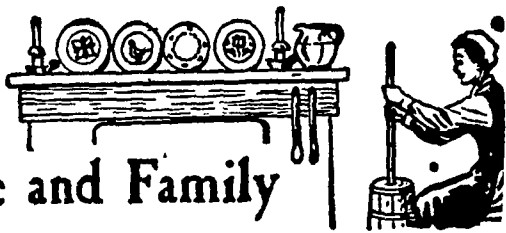


For the Farm Wife and Family



The Fourth Meal

By Mrs. Richard C. Spence



SPENCE

It is again the time of year when Dad takes to cookin'. And with a little help from the family his glory at the grill can be practically effortless. Mother can make the meal less work by starting with menu planning. Grilled steaks, chops, ribs and chicken provide enough variety for any family — and they are all simple to prepare outdoors. Add baked potato, tossed salad and hot bread for the main course; cookies or fruit complete your meal. You'll find bigger appetites come to the table at fresh-air meals, so include bigger than average servings.

Other cuts of meat to consider for the main course are beef, lamb or pork roasts, smoked or cured ham, sausage, fish and

broiler chicken halves. Steaks, chops, patties and other grilled meats are excellent for quick cookery. Cooking time varies from 10 to 20 minutes. For a large boneless cut roast cooking may take up to 5 hours. They can be covered with aluminum foil after browning, and cooked on the grill. Seasoning and cut-up vegetables are easily included in the package. Select uniform shapes for roasting. The rod should be inserted so that meat is balanced for smooth turning. A meat thermometer is the safest guide to your kind of perfection.

Kabobs are always easy to prepare, in spite of their gourmet appearance. Chunks of meat, alternating with fruit or vegetables are skewered

and broiled. Tenderest kabob meats have been marinated before cooking.

Square or angular shafts are preferred for skewers that hold foods in place. Long green sticks are ready substitutes when skewers are not handy.

The first barbecue of the season is bound to be a wow of an occasion — if you have Barbecued Spareribs in the spotlight. Everyone loves the crisp brown meat — it's a special treat for youngsters, who always have fun eating out-of-hand nibble foods. And when the ribs are accompanied by barbecued skewered fruits, that's mighty fine eating. To ensure that the meat will be as done as it looks outside, pre-

bake the ribs for an hour in the oven and then remove them to the grill for the final cooking.

BARBECUED SPARERIBS WITH FRUIT

- 6 pounds (2 racks) spareribs
- 1½ teaspoons salt
- 1 lemon, thinly sliced
- ¼ cup molasses
- ½ cup prepared mustard
- ¼ cup vinegar
- 2 tablespoons soy sauce
- 1 tablespoon celery seed
- 2 tablespoons Worcestershire sauce

- Green-tipped bananas
- Pineapple chunks
- Maraschino cherries

Cut spareribs into serving pieces; place them, meaty side up, on shallow foil-lined baking pan. Sprinkle with salt. Top with lemon slices. Bake in a moderate oven (350 degrees) 1 hour. Remove from oven; pour off fat. Refrigerate. When ready to grill, combine remaining ingredients. Place spareribs on grill 6 to 8 inches from heat; brush with sauce after 15 minutes. Cook 15 minutes longer, brushing with sauce. Alternate chunks of bananas, pineapple, and cherries on skewers. Brush with barbecue sauce and grill last 10 minutes of cooking time, until fruit is heated.

BARBECUED CHUCK OR BLADE STEAK

- 2½ to 3½ pound chuck or blade steak, 1 to 1½ inches thick
- 1 teaspoon celery seed
- ¼ cup finely minced onion
- 1 clove garlic, pureed
- 1 tablespoon grated lemon peel
- ½ cup fresh lemon juice
- ½ cup salad oil
- 1 teaspoon salt

Wipe meat with a damp

paper towel; place in a shallow dish. Combine remaining ingredients, mixing well; pour over meat and refrigerate 12 to 24 hours, turning meat once or twice. Drain, reserving marinade. Place meat on broiler rack 4 to 6 inches from heat; broil about 8 to 10 minutes on each side for medium doneness. Or, place on grill over hot coals; cook 6 to 8 minutes on each side or until meat is cooked to desired doneness. If desired, heat drained marinade in saucepan and serve with meat.

CALVES LIVER — KABOBS

- 1 pound fresh calves liver, cut ½ to ¾-inch thick
- ½ cup salad oil
- 1 teaspoon grated lemon peel
- ½ cup fresh lemon juice
- ¼ teaspoon dried thyme leaves, crushed
- 1 teaspoon salt
- ¼ teaspoon pepper

- ½ teaspoon sugar
- ¼ pound bacon (6 to 7 slices cut in 1 inch pieces)
- 1 6-ounce can broiled mushroom crowns, drained
- 4 medium tomatoes, quartered

Wipe calves liver with paper towels. Cut into 1-inch squares. Combine salad oil, grated lemon peel and thyme, salt, pepper and marinade over liver to coat. Refrigerate for an hour longer. Drain, reserving marinade. Thread liver on skewers alternately with bacon, mushroom crowns and tomato quarters. Place on broiler pan, or grill over hot coals; brush with marinade. Broil or grill 3 to 4 minutes on each side, brushing frequently with marinade.

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