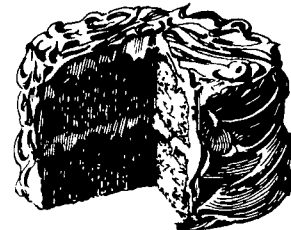


Home On The Range



Delight your family with kabobs

Looking for a way to spruce up your meals? Try placing your meat, vegetables and fruit on skewers and watch your family's eyes light up with delight.

You can bake them, broil them or grill them, but whatever way you decide to cook them, kabobs will smell delicious and taste even better.

BEEF TERIYAKI KABOBS

2 pounds sirloin steak, cut 3/4 inch thick
 1/4 cup Wish-Bone Italian Dressing
 1/2 cup soy sauce
 1/4 cup white wine
 2 tablespoons honey
 1/2 teaspoon ground ginger
 1 can (13 1/2 oz.) pineapple chunks, drained
 8 small tomatoes, halved
 8 mushrooms, halved
 8 canned water chestnuts, halved

Cut steak into 3/4-inch cubes and place in bowl. Combine Italian Dressing, soy sauce, wine, honey and ginger in saucepan. Simmer 10 minutes; cool. Pour over cubes, cover bowl and marinate in refrigerator 2 to 3 hours. Remove cubes from marinade and thread on skewers, alternating each cube with a piece of pineapple, tomato, mushroom, and water chestnut. Place kabobs in roasting pan or jelly roll pan. Place in hot oven (400°F.) and cook to rare or medium (7 to 8 minutes). Serve hot. Yield: Approximately 15 kabobs (4 beef cubes each).

Marguerite Webb Barford
 Augusta, WV

ORANGE-GLAZED HAM KABOBS

24 (1-inch) fully-cooked ham cubes - about 1 1/2 pounds
 2 medium oranges, pared and cut into eighths
 1 large green pepper, cut into 16 pieces
 1 large red pepper, cut into 16 pieces
 1/2 cup orange juice
 2 tablespoons tomato paste
 1/4 teaspoon ground ginger

Alternately thread three ham cubes, two orange pieces, 2 green pepper pieces and 2 red pepper pieces on each of eight skewers. Place on rack in broiler pan. Broil 4 to 5 inches from heat for 8 minutes, turning occasionally. Combine orange juice, tomato paste and ginger; mix well. Brush kabobs with half of sauce and continue broiling 2 to 3 minutes. Turn kabobs, brush with sauce and continue broiling 2 minutes or until done. Serves 8.

BROILED FRUIT KABOBS

Set oven control at broil and or 550°F. Cut a variety of fresh or canned fruits into uniform pieces, about 3/4-inch cubes. (Try pineapple, pitted cooked pruned, oranges, pears, maraschino cherries and pickled kumquats). Alternate fruits on long skewers; place on well-greased rack in broiler pan.

Blend 1/4 cup honey and 1 1/2 teaspoons lemon juice; brush on fruit. Broil kabobs about 5 inches from heat 1 1/2 minutes or until light brown. Turn; brush with honey mixture. Broil 1 1/2 minutes longer or until heated through.



Steak kabobs on the grill make an excellent main dish for a warm evening's meal.

HOT CHEESE DIP FOR APPETIZER KABOBS

2 cans (10 3/4 oz. each) condensed cream of mushroom soup
 4 cups (16 oz.) shredded Cheddar cheese
 1 cup dairy sour cream
 4 teaspoons prepared mustard
 2 teaspoons Worcestershire sauce
 1/4 cup finely chopped chives

2 packages (5 oz. each) miniature cocktail sausages, fully cooked
 8 cling peach halves, well drained
 2 large green peppers

For dip, combine soup, cheese, sour cream, mustard and Worcestershire sauce in sauce pan. Heat over low heat, stirring occasionally, until cheese is melted and mixture is hot. Meanwhile, for kabobs, cut sausages in half crosswise; cut peach halves in eighths. Cut green pepper into 64 pieces about 1-inch square. On wooden picks, place 1 piece each of sausage, peach and pepper. Just before serving, stir chives into cheese dip.

MEAL ON KABOBS

2 cups tomato juice
 1/2 cup vinegar
 1/4 cup prepared mustard
 2 teaspoons sugar
 2 teaspoons salt
 1/2 teaspoon pepper
 1 1/2 pounds beef sirloin steak, cut into 1 1/2-inch cubes
 1/2 pound mushroom caps
 1 large green pepper, cut into 1-inch pieces
 1 pint cherry tomatoes
 1/2 pineapple, cut into 1-inch pieces

Mix tomato juice, vinegar and seasonings. Place meat in shallow glass dish; pour tomato juice mixture over meat. Cover; refrigerate 2 hours. Remove meat from marinade; reserve marinade.

On 6 skewers, alternate meat, vegetables and pineapple. Place on grill 4 inches from hot coals. Cook 12 to 15 minutes, turning and basting frequently with reserved marinade. Makes 6 servings.

STEAK-TOMATO SKEWERS

Mix 1 cup vinegar, 1/4 cup salad oil, 1 teaspoon salt, 1 teaspoon each thyme and prepared mustard and 1/2 teaspoon pepper. Place 1 1/2 pounds beef round steak, cut into 1 1/2-inch cubes, in glass dish; pour vinegar mixture over meat. Cover; refrigerate 6 hours.

On 6 skewers, alternate meat and 1 pint cherry tomatoes. Place on grill 4 inches from hot coals. Cook 10 to 15 minutes, turning often. Makes 6 servings.

CURRIED CHICK KABOBS

3 whole broiler-fryer chicken breasts, boned, skinned, cut in 1 1/2-inch chunks
 1 can (2 oz.) whole button mushrooms, drained
 1 can (7 1/2 oz.) whole white onions
 1 large green pepper, cut in 1-inch squares

MARINADE AND SAUCE

1 can (8 oz.) crushed pineapple
 1 cup catsup
 1/4 cup corn oil
 3 tablespoons brown sugar

(Turn to Page B8)



Skewer your favorite fruits on wooden picks for a refreshing, low-calorie appetizer or snack.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

May	
12	Doughnuts
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Featured Recipes

Blanche Myer, proprietress of Country Charm House of Crafts in Leola, provided this week's featured recipes.

Blanche recently embarked on her first business venture when she opened a craft shop where she sells a variety of items, most of which are handmade locally.

To learn more about Blanche and her new shop, see the story featuring them in this section.

Sweetheart Salad

2 cups crushed pineapple
 1/2 cup sugar
 1 1/2 tablespoons plain gelatin
 1/4 cup cold water
 6 ounces Philadelphia cream cheese

Dissolve gelatin in cold water. Add pineapple to sugar. Bring to boiling point and add gelatin. Stir until gelatin is dissolved. Add lemon and cherry juice. Cool. Mash cream cheese and add chopped cherries. Combine with pineapple mixture, adding a small amount at a time. Chill until slightly thickened. Whip cream and blend with salad mixture. Mold and chill. Serves 8.

Luncheon Layered Salad

1 quart thick-sliced lettuce
 1/2 cup sliced celery
 1/2 cup sliced onion
 1 can (8 oz.) drained water chestnuts, sliced
 1/2 cup chopped green pepper

1 package (10 oz.) frozen peas, cooked and drained
 2 cups diced, cooked chicken
 1 1/2 cups mayonnaise
 3 tablespoons sugar
 1 1/2 cups shredded Swiss cheese
 8 slices bacon fried and crumbled

In a 13x9x2-inch pan, layer all ingredients in the order listed. Cover with foil or plastic wrap and chill for at least 8 hours. When ready to serve, cut into 3-inch squares. For a variation use ham instead of chicken and white American cheese instead of Swiss.