

Cooking From The Kitchen Of The Chowan Herald

By Mildred Huskins
 With a little bit of luck your garden is living up to some of your expectations and there are a few vegetables which have escaped the burning temperatures.
 Too bad the extreme hot weather has made the lush June garden look pretty sad. There could be vegetables available in most gardens yet and if not they are ready for you at the nearest produce counter, if you can afford them.

One of the most tempting things to do with summer vegetables such as greens, corn, zucchini and tomatoes is to barbecue them right on the backyard grill along with meats, burgers and chicken.
 The following recipes from the kitchens of the American Spice Trade Association show two ways of grilling vegetables. In herb-grilled vegetables you use thickly sliced eggplant, halved zucchini or tomato halves brushed with melted

butter spiced with onion powder, parsley flakes, basil leaves, garlic powder and black pepper. Place them right on the grill and let them cook, turning them with a spatula. Even easier, arrange them for cooking on a hinged wire grill.

Small vegetables such as peas, sliced carrots and potatoes, baby onion and lima beans are contained in a heavy duty foil package. Here again seasoned butter or margarine furnishes the cooking liquid. Cut a few slits in the top of the foil package to let some of the steam escape.

Sweet corn, the darling of the cookout menu, is especially good with butters spiced with curry powder, chili powder or nutmeg. Dill and basil are special in baked potato butters. All vegetables are delightful with herbs; onion products; celery salt and pepper, black or white.

By using the outdoor grill more and more you will be able to economize on fuel and keep the cooking chores simpler and cooler.

Herb Grilled Vegetables
 1/2 cup butter or margarine

1 tablespoon onion powder
 1 tablespoon parsley flakes

1 teaspoon basil leaves, crumbled

1 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 medium eggplant, cut in one-half-inch slices
 2 medium zucchini, cut in half lengthwise
 2 medium tomatoes, cut in half crosswise

In a small saucepan melt butter. Stir in herbs and seasonings. Brush both sides of vegetables with herb-butter mixture. Arrange eggplant and zucchini on a grill over hot charcoal. Grill five minutes. Turn eggplant and zucchini. Place tomatoes on grill, cut side up. Grill all vegetables until done, about five minutes longer, brushing occasionally with remaining herb butter mixture. If desired, all vegetables may be grilled in a hinged wire grill over hot charcoal for ten minutes turning and brushing with herb mixture. Serves four.

Grilled Potatoes and Onions

3 tablespoons instant minced onion

3 tablespoons water

2 lbs. small new potatoes

1/4 cup butter or margarine, melted

1 teaspoon marjoram leaves, crumbled

1/4 teaspoon salt
 1/4 teaspoon thyme leaves, crumbled

Pinch ground black pepper

Rehydrate minced onion in water for 10 minutes. Scrub potatoes; cut into 1/2-inch slices; place in the center of a square of heavy duty foil; set aside. Pour melted butter over potatoes. Sprinkle with herbs. Sprinkle with rehydrated onion over all. Wrap foil securely around potatoes. Bake in a preheated oven at 400 degrees about 30 minutes or place foil package on grill and grill, turning occasionally, until potatoes are tender or about 30 minutes. Makes six portions.

While we are on the subject of herbs we might remind you that one of the handiest bits of convenience on the grocery shelves is dehydrated parsley. Our great-grandmothers used to dry parsley and all kinds of herbs for their own use and we can do it, too. So, if you have parsley growing in your garden dry some for later use. Parsley flakes are delicious in a vinaigrette sauce over snap beans or spinach. Or in parsley butters. To help preserve the bright green color, store parsley flakes in a dry place away from oven heat and

direct sunlight.
 Good as they are, ordinary hamburgers served over and over again can become as monotonous as a week of hot, muggy weather. So here's two new burgers for you. Try Vegetable Cheese Burgers for indoor meals and Beer Burgers for outdoor grilling.

Vegetable Cheese Burgers

1 1/2 cups shredded carrot

1 1/2 cups finely chopped zucchini

1 1/4 cups finely chopped green pepper

1 1/4 cups quick oats, uncooked

1 cup shredded Cheddar cheese

3/4 cup finely chopped onion

3/4 cup finely chopped mushrooms

one-third cup unprocessed bran

3 eggs

2 teaspoons salt
 1/4 teaspoon pepper
 one-third cup vegetable oil
 Combine all ingredients except oil; mix well. Let mixture stand two to three minutes. Shape to form six to eight four-inch round patties. Fry patties in hot oil in large skillet over medium heat five to six minutes on each side, turning once. Makes six to eight servings.



GRILLED VEGETABLES — Make room on your barbecue grill for herb-buttered vegetables to go with broiled meats, fish or fowl.

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