



Byrd's Kitchen

by Vivian Byrd

Secret of super barbecued ribs is the sauce

The Fourth of July should, it seems, be celebrated with food that is all American, hot dogs, hamburgers and, of course, spare ribs. Except for the Chinese who do delicious things with them, the Americans are the only cooks who have done much with spareribs. And they have been favorites of ours for generations.

The Detroit area is fortunate that when southerners began migrating here to work in the auto factories, they brought the secrets of pit-cooking ribs and special sauces. Now there are a number of good rib places around including one, Tunnel Bar-B-Q, which has its only "southern connection" in the fact that it is south of Detroit in Windsor. Those ribs, however, are split cooked rather than pit cooked.

ham, N.C., our host and hostess insisted we go to a barbecue house where, they said, had the best barbecue anywhere. They didn't exaggerate.

The restaurant was on the outskirts of town and was busiest on fall Saturdays after football games. The cashier was set up just inside the front door and patrons paid for the fixed price dinner before being seated.

THE ROOM was quite large with picnic-style tables and benches. The tables were covered with red and white checkered tablecloths and food was brought in large bowls by a waiter who reminded me somehow of a porter on a train.

We carried a white towel over his arm at all times and moved with great dignity - with the air of someone who

has seen everything and certainly is not going to be disturbed by four more people hungry for barbecue.

The barbecue was pit-roasted out back over charcoal and hickory chips and served with Brunswick stew, thick slices of Bermuda onion, hot peppers, colelaw, pitchers of iced tea and beer. A bowl of extra sauce accompanied the meat.

After dinner we were given a tour of the pit, which was an unimpressive shallow excavation, lined with blocks, filled at that time with dead ash. It had, however, been instrumental in producing the best barbecue I have ever eaten.

SPARERIBS are best when cooked outside, although they are quite good

from the oven. They can be threaded on a rotisserie or placed on the rack of the grill.

After about a half-hour of cooking time, start basting with whatever sauce is being used unless there is a high sugar content to the sauce. Then, wait until closer to the end of the cooking time as sugar burns easily.

Below are some sauce recipes you might like to try for spareribs this Fourth of July. Add colelaw and a potato dish to round out the menu with your favorite rib go-withs and have a happy holiday.

BARBECUE SAUCE NO. 1

¼ cup oil
2 large onions, sliced
1 cup catsup

½ cup molasses, honey or brown sugar
2 tbsp. prepared mustard
¼ cup vinegar
1 tsp. salt
1 tsp. chili powder, optional
¼ tsp. black pepper or more

Saute onions in oil, then place in blender with other ingredients. Blend until onions are well chopped. Heat in a saucepan and use to baste the meat as it cooks. Makes two cups.

BARBECUE SAUCE NO. 2

½ cup honey
¼ cup soy sauce
2 cloves garlic, crushed and chopped
3 tbsp. catsup
¼ cup water or white sauce

Combine all ingredients. Stir to mix

well. Brush meat while cooking. Serve any remaining sauce with ribs.

BARBECUE SAUCE NO. 3

1 cup orange marmalade
2 tsp. Dijon mustard
1 tbsp. lemon juice
1 tbsp. Worcestershire sauce.

Combine all ingredients. Heat and keep warm so marmalade does not congeal. Sauce will give ribs a nice glaze.

For your copy of "10 fabulous desserts," send \$1.50 and a stamped, self-addressed envelope to Vivian Byrd, PO Box 1024, Birmingham 45012.

Correspondence should be directed to the same address.

Peanut butter goes to work



Nothing beats crisp gingersnaps and milk for a refreshing snack.

As food prices increase, many people are returning to "brown bagging" it at lunchtime.

Peanut butter sandwiches are quick and easy to carry. By varying bread selection and adding some imaginative ingredients of your own, you can eat a different peanut butter and jelly sandwich every day of the month. Try peanut butter and jelly plus raisins, honey, chopped apple, shredded cheese. Or try these.

DOUBLE CRUNCH SANDWICH

¼ cup peanut butter
¼ cup bacon, crumbled cooked
2 tbsp. parsley
¾ cup grape jelly or jam
12 slices bread

In a bowl mix peanut butter, bacon and parsley. Stir until well blended. Spread mixture on six slices whole wheat or other bread. Spread jelly or jam over peanut butter mixture. Top with remaining six bread slices.

Fritters combine ham with cheese

This delicious dish combines the tastiness of cooked ham and Swiss cheese. It's easy to prepare and an excellent choice for lunch or dinner.

HAM AND CHEESE FRITTERS

1 cup flour
1 tsp. baking powder
1 tsp. salt
2 eggs
½ cup milk
1 tsp. safflower oil
1¼ cups ½-inch cubes of cooked ham
¼ cup ¼-inch cubes of Swiss cheese
¼ cup sliced green onion
2 to 3 cups safflower oil

Measure flour, baking powder, salt, eggs, milk and 1 tsp. oil into medium sized bowl, and beat with whip or rotary beater until smooth. Add ham, cheese and onion. Drop by rounded tablespoons in ¾-inch deep hot oil. Cook until golden brown, turning once. Drain on paper towels.

Select the Finest

Brewed to meet the world's highest purity standard. The "Reinheitsgebot"

100% Imported Bavarian Hops For That Very Special Flavor



Absolutely No Chemicals or Cereal Adjuncts Added

OAK DISTRIBUTING CO.

5600 Williams Lake Road

674-3171

Market Square

of Birmingham

Ye Olde Butcher Shoppe

"IOWA SENDS US HER VERY BEST"

★★★★ OPEN JULY 4th til 7 p.m. ★★★★★

U.S.D.A. PRIME BEEF

U.S.D.A. PRIME BEEF

U.S.D.A. PRIME WHOLE NEW YORK STRIP STEAKS (14-16 lb. Avg.) cut & freezer wrapped free \$3.99 lb.	EXTRA LEAN GROUND CHUCK "FOR THE PERFECT PICNIC or B.B.Q" \$1.69 lb.	DIRECT FROM IOWA HORMELS FINEST BABY SPARERIBS (1¼ lb. ave.—No Brisket) \$1.99 lb.
---	---	--

Grocery

HAAGEN - DAZS GOURMET - PACKED CHOCOLATE - CHOCOLATE CHIP ICE CREAM \$1.39 pt.

DON'T FORGET EVERY WEDNESDAY IS BEER SALE DAY "Buy the Case"

FIRE ENGINE RED VINE-RIPE TOMATOES "The Perfect Salad Companion" 59¢ lb.

ONCE A YEAR SALE! SNOW WHITE JUMBO MUSHROOMS PICKED AND DELIVERED FRESH DAILY 89¢ lb.

Grocery

IMPORTED UN PEU DE TOUT "SOME OF EACH" CRACKED WHEAT CRACKERS 12.3 oz. 89¢

MIX OR MATCH COCA-COLA ½ liter bottles 8 pak \$1.99 case \$5.50

CALIFORNIA'S FINEST QUALITY HEAD LETTUCE 39¢ ea.

Deli Specials

WISCONSIN'S FINEST COLBY - LONGHORN CHEESE Chunk or Sliced to order \$2.79 lb.

ALEXANDER & HORNUNG QUALITY GERMAN-STYLE ALL BEEF NATURAL CASING FRANKFURTERS \$2.89 lb.

ALEXANDER & HORNUNG QUALITY KNOCKWURST \$2.99 lb.

NEW YORK STATE MONTEREY JACK CHEESE \$2.79 lb.

KITCHEN FRESH DAILY CREAMY COLE SLAW or MACARONI SALAD in reusable container 69¢ lb.

"An interior motif second to none truly makes us a shopping adventure"

Market Square

of Birmingham

1984 SOUTHFIELD RD. (AT 14 MILE) 644-4841

Hours: Daily 8 a.m.-10 p.m. Sun. 10 a.m.-10 p.m. • We reserve the right to limit quantities.

- Homemade Square Pizzas
- Exclusive Distributor Alexander & Hornung Sausage Products
- Party Trays
- Catering Specialists
- Commercial & Industrial Accounts Welcome

- Gift Packages
- Exclusive Distributor Smith's Prime Beef "How much better very best"
- S.D.D. Package Liquor Dealer
- Vintage Wine Dept
- Free Grocery Delivery

Southfield Road 14 Mile

Market Square

Prices good thru Sunday, July 6