

COOKOUT FOR FAMILY AND FRIENDS

Whether it's a gathering of friends or just the family, two top cookout performers... lamb and aluminum foil... team up to offer great on-the-grill menus.

More and more, cooks are selecting lamb for barbecuing because of its delicate flavor, tenderness and ease of preparation. Foil is a popular wrapping material choice for cooking foods outdoors since it eliminates scorching pads. A foil-lined grill speeds cleanup in addition to reflecting heat for even cooking.

When it's time to entertain friends on the porch or patio, serve a simple, yet elegant dinner that features a boned and rolled leg of lamb surrounded with new potatoes. Boning a meaty leg of lamb at home is easy. The trick is to have a very sharp knife. A boned leg cooks quickly and slices uniformly.

While the lamb is on the grill, cook Green Beans Italian in a foil bundle. A frozen fresh fruit salad, prepared in advance in a foil-lined pan for quick removal, rounds out the cookout menu.



DIRECTIONS FOR BONING, ROLLING AND TIEING A LEG OF LAMB

1. Place the whole leg of lamb and cutting board on a solid working surface. Have a tray nearby to put the cuts you'll be removing. Turn the leg, bone side up, and run the boning knife along the hump bone as indicated by the dotted line in the illustration. Work the knife around the bone to loosen it—keeping the blade close to the bone. You should feel the blade against the bone as you cut. Remove the hump bone.



2. Run the point of the blade close to the bone, all the way to the end of the shank—working the knife all around the bone, until it is completely exposed. Remove this bone.



3. After the shank bone is removed, start cutting at the ball joint of the center leg bone. Make a straight cut at the approximate center of the leg, until your blade reaches the next joint, known as the stifle joint. Work the point of the blade around the stifle joint and all around the length of the center leg bone until the bone is totally exposed. Remove the bone.



4. Tuck shank meat where center leg bone was removed, roll it together firmly, "fill" side out. Use three strings around the circumference and one along the length. Tie the length one first. All of the strings should be tied firmly, so the meat will not come apart, but not too tightly or, as the meat cooks, the meat will squeeze the juices out against the strings.



ROLLED LEG OF LAMB BARBECUED IN CITRUS SAUCE

6 to 8 servings

- 1 leg of lamb (4 to 5 lbs.) boned, rolled and tied
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons ground ginger
- 1/4 cup soy sauce
- 2 cloves garlic, minced
- Few drops hot pepper sauce
- 2 tablespoons brown sugar
- 1-1/2 cups grapefruit juice
- 1 teaspoon grated grapefruit peel

Place lamb in large glass or enamel bowl. In measuring cup, combine remaining ingredients. Pour over lamb. Cover; refrigerate several hours or overnight. Remove lamb, reserving marinade. Grill lamb over hot coals 20 minutes per pound, basting frequently with marinade, until meat thermometer registers 145°F. for medium-rare, 160°F. for medium or 170°F. for well done.

GREEN BEANS ITALIAN

6 Servings

- 2 packages (10 oz. each) frozen French style green beans, partially thawed
- 2 packages (6 oz. each) Italian salad dressing mix
- 1/4 cup vinegar

Tear off a length of heavy duty aluminum foil large enough to permit adequate wrapping. Place green beans in center of foil sheet. Combine vinegar and salad dressing mix; pour over green beans. Bring 4 corners up together in a pyramid shape. Fold the openings together loosely to allow for heat circulation and expansion. Seal by folding over ends and pressing to package. Grill over hot coals 8 minutes, open bundle and stir; resal. Grill 7 to 12 minutes longer, or until beans are tender.

GRILLED NEW POTATOES

6 Servings

- 2 pounds new potatoes
- 2 tablespoons butter or margarine
- 2 tablespoons snipped parsley
- 1-1/2 teaspoons dried dill weed
- 1/2 teaspoon salt

Tear off a length of heavy duty aluminum foil large enough to permit adequate wrapping. Peel center strip from potatoes; place in center of foil sheet. Dot with butter. Sprinkle with parsley, dill weed, and salt. Bring 2 sides of foil up over potatoes; fold down loosely in a series of locked folds allowing for heat circulation and expansion. Fold short ends up and over again; crimp to seal. Grill over hot coals 30 to 45 minutes, turning occasionally, or until potatoes are tender.

FROZEN FRUIT SALAD

6 Servings

- 1 container (9 oz.) frozen non-dairy whipped topping, thawed
- 1/2 cup chopped walnuts
- 1 cup sliced strawberries
- 1 cup chopped peaches
- 1/4 teaspoon red food coloring
- 1 large banana, chopped
- 2 teaspoons strawberry extract

Line a 9x5x3-inch loaf pan or six 6-ounce custard cups with heavy duty aluminum foil. Combine all ingredients. Spoon into mold. Freeze until firm. To serve, lift foil-covered salad from loaf pan; remove foil. Allow salad to soften slightly before slicing.

IT'S EASY TO MAKE A FOIL DRIP PAN

A drip pan, located under the boned and rolled leg of lamb on the grill rack, will catch drippings and help prevent flareups. It's easy to make a drip pan with heavy duty aluminum foil. Just follow these directions:



- Tear off a length of 18-inch wide heavy duty or extra heavy aluminum foil, double into a large rectangle to fit your grill.
- Fold up the sides and miter the corners.
- Before lighting the fire, set drip pan in place between the briquets in the grill fire bowl directly under where the lamb will be located.

DOUBLE DILL LAMB KEBABS

4 Servings

- 1-1/2 pounds lean lamb, cut into 1-inch cubes
- 1/2 cup olive or vegetable oil
- 1/4 cup lemon juice
- 1-1/2 teaspoons salt
- 2-1/2 teaspoons dried dill weed
- 1/2 teaspoon pepper
- 1 clove garlic, minced
- 1 cup mayonnaise
- 1 cup dairy sour cream
- 2 tablespoons finely chopped green onion
- 1 tablespoon snipped parsley or 2 teaspoons dried parsley flakes
- 1 teaspoon Beau Monde seasoning
- 1 teaspoon Worcestershire sauce
- 12 small onions, parboiled
- 2 to 3 zucchini squash, cut into 1-inch slices
- 12 cherry tomatoes

Place lamb in shallow glass dish. In measuring cup, combine oil, lemon juice, 1 teaspoon salt, 1 teaspoon dill weed, pepper and garlic; pour over lamb. Cover; refrigerate several hours or overnight, stirring occasionally. In 1-quart bowl, combine mayonnaise, sour cream, green onion, parsley, Beau Monde seasoning and Worcestershire sauce, remaining 1/2 teaspoon salt and 1-1/2 teaspoons dill weed. Cover; refrigerate several hours or overnight. Remove lamb, reserving marinade. Alternate lamb, onions, zucchini and tomatoes on skewers. Brush with marinade. Grill over medium hot coals 7 to 8 minutes per side, brushing frequently with marinade, or until lamb is done. To serve, spoon dill sauce over lamb kebabs and vegetables.

RICE PILAF

4 Servings

- 1 package (6-1/4 oz.) fast cooking long grain and wild rice
- 1 can (3-1/2 oz.) sliced mushrooms, drained
- 1/4 cup chopped green pepper
- 2 tablespoons butter or margarine
- 1 teaspoon salt
- Dash pepper
- 2 cups water

Tear off a length of heavy duty aluminum foil large enough to permit adequate wrapping. Combine rice, mushrooms and green pepper; spoon into center of foil sheet. Dot with butter. Sprinkle with salt, pepper and 1 teaspoon seasoning mix from rice package. Bring 4 corners of foil sheet up together in a pyramid shape. Pour water into bundle. Fold the openings together loosely to allow for heat circulation and expansion. Seal by folding over ends and pressing to package. Grill over hot coals 25 to 30 minutes, or until rice is tender. To serve, fluff rice with fork.

BUTTER 'N BACON CABBAGE WEDGES

4 Servings

- 1 small (1 lb.) head cabbage, quartered
- 1/4 cup chopped green onion
- 2 tablespoons butter or margarine
- 1/2 teaspoon salt
- Dash pepper
- 1/4 cup water
- 4 slices cooked bacon, crumbled

Tear off a length of heavy duty aluminum foil large enough to permit adequate wrapping. Place cabbage in center of foil sheet. Sprinkle with onion, salt and pepper; dot with butter. Pour water over cabbage. Bring 2 sides of foil up over cabbage; fold down loosely in a series of locked folds allowing for heat circulation and expansion. Fold sheet ends up and over again; crimp to seal. Grill over hot coals 20 to 25 minutes, turning occasionally, until cabbage is tender. To serve, sprinkle with bacon.

SESAME BUN STICKS

4 Servings

- 2 frankfurter buns
- 2 tablespoons Italian salad dressing
- 1 tablespoon butter or margarine, melted
- Sesame seed

To make baking pan, follow directions for making drip pan of heavy duty aluminum foil. Split frankfurter buns lengthwise; cut each bun in half lengthwise to make eight sticks. Place bread sticks on pan. Combine salad dressing and butter; brush on bread sticks. Sprinkle with sesame seed. Grill over medium hot coals 10 to 15 minutes, turning occasionally, until bread sticks are lightly toasted.

