

# LOOK WHAT'S COOKING!

By RUTH KING



**FLANK STEAK FRANCAISE** is almost as easy to prepare as plain, ordinary flank steak but is much more delicious to eat. The French touch comes to flank steak via a heavily herb-flavored wine sauce. Onions cooked to a buttery golden color cover the steak and over all goes the sauce; result, Flank Steak Francaise. Of course to be a success such a sauce must be rich and smooth, so evaporated milk, double rich in its undiluted form, is used for the base.

## WHEAT GERM APPLE CAKE

Now that we are in the midst of the apple season, all of us are thinking of ways and means of making this, the most versatile, perhaps, of all fruits, the star ingredient of breakfast, lunch and dinner delights.

And this old-world favorite, Wheat Germ Austrian Apple Cake, is an any-meal-of-the-day treat that is sure to win the dish-of-the-week award in your house. It can be served as a breakfast coffee cake, a complete lunch in itself, or as a deliciously tart dinner dessert. Raisins, lemon juice, cinnamon and slivered almonds work their magic to enhance the tart apple flavor, while wheat germ in the streusel topping adds a taste appeal and considerable nutritional value. The cake may be served warm or cold, plain or with whipped cream.

It can be a year-around favorite, too, since pie sliced canned apples can be substituted for the fresh fruit in off season.

### WHEAT GERM AUSTRIAN APPLE CAKE

**Crust:**  
1 cup sifted flour  
¼ cup butter or margarine  
¼ cup sugar

### GREEN BEANS IN ASPIC

Is salad variety a problem? Season tomato aspic with instant minced onion, add cut blue lake green beans and glossy ripe olive halves, and chill until set. When unmolded on crisp lettuce, it is a salad to please all.

**Filling:**  
6 cups thinly sliced fresh apples (x)  
1-3 cup sugar  
1 tablespoon flour  
2 teaspoons lemon juice  
½ teaspoon cinnamon  
½ cup slivered almonds  
½ cup raisins  
2 tablespoons butter or margarine

**Topping:**  
¼ cup butter or margarine  
2 tablespoons flour  
¾ cup wheat germ  
¼ cup brown sugar  
¼ teaspoon cinnamon

To make crust, mix first 6 ingredients together. Knead 2 to 3 minutes on a lightly floured board. Press evenly over bottom and up 1½ inches on sides of a 10-inch spring form pan. Chill in refrigerator 25 to 30 minutes. Blend filling ingredients except butter or margarine together and pour into crust. Dot with butter or margarine. Cover pan with aluminum foil. Bake in moderate oven (375 degrees) 40 minutes. Remove foil and continue baking 20 minutes. While baking mix topping ingredients together with pastry blender until mixture resembles coarse meal. Remove apple cake from oven; sprinkle topping over apples. Return to oven for 10 minutes or until apples are tender and crumbs are lightly browned. Yield: 8 serv-

ings. (x) Canned sliced apples may be substituted for fresh ones if desired. Substitute 1 can (1 lb. 4 oz.) pie sliced apples, drained, for fresh apples called for in recipe above. Change baking as follows: do not cover pan with foil and reduce baking time from 60 to 30 minutes before covering with topping. Brown topping as directed in above recipe.

(See Picture Page 2-C)



**HEALTHY PORK CHOPS** and green beans in tangy sauce make "Pork Chops Normandie" almost a complete meal for family or guests. If fortunate enough to be a gardener plucking your own green beans from the vines, keep in refrigerator until ready to place in boiling salted water. The crisper they are the better.

## TOOTHsome STEAK WITH EXTRA FLAIR

The fine flavor of a flank steak makes it well worth the long slow cooking it needs for tenderness. In this recipe for flank steak Francaise that flavor is enhanced with a sauce that would make a French chef beam with pleasure. The sauce is a rich one sparked with sherry wine and a whisper of oregano. Double rich evaporated milk is a natural choice for the base of the sauce since it assures a smooth creamy texture.

Smother the steak in onions which have been cooked gently in butter and then pass the sauce to pour over for the crowning touch. French style green beans cooked with mushrooms and butter and crescent dinner rolls will add a little bit more continental flair to the menu, too.

### FLANK STEAK FRANCAISE

1 flank steak  
2 tablespoons flour  
1½ teaspoons salt  
4 tablespoons shortening  
2 medium onions, sliced thin  
½ cup water

### RIPE OLIVE ACCENTS

For lunch box variety and good hearty flavor, add chopped ripe olives to sandwiches. Their nut-like flavor especially accents mixtures of shrimp, chicken or ham.

1 cup evaporated milk  
1 tablespoon vinegar  
2 tablespoons dry sherry  
¼ teaspoon crumbled oregano

If steak is not scored, score by cutting with a sharp knife diagonally in both directions, making the cuts about one inch apart and ¼ to ½ inch deep. Mix flour and salt in a shallow pan or pie plate. Dredge steak thoroughly in flour mixture. Melt three tablespoons of the shortening over medium heat in a fry pan that has a tight fitting cover. Add onions and cook until soft and golden. Remove onions from pan. Melt remaining tablespoon of shortening in fry pan. Add steak and brown on both sides. Place onions on steak and sprinkle over any flour remaining. Pour water over

steak. Cover tightly and simmer until steak is tender, about two hours and 15 minutes. Remove to platter and keep warm. Pour evaporated milk into fry pan and heat to serving temperature. Just before serving stir in vinegar, sherry and oregano. Serve at once over flank steak. Makes four servings.

## WELCOME CHANGE FROM PLAIN CHOPS

For a hearty meal and vegetable platter the family will love, try "Pork Chops Normandie." The hot, crisp, buttered rolls, colorful relishes and crisp buttered rolls.

### PORK CHOPS NORMANDIE

1 (1 lb. 1 oz.) can vertical pack or whole blue lake green beans  
6 large loin pork chops  
Salt  
Pepper  
½ cup chopped onion  
½ cup liquor from beans  
½ cup dinner wine  
2 teaspoons prepared mustard  
½ teaspoon dried dill weed  
2 tablespoons cornstarch  
¼ cup grated Parmesan cheese  
Drain blue lake beans, reser-

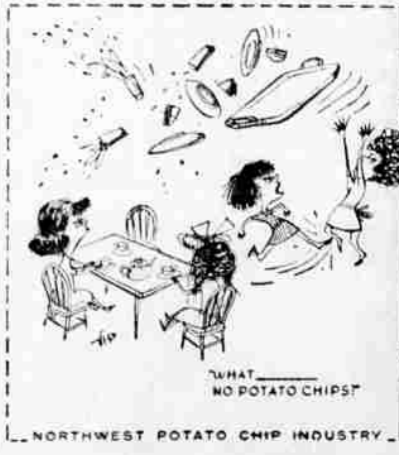
ving liquid. Trim excess fat from pork chops. Rub hot skillet with a bit of fat from chops. Brown chops slowly. Season with salt and pepper. Add onion and saute until golden. Add ½ cup bean liquid; cover and simmer 20 minutes, or until meat is tender. Combine wine, mustard, dill and cornstarch, and mix until smooth. Remove chops to oven-proof serving platter. Stir wine mixture into pan drippings and cook and stir until thickened. Add drained beans and heat thoroughly. Lift beans out with slotted spatula and place over chops. Pour sauce over all, and sprinkle with cheese. Place under broiler until cheese is browned and sauce is bubbly. Serve at once. Easy to prepare. Makes 6 servings.

### GROUND BEEF GALORE

The hamburger may seem like an American institution, but actually economical ground beef enjoys world-wide popularity, according to the American Meat Institute. In Sweden it is stuffed in cabbage leaves and called Kaldomar. In Mexico it's used as the base for Albondigas con Carne, and in Greece, for Moussaka Kreas. Italian Manzo Alla Parmigiana, Philippine Bola Bola and the stuffed peppers of Hungary feature this nourishing meat. It is even enjoyed in China where it's called Ow-Yok Sung.



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