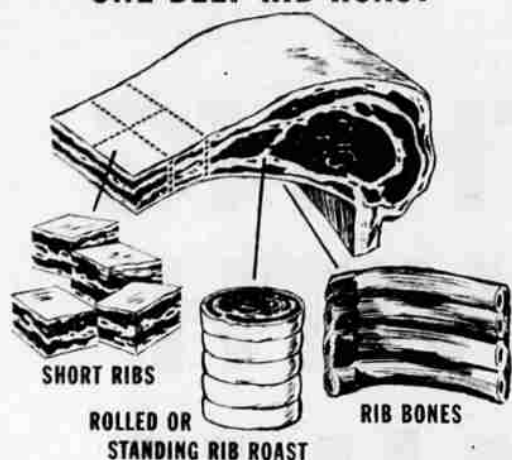


3 DIFFERENT MEALS FROM ONE BEEF RIB ROAST



A 10" standing rib roast offers a variety of different dishes. Have the meat retailer cut the ribs off short and crack the bones into short lengths. Put these aside in your freezer for future use. To gauge cooking time, be sure to ask the weight of the roast after the short ribs are removed.

STANDING RIB ROAST: Season roast with salt and pepper and place in shallow baking pan, fat side up. Roast in moderately slow oven (325°F.) to desired degree.

ROASTING CHART

	Minutes per pound	Meat Thermometer Reading
RARE:	18-20	140°F.
MEDIUM:	22-25	160°F.
WELL DONE:	27-30	170°F.

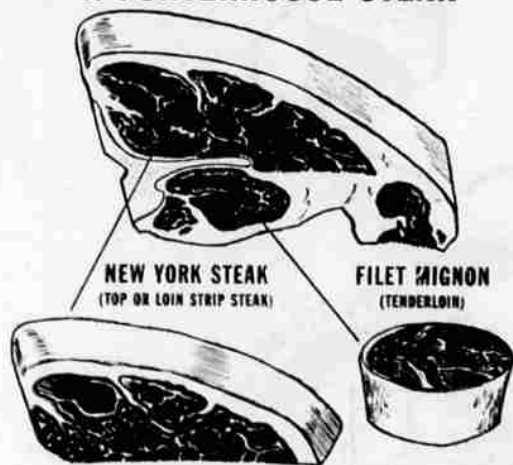
The above guide is for chilled beef, which has been refrigerated until it goes into the oven. For a rolled rib roast, add 10-15 minutes per pound in computing roasting time.

HINTS: When using a roast thermometer, insert bulb in thickest part of the beef, not resting against bone or fat. Let beef stand 20 minutes after roasting for easier carving. Cut across grain toward ribs, freeing slices with tip of knife along bone.

Never any "left-over" problem with roast beef—serve slices cold the next day, or gently and briefly reheated. If there's not enough to serve as plain roast beef, cut into thin strips and serve in a brown sauce made with canned consommé, tossing this with cooked noodles or spooning it over hot cooked rice.

See the back panel for recipes featuring Short Ribs and Deviled Bones for three complete meals from one roast!

2 DIFFERENT MEALS FROM A PORTERHOUSE STEAK



With a sharp knife, cut around the T-bone for two kinds of steak—New York and Filet Mignon. Trim edges and remove tail portion. Grind the tail portions or use as stew meat for a third meal.

Buy several steaks at once when taking advantage of low prices resulting from seasonal supplies. Steaks should be cut cut 1" to 2" thick. Tender steaks will have some fat mixed in with the lean; this is known as "marbling."

Broiling times will vary depending on the temperature of the beef when it is placed on the grill, the thickness of the cut, and the source of heat.

For rare and medium steaks, broil 3" from heat; well done, 5". Turn only once, seasoning just before turning. Serve on a hot platter.

STEAK BROILING CHART

Thickness of steak	Minutes on each side
1 inch	6 to 10
1 1/2 inches	10 to 15
2 inches	17 to 22

The times shown above are for thawed, room temperature steaks that are placed under a preheated broiler. To keep steaks from curling while broiling, slash outside fat covering in several places.

Steaks may also be panbroiled. Preheat heavy skillet and rub with beef fat or sprinkle bottom of skillet with salt. Brown beef on both sides. Season. Reduce temperature and finish cooking. Do not cover or add water. Turn occasionally.

FREEZING TIP: After cutting steaks for freezing, place freezer wrap between each steak before wrapping. Any number of steaks can then be used without thawing more than required. Frozen and partially thawed steaks may be broiled.

24 HOUR ROAST

Place a large chuck, cross rib, or rump roast in open pan with no seasoning in 165°F oven. This meat need not be good or choice. For best results use meat thermometer. Cook to desired doneness which will take about 24

hours. (If you like rare roast beef this is a good way to cook it as the whole roast is rare. This should be a large roast of at least eight pounds.) There will be enough juice to make gravy. Serve with German potato pancakes with sweet sour sauce rather than gravy if desired.



KITCHEN BEAUTY — The "Flair" electric range by Frigidaire, is displayed here by ment will be on display at the Cooking Schnishings. It and other Frigidaire home equipment front controls, eye-level oven with glass dool. The "flair" features eye-level, out-Vern Owens, owner of Cascade Home Furor, and hand-high cooking top, and others.



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