

Bowlers share recipes

By CHARLOT M. DENMON
Staff Correspondent

With Memorial Day weekend fast approaching, a group of the local bowlers taking part in the state tournament in Erie last weekend turned their conversation to their plans for the long weekend.

After returning from bowling the team events Saturday afternoon, three or four of the bowlers, all homemakers, discussed new ideas for barbecues while playing a game of 31 in their room.

Like many Back Mountain residents this year, they were planning family cookouts in their back or on the patio. What to plan for an entree instead of the usual hot dogs or hamburgers was their dilemma.

After discussing some ideas they had read in recent magazines or papers, the four women playing cards began exchanging some of the recipes they had obtained from friends or relatives - recipes of foods they had sampled in the past. Some of these sounded easy-to-prepare, ideal for the barbecue grill and just as delicious. In addition, for the most part, the foods were economical.

Why not share these recipes with other homemakers in the Back Mountain area, I suggested. With some persuasion, they finally agreed and this week, Marie Ritts, Kay Scavone, Dorothea Gordon and Jeanne Clark share these barbecue grill recipes with Dallas Post readers. Since the ingredients in each recipe are the combined suggestions of all four women, no one person can claim each recipe.

The Barbecued Marinated Chicken Breasts are economical and although easy to prepare, should be marinated for at least three hours but preferably overnight.

The Kabob International, as they named it, should be marinated from 10 minutes to several hours, according to the amount of time before necessary to serve. If desired, other vegetables may be substituted for zucchini but it is suggested that cooks use the onions.

Barbecued Cornish Hens are inexpensive to serve when barbecued and make a different but delicious entree to serve from the grill. Like most barbecued meats the Hunan Steak should be marinated. The marinade is easy to prepare and, if desired, the red wine may be omitted. This makes delicious eating so be prepared to have plenty to serve.

All of the recipes may be doubled if desired and if the Cornish Hens are small, allow one per person instead of a half.

BARBECUED MARINATED CHICKEN BREASTS

- 4 boneless chicken breasts, halved & skin removed
- 2 cloves garlic, minced or pressed
- 2 t. salt
- 2 t. grated fresh ginger root
- 1 t. freshly ground pepper
- 1 t. ground cumin
- 2 t. curry powder
- 1 t. dried oregano
- 4 T. soy sauce
- 4 T. vegetable oil
- 1 T. lemon juice
- 8 t. butter or margarine

Place chicken breasts in single layer in baking dish. Mix garlic and salt, blend in ginger, pepper, cumin, curry powder, and oregano. Blend in soy sauce, oil and lemon juice, spread mixture over chicken breasts, coating each piece thoroughly. Cover and refrigerate three hours or as long as three days. Heat barbecue coals until they are evenly coated with white ash. Place chicken breasts on grill. Cook five minutes on each side, remove from grill. Place one teaspoon butter on each piece of chicken. Serve. Garnish with fresh mint, if desired.

KABOB INTERNATIONAL

- 2 lb. sirloin tips
- 1/2 lb. thickly sliced bacon
- Marinade:
- 6 T. oil
- 1 T. soy sauce
- 1/2 T. paprika
- 1/2 t. garlic powder
- 4 zucchini
- 4 onions

Cut sirloin tips into one inch cubes, cut bacon into one inch strips. Combine them in a bowl. Stir together oil, soy sauce, paprika and garlic powder. Pour over the meat and bacon, mixing well. Marinate at least 10 minutes up to several hours. Wash and dry zucchini, cut into halves or quarters depending on size. Rub metal skewers with oil,



Dallas Post/Charlot M. Denmon

Comparing recipes

Several of the bowlers at the Pennsylvania State Womens Bowling Tournament in Erie last weekend shared barbecue grill recipes with one another and this week's Post readers. Discussing some of their recipes while playing "31" are, Marie Ritts, Kay Scavone, and Dorothea Gordon.

spear meat, bacon, zucchini and onions alternately. Grill over pre-heated coals for 15-20 minutes, turning occasionally to cook evenly on all sides.

BARBECUED CORNISH HENS

- 2 lg. (1 1/2-2 lb.) Cornish hens, thawed
- Salad oil
- 1/4 c. orange marmalade
- 1/4 c. butter or margarine

2 T. teriyaki sauce
Celery leaves or parsley for garnish
Orange wedges

Remove giblets and necks from hens. Cut each hen in half with shears or boning knife. Rub skin with oil. Place hens on barbecue grill over medium hot coals, cooking for 25-35 minutes turning frequently. Meanwhile, combine marmalade, butter and teriyaki sauce in

small pan on side of the grill. Heat, stirring until blended. Brush the baking sauce over the hens during the last 10 to 15 minutes of cooking. Place hens on platter and garnish with greens and orange wedges. Serve immediately.

HUNAN STEAK

- 1 1/2 lb. boneless top round beef, 1 1/2 inch thick
- Marinade:
- 1/4 c. salad oil
- 1/4 c. red wine
- 1 T. Worcestershire sauce
- 1 T. soy sauce
- 2 cloves garlic, minced
- 1 t. rosemary or oregano
- 1/2 t. red hot pepper flakes

Place beef into rimmed dish such as a 10-inch pie plate. Combine all of the marinade ingredients and pour over beef. Cover and marinate in refrigerator 8-10 hours or overnight. Remove from marinade but do not dry meat. Place over hot charcoal or under pre-heated broiler about six inches from source of heat. Broil 10 minutes on each side for rare, longer for well done. Cut into thin diagonal slices to serve. Serves four. Double amount of meat for eight but use only 1 1/2 times amount of marinade.

School menus

(Following are cafeteria menus for area school districts for the following week.)

WEST SIDE TECH

- May 21 - 27
- Breakfast
- WEDNESDAY - French toast and ham syrup, juice, milk.
- THURSDAY - Assorted cereal, banana bread, juice, milk.
- FRIDAY - Variety of cereal, orange slices, apple fig bars, milk.
- MONDAY - No school.
- TUESDAY - Variety of cereal, chilled juice, pastry, milk.
- Lunch
- WEDNESDAY - Hoagie-lettuce-tomato, Italian dressing, potato salad, sugar and spice cookies, milk.
- THURSDAY - Open face turkey sandwich-gravy, mashed potatoes, seasoned vegetables, cherry short-cake, milk.
- FRIDAY - Fish fillet on bun-tartar sauce, macaroni-cheese, stewed tomatoes, chocolate cookies, milk.
- MONDAY - No school.
- TUESDAY - Hamburg on bun, relish-onions, chips, chilled fruit, baked beans, soft pretzels, milk.

- GATE OF HEAVEN SCHOOL
- May 21 - 27
- WEDNESDAY - Baked chicken, baked potatoes, corn, cranberry sauce, Tastykake, milk.
- THURSDAY - Peanut butter-jelly sandwiches, chips, fruit, pudding pops, milk.
- FRIDAY - No school.
- MONDAY - No school.
- TUESDAY - Flying saucer, vegetable soup, pineapple, pretzel rods, milk.

DALLAS SCHOOLS

- May 21 - 27
- WEDNESDAY - French bread cheesy pizza or Italian hoagie w-cold meat-lettuce-cheese, creamy cole slaw, fresh pear half, choice of milk or juice. Bonus: Hot, soft pretzel.
- THURSDAY - McDallas chicken sandwich or cheeseburger on roll, sweet potato casserole, dill pickles, choice of milk or juice. Bonus: Cherry crisp.
- FRIDAY - Teacher in-service.
- MONDAY - No school.
- TUESDAY - Foot long hot dog or Sloppy Joe w-zesty relish, Boston

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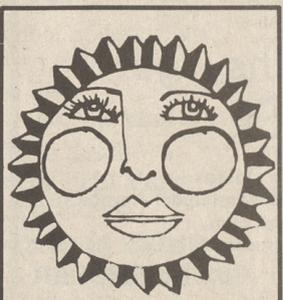
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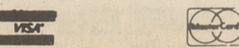
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\$1,000 is top prize in egg recipe contest

One good egg deserves another...if that's your philosophy in producing an "eggceptional" recipe, then mix the secret ingredients to cook up your favorite dish for the 1986 Pennsylvania Egg Recipe Contest. That something "eggstra" may mean a state title, a trip to the National Egg Cooking Contest and a share of \$8,000 in total prize money.

The recipe should include at least one egg per serving, and specify exact amounts of each ingredient in the recipe method. Be sure to state cooking utensils, time and temperatures. Recipes should not include garnishes. Entries must be received by July 31, 1986.

Top prize in the Pennsylvania Egg Recipe Contest is \$1,000. The winning state recipe will be forwarded to the American Egg Board for national judging and a chance at winning one of three top cash awards: first, \$4,000; second, \$2,000; and third, \$1,000.

Judges will score entries according to these criteria: nutritional quality (20 percent); ease of preparation (20 percent); taste appeal (20 percent); appearance (20 percent); and creativity (20 percent). All recip-

es submitted become the property of the Pennsylvania Department of Agriculture and or the American Egg Board.

Entries will be accepted only from current Pennsylvania residents. Food professionals, staff, board members and immediate family members of any of the sponsoring organizations are not eligible.

Recipes should be sent to EGGS, Bureau of Marketing Development, PA Department of Agriculture, 2301 N. Cameron Street, Harrisburg, PA 17110-9408. More than one entry may be submitted per envelope, but each recipe must be on a separate piece of paper. Contestants are requested to print or type their name, address, county and telephone number on each recipe.

The state cook-off contest will be held on September 6, 1986. The winning candidate will be notified (by mail). The contest is sponsored by the American Egg Board, Pennsylvania Department of Agriculture, Pennsylvania Egg Marketing Association and the Pennsylvania Poultry Federation.

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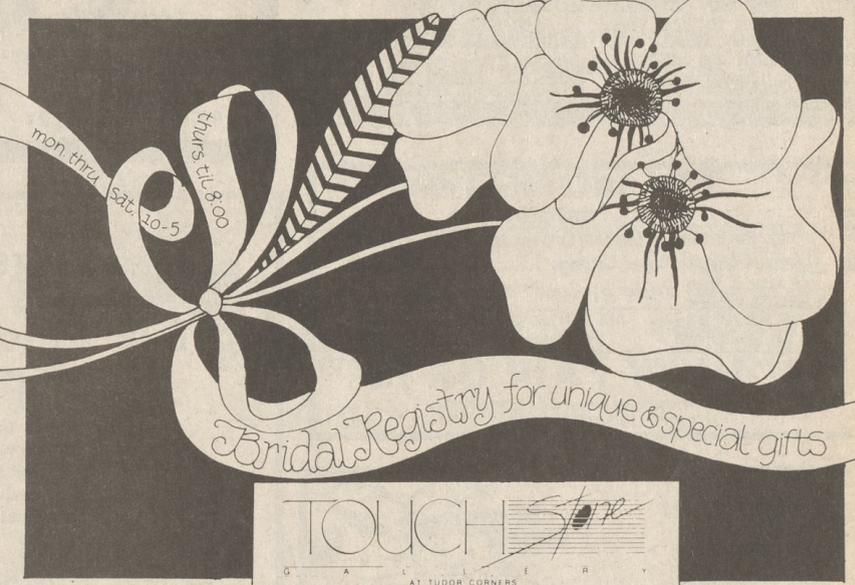
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