

AMERICAN DISHES

Celebrate Dairy Days

Warm breezes and sunshine call for outdoor meals. Barbecue grills from the simplest to the most elaborate are kept busy because meals in the open have become the summer lifestyle for many Americans.

All of the food is not grilled, of course, but when part of the food can be cooked out-of-doors, it eliminates kitchen chores. In the menu given here, prepare the barbecue sauce in the kitchen, then lather it on the split chickens cooking on the grill. Broiler-fryer chickens are young and lean so they need butter in the sauce to brown attractively and to bring out the taste. Tomatoes, puree and other seasonings with just a bit of brown sugar add a saucy note to this economical, popular entrée.

Potatoes may be baked on the grill as the chicken cooks or both may be done in the oven. Cheddar cheese topping with bits of appetizing bacon and green onions will taste best if it melts easily on the potato.

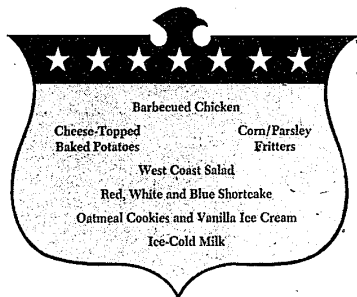
Add a bit of Americana to the menu with typical Corn and Parsley Fritters. Fresh corn, cut from the cob, is delectable in the batter, which is fried by spoonfuls in shallow butter and fat.

Salad inspiration comes from many lands but the size and variety of American salads have made them an institution! In this one, there's an abundance of greens planned, with one cup per person. They're accented with sliced orange, sweet red onion and avocado. Everything is chilled to sparkling crispness.

Cottage cheese and dairy sour cream form the base for the dressing, which is thick and fluffy. Two ounces of Blue cheese in this base seem like more, appealing to one's sense of economy. Horseradish and hot sauce furnish piquancy.

You can go all-American with a Red, White and Blue Shortcake, using strawberries, blueberries and whipped cream! These are layered on individual biscuit-type shortcakes, made in two sizes so they're high and handsome.

Are old-fashioned Oatmeal Cookies and ice cream necessary? Yes, children may want a light dessert.



BARBECUED CHICKEN

6 to 8 servings

- 1/2 cup (1 stick) butter
- 1 1/2 cups chopped onion
- 1 clove garlic, crushed
- 1 can (16 oz.) tomatoes, finely chopped with liquid
- 1 cup canned tomato puree
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dry mustard
- 1 teaspoon salt
- 2 broiler-fryer chickens (2 1/3 to 3 pounds each), cut up

Melt butter in a heavy 3-quart saucepan; sauté onion and garlic until tender, about 5 minutes. Stir in tomatoes, puree, brown sugar, vinegar, Worcestershire, mustard and salt. Simmer, uncovered, until thick, about 15 minutes. Cook chicken over hot charcoal 45 to 60 minutes, or until chicken can be pierced easily with a fork. Turn chicken every 10 minutes; baste generously with sauce during last half of cooking time. (Chicken may be baked in a preheated 350°F. oven for 50 to 60 minutes, turning and basting every 15 minutes.)

NOTE: Remaining sauce will keep well, covered, in refrigerator up to two weeks.

CHEESE-TOPPED BAKED POTATOES

Yield: approx. 1 1/4 cups of topping

- 1/2 cup (1 stick) butter
- 1 cup (4 oz.) shredded Cheddar cheese
- 4 slices bacon, cooked and crumbled
- 2 tablespoons sliced green onion
- 1 teaspoon Worcestershire sauce
- 8 medium-sized Idaho potatoes, baked

Combine butter, cheese, bacon, onion and Worcestershire. Beat until fluffy. Split top of each potato and squeeze to open. Top generously with cheese-butter spread.

NOTE: Remaining spread will keep well, covered, in refrigerator up to two weeks.

CORN/PARSLEY FRITTERS

Yield: 15 to 16

- 1 1/3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- Dash pepper
- 2/3 cup milk
- 2 egg yolks, slightly beaten
- 1 tablespoon butter, melted
- 3 cups fresh corn
- 2 tablespoons chopped parsley
- 2 teaspoons grated onion
- 2 egg whites, stiffly beaten
- 3 tablespoons butter, melted
- 3 tablespoons oil

Combine flour, baking powder, salt and pepper in a large mixing bowl; set aside. Combine milk, egg yolks, 1 tablespoon butter and Worcestershire. Add liquid ingredients to dry ingredients; mix just until smooth. Stir in corn, parsley and onion. Gently fold in egg whites. Heat a small amount of equal proportions of butter and oil in a large heavy skillet over medium to high heat. Drop batter by tablespoonfuls into hot mixture. Sauté 2 to 3 minutes per side or until golden. Serve warm with butter.

WEST COAST SALAD

Blue Cheese Dressing:

(Yield: approx. 2 1/2 cups)

- 1 cup cottage cheese
- 1 cup dairy sour cream
- 2 ounces Blue cheese, crumbled

- 1 to 2 tablespoons prepared horseradish
- 2 teaspoons Worcestershire sauce
- 1 teaspoon seasoned salt
- Few drops hot pepper sauce
- Freshly grated pepper

For dressing, beat cottage cheese on high speed of mixer until almost smooth, about 5 minutes. Stir in remaining ingredients until well combined. Refrigerate, covered, 1 to 2 hours to allow flavors to blend. Meanwhile, for salad combine all ingredients. Sprinkle with salt to taste. To serve, spoon salad into individual bowls; pass dressing.

NOTE: Remaining dressing will keep well, covered, in refrigerator up to two weeks.

RED, WHITE AND BLUE SHORTCAKE

6 servings

- Shortcake:
- 4 cups all-purpose flour
- 1/2 cup sugar
- 5 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup (1 1/2 sticks) butter
- 1 1/2 cups milk
- 2 tablespoons butter, melted and cooled
- Filling:
- 1 pint fresh strawberries
- 2 teaspoons sugar
- 1 cup fresh blueberries
- 1 cup whipping cream
- 2 tablespoons confectioners' sugar

Preheat oven to 450°F. Combine flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Add milk; mix until a soft dough is formed. Turn out on lightly floured surface and knead gently several times. Roll to 1-inch thickness. Cut out six 3-inch circles and six 2 1/2-inch circles with a floured cutter. (If necessary, reroll dough to make specified number of circles.) Arrange large circles on buttered cookie sheet. Brush with a small amount of melted butter. Top each with a smaller circle; press gently. Bake until golden and firm to the touch, 15 to 18 minutes. Cool on wire rack. Meanwhile, reserve 18 perfect strawberries; slice remaining berries and sprinkle with 2 teaspoons sugar. Wash and drain blueberries. Combine whipping cream and confectioners' sugar. Whip until soft peaks form. To serve, separate shortcakes. Spread a small amount of whipped cream on bottom circle; spread some of sliced berries on each; sprinkle with blueberries. Place smaller circle on top. Spread with whipped cream. Arrange 3 whole strawberries on each; sprinkle with blueberries. Serve immediately.

OATMEAL COOKIES

Yield: approx. 6 dozen

- 1 cup (2 sticks) butter
- 1 1/2 cups firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 2 tablespoons milk
- 1 1/2 teaspoons vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/3 teaspoon salt
- 2 1/2 cups uncooked oats

Preheat oven to 350°F. Cream butter; add sugars and beat until light and fluffy. Beat in eggs, milk and vanilla. Combine flour, baking powder and salt. Stir into creamed mixture. Stir in oats. Drop by rounded tablespoonfuls onto buttered cookie sheets. Bake 12 to 15 minutes or until golden. Cool slightly; remove to wire racks and cool completely. Store in tightly covered containers.