

OK, you turkeys, get ready for barbecue season



Can't go on a vacation this year? Just trying to save gas? Try dining out at home this month. You'll feel like soft Polynesian breezes are blowing in your own backyard when you serve luscious Barbecued Turkey Hawaiian as the main course.

Rotisserie turkey is really catching on for a new kind of summertime fare. The reason is simple. Turkey has never before been so versatile. Now you can find a whole frozen bird in just the right size and weight for your family. Turkey is a natural for elegant outdoor barbecues.

It's also hard to beat turkey for economy. Believe it or not, turkey prices right now are about the same as they were 30 years ago. Not many other high-protein foods have managed that budget-pleasing feat.

Simply skewer the thawed turkey on a spit (or an indoor over

rotisserie if you wish) over glowing coals. Baste at intervals with spicy Pineapple Glaze. Serve outdoors where things taste better. You'll feel as though you've gone somewhere special.

To make a flavorful feast guests won't forget, add the accompaniment of fluffy lemon-flavored rice and your favorite salad and dessert. Your backyard barbecue ought to be a brilliant success. It also will save energy—yours.

BARBECUED TURKEY HAWAIIAN

1 8-10 lb. turkey
Salt
Pepper
Oil
1 8½ oz. can crushed pineapple
1 cup brown sugar
2 tbsp. lemon juice
2 tbsp. prepared mustard
Dash salt

If the turkey is frozen, thaw according to the wrapper directions, rinse and pat dry. Tie wings securely to breast with twine and tie drumsticks securely to tail. Do not stuff turkey for rotisserie cooking. Insert spit rod in front of tail; run diagonally through breast bone. Fasten tightly with spit forks at both ends and test for balance, readjusting until satisfactory. If desired, insert meat thermometer into thickest part of breast or thigh, parallel to the spit. Brush turkey with oil.

Cook for one hour. At the end of the first hour, brush turkey with basting sauce prepared by mixing together pineapple, brown sugar, lemon juice, prepared mustard and a dash of salt. Continue cooking, basting turkey every 30 minutes. Total cooking time will be 3½ to 4 hours.

Before carving, let turkey rest

at least 10 minutes. Serve hot or cold.

YIELD: 10 to 15 servings.

SAVORY LEMON RICE

2 tbsp. butter
¼ clove garlic, minced
1½ cups chicken broth
¼ tsp. salt
1½ cups long grain instant rice
1½ tsp. parsley
2 tsp. lemon juice

In a medium sized saucepan, sauté garlic in butter. Add chicken broth and salt, bring to a boil. Stir in rice. Cover, turn off heat, and let stand five minutes. Add, fluffing with a fork, the parsley and lemon juice.

YIELD: four to six servings

Party frills

Add a frill to your next party with an especially appetizing appetizer such as cheese frills. Simply spread cheese across the center of large bologna slices, fold the meat in half, keeping the rounded edges together, pleat the meat into thirds. Then stick the ends together with a pick.

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A peachy way to shape ham balls to fit in peach halves is to use a tablespoon measure. Place a cooked ham ball in each peach half when serving.

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A zesty dressing for fish or seafood can be made by mixing together melted butter, prepared mustard, lemon juice, Tabasco sauce and Worcestershire sauce.

What a way to go — waffles work wonders

Waffles, a golden honeycombed quick bread, are a centuries-old culinary gift from America's European heritage. We know them as a tasty addition to breakfast or brunch, but they actually started out as a holiday delicacy. Among the continental specialties, the Belgian waffle with its strawberry and whipped cream topping might be best known to us because of the hit it made at the 1963 New York World's Fair.



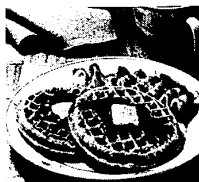
Waffles are now an American tradition, so popular, in fact, that frozen ready-to-heat waffles have become a standard item in the home freezer.

Serve crisp golden waffles with melted butter and warm maple syrup or with whipped cream cheese as a delicious breakfast eye opener. But don't rule them out for lunch or even for a light dinner main dish.

toasted waffles with a peanut butter and jelly filling. Or place a slice of cheese between two frozen waffles and bake at 400 degrees F. until thoroughly heated.

• Place sliced baked ham on a crisp heated waffle. Top with cooked asparagus spears. Then smother with a creamy cheese sauce.

• Try chili con carne spooned over a heated waffle. Sprinkle with grated cheese.



WAFFLES FOR BREAKFAST



WAFFLES FOR DESSERT

• Top heated waffles with bananas, chopped nuts and warm maple syrup.
• Combine blueberries, raspberries, peaches or strawberries with sour cream. Serve on heated waffles and sprinkle with brown sugar.

WAFFLES FOR LUNCH OR DINNER

• Make a waffle sandwich using

• Top heated waffle with a scoop of vanilla or mint chocolate chip ice cream. Drizzle with hot fudge sauce. Add a spoonful of chopped peanuts, some whipped topping and finally a cherry.

• For a waffle shortcake, fold fruit into whipped topping and serve on heated waffles.

• Stir a little almond flavoring into warm canned pie filling. Serve over heated waffles and top with a scoop of ice cream.

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