



Home on the Range

Labor Day Cookout Marks Summer's End

It's hard to beat the taste and texture of foods cooked over an open flame. A Labor Day cookout that sizzles with the aroma of meat, potatoes, and corn on the cob is sure to meet everyone's expectations.

Here are recipes that our readers enjoy serving at a cookout.

BASIC BURGER

2 pounds ground round
2 teaspoons salt or to taste
¼ teaspoon black pepper
Combine all ingredients and form lightly into six burgers. Broil or grill to desired degree of doneness. Makes 6.

HERBED BURGERS

2 pounds ground round
1 tablespoon minced fresh chives
1 tablespoon chopped fresh tarragon
1 teaspoon salt
¼ teaspoon ground black pepper
1 teaspoon minced garlic
Combine all ingredients and form six burgers. Broil or grill as desired. Makes 6.

ROCKY ROAD CRISPIE TREAT

9 cups Cocoa Pebbles or Cocoa Krispies
10-ounce package mini marshmallows, frozen
12-ounce milk chocolate bits
12-ounce English walnuts, broken
16-ounce package mini or regular marshmallow, cut up
½ cup butter
In a very large mixing bowl, combine pebbles, frozen marshmallows, milk chocolate bits, and walnuts. Stir to blend.
In a large frying pan or wok, melt the butter. Add the marshmallows and stir until all are melted.
Working quickly, pour the melted marshmallows over the pebbles mixture and stir quickly to coat all the ingredients.
Transfer to a buttered jelly roll pan and pat down. Cool and slice into desired-size pieces and serve.
You could make small amounts to satisfy everyone.
To make white rocky road crispy treats, use regular rice crispies and white chocolate treats.

GRILLED POTATO SALAD

2 pounds red potatoes, cut into ¼-inch slices
2 tablespoons olive oil
1 large red onion, cut into ¼-inch slices
¾ cup coarsely chopped parsley
2 tablespoons Dijon mustard
1 cup nonfat yogurt
3 tablespoons balsamic or cider vinegar

2 celery ribs, thinly sliced
Salt and pepper to taste
Heat grill to medium hot. In a large bowl, toss potato slices with oil and grill for 4 to 5 minutes on each side, until well browned and marked. Return to bowl and set aside to cool. Grill onions for 2 to 3 minutes on each side, until marked and slightly softened. Add to bowl and set aside to cool.

In a small bowl, combine parsley, mustard, yogurt, vinegar, celery, salt, and pepper. Pour over potatoes and onions, tossing well, and set aside for a few minutes to allow flavors to blend before serving. Makes 6 servings.

Per serving: 225 cal., 5 g protein, 5 g fat, 39 g carb, 464.5 mg sod, .8 mg chol, 4 g fiber.

Veggie Life

BURGER TOPPINGS

Top burgers with one or more of the following:
Thinly sliced raw onion
Thinly sliced raw tomatoes
Barbecue or chili sauce or ketchup
Ketchup or chili sauce mixed with horse radish
Sliced dill pickle or bread and butter pickles
Sautéed mushrooms
Sautéed onions
Lettuce
Hot chili sauce and lettuce
Mixed sauces:
Combine any of the following ingredients, heat on side of grill until sizzling, and spoon over cooked hamburger.
¼ cup butter, ¼ cup chili sauce, ½ teaspoon dry mustard, and dash chili powder
½ cup butter and 3 tablespoons chopped chives or fresh dill
¼ cup butter
4 tablespoons crumbled blue cheese
1 tablespoon Worcestershire sauce, dash tabasco, 2 tablespoons minced parsley, juice of half a lemon
¼ cup butter, 1 tablespoon horseradish, and 1 mashed clove of garlic



For the perfect burger, grill on one side approximately 5 to 6 minutes, turn at a 90 degree angle to produce defined grill marks on one side. After four minutes, turn the burger over and continue cooking second side. Do not continuously turn the burger from side to side or it will cool and lose precious juices. Never press the cheeseburger with a spatula—this drains the meat of all flavor.

HOT BARBECUE SAUCE

2½-3 pounds chili peppers
30 pounds tomatoes
3 cups onions, chopped
1 tablespoon salt
1 tablespoon oregano
½ cup vinegar
Caution: Wear rubber gloves while handling chilis or wash hands thoroughly with soap and water before touching your face. Wash and dry chilis. Slit the sides of peppers and peel them using one of the following methods:

Oven or broiler method: Place chilis in 400 degree oven or broiler 6-8 minutes or until skin blisters.

Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place chilis on burner for several minutes or until skin blisters.

Allow peppers to cool. Place in a pan and cover with a damp cloth. This will make peeling the peppers easier. After several minutes, peel each pepper. Cool and slip off skins. Discard seeds and chop peppers. If desired, leave skins on and grind on coarsely chop peppers. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Coarsely chop tomatoes and combine chopped peppers and remaining ingredients in a large kettle. Bring to a boil. Simmer, uncovered, 2 to 3 hours or until the initial volume is reduced by one-third to one-half. Stir frequently to avoid burning. Fill jars, leaving 1-inch headspace. Adjust lids and process 20 minutes in pressure canner.

ORANGE JULIUS

2 cups cold milk
6-ounces orange juice concentrate, thawed
1 cup cold ginger ale
1 teaspoon vanilla
2 cups softened vanilla ice cream

Combine all ingredients in large punch bowl. Mix well. Serve with ice cubes. Serves 8-10.

Erica Davis
Berks Co.
Dairy Princess

CHILI BURGERS

2 pounds ground round
1 teaspoon salt
2 tablespoons chili powder
2 tablespoons tomato sauce
2 tablespoons finely chopped onions
¼ cup chopped peanuts
1 egg, lightly beaten
Combine ingredients and form six burgers. Broil or grill as desired. Makes 6.

Featured Recipe

Looking for a way to use an abundance of tomatoes? Try this recipe shared at a salsa workshop taught by Nancy Wiker, family living agent for Lancaster County Extension.

Salsa, a Mexican word for sauce meaning cooked or fresh mixtures, is making inroads in the tastes of American people. While many associate salsa with spicy hot tomato mixtures on which to dip tortillo chips, salsa does not necessarily include tomatoes and hot peppers. For recipes for fruit salsa and other varieties, look for featured story on the workshop found in this section.

Here is a recipe for your enjoyment.

TOMATO SALSA (using slicing tomatoes)

4 cups peeled, cored, chopped tomatoes
2 cups seeded, chopped long green chiles
½ cup seeded, chopped jalapeno peppers
¾ cups chopped onions
4 cloves garlic, finely chopped
2 cups vinegar
1 teaspoon ground cumin
1 tablespoon oregano leaves
1 tablespoon fresh cilantro
1½ teaspoons salt

Combine all ingredients in a large saucepan and bring the mixture to a boil, stirring frequently. Reduce heat and simmer 20 minutes, stirring occasionally. Ladle hot into pint jars, leaving ¼-inch headspace. Adjust lids and process in a boiling water canner: 15 minutes. Yield: 4 pints.

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- 6-	Packed Lunch Ideas
13-	National Rice Month
20-	National Honey Month
27-	National Chicken Month

(Turn to Page B8)