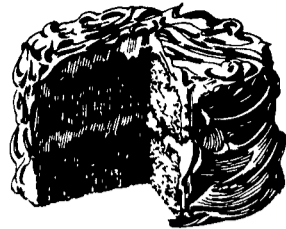


Home On The Range



Labor Day Cook Out

It's Labor Day and you don't need to leave home to celebrate. Fire up the grill and invite the neighbors or other friends to join an end-of-summer backyard barbecue.

Outdoor entertaining is a come-as-you-are, informal affair, but the food can be elegant. The key is to make your get-together as easy for yourself as possible.

One of the keys to elegant, yet easy entertaining is to plan the menu with make-ahead salads and desserts. Try these ideas for your Labor Day celebration.

LEMON CHICKEN

3 pounds chicken
1 cup oil
½ cup lemon juice
1 tablespoon salt
1 teaspoon paprika
2 teaspoons basil
2 teaspoons onion powder
½ teaspoon thyme
Dash garlic powder
Combine oil, lemon juice, salt, paprika, basil, onion powder, thyme, and garlic powder. Marinate chicken in the mixture for 4 to 8 hours. Cook chicken in foil over grill for 30 minutes then remove foil and finish cooking chicken over coals for another 30 minutes.
Very tasty!

Lesetta E. Weaver
Lititz

GRILLED SOUTHWESTERN STEAK

1½ pound top round steak, cut 1-inch thick
¼ cup fresh lime juice
¼ cup bottled steak sauce
¼ cup salsa
1 tablespoon vegetable oil
1 clove garlic, minced
½ teaspoon coarsely ground pepper
Salt, if desired
Combine lime juice, steak sauce, salsa, oil, garlic and black pepper in small saucepan. Bring to a boil; reduce heat. Simmer, uncovered, 5 minutes; cool. Place beef top round steak in plastic bag; add cooled marinade, turning to coat. Close bag securely and marinate in refrigerator 8 hours or overnight, turning occasionally. Remove steak from marinade; discard marinade. Place steak on grid over medium coals. Grill 22 to 26 minutes, depending on desired doneness, turning once. Season with salt, if desired. Serves 6.

Beef Council

TANGY SOY CHICKEN AND PINEAPPLE

20 broiler-fryer chicken breast halves
2 cans (20 ounces each) pineapple slices in unsweetened juice
1 cup fresh lime juice
1 cup low-sodium soy sauce
1 tablespoon grated fresh ginger
6 tablespoons cornstarch
Drain juice from pineapple, about 2 cups. In saucepan, mix together pineapple juice, lime juice, soy sauce and ginger. Place cornstarch in measuring cup or small bowl; add 6 tablespoons of the juice mixture and stir until smooth. Over high temperature, place saucepan containing juice mixture and bring to a boil. Stir in cornstarch mixture, continuing to stir until sauce is thickened and smooth. Remove from heat and dip each pineapple slice into sauce. Place pineapple in bowl for later use. Dip each chicken breast half into sauce and place on prepared grill, skin side up, about 8 inches from heat. Place remaining sauce in small saucepan and bring to a boil on stovetop or grill, stirring. Grill chicken, turning and basting with sauce every 10 to 15 minutes, about 45 minutes or until fork can be inserted in chicken with ease. While chicken is cooking, place pineapple slices on grill, 1 minute for each side, turning once. Place a pineapple slice on top of each chicken breast and arrange on platter. Top each piece with a teaspoon of sauce. Makes 20 servings.

Nat. Broiler Council

CLAMBAKE ON THE GRILL

4 dozen small hard shell clams
4 ½-pound lobsters
4 potatoes, foil wrapped
4 ears corn, shucked and foil wrapped
4 small onions
Seaweed, if available
Soak seaweed to remove sand; place enough seaweed in bottom of a large kettle to make a 4-inch layer. Add 1 quart water and bring to a boil. Kettle can be placed directly on coals or on the lowest setting of the grill rack, but to make the water boil faster, bring it to a boil in the kitchen and then place the kettle on the grill.

Add the potatoes; cover and let steam for 30 minutes. Add the lobsters, corn and onions; cover and cook 15 more minutes. Finally, add the clams and steam until open.

NJ Fisheries



Tangy Soy Chicken and Pineapple is a great way to entertain friends and neighbors at a Labor Day backyard barbecue.

DO-AHEAD MINCED BARBECUE CHICKEN

12 broiler-fryer chicken quarters
1 quart apple cider vinegar
3 cups low-sodium chicken broth
3 teaspoons onion salt
1½ teaspoons coarsely-ground fresh pepper
2 bay leaves
24 oat bran round sandwich buns
1 cup dijon mustard

In large saucepan, mix together vinegar, chicken broth, onion salt, pepper and bay leaves. Over high temperature, bring to a boil. Arrange chicken in a refrigerator bowl, and pour hot vinegar mixture over all. Cover and marinate in refrigerator at least 2 hours. Place chicken on prepared grill, skin side up, about 8 inches from heat. Place 2 cups of the marinade in small saucepan and bring to a boil on grill or stovetop. Grill chicken, turning and basting with boiled marinade every 10 to 15 minutes, about 1 hour or until fork can be inserted in chicken with ease. Remove chicken from bone, discarding bones and skin. Place meat from 4 quarters at a time in food processor and coarsely chop chicken. Repeat with remaining chicken, about 9 cups. Boil remaining marinade to reduce to 1½ cups; pour over minced chicken. Serve on buns spread with mustard. Garnish with dill pickle slice, if desired. Makes 24 sandwiches.

National Broiler Council

PARTY PASTA SALAD

6 cups spiral-shaped pasta, cooked and rinsed
2 small red bell peppers, cut into thin strips
1 cup small pitted ripe olives
1 can artichoke hearts, drained and quartered
¼ cup coarsely chopped walnuts, toasted
¼ cup finely chopped fresh basil leaves, packed
½ cup olive oil
½ cup balsamic or red wine vinegar
1 to 2 cloves garlic, minced
1 teaspoon salt
½ to ¼ teaspoon ground white pepper

Combine pasta, red bell pepper, olives, artichoke hearts, walnuts, and basil in large bowl. Whisk together oil, vinegar, garlic, salt and pepper in small bowl. Pour over salad mixture, tossing lightly to coat. Cover tightly and refrigerate at least 2 hours before serving. Serves 16 at ¼ cup each.

COLORFUL VEGETABLES

2 tablespoons margarine or butter
2 medium zucchini, sliced
2 cups sliced mushrooms
½ green bell pepper, cut into strips
1 teaspoon cumin seeds or ¼ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon coarse ground black pepper
1 cup finely chopped tomato
¼ cup chopped green onion
Melt margarine in large heavy frying pan with heatproof handle on grid over medium coals. Add zucchini, mushrooms, green bell pepper, cumin seeds, salt and black pepper. Cook and stir 4 to 5 minutes or until vegetables are crisp-tender. Add tomato and green onion; continue to cook and stir 1 minute.

Beef Council

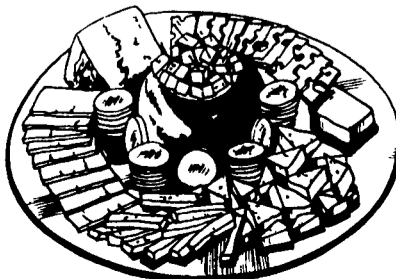
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Recipe Topics

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. Recipes should reach our office one week before publishing date.

September

- 7- Sweet Potatoes
- 14- Basic Recipes
- 21- Apples
- 28- Pumpkins



Featured Recipe

A new edition of the National Broiler Council's popular *The Chicken Cookbook* offers a wide variety of chicken recipes that are easy to prepare.

Featuring the winning recipes of the 39th National Chicken Cooking Contest, the cookbook also includes cooking basics, buying guidelines, and handling tips.

To order copies of the cookbook at the special price of \$1.75 each, send a check or money order to CHICKEN COOKBOOK, Department NBC, Box 307, Coventry, Ct. 06238.

The National Broiler Council has developed a number of recipes that can be easily prepared by school children in families who share the cooking chores. Here is one of them.

EASY-BAKE CHICKEN

1 broiler-fryer chicken, cut-up
¼ cup bottled Italian salad dressing
¼ cup lemon juice
2 teaspoons instant chicken-flavored bouillon granules
¼ teaspoon pepper

Measure the salad dressing, lemon juice, bouillon and pepper into a bowl; mix. Arrange the chicken parts in a single layer in a large baking pan. Spoon the sauce mixture over each piece of chicken. Set the oven temperature to 350 degrees, and place the pan of chicken in the oven. Cook for 1 hour. Remove from oven and serve.