

Italian-Born Man Is National Winner

Carmen Tirella, an Italian-born chef whose culinary career began when he joined the Marine Corps in 1951, has been named a winner in the eighth annual National Sandwich Day Contest.

Tirella's colorful sandwich, the Open-Face Stromboli, combines layers of beef tenderloin, Smithfield ham and Mozzarella cheese on a trimmed French bread slice. The sandwich is broiled and served with an interesting array of garnishes — fried artichoke hearts, broiled tomatoes, pickled sweet red peppers, olives and ripe olives. The unusual Stromboli is a man-sized sandwich — and a sandwich men are sure to enjoy.

The National Sandwich Day contest is co-sponsored annually by the Wheat Flour Institute and the National Restaurant Association. The 20 best winners were announced at the National Restaurant Convention held at McCormick Place, Chicago.

If Tirella's creation is selected the Grand Champion Sandwich of the year, he will have the opportunity to realize his dream of world travel. The grand prize is an all-expenses paid trip for two, anywhere in the world — plus a cash award of \$500. The second prize winner receives \$1,000 in cash, and the third prize winner \$500. All three winners are given an all-expenses paid trip to New York City in July for the coronation luncheon festivities and announcement of the winners.

During his more than 20 years in restaurant food service, Tirella has worked at some of the finest restaurants on both coasts. Now he's executive dining room chef at the Martin Marietta Corporation in Orlando, Fla.

Tirella is married and has three grown children. When away from the kitchen, he enjoys playing golf.

OPEN-FACE STROMBOLI SANDWICH
12 1/2-inch slices French bread, trimmed.
18 1/2-ounce slices Smithfield ham or salt-cured Virginia ham (6 ounces).
18 1-ounce slices Mozzarella cheese.
9 pitted ripe olives, halved.
6 Broiled Artichoke Hearts.
6 leaves lettuce.
8 small pickled sweet red peppers.
18 green pickles.
18 sprigs parsley.
Toast bread on one side. Brown beef tenderloin in butter or margarine in hot skillet. Place tenderloin on toasted side of bread. Season with salt and pepper. Cover each tenderloin with one ham slice and one cheese slice. Broil until cheese softens and covers meat. Place one ripe olive half over each slice of tenderloin cheese. Place three sandwiches on each serving plate. Garnish with Broiled Artichoke Hearts, Broiled Tomato Half, lettuce leaf.

BARBECUED CUBE STEAKS
Have fun with a family dinner by presenting one of the favorite flavor additions for meat... a barbecue sauce.

The meat choice is beef cubed steaks, so popular with home-makers for their ease of preparation. You may call them "minute" steaks. The meat has been cubed by a cubing machine to make it tender.

You could speedily cook cubed steaks by pan-frying or pan-broiling. This time, to make it special, the meat is braised in the barbecue sauce. The nippy sauce flavor will then blend with the beef, states Reba Staggs, home economics expert in the field of meat cookery.

Barbecued Cube Steaks are destined to please all, even the children, and they're ready in less than one hour.

BARBECUED CUBED BEEF STEAKS
8 cubed beef steaks
1 cup flour
1 teaspoon salt
1 teaspoon pepper
6 tablespoons lard or drippings
1 medium onion, chopped
2 tablespoons brown sugar
1/4 cup lemon juice or vinegar
1 cup catsup
2 tablespoons Worcestershire sauce
1 cup water
1 teaspoon salt
1/4 teaspoon pepper
Combine flour, 1 teaspoon salt and 1/4 teaspoon pepper. Dredge steaks with seasoned flour. Brown in lard or drippings. Add chopped onion and brown lightly. Mix remaining ingredients and pour over steaks. Cover tightly and cook slowly until meat is tender and sauce thickens, about 45 minutes. 8 servings.

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OUTDOOR BARBECUING
Since June is National Barbecue Month, here's an important tip to keep in mind. Meat should never be cooked over flames. Allow the coals to be just glowing or covered with a gray ash.



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PAGE 4-B HERALD AND NEWS, Klamath Falls, Oregon Monday, July 1, 1963

SWEET BREADS BROILER MEAL

Quick broiler meals on lazy days, when you feel like spending as little time as possible in the kitchen, can be full of surprises.

Take the unique grill combination of Canadian-style bacon, pineapple and sweetbreads. It's on the table in a jiffy and yet is such a treat to eat. The use of a less-frequently prepared meat attracts attention, too.

Sweetbreads fall into the classification known as variety meats and are considered a delicacy by many gourmets. Introduce this delightful meat variation to your family, if sweetbreads aren't already familiar to them.

Four servings broiled, chilled or sautéed.

SWEETBREADS—Canadian Style
Bacon-Pineapple Grill
1 round sweetbreads
1 quart water
1 teaspoon salt
1 tablespoon vinegar or lemon juice
6 slices Canadian-style bacon, cut 1/4-inch thick
6 pineapple slices
2 tablespoons butter or margarine, melted
Wash sweetbreads. Add water, salt and vinegar or lemon juice. Simmer 20 minutes. Drain. Remove membrane and divide sweetbreads into 6 servings. Place Canadian-style bacon slices and pineapple on broiler rack. Lay sweetbreads on broiler rack so the surface of the meat and pineapple is about 3 inches from the heat. Broil 4 minutes, turn meat and pineapple. Arrange a slice of Canadian-style bacon on each pineapple slice and top with sweetbreads. Brush sweetbreads with butter or margarine. Continue broiling 3 to 4 minutes or until lightly browned. 6 servings.

YOUR SKILL AT THE GRILL
The outdoor barbecue has become as American as the morning coffee. Now, with the heat of this summer-time feast, barbecue season is in full swing. To round out your barbecue, here are some appetizers of clams, and for dessert, nothing compares with the wonderful flavor of patty shells filled with ice cream and topped with peach slices.

The mouth-watering aroma of herb-seasoned stuffed fish roasting over the charcoal fire will excite the appetites of guests, and neighbors as well. This savory stuffing has a unique and delicious taste which enhances the flavor of any fish. Large fish, such as red snapper, sea bass, cod, blue, and striped bass are best for this summer-time feast.

When the men don the chef's apron, take slower in hand, and show off their culinary talents.

MELTED BUTTER FOR BASTING
Wash and clean fish. Thoroughly dry inside of fish and lightly season with salt and pepper. Combine herb-seasoned stuffing, parsley, water, and one-third cup melted butter; toss lightly. Use this mixture to stuff fish. Secure opening with skewers or heavy thread and place fish in folding wire grill.

When fire is ready, barbecue fish about 15 to 20 minutes on each side, basting occasionally with melted butter. The time may vary, depending on the weight of the fish and the heat of the fire. Serves 6 to 8.

PEACH PUFF
1 package frozen patty shells
1 quart ice cream
sliced peaches
Prepare patty shells according to package directions. Place a scoop of ice cream in each patty shell and garnish with 3 or 4 peach slices. Serves 6.

FOURTH OF JULY AND SANDWICHES

Oregon-grown fruits and berries are both plentiful and reasonable in price right now and you'll find them in all our local markets.

Chicken and picnics and Fourth of July go together. Here is a chicken casserole for which you can use larger chickens, up to five pounds. Young chickens are better than stewing hens for this dish.

BAKED CHICKEN SANDWICHES
1/4 cup butter or margarine, softened
2 teaspoons prepared mustard
12 slices enriched sandwich bread
1 cup shredded cheddar cheese
2 cups coarsely chopped cooked chicken
1/2 cups cooked drained green peas (10-ounce package, frozen)
1 cup chopped onion
2 tablespoons chopped pimiento
1/2 teaspoon salt
1/2 teaspoon pepper
Butter or margarine, softened
1 1/2 cups condensed cream of chicken soup (10 1/2-ounce cans)
place one slice of bread in each of six casseroles. Divide filling, remaining bread and soup mixture evenly among the six. Bake in slow oven (325 degrees F.) about 1 hour and 10 minutes. Garnish with reserved peas, bacon curls and sprigs of watercress. Serve at once.
Makes 6 sandwiches.

BREAD-MAKING The New Way
Love that home-baked bread? American housewives now can go to the corner store and buy Frozen Bread Dough that will throw the kitchen with the very same delicious aroma as does the dough mixed by hand. Now, you just thaw the frozen product that comes in plastic bags, mold it into loaves, let rise and bake.

This new time-saver has been perfected and is being produced in Portland. From this basic dough the homemaker can bake not only bread but a great variety of breads and delicious baked goods. Watch for it on the grocer's shelves.

Here's how to make these recipes from frozen dough. Other complete instructions come in the little pamphlet in the plastic bag containing the dough. According to the manufacturer, the dough can be stored frozen for a year without harming the rising qualities.

CINNAMON ROLLS
Remove dough from package. Place on plate or tray and let thaw "til pliable."

Place on floured or cloth covered board and roll out with rolling pin into rectangular shape approximately 12 by 14 inches and 1/4" thick.

Brush with beaten egg, milk or melted butter. Sprinkle with cinnamon as desired and 1 teaspoonful of sugar. Scatter raisins if desired. Starting at long end of dough, roll toward you into a spiral, pinching trailing end to roll between fingertips and board. Roll will be about 1 1/2 inches in diameter and 12 inches long.

Using sharp knife, cut into sections 1/2-inch wide and place on greased cookie sheet about 1/2-inch apart. Brush with salad oil and let rise "til doubled in size." Bake at 365 degrees F., in preheated oven for 20 minutes, or until brown. When slightly cool, frost or sprinkle with powdered sugar.

CLOVER LEAF ROLLS
Let dough thaw to room temperature until soft and pliable. Cut into 16 equal size pieces. Cut each of these 16 pieces into 3 equal pieces. These may be placed in a greased cup cake pan as they are and oil lightly between pieces. If round tops are desired, the pieces may be rotated between the palms of your hands slightly cupped in a circular motion until round and then place 3 to a cup cake pan and oil between pieces. Place in a warm place and let rise "til doubled in size. Place in preheated oven at 365 degrees and bake approx. 20 minutes or until brown.

Brush with melted butter upon removing from oven, remove immediately from pan and serve.

PECAN CRISPIES
Remove dough from package. Let thaw to room temperature. Make up same as for Cinnamon Rolls, but before rolling up spread chopped nuts over sugar.

Cover bottom of tray with 1/4-inch layer of granulated sugar. Cut pieces off one-inch diameter roll about 1/4-inch thick. Place 2 pieces at a time on sugar in tray and cover with sugar. Roll thin with rolling pin to approx. 2-inches by 3-inches size. Place with edges touching on well-greased baking tray and let rise "til nearly double in height. Bake on bottom shelf of oven at 375 degrees F. for 20 minutes or "til bottom is glazed golden brown. Serve hot with glazed side up.

Rhubarb Bake
6-8 Servings
Preheated 350 degree oven
Shallow casserole, 5 to 6 cups
2 pounds rhubarb, cut into 1-inch pieces (approx. 2 lbs.)
1/2 cups sugar (depending on tartness of rhubarb)
1/4 teaspoon salt
1 1/2 cups dairy sour cream
1/2 cup firmly packed light brown sugar
In a saucepan place rhubarb with sugar and salt; cover and allow to simmer in own juice, stirring occasionally, until just tender (will cook down to approx. 1 qt.). In casserole, layer in the following order: 2 cups rhubarb sauce, 1/4 cup sour cream, and 1/4 cup brown sugar; repeat. Bake 12-15 minutes. Serve warm or cold.
Note: If rhubarb is exceptionally juicy, thicken slightly with tapioca.

SHOP EARLY! Safeway stores OPEN JULY 4th 9 A.M. To 6 P.M.

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CUT-UP FRYERS

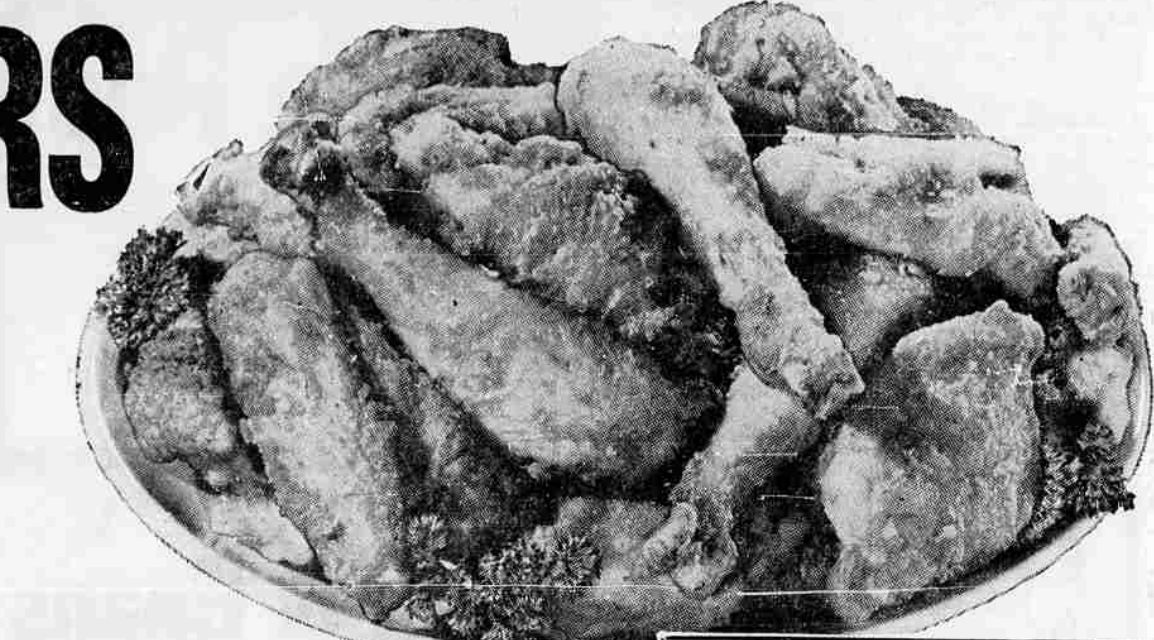
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SAFeway

a COOK-OUT!

Be ready to enjoy the holiday out-of-doors! Plan for fun and good food around a barbecue! To help you prepare for this favorite summer pastime, we're featuring a tremendous variety of cook-out values in all departments throughout the store. Stock up now for outdoor and indoor meal needs at these low, low prices. Shop Safeway today!

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Choco Vanilla
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Butterfleck
Butterfleck

Banana Nut
Vanilla
Chocolate
Milk Nut
Choc. Marble
Neapolitan
Butter Pecan

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MJB Brand 2-lb. can **97¢**

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Instant MJB 10-oz. **149¢**

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Libby's 46 oz. can **59¢**