

“FOOD GLORIOUS FOOD”

(As sung by OLIVER in the Broadway musical OLIVER)

“What next is the question?”

by **Suzie Wilkinson**

Editor, Food Page of Woodlake.Life

Ron and Janet Allison were originally from Pittsburgh, PA. They married in 1960 and Ron started his career with United Parcel Service. MANY transfers took them all over the United States, ending up at national headquarters in Atlanta. They arrived in Bonita Bay 29 years ago. Bringing along their buddies Ray and Diane Vinson (also our neighbors), they all came to visit very best friends Bruce and Carol Miller right here in Woodlake. It took less than a day to realize this is where they wanted to retire! They went right to the main office and put deposits down on lots. Janet is lucky to have family and children nearby after Ron’s passing two years ago. She is able to see the grandkids often. And....Golf and tennis will be back on the agenda as soon as the new hip is in!



The Flank Steak Janet offers is her favorite and has been shared MANY times. She says the flank steak ends up so tender. The marinade does the job and the flavor is great. If it is a large flank steak, double the recipe. You prepare it the night before allowing plenty of time to prepare the other items for dinner. Janet serves it with a salad and plenty of side vegetables or even a pot of homemade vegetable soup. She makes her own potato dinner rolls. (Maybe we need those recipes, too!) This sounds like a delicious meal!

Allison Continental Steak

Recipe By: Janet Allison

Category: Beef

<u>Amount/Measure</u>	<u>Ingredient</u>
1	flank steak -- not tenderized
1	clove garlic
1 tablespoon	salt -- or garlic salt
3 tablespoons	soy sauce
1 tablespoon	tomato paste
1 tablespoon	vegetable oil
½ teaspoon	pepper
½ teaspoon	oregano



Directions:

1. Mash garlic with salt. Add soy sauce, tomato paste, oil, pepper, and oregano.
2. Mix well and rub into steak. Wrap in wax paper then in foil and refrigerate overnight. (Make sure to completely cover with wax paper before covering with foil.)
3. Broil 10-15 minutes each side. (Depending on weight)

Nutrition Facts: Per Serving (excluding unknown items): 350 Calories; 24g Fat (62.3% calories from fat); 23g Protein; 10g Carbohydrate; 2g Dietary Fiber; 51mg Cholesterol; 9682mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 3 1/2 Fat. **Serving Idea:** Serve with green salad, vegetables and rolls.

Favorite Restaurant – [Ristorante Enrico](#) right across the street next to Publix. She has been enjoying their amazing food for MANY years. Enrico is always on hand to greet you and soldier his staff. Great place!