



A different kind of barbecue adds Indonesian flavor to the perennial favorite.

Pork barbecue with an Indonesian flavor

Interested in a barbecue that's a little more exotic, a little different? How about a barbecue menu with an Indonesian flavor?

Juicy cubes of boneless pork marinate in barbecue sauce, enriched with tomato puree and the far eastern touch of peanut butter. The meat is skewered and grilled over charcoal till glazed and crusty and served on a bed of rice with more of the delicious sauce for dipping. As an accompaniment Zesty Yellow Squash is a savory blend of summer squash, onions and peppers seasoned with a spicy splash of barbecue sauce.

To complete the menu, serve ripe melon wedges filled with ice cream and a favorite fresh fruit or berry. Sit back and savor the rest of the summer. Enjoy!

PORK KEBABS

2 pounds boneless lean pork, cut into cubes
Salted water
1/2 cup diced celery
1/4 cup chopped onion
2 tablespoons butter or margarine
1 cup hot, spicy barbecue sauce
1 cup canned tomato puree

3 tablespoons peanut butter

Place pork cubes in saucepan; add salted water. Bring to a boil. Reduce heat; cover and simmer 15 minutes. Meanwhile, saute celery and onion in butter until tender but not brown. Stir in barbecue sauce and puree. Cover and simmer 15 minutes longer. Remove from heat and blend in peanut butter. Drain pork cubes and place in sauce. Marinate 1 hour, then drain meat, reserving marinade. Measure 1 cup marinade and keep warm. Place pork cubes on 8 skewers. Place kebabs on grill 4 or 5 inches from hot glowing coals and grill 20 minutes, turning frequently and brushing with remaining marinade after 10 minutes. Serve with reserved marinade. Makes 8 servings.

2 packages (10 oz. each) 5 minute cook frozen yellow summer squash

Saute onions and green pepper in butter in saucepan until tender but

not brown. Add barbecue sauce, water, salt and squash. Bring to a boil, separating squash with fork. Reduce heat; cover and simmer 5 minutes or until squash is tender. Makes 4 cups or 8 servings.

ZESTY YELLOW SQUASH

1 cup chopped onions
1/2 cup chopped green pepper
1/4 cup butter or margarine
1/2 cup hot, spicy barbecue sauce
1/2 cup water
1 teaspoon salt

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Spirulina: Does it work?

Spirulina. Is it a miracle weight-reducing food or just another nutritious, protein rich diet supplement?

Tod Hamilton, Multnomah County Extension agent reports that in 1979 the Food and Drug Administration found no reliable scientific data to indicate that Spirulina is safe and effective as an appetite depressant.

Pure Spirulina is a source of protein containing various vitamins and minerals, and can be used as a part of a balanced diet just like any other nutritious food, according to Margaret Bakke, Oregon State Extension nutrition specialist.

"No one food can supply all the nutrients needed by humans," the specialist says. "A well-balanced diet always includes a variety of foods."

Bakke advises weight-watchers that the best way to accomplish weight reduction is to consume fewer calories, expend more energy or some combination of the two actions. Weight loss occurs when an individual eats less calories than he or she uses, Bakke says.

Spirulina is one of about 1500 known species of blue-green algae, Bakke explains. It grows in brackish ponds and lakes in mild and hot climates throughout the world and has been a chief source of food for people living along the shores of Lake Chad, in Central West Africa, for hundreds of years. It is also used in Japan as an animal feed to improve the color of egg yolks and goldfish.

"Spirulina can be marketed as a food in the United States as long as it is labeled accurately and contains no contaminated or adulterated substances," says Bakke. "But remember, it is not a 'miracle' but just another food that can be used to meet the body's needs for some nutrients."

For variety, curried onions

2 pounds mild onions, peeled, sliced and separated into rings
4 tablespoons butter or margarine
4 tablespoons flour
Salt to taste
1 teaspoon curry powder, or to taste
1/2 teaspoon paprika
2 cups milk
1/4 cups dry bread crumbs (or cornbread crumbs)
3 tablespoons melted butter

Cook onions in salted boiling water until tender, about 15 minutes. Set aside. Melt butter or margarine in large saucepan; blend in flour, curry and paprika. Add milk and cook, stirring constantly, until thick and bubbly.

Drain onions, reserving water to use as seasoning in other dishes. Add onions to milk mixture, stirring gently to mix well. Turn into a 2-quart casserole dish and set aside. Mix bread crumbs with melted butter and sprinkle on top. Bake at 350° for 20 minutes or until bread crumbs are golden brown. Makes six servings.

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