

# Home on the Range

## Grilling Recipes

Hats off to summer, backyard chefs who are looking for hearty but simple food, easy clean-up and extra time for enjoying life.

Lean and meaty American lamb, boneless chicken, pork the other white meat, and juicy steaks — all taste better grilled. Add grilled veggies and even grilled desserts for the perfect backyard barbecue.

Happy grilling!

### LAMB CHOP WITH PARMESAN

6 lamb chops (about 1/4-inch thick)

1/4 cup shredded parmesan cheese

2 tablespoons soft butter

Salt and pepper to taste

Grill chops 5-6-inches from medium-hot coals for 6 to 8 minutes. Turn and broil 4 to 5 minutes or until desired doneness.

Blend remaining ingredients; spread on chops. Broil 1-2 minutes. Makes 6 servings.

Betty Biehl  
Mertztown

### GRILLED VEGGIES #1

1-inch cubed potatoes  
1-inch cubed sweet potatoes  
1-inch cubed zucchini  
1-inch pieces peppers (red and green)

Small mushrooms

Small tomatoes

Small onions

Salt, pepper and butter to taste

Placed desired veggies on a skewer, brush with melted butter. Sprinkle with salt and pepper. Place on grill, turn until veggies are done.

Veggies may be sprayed with butter-flavored non-stick spray or olive oil spray for those on restricted diets.

B.J. Light  
Lebanon

### GRILLED VEGGIES #2

Melted butter

1/2 - 3/4 -inch slices potatoes, sweet potatoes, zucchini, and onions

Medium to large size mushrooms

Salt and pepper to taste

Dip veggies into butter, sprinkle with salt and pepper to taste. Place on grill and turn every 5-7 minutes or until done. Serve along with grilled meat.

Veggies may be sprayed with butter-flavored non-stick spray or olive oil spray for those on restricted diets.

B.J. Light  
Lebanon

### GRILLED STEAK CAESAR SANDWICH

1 cup mayonnaise

1/2 cup Caesar dressing

1/2 -inch beef rib, ribeye roll steaks

Salt and pepper to taste

Garlic to taste

Submarine rolls, split

Romaine lettuce leaves

Tomato slices

Avocado slices

In bowl, mix mayonnaise and Caesar dressing until thoroughly blended. Cover and refrigerate. Yields 1 1/2 cups.

In bowl, combine salt, pepper, and garlic. Mix thoroughly. Season both sides of each steak with garlic mixture. Place in utility pan; cover and refrigerate until ready to grill.

Grill steak to desired doneness. Spread 1 tablespoon Caesar mayonnaise on each cut side of one roll. Top bottom roll half with 2 lettuce leaves, 3 tomato slices, grilled steak and 3 avocado slices. Cover with top of roll.

Beef Council



Grilled sirloin steak with vegetable skewers are sure to be a hit for Memorial Day fare.

### GRILLED MARINATED CHICKEN

3 tablespoons lemon juice

3 tablespoons vinegar

2 tablespoons low-fat mayonnaise

Sugar substitute to equal 1/4 cup

plus 2 tablespoons sugar

1/2 teaspoon salt

1/2 teaspoon pepper

6 chicken breast halves, skinned

Combine the first six ingredients, stirring until well blended, pour over chicken in a shallow container, turning chicken to coat each side. Cover container and marinate in refrigerator at least one hour.

Remove chicken from marinade. Grill over hot coals 45 minutes or until chicken is done. Turn and baste every 10 minutes with marinade. Yields 6 servings.

Calories 97, fat 2 g, chol. 2 g.

B.J. Light  
Lebanon

### GRILLED DONUT HOLES

Cut refrigerator biscuits from a tube into thirds and roll each piece into a ball. String on skewers, leaving about 1/2-inch between ball. Bake over hot coal, turning constantly until browned and completely done about 7 minutes. At once, push off skewers into melted butter and into cinnamon-super mixture. Eat immediately. One tube of refrigerated biscuits makes 30.

Betty Biehl  
Mertztown

## Featured Recipe

Mary Louise Lever of Rome, Georgia, won \$25,000 for her recipe Baked Spicy Pineapple Balinese Chicken at the 41st National Chicken Cooking Contest held April 28 in Atlanta.

Cooks from each of the 50 states plus the District of Columbia competed by cooking their special chicken dish.

All 50 recipes from the contest plus recipes from the host state of Georgia, and award winning recipes from past NCCC winners are available in a 128-page Chicken Cookbook. In addition to recipes, the cookbook contains nutrition information, guides on buying and handling chicken, chicken cooking tips and information on how to enter the contest to be held in South Carolina next year.

The Chicken Cookbook can be ordered at the special price of \$2 (including postage) by sending a check or money order (no cash) to Chicken Cookbook, Department NBC, Box 307, Coventry, CT 06238. Here is the first-place winning recipe.

### BAKED SPICY PINEAPPLE BALINESE CHICKEN

4 boneless, skinless chicken breast halves

3 tablespoons Dijon mustard

1/2 cup gingersnap crumbs

Spicy Pineapple Sauce: recipe follows

Red bell pepper strips

Basil sprigs

Between two sheets plastic wrap, place chicken and gently pound to uniform thickness; brush with mustard. In shallow dish, place gingersnap crumbs. Add chicken, one piece at a time, dredging to coat. In non-stick sprayed shallow baking dish, place chicken and refrigerate 20 minutes. Place chicken in 350 degree oven and bake about 20 minutes or until juices run clear and a fork can be inserted in chicken with ease. On four individual plates, spoon 1/4 of Spicy Pineapple Sauce and top each with a chicken breast half. Garnish with pepper strips and basil sprigs. Makes 4 servings.

Spicy Pineapple Sauce: In frypan, place 1 tablespoon peanut oil and heat to medium temperature. Add 1 minced garlic clove and 1 red onion, chopped. Saute about 2 minutes. Stir in 1/4 cup seasoned rice vinegar and 1 8-ounce can crushed pineapple, juice included. Add 1/4 teaspoon allspice, 1/2 teaspoon red pepper flakes and 2 1/2 teaspoons Dijon mustard. Heat, stirring, about 4 minutes or until bubbly and slightly thickened. In blender container, place pineapple mixture and puree until smooth; keep warm. Just before serving, stir in 2 tablespoons finely chopped basil and 1/4 cup diced red bell pepper.

## Last Chance To Enter Cow Mania Drawing

Lancaster Farming is holding a Cow Mania Drawing. To be eligible to win one of the collectible cow items offered, send a recipe using at least one dairy product as a sizeable ingredient.

The recipe may be for an appetizer, dip, soup, bread, main dish, vegetable, dessert, beverage, snack or salad. It must include at least one of the following ingredients: milk, cream, sour cream, whipped cream, butter, yogurt, buttermilk, ice cream, cottage cheese, ricotta cheese, cream cheese, or any hard or soft cheese.

Do not send recipes using margarine or non-dairy substitutes.

Clearly print or type your recipe. Be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use.

Be sure to include your name, full address, and phone number on the recipe. Please include a few paragraphs about yourself and your family. Although it is not required, we'd like a picture of you or your family to include with the recipe when it is printed during June Dairy Month. Photos will be returned if you mark your name and address on the back of the photo.

This is a popular annual event for our readers who not only enjoy the recipes but also reading tidbits of information about the person who submits the recipe.

Send your recipe, accompanying information, and photo to Lou Ann Good, Lancaster Farming Cow Mania Drawing, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.

Only one recipe per family. Send it immediately as the deadline for entries to reach us is June 1.