

- 패에 베이컨 4조각 잘게 썰어 넣는다
- 달걀과 잘게 썰어 넣은 간이 넣는다
- 양파를 채 썰어 넣는다
- 허브, 양파, 간을 넣는다

1968

Lemon Sirloin Steak

Prep: 20 minutes Marinate: 2 to 6 hours Grill: 16 minutes

- | | |
|--|--|
| 1 boneless beef sirloin
steak, cut 1½ inches
thick (2 to
2½ pounds) | ⅔ cup lemon juice
⅓ cup cooking oil
1 tablespoon
Worcestershire sauce |
| 2 green onions, thinly
sliced (¼ cup) | 1 tablespoon prepared
mustard |
| 1 teaspoon finely
shredded lemon peel | ½ teaspoon salt
¼ teaspoon pepper |

Trim fat from meat. Place meat in plastic bag set in shallow dish. For marinade, combine remaining ingredients; pour over meat. Close bag. Marinate meat for 2 to 6 hours in refrigerator, turning the bag occasionally.

Remove meat from marinade; pat dry. Grill on rack of uncovered grill directly over medium coals, turning over halfway through grilling time. (Allow 16 to 18 minutes for medium-rare or 18 to 22 minutes for medium doneness.) Brush occasionally with marinade up to the last 5 minutes of cooking. To serve, thinly slice across grain. Serves 8 to 10.

Nutrition facts per serving: 246 calories, 15 g total fat (5 g saturated fat), 76 mg cholesterol, 144 mg sodium, 1 g carbohydrate, 0 g fiber, 26 g protein

1953

Hungarian Goulash

Prep: 20 minutes Cook: 1 hour

- 2½ pounds (beef or veal) (약 1kg)
round steak, cut into
½-inch cubes
- ¼ cup cooking oil (약 2 큰술)
- 1 cup chopped onion
- 1 clove garlic, minced
- ¼ cup all-purpose flour
- 4 teaspoons paprika
- ½ salt
- ¼ black pepper
- ¾ teaspoon dried thyme,
crushed
- 1 28-ounce can tomatoes,
cut up (hole 톨마조 can 사서
잘게 다짐. 면에 들어있.
소스도 같이 사용)
- 2 bay leaves (2 장)
- 1 8-ounce carton dairy
sour cream
- 4 cups hot cooked
noodles

In large saucepan or Dutch oven brown meat, half at a time, in hot oil, cooking onion and garlic with second batch of meat. Drain off fat. Return all of meat to pan. Stir in flour, paprika, thyme, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Add undrained tomatoes and bay leaves. Bring to boiling; reduce heat. Cover and simmer for 1 to 1 $\frac{1}{4}$ hours for beef (50 to 60 minutes for veal) or until meat is tender. Discard bay leaves. Stir in sour cream. Heat through; do not boil. Serve over noodles. Makes 8 servings.

Nutrition facts per serving: 440 calories, 17 g total fat (7 g saturated fat), 128 mg cholesterol, 378 mg sodium, 29 g carbohydrate, 3 g fiber, 40 g protein

Cooks generally marinate meat for tenderness. Flavor is both. In this case, since sirloin steak is usually tender enough, this marinade is used simply for the delicious *marinade* it imparts. Two hours of marinating delivers a hint of tangy lemon, while a full six-hour marinade makes this dish sing of citrus.

• 비교기 강동원기

- 더러거 깎쪽 사용하기. 냄비에 이이 붓는다
- 냄비에 넣어 브라운 색깔 될때까지 볶아서 볶아 열아낸다.
- (양 많이 두번에 나눠 볶아낸다)
- 양다 작게 깎쪽 사용하기 (냄비에 볶아
매운 다지기 볶는다)

계양다 마늘 볶다가 (계양)
~~계양~~ 파프리카 thyme, bay leaf
 순. 후추 넣어 볶는다

말귀를 넘겨 놓다가
듣지 못하니
꽃이 사들 하면 볼 것이
(시간 동안)

to hot but the taste
 • 새우젓 사우지 김 넣어 마ix
고려 바조 볶 고
 paprika is used when
 • 녹 새우 마
 time it bestows

• 점사되 누름 당고 그위에
만들

