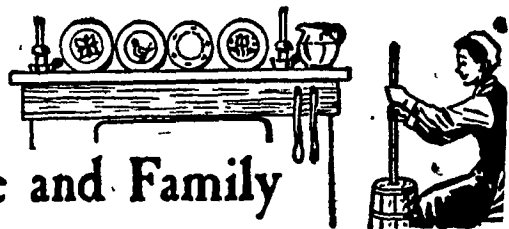


## For the Farm Wife and Family



### The Backyard Chef

By Mrs. Richard C. Spence

A back yard barbecue is one of the most pleasant ways to enjoy summertime outdoors and at the same time avoid using the kitchen on the hottest days. It also gives the male member of the family a chance to show off their cooking skills! Most men shy away from kitchen cooking but need no encouragement when it comes to cooking on a grill.

Ideally, outdoor meals should be planned so that no one person must do all the work. Kabobs, while they look somewhat complicated, can provide a nourishing meal with a minimum of effort by the home-maker; the backyard chef can cook them to their tender "done-ness" over hot coals on a grill.

Ingredients for the meal can be prepared in the morning so that no more effort is needed until dinner time. Kabobs can be cooked on metal skewers or on long green sticks and usually involved a combination of meat and vegetables. Desserts, too, can be cooked on skewers. Each member of the family can cook his own kabobs, if they like.

The familiar "shish kabob" originated with the Armenians, who cook lamb on skewers or "swords" and serve it, flaming, with a flourish. However, kabobs can be made from an almost endless combination of foods.

Meats should be cut into one-inch chunks, with vegetables cut to sizes which will cook in the same amount of time. Slow-cooking vegetables may be partially cooked before they are placed on skewers with the meat, or they may be skewered and placed on the grill a little ahead of the meat.

The meat, especially beef or lamb, can be marinated several hours or over night. Marinades act as tenderizers and add flavor to meat. The recipe for one kabob marinade includes ½ cup salad oil, 2 tablespoons lemon juice, ¼ cup chopped onion, 1 teaspoon dry mustard, ½ teaspoon each salt and garlic salt and a dash of pepper. Mix all ingredients together and marinate meat cubes in the

cod, green pepper and onions; shrimp, scallops, green pepper and onion; frankfurter chunks, pineapple or apple chunks and bacon; beef sirloin or veal steak, cooked tiny onions, fresh tomatoes and mushrooms. Many other combinations are possible.

Let each member of the family construct and cook his own, alternating meat and vegetables to fill the skewer and brushing remaining marinade on them as they cook. Melted butter and lemon juice might be used instead.

Meat cooks more evenly and faster if not crowded on the skewer. Turn kabobs to brown on all sides. Seafoods and pre-cooked meats take eight to ten minutes, while beef or lamb cubes need to cook 15 to 20 minutes. They should broil about three inches from the heat.

Little pastry desserts can be made from a tube of refrigerated biscuits. Cut each of the biscuits into thirds and roll each piece into a ball. String on skewers, leaving about a half inch between them. Bake over hot coals, turning constantly until browned and completely done, about seven minutes. Dip them into melted but-

ter immediately and roll in a cinnamon-sugar mixture. One tube of refrigerated biscuits makes 30.

#### ALUMINUM FOIL MAKES OUTDOOR COOKING EASY

Take a vacation from the ordinary in outdoor meals — and from fuss and bother, as well. Enjoy a cookout prepared the easy way — all in a package, and with no dishes to wash!

For example, a large hamburger patty garnished with potatoes, onions and carrots makes a tasty, satisfying meal. Place the hamburger patty in the middle of a doubled square of super-strength aluminum foil. On it, arrange the potato and onion slices and some slivers of carrot. Season with salt, pepper and butter, and wrap tightly, ready for the fire.

To hold steam and juices in the package, use the "dumpling wrap." Draw the four corners of the foil square together, folding and crimping the edges

where they meet. Put the packages in the refrigerator until ready to use.

Slice a loaf of Italian bread, but not all the way through. Spread soft butter between each slice, adding a little garlic if desired. Wrap the loaf in super-strength foil, folding over all edges securely.

For dessert, partly core apples; put each apple on a doubled square of foil. Fill with raisins, butter and sugar, plus a sprinkle of cinnamon. Twist the edges of the foil together on top. If you like bananas, peel and slice lengthwise, sealing them in foil with a little butter, cinnamon and sugar.

Fruits can be put on the grill with the hot dinner packages. Put the bread where it will warm slowly.

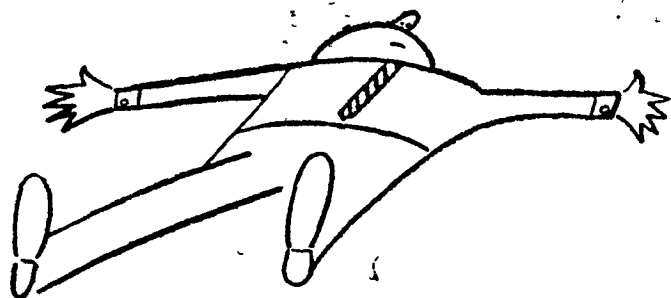
Cooking time is about 40 minutes for these foods. When the meal is ready, simply open the packages and use the foil as a plate.

mixture for several hours.

Serve kabobs on plates with rolls and butter, or place them in buns or French bread as sandwiches. A crisp garden salad, simple dessert and beverage complete the meal.

Here are some kabob combinations: chunks of steak, mushrooms and sliced onions; ham, pineapple and orange sections; luncheon meat, quartered tomatoes and small cooked onions; meatballs wrapped in ba-

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