(Continued from Page B2)

VINEGAR-FLAVORED GRILLED CHICKEN

- 4 broiler-fryer chicken quarters
- 3/3 cup white wine vinegar
- 3/2 cup water 3 tablespoons butter
- 2 tablespoons Worchestershire
- 2 tablespoons garlic salt
- 1 tablespoon coarsely ground pepper

In small saucepan, place vinegar, water, butter, Worcestershire sauce, salt and pepper; bring to a boil. Brush sauce on chicken. Place chicken on prepared grill, skin-side up, about 8-inches from heat. Cook, turning and basting liberally with sauce every 5-10 mintues, about 60-70 minutes or until fork can be inserted in chicken with ease. Makes 4 servings.

To shorten grilling time, chicken can be partially cooked in microwave oven before placing on grill. While grill is heating, microwave chicken on high about 5 minutes per pound, then grill about 20 minutes more.

National Broiler Council

GRILLED BEEF **QUESADILLAS**

% pound thinly sliced deli roast beef

11/2 cups prepared thick and chunky salsa

- 4 cup chopped fresh cilantro
- 3 tablespoons fresh lime juice 1 cup canned black beans,
- rinsed, drained ½ cup frozen corn kernels, defrosted
 - 8 medium flour tortillas

3 cups shredded Co-Jack cheese r In medium bowl, combine salsa, cilantro, and lime juice. In second bowl, combine 1/2 cup salsa mix-

ture, beans and corn. Set aside remaining salsa mixture. Sprinkle cheese evenly on one side of each tortilla; divide beef evenly among tortillas. Top with

scant 4 cup bean mixture. Fold tortillas in half. Place quesadillas on grid over medium, ash-covered coals. Grill, uncovered, 4 to 5 minutes or until brown; turn once. Serve with

reserved salsa mixture. **Beef Council**

Grill Time

EARTH & TURF

- 24 beef loin, tenderloin steaks, 1½ ounces dried porcini mushrooms
- 3 cups hot water
- 2 cups dry white wine
- 1 pound button mushrooms, sliced
 - 2 tablespoons vegetable oil
 - 1/2 cup flour
 - 3 cups chicken stock
 - 11/2 teaspoons salt 1 teaspoon black pepper
 - 2-ounces butter

Soak porcini in hot water 30 minutes. Strain through fine sieve, reserving liquid. Chop porcini.

In saucepan, reduce wine to 1 cup; reserve.

In skillet, saute button mushrooms in oil 5 minutes; add

Whisk flour into chicken stock. Add stock, reserved porcini liquid and wine to mushrooms. Cook over medium-low heat, stirring, until slightly thickened. Season with salt and pepper. Whisk in butter. Keep hot. Yield: 6 cups.

For each servine, grill steak to desired doneness. Plate steak; ladle 2 ounces mushroom sauce over steak.

Beef Council

HERBED GRILLED BREAD

Herbed butter:

- ½ cup butter
- 2 cloves garlic, finely minced
- 2 teaspoons paprika
- 1 teaspoon oregano, dried
- ½ teaspoon cumin
- 1/4 teaspoon cayenne pepper

Bread, sourdough, Italian or French sliced ½ -inch thick

In a small pan, melt butter, add minced garlic and cook 30 seconds. Remove from heat and add paprika, oregano, cumin, and cayenne, mix well. Brush one side of bread with butter and place on heated grill 4 to 6 minutes or until golden brown, checking frequently to prevent burning.

B. Light Lebanon

VEGETABLE GRILLING GUIDE

Grilled vegetables make easy, tasty accompaiments to grilled meat. They are a family-pleasing way to add vitamins, minerals, and fiber to the meal.

Before grilling, brush cleaned vegetables lightly with olive or vegetable oil. For variety, the oil may be seasoned with crushed garlic and herbs. Grill until tender, turning occasionally. Season with salt, as desired.

Bell peppers (green, yellow, orange, or red):Cut peppers lengthwise in half; remove seeds. Grill 12 to 15 minutes.

Corn: Pull husks back from corn, leaving husks attached to base. Remove corn silk. Do not brush with oil. Fold husks back around corn, tie at top of each ear with string or strip of husk. Soak corn in cold water 1 to 2 hours. Grill 20 to 30 minutes, turning frequently.

Eggplant: Cut small eggplants 3 to 4 ounces each) lengthwise in half. Grill 10 to 12 minutes.

Green onions: Grill whole onions about 5 minutes.

Mushrooms: Grill whole mushrooms 12 to 14 minutes.

Onions: Cut onions crosswise into 1/2 -inch thick slices. Grill 15 to 20 minutes.

Potatoes: Precook small potatoes (3 to 4-ounces each) until barely tender when tested with fork. Rinse in cold water to stop cooking, drain well. Thread onto skewers. Grill 10 to 15 minutes.

Squash: Cut small squash lengthwise in half. Grill 8 to 12 minutes.

Sweet Potatoes: Cut potatoes diagonally into 1/2 -inch thick slices. Grill 14 to 16 minutes.

Tomatoes: Cut tomatoes into ½ - to ¾ -inch thick slices. Grill 3 to 5 minutes, or until heated

Featured Recipe

May is officially Burger Month 14's amazing the many different ways the nation's most popular sandwich can be made.

A form of the hamburger is reported to have been eaten as early as the 14th century. In 1924, the first cheese hamburger was sold in a California grill, since then hamburgers with various toppings continue to be concocted. Caramelized onions, smoked Cheddar cheese, Cajun spices and other ethnic seasonings are popular now.

If you're entertaining a crowd, you'll want to try The Black Jack Burger. The recipe can easily be adapted for fewer burgers.

If you would like more beef and veal recipes to grill, send a selfaddressed stamped envelope to the Pennsylvania Beef Council (PBC), 1500 Fulling Mill Rd., Middletown, PA 17057.

PBC also launched a new web site (www.pabeef.org) with recipes. food safety tips, and educational materials. Web site visitors can download materials or e-mail requests to information@pabeef.org.

BLACK JACK BURGER

- 21/4 cups mayonnaise
- 3 cup Creole mustard
- 48 tomato slices
- 48 thin red onion slices
- 1/2 cup prepared vinaigrette dressing
- 24 ground beef patties
- 11/2 cups Cajun seasoning mixture
- 24 slices Monterey Jack cheese
- 24 sesame seed buns, split
- In bowl, mix ingredients until thoroughly blended. Cover and refrigerate. Yields: 31/2 cups.

In bowl, toss tomatoes and onions in dressing to coat. Cover and

For each serving, season one patty on each side with 11/2 teaspoons Cajun seasoning mixture. Grill to 157-degrees internal temperature. Top with one slice cheese and melt. Spread 1 tablespoon Creole mayonnaise on each cut side of one bun. Place 2 slices each marinated tomatoes and onions on bottom bun half. Top with grilled burger and top of bun.

Contest For New Jersey Residents Only

SUSSEX, N.J. — The New Jersey Dairy Princess Committee announces the 13th annual Jersey Fresh Dairy Recipe Contest. All New Jersey residents may enter, and the featured topic is appetizers or hors d'oeuvres recipes using Jersey Fresh fruits, vegetables and dairy products. All entries must feature at least one dairy product and no imitation dairy products may be used.

Judging will be based on taste appeal, creativity, east of preparation, appearance, and the effective use of dairy products. No recipe should specify brand names, and entries must state number of serv-

ings and approximate preparation time.

Entries must be postmarked by midnight, June 1 to be eligible for the contest. Semifinalists will be contacted to be present at the final judging which will take place Jun 26, at the Somerset County 4-H Center in Bridgewater.

The grand prize is a \$150 cash award; second prize is \$100, and third prize is \$50. All semifinalists will receive dairy promotion

Send to New Jersey State Dairy Princess Committee Inc. c/o Joy Ricker, 91 Beemer Road, Sussex, New Jersey, 07461.

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