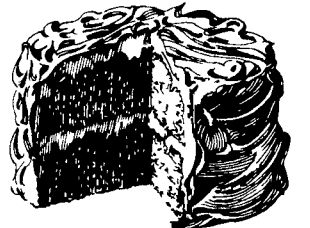


Home On The Range



Outdoor barbecues brighten summer days

If the smell of freshly-mowed grass and the kiss of warm, summer breezes beckon you from the hot, stuffy kitchen, your meals do not have to suffer. In fact, meals made outdoors are probably more fun to prepare and taste better than almost anything prepared in your conventional oven.

A wide variety of recipes confront the outdoor chef, so have a good time selecting one or two that you think will tempt your family. With a little encouragement, your husband might volunteer to man the grill, giving you more time to prepare a new salad recipe or to add a special touch to your table setting.

Whatever you decide to prepare, be sure to savor the pleasure of eating under the big shade tree while the birds provide summertime dinner music.

CRISP SALAD BOWL

16 carrot curls
2 oranges, sectioned
¼ pound raw spinach leaves, broken
Celery leaves from 1 stick of celery
French dressing
Combine all ingredients. Toss lightly. Add some French dressing and toss. Serves 4-5.

Betty Biehl
Mertztown

BARBECUED STUFFED FISH

8 to 10-pound fish, cleaned
Salt
Pepper
Garden Vegetable Stuffing
Salad oil
½ cup butter or margarine, melted
¼ cup lemon juice
Wash fish quickly in cold water and pat dry. Rub cavity with salt and pepper; stuff with Garden Vegetable Stuffing. Close opening with skewers and lace with string. Brush fish with salad oil.

Place fish in wire basket 4 to 6 inches from medium coals. Cook 45 minutes or until fish flakes easily with fork, turning 3 times and basting with mixture of butter and lemon juice. 10 to 12 servings.

GARDEN VEGETABLE STUFFING

1 cup finely chopped onion
¼ cup butter or margarine
2 cups dry bread cubes
1 cup coarsely shredded carrot
1 cup cut-up mushrooms
½ cup snipped parsley
1½ tablespoons lemon juice
1 egg
1 clove garlic, minced
2 teaspoons salt
¼ teaspoon marjoram leaves
¼ teaspoon pepper
Cook and stir onion in butter until onion is tender. Lightly mix in remaining ingredients.

STUFFED PEARS SALAD

Peel very thinly 1 whole pear per person, leaving stem on. Dip in lemon juice. Core out center from bottom and fill cavity with softened cream cheese mixed with chopped walnut. Put in refrigerator and chill thoroughly. Serve on a bed of lettuce or watercress with mint dressing.

MINT DRESSING

¼ cup vinegar
Little salt and pepper
½ teaspoon dry mustard
2 teaspoons Worcestershire Sauce
¾ cup salad oil
Dash tabasco
½ cup chili sauce
½ cup finely-chopped fresh mint

Mix thoroughly the first 7 ingredients. Add chili sauce and mint. Shake just before serving.

Betty Biehl
Mertztown

LEMON AND SPICE BEEF STEAKS

1 or 2 beef blade steaks, cut ½ to ¾-inch thick
¾ cup lemon juice
½ cup water
1 tablespoon oil
1 tablespoon sugar
1½ teaspoons salt
1 teaspoon thyme
¼ teaspoon garlic powder
Citrus Prune Kabobs

Combine lemon juice, water, oil, sugar, salt, thyme and garlic powder in a small saucepan and cook slowly for 5 minutes. Cool. Place steaks in utility dish or plastic bag and pour marinade over them, turning to coat. Cover dish or tie bag securely and marinate in refrigerator for 6 hours or overnight, turning at least once. Remove steaks from marinade and place on grill so surface of meat is 4 inches from heat. Broil at moderate temperature 7 to 10 minutes on each side, depending upon degree of doneness desired.

Brush steaks with marinade occasionally while broiling. 3-6 servings.

CITRUS PRUNE KABOBS

16 pitted prunes
2 oranges, halved and cut in wedges
1 lemon, cut in wedges
Alternately thread prunes and wedges of citrus fruit on skewers. Brush with marinade and broil 8 to 10 minutes, turning and brushing with steak marinade frequently. Serve with Lemon and Spice Beef Steaks.

BACON-WRAPPED FRANKS

For each serving, fry 1 slice bacon 2 minutes on each side. Split 1 frankfurter lengthwise, not cutting completely through. Place one of the fillings below in the cut.

APPLE-CHEESE: 3 slices unpared apple and 1 strip process American cheese.

PEANUT BUTTER: Crunchy peanut butter or peanut butter and salted peanuts.

ORANGE: 3 mandarin orange segments.

MELON: 3 canteloupe or honeydew balls or 1 melon wedge.

ONION: 1 green onion and a dill pickle slice.

SAVORY STUFFING: Mix ¼ cup chopped sweet pickle, 1 slice bacon, crisply fried and crumbled, and 2 cups dry herbed stuffing mix prepared as directed on package. Enough for 8 frankfurters.

Wrap each frankfurter with bacon; secure with wooden pics. Place on grill 4 inches from medium coals. Cook 12 to 15 minutes, turning frequently.

GAME HENS ON A SPIT

4 Rock Cornish hens (about 1 pound each)
2 teaspoons salt
½ cup butter or margarine, melted
Paprika
1 8¾-ounce can pitted dark sweet cherries, drained
1 teaspoon cornstarch
Pinch of salt
¼ cup orange marmalade
3 tablespoons brandy or mandarin orange syrup
1 11-ounce can mandarin orange segments, drained

Wash hens and pat dry. Rub cavity of each with ½ teaspoon salt. Fasten neck skin to back with skewer. Flatten wings over breast; tie with string. Tie drumsticks to tail. Insert spit rod through center of birds from side to side; secure each with holding forks. Check balance by rotating spit in palms of hands. Brush hens with butter; sprinkle with paprika.

Arrange medium-hot coals at back of firebox; place foil drip pan under spit area. Cook hens on



Twist a strip of bacon around a hotdog stuffed with a variety of fillings for a new way to prepare an old favorite.



Filled with Garden Vegetable Stuffing, this fish makes a tasty dinner.

rotisserie for 1 to 1½ hours, brushing frequently with butter.

Blend reserved cherry syrup, the cornstarch and salt; stir in orange marmalade. Cook, stirring constantly, until mixture thickens and

boils. Boil and stir 1 minute. Stir in brandy, cherries and orange segments; heat through. Spoon fruited sauce over hens; serve any additional sauce separately. 4 servings.

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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.

July	
14	Vegetable dips, spreads and sauces
21	Fun with fruit
28	July is Beef Month

Featured Recipe

This week's featured recipe comes from Michelle Rodgers, a home economist with the Lancaster extension. Michelle has been experimenting with low-sugar jelly and jam, and with reduced sugar canning.

The no-sugar grape jelly recipe below uses Mrs. Wages Home Jell Light and has "a really nice texture," Michelle said. To learn more about canning and making jelly with less sugar, see the story about it in this section.

Grape Jelly

4 cups unsweetened grape juice - fresh or frozen
1 box Mrs. Wages Home Jell Light
24 packets "Equal"

Combine juice and pectin in large saucepan. Let stand 10 minutes. Bring to a boil. Boil hard one minute. Remove from heat, add artificial sweetener, stir to dissolve. Fill into sterilized jars. And prepared lids. Process in boiling water for 5 minutes. Cool. May take several hours to set. Don't worry!