

Monday, June 15, 1981

# DAD'S DAY...HIS WAY

Although the idea of Father's Day was originated in the early 1900's by a woman in Spokane, Washington, the first national observance of the occasion was recommended by President Calvin Coolidge in 1924 "to establish more intimate relations between fathers and their children, and to impress upon fathers the full measure of their obligations." Ever since that time, mothers and children have thought up ways to create a special day for the special man in the family. For many that means a special meal. Since every dad has his own unique "style," plan this year's Father's Day meal to fit his tastes, whether that calls for a gourmet touch or burgers in the backyard. And if Dad enjoys being creative with his barbecue grill, this is the perfect day to make him head chef.

Some ideas from the Kraft Kitchens account for different tastes and lifestyles, including the new recipes pictured here. Stuffed Chicken Quarters add a festive touch to outdoor grilling, with a barbecue sauce-flavored stuffing of rice, chopped mushrooms, and chopped green onion. This is accompanied by raw vegetables, perfect for dipping in a barbecue sauce-based Thousand Island Dressing.

For the dad with the gourmet palate, try Lemony Grilled Fish. It's filled with a snappy stuffing and brushed with a delectable lemon-barbecue sauce. Here the convenience of bottled barbecue sauce is personalized with the addition of lemon juice and grated lemon. Snappy Vegetable Kabobs give everyone a chance to skewer their favorites when the ingredients are put in separate bowls, and the barbecue sauce is handy for brushing on.

Some other hearty treats to make Dad's day extra special include Summerfest Kabobs, a colorful combination of fresh vegetables and lamb cubes barbecued kabob-style, and Round Steak Roll-Ups with a savory filling of chopped zucchini, carrot and onion, and Monterey Jack cheese with jalapeño peppers. Those hamburger-lovin' dads haven't been forgotten, either. This recipe for El Paso Burgers brings a Mexican flavor to barbecuing burgers, with crushed corn chips, barbecue sauce, chopped green chilies, and chopped onion in the meat mixture, and a "Salsa" of whole kernel corn and chopped tomato, celery, green pepper, and onion mixed with bottled barbecue sauce.

To make the meal a real family affair, let the kids pitch in, too. There are lots of things the little ones can do, from tearing up some greens for a salad, to shaping hamburger patties. And with minimum guidance, even the younger children can brush on the barbecue sauce. The important part of this family day is that everyone can have the personal satisfaction that they "helped" to make the day special for Dad...his way.

## LEMONY GRILLED FISH

- 1 cup barbecue sauce
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 tablespoons chopped parsley
- 1/3 cup margarine
- 1 cup dry bread crumbs
- 1 2 to 3 lb. trout or white fish
- planked, pan-dressed

Combine barbecue sauce, lemon juice and lemon rind; mix well. Sauté vegetables in margarine. Add crumbs and 2 tablespoons barbecue sauce mixture. Rinse and dry fish. Fill cavity with stuffing; tightly secure opening.

Outdoors: Place fish on greased grill over hot coals (coals will be glowing) 5 to 7 inches from heat. Brush with barbecue sauce mixture; grill 10 minutes. Turn and brush with sauce; grill additional 10 minutes or until fish is done.

Indoors: Place fish in greased baking pan; brush with barbecue sauce. Bake at 425°, brushing with barbecue sauce, 20 to 25 minutes or until fish flakes easily with a fork. 4 to 6 servings

## SAUCY VEGETABLE KABOBS

- Cherry tomatoes
- Zucchini chunks
- Small whole onions
- Cauliflowerets
- Mushrooms
- barbecue sauce

Alternate vegetables on skewers. Grill over medium coals (coals will have slight glow) 15 to 20 minutes or to desired doneness, turning and brushing frequently with barbecue sauce.

## STUFFED CHICKEN QUARTERS

- 1/2 cup finely chopped mushrooms
- 1/3 cup chopped green onion
- 1/4 cup barbecue sauce
- 1-1/2 cups cooked rice
- 1 2-1/2 to 3-lb. broiler fryer, quartered
- barbecue sauce

In 1-quart saucepan, combine mushrooms, onion and barbecue sauce; cook over low heat until crisp-tender. Add rice, heat thoroughly.

Loosen skin on each chicken quarter to form a pocket between skin and meat. Spoon vegetable mixture into each pocket. Secure with skewers.

Outdoors: Place chicken on greased grill, skin side up, 5 to 7-inches from coals. Grill over low coals (coals will be ash gray) 20 minutes; turn and grill, brushing with barbecue sauce every 10 minutes.

Indoors: Place chicken, skin side up, in 11-3/4 x 7-1/2-inch baking dish; brush with barbecue sauce. Bake at 350°, 1 hour or until tender, brushing frequently with barbecue sauce. 4 servings

## SNAPPY THOUSAND ISLAND DIP

- 1 cup real mayonnaise
- 1/4 cup barbecue sauce
- 1 hard-cooked egg, chopped
- 1 tablespoon sweet pickle relish

Combine ingredients; mix well. Serve over lettuce or with vegetable dippers. 1-1/2 cups

## SUMMERFEST KABOBS

(Not Illustrated)

- 1-1/2 lbs. lamb, cut into 1-1/2-inch cubes
- 3 ears corn, quartered
- 2 cups (1/4 lb.) mushrooms
- 1-1/2 cups red bell or green pepper chunks
- 1-1/2 cups onion bits hickory smoke flavored barbecue sauce

Outdoors: Alternate meat and vegetables on skewers. Grill over hot coals (coals will be glowing) 30 to 35 minutes or until desired doneness, turning and brushing frequently with barbecue sauce.

Indoors: Alternate meat and vegetables on skewers; place on rack of broiler pan. Broil 15 to 20 minutes or to desired doneness, turning and brushing frequently with barbecue sauce. 6 servings

## ROUND STEAK ROLL-UPS

(Not Illustrated)

- 1 cup finely chopped zucchini
- 1 cup finely chopped carrot
- 1/2 cup chopped onion
- barbecue sauce
- 1 cup (4 oz.) shredded natural monterey jack cheese with jalapeño peppers
- 1 2-1/2 to 3-lb. round steak, 1/2-inch thick, trimmed, boned

In 1-quart saucepan, combine vegetables and 2 tablespoons barbecue sauce; cook over low heat until crisp-tender. Add cheese; continue cooking until melted. Pound meat. Spread vegetable mixture on round steak. Roll up meat, starting at long side. Tie with string; cut into eight pieces. Place two meat rolls on each skewer.

Outdoors: Grill over medium coals (coals will have slight glow) 20 to 30 minutes or until desired doneness, turning and brushing frequently with barbecue sauce.

Indoors: Broil 25 to 30 minutes or until desired doneness, turning and brushing frequently with barbecue sauce. 8 servings

## EL PASO BURGERS

(Not Illustrated)

- 1-1/2 lbs. ground beef
- 1/2 cup crushed corn chips
- 1/4 cup barbecue sauce
- 3 tablespoons chopped green chilies, well-drained
- 2 tablespoons chopped onion
- Salsa

Combine meat, corn chips, barbecue sauce, chilies and onion; mix lightly. Shape into six patties.

Outdoors: Grill patties on both sides to desired doneness. Top with Salsa.

Indoors: Place beef patties on rack of broiler pan. Broil on both sides to desired doneness, brushing frequently with barbecue sauce. Top with Salsa.

## Salsa

- 1 8-3/4-oz. can whole kernel corn, drained
- 1 cup chopped tomato
- 2/3 cup barbecue sauce
- 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- 1/4 cup chopped onion

Combine ingredients; mix well. 6 servings