

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

For The Outdoor Chef

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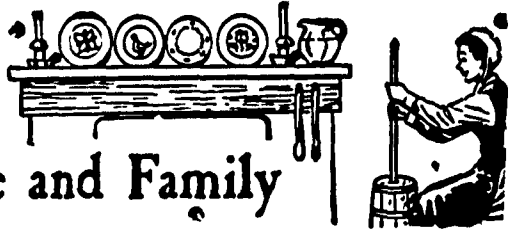
A good outdoor chef who appreciates the fine art of meat cookery practices lazy charcoal cookery. He knows that all kinds of meat have greater tenderness, juiciness and good meat flavor if cooked over low heat so that the surfaces cook and brown rather than char. Charred meat becomes bitter. Steaks and roasts may be cooked to rare, medium, or well-done even though the flames have died down before the cooking begins.

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The rotisserie has brought a new dimension to meat cookery. Keeping in step with the variety in equipment is a wide choice of new roasts just right for spit cooking.

There are a few easy guides to use when deciding on a roast for the spit. Rotisserie cooking is dry heat cookery just as ovenroasting is. Only tender cuts of meat are rec-



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ommended for these methods. The roasts should be tender, flavorful, and juicy when cooked on a spit by direct heat. Boneless, uniformly shaped roasts, five to six inches in diameter, are easy to balance on a spit and cook evenly. The boneless pork loin roast has all of these desirable characteristics and is a breeze to slice and serve.

Care should be taken not to overcook the pork roast. If the cooking is done over charcoal the heat should be low so the roast does not char on the outside before it is cooked to the center. The roast will take about one-third less time on the spit than in an open pan in the oven. It has been found in test kitchens that boneless pork loin roasts weighing 2½ to 3 pounds were rotisserie cooked to 165 degrees F. in 1½ to 2 hours. The temperature continued to rise to 170 degrees F. (the recommended internal temperature for pork roasts) after they were removed from the heat.

Short ribs are newcomers to the outdoor grill. They should be cooked slowly to develop the full flavor and tenderness. With the ribs placed on skewers, it

is easy to turn several at one time.

BARBECUED SHORT RIBS ON SKEWERS

- 4 pounds short ribs
- 2 teaspoons dry mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon cayenne pepper
- ¼ cup catsup
- 1 tablespoon lemon juice
- 2 tablespoons molasses
- Green peppers
- Sandwich buns

Combine all ingredients except the short ribs, molasses, green peppers, and buns. Pour the mixture over the short ribs in a bowl and allow to stand several hours. Lift short ribs out of marinade and place several on each skewer, leaving a space of about 1 inch between each rib. Place short ribs on broiling rack and broil slowly, turning to cook evenly. Add molasses to remaining marinade and brush onto short ribs about 10 minutes before cooking is finished. The total cooking time should be about 40 minutes or until meat is fork tender.

Serve the short ribs on the skewers if you wish with green pepper cups holding the re-

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SUPER SHOES

Self Service

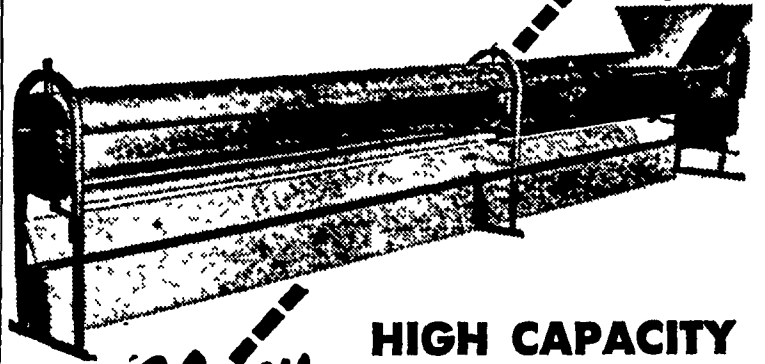
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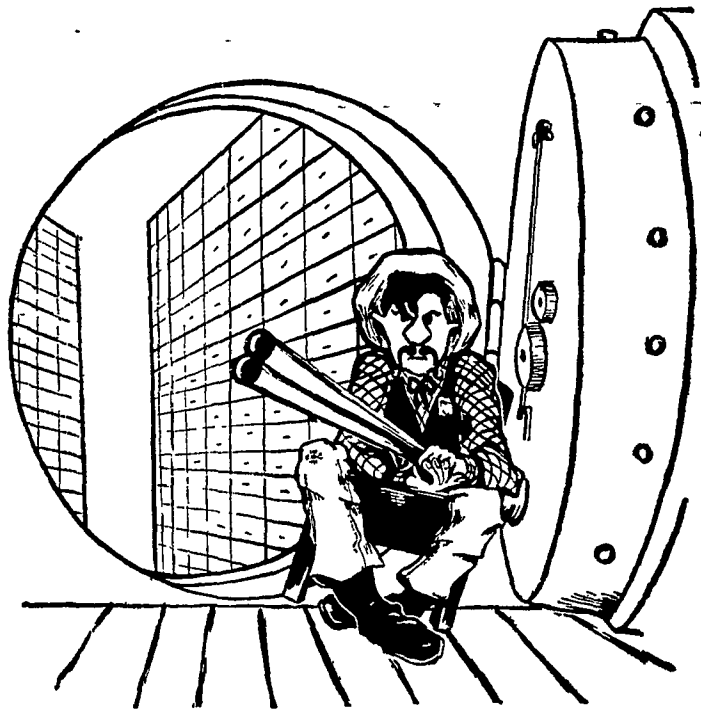


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