



Ready for carving and done to a turn is a regal herb-marinated black pepper steak; on grill are Double Treat Frank-Burgers, a special favorite with children, Tomatoes in Foil, and Fiesta Kabobs.



Family Weekly's Guide to Outdoor Cookery

By MELANIE DE PROFT, Food Editor

GRILLING is perhaps the easiest way to entertain a large number of people—and have fun doing it. It's a man's art and one job that the gals gladly relinquish, for a woman never looks her best working over a hot fire; a man never looks better!

The essentials for outdoor grilling are few—a grill, such as one of those pictured, fuel, the food for the feast, and, if possible, an inventive chef.

As for the fuel, charcoal lumps or briquets are preferred by most experts. At times you may want to use fruit wood or hardwood such as apple or hickory chips. Dampened hickory chips tossed on a charcoal fire just before the meat is placed on the grill adds an interesting flavor. Soft woods like pine give foods a tarry soot coating and do not produce a satisfactory bed of coals.

To build a cooking fire, start with a bed of charcoal, two to three inches deep. (It should last the entire cooking period.) Apply liquid- or solid-type charcoal lighter and ignite. The fire is ready for cooking when the coals have burned to a gray color with a ruddy glow underneath. Allow 30 minutes for your fire to become a bed of coals ready for grilling. Another way to start the fire is by beginning the bed with a little paper and kindling. Add a small amount of charcoal and, when it is burning, build the entire bed as directed.

The distance from the top of the coals to the food helps determine the degree of heat. More distance means less heat and slower grilling. Some grills have adjustable fireboxes that can raise or lower the

bed of coals. In others, the position of the grilling rack adjusts. Timing of cooking periods will vary with size of firebox, degree of heat, amount and direction of wind (be sure it isn't blowing smoke in your guests' faces), and the type of grill used. **TIMING AND DISTANCE GIVEN IN THIS ARTICLE ARE ONLY GUIDES.**

During grilling, when flare-ups occur (usually just at the start of cooking as a result of fat dripping onto the coals), douse flames with a small amount of water. Careful aim with a basting tube filled with water, or a water pistol, controls most blaze-ups.

The paraphernalia used in grilling can be simple or elaborate depending entirely on you, the chef. The following items are a few of the necessities:

- An apron that is big enough to keep grease splatters and soot away from your favorite sport clothes. (Add a chef's hat for fun.)
- Asbestos or well-padded gloves are the cook's best friend—use them regularly to prevent burns.
- Long-handled hand tools include forks, spoons, turners, tongs, and basting brushes. Flourish them with confidence—they're important.
- Sharp knives are necessary for carving and testing doneness of meat.
- A basting tube to control flare-ups.
- A broiling basket to handle small or extra-tender foods and many large cuts of meat.

WHETHER IT'S plain or fancy, cooking outdoors makes any meal a party. Here's a selection of equipment to fit any budget and every occasion, whether it's preparing hot dogs at the beach or an elegant buffet on the patio.

The firebox of the portable cast-iron charcoal grill (upper left) has a detachable handle which raises or lowers the grill by resting it in notches in the legs, even as the 'burgers and buns brown. It's under \$5. If there's a sudden shower, the legs of the wheeled grill (middle left) may be removed, and the grill set in a fireplace. Of porcelain-coated cast iron, it has a sliding door to regulate drafts, a well to collect the marinade used while meat is grilling, and a pouring spout. Fancier is the copper-toned barbecue (lower left) with its hood shelter and motor-driven rotisserie spit. Its circular grill can be adjusted by the crank handle under the charcoal firebox. The wire basket (a separate unit but widely available) rotates on the spit as the chicken or roast browns.

For more ambitious chefs, there's a stainless steel grill (upper right) with motor-driven spit and a lamin-

ate-topped counter where the cook may assemble seasonings to baste the meat as it barbecues.

If you'd rather cook with gas, the rotisserie-vertical broiler unit (middle right), may be dropped into a counter or fireplace top. Radiant metal mesh covers its vertical burners, thereby cutting grilling time for flavorful shish kabobs and other succulent treats. Both the electrically turned spit, with built-in thermometer, and the broiler racks come with the unit; it's available in chrome or four colors.

And, for sophisticated cooking, there's a two-faced cart (lower right) with two motor-driven spits, a rotary charcoal grill which tilts to drain steak juices into a drip pan to serve with the steak, and a storage compartment. The other face (shown here) is an electric range with oven, controlled-temperature griddle, and two surface heating units. There's even an outlet for the electric percolator. The cart is flanked by dropleaf cutting-serving boards. It's priced around \$750—a far cry from the price of the portable grill—but then its talents are far superior.



ILLUSTRATIONS BY ALICE GOLDEN

OUTDOOR GRILLING—For Fun and Flavor

Marinated Black Pepper Steak

The amount of cracked pepper used on this steak depends completely on personal taste. As a rough guide, two teaspoonsfuls for each side of a large steak isn't too much.

Purchase a sirloin steak, cut 1½ to 2 in. thick. (Allow ¾ to 1 lb. per person.) Put steak in a large, shallow pan, cover with steak marinade and allow to marinate several hours or overnight. Before grilling, remove steak from marinade and press coarsely crushed peppercorns liberally into both sides of steak. Grill 3 to 4 in. from coals, allowing about 15 min. for total grilling time; turn once. Test doneness by slitting meat near bone and noting color of meat. To serve, cut steak diagonally into thin slices.

Marinade for Steak

- TO PREPARE: 10 MIN.
- 1 cup red wine vinegar
 - ¼ cup salad oil
 - ¼ cup firmly packed brown sugar
 - Few drops Tabasco
 - ¼ teaspoon salt
 - ¼ teaspoon marjoram
 - ¼ teaspoon rosemary
 - ¼ cup chopped onion
 - 1 clove garlic, minced
- Combine all ingredients in a screw-top jar. Shake well to blend. About 2 cups

Double Treat Frank-Burgers

TO PREPARE: 10 MIN. TO GRILL: 10-15 MIN.

- 2 lbs. ground beef
- 2 teaspoons salt
- Black pepper
- 2 tablespoons catsup
- 6 frankfurters, cut in halves lengthwise
- 6 ½-in. strips Cheddar cheese
- 3 dill pickles, cut in quarters lengthwise
- French dressing

1. Combine beef, salt, pepper, and catsup; mix lightly. Form into twelve flat patties of equal size.
2. Place two frankfurter halves, cut sides down, on each of six patties; place a strip of cheese and two pickle strips between the frankfurter halves. Top with remaining patties. (See photo.)
3. Place frank-burgers in a broiling basket. Grill about 3 in. from coals 10 to 15 min., frequently turning and brushing with French dressing. 6 servings

Fiesta Kabobs

Thread on 12-in. skewers cherry tomatoes, 1-in. slices of zucchini, cooked small whole onions, pimiento-stuffed olives, carrot strips (marinated in dill-pickle juice), arithaka hearts, green pepper squares, and large whole mushrooms. (See photo.) Grill about 3 in. from coals until lightly browned, brushing with French dressing.

Pineapple-Chicken Barbecue

TO PREPARE AND COOK: 15 MIN.

- ½ to 1 cup commercial barbecue sauce
- 1 8½-oz. can (about 1 cup) crushed pineapple
- 1 11-oz. can mandarin oranges, drained
- 3 cups sliced cooked chicken
- 8 sandwich buns, split, buttered, and toasted
- Sliced pimiento-stuffed olives

1. Combine first three ingredients in a skillet. Add chicken slices and heat thoroughly, about 10 min.
2. Spoon mixture onto bottoms of warm buns, add olive slices, and replace tops. 8 servings

Tomatoes in Foil

TO PREPARE: 15 MIN. TO GRILL: ABOUT 10 MIN.

- 2 large tomatoes
- Salt
- Freshly ground pepper
- 4 teaspoons butter or margarine
- 2 tablespoons chopped parsley
- 3 tablespoons chopped green onion including tops
- ¼ teaspoon basil, crushed
- ¼ teaspoon tarragon, crushed
- ½ clove garlic, crushed in a garlic press

1. Cut tomatoes into halves crosswise. Sprinkle cut surface of each tomato half generously with salt and pepper; top each with 1 teaspoon butter.

2. Mix remaining ingredients and mound one-fourth of the mixture on each tomato half. Set tomatoes on a large piece of heavy-duty aluminum foil; wrap and seal tightly. Grill 3 in. from coals about 10 min., or until just tender. 4 servings

Grilled Trout

TO PREPARE: 10 MIN. TO GRILL: ABOUT 8 MIN. (allow time for marinating)

- 6 cleaned fresh trout, about 5 to 6 oz. each
- ½ cup olive oil
- ¼ cup lemon juice
- 2 tablespoons water
- 2 tablespoons grated onion
- 2 tablespoons minced parsley
- 2 teaspoons salt
- ¼ teaspoon black pepper
- 1 teaspoon curry powder
- ¼ teaspoon celery flakes
- ¼ teaspoon tarragon

1. Remove heads and fins from trout, if desired; rinse trout under cold running water and pat dry with absorbent paper. Put in a shallow dish.
2. Combine remaining ingredients in a screw-top jar. Shake well to blend. Pour over trout, cover, and set in refrigerator to marinate at least 2 hrs., turning occasionally.
3. Drain and reserve marinade. Put trout on greased grill or in a greased broiling basket; brush with marinade. Grill 3 in. from coals about 4 min.; turn, brush with marinade, and grill second side about 4 min., or until fish flakes easily. Serve immediately. 6 servings

Glazed Chicken-on-a-Spit

TO PREPARE: 15 MIN. TO GRILL: ABOUT 1 HR.

- 2 1½ to 2-lb. broiler chickens
- 2 teaspoons salt
- Currant-Mustard Glaze

1. Remove spit from grill before building fire.
2. Rub cavities of birds with salt. Skewer neck skin to back; tuck wings against back. Carefully insert spit lengthwise through both birds. Be sure they are well balanced on the spit for even turning. Tie drumsticks to spit. Brush chickens with Currant-Mustard Glaze.
3. Attach spit; place drip pan in position. Start motor and grill about 1 hr., brushing frequently with glaze. Remove chickens from spit. Serve remaining glaze as a sauce, if desired. 4 servings

Currant-Mustard Glaze

(about 1 cup)—Combine 1 8-oz. jar red currant jelly, ½ cup prepared mustard, and ¼ teaspoon Tabasco in a small saucepan. Set over low heat until well blended and jelly is melted, stirring occasionally.

Glazed Grilled Chicken

Chicken halves may be grilled and glazed as in recipe for Glazed Chicken-on-a-Spit. Put chicken halves, cut side down, on a greased grill 3 in. from coals. Turn and brush with Currant-Mustard Glaze every 5 min. for even cooking and browning. Grill about 20 min., or until chickens test done. (Chicken is done when meat on thickest part of drumstick cuts easily and shows no pink.)

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