

BEEF - IT'S WHAT'S FOR DINNER



Beef is number one at the retail meat case capturing nearly half of all consumer expenditures

	BEEF	CHICKEN	PORK	FISH	HAM	TURKEY
Share of pounds	39%	27%	16%	5%	4%	8%
Share of dollars	47%	19%	17%	10%	3%	4%

Source: NCBA/NPD Group

Information provided by America's beef producers



East-West Beef Flank Steak Wraps

- *1 beef flank steak (about 1-1/2 pounds)
- *2 cups packaged coleslaw mix
- *1/2 cup chopped green onions
- *1/8 teaspoon salt
- *Dash pepper
- *4 flour tortillas (8 to 10-inch diameter)
- *Salt and pepper
- *1/3 cup coarsely chopped honey-roasted peanuts
- *Green onion flower, chopped
- *honey-roasted peanuts (optional)
- Dressing:
 - *1 cup rice vinegar
 - *2 tablespoons dark sesame oil
 - *1 tablespoon honey
- 1. Whisk dressing ingredients in large bowl until blended. Place beef steak and 3/4 of the dressing in food-safe plastic bag; turn steak to coat. Close bag securely and let stand in refrigerator 10 minutes.
- 2. Meanwhile add coleslaw mix, chopped green onions, 1/8 teaspoon

salt and dash of pepper to remaining dressing; toss. Wrap tortillas in aluminum foil. Set aside.

3. Remove steak from dressing; discard dressing. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 17 to 21 minutes for medium rare to medium doneness, turning occasionally. A few minutes before steak is done, place tortilla packet on grid near edge of grill to heat.

4. Remove steak from grill; let stand 2 to 3 minutes. Season steak with salt and pepper, as desired; carve across the grain into thin slices.

5. To assemble, layer an equal amount of beef, coleslaw mixture and the 1/3 cup peanuts down center of each tortilla. Fold bottom edge of tortilla up over filling. Fold right and left sides to center, overlapping edges. Garnish with green onion flower and peanuts, if desired.

Makes 4 servings.

Grilled Beef Steak Bruschetta

*1 well-trimmed boneless beef top sirloin steak or 4 beef tenderloin steaks, cut 1 inch thick (about 1-1/4 pounds)

*4 crusty rolls (6 inches long), split

*1/3 cup prepared Italian dressing

*3/4 cup shredded mozzarella cheese

*1 envelope (0.7 ounces) Italian salad dressing mix

*2 cups lightly packed thinly sliced spinach leaves

*1 large tomato, chopped

*1/3 cup lightly packed thinly sliced fresh basil

*Fresh basil sprigs (optional)

1. Lightly brush cut surfaces of rolls with prepared dressing. Place rolls, cut side down, on grid over medium, ash-covered coals. Grill, uncovered, 1 to 2 minutes or until crisp and golden brown. Turn rolls, over, sprinkle with cheese. Grill 1 to 2 minutes or until cheese just begins to melt. Remove.

2. Press dressing mix evenly onto both sides of beef steak. Place steak on grid over medium, ash-covered coals. Grill top sirloin steak, uncovered, 17 to 21 minutes (tenderloin steaks 13 to 15 minutes) for medium rare to medium doneness, turning occasionally.

3. Meanwhile combine spinach, tomato and sliced basil in large bowl; toss lightly. Top roll halves evenly with spinach mixture.

4. Carve steak into thin slices. Place beef on top of spinach mixture. Garnish with basil sprigs, if desired.

Makes 4 servings.

Spicy Sonoran Beef Tacos with Cranberry Pico

1999 National Beef Cook-Off Finalist Didi Fraioli - New York

*1 1/2 pounds ground round

*Salt and pepper

*1 cup sweetened, dried cranberries

*1/4 cup fresh cilantro leaves

*1 to 2 serrano chilies, chopped

*3 tablespoons fresh lime juice

*8 flour tortillas

*Fresh cilantro sprigs, lime wedges, lime peel strips (optional)

1. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4" crumbles. Pour off drippings; season with salt and pepper, as desired.

2. Place cranberries, cilantro leaves, chilies and lime juice in food processor container. Cover; process, pulsing on and off, until ingredients are finely chopped.

3. Add 1/2 of cranberry mixture to beef; mix well. Fill each tortilla evenly with beef mixture; top evenly with remaining cranberry mixture. Garnish with cilantro sprigs, lime wedges and lime peel strips, if desired.

Makes 4 servings.

Grilled Steak Salad

*1 1/4 pounds boneless beef top sirloin steak, cut 3/4" thick

*1 teaspoon fresh lemon juice

*6 cups mixed salad greens

*2 medium plum tomatoes, halved lengthwise, then cut crosswise into slices

*1/2 cup ranch dressing

Seasoning:

*1 teaspoon dried oregano leaves, crushed

*1 clove garlic, minced

*1/4 teaspoon pepper

1. Combine seasoning ingredients. Press evenly into both sides of beef steak. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 13 to 16 minutes for medium rare to medium doneness, turning occasionally.

2. Season steak with salt, as desired. Drizzle with lemon juice. Carve steak crosswise into thin slices.

3. In large bowl, combine salad greens and tomatoes; toss gently. Arrange beef on top of salad. Serve with dressing.

Makes 4 servings.

Moo Shu Beef

Ingredients:

*1 lb. beef round tip steaks, 1/8" to 1/4" thick

*3 cups packaged coleslaw mix

*2/3 cup sliced green onions

*1 Tbsp. cornstarch, dissolved in 1/4 cup water

*8 medium flour tortillas, warmed

*1/3 cup hoisin sauce

Marinade:

*2 Tbsp. reduced-sodium soy sauce

*2 Tbsp. water

*1 Tbsp. dark sesame oil

*2 cloves garlic, crushed

*2 tsp. sugar

Directions:

1. Cut steaks lengthwise in half and then crosswise into thin strips. In medium bowl, combine marinade ingredients; add beef, tossing to coat. Cover and marinate in refrigerator 20 minutes.

2. Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add beef (1/2 at a time) and stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Add coleslaw mix, green onions and cornstarch mixture. Cook and stir until sauce is thickened and bubbly.

3. To assemble, spread one side of tortilla with 2 tsp. hoisin sauce. Spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up over filling. Fold sides to center, overlapping edges.

Makes 4 servings.

Beef Barley Soup

*3 pounds beef shank cross cuts, cut 1 inch thick

*1 tablespoon vegetable oil

*1 medium onion, chopped

*1/2 cup chopped carrot

*1/2 cup chopped celery with leaves

*3 cloves garlic, minced

*5 cups water

*1-1/2 teaspoons salt

*1-1/2 teaspoons dried thyme leaves

*1/2 teaspoon pepper

*1 bay leaf

*1/3 cup medium pearl barley

*1 package (9 ounces) frozen French-cut green beans

1. Heat oil in Dutch oven over medium heat until hot. Add onion, carrot, celery and garlic; cook and stir 5 minutes or until tender. Add beef shank cross cuts, water, salt, thyme, pepper and bay leaf; bring to a boil. Reduce heat; cover tightly and simmer 1 hour.

2. Remove cross cuts from Dutch oven. Cut beef from bones; cut beef into 3/4-inch pieces. Skim and discard fat from soup. Return beef to Dutch oven; stir in barley. Cover and simmer 50 to 60 minutes or until beef and barley are tender.

3. Add green beans; bring to a boil. Reduce heat; simmer 2 to 3 minutes or until beans are tender. Discard bay leaf.

Makes 6 servings.

Cook's Tip-One-half cup quick-cooking barley may be substituted for pearl barley; add after soup has cooked 1 hour and 40 minutes.

club news

The Lincoln Larks met Tuesday, April 15, at the assembly room. Colleen Duell and Arbutus Topliff attended the business meeting at Colby.

Everyone enjoyed the lesson on Harvest of Grain by Lori Sporer. She told the group to check food labels and make sure they say whole grain. She also said popcorn is good for you, as it is a whole grain.

Sporer had several flours, cereals and breads on display. The group went home feeling they need to eat more whole grain foods.

The group met again on Wednesday, April 23, at the assembly room. The club voted to buy a book on quilting to be placed at the Goodland Public Library in memory of Virginia Chatfield.

A lesson on "LifeTapestries" was

given by D'Etta Scholtz. She gave several hints on how to preserve your textiles by framing or storing in acid free boxes and paper. Unbleached muslin was also mentioned. They should not be stored in direct sunlight, need to be able to breathe and should be cleaned.

Scholtz had several items to display and showed how to preserve them. Some were very fragile.

A general rule for storing textile items is to keep them in a bedroom or family room.

Colleen Duell, LaDonna Frerichs and Arbutus Topliff attended Recognition Day in Colby, and the Lincoln Larks received first place in leadership, an honorable mention in education and a 100 percent certificate for getting all reports in on time.

matters of record

Accidents

The following accidents were reported to the Goodland Police Department:

April 28 — Marcia Evert pulled up to the stop sign at Hwy. 24 and Market in a 1997 GMC. When a semi was turning south onto Market, she started to back up to avoid a collision and backed into a 1998 Ford driven by Christina Lalicker.

Jolene M. Miller was pulling into the parking lot at Wal-Mart in a 2000 Chevy pickup and hit a concrete stop sign post.

Goodland Police

The following crimes were reported to the Goodland Police Department:

May 1 — Marsha L. Brigham reported battery and disorderly conduct at 721 W. 14th.

Real Estate

The following real estate transfers were reported by the Sherman County Register of Deeds:

The Northwest Kansas Technical College, formerly Northwest Kansas Area Vocational-Technical School, quit claims to the City of

Goodland a tract in Tract 2 of the Eastridge Subdivision to the City of Goodland, all in the NE/4 of Sec. 20, T8S, R39W.

Tim Scott conveys and warrants to Kent L. and Shelly K. Willems the NE/4 of Sec. 15, T9S, R42W.

Homestead Heritage L.P., a Kansas limited partnership, conveys and warrants to Wayne D. and Irma D. Deeds the N/2 of the SE/4 of Sec. 32, T6S, R40W.

Mary Magley conveys and warrants to Dale Mitcheck the N/2 of Sec. 19, T9S, R37W.

Dale F. Magley conveys and warrants to Dale Mitcheck 1/14 interest in and to the N/2 of Sec. 19, T9S, R37W.

Gerald Magley conveys and warrants to Dale Mitcheck 1/14 interest in and to the N/2 of Sec. 19, T9S, R37W.

Bruce Magley conveys and warrants to Dale Mitcheck 1/14 interest in and to the N/2 of Sec. 19, T9S, R37W.

Lynn Magley conveys and warrants to Dale Mitcheck 1/14 interest in and to the N/2 of Sec. 19, T9S, R37W.

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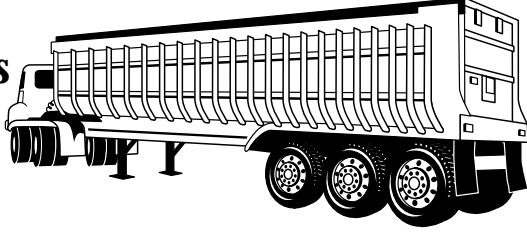
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