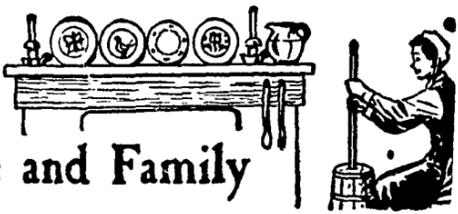


For the Farm Wife and Family



Let's Have A Picnic: Part 1

By: Mrs. Richard C. Spence

Eating out-of-doors is always fun, no matter whether the food is prepared indoors or out. And it tastes so much better! When there's a picnic planned everyone wants to get in the act, so Mother, here's your chance to sit back and enjoy yourself.

There are many delicious foods which can be easily prepared for eating outdoors; we have some suggestions for you today for main meat dishes — some to be prepared in the kitchen and some on the grill in the backyard. Take your pick and let the whole family join in the fun.

Lean, savory pork chops drenched in spicy barbecue sauce and topped with onion and green pepper slices will build your reputation as the perfect summertime cook. You can cook the chops on top of your outdoor grill — with no clean-up needed — when each portion is securely wrapped in aluminum foil.

BARBECUED PORK CHOPS

Barbecue Sauce:

- 1 tablespoon butter
 - 1/3 cup finely chopped onion
 - 1/4 cup finely chopped celery
 - 1/4 cup water
 - 1/2 cup catsup
 - 2 tablespoons vinegar
 - 1 tablespoon lemon juice
 - 1 tablespoon Worcestershire Sauce
 - 1 tablespoon brown sugar
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
- Melt butter; add onion, celery, cook until tender. Adding remaining ingredients, simmer 20 minutes.

To Prepare Chops:

- 8 1/2-inch thick loin pork chops

- 1 recipe Barbecue Sauce
- 1 medium onion, sliced thin
- 1 small green pepper, cut in rings

Brown pork chops on both sides over hot coals. Pour 1 tablespoon Barbecue Sauce in center of eight squares of aluminum foil; place chops on top; place 2 slices onion, 1 tablespoon Barbecue Sauce, 2 rings green pepper on top of each chop. Bring torn edges of foil together in tight double folds on top of chops; fold ends up using tight double folds. Place packages on grill over medium coals for 45-50 minutes, turning frequently. Eight servings.

Rock Cornish Hens on a picnic! It's really not as ridiculous as it might sound. Mounted on the spit of your grill and basted frequently with a rich butter glaze sauce they take on a succulent flavor that is out of this world. The sauce is a flavorful combination of the usual barbecue ingredients in a butter base, with the delightful addition of apple jelly.

ROCK CORNISH HENS

- 4 1-pound Rock Cornish Hens
- Salt and butter
- Butter Glaze Sauce:
- 1/3 cup butter

- 1/2 cup apple jelly
- 1-1/2 teaspoons Worcestershire Sauce
- 1 teaspoon dry mustard
- 2 tablespoons vinegar
- 1/4 cup catsup

Melt butter and add remaining ingredients. Wash and dry hens thoroughly. Rub cavity of each hen well with salt and butter; season outside of hens with salt. Tie the legs and wings of the bird to the carcass with cord. Mount birds on the spit so the weight is properly balanced. Cook about 12 in above hot coals. Baste frequently with Butter Glaze Sauce. Allow about 1-1/4 to 1-1/2 hours to cook.

You can even do shrimp on top of the grille. They can be cleaned and refrigerated until grilling time. The fresh shrimp are cooked in a butter sauce of lime and lemon juice, lime peel, garlic and seasonings. They take but minutes to cook and make a delicate and appetizing beginning for the feast to come.

SHRIMP IN BUTTER SAUCE

- 1/2 cup (1 stick) butter
- 2 tablespoons lime juice
- 1 teaspoon grated lime peel
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- Salt and pepper
- 12 shrimp, cooked and de-

voined

Make a small pan of heavy duty aluminum foil. Melt butter in foil on top of grill. Stir in remaining ingredients, then add the shrimp. Cook 4-5 minutes to heat the shrimp.

Barbecue Pot Roast, surrounded by potatoes and carrots and enhanced by pungent Parmesan cheese, is delightfully different to cook over the coals; though it may take you a few minutes more, it's certainly worth every second. While the roast is gently cooking, you can relax in the sun — stepping only to stuff a loaf of French bread with butter and place it over the coals to heat.

BARBECUED POT ROAST

Barbecue Sauce

- 1 cup catsup
 - 1/2 cup grated Parmesan cheese
 - 1/4 cup (1/2 stick) butter, melted
 - 1 large onion, diced
 - 1 tablespoon vinegar
 - 1/2 teaspoon Worcestershire Sauce
 - 1/4 teaspoon thyme
 - 1/4 teaspoon oregano
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
- Combine ingredients. Set (Continued on Page 9)

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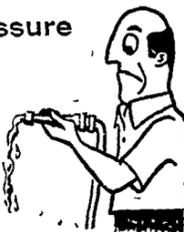
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