



Home On The Range



Memorial Day Cook-Out

Cooking outdoors is an American tradition on Memorial Day. Cooking out-of-doors is more fun than being cooped up in the kitchen, and willing hands to help are more easily found. It doesn't matter if the grill is on a patio or porch, deck, balcony or fire-escape. Delightful odors fill the air, appetites freshen, and eating takes on a festive flair.

LEMON BARBECUED CHICKEN

- 2 broiler-fryer chickens, halved
- 1 cup salad oil
- ½ cup fresh lemon juice
- 1 teaspoon salt
- 2 teaspoons onion powder
- 2 teaspoons sweet basil, crushed
- ½ teaspoon thyme, crushed
- ½ teaspoon garlic salt

Place chicken in shallow glass baking dish. In jar with lid, mix together salad oil, lemon juice, salt, paprika, onion powder, basil, thyme and garlic powder. Shake well to blend; pour over chicken, cover with plastic wrap and marinate in the refrigerator 6 to 8 hours or overnight, turning chicken occasionally. Place chicken on prepared grill, skin side up; brush with marinade. Grill about 30 minutes, brushing often with marinade. Turn chicken and repeat brushing until chicken is golden brown and cooked through. Makes 4 servings.

National Broiler Council

GRILLED FRESH HAM

- 4-5 pound boneless fresh ham
- ½ cup chili sauce
- ½ cup red wine vinegar
- 2 tablespoons lemon juice
- 1 teaspoon dry mustard
- 1 clove garlic, minced

Prepare covered grill with drip pan in center, banked with medium-hot coals. Place ham in center of grill. Grill over slow coals until meat thermometer registers 165 degrees about 2-2½ hours. Mix remaining ingredients; brush ham frequently with sauce during the last hour of grilling time. Let ham stand at least 10 minutes before carving.

National Pork Producers Council

BUTTERMILK MARINATED KABOBS

Marinade:

- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- ¼ teaspoon dried basil
- ¼ teaspoon dried marjoram
- 2 cups buttermilk

Kabobs:

- 2 pounds round steak, cut into 2-inch squares (24 pieces)
- 3 medium onions, cut into 8 pieces each
- 24 1-inch slices zucchini
- 12 cherry tomatoes
- 6 large mushrooms, halved

For marinade: Combine brown sugar, lemon juice, Worcestershire, salt, and herbs. Stir in buttermilk. Add meat; cover and marinate in refrigerator a minimum of 12 hours.

For kabobs: Parboil onions in boiling salted water to cover, 6 to 8 minutes; rinse in cold water and drain.

To assemble: Alternate pieces of meat with onions, zucchini, tomatoes and mushrooms on each skewer. Grill over hot coals until meat reaches desired degree of doneness. Allow approximately 15 minutes for medium cooked meat.

TERIYAKI GRILLED CHICKEN

- 4 broiler-fryer chicken breasts
- ¼ cup cooking oil
- ¼ cup soy sauce
- ¼ cup dry sherry

1 teaspoon ground ginger
1 clove garlic minced
2 tablespoons molasses
Mix together cooking oil, soy sauce, sherry, ginger, and garlic. Place chicken in deep glass baking dish or plastic bag; pour marinade over chicken. Refrigerate 4 to 6 hours or overnight, turning chicken occasionally. Drain chicken, reserving marinade. Place chicken on prepared grill, skin side up, about 8 inches from heat, and grill, turning, about 30 minutes. Stir molasses into reserved marinade and use to baste chicken during last 10 minutes of cooking. Makes 4 servings.

National Broiler Council



Buttermilk Marinated Kabobs are fun to make and tasty to eat.

GRILLED CHICKEN AND ZUCCHINI SALAD WITH MINT

- ¼ cup fresh lime juice
- 1 tablespoon chopped fresh mint or 1 teaspoon dried
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup olive oil
- 2 medium zucchini, diagonal slices
- 4 skinless, boneless chicken breast halves
- 1½ cups cooked wild rice OR 3 cups cooked white rice
- 3 medium tomatoes, peeled, seeded, diced
- 1 red or yellow bell pepper, seeded, diced
- 2 tablespoons finely chopped red onion

Mint vinaigrette

In small bowl, mix together lime juice, mint, salt, pepper, and olive oil. Use about 3 tablespoons of this mixture to marinate zucchini. Toss remainder with chicken and marinate 2 hours at room temperature, or overnight in refrigerator.

Prepare hot fire. Remove zucchini and chicken from marinade and grill, turning, until tender, 3 to 5 minutes for zucchini, 8 to 10 minutes for chicken. Slice chicken crosswise on a diagonal into bite-size pieces.

Margie Sowers
Lebanon

(Turn to Page B6)

Featured Recipe

Get Creative with Cottage Cheese!

Cottage cheese is so much more than an accompaniment to fruits and vegetables. Its pleasing, mild flavor makes it a natural for cooking and baking, too. *Cottage Cheese Creations*, a new recipe leaflet now available from American Dairy Association®, features a variety of recipes — dips, spreads, dressings, main dishes, breads and desserts — made with this versatile dairy product.

To order your copy of *Cottage Cheese Creations*, send a self-addressed, stamped business-size envelope to Cottage Cheese Creations Dairy & Nutrition Council Mid East, 3592 Corporate Drive, Suite 114, Columbus, OH 43231.

Here is a recipe from the leaflet.

Spiced Orange Dip

Yield: 1 1/4 cups

- 1 cup cottage cheese
- ¼ cup orange juice
- ½ teaspoon EACH: sugar, grated orange peel
- ¼ teaspoon salt
- ¼ teaspoon cinnamon

Place cottage cheese in blender or food processor. Blend or process until fairly smooth. Transfer to small bowl. Stir in orange juice, sugar, peel, salt and cinnamon. Cover and chill. Allow to stand at room temperature a few minutes before serving. Use as a dip for fruits or dressing for fruit salads.

Serving size: 1 tablespoon
Calories per serving: 13
Protein 1 g, fat 1 g, carbohydrate 1 g
Calcium 7 mg, riboflavin (B2) .02 mg

Last Chance For Contest Entries

Entries in the Dairy Recipe Drawing must be postmarked by June 1. So mail your recipe today to be eligible for one of many prizes.

Remember, your favorite recipe must include a sizable quantity of at least one of the following ingredients: milk, cream, sour cream, butter, yogurt, buttermilk, cottage cheese, ricotta cheese, cream cheese, or any other hard or soft cheese.

Print or type your recipe and be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. Be sure to print your name, full address, and phone number on the recipe. Please include a few paragraphs about yourself or your family. Although it is not required, we'd like a picture of you or your family to include with the recipe. Only one recipe per family, please.

Send your entry to Lou Ann Good, Lancaster Farming Dairy Recipe Drawing, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.