

Cookbook

A barbeque turns most men into cooks

By CHARLOT M. DENMON
Staff Correspondent

Hot sunny days of August, a rustling breeze now and then, and the hint of fall in the wings, brings to the barbecue grill those men, who would ordinarily cringe at the prospect of having to prepare a chicken or steak for dinner in the kitchen.

Just mention the word barbeque, however, and those same men do a complete turnabout joining the hundreds of others in that favorite warm weather pastime — barbecuing on the grill. Soon the days will be short and cold and we will be indoors, longing for the aroma of mesquite or hickory burning. There is something primitive about cooking over the open fire which lures men to the out-of-doors, willing to create their recipes on the grill, accompanied by potatoes baked in the charcoal and fresh garden salads.

Among these outdoor chefs is Andrew Denmon, Jr., of Dallas, who needs no coaxing to prepare one of his favorites on the grill. Having been employed in various positions in the culinary field for more than 15 years, he has collected a large number of recipes for preparing on the grill.

Four of these he shares with The Dallas Post readers this week. Honey Chicken may be precooked in advance and reheated on the grill before it is glazed. Served with a green salad, fresh garden tomatoes and warm Italian bread, it is a tasty outdoor meal. The Sirloin Steaks and the Kabobs take only 15 to 20 minutes to prepare and may be marinated from 10 minutes to two hours for the Kabobs, three hours to several days for the Steaks. The Barbecued Chicken for best results should be marinated for three hours or longer. Barbecuing takes approximately 10 minutes.

Any of the above recipes served with a favorite salad, crusty French or Italian bread and a light dessert will delight family or friends on a warm, sunny day. The recipes as given by Andy will make four generous servings. If serving more than four persons, he recommends



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Outdoor chef

Andrew Denmon, Jr. doesn't enjoy cooking indoors, but mention the word "barbeque" and he turns into an experienced chef.

doubling the quantities in the recipes.

BARBECUED MARINATED CHICKEN

- 4 boneless chicken breasts, halved
 - 2 garlic cloves, minced
 - 2 t. salt
 - 2 t. grated ginger root
 - 1 t. gr. pepper
 - 1 t. gr. cumin
 - 2 t. curry powder
 - 1 t. dried oregano
 - 4 T. soy sauce
 - 4 T. vegetable oil
 - 1 T. lemon juice
 - 8 t. butter
 - Fresh mint leaves
- Remove skin from chicken, place in single layer in pan or dish, mix garlic and salt and blend in remaining seasonings. Blend in soy sauce, oil and lemon

juice. Spread over chick, coating each piece thoroughly. Cover and refrigerate for at least three hours or longer. Heat barbecue coals until they turn to white, place chicken on grill and cook five minutes on each side. Remove from grill, brush with butter and garnish with mint, if desired.

CURRIED STEAKS

- 2 lbs. sirloin steak, cut in 4 pieces
- 1 garlic clove, minced
- 1 t. salt
- 1 t. grated ginger
- 1 t. black pepper

- 3/4 t. gr. tumeric
- 3/4 t. coriander
- 3/4 t. oregano
- 2 T. soy sauce
- 1 T. lemon juice
- 1/4 c. oil

Trim fat from steak (Delmonico steaks may be used if desired); crush garlic with salt, add remaining seasonings, stir until blended. Add soy sauce, lemon juice and oil, mixing well. Spread over steaks and refrigerate for 3-4 hours, longer if desired. When barbecue coals are white hot, grill meat five minutes, longer for well done, on each side. Remove and serve immediately.

SIRLOIN INTERNATIONAL

- 2 lbs. sirloin tips
- 1/2 lb. bacon, sliced thick

Marinade:

- 6 T. oil
- 2 T. soy sauce
- 1/2 T. paprika
- 1/2 t. garlic powder or 1 garlic clove, minced
- 4 small zucchini
- 4 onion

Cut steak into one inch cubes; cut bacon into one inch strips. Place in a bowl. Stir together oil, soy sauce, paprika and garlic. Pour over the meat, mix well and marinate from 10 minutes to two or three hours. Wash and dry zucchini, cut into thick slices. Peel onions, cut into halves or quarters which ever necessary to fit. Rub skewers with oil. Put meat, bacon, zucchini, onions alternately on skewers. Grill over hot coals for 15 to 20 minutes, turning so all sides cook evenly. Other vegetables may be substituted in place of zucchini if desired.

HONEY CHICKEN BARBECUE

- 1 3-3/2 lbs. cut up chicken
- 1/2 t. salt
- 2 T. butter or margarine
- 1 garlic clove, crushed
- 1 onion, chopped
- 3 T. each soy sauce, honey, lime juice
- 1 T. dry mustard
- 1 pineapple
- 3 bananas, firm
- 1/4 c. rum, optional

Around town

IT SEEMS UNBELIEVABLE that summer will soon be coming to an end and it will be back to school for many of us. Yet, a sure sign that summer is still in full swing was evident when the beautiful little Miller girls of Shavertown were operating a Kool-Aid stand in their front yard last week.

IF YOU WANT to spend a nice afternoon with the family, picnicking, playing frisbie or flying a kite, plan a day at Kirby Park in Kingston. I hadn't been to Kirby Park since 1972 and was pleasantly surprised at the playground items for children, the picnic area and the pond for paddle boats.



JOAN KINGSBURY

MEMBERS OF THE BACK MOUNTAIN ROD AND GUN CLUB held their annual clambake last weekend. Local residents enjoying the food and fun were Bill Kingsbury, Bill Kingsbury Jr., Glenn Eyet Jr., Frank Gelsleichter, Bob Gelsleichter, Carl Garinger, Bob Eyet, Dave Williams.

MR. AND MRS. EDWARD A. MOORE were recently married in Dallas United Methodist Church. Rev. Robert Benson performed the wedding ceremony.

Mrs. Moore is the former Cindy Lee Major, daughter of Mrs. Judith Major and Clyde Major. Mr. Moore is the son of Mr. and Mrs. John Baur and Edward Moore.

Following a wedding trip to the Thousand Islands, the Moores are residing in Dallas.

BEST WISHES to Mr. and Mrs. William Weigel, Cliffside Ave., Trucksville, who observed their 49th anniversary on Monday.

The Weigels are the parents of three children, Mrs. Peggy Poynton, Dallas; Mrs. Mary Lou Painter, Montebello, Va.; and Mrs. Susan

Henning, Essex, Maryland. They also have nine grandchildren and six great-grandchildren.

MR. AND MRS. ANDERS E. LEIDAL were recently united in marriage at Trinity United Presbyterian Church, Dallas. Rev. Andrew Pillarella performed the double-ring ceremony.

Mrs. Leidal is the former Karen Lee Givens, daughter of Mr. and Mrs. Clarence Givens, Dallas. A graduate of Dallas High School, she is attending Wilkes College. She is employed at Commonwealth Telephone Company, Dallas, a an account executive.

Mr. Leidal is a graduate of Scotch Plains-Fanwood High School and Rensselaer Polytechnic Institute with a degree in Chemical Engineering. He is employed as a manager by Procter and Gamble, Mehoopany.

Following a wedding trip to Clearwater, Florida, the Leidals are residing in Shavertown.

MR. AND MRS. DAVID D. EVANS, 139 N. Main St., Shavertown, announce the birth of a son, Sean Paul, on July 31 in Geisinger Medical Center.

Mrs. Evans is the former Stephanie A. Silverman, daughter of Mrs. Mary E. Silverman, 161 Lake St., Dallas.

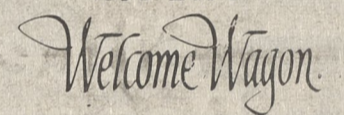
Paternal grandfather is Harry T. Evans, 202 Ferguson Ave., Shavertown. Congratulations to you!

(Joan Kingsbury, a Back Mountain resident, is a columnist for The Dallas Post. Her column appears weekly.)



The recent arrival of the newest member of your household is the perfect time to arrange for a WELCOME WAGON call. I'm your WELCOME WAGON representative and my basket is full of free gifts for the family. Plus lots of helpful information on the special world of babies. Call now and let's celebrate your baby.

675-2070



Tasting event scheduled

Lowe's Restaurant, 35 W. Market St., Wilkes-Barre, was the first to sign the contract to participate in "A Taste of the Valley" to be held on Sunday, September 14, from 1 to 4 p.m. at the Ice A Rama, Coal Street, Wilkes-Barre.

"A Taste of the Valley" is an opportunity for area restaurants to bring their speciality dish and offer a taste to the people who will be

attending this festival event. Sponsoring this special event with all proceeds going to the Association for Retarded Citizens of Luzerne County are the Knights of Columbus, Luzerne County Medical Society Auxiliary, Northeastern Pennsylvania Restaurants Association, Luzerne County Tourist Promotion Agency, Wilkes-Barre Jaycees, the West Side Junior Women's Club.

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CARING PEOPLE NEEDED! Private child welfare agency seeks foster families to meet the growing need of children needing a structured, loving and supportive home life. If you feel you have something to contribute to these children, please call **Counseling & Care Services at 1-800-732-7338 or 717-961-3621.**

Auxiliary makes donation

The Nesbitt Memorial Hospital Auxiliary recently gave the hospital \$75,046.00. The gift came in the form of two checks, each designated for purchasing equipment that better enhances patient care.

This has allowed Nesbitt to equip the Intermediate Care Unit with new monitors, while its cardiac rehabilitation clinic acquired a video-cassette recorder and television monitor. Now patients can

learn to maintain a healthy heart by viewing videotapes.

The Anesthesia Recovery Room has obtained advanced recording equipment, as well as monitors for recovery room and anesthesia patients.

And the Respiratory Therapy Department has a new carbon-monoxide analyzer, which measures the level of carbon-monoxide being exhaled from a patient.

Alda Swanson would like to express her deepest appreciation to her loyal patrons. With the increasing responsibility to her family she has decided to take a leave of absence so that she can dedicate her full attention to her family.

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