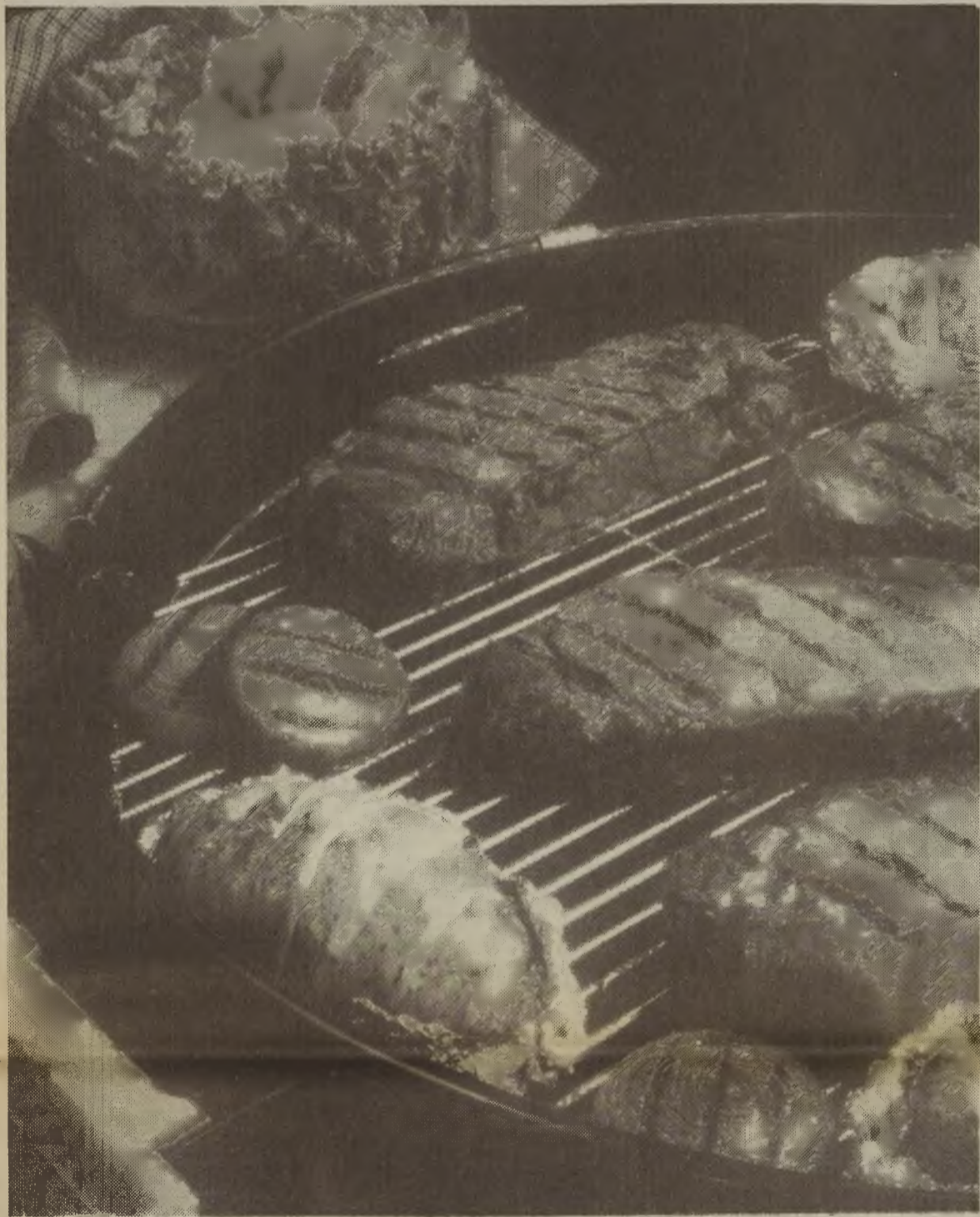


# RECIPES For The GRILL:



Barbecue with wood spices. The delightful taste of hickory-smoked turkey, mesquite-grilled

steak (pictured) vegetables cooked with alder, or oak is the latest barbecue innovation.

## Wood Is Replacing Charcoal

Since the beginning of time and the cycle of evolution, everything 'new' turns out to be old 'hat'; and so it is with the present barbecue craze of cooking with wood instead of charcoal.

Cooking with wood is as old as civilization. Neanderthal man did it, the Indians did it, our forebearers did it, the pioneers did it, and we're back to discovering how wholesome and tasty meat, fish and vegetables can be when barbecued and/or roasted with wood.

What can be more inviting than a succulent, juicy steak barbecued in hickory wood, southern style. It's best used for steaks, chicken, wild game and even fresh tuna and halibut steaks.

Alder is a fragrant wood, with a more delicious aroma, than hickory. Indian tribes in the Northwest used Alder to smoke their salmon, oysters and other

fish. Alder enhances the natural flavor of foods - pork chops, ham, chicken, Cornish hens--without being overpowering.

Oak is versatile with a mellow outdoor aroma reminiscent of campfires and summer fun, thick steaks, chops, fish and ducklings are enhanced with Oak wood's 'heady' flavor.

Historic mesquite. Of all the 'cooking' woods, mesquite is most steeped in Americana. Its most avid fans had to be the chuckwagon cooks, who used the wood's sweet, smoky aroma to enhance the flavor of practically everything they cooked. Because of the intense heat it produced, mesquite chips and chunks can be used to flavor a variety of foods well, from pork to chicken to vegetables.

Spice is nice but so are woods and the flavors they bring to barbecuing. Remember wood chips or

chunks can be the sole source of cooking fuel, or act in combination with charcoal. Add four to six wet chunks to the red-hot, ash covered charcoal; the same imparts an extra strong smoky flavor to the barbecuing food.

For the best results soak four to six wood chips or one cup of wood chips in water for about two hours before cooking time; then place them on the hot coals. When the chunks start smoking, begin cooking. The more chips or chunks you use, the more powerful the flavor.

For direct cooking heat and product on grill or rack should be in horizontal positions; with indirect cooking, product is protected by foil or roasting bags from the direct heat.

Using the wood of your choice here's some delicious recipes for your Memorial Day outdoors event, whether it's a barbecue or cookout.

### Chinese Short Rib Kebabs

- 1 lb. boneless short ribs per person
- 3 T. soy sauce
- 1 t. ground ginger
- 2 onions, chopped
- 1 12-oz. can pineapple chunks
- 1 4-oz. can mushroom pieces
- 1 8-oz. can sliced water chestnuts
- 1 c. sliced celery
- 2 T. cornstarch

**Preparation before barbecuing:** Cut short ribs in half. Place in shallow baking dish. Combine soy sauce, ginger, chopped onions, and juices from pineapple chunks, mushrooms and water chestnuts. Pour sauce mixture over short ribs and marinate, covered, overnight. Turn occasionally. Barbecue according to directions given below. Pour sauce mixture into pan. Add cornstarch. Cook over low heat, stirring gently until sauce thickens. Add pineapple chunks, mushrooms, water chestnuts, and celery. Heat thoroughly. Place ribs in center of large hot platter. Arrange a wreath of rice or noodles around short ribs. Top with sauce. Serves 6-8.

**Briquet Covered Cooking, Flat Grill or Gas Method:** Thread short ribs on long skewers. Barbecue over medium direct heat for 1-1/2 to 2 hours turning frequently.

### Shrimp Kebabs

- 1 lb. green shrimp
- 1 1-lb. can pineapple chunks
- 1/4 c. soy sauce
- 4 slices bacon, cut in 2-in. squares

Combine shrimp, pineapple chunks, and soy sauce in a bowl. Set aside for 30 minutes. Alternate shrimp, pineapple, and bacon on short skewers. Place each skewer in the center of a lightly greased square of aluminum foil. Fold edges together, securing well. Serves about 4.

### Barbecue Beef Brisket

- 1 4-lb. boneless beef brisket
- 1 medium onion, sliced
- 1 garlic clove, minced
- 1 18-oz. bottle Kraft barbecue sauce

Place meat, fat side up, on rack in baking pan. Place onions and garlic on top of meat. Pour barbecue sauce over meat; cover. Reduce oven temperature to 300 degrees; continuing baking 2 hours or until meat is tender. Remove meat to serving platter. Skim fat from cooking liquid; serve with meat.

Makes 12 servings.

### Grilled Chicken

- 1 fryer chicken, 2 to 3 lb.
- 1 tbsp. chopped onion cut into quarters
- 1 tbsp. onion, chopped
- 2 tbsp. lemon juice
- 1 tsp. dried oregano
- 2 tbsp. olive oil
- 1 onion, sliced

**DIRECTIONS:** Remove breastbone from chicken. Place chicken in large glass baking dish; sprinkle with lemon juice, oil, 1 tbsp. chopped onion and the oregano. Refrigerate covered 2 hours. Remove chicken from marinade; place on grill 6 to 8 inches from coals. Cook, turning frequently, until tender, about 45 minutes. Garnish with sliced onion. Serves 4.

### Savory Outdoor Baked Fish

Scale and clean fish, leaving whole or cut into fillets or steaks. Place fish on individual sheets of heavy-duty foil and brush with oil or melted butter. Sprinkle with salt, pepper, and lemon juice. Top each fish with a teaspoonful of chopped tomato or pimiento, garnish with lemon slices. Bring foil up over fish and seal with a double fold. Seal ends.

**Briquet Covered Cooking Method:** Place on grate over a medium-high fire and bake 10 minutes per side for a small 1 to 1-1/2 pound fish, 15 minutes on a side for 2 to 3-pound fish and about 20 minutes on a side for a 4 to 5-pound fish. Open foil and test with a fork. Fish is done when it flakes easily. Also serve the juice from the package.



## Grilled Chicken Pitas

- 3 whole chicken breasts, halved, skinned and boned
- 2 tablespoons fresh lime juice
- 1/8 teaspoons each, salt, fresh ground pepper, and crushed red pepper

- 3 tablespoons low-calorie mayonnaise
- 1/2 teaspoon salt-free dried herb mixture
- 3 (1-ounce) whole wheat

- pita breads, halved
- 2 tomatoes, sliced
- 1-1/2 cups leaf lettuce, washed and dried

**DIRECTIONS:** Use direct cooking method. Brush chicken breasts with lime juice, sprinkle with salt, pepper and crushed red pepper. Rub into surface and let sit 5 minutes. Mix together mayonnaise and

dried herbs; set aside. Place chicken on grill and cook 8 minutes; turn and continue cooking 5 to 7 minutes or until cooked through. Remove from grill, slice chicken breasts into thin slices. Slit pitas and spread mayonnaise mixture on the inside. Fill each half with an equal amount of lettuce, tomato and sliced chicken.

## Grilled Salmon

- 6-1 inch thick salmon steaks
- Freshly ground pepper
- 2 large red onions, thinly sliced
- 4 sprigs each rosemary and thyme sliced
- or 1 teaspoon each of dried herbs
- Safflower oil
- Salt

- Marinade:**
- 1/4 cup olive oil
  - 1 tbsp balsamic vinegar
  - 1/4 cup red wine vinegar

**DIRECTIONS:** To prepare marinade whisk the ingredients together and pour over onions in a shallow glass pan (or plastic bag). Marinate 2 hours or more, tossing occasionally to be sure onions are thoroughly coated. To prepare salmon steaks, rub them with safflower oil and sprinkle with salt and

pepper to taste. Place 1 sprig rosemary and thyme (or a pinch of dried herbs) on top of each steak. Refrigerate until ready to cook. To barbecue, place salmon on grill and cover. Cook 6 minutes; turn and cook 6 or 7 minutes longer, or until salmon is cooked through. Serve on warm platter with marinated onions. Garnish with fresh sprigs of rosemary. Serves 3.