range; drain. Stir butter, Parmesan cheese and eggs into hot spaghetti. Form spaghetti into a "crust" in a 10-inch glass or ceramic pie plate. Cook in microwave on high 2

Hughes to teach aerobic class

An aerobic dance and muscle toning class taught by Joyce Hughes will begin July 11 and will be held each Monday, Wednesday and Friday beginning at 6:30 p.m. at the Heppner High School track, weather permitting. Those taking the class may want to bring a towel, she said.

For more information, contact Hughes at 676-3480.

to 3 minutes, or until center of spaghetti crust is firm, or set. In a 1 quart glass measuring cup crumble ground beef and add onion. Cook, covered, 5 minutes, stirring once to break up meat; drain. Stir in spaghetti sauce. Cook, covered until sauce is bubbly, 3 to 3 1/2 minutes, stirring once. Spread cottage cheese over bottom of spaghetti crust. Fill pie with tomato mixture. Cook, covered, on high until heated, 6 to 7 minutes. Top with mozzarella cheese. Cook 1 minute or until cheese is melted. Let stand 8 to 10 minutes before serving. Cut into wedges.

Hawaiian Shish Kabobs
1 1/2 pounds beef loin top loin steak (or other tender cut)
1/2 cup orange juice
1/4 cup soy sauce
1/4 cup salad oil
1/4 cup sherry
1 teaspoon sugar

Local students named to BMCC honor roll

Several local students at Blue Mountain Community College were named on the college's spring term honor roll or dean's list.

Following are the local students' names who were placed on the honor roll and their home towns:

Nancy Brownfield, Gordon Munck, and Ruth Sweeney - 4.0, all of Heppner; Michael Conklin, Ralph Morter and Treve Peterson, all of Ione; and Chris Zita of Echo.

Area students named to the dean's list were:

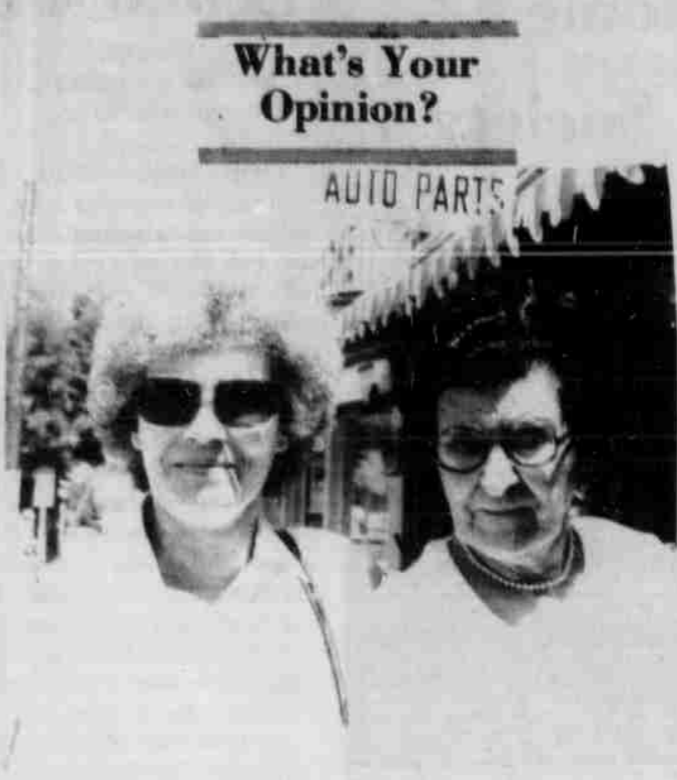
Patricia Campbell, Lori Dav, Cliff Dougherty, Lorrie Smith and Jeff Sumner, all of Heppner; Elizabeth Zita of Echo; and Susan Wright of Lexington.

A total of 346 students earned a place either on the honor roll or dean's list based



Grains of gold, platinum and gem stones are often mixed with certain shore and river sands.

1 clove garlic, crushed
1/2 teaspoon ginger
1 can (8 1/4 oz.) pineapple chunks
15 to 20 whole mushrooms
1 green pepper, cut in chunks
Slice meat diagonally across grain into strips 1/4-inch wide. Or, cut meat into 1 1/2 inch cubes. Combine orange juice, soy sauce, salad oil, sherry, sugar, ginger and garlic. Place meat and sauce in heavy plastic bag; press air out and close top securely. Marinate in refrigerator 4 to 6 hours or overnight. Remove meat from marinade; reserve marinade. Thread meat on skewers alternately with pineapple chunks, mushrooms and green pepper. Baste kabobs with marinade. Cook in microwave on high 3 to 4 minutes or until done, turning once. Baste with marinade after turning. Do not overcook. Makes 6 to 8 kabobs.



What's Your Opinion?
Question: "How do you feel about Eastern Oregon State Hospital becoming a medium security state prison?"
"I don't like it. I don't want it so close to us," said Virginia Rosewall of Heppner.
"I think it's a good idea. It would help bring down the cost of escorting our prisoners to other areas," said Zoe Watts of Heppner.

"Fleas can be taught nearly anything that a Congressman can."
Mark T wain



No rain has ever been known to fall in Al Karjah, Egypt.

HARVEST HOURS
Starting Monday, July 11
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STEAK & SWISS CHEESE SALAD

2 cups cooked lean beef, julienned	2 tablespoons chopped parsley
1/4 cups Swiss cheese, julienned	1 medium onion, chopped fine
3 medium tomatoes, chopped	1 cup Italian salad dressing
3 green onions and tops, thinly sliced	Optional: 5 sweet pickles thinly sliced or 1 medium dill pickle, chopped

Combine all ingredients; toss to mix well. Refrigerate, covered; marinate at least 4 hours. Serve on bed of lettuce or in hollowed out roll.
Makes 6 servings.

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