

FOOD

To honor **Black History Month** and the heritage of our community, the *Portland Observer* respectfully requests family recipes that have been passed down through generations. The 'Black History Month ~ Community Recipe Collection' will be published throughout the month of February. Email SharonS@portlandobserver.com (with **Subject:** Recipes ~ Black History Month).

Orange Barbecued Ribs

This sauce is really great, but I have to warn you it's a little spicy!

Ingredients:

- 1 cup barbecue sauce
- 1 tsp. grated orange peel
- 1/4 cup orange juice
- 1/2 tsp. crushed red pepper
- 3 lb. pork spareribs or baby back ribs

Prep Time: 5 min
Total Time: 1 hr 35 min
Makes: 6 servings



Directions:

- Preheat grill to low heat. Mix barbecue sauce, orange peel, juice and crushed red pepper.
- Place ribs, bone-sides down, on greased grill.
- Grill uncovered for 30 minutes on each side. Brush with the barbecue sauce mixture.
- Continue grilling 30 minutes or until ribs are cooked through (160°F), turning and brushing occasionally with the sauce mixture.

Great Substitute:

Preheat grill to low heat. Substitute 1 (3-lb.) cut-up broiler-fryer chicken for the ribs. Place chicken, skin-sides down, on greased grill. Grill, uncovered, 50 minutes to one hour or until chicken is no longer pink in centers (170°F), turning occasionally and brushing with the barbecue sauce mixture for the last 15 minutes of the grilling time. Makes five servings.

Ingredients for life. SAFEWAY

1.67
lb
CLUB PRICE

Rancher's Reserve Angus Beef Chuck Pot Roast
Boneless.
SAVE up to \$2.62 lb.

1.67
lb
CLUB PRICE

Manor House Chicken Breast Tenderloin
Sold in 2-lb. resealable frozen bag for \$3.01 ea.
Or Boneless Skinless Chicken Breast @ \$7.96 ea.
SAVE up to \$4.98 ea.

3.99
3 lbs
CLUB PRICE

Golden Ripe Bananas
Club Price: 33¢ lb.
SAVE up to 48¢ on 3 lbs.

1.49
lb
CLUB PRICE

Pork Shoulder Blade Roast
Bone-in.
SAVE up to \$1.00 lb.

2.99
lb
CLUB PRICE

Cooked Northern Shrimp
Sold in a 2-lb. bag @ \$5.98 ea.
Frozen/thawed.
Random weight. \$3.49 lb.
SAVE up to \$3.00 lb.



These really do melt in your mouth.

Ingredients:

- 2 cups flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cream of tartar
- 1/4 tsp. baking soda
- 1/3 cup shortening
- 1 cup buttermilk
- 2 Tbsp. butter or margarine, melted, divided

Buttermilk Biscuits

Directions:

- Preheat oven to 450°F. Mix flour, baking powder, salt, cream of tartar and baking soda in large bowl until well blended. Cut in shortening until mixture resembles coarse crumbs. Add buttermilk; stir with fork until mixture forms soft dough.
- Place on lightly floured surface; knead 20 times or until smooth. Pat or roll out dough to 1/2-inch-thickness. Cut into circles with floured 2-inch cookie cutter. Place on ungreased baking sheet. Brush with half of the butter.
- Bake 12 minutes or until golden brown. Brush with remaining butter.

Pearl's Perfect Crab Cakes with Cool Lime Sauce



"My Aunt Pearl grew up in North Carolina, this family recipe originated in that part of the country."

Submitted by Lena Phillips, Vancouver, Wash.

Ingredients:

- 1 medium lime
- 1 cup mayonnaise or salad dressing, divided
- 1 envelope Italian salad dressing & recipe mix
- 2 Tbsp. Dijon Mustard
- 2 cans (6 oz. each) crabmeat, drained, flaked
- 25 finely crushed Ritz Crackers, divided
- 2 Tbsp. chopped green onion
- 1/4 cup sour cream

Directions:

- Grate the peel and squeeze the juice from the lime. Mix half of the lime juice, half cup of the mayo, salad dressing mix and mustard in medium bowl until well blended. Add crabmeat, half cup of the cracker crumbs and onion, mix lightly.
- Shape into 18 patties; coat with remaining cracker crumbs.
- Cook patties in batches in large nonstick skillet on medium heat two minutes on each side or until browned on both sides and heated through. Mix remaining half cup mayo, remaining lime juice, lime peel and sour cream until well blended. Serve with crab cakes.

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Weather permitting. SAVE up to \$2.00 lb. **5.99** lb CLUB PRICE

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12-oz. Frozen. Selected varieties. SAVE up to \$2.50 ea. **4.99** ea CLUB PRICE

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8-pack, 20-oz. Selected varieties. Club Price: \$5.00 ea. SAVE up to \$4.58 on 2

Lucerne low fat yogurt strawberry **20 for \$8** CLUB PRICE

Lucerne Yogurt
8-oz. Selected varieties. Club Price: 40¢ ea. SAVE up to \$4.00 on 20

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1.75-qt. Selected varieties. SAVE up to \$6.29 on 2

BUY ONE, GET ONE FREE CLUB PRICE

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88¢ CLUB PRICE

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