

# Home on the Range

## Relax With A Labor Day Cookout

Time to fire up the grill and enjoy one last bang of summer celebration this weekend. Here are some tried and true favorites from our readers and our files.

The bountiful harvest of fresh fruits and vegetables is a natural complement to grilled foods. Dress them up a bit by serving with dips and sauces.

Remember, top quality meats and produce don't need to be dripping with sauces or drowned in dips and toppings to taste delicious. The natural flavor lightly seasoned is often better, easier to prepare, and enjoyed by all.

### CREAMY FRUIT DIP

1 package cream cheese  
 ¾ cup packed brown sugar  
 1 cup sour cream  
 1 teaspoon vanilla extract  
 2 teaspoons lemon juice  
 1 cup cold milk  
 1 small package instant vanilla pudding mix

In mixing bowl, beat cream cheese and brown sugar until smooth. Add sour cream, vanilla, lemon juice, milk, and pudding mix. Cover and chill at least one hour. Serve as a dip for fruit.

Amanda Martin  
 Lebanon Co. Dairy Maid

### CUMIN-HONEY LAMB STEAKS

1 to 1½ pound lamb steak, ¾-inch thick  
 Cumin Honey Basting Sauce:  
 2 tablespoons lemon juice  
 2 tablespoons honey  
 1 tablespoon olive oil  
 1 tablespoon finely chopped parsley  
 1 teaspoon ground cumin  
 ¼ teaspoon salt  
 ¼ teaspoon ground red pepper  
 Combine lemon juice, honey, olive oil, parsley, salt and red pepper. Mix well.

Brush meat with basting sauce. Broil 5 inches from heat for 4 minutes. Turn and brush again with sauce. Broil 4-6 minutes longer or to desired doneness. Discard any left-over basting sauce.

May grill the chops over moderate heat for the same amount of time, turning once and brushing with lemon-honey sauce as in the broiling instructions. Serves 4.

American Lamb

### IRVIN'S HOT DOG SAUCE

2 pounds ground beef  
 3 large onions, chopped fine  
 1 teaspoons hot peppers  
 1 teaspoon salt  
 ½ teaspoon pepper  
 ½ teaspoon garlic powder  
 ½ teaspoon cumin  
 1 teaspoon paprika  
 ¼ teaspoon oregano  
 ¼ teaspoon cayenne pepper  
 ¾ tablespoons chili powder  
 2 cups water

Brown ground beef in large frying pan. Chop meat with spatula to make fine. Remove grease, add onions, and brown.

In small bowl, mix together other ingredients except water and add to ground beef. Stir well. Add water and stir well. Simmer for at least one hour, add more water if it becomes too dry.

Use about 2 teaspoons sauce on top of hot dogs after we add chopped onions.

Store in small containers and freeze, and microwave whenever you have hot dogs.

*With many eating hot dogs during the Labor Day weekend, I thought I should send my recipe for topping hot dogs in buns. I threw out a lot of samples before I came up with this recipe.*

Irvin M. Filler  
 Brookfield, Mass.

### HAMBURGER AND HOT DOG TOPPINGS

Grill the burgers and hot dogs. Let guests personalize their choice with the following:

American cheese slices  
 Provolone cheese slices  
 Cheddar cheese, shredded  
 American and cheddar cheese in aerosol cans  
 Mustard, regular and Dijon  
 Ketchup  
 Mayonnaise  
 Relishes  
 Onion slices and diced  
 Lettuce  
 Tomato slices  
 Green pepper slices  
 Salt and pepper  
 Hot sauces: Pizza, chili, taco, and barbecue

B.J. Light  
 Lebanon



Fire up the grill for a great Labor Day Cookout.

### GRILLED CHICKEN IN OLIVE OIL-CHIVES VINAIGRETTE

4 chicken breast quarters  
 6 tablespoons olive oil, divided  
 4 tablespoons wine vinegar, divided  
 1 teaspoon salt, divided  
 ½ teaspoon pepper, divided  
 ¼ teaspoon dry mustard  
 1 clove garlic  
 Peel of 1 lemon  
 1 tablespoon chopped chives

In container of food processor or blender, place 1 tablespoon olive oil, 1 tablespoon wine vinegar, ¼ teaspoon salt, pepper, and mustard; process 15 seconds. Add remaining wine vinegar, olive oil, garlic, lemon peel and chives and process 15 seconds more. Dip each piece of chicken in sauce and coat well. Marinate in refrigerator at least 4 hours or overnight. Place chicken on prepared grill, skin side up, about 8-inches from heat. Sprinkle with remaining ¼ teaspoon salt and ¼ teaspoon pepper. Grill, turning and basting with sauce every 10 minutes, about one hour or until fork can be inserted in chicken with ease. Makes 4 servings.

Nat. Broiler Council

### GRILLED FRESH HAM

4-5 pounds boneless fresh ham  
 ¼ cup chili sauce  
 ¼ 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.

Nat. Pork Producers Council

## SMART-CHEFS

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 —HEALTHFUL • EATING!—

### Featured Recipe

Snap beans are a favorite year around, available either fresh, canned or frozen. While they are tasty and nutritious in any form, now is the time to enjoy them — fresh from the garden.

Between 6,000 and 7,000 acres of snap beans are grown annually in the state, ranking Pennsylvania as the sixth largest producer of processing snap beans in the nation.

Commonly called string beans, they are more correctly termed snap beans after the sound of being broken into bite-sized pieces.

Snap bean pods are actually the fruit of the bean plant that contains the immature seeds. If the beans are left to completely ripen on the vine, the pod dries up and the seeds mature into dry beans that are marketed as kidney beans.

For a salty, crunchy snack that's low in fat and calories, try this recipe, from The American Cancer Society Cookbook, instead of peanuts or potato chips. It's sure to be appreciated by dieters who crave salty foods. You can add other raw vegetables such as carrots, kohlrabi, fennel, and turnip.

### GREEN BEANS CRUNCH

1½ pounds green beans  
 ½ small head cauliflower  
 1 cup water  
 1 onion, chopped  
 1 large clove garlic  
 1 tablespoons lemon juice  
 ¼ cup soy sauce  
 ¼ cup water

1 tablespoon sunflower oil  
 1 tablespoon sesame seeds  
 8 large leaves Boston lettuce

Remove stem end of green beans. Cut cauliflower into small florets. In large saucepan, bring 1 cup water to a boil; add onion, garlic, lemon juice, beans, and cauliflower. Reduce heat, cover, and simmer until vegetables are tender crisp, about 8 minutes; drain and discard garlic. Combine soy sauce, ¼ cup water, and oil; pour over vegetables. Cover and refrigerate at least one hour.

Place sesame seeds on pie plate and toast in 325 degree oven for 5 minutes or until golden brown.

Just before serving, toss vegetable mixture; remove from marinade. Arrange lettuce leaf on each plate. Spoon vegetable mixture onto lettuce and sprinkle with sesame seeds. Makes 8 servings.

## 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.

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- 7- Packed Lunch Ideas
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- 28- National Lamb Month

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