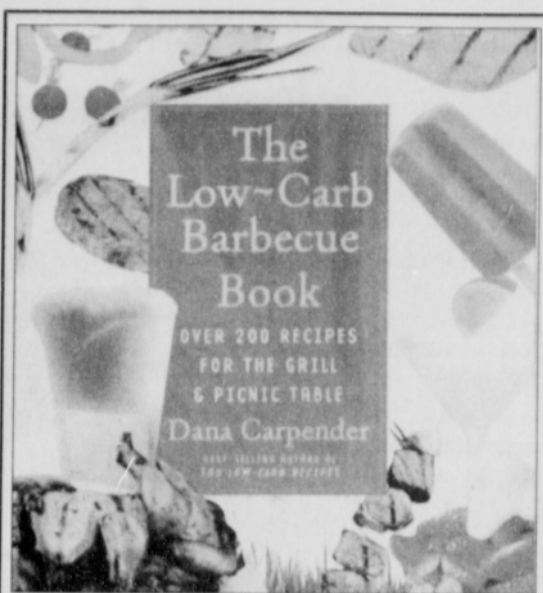


Memorial Day Brings Outdoor Delights



A Summertime Eye on the Waistline

Following fast on the heels of her two mega best-selling cookbooks, Dana Carpender has released her newest collection of low-carb recipes made especially for barbecuing. "The Low-Carb Barbecue Book" has more than 200 mouthwatering recipes that will make the summer of 2004 absolutely sizzle.

Most people seem to think barbecuing and grilling would be ideal for the low carb dieter with a focus on fish and meat as staples of the diet. But with one glance at the label on the bottle of barbecue sauce, the pitfalls come into focus. Sauces and marinades are simply loaded with sugar.

Each chapter of this cookbook focuses on specific components of barbecue, from marinades and sauces, side dishes, pork, poultry, beef, lamb, seafood and grilled vegetables.

"The Low-Carb Barbecue Book" is available this month for \$17.95 through Fair Winds Press.

Cooking Woods Make the Barbecue

BY MICHAEL LEIGHTON
THE PORTLAND OBSERVER

Memorial Day is the traditional kick off to the barbecue season and the time of year when a local barbecue connoisseur gets very busy meeting customer demand.

Paul Peffer of northeast Portland has been a supplier of cooking woods to Northwest restaurant chefs and backyard cooks for more than 20 years.

He's so well known that local hot spots like Yam Yams, Cannons and the new Momma's Barbecue on Lombard know him as the "Wood Man" or "Coal Man."

Peffer finds more people are turning to smoke barbecue cooking than ever before.

His advice, dump the store briquettes and make your fire with cooking woods.

He said foods taste better with natural cooking woods because they enhance the flavor of food without also absorbing the byproducts of briquettes, which contain toxic chemicals mined from the earth.

Peffer said briquettes have just 10 percent charcoal wood with the remaining ingredient being mined coal with sand or clay filler. He said the coal can contain chemicals from arsenic and lead to zinc.

Peffer has a discriminating taste from his years of experience in cooking barbecue foods. He is a certified judge in the Pacific Northwest Barbecue Association, the official group affiliated with the prestigious Kansas City Barbecue Society.



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

As a marketer of nearly every type of cooking wood imaginable, Paul Peffer of Fast Track Marketing Supplier of Northwest Cooking Woods, keeps local restaurants and backyard cooks happy.

As owner of Fast Track Marketing Supplier of Northwest Cooking Woods, Peffer supplies area restaurants, grocery distributors and backyard cooks with over 150 tons of cooking woods each year.

His product line includes Chef's Choice Mesquite Charcoal, a 100 percent wood product imported from

Mexico, along with other imported cooking woods like hickory, pecan and white oak. His local cooking woods inventory includes cherry, organic apple, alder, grapevine and maple.

For more information or to place an order, call his business at 503-254-0774.

Smoked Barbequed Salmon

Thoroughly rinse salmon filets under cold water and pat dry with paper towels.

Place a few pats of butter onto each fillet. Sprinkle with garlic salt and brown sugar. Top lightly with Parmesan cheese.

Wrap the filet loosely with aluminum foil to keep it off the flame, but allowing some opening so that smoke can circulate through the wrapping.

The salmon is done when the filet center turns color, from a red to a very light pink, and flakes apart easily.

Paul Peffer, owner of Fast Track Marketing of Northwest Cooking Woods, shared this recipe.

Barbecue Pork Spareribs

3 pounds pork spareribs; 1 1/2 cups barbecue sauce

Cook minced onion and garlic in olive oil until onions turn opaque. Add remaining ingredients, mix thoroughly and allow to simmer 20 minutes. Makes about 1 1/2 cups.

Using your discretion and depending upon the size of your charcoal grill, light enough coals to heat the grill (about 10-15 minutes) to about 200 degrees Fahrenheit.

Trim excess fat from the spare-

ribs and place in grill. The goal here is to keep the barbecue about 200 degrees F. for 4 to 6 hours. Every two hours, or as needed, light 6-8 coals in a separate container (charcoal chimneys are great for this) and add to the barbecue when they start to turn white on the edges.

After five hours, brush liberally with heated barbecue sauce (either store bought or from the recipe) and continue cooking for another hour.



Barbecue sauce

- 1 can tomato sauce
- 1 can tomato paste
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 2 tablespoons olive oil
- 3 cloves garlic crushed
- 4 tablespoons minced onion
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon cayenne
- Fresh ground pepper to taste

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