

Keep kitchens cool - barbecue

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by Lydia Lovell

From Aunt Olivia's Kitchen

Summer's come. Well, it's June, isn't it? And June brings warm weather, roses into bloom, and gypsy moth caterpillars. Parking lots at golf courses are jammed; week-end traffic threatens to overwhelm the most intrepid of drivers, necessary errands challenge every housewife to choose a time when other shoppers are occupied with different activities. Boats are in the water. Seasonal shops have reopened. Summer has arrived.

Along with other summer activities come barbeques. Now please don't think barbeques are all that new and different. Years ago, we may not have called them that...instead we had cook-outs or picnics...but the procedure has changed little since the era of cavemen. We rigged a grill and on the grill we cooked hot dogs, hamburgers, and cubes of meat on skewers. Skewered, too, were onion quarters, green pepper slices, and halves of cherry tomatoes. Before aluminum foil was introduced, we roasted ears of corn and new potatoes in a shallow iron kettle topped with an iron lid, buried in the charcoal when the fire was made, and left there a couple of hours while hot ashes accumulated. Perhaps we didn't refer to that area of our yard where the picnic table stood as a patio, nor name our basting liquids barbeque sauces, but that's what they were.

Marinating fish or poultry or some tougher cuts of beef and pork tenderized them, in addition to imparting delicious flavors. The process works just as well today. Next time you grill fish or poultry, use Aunt Olivia's **Peppery Herb Baste** as a marinade.

3/4 C. chianti (or other dry red wine)	1/3 C. minced onion
1/2 C. olive oil	2 t. fresh ground peppercorns
1/4 C. fresh-squeezed lemon lime juice	1 t. dried thyme
	2 crumbled bay leaves

Prepare fish for cooking. In a flat-bottomed shallow dish with a cover, arrange half of fish in a single layer. Combine ingredients of marinade and pour half over fish. Arrange another layer of fish on top of the first layer, and pour on the rest of the marinade. Cover and refrigerate overnight. The next day turn fish at least once, putting top layer on bottom. Before cooking, drain fish and discard liquids. Grill fish over hot charcoal ashes until it flakes easily when tested with a fork. Use exactly the same marinade and procedure for chicken parts you will cook over a charcoal fire or gas-fired barbeque grill.

For beef or pork kabobs make **Sunshine Marinade**.

1/3 C. orange juice	1/2 t. fresh-grated ginger root
1/3 C. soy sauce	1 clove minced garlic
1 T. dry sherry	2 t. honey
	1/4 C. chopped fresh parsley

In a shallow flat-bottomed dish, combine ingredients except honey and parsley. Cover with foil or plastic film and soak cubes of beef or pork overnight in marinade, stirring occasionally. When ready to cook, remove meat from marinade, run onto skewers (with or without chunks of vegetables) and grill. Stir honey and parsley together with remaining marinade. Brush meat with mixture frequently while grilling. Marinade is enough for one pound of meat.

An all-purpose sauce to use with any kind of meat while baking, broiling, or grilling also serves those of us who limit calories. **Spicy Barbeque Baste** is grand with fresh spare-ribs.

1 T. lemon or lime juice	1/2 C. ketchup
1/2 C. vinegar	1/4 C. chili sauce
1 pkt. Sweet & Low	1/2 t. dry mustard
	1/4 C. Worcestershire Sauce

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat, cover, and simmer about 45 minutes. Use to baste chicken, turkey, beef, pork or fish.

Aunt Olivia's recipe for **Sparerib Sauce** is one she created herself after sampling barbecued spareribs at an Italian cook-out.

1 medium onion, chopped fine	1 6-oz. can tomato paste
1 large stalk celery, chopped fine	1 T. prepared mustard
	1 t. minced garlic
1 small green pepper, seeded and chopped	salt and pepper to taste
2 T. margarine	4 T. honey

In a small skillet, saute onion, celery, and green pepper in margarine for 5 minutes until soft. Stir in tomato paste, garlic, and mustard. Reduce heat to simmer, cover, and cook for half-an-hour, adding a tablespoon of water if necessary to keep from burning. Stir in honey and salt and pepper to taste, and remove from heat.

Meanwhile, divide a 16-bone slab of spareribs into serving portions (allow at least four rib bones to a portion), and run under the broiler until golden, turning to broil both sides. Turn broiler off, set oven to bake at 325°. Drain ribs on paper towels and wipe all fat from pan. Return ribs to pan and spread half of sauce thickly over ribs. Bake 20 minutes, turn ribs meat-side-up, spread rest of sauce on ribs, and bake another 15 to 20 minutes until meat is tender.

Salads suitable for barbeques, picnics, or cook-outs may be as simple or as complicated as the hostess desires. Few are more appropriate than **Oriental Salad**.

1/2 lb. cooked, peeled, deveined shrimp	
1 10-oz. pkg. frozen peas, cooked, drained	
1 C. celery, chopped fine	1/8 t. garlic powder
1/2 C. mayonnaise	1/8 t. black pepper
1 T. lemon juice	1 3-oz. can chow mein noodles
1/8 t. curry powder	1/2 C. salted cashew nuts
Salad greens and parsley sprigs	

If shrimp are large, cut into 1" bits. Combine first 8 ingredients; mix well, cover, and chill several hours. Just before serving, toss lightly with noodles and nuts. Arrange on bed of greens, garnish with parsley. Serves 8.

Alternatively, Aunt Olivia's **Vegetable Casserole** may substitute for a salad or accompany a simple one.

3 T. butter	6 small new potatoes, unpared, raw
1 large onion, sliced	1 pkg. frozen green beans
1 large red pepper	1 C. half-and-half
2 cloves garlic, minced	1 t. dried rosemary
1/4 C. flour	1/2 t. salt
2 C. Swiss cheese, shredded	1/4 t. pepper

In a large skillet, melt butter; saute onion, garlic, and red pepper cut into strips, until tender. Stir in flour, cook one minute. Spoon half of mixture into a greased 3-quart casserole. Sprinkle with half of cheese, thin-slice potatoes in a layer, scatter thawed green beans, sprinkle rest of cheese, top with remaining vegetables. In a 2-cup measure, combine half-and-half with flavorings and pour over casserole. Cover and bake at 375° for 45 minutes. Uncover and run under the broiler until top is golden. Serves six.

Another possible hot dish to offer guests at a cook-out is Aunt Olivia's uncomplicated substitute for potatoes or pasta. She called it **Corn Pudding**.

1 C. yellow corn meal, cooked	6 eggs, well-beaten
2 sticks margarine, melted	2 lbs. processed cheese, cubed
1 t. salt	1/4 t. tabasco sauce

To cook cornmeal use a double boiler; in the top, bring 3 C. water and one stick margarine to a rolling boil over high heat. Stir in corn meal. Reduce heat to low and cook, stirring, for 4 or 5 minutes until thick. Place pan over boiling water and cover. Allow to sit undisturbed, while you grease a 3-quart shallow casserole and preheat oven to 350°. Combine the other ingredients in a large bowl. Stir hot corn meal into egg and cheese mixture and then pour into the casserole. Bake for 25 to 30 minutes. Serve immediately to six or eight.

Or instead, you may prefer to pass **Ham Muffins**:

1 C. flour	1/4 t. salt
1 C. yellow cornmeal	3/4 C. milk
3/4 C. ground ham	1/3 C. melted margarine
2 t. baking powder	2 beaten eggs

In a medium bowl, stir together flour, cornmeal, ham, baking powder, and salt. In a small bowl, combine milk, margarine, and eggs. Pour the milk mixture all at once into the dry ingredients. Stir until just mixed. Spoon into 16 well-greased muffin cups. Bake at 400° for 12 minutes. Serve hot with slices of Swiss cheese or with cubes of sharp Cheddar cheese.

Dessert at a cook-out? Relax. Cut a watermelon. To be fancy, cut the watermelon in the shape of a basket, scoop out center with melon-baller, and make melon balls from cantalopes and honeydews. Clean all meat from inside basket and fill with melon balls. Trim with mint leaves and just TRY to keep people from helping themselves!

Bon appetit.