

Let's Grill outdoors

Family Weekly **COOKBOOK**



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Barbecued Chicken-on-a-Spit

Remove spit from grill before building fire.

Clean, rinse, and dry with absorbent paper

2 1½- to 2-lb. broiler chickens

Rub cavities of birds with about

2 teaspoons 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

Barbecue Sauce

Grill 8 in. from coals, turning frequently. Brush often with the sauce to keep the skin moist and add flavor. (Hold a pan under the chickens while basting to catch any drippings.) Grill until a drumstick twists out of joint easily (about 1 hr.).

Serve with remaining sauce. **4 servings**

Note: Chicken may be cut into halves lengthwise, brushed with the Barbecue Sauce or a **lemon-flavored butter**, and placed on greased grill or in a greased steak broiler. Place cut side down 3 in. from coals. Turn chickens every 5 min. to brown and cook evenly. Brush frequently with sauce or butter. Grill about 20 min., or until chicken tests done.

Kabobs

Kabobs are pieces of meat or fish, vegetables, and sometimes fruit, threaded alternately on a long skewer and grilled. Let your imagination create many flavorful combinations. Cut tender **beef or lamb** into 1- to 2-in. cubes. For a meat kabob, the grilling time (3 in. from the coals) will be 10 to 20 min., with frequent turning and brushing with melted **butter** or **marinade**. When done, the meat should

have a luscious rich brown color. Season with **salt** and **pepper**.

The meat cubes may be marinated in a sharp **French dressing** (or any desired marinade) several hours before grilling.

Here are some kabob suggestions:

1. **Meat cubes** strung with **bacon-wrapped mushroom caps**, **green-pepper squares**, and small cooked whole **onions**. Small whole **tomatoes** may be added toward end of grilling period.
2. **Marinated, deveined raw shrimp** (about four to a skewer) grilled 4 to 5 min., and brushed frequently with **marinade**.
For Marinade—Mix together ½ cup **soled oil**, 1 **tablespoon lime juice**, ½ **teaspoon grated lime peel**, ¼ **teaspoon pepper**, ¼ **teaspoon salt**, ¼ **teaspoon ground ginger**, and 1 **clove garlic**, minced.

Grilled Steaks and Chops

For Steaks—Have sirloin, porterhouse, tenderloin, T-bone, or rib **steaks** cut about 1½ in. thick. Place on greased grill about 3 in. from coals. Grill on one side 6 to 8 min. Turn, brush tops of steaks with melted **butter** and season with **salt** and **pepper**. Grill 6 to 8 min. on second side. Shortly before removing from grill, spread tops of steaks lightly with softened **Roquefort cheese**.

Or, for **butter** substitute **garlic-flavored butter** or any sharp-flavored **French dressing**. (If desired, steaks may be marinated in **French dressing** for an hour before grilling.)

For Chops—Have rib or loin **lamb chops** cut 1 to 1½ in. thick. Grill as for steaks, 4 in. from coals. Allow about 8 min. on each side. Baste with **lemon-flavored butter** mixed with finely chopped **fresh mint**, or use **garlic-flavored butter**.

Rock-Lobster Tails

Allow 1 12-oz. **rock-lobster tail** per person. If frozen, thaw according to directions on package. Snip through and remove thin shell on underside; remove vein. Holding tail in both hands, bend it towards shell side to crack, or insert a skewer lengthwise through meat. This keeps tail flat.

Place on grill about 4 in. from coals, shell side down. Brush with **lemon-flavored butter** with chopped **parsley** or melted **butter** with chopped **chives**.

Grill about 10 min., or until shell is charred, brushing with **butter** occasionally. Turn tails and continue grilling about 6 min., or until meat is completely white and opaque. Serve with additional **butter** and **lemon wedges**.

Barbecue Sauce

This sauce keeps well and may be stored in refrigerator for days before using. Heat before serving.

Combine in a heavy saucepan

- 1 cup (8-oz. can) **tomato sauce**
- ¾ cup (6-oz. can) **tomato paste**
- ½ cup **chopped onion**
- 1 **clove garlic** (thin, papery outer skin removed), crushed in a **garlic press** or minced
- ¼ cup **firmly packed brown sugar**
- ¼ cup **cider vinegar**
- 1 **tablespoon Worcestershire sauce**
- ½ **teaspoon Tabasco**
- 1 **teaspoon salt**
- ½ **teaspoon Accent**
- ½ **teaspoon pepper**
- ½ **teaspoon celery salt**
- ½ **teaspoon dry mustard**
- ½ **teaspoon chili powder**

Bring to boiling, stirring until sugar is dissolved. Reduce heat, cover, and simmer about 20 min. About 1½ cups sauce

"How to" FOR OUTDOOR CHEFS



These are facts worth noting for successful grilling:

Charcoal lumps or briquets are the preferred types of fuel.

Charcoal should burn to a gray color with a ruddy glow before you start cooking. **Dampened hickory chips** tossed on a charcoal fire just before meat is placed on the grill give added flavor.

Distance from the top of the coals to the food will determine the degree of the heat. But both distances and timings suggested in these recipes are only guides. **Timing** will vary with the size of the fire-box, intensity of heat, amount and direction of wind and type of grill.



A minimum of grill accessories would include:

Long-handled hand tools (forks, tongs, spoons, turners, and basting brushes)

Asbestos or padded canvas gloves

A **baster** for dousing flare-ups with a small amount of water

Aluminum foil

Plenty of paper products, such as plates—moistureproof and plastic-coated, and available in many colors and sizes—napkins, and cups