



FRESH FROM THE GRILL Sizzling SUMMER SALADS

A sensational summer menu can be simple, yet satisfying: exotic, yet familiar. Instead of making salad a sleepy side item this summer, mix things up and add some sizzle to the table with a sumptuous entree salad straight from the grill. Grilling adds intense flavor to summer's freshest salad ingredients. Try choosing a selection of colorful fruits, flavorful meats, crisp vegetables, delicious seasonings and luscious marinades that pop. Two delectable choices that can make your grilled salads sing are beef and fresh mango. Beef is a traditional summer grilling favorite. In fact, according to a recent survey, conducted by Pelegrin Gray on behalf of the Beef Checkoff Program, 55 percent of Americans prefer to grill beef, such as a steak like filet, ribeye or T-bone, versus other meat. Also, mango is the world's most popular fruit, and a year-round source of the naturally sweet, refreshing taste of the tropics.

For recipes and instructions on how to select and cut a mango, visit mango.org. Visit BeefItsWhatsForDinner.com for beef grilling guidelines and additional recipes.

COURTESY OF FAMILY FEATURES

BEEF FAJITA SALAD WITH MANGO-SERRANO VINAIGRETTE

Makes 4 servings

- 3 medium mangos, peeled, pitted and cheeks sliced off
- Olive oil
- 2 medium poblano peppers
- 1/2 teaspoon ground black pepper
- 1 pound beef top sirloin steak, 1 inch thick
- 1 large red onion, cut into 1/2-inch slices
- 1 cup radishes, thinly sliced
- 2 tablespoons chopped cilantro

- Vinaigrette:
- 3 tablespoons lime juice
 - 3 tablespoons water
 - 1 to 2 serrano peppers
 - 3 tablespoons olive oil

Brush mangos with oil. Place mango cheeks and poblanos on grill over medium, ash-covered coals. Grill poblanos, uncovered, 9 to 10 minutes (gas grill times remain the same) or until skins are blackened, turning

occasionally. Grill mangos 8 to 14 minutes (gas grill times remain the same) or until very tender, turning occasionally. Seal peppers in food-safe bag and let stand for 15 minutes. Cool and cut mangos into 3/4-inch cubes and reserve.

Press black pepper onto beef steak. Brush onion with oil. Place steak on grid; arrange onion around steak. Grill, uncovered, 17 to 21 minutes (over medium heat on preheated gas grill, covered, 13 to 16 minutes) or until steak is medium rare (145°F) to medium (160°F) doneness and onion is tender, turning occasionally.

For vinaigrette, measure 1/2 cup cubed mango and combine with lime juice, water and serranos in food processor. Cover; process until smooth. With motor running, slowly add oil, processing until well blended. Season with salt, as desired.

Discard skins, stems and seeds from poblanos; cut into 3/4-inch pieces. Carve steak into slices. Halve onion slices. Place beef, remaining mango, onion, poblanos and radishes on platter. Season with salt. Drizzle with vinaigrette; toss to coat. Sprinkle with cilantro.

COURTESY OF THE BEEF CHECKOFF AND NATIONAL MANGO BOARD

ASIAN BEEF AND WILD RICE SALAD

Makes 4 servings

- 2 beef top loin (strip) steaks, 3/4 inch thick
- 2/3 cup light Asian-style dressing, divided
- 1 1/4 cups long-grain and wild rice blend
- 2 1/2 cups water
- 1 medium red bell pepper, cut into 3/4-inch pieces
- 1 1/4 cups hothouse cucumber, cut into half-moon slices
- 1 1/4 cups frozen shelled edamame, thawed
- 1/4 cup sliced green onions, divided
- 2 tablespoons chopped cilantro

Place beef steaks and 1/3 cup dressing in food-safe plastic bag, coat evenly. Close bag and refrigerate 15 minutes to 2 hours.

Cook rice in water according to package directions, omitting butter and salt, if desired. Cool in large bowl.

Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 15 to 18 minutes (over medium heat on gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Add pepper, cucumber, edamame, 2 tablespoons green onion, cilantro and remaining dressing to rice; toss to combine. Season with salt.

Carve steaks into slices. Place salad on plate. Arrange steak over salad; top with remaining green onion.

COURTESY OF THE BEEF CHECKOFF

HONEY GRILLED FRUIT WITH LIME-MINT VINAIGRETTE

Makes 8 servings

- Lime-Mint Vinaigrette:
- 2 tablespoons fresh lime juice



Top: Asian Beef and Wild Rice Salad
Left: Beef Fajita Salad with Mango-Serrano Vinaigrette



Honey Grilled Fruit with Lime-Mint Vinaigrette

SIMPLE STEAK GRILLING TIPS

- Use a medium heat setting on a gas or charcoal grill. For charcoal grills, carefully hold the palm of your hand at cooking height above the ash-covered coals. Count the number of seconds you can hold your hand in that position; approximately 4 seconds is medium heat.
- Always use tongs to turn steaks. Using a fork will pierce the beef, allowing flavorful juices to escape.
- For best results, cook steaks to medium rare (145°F) or medium (160°F) doneness. The most accurate way to determine temperature is with an instant-read thermometer.

MAKE THE MOST OF MANGOS

- Mangos contain more than 20 different vitamins and minerals, are an excellent source of vitamins C and A and a good source of dietary fiber.
- Color is not the best indicator of ripeness. Simply squeeze the mango gently to determine ripeness level. A ripe mango should give slightly, but not be too soft.
- To ripen mangos, store at room temperature. Once ripe, store mangos in the refrigerator for up to five days.

- 1 tablespoon olive oil
- 2 teaspoons honey
- 1 teaspoon finely chopped fresh mint
- Honey Grilled Fruit:
- 1/4 cup honey
- 1 tablespoon fresh lime juice
- 1/2 teaspoon cinnamon
- 3 large firm but ripe mangos, ...
- peeled, pitted and cut into large spears
- 1/2 fresh pineapple, peeled, cored and cut into spears
- 1 large peach, pitted and cut into 8 wedges
- 2 plums, pitted and quartered
- Mascarpone cheese
- Whisk together vinaigrette ingredients

in a small bowl; cover and refrigerate until ready to serve. Whisk together honey, lime juice and cinnamon.

Grill all fruit over medium heat for a few minutes on each side or until grill marks appear, basting with honey mixture several times. Remove from grill and place in a large bowl; let cool and chop pineapple into large chunks.

Place grilled fruit back into bowl, add vinaigrette and toss lightly to coat. Cover and refrigerate for at least 1 hour, stirring several times. Transfer to salad bowls or plates and top each with a dollop of mascarpone cheese.

COURTESY OF NATIONAL MANGO BOARD

Summer Fun Equals Extra Effort In Laundry Room

BY SHARON GUTHMILLER
Extension Educator

Outdoor activities bring with them their share of fabric and stain removal concerns. Following are tips that may be of help to you in removing some of those common stains.

- Juice: Wash with laundry detergent and color safe bleach.
- Chocolate: Pre-treat with a pre-wash stain remover or liquid laundry detergent. Then launder. If stain remains, rewash using bleach that is safe for the fabric.
- Beverages: (coffee, tea, soft drinks, wine, alcoholic beverages) Sponge or soak stain in cool water. Pre-treat with a pre-wash stain remover, liquid laundry detergent or a paste of powder laundry detergent or a paste of powder laundry detergent and water. Then launder with bleach safe for the fabric.
- Mustard: Pre-treat fabric with a pre-wash stain remover. Then, launder using bleach that's safe for the fabric.
- For grass stains, pre-treat with a pre-wash stain remover or liquid laundry detergent. Then launder using bleach that is safe for the fabric.
- Blood: Soak fresh stains in cold water. Pre-treat dried stains with a pre-treat product or a liquid laundry detergent.



SHARON GUTHMILLER

the fabric (check fabric label) For heavy grease and oil stains, place fabric with stain facedown on clean paper towels. Apply cleaning fluid to the back of the stain. Replace paper towels under the stain frequently. Let dry, then rinse. Launder using the hottest water that is safe for particular fabric use.

- Mud: When dried on fabric, brush off as much mud as possible. For light stains, pre-treat with a paste of powder laundry detergent and water or liquid laundry detergent. Then launder. For heavy stains, pre-treat or presoak with a pre-treat laundry product or detergent, then launder.
- Poison ivy: Laundering is a good way to remove poison ivy residue from clothing. It is best to wear gloves and wash the contaminated clothing separately

so the poison ivy residue won't spread to other clothing. Soap and water should be used immediately to wash any body areas that have contact with the contaminated clothing. This will usually prevent a rash from happening.

Spandex, the fiber that provides the stretch and recovery in the swimsuits we wear has good resistance to damage from sunlight, mold and mildew. However, spandex can definitely be damaged by the chemicals found in swimming pools, hot tubs and spas. Chlorine from pool water can cause both fiber damage and color loss in swimwear. Rinse the chlorine from swimwear immediately after swimming to avoid color loss. Launder or thoroughly rinse items that are frequently wet by pool water including clothing, towels and outdoor furniture. Chlorine left by pool water can cause permanent damage if it is not washed out. Do not lay towels that are wet with pool water on other textiles, such as carpets,

upholstery or bed. Line dry or lay swimwear flat to dry. Do not place swimwear in dryer to dry.

Sunscreens and suntan lotions contain oils that make them moisture resistant. These oils can be difficult to remove if they get into clothing. Stains that are not immediately apparent can become more visible as they age. Follow any directions provided by the lotion manufacturer. Let the product dry on your skin before you put on your clothing and wash your hands thoroughly after you have applied sunscreen or lotion and before you touch any garments. If you do get lotion on a garment, pre-treat the stain as quickly as possible and launder the garment.

Thought: If your willpower doesn't work, try your won't power.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

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