

# Cookbook

## Summertime means cookouts

By CHARLOT M. DENMON  
Staff Correspondent

In our family, summer is the time for cookouts - whether over an open fire, gas grill, or traditional charcoal burner but, for my husband and others in his family, summer is actually the time for charcoaling. Not over an open fire nor a gas grill but on real charcoal, and this summer he particularly enjoys the flavor of food grilled over mesquite.

Since my husband, Andrew Denmon, came from a family of all boys except on, like the others he learned to cook and discovered he enjoyed preparing various foods, particularly salads and original creations. This works out fine in our household for I am quick to admit that the culinary arts are no favorite of mine. It is a "joy" to come in from working and be able to sit down and enjoy dinner that is already prepared.

Doubly pleasing is to come home and enjoy the delicious odor of food cooking over charcoal, especially mesquite charcoal. Whether it be just hot dogs, hamburgers or more gourmet foods such as Cornish hens, pork kabobs, veal or kabobs, there's nothing so delicious during hot weather than dinner barbecued on the charcoal grill and consumed while dining on an enclosed porch.

Not all the food he prepares is original and I don't really know which is or is not, but I do know it tastes good.

The recipes which are shared with Post readers this week are not original, but favorites of ours which we enjoy when using the grill whether we are alone or are entertaining friends.

The Beef Barbecues are quick to prepare and simmered in a spicy sauce which gives them a unique flavor. Served with a vegetable salad and fries or chips they are an ideal summer evening meal. Filled Hamburgers are easy and tasty but very different. They are great for eating on a hot, humid night, served

with dill pickles and assorted raw vegetables and a favorite dip.

For dining alone or entertaining friends, the Pork (or beef) Ribs served with tossed salad and corn on the cob and a light dessert are delicious. Last but not least are the Turkey Skewers (kabobs) which make a great main dish or appetizer. The rice and turkey served with a salad, fresh crusty bread and cheese are "super". Sirloin steak, chicken breast or tenderloin of pork may be substituted for the turkey. Fruit sorbet makes an excellent flavorful dessert to serve with any of the above, if dessert is desired.

### BEEF BARBECUES

- 1 lb. boneless beef chuck or rump roast
- 1 1/2 T. vegetable oil
- 1 c. water
- 1 c. onion, chopped fine
- 1 c. chopped celery
- 1/2 c. chopped green pepper
- 2 cloves garlic, minced
- 1 8-oz. can tomato sauce
- 2 T. Worcestershire sauce
- 2 T. vinegar
- 1/2-1 t. tabasco sauce
- Salt to taste (optional)
- 4 lg. burger rolls

Heat oil in deep, heavy pot, add roast and brown on all sides. Add water and remaining ingredients except rolls. Cover and simmer over medium to low heat for three

to four hours, or until beef is done well enough to shred easily. Remove beef from sauce, place on a large platter and shred with forks. Mix shredded beef into the sauce and, if desired, add more salt.

If sauce is cool, reheat and serve on hot, buttered rolls. For eight servings double the above recipe but use only three cloves of garlic and three tablespoons each of Worcestershire sauce and vinegar so sauce will not be too spicy.

### FILLED HAMBURGERS

- 1 env. onion soup mix
- 1 pt. sour cream
- 1 lg. tomato (four slices)
- 1/8 t. black pepper

- 1 1/2 lb. lean ground roun steak
- Lettuce leaves
- 4 lg. sandwich rolls

Combine onion soup mix with sour cream and add black pepper. Cover and chill for 24 hours in advance of serving. When ready to barbecue, make ground beef into eight thin patties, larger in circumference than the rolls (to allow for shrinkage). Stack patties placing wax paper between each one. Wrap in aluminum foil and chill for about half hour before ready to go on grill. Grill patties on preheated grill for 10-15 minutes or until done to preference. Place lettuce leaves on bottom half of each bun which has been split and toasted. Place one patty on lettuce, cover with onion-sour cream mixture, top with tomato slice (about 1/4 inch thick), top with another patty. Cover with top half of roll. Serve hamburgers at once. To serve eight people, double all ingredients.

### PORK RIBS

- 4 lbs. meaty pork ribs or pork loin, cut
- 1/2 t. garlic salt
- 1/2 t. dry mustard
- 1 T. paprika
- 3 T. pineapple juice
- 3 T. grape jelly+++
- 1 T. brown sugar

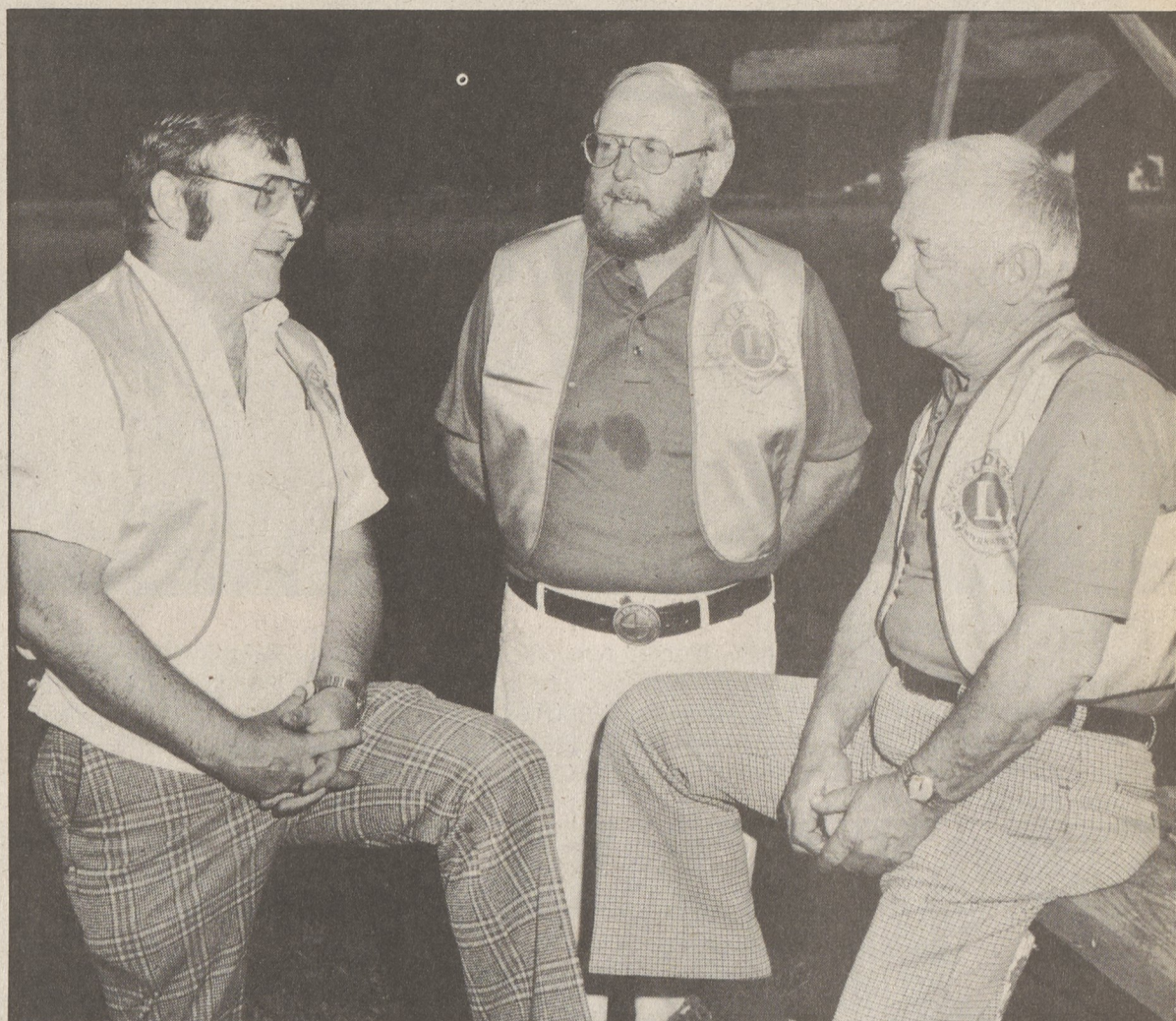
Arrange ribs in one layer in shallow baking dish or pan with fatty side up.

In bowl, mix together garlic salt, powdered mustard, and paprika, pineapple juice, grape jelly and brown sugar (+ + + whole cranberry sauce or currant jelly may be used, if desired). When mixed well, pour mixture over ribs. Marinate for an hour or more, turning ribs several times. When charcoal fire has burned down until coals are covered with gray ash, place ribs with meat side up over the coals. Grill for about 40 minutes if ribs are thin, about 55 minutes if thicker. Turn ribs and brush with the mixture left in the pan several times. Grill until juicy and tender. Cut slit in center section of ribs to test. Recipe serves four, double to serve seven or eight.

### TURKEY SKEWERS

- 1 1/4-1 1/2 lb. boneless skinned turkey breast
- 1/2 c. soy sauce
- 2 T. fresh lemon juice
- 1 T. sugar
- 1 clove garlic, minced
- 1/2 t. ground ginger
- 2 T. salad oil
- 1 T. sesame seeds
- Green pepper
- Cherry tomatoes

Slice turkey breast across grain in thin slices. Soak wooden skewers for 10 minutes or more to prevent from charring on grill. Mix soy sauce, lemon juice, sugar, garlic, ginger, oil and sesame seeds. Pour over turkey and marinate for at least an hour. Place turkey slices on skewers alternately weaving slices loosely, with green pepper chunks and cherry tomatoes. Place filled skewers on shallow platter and pour remaining marinade over them. Cover and refrigerate for one to five hours (the longer the better the flavor). When ready to serve place over hot charcoal and cook until turkey is tender and slightly browned. Delicious served on hot, cooked rice.



### Dinner set

The Harveys Lake Lions will hold their annual "Chicken Bar-B-Que" on Sunday, Aug. 3, from 12 noon to 6 p.m. at Hanson's Park, Harveys Lake. Tickets are available from any Lion member, or at the park. Committee members shown here are, from left, Homer Baker, President; Lee Watson, Secretary; and Ron Ritts.

## Always hungry? Help is near at hand

Always hungry? It make take more than willpower to control your appetite, according to the July Reader's Digest.

Scientists have found that emotional and biochemical factors can make you hungry. Here are the results of five current studies:

— Chewing and stress. In times of stress many people overeat. Apparently, the act of chewing actually relieves tension. As a remedy, scientists are trying to produce a fibrous, low-calorie chew bar for stressed overeaters to gnaw on.

— Craving for flavor. In blind taste tests, a Duke University Medical Center study found that many overweight people possess a keen ability to recognize different tastes. As a result, they require more flavorful food and will continue eating until they are satisfied. Manufacturers are working to develop flavor and aroma enhancers to help these people. In the meantime, Reader's Digest suggests inserting into the diet crunchy, colorful foods and chewing food thoroughly to release more flavor on the tongue.

— Over-responding to food cues. Researchers have speculated that, just as Pavlov's dogs learned to salivate at the sound of a bell, some people have learned to produce higher than normal amounts of insulin, a body chemical associated with appetite, at the sight or thought of food. By substituting a reaction

other than eating, say, a brisk walk or a drink of water, maybe you can extinguish the hunger response.

— The case for carbohydrates.

Experiments at the Massachusetts Institute of Technology (M.I.T.) have shown that certain people have a specific, biologically induced hunger for carbohydrates. Eating carbohydrates increases the level of serotonin, a neurotransmitter in the brain. Enough serotonin produces a sense of satiation, and hunger for carbohydrates subsides. Accordingly, one or two carbohydrates should be eaten daily, at times of peak craving, to release the neces-

sary serotonin. Suggested foods include an English muffin with jelly, popcorn or a low-salt pretzel.

Exercise: a lot or a little? Research indicates that moderate, sustained exercises may be more effective in curbing appetite than extremely taxing activities. A brisk daily walk may work more wonders than riding exercise bikes three times a week.

For a free reprint of "Always Hungry? Here's What Experts Advise," write to Reprint Editor, Reader's Digest, Box 25, Pleasantville, N.Y. 10570.

## Be careful when packing foods to take on picnics

The day of the picnic turns out to be just about perfect. The temperature is in the 80s and there's hardly a cloud in the sky. The potato salad is still warm as you pack it in the picnic basket alongside the egg salad and tuna fish sandwiches. There's also baloney, some liver-wurst, a couple of chicken legs left over from Thursday, and a half dozen custard-filled doughnuts for dessert.

You get to the park in a little over an hour, set the basket of food out on a picnic table, and take a leisurely stroll through the countryside to sharpen the appetite. What's wrong with this picture? Just about everything, says Dr. James Fox, of the Division of Environmental Health, in the state Health Department.

"Picnics must be planned more carefully than home meals because the food is often under little or no refrigeration for long periods of time. It's an invitation to food poisoning.

"Bacteria can grow in temperatures ranging from 40 to 140 degrees fahrenheit. Picnic foods that require refrigeration should be stored well below 40 degrees during transit and should not be left out on the picnic table for long periods of time.

Fox says unless you have a well insulated cooler packed with plenty of ice or cold packs, you should choose foods that are less likely

targets for food poisoning.

"Such traditional picnic food as pickled eggs, baked beans, raw fruits and vegetables, pickles and olives, processed cheeses and canned meats, bread, rolls, cakes and juices, require little or no refrigeration and keep well," Fox says.

"Foods containing milk, eggs, fresh meat, fish, seafood and some cold cuts tend to spoil easily and must be kept cold. If you don't have a cooler, don't take them. If you have a cooler, place these foods on the bottom, surround them with ice or cold packs, and eat them first. Contaminated food may not look or smell spoiled. If in doubt, don't eat it."

Fox has these hints when planning a picnic:

— Use the traditional picnic basket to carry the tablecloth, napkins, drinking cups, and the life, and non-refrigerated food items.

— Put the rest of the food in a cooler chest with plenty of ice or cold packs.

— Thaw frozen foods in the refrigerator instead of at room temperature to prevent bacteria growth.

— Prepare all foods as close to serving time as possible.

— Take foods that do not encourage bacteria growth or spoil easily.

"By following these hints, the only thing you'll have to worry about is having a good time," Fox says.

**Read the Classifieds**

**Marianne Hanify Personalized Catering**  
Celebrating Our 40th Anniversary  
Thank You ...

To all customers for another successful year. We look forward to continuing our fine tradition of personalized service.

Banquet facilities and take-out service available.  
675-5781 or 675-3818

**Welcome Baby**

The recent arrival of the newest member of your household is the perfect time to arrange for a WELCOME WAGON call.

Call now and let's celebrate your baby.

675-2070

*Welcome Wagon*

• Pregnancy Terminations to 14 weeks  
• Confidential Counseling  
• One Visit

Office of  
**Salomon Epstein, M.D.**  
2548 Vestal Parkway, East Vestal  
607-770-9011



An international image  
A good neighbor  
A good friend



The  
Welcome Wagon  
Hostess with  
The Most Famous Basket in  
the World®

CALL

*Welcome Wagon*

Phone 675-2070



FOR A GREAT LOOK...AT A GREAT PRICE!

**Karen Newton's Hair Fashions**

1651 Hillside Road, Shavertown

- PERMS .... \$20.00 ..... cut & style incl.
- COLOR ... \$15.00 ..... cut & style incl.
- WASH & SET ..... \$5.00
- WASH, CUT & SET ..... \$8.00
- WASH, CUT & BLOW DRY . \$6.00
- FROSTING . \$20.00 ..... cut & style incl.

FREE Conditioning With All Services  
PHONE: 696-4785 For Appointment

*Heart of Fashion*

**30% OFF**  
(Suggested Retail Price)

**ALL SPRING & SUMMERWEAR**

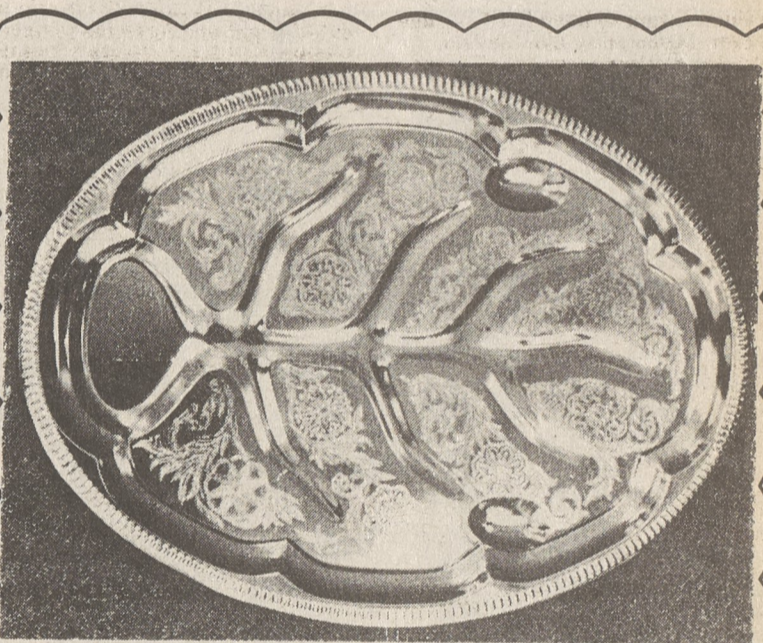
**ALL SALES FINAL**

(Does not include layaways on previous purchases)

Open Mon., Tues., Wed., Sat. 10-6 Thurs. & Fri. 10-9

Roxanne Opalicki Owner/Manager

Rt. 309-415 Plaza, Dallas 675-8878



### NEW SUBSCRIBERS...

We'll give you as a gift this beautiful serving platter, if you'll subscribe to The Dallas Post for one year.

This beautiful serving platter will enhance any table decor. So whether the subscription is for yourself or as gift, the serving platter is absolutely FREE if you subscribe for one year.

We know you'll enjoy keeping up with all the news by reading The Dallas Post every Wednesday. And we're sure you'll love this beautiful serving platter. Get both by simply filling out the coupon below and bring it along with your payment of \$12.00.

The Dallas Post Circulation Department  
Rte. 309-415 Plaza Dallas, Pa. 18612

Yes, please begin my one year subscription to The Dallas Post. I have not been a subscriber in the past three months.

Deliver to:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

NOTICE: This special offer is limited to NEW subscribers only. Not to be used in conjunction with any other specials. Renewals are not eligible.

**HURRY, OFFER GOOD WHILE SUPPLIES LAST!**

*The DALLAS POST*

RT. 309-415 PLAZA  
Dallas, Pa. 18612  
675-5211