



Spice up your summer barbecuing with Curry Grilled Chicken.

Saucy Ways To Jazz Up Those Fantastic Summer Barbecues

What would summer be without barbecues? Probably not much fun. For most of us, barbecuing is a way of life during the summer. Barbecuing is easy, fuss-free and doesn't require advanced culinary skills.

The recipe for a successful barbecue begins with the coals. For best results, place charcoal briquettes in a pyramid; douse with lighter fluid. Wait a few moments to light so that the fluid can penetrate the charcoal. The coals are ready when they are white and glowing, in about 20 to 30 minutes.

So what are you waiting for? Grab your favorite barbecue brush, a bucketful of sauce and head for the grill.

Here are a few sizzling examples of how you can jazz up your barbecues this summer.

Curry Grilled Chicken is a tasty testament to an unusual set of barbecue sauce ingredients. Based on a can of condensed cream of celery soup, this blockbuster gets its spiciness from a generous measure of

curry powder and its fruity tang from chopped chutney and pineapple juice. The road to exotic barbecuing has never been easier for a cook to travel -- nor the cuisine more appealing to a wide range of palates. Serve with a chilled rice and vegetable salad; call on fudge brownies and fruit for dessert.

Frankfurters again? You bet! Plum Good Franks is sure to generate many requests for more of the same. The secret, of course, is in the sauce, which serves as both a brush-on during grilling and a pour-on at the table. A whirl in the blender unites the zesty flavors of condensed onion soup, plum preserves, mustard and garlic. Presto! Your very own specialty of the house.

When your cook-out is really a "steak-out," think in terms of a luscious marinade with a sauce to enhance this king-of-the-butcher-block. Broiled Steak Charleston offers just that, with an exciting new beef flavored sauce.

You'll enjoy thin, juicy slices of beef drizzled with

a subtle yet full-bodied brown sauce. It all starts with a simple marinade which blends condensed beef broth, ketchup, soy sauce, ginger and cayenne pepper. Once the marinade has worked its magic on the uncooked steak, a little cornstarch transforms it into a working barbecue sauce which is subsequently served with the finished entree. This is a company dish par excellence.

Curry Grilled Chicken

- 1/2 cup chopped onion
- 1 tablespoon curry powder
- 2 tablespoons butter or margarine
- 1 can (10 1/2 ounces) condensed cream of celery soup
- 1/2 cup chopped chutney
- 1/2 cup pineapple juice

In saucepan, cook onion with curry in butter until tender. Add remaining ingredients. Heat; stir occasionally. Makes about 2 cups.

Indoor Method: Brush

2 pounds chicken parts with salad oil; place on broiler pan skin-side down. Broil 9 inches from heat* 10 minutes on each side. Brush with sauce; broil 25 minutes more or until done, turning and brushing with sauce every 5 minutes. Heat remaining sauce; serve with chicken. Makes 4 servings.

Outdoor Method:

Brush 2 pounds chicken parts with salad oil; place on grill skin-side up, about 6 inches above glowing coals. Cook 10 minutes on each side. Brush with sauce; cook 25 minutes more or until done, turning and brushing with sauce every 5 minutes. Heat remaining sauce; serve with chicken.

Plum Good Franks

- 1 can (10 1/2 ounces) condensed onion soup
- 1/2 cup plum preserves
- 2 tablespoons prepared mustard
- 1 medium clove garlic, minced
- 1 tablespoon cornstarch

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Exercise Program Pays Off At Work

How did one large insurance company cut absentee rates 60 percent among men and 38 percent among women employees?

This company in Toronto, Canada, didn't double wages. It set up exercise classes, says Dr. Leo Hawkins, extension human development specialist-in-charge, North Carolina State University.

The company carpeted

and painted a space where 30-minute classes were held two or three times a week. More than half of the eligible employees participated.

Researchers from the University of Toronto compared this company's production and absenteeism records with those of another large insurance company in Toronto.

For a company of 1,400 employees, similar to the

one studied, researchers estimated that 3,500 fewer days would be lost, saving about \$175,000 in salaries and wages.

Other benefits were found, Dr. Hawkins points out. Employees in the exercise program stayed with the company. Their turnover rate was only 1.5 percent, compared with 15 percent among nonparticipants and all the employees at the

other company.

Productivity was not affected, but it was rated to be quite high at both companies to begin with, the extension specialist says. Researchers are interested in conducting the same type of study at a business with production problems.

Fitness program participants reported feeling more alert, relaxed, patient and less fatigued during the workday. They also said they enjoyed work more and felt they had better relationships with their fellow workers.

Turkey makes an any recipe using a lean economical substitute in meat.

Veal Cuts

You have probably noticed that veal cuts are very similar in appearance to beef cuts, only smaller. Just what is the difference between beef and veal? Primarily it is the age of the animal, explains the National Live Stock and Meat Board. Veal is the meat from calves that are not older than 3 months, which weigh 350 pounds or less. Because it comes from such young animals, veal is always very lean.

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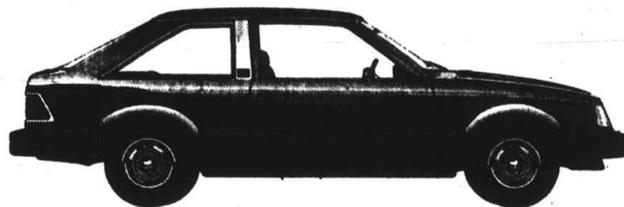
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