

FOOD SECTION

This Week: Summer Barbecuing...Clip & Save

Advice and Tips on Barbecuing

The word "barbecue" comes from an Indian name, "barbacoa", which was the what they called the sticks they used to pierce animal flesh, and propped over a fire. Africans of a few centuries ago—the exact number is not known—cooked meat over live coals.

When purchasing a barbecue sauce, look for a thick product, so it won't slide off the meat during cooking. To check how thick a sauce is, tilt the bottle upside-down, and watch how long it takes the air bubble to rise.

Leave the fat on the meat until after it's barbecued. This will help keep the meat juicy.

Don't put barbecue sauce on during cooking: it will burn and take away from the flavor. Wait until the meat is done or nearly done to add the sauce, and while it's cooking try basting it with wine-vinegar, lemon-juice, or a store-bought product. If you have a multi-rack grill, try putting a metal-handled pan of water on a lower rack, under the meat, to add juiciness.

Vegetables can be wrapped in foil and placed directly on your coals...but make sure you have metal tongs or some way to get at them! It's also a good idea to dip the veggies in butter or margarine before foil-wrapping, to keep them from drying out.

Recommended pork rub: alternate basting in salt water and melted butter.

To test your charcoal readiness, hold your hand about 1/2 foot from the fire. If you need to pull your hand away within four seconds, it's ready to cook.

To extinguish your coals, don't do what I do. I'm impatient and lazy, and generally just hose down my grill. The dramatic temperature difference can harm your grill, though, and can also make it tougher to clean. Properly, you should wait until the coals are cool to do this: hose down your sidewalk or street and pour coals in wet spot; hose down coals. Then, when thoroughly soaked, sweep up remains and put in your garden for fertilizer. If you're in the woods, dig a hole and bury them, packing the dirt firmly to create an airtight seal to suffocate the fire.


Cleaning your grill is easiest with a scrub brush, S.O.S pads or steel wool, a butter knife (I don't recommend this if your grill is new, but a butter knife is great for scraping large grilled chunks), and a hose. If your grill is really greasy, dump in some baking soda to absorb the oil.

If you don't have a barbecue grill, you can get one generally fairly cheaply: hibachis can run you under \$10 (Fred Meyer's carries one for \$8.99, and Newberry's has a disposable grill for around \$4.00).

Spray your barbecue rack with non-stick spray before lighting the coals to speed clean-up (this tip, thanks to Marion Joyce).



If you have any recipes, household hints, food events, or health/nutrition questions, please send them to: Angelique Sanders, Food Editor, c/o the Portland Observer, 4747 N.E. Martin Luther King, Jr. Blvd., 97211 or call me at 288-0020. I test everything before including it, and reserve the right to edit contributions before publication.



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Cool 'n' Colorful Potato Salad

This is a recipe that's been handed down my family. You may substitute mayonnaise for salad dressing, but I think the light touch of MiracleWhip—or whichever brand you choose—is the perfect complement to the gentle taste of this dish. —Food Editor

- 6 medium peeled potatoes, boiled until they mash easily with a fork
- 4 hard-boiled eggs, cut
- 1/2 cup diced onion
- 3/4 cup chopped pickle
- 1 celery stalk, chopped
- 2 minced jalapeno peppers
- 1 red bell pepper, diced
- 1 teaspoon garlic salt or onion salt
- 3/4 cup salad dressing
- 1/2 cup mustard

Place potatoes and eggs in large bowl. Add all chopped vegetables. In medium bowl, blend salad dressing and mustard until evenly colored. Pour this mixture into large bowl, stirring it in until all ingredients are mixed well.

Recommended garnishes: parsley sprigs or a gentle sprinkle of red pepper. Refrigerate. Makes about 8 servings.

Barbecue Fever!

By Melba Parker

Barbecuing is hotter than ever. That's the conclusion of a recent study commissioned by the Barbecue Industry Association (BIA), a trade association that promotes the pleasures of barbecuing. And now that warm weather has returned, what better way to enjoy it than with a cook-out.

Whether grilling hot dogs or T-bone steaks, Americans love the taste of barbecue. According to the BIA study, nearly 73 percent of all U.S. households own a barbecue grill. And this year Americans are expected to purchase more than 13 million grills and 744,000 tons of charcoal to fuel them.

The barbecue speciality of the Pacific Northwest is a native Indian tradition — West Coast salmon grilled over alder wood. Grilled fish also is popular with barbecuers from Maine to Massachusetts. Seaweed sometimes is tossed onto the coals to enhance the flavor of some of America's finest seafood — lobster, mackerel and Boston scrod.

Of course, no barbecue is complete without all the fixings. Great accompaniments to summer cookouts include corn-on-the-cob, coleslaw, baked beans, potato salad and tossed salad — all washed down with ice-cold lemonade, soda or beer.

Homemade Barbecue Sauce

14 oz. catsup
3/4 cup chili sauce
1 tablespoon mustard
1 teaspoon beef bouillon or 3 bouillon cubes, smashed
1/3 cup brown sugar
1/3 cup vinegar
1/2 teaspoon pepper
1/2 teaspoon chili powder

Heat all ingredients in a saucepan until blended and hot. Turn heat to "low" and cook for five more minutes.

Rebates by Mail

Atra razors: \$1.00 refund, requires certificate (available at many food stores) and one proof of purchase from AtraPlus, Atra, Trac II, or Trac II Plus. Offer expires 9/30/90.

Metamucil: \$1.00 refund, requires a proof of purchase from any size and flavor of Metamucil and the mail-in form. A \$2.00 refund requires the above two items as well as a copy of a receipt from a filled prescription. Expires 9/30/90.

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