



### Recipe Corner

#### ROAST BEEF AU POIVRE

That's a five pound eye round roast. Roselee never trusted me with any recipe ingredient that cost more than a dollar a pound. Interesting that the more you pay for a cut of meat like this one, the simpler the recipe.

#### Here's what I did:

Shallow pan...spray with vegetable oil...place sheet of aluminum foil and spray that (saves on cleaning time later). Rub the cut sides with salt and garlic buds. Sprinkle cracked pepper on counter and roll the roast to coat. Pat the pepper into the meat. Place roast in the pan fat side up. Preheat oven at 450 degrees and cook for 15 minutes...then turn oven down to 325 degrees and add a cup of water to the pan. Allow 20 minutes cook time per pound or 140 degrees temperature for medium rare. My new oven has a gadget that plugs into the oven inside with a probe you stick into the roast. Touch screen monitors the temp and also provides convection cooking for roasting vice baking. However, with the preheat step, I used an external probe instead because I couldn't figure out how to plug it in while at that high temp without adding a new burn scar on my hand. Used the juices in the pan to baste the roast a few times and managed not to burn myself doing that. Took it out just shy of the 140 degrees since it keeps cooking after you take it out.

Then I made the sauce:

- 3/4 c. sour cream**
- 1 tbs horseradish**
- 1/4 tsp. brown mustard**
- Dash of sugar**
- 1/3 cup pan juices**

Yes, next week I'll have a recipe for roast beef hash for the leftovers.

## THE FRANK REPORT

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All the news I see fit to print.  
Freedom of the press belongs to those who own one.



I spent years laughing at my kids antics when they were young. Now it's their turn.



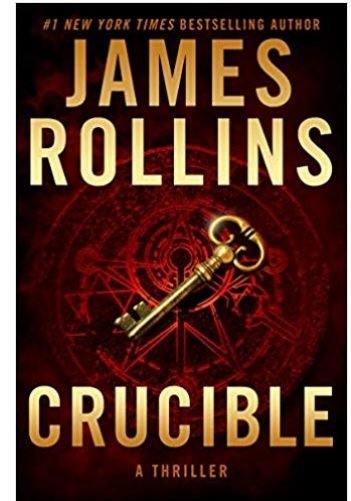
CNN has laid off 100 people and their viewer count has dwindled to 25th place. If you're paying for cable service, you're among millions who "donate" \$2 per month to CNN as part of your cable package. Time to cut the cable and try Amazon, HULU and others for a fraction of the price. Careful of Netflix; Moochelle has plans for their programming about as successful as her school menus. Notice how the Lame Stream Media ignores Juicy Smellsalot and Empire (whatever that show was) being cancelled. Then there is the STEM school shooting involving two kids (one a transgender) hating Trump...crickets. Meanwhile, I've been hacked three times...evidently some are upset about my blog articles:

### thefrankreport.net

My email server is hosted by 1and1 with excellent security with preemptive freeze of the account and immediate contact with me to block the hackers; including new password...which prompted me to change passwords on other servers including my bank and credit card. Recommend change monthly. In case you missed this: Disney has taken control of HULU...probably going to ruin it like they did ESPN?

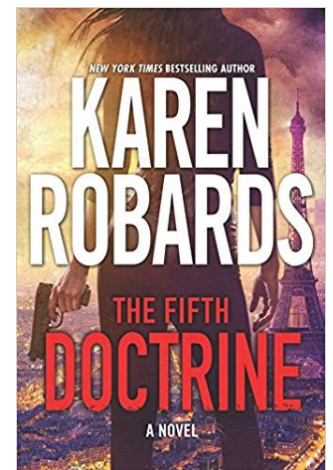
## Bon Mots

Farcebook has become as creepy, annoying and inappropriate as most Farcebook users.



### Book Report

Don't miss this one. Mix of high tech sci-fi, medieval mystery and basic questions about life after death.



Made famous for her romance novels, she comes out swinging with a female Jack Reacher complete with illegal DNA juggling by the CIA; Bianca St Ives. This is the third in the series so I'll be searching for previous books to figure out how well she developed this one.

-more-

*It's prom time...practice for weddings where the girls spend hundreds on a dress and hours on makeup. The guys spend \$50 on a tuxedo and their mothers comb their hair. Son Christopher ( and buddy Brian McCall) had this prom thing all figured out. Ditch the date and go fishing...in their tux! Took Roselee hours to clean the tux so we could return it. Really need to know who the dates were that got ditched and how long it took them to figure out they were on their own. Maybe Chris's siblings can shed some light...*



The reports I got from grandkids about their prom experience was much gooder than this group's attempted photo in Wisconsin.



Shane's first choice turned him down but nevertheless, it looks like he enjoyed prom. His sister Jenna had a sorority function and I'm waiting to be introduced to the guy...with the usual admonishment I get when the kids introduce me..."be nice".



Gracie had to settle for second best too.  
There's always next year!



**Mark Dice:** "Imagine the phone company shutting off your service because they didn't like what you and your friends talk about. That's Facebook today".

Hell, they'd bust down my door and confiscate my phones. Wonder if they've been involved in the hacking of my blog website? Maybe this article upset them:

<http://thefrankreport.net/farcebook>

Hope so...

**GPA/DAD/UNCLE/ETC**