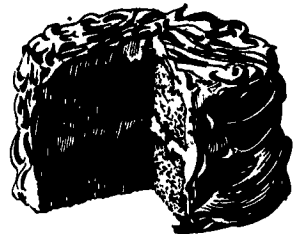


Home On The Range



Flavorful Recipes For The Outdoor Cook

The call of the outdoors makes summertime grilling fun. Grilling offers an opportunity to experiment with meat and vegetables. And, it's the perfect time to experiment with marinades and rubs that add unique flavors to meats.

A marinade is a highly seasoned liquid used to impart flavor, and in some cases, tenderize less tender cuts of beef. A rub is a highly concentrated blend of herbs and spices that flavor the exterior of the meat as it grills.

Marinades usually consist of liquid ingredients such as fruit or vegetable juices, wine, water and oil in combination with seasonings and herbs. Meat is allowed to soak in the marinade mixture for several hours or as long as overnight to impart flavor and tenderize. To tenderize, a marinade must contain an acidic ingredient such as lemon juice, wine, vinegar or yogurt; the acid penetrates meat fibers to help tenderize them.

Guidelines for marinating:

- Always marinate meat in refrigerator; never at room temperature.

- Allow $\frac{1}{4}$ to $\frac{1}{2}$ cup marinade for each one to two pounds of meat.

- Marinades may be cooked or uncooked. Cooked marinades add the most flavor and are preferred when marinating for more than 12 hours.

- Cooked marinades should be completely cooled before adding to beef.

- The tenderizing effect of a marinade is usually about $\frac{1}{4}$ -inch from the cut surface of the meat.

- A heavy-duty plastic bag is convenient for marinating, a glass utility dish may also be used. Select dishes in which the meat will fit snugly but lie flat.

- Turn beef occasionally during marinating so that all sides are equally exposed to the marinade.

- For tenderization to take place, meat must be marinated at least six hours or as long as overnight. Marinating longer than 24 hours causes the meat fibers on the surface to break down, resulting in a "mushy" texture.

- For flavor, marinate 15 minutes or as long as two hours.

- Remaining marinade may be brushed on meat during grilling.

Marinades which have a high sugar content, or contain other ingredients which might burn easily should be brushed on only during the last 20 minutes of grilling.

Rubs:

Rubs are applied to the exterior of the meat just before grilling; they need no standing time. However, for convenience, rubs may be applied several hours in advance; the coated meat should be refrigerated until grilling time. Flavors become more pronounced the longer the rub is on the meat.

PEPPER CHEESE-STUFFED BURGERS

$\frac{1}{2}$ pounds ground beef
2 ounces Monterey Jack cheese with jalapeno peppers, thinly sliced
Salt and pepper
4 hamburger buns, split
4 leaves lettuce
4 slices tomato

Divide ground beef into eight equal portions and form into patties, 4 inches in diameter. Place an equal amount of cheese in center of four patties. Top with remaining patties. Press edges together securely to seal. Broil patties over medium coals, 5 to 6 minutes or until desired doneness. Toast buns on grill one minute, if desired. Arrange lettuce leaf on bottom half of each bun; top with beef patty and tomato slice. Cover with bun top. Serves 4.

Md. Beef Council

HAMCHEEZERS

4 tomatoes
8 split hamburger buns
6 ounces shredded Swiss cheese.

Sauce:

$\frac{1}{2}$ cup butter
1 tablespoon chopped green onions
1 tablespoon chopped parsley
1 teaspoon dry mustard
1 clove garlic, chopped

Mix all ingredients together and spread onto buns. Toss ham and cheese together and divide between eight buns. Press halves of buns together and cut each into quarters. Thread onto skewers with quarters of tomatoes in between. Wrap each in double thickness of aluminum foil, sealing tightly. Grill over hot fire for about 20 minutes or until done.

Angelique McDonald
PA Guernsey Queen



There's nothing to beat the great taste of food cooked on the grill.

LEMON-BASIL STEAKS WITH GRILLED SQUASH

2 beef eye round steaks, cut $\frac{3}{4}$ to 1 inch thick
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{4}$ cup water
1 tablespoon finely chopped fresh basil or
1 teaspoon dried basil leaves, crushed
1 teaspoon vegetable oil
 $\frac{1}{2}$ teaspoon grated lemon peel
 $\frac{1}{2}$ teaspoon coarse grind black pepper

4 yellow or zucchini squash, cut in half lengthwise

Combine lemon juice, water, basil, 1 teaspoon oil, lemon peel and pepper, stirring until well blended. Place beef eye round steaks in plastic bag; add marinade, turning to coat. Close bag securely and marinate in refrigerator six to eight hours or overnight, turning occasionally. Remove steaks from marinade; reserve marinade. Place steaks on grid over medium coals. Grill 12 to 16 minutes for rare to medium, brush with marinade and turn once. Meanwhile brush squash lightly with oil and place on grid over medium coals. Grill until tender, 8 to 12 minutes, turning occasionally. Serves 4.

CHERRY COBBLER

$\frac{1}{2}$ cup butter
 $\frac{3}{4}$ sugar
2 eggs
1 teaspoon vanilla extract
 $1\frac{1}{2}$ cups flour
 $\frac{3}{4}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
1 can (21 ounces) cherry pie filling

Preheat oven to 350 degrees. Cream butter; gradually add sugar and cream until fluffy. Beat in eggs and vanilla. Combine flour, baking powder and salt. Gradually add to creamed mixture; beat well. Reserve $\frac{1}{2}$ cup batter. Spread remaining batter in buttered 8-inch square baking pan. Spread cherry filling over batter. Drop reserved batter by teaspoons around outside edge of pan over cherry filling. Bake 50 to 55 minutes.

Angela Hoover
Lebanon Co. Dairy Princess

POTATO AND ONION KABOBS

2 large potatoes
1 large sweet onion
3 tablespoons butter, melted
1 teaspoon paprika
 $\frac{1}{2}$ teaspoon celery salt
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon freshly ground pepper

Parboil potatoes (do not pare) in boiling salted water 20 minutes; drain. Cut potatoes crosswise into

eight 1-inch thick slices. Alternately thread 2 potato slices and an onion slice, through skin of vegetables on each of four 8-inch skewers. Combine butter, paprika, celery salt, garlic powder and pepper. Brush both sides of vegetables with seasoned butter. Broil kabobs over medium coals 20 minutes, turning after 10 minutes and brushing with seasoned butter occasionally. Serves 4.

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Featured Recipe

Children of all ages love Teddy bears. So when planning a special birthday party or other occasion, try a bear theme for an event that's sure to please.

Preparing Teddy bear party goodies is easy, thanks to new Teddy Grahams — miniature bear-shaped cookies that come in three flavors.

Teddy Tarts are individual, pudding-filled treats lined with Teddy bears that make a perfect dessert. Teddy Pops feature five bears circling a candy center.

To complete the Teddy bear theme, play "pin the tail on the Teddy" and "Teddy says" instead of "Simon says."

Teddy Tarts

Makes 12 servings

1 cup graham cracker crumbs
2 tablespoons sugar
 $\frac{1}{2}$ cup margarine, melted
1 ($4\frac{1}{4}$ -ounce) package instant chocolate pudding & pie filling
 $1\frac{1}{2}$ cups milk
 $\frac{1}{2}$ cup prepared whipped topping
84 Chocolate, Cinnamon or Honey TEDDY GRAHAMS Graham Snacks
Colored sprinkles

Line 12 ($2\frac{1}{4}$ -inch) muffin-pan cups with paper liners; set aside. In medium bowl, combine graham crumbs and sugar; stir in margarine. Divide mixture evenly into baking cups. Stand 7 TEDDY GRAHAMS around outside edge of each cup. Press crumb mixture into bottom of cups securing whole TEDDY GRAHAMS to sides. Chill.

Prepare pudding according to package directions using $1\frac{1}{2}$ cups milk. Fold in prepared whipped topping. Spoon mixture into prepared cups; garnish with sprinkles. Chill at least 1 hour or freeze until firm.

TEDDY POPS

Makes 11 pops

66 Chocolate, Cinnamon, or Honey TEDDY GRAHAMS Graham Snacks
2 (.9-ounce) rolls five flavor roll candy
11 lollipop sticks

On foil-lined baking sheet, arrange 6 TEDDY GRAHAMS in a circle; repeat to make a total of 5 circles. Crush two roll candies for each pop; arrange crushed bits in an even layer in center of circles covering surface. Bake at 375°F for 5 to 7 minutes or until candy melts and begins to bubble. Cool; peel pops from foil sheet. Repeat procedure using remaining TEDDY GRAHAMS and candies to make 6 additional pops. Store in air-tight container.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

June

3- Dairy Desserts
10- Dairy Drinks
17- Dairy Main Dishes
24- Make It With Milk