



PALL-TIMES FOCUS ON FOOD

SECTION II - MONDAY, JANUARY 24, 1983



Add Oriental Flair To Family Dinner

Sometimes all it takes to turn an ordinary meal into an extraordinary dining experience is to present favorite family foods in new and intriguing ways. With a little kitchen creativity, beef round steak, vegetables and lettuce can become Oriental Beef Stir-Fry, an exotic entree sure to make any meal a special occasion.

Strips of beef top round steak as well as red onion rings and small whole mushrooms are quickly stir-fried in garlic and ginger-flavored oil. Tomato wedges are added for color and all is enhanced with a soy and sherry sauce. You'll find top round steak an excellent choice for stir-frying for the top round is the most tender of the round muscles. Top round steak also helps to stretch the food dollar for it is less expensive than many other tender steaks.

On a novel serving note, the beef and vegetables come to the table on a bed of shredded lettuce. While the cool, crisp lettuce offers pleasing flavor, texture and color contrasts to the beef it also helps keep the entree's calories in check.

Cherry Cherry Cups carry out the Oriental theme tastefully for dessert. Inspired by cherry tarts, they feature crispy cups, made by frying eggroll skins, and a bright red cherry filling that's flavored with vanilla butter and nut flavor and sprinkled with coconut. You'll enjoy preparing and serving this unusual dessert that illustrates the versatility and high quality of convenient canned cherry pie filling.

Oriental Beef Stir-Fry

- 1-1 1/4 pounds beef top round steak, cut 1 to 1/2-inch thick
- 1 head iceberg lettuce
- 1/4 cup oil
- 1 clove garlic, cut in half
- 2 slices fresh ginger root
- 1 large red onion, sliced 8 ounces (about 2 cups) small mushrooms
- 1 large tomato, cut into 12 wedges
- 1 tablespoon cornstarch
- 1 teaspoon sugar
- 1/4 cup soy sauce
- 1 tablespoon sherry

Partially freeze steak to firm and slice diagonally across the grain into very thin strips. Core, rinse and thoroughly drain lettuce. To shred, halve head lengthwise, place cut-sides down and slice crosswise with stainless steel knife. Refrigerate shredded lettuce in plastic bag to crisp. Combine cornstarch, sugar, soy sauce and sherry; pour over steak strips, stirring to coat. Heat 2 tablespoons oil in large frying-pan or wok until hot; Add garlic and ginger root and cook 5 seconds, stirring

constantly; discard. Cook onion 3 minutes, stirring frequently. Add mushrooms and cook 2 minutes. Remove and keep warm. Drain marinade from steak strips; reserve. Quickly brown steak strips in remaining oil, stirring constantly. Add marinade and heat through. Stir in onion, mushrooms and tomatoes and heat thoroughly. Arrange lettuce on large platter. Serve beef stir-fry over lettuce. 5 to 6 servings.

Cherry Cherry Cups

- 1 can (21 ounces) tart cherry pie fill
 - 3/2 teaspoon vanilla butter and nut flavor
 - Oil for frying
 - 6 eggroll wrappers
 - 2 tablespoons flaked coconut
- Combine cherry pie fill and vanilla butter and nut flavor in saucepan and cook slowly 5 minutes. Cool. Heat oil in deep fat fryer to 365°F. (Pan should not be more than half full.) To prepare cups, fry an eggroll wrapper 30 seconds. Place bowl of soup ladle in center of wrapper to form cup and cook in hot fat approximately 45 seconds. Drain on absorbent paper. Repeat with remaining wrappers. Place approximately 1 1/2 cup cherry pie fill in each cup. Sprinkle each with an equal amount of coconut. Yield: 6 cherry cups.

A Quick But Easy Holiday Meal

An intimate, relaxed dinner at home with someone special can make this Valentine's Day your most romantic dinner. "A date" need not be expensive or time-consuming when you plan your menu carefully. Set the stage for your Valentine's Day feast by cutting the most romantic accessories in the room around your table. Don't stop in the kitchen—the dining-room heart-shaped ceramic boxes, for example, that usually hold pins or paper clips can be

borrowed for the evening and used as salt dishes. A light, dressy scarf, crisply laundered, will serve as a perfect bread basket liner. Buy a box of inexpensive Valentine's cards and the kind children use to exchange with classmates—and tape them together for place-mats with a whimsical touch. Choose menus, like the ones included here, that are on the easy side.

Idaho potatoes. The term "State spot," considered to be without peer by gourmets the world round, takes to baking, mashing, frying and frying equally well. Cool nights and warm days in the high mountain valleys' volcanic soil create a Russet Burbank that is "all-meat" with evenly distributed solids.

Idaho Ramekins elegantly bring potatoes together with shrimp and a mushroom and cheese topping in individual casseroles. Only a green salad, with blazing red cherry tomatoes in a vinaigrette dressing is needed to round out the main course.

For convenience and economy choose Idaho Love Boats, with a lusty Hungarian tinge. This dish can be partly prepared ahead of time. Bake the potatoes the day before serving. Scoop out the pulp to be used for another meal, and refrigerate the skins until baking time. Crisp, steamed green beans, with strips of pimiento would be a marvelous accompaniment that fit the Valentine theme.

Place potatoes in medium saucepan, with one inch cold, salted water. Cover. Bring to boiling; reduce heat; simmer 20 to 25 minutes or until tender. Drain and peel. In small bowl of electric mixer beat potatoes until smooth. Beat in 1 tablespoon each butter and cream. Season with salt and pepper. If there should be slightly pink. Remove shrimp, set aside. In same saucepan melt remaining two tablespoons butter. Sauté mushrooms and onion until tender. Add flour; cook one minute. Remove from heat and gradually stir in 1/2 cup shrimp. Cook, stirring constantly, until mixture thickens and just boils. Add cheese, reserving 1 tablespoon for garnish. Stir until cheese melts. Remove from heat. Add reserved shrimp. Season with salt and pepper.

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Chicken Oriental For One Or More

By Alice Claire
NEA Food Editor

It's difficult to shop economically when cooking for one. The secret to enjoying a meal at home at a good price per serving is to prepare more than one serving and freeze the rest in individual portions for later meals.

Sprinkle chicken with salt and ginger. Heat oil in large skillet, over medium heat; add chicken and garlic and cook 5 minutes. Add liquid from canned pineapple, 1/4 cup orange juice, onion and vinegar. Cover; simmer 10 minutes. Add celery, green pepper and onion. Cover; cook 5 minutes longer. Add tomato wedges and pineapple chunks. In small bowl, blend together soy-sauce, sugar, flour and remaining 1/4 cup orange juice. Add to skillet and cook, stirring constantly, until mixture thickens and comes to boiling; cook 1 minute longer. Serve over hot cooked rice, if desired. This kitchen-tested recipe makes 4 servings.

To freeze: Spoon mixture into freezer bags or containers. Defrost overnight in the refrigerator or for several hours at room temperature. Heat slowly in saucepan; do not boil.

CITRUS CHICKEN ORIENTAL

whole butter-fryer chicken breasts, boned, skinned, and cut into 2-inch pieces

1/2 teaspoon salt (optional)

1/4 teaspoon ground ginger

2 tablespoons vegetable oil

2 small garlic cloves, minced

1 can (8 1/4 ounces) pineapple chunks, undrained

1/2 cup orange juice, divided

1 envelope instant chicken bouillon

2 tablespoons wine vinegar

1/2 cup sliced celery

1 small green pepper, cut into 1-inch strips

1 small onion, sliced

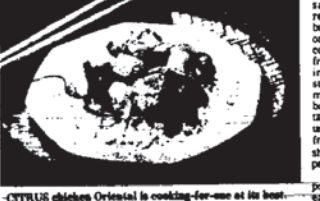
1 small tomato, cut in wedges

1/2 teaspoon soy sauce

1/2 teaspoon sugar

1 tablespoon

Heat



CITRUS chicken Oriental is cooking for one at 100 heat.

- 1/4 cup orange juice, divided
- 1 envelope instant chicken bouillon
- 2 tablespoons wine vinegar
- 1/2 cup sliced celery
- 1 small green pepper, cut into 1-inch strips
- 1 small onion, sliced
- 1 small tomato, cut in wedges
- 1/2 teaspoon soy sauce
- 1/2 teaspoon sugar
- 1 tablespoon
- Heat

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