

Candidates Fair well attended



Gene Rietmann (left) talks with Circuit Court Judge candidate, Bob Abrams during AAUW-MCEA Candidate's Fair held last Thursday. Eighteen candidates attended.

you plan to use it within a day or two, store it in the coldest part of your refrigerator. Ground beef wrapped in transparent film can be stored without rewarming, but ground beef wrapped in butcher paper should be repackaged in transparent film or aluminum foil.

If ground beef is to be stored in the freezer for two weeks or less, it can be kept in transparent film without moisture loss. However, for longer freezer storage, the package should be overwrapped tightly in moisture-resistant material such as aluminum foil, freezer paper or plastic bags. Properly wrapped, ground beef keeps up to 3 months in the freezer without loss of quality. Be sure to mark all freezer packages with content and date.

Go Gently With Heat-Ground beef and all beef cuts will shrink some in size and weight during cooking. The amount of shrinkage will depend on the fat and moisture content, the temperature at which the beef is cooked, and how long it is cooked. Basically the higher the cooking temperature, the greater the shrinkage. Cooking ground beef at moderate temperatures (325-350F.) will reduce shrinkage and help retain juices and flavor. Overcooking draws out more juices from ground beef and results in more shrinkage and a drier end product.

Cooking Smarts - To get the most for your ground beef dollar, choose the percent lean which best fits the recipe you are preparing. Use the following guidelines to determine the best purchase:

70 percent Lean - use this whenever dripping can be poured off or removed. Good for beef burgers, sloppy joes, spaghetti and chili.

80 percent Lean - this is the most popular kind of ground beef. It contains enough fat for flavor and to hold its shape for patties and meatballs, yet it's lean enough not to be greasy. Recommended for meat loaf, meatballs, Salisbury steak and beef casseroles.

90 percent Lean - this is the most expensive and has the least amount of fat. Use it when watching calories.

Tidbits-Did you know there are over 5,000 rules, regulations and laws which apply to ground beef? Naturally, that affects the price you pay.

More stores are beginning to sell "Chili Grind" ground beef. It has a coarser texture since it is only run through the grinder once, and makes wonderful chili.

Brown one pound ground beef and one chopped onion, drain. Add one

can (16 oz.) refried beans and one tablespoon chili powder. Use as a dip with tortilla chips or fill flour tortillas with mixture and cheese to make burritos.

Handle ground beef as little as possible in order to preserve juices. Mix just enough to distribute other ingredients evenly - don't play cement mixer. Use a light touch.

Porcupine Meat Balls
1 pound ground beef
one-third cup uncooked rice
1 egg, beaten
1 medium onion, chopped fine
1 teaspoon salt
1/4 teaspoon pepper
2 1/2 cups tomato juice
over meatballs, cover and simmer on low heat for 30 minutes. Or transfer to casserole, cover and bake 1 hour at 350 degree F. Makes 4 to 5 servings.

Beefy Nacho Dip
1 pound ground beef
1 medium onion, finely chopped
1 can (4 oz.) chopped green chilies
1 can (16oz.) refried beans
1 1/2 cups shredded Cheddar cheese
3/4 cup Taco sauce
1 cup dairy sour cream
1/4 cup chopped green onion
1/4 cup chopped black olives
Taco or corn chips
Crumble and brown ground beef with onion. Spread beans in thin layer in a 7 x 12 or 9 x 13 inch baking dish. Combine chilies with beef and onion and spread on top of bean layer. Drizzle taco sauce over meat and bake uncovered in 400 degree F. oven for 20 minutes. Top with grated cheese, dollop with sour cream, and sprinkle with green onions and black

olives. Serve hot as a dip with plenty of taco chips. Serves a crowd.

Southwestern Tamale Pie
1 pound ground beef
1 medium onion, chopped
1 (16 oz.) can whole tomatoes
1 (17 oz.) can whole kernel corn
1 cup sour cream
1 cup corn meal
2 teaspoons salt
1 tablespoon chili powder
1/2 teaspoon cumin powder
Whole black pitted olives, optional
Brown ground beef and onion, drain. Add remaining ingredients and simmer covered for 20 minutes. Makes 6 to 8 servings.

Microwave Taco Salad
1 pound ground beef
1 small onion, chopped
1/2 to 1 can (4 oz.) ground green chilies
1/2 teaspoon salt
2 tomatoes, chopped
1 head lettuce torn in bite-size pieces
1 avocado, chopped
Sliced ripe olives
Kidney beans, drained (optional)
1 cup shredded cheddar cheese
1 bag (8 oz.) corn chips, crushed lightly
Taco sauce
Combine ground beef and onion in microwave casserole dish. Cover and microwave on high (full power) 4 to 5 minutes, stirring once; drain. Stir in green chilies and salt; cook 2 minutes longer. Mix together tomatoes, lettuce, avocado, olives and beans. Place on four individual dinner plates. Top with beef mixture and sprinkle with cheese. Add corn chips. Pass the taco sauce. Makes 4 servings.

USDA announces some road closures for elk season

The USDA Forest Service has announced that in cooperation with the Oregon Department of Fish and Wildlife and the Washington Department of Game, there will be several area closures in effect during the regular elk hunting seasons. These areas will be closed to all motorized vehicles, except for selected roads, three days prior to the beginning of elk season and continue until both the first and second seasons in each state are closed.

In Oregon, the roads which will remain open within the Cooperative Road Management Areas will be designated by a 4" diameter green reflector posted on route markers. Oregonians may recognize this as the "Green Dot System" initiated by the Department of Fish and Wildlife several years ago.

On the Walla Walla Ranger District of the Umatilla National Forest

there are three Cooperative Road Management Areas. A new area this year in Washington, is the Chase Mountain-Griffin Peak Area which will close on Monday, October 1st and continue through November 30th. This area is located approximately 20 miles south of Dayton. In Oregon, the Gordon-Middle Ridge Area and the Huntit Spring Area closures will begin this year on October 28th and continue through November 18th. The Gordon-Middle Ridge Area is located on both sides of Oregon State Highway 294 beginning 5 miles southeast of Tollgate. The Huntit Spring Area is in the Lookout Mountain and Elk Flats vicinity on the north side of Forest Road No. 62. Camping is permitted within 300 feet of any open road.



Cow Belle Corner

By MARLENE CURRIN
PUBLICITY CHAIRMAN
MORE ABOUT GROUND BEEF
Labeling Guide-Most stores carry beef labeled "Ground Beef, percent Lean" which means the beef is a mixture of trimmings from a variety of cuts: chuck, round, sirloin and trimmings. Some stores still separate their trimmings before grinding, and then sell "Ground Round", "Ground Sirloin" and "Ground Chuck". This is a more time-consuming process and not as necessary since people are most concerned with knowing the lean and fat percentages.
Packages labeled with "Regular", "Lean" and "Extra Lean" refer to the fat content in ground beef. The rule-of-thumb that most, but not all, stores follow is "Regular" ground

beef is no more than 30 percent fat, "lean" is 15 to 20 percent fat, and "extra lean" is about 10 percent fat.
When stores sell according to the "percent lean content" that tells the exact lean-to-fat ratio. "Not less than 80 percent lean" means that by weight, 80 percent of the ground beef is lean and 20 percent fat. Lean-to-fat ratio affects the price per pound-the less lean, the more fat and the lower the price per pound.
Color Differences-A fresh package of ground beef is generally red on the outside but greyish-brown on the inside. This is perfectly normal and is a result of oxidation. Beef contains a pigment called myoglobin which when exposed to air, combines with oxygen to produce a red color, called "bloom". The interior of beef does not have the red color due to lack of oxygen, but a cut piece of beef will "bloom" or turn red after exposure to air for about 10 minutes.
Buying Smarts-For years many of us were taught that the leanest, highest priced ground beef was the best buy because it lost less weight

during cooking and had the fewest calories. Now, a recent USDA study has shown little difference between 85 percent lean and 75 percent lean ground beef when comparing cooking loss, calories, and protein content.
The USDA tested 200 ground beef patties. The 75 percent lean patties lost more fat during cooking, while the 85 percent lean patties lost more moisture, and they weighted about the same after cooking. The 75 percent lean patties did contain one gram more fat than the 85 percent lean, but since one gram of fat contains only nine calories, the difference was insignificant. The protein content of the two cooked patties was almost the same.
The test shows that on a cost-per-cooked ounce basis, regular ground beef which is 70-75 percent lean is almost always the best buy. And a taste panel said the 75 percent lean patties were juicier and more flavorful.
To Keep It Fresh - Ground beef should be refrigerated or frozen as soon as possible after purchase. If

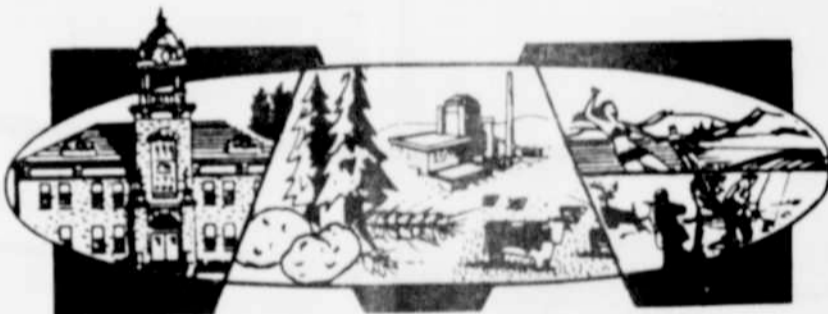
The Heppner-Morrow County Chamber of Commerce WELCOMES ITS NEW MEMBERS



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- Cal's Cafe and Lounge
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