

PROTECT YOURSELF - change your filters

What's more important than your family's comfort and safety? Of course, the answer is "nothing." One small protection that you can provide is to change the air-conditioning filters every 30-45 days. Why? Because when your air-conditioning unit is working overtime to keep your home cool during the oppressive heat that we have experienced recently, the filters will continue to collect the dirt and dust that circulate throughout your home.

If your filter becomes even partially clogged, your air-conditioning unit will be over-taxed and could burn out. That's right! Dirty filters can cause your unit to shut down. The result? A house with no air-conditioning; a potential, expensive replacement of an air-conditioning system, and very uncomfortable people inside!

The simple act of changing your filters regularly can help protect you and your family. If you are in need of changing your filters and cannot do it yourself, please call American Mechanical. If it has been over a year since you had your unit checked for optimum use, American Mechanical can do an inspection and



complete cleaning of your system, change your filters, and make sure

your unit is running at optimum performance.

Take advantage of American Mechanical's Annual Inspection Program. They will come out before winter to check on your heating system and before next summer for your air-conditioning unit. Do yourself and your family this favor. Protect your loved ones from the discomfort of heat or air-conditioning problems.

Call American Mechanical at 428-0651. Please see their ad on the inside cover of this magazine.



Ingredients

- 4 Thick-cut NY steaks
- 3 bulbs, yes bulbs not cloves of GARLIC! (an extra bulb for the mashers)
- 1/4 cup olive oil
- 1 teaspoon sea salt
- 3 cups fresh spinach
- 1/4 cup sun-dried tomatoes in oil, diced
- 1 pound fresh brie cheese
- 1/4 cup fresh rosemary, minced

bon appétit

"Taste of Gourmet"

Roasted Garlic Stuffed Steak with Garlic Mashers and Balsamic Cream Sauce

DIRECTIONS: Marinate the steaks overnight in olive oil, sea salt and fresh cracked pepper. You can utilize any fresh herbs you have in your garden or local market such as rosemary. Take the steaks out and let them rest about an hour before you start to work with them. In the meantime, fire up the oven to 350 degrees F. Take your garlic bulbs and slice them in half diagonally. Season with olive oil and sea salt. Roast on a pan in the oven for about 15 minutes or until the garlic is nice and golden brown and your house smells heavenly. Take out and set aside.

Heat your saute pan with some olive oil and throw in about 6 cloves of fresh chopped garlic when hot. Add spinach and saute until spinach is just wilted. Season with salt and pepper. Chop up the sun-dried tomatoes and toss with the spinach. When the spinach has cooled, throw in the brie and the roasted garlic. You can easily pull the roasted garlic from the 'husk' by using a toothpick to pull it out. Mix together very well! Season with salt and pepper. You can also throw in a teaspoon or so of fresh rosemary at this point. Set aside. Take your steaks and cut a slit into the side of them, just as you would with stuffing pork chops. Carefully stuff the steaks with your roasted garlic stuffing. Throw those guys on the BBQ for about 3-4 minutes per side pending your guests preference. I serve these steaks over garlic mashers which I usually just throw in an extra bulb of garlic to roast when making the stuffing and mash it all up with some fresh potatoes, butter and cream. A little parsley to garnish.

For the sauce, take 4 tablespoons of butter and melt in a saucepan over low heat. Add about 6 cloves of fresh chopped garlic, 1/4 cup of cream and 4 tablespoons of good quality balsamic vinegar. Throw in a sprig of fresh rosemary and reduce the sauce by about 1/3. Take out the rosemary. To plate, place lean against a heap of the garlic mashers and drizzle the sauce around the plate and over the potatoes. Garnish with fresh rosemary. It is excellent to have a nice fresh loaf of bread to serve with this. BBQ up some fresh local corn on the grill to accompany this meal.