

Vegetables

Carry along such raw vegetable relishes as carrot, green pepper and celery sticks; cucumber slices, radishes, and whole tomatoes. Crushed ice added to the container will keep the nibblers crisp.

Vegetable Packets—Combine two or more of your favorite vegetables and spoon the mixture onto sheets of heavy aluminum foil. Season and top with a pat of butter or margarine. Shape foil into a loose package and seal edges with double fold. Place on grill; watch carefully and turn occasionally to prevent sticking. Serve vegetables on the foil, edges of foil turned back.

Onions—Leave dry outer skins on Spanish or Bermuda onions. Wet thoroughly and place on grill over hot coals. Roll occasionally while grilling. Onions are done when black on outside and soft and creamy inside (about 50 min.).

Tomatoes—Rinse tomatoes and cut into

halves. Brush with melted butter and season with salt and pepper. Place cut side up on the grill over hot coals for about 3 min. If desired, sprinkle with grated cheese after seasoning.

Corn—Loosen husks from ears of garden-fresh corn. Do not remove but carefully pull down husks only far enough to remove silk and blemishes. Dip into pail of water; shake well and rewrap in husks. Let stand in the pail of water about an hour, until husks are soaked. Place on grill and roast, turning often, about 15 min., or until corn is tender.

Potatoes—Scrub, dry, and rub potatoes with fat. Wrap each one in aluminum foil, sealing edges with double folds. Place on grill for about 1 hr. (turning several times), or until potatoes are soft when pressed with glove-protected fingers. Loosen foil, cut a cross in top of each potato. Pinch open; add butter and seasonings.

MELANIE DE PROFT, Director Culinary Arts Institute,

Family
Weekly
Cook book

Chicken Oriental

TO PREPARE: 12 MIN.

TO MARINATE: 3 HRS.

TO GRILL: 20 MIN.

- 2 broiler chickens, 1 to 1½ lbs. each, ready-to-cook weight
- ½ cup soy sauce
- ¼ cup sugar
- 3 drops Tabasco
- 1½ teaspoons ground ginger
- ½ teaspoon Accent
- Few grains paprika
- 1 clove garlic (thin, papery outer skin removed), crushed in a garlic press or minced
- Melted butter

1. Clean, rinse, and dry chicken. Split each chicken in half lengthwise. (If chickens are frozen, thaw according to directions on package.) Crack joints of drumsticks, thighs, and wings so chick-

ens can be kept flat during grilling.

2. Mix together in a large shallow dish the soy sauce, sugar, Tabasco, ginger, Accent, paprika, and garlic. Add chicken to soy-sauce marinade; cover and marinate about 3 hrs., turning occasionally.

3. Drain and reserve marinade for basting. Place chicken halves on greased grill or in a greased steak broiler. Brush with melted butter. Grill, cut side down, about 3 in. from coals. Turn every 5 min. to brown and cook evenly. Brush frequently with reserved marinade.

4. 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. 4 servings

CHEESE SAUCE IN 3 MINUTES! no flour or shortening needed!

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Takes less time because there's less to blend. No flour! No shortening! Just Carnation and cheese. For Carnation is twice as rich as other forms of milk. Makes smoother cheese sauce, too—because it's specially homogenized to blend better than ordinary milk.

RECIPE:



Simmer 1½ cups (large can) undiluted Carnation and ½ teaspoon salt over low heat to just below boiling (2-3 minutes).



Add 2 cups (about 8 ounces) grated process-type American Cheese. Stir over heat until the cheese melts. That's all!

Serve as illustrated... with vegetables, or in casseroles! Creamy-smooth every time because it's made with double-rich Carnation!

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