

Emma's Bar and Grill

by Emma Sadgrove

Today's recipes are for preparing cheaper cuts of beef. The same cooking method is used in all recipes. A casserole dish is a must so hopefully you have one. It is something you will use quite frequently.

Try to keep your servings of beef fairly small and load up on the vegetables. Meat is usually served in excessively large portions and it would be good to break this habit.

These recipes give the amounts for one serving. This makes it easy for you to multiply the amounts to serve any number.

Tougher steaks come from the well-exercised area of the cow. Round steak comes from the rump section and is composed of three separate meat muscles. These are often separated into top round, bottom round and eye of round. Chuck steak is from the shoulder area. It has lots of small muscles and contains the blade or arm bone. Flank steak is a thin muscle which is good for cutting into thin slices.

These steaks should be prepared in ways

that soften the tissues. They can be marinated. For example, soak them in beer for two hours.

Another good method is simmering, which is used in these recipes.

Swiss Steak

about 1/4 - 1/2 lb. round steak
2 tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
1 tbsp. oil
1 large tomato
1 small onion
1/2 cup tomato sauce

Combine flour and spices. coat meat with flour. In frying pan, brown meat in hot oil. Remove meat and place in casserole dish. Cover with slices of tomato and onion and tomato sauce. Cover dish and place in 350° oven for 2 1/2 hours. Serve this with potatoes or noodles and a vegetable.

Hungarian Goulash

1/4 lb. chuck steak
1/2 tsp. flour

1 tbsp. oil
1 small onion
1/2 cup water
2 tbsp. tomato paste
1/2 tsp. paprika
1/8 tsp. salt
dash of pepper
1/4 cup sour cream

Cut steak into bite sized cubes and coat with flour. Fry in oil in frying pan until browned. Remove meat to a casserole dish. Slice onion thickly, try for about minutes and also place in casserole dish. Add remaining ingredients except sour cream, cover casserole dish and place in 325° oven for 2 1/2 hours. Remove from oven and mix in sour cream just before serving. Serve over noodles.

Stewing beef is also quite inexpensive. It is cut in cubes from less tender sections of beef.

Beef Stew

1/4 - 1/2 lb. beef stew meat
1 tbsp. flour

1 tbsp oil
2 cups assorted vegetables, cut into pieces
1-1/2 cups water
1/4 tsp. salt
1/8 tsp. pepper
1 beef bouillon cube
1-1/2 tbsp. flour

Coat meat with flour and brown in hot oil in frying pan. Remove to casserole dish and add remaining ingredients. Rather than give specific amounts for individual vegetables, I have left it for you to choose how much you prefer of which vegetable. Choose from potatoes, carrots, onions, celery, mushrooms. To add the flour, first mix it with a bit of water and then stir this mixture into the water. If you want to make your stew thicker, more flour can be added later in the same way. Cover casserole dish and bake at 325° for 3 hours.

Ground beef is also another cheap form of beef. It can be prepared in several thousand different ways. But that is another story that we will save for another day.

Weak in Presence of disco

Weak In The Presence of Beauty
Floy Joy
Virgin Records

review by Scott Gordon

Disco Returneth! All hail the spectre of the dead arising!

And that is putting it mildly, and to the point. Floy Joy has single-handedly revived all of those nasty, but true, disco cliches and jokes. Break out your platform shoes and spandex pants because the mellow music of Tavares, Barry White and Disco Duck are threatening to return.

I've heard Floy Joy before, and always wondered why they make this kind of music. For basic, party, dance music, this album really doesn't cut it. It just basically sits there limp and struggling to do something, other than pose.

I guess you could call this music the cocktail party music of the eighties, with acknowledgement to the great disco artists of old. It is unobtrusive and rather forgettable. This type of music is where gallons of coolers and Perrier are drunk, and everyone's hairdos are desperately trying to outdo everyone else's.

One of the best things about this album is that the listeners and dancers don't have to worry about messing up their hair while gyrating; the beat just isn't hard enough or insistent enough to warrant much movement.

A couple of the ditties start with crowd noises and general carrying on. Why? I don't know. Maybe it's in, maybe it's now, maybe it's hip. If it is, I guess I'm just a boring old fart and am so out of date, I might as well be listening to old Al Jolson records with my ear trumpet.

The trash adds nothing to an album that presents nothing. And speaking of adding nothing, for some bizarre reason only known to themselves, Floy Joy does an acapella song. 'This Is My Time' has got to be the universe's all-time worst acapella song ever; a song that makes the drivel of The Nylons sound good.

There was some 'good' disco produced way back when, like Alicia Bridges (I Love The Night Life), and Lipps, Inc. (Funkytown), and I would suggest that if you have an incredible urge to listen to that genre of music that you avoid Floy Joy and search the second-hand stores for the above. You will be glad you did.



The Album Playlist is based on Airplay — a combination of programmer preference and listeners' requests. Tune in every Sunday at 12:00 for the Alternative Countdown — the favorite albums, EP's singles and tapes.

TOP 10 ALBUMS

1. *Virgin Prunes* — The Moon Looked Down and Laughed (Baby/Touch & Go - US)
2. *Ohama & Dania* — Ohama Meets Dania (Midnite News - Canada)
3. *Peter Case* — Peter Case (Geffen/WEA)
4. *UB40* — Rat In the Kitchen (Virgin/A&M)
5. *7 Seconds* — New Wind (Positive Force/Better Youth Organization - US)
6. *Boys of the Lough* — To Welcome Paddy Home (Shanachie - US)
7. *Cousin Joe* — Relaxin' In New Orleans (Great Southern/Pollution Control)
8. *Nudge Squidfish* — Squid Songs (Squid Songs - Pollution Control)
9. *The Tannahill Weavers* — Land of Light (Green Linnet - US)
10. *Spirit of the West* — Tripping Up the Stairs (Stony Plain/RCA)

Singles, EP's & Tapes

1. *The Throbs* — Proud To Be Loud (Precision - Canada)
2. *Cottage Industry* — The Winter's Tale (Ikon - Canada)
3. *Hindu Love Gods* — Narrator (IRS/MCA)
4. *Chain of Fun* — Chain of Fun (Independent - Canada)
5. *Bolero Lava* — Move a Groove (Lava Rock - Canada)
6. *Lost Durangos* — Evil Town (Armadillo - Canada)
7. *Troubled Gardens* — Eden Revisited (Fountain of Youth - Dutch East India)
8. *Euthanasia* — Living Heck (Rubber Records - Canada)
9. *Ambiance II* — Colours in Spaces (Creative Interface - US)
10. *Ugly Americans* — Philadelphia Freedom Restless/Enigma

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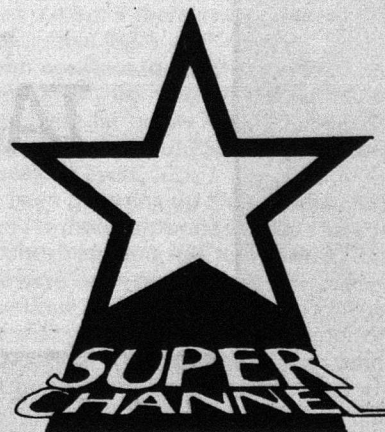
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