

Juicy Steak Sandwiches Are Economical!

One thick juicy beef steak can be stretched to serve a crowd when you serve it in hot steak sandwiches. And what wonderful sandwiches these are — they're almost a meal in themselves!

You start with split, buttery toasted French rolls. On one half goes thick, tangy sour cream and some sliced green onions. On the other half, juicy flavorful sirloin steak, broiled medium rare and cut into thin slices. This fine flavored beef needs no seasoning

but a light sprinkling of salt. Really delicious!

When you're following the recipe for "How To Stretch A Steak," you'll get about 4 servings per pound of steak. Use a tender boneless cut of beef for easy carving. Sirloin steak is a good choice.

If you enjoy cooking outdoors, broil the steak on a barbecue grill. Split the rolls and toast them over the coals, too. Then butter them while they're hot.

There's no need, though, to limit serving this sandwich to bar-

becuing season. You might serve it for a late-evening party snack instead of the inevitable cold baked ham and potato salad. A green salad goes well with this sandwich. Serve hot coffee, too, and some homemade apple pie or apple cake.

HOW TO STRETCH A STEAK

$\frac{1}{2}$ (2½ inch) thick Sirloin steak (2 to 2½ lbs.)
8 French rolls

$\frac{1}{4}$ pound soft butter

Salt

$\frac{1}{2}$ pint commercial sour cream

Thinly sliced green onions

Broil steak about 6 inches from flame, turning once. For a medium-rare steak, cook about 10 minutes on each side. While steak is cooking, split rolls. To make them easier to eat, slice rolls part way through at ½ inch intervals

and flatten. Spread with butter and arrange on baking sheet. When steak is done, transfer to cutting board. Toast rolls under broiler. While rolls toast, cut steak into thin slices. Arrange steak slices on half of rolls; sprinkle lightly with salt. Spread other half of rolls with sour cream and sprinkle lightly with green onions. Put together sandwich style. Makes 8 sandwiches.

Good Beef Recipes

ROAST BEEF BARBECUE

Select a rump or rolled rib roast, 5-8 pounds, without excess fat. Bind roast with string cord and balance on spit, making sure prongs are well embedded in the meat; brush the meat generously with barbecue sauce. Begin turning spit; turn constantly, before charcoal fire, basting frequently with barbecue sauce. Cooking time, 20 minutes per pound for rare, 25-28 minutes for medium doneness.

BARBECUE SAUCE

1 cup catsup
2 tablespoons vinegar
2 tablespoons Worcestershire sauce
 $\frac{1}{4}$ teaspoon Tabasco sauce
 $\frac{1}{2}$ cup chopped onion
1 teaspoon dry mustard
 $\frac{1}{2}$ teaspoon salt
1 cup water

Prepare this in kitchen just before you're ready to barbecue. Keep warm until ready to use.

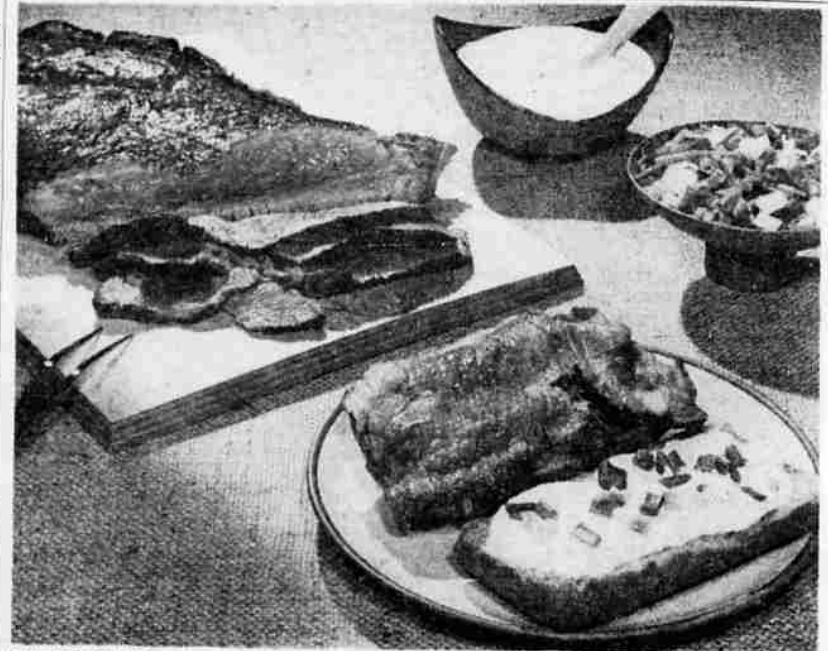
Mix ingredients in saucepan. Allow to come to a boil, then reduce heat and simmer 10 minutes without cover. If sauce be-

comes thick enough to stick to the spoon, add water. Suitable for use with practically any meat.

PAPRIKA BEEF

2 pounds round steak (cut ½ inch thick)
2 tablespoons fat
1 teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
1 clove garlic, peeled
1 cup water
2 tablespoons Worcestershire sauce
 $\frac{3}{4}$ cup sour cream
1 teaspoon paprika
2 tablespoons flour

Melt the fat in a heavy skillet. Rub the meat with salt and paprika. Brown the garlic in the hot fat. Remove the garlic, add the meat, and brown it well. Add water and Worcestershire sauce. Cover and cook slowly about 2 hours. Add sour cream and paprika. Continue to cook slowly 15 minutes. Remove steak to a hot platter. Thicken the broth with the flour mixed with $\frac{1}{2}$ cup cold water. Stir and boil 5 minutes. Serve the gravy over the meat. Serves six.



BUDGET SAVER — You can serve tender, juicy steak and still not break the budget when you follow this recipe for "How To Stretch A Steak!" The steak is sliced thin and served between toasted French rolls with sour cream and green onion to make the best steak sandwiches you've ever tasted.

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