

He barbecued at Smithsonian folklife fest

Summer just wouldn't be summer — at least not in America — without barbecue. "Sitting around eating ribs or chicken coated with a tangy sauce and cooked over an open fire is my idea of a perfect night," barbecue expert W.J. Strickland says. His 20 years' experience behind the grill recently earned him a spot at the Smithsonian's 15th annual Festival of American Folklife where he cooked ribs from 5 a.m. to 7 p.m. daily for two weeks.

Barbecue is a tradition of the South, but you don't have to be a Southerner to enjoy it. You just have to know what you're doing, take your time cooking and not mind messy fingers, Strickland advises.

At the festival, Strickland and fellow expert Grover Price of Tarboro, N.C., cooked on 14-foot-long open pits made of cement blocks, going through about 1,600 pounds of ribs and 600 pounds of chicken a day, all topped with 30 gallons of sauce. At home, though, most people will be using standard outdoor grills to cook modest amounts of ribs, chicken or chopped beef.

SAY YOU'RE cooking up some barbecue in your backyard, what's the first thing to do? Work on that critical element, the fire.

If it's just charcoal, use only 10 or 12 coals and wait until they begin to turn ash white before putting the meat on, Price says. For a lighter flavor and a great aroma, you may use hickory and oak chips with a smaller amount of charcoal.

Either way, the experts agree, it takes at least 40 minutes for the charcoal, or the coal and wood combination, to be "just right" for the meat. Too many people rush this process and put meat over cold charcoals or over flames, charring the outside and leaving uncooked pork or chicken inside.

"The quality of meat is important in a barbecue," Strickland says. "You can't just cook any old fatty meat and expect it to taste great with sauce." He and Price prefer three-down ribs, that is, slabs or spare ribs that weigh three pounds or less. (The larger slabs, for example, five and six pounds, have tougher meat with more fat). The ribs are cooked for an hour to an hour-and-a-half and the large pieces of chicken (broilers or fryers) should stay on the grill about an hour.

Knowing precisely when the meat is done is a tricky business, sometimes it's just a question of experience. But in the meantime, novice cooks may test by inserting a sharp knife into the meat to be sure it's not pink.

IF YOU HAVE good meat, there's no need to marinate it overnight. The only thing you might want to do before cooking, Price recommends, is to trim some of the fat from the back of the ribs.

Now, about that barbecue sauce. First of all, in many Southern families the recipe is a secret, passed down from grandfather to father to son, with some modifications along the way. It can be tomato-based, vinegar-based, mustard-based, chili-flavored and even flavored with fruit or honey. There's no one authentic Southern-style barbecue sauce, so it's fine to disagree over the best recipe.

Most old-time barbecuers in the South do agree as to when to brush the "secret" sauce onto the meat — approximately five to 10 minutes before it's done. Of course, you must turn the meat several times after the sauce has been brushed on both sides. If you cook meat for the full hour or so with barbecue sauce on it, the sauce turns black and has that burned flavor instead of a nice tangy taste, Price adds. He has tried all kinds of sauces but now sticks to his grandfather's recipe.

For many women, perhaps the best part of the cookouts is the fact that husbands who steadfastly refuse to prepare meals in the kitchen become barbecue gourmets during the summertime, branching out from the traditional hamburgers and hot-dogs to barbecue sauces on chicken and ribs.

"It's relaxing for me to come home from work and start to cook outdoors," says Strickland, who began by watching his father do barbecue. "It's only too bad more people don't teach their children to barbecue. It's a fun way to teach them how to cook."

Now, what do you serve with the ribs and chicken? For a complete Southern meal, try potato salad, baked beans, corn on the cob, hot bread or rolls and a simple fruit pie, say peach or strawberry.

At the Folklife Festival, they served banana pudding for dessert. (A layer of vanilla pudding is placed in a large baking dish topped with a layer of vanilla wafer cookies and slices of banana. This is repeated three times and the pudding is refrigerated for a few hours before serving.)

Then again, if you really follow the traditional Southern-style barbecue menu, you may not have room for dessert.

- BARBECUE SAUCE**  
(2 QUARTS)
- 3 chickens halved or several three-down ribs
  - 2 cups catsup
  - 1/2 cup beer
  - 1/4 cup lemon juice
  - 1/4 cup olive oil
  - 2 tbsp. minced onion
  - 2 tbsp. brown sugar
  - 2 tbsp. soy or Teriyaki sauce
  - 1 tbsp. vinegar
  - 2 tbsp. minced garlic
  - 1 tsp. salt
  - 1 tsp. basil leaves
  - 1 tsp. black pepper
  - 1 tsp. dry mustard
  - 1/4 tsp. thyme
  - 1/2 tsp. oregano
  - 1/2 tsp. chili powder
  - 1/4 tsp. cayenne

Mix all sauce ingredients in a 2-quart saucepan and bring to a boil. Reduce heat and simmer about 10 minutes. When the meat is just about done, brush sauce on and turn. Repeat several times for five or 10 minutes. Remaining sauce may be heated and served on the side.

Wine sauce with chicken

Chicken with Wine Cream Sauce takes on a festive air, perfect for intimate company fare. Cut-up chicken is coated with packaged coating for chicken, home style flour recipe, and fried in the oven. The pan drippings are used for the sherry-mushroom-cream sauce, a delectable accompaniment to the tender, yet crispy, chicken pieces.

All this without the usual fuss and effort of frying chicken.

While the chicken's in the oven, prepare Fruit Juice Rice, substituting fruit juice for water. Using packaged enriched pre-cooked rice, it is ready in minutes.

**CHICKEN WITH WINE CREAM SAUCE**

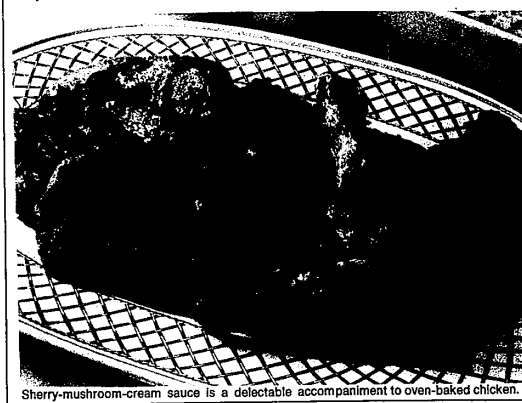
- 1 1/2 lbs. chicken pieces
- 1 packet coating for chicken, home style flour recipe
- 1 tsp. flour

1 can (2 1/2 oz.) sliced mushrooms  
2 tbsp. dry sherry wine  
1 1/4 cups half and half or heavy cream  
Coat chicken pieces with coating mix and bake as directed on package. Blend flour into pan drippings. Add undrained mushrooms, gradually add half and half. Stir in wine. Cook and stir over medium heat until thickened. Serve over chicken. Makes 4 servings.

**FRUIT JUICE RICE**

- 1 1/2 cups orange or pineapple juice
- 1/2 tsp. salt
- 2 tsp. butter or margarine
- 1 1/4 cups pre-cooked rice

Bring juice, salt and butter to a boil in saucepan. Stir in rice. Cover; remove from heat and let stand 5 minutes. Fluff with fork. Makes 2 1/2 cups or 4 servings.



Sherry-mushroom-cream sauce is a delectable accompaniment to oven-baked chicken.

Monday, August 17, 1981 (F38)

**FARM & MKT**

**ITALIAN SPECIALTIES**  
"Come see for yourself!"  
3321 W. 8 MILE (at W. of Farmington Rd.)  
Sun 9am to 5pm  
Sun 12-6  
478-1323

**ALL PRICES GOOD THRU 8-23-81**

**From Our Deli Department**

- Corned Beef .....\$3.29 lb.
- Jarlsberg Swiss Cheese...\$2.49 lb.
- Opco Hard Salami...\$2.19 lb.
- Muenster Cheese....1.99 lb.
- UNBAKED PIZZAS .....\$3.99

**NEW ITEM!**

**ITALIAN ICE 19¢ cup**

**WELLESLEY ICE CREAM**  
\$1.49 1/2 Gal.

**ALL FLAVORS**  
We Also Carry Haggan Dasz, Breyers & Sanders Ice Cream

Every Wednesday • 10% OFF • All Senior Citizens with ID

**WITH COUPON**

**LOWEST CASE BEER PRICES IN TOWN**  
PLUS... 75¢ OFF A CASE WITH THIS \*\*\*COUPON\*\*\*  
Limit 1 to Customer

**BULK IMPORTED & DOMESTIC OLIVES**

- GROUND BEEF CHUCK HAMBURGER \$1.69 lb.
- WHOLE GRADE A FRYERS 69¢ lb.
- LEAN MEATY BBQ SPARE RIBS \$1.69 lb.

CUSTOM MEATS CUT TO ORDER  
FREEZER BEEF PROCESSED HERE

**IMPORTED ITALIAN & CANADIAN PASTA**

**WINE SALE**  
WITH COUPON  
1/2 Liter 8 PK.  
**7-UP**  
\$1.89 plus deposit  
Limit 2

**SUNDAY ONLY**  
HOMEMADE BREAKFAST SAUSAGE  
\$1.99 lb. Save 20¢ lb.

**HAVING A PARTY?**  
We specialize in party trays  
FREE 8 pk. PEPSI with tray order

**ORCHARD-10 IGA**  
24065 Orchard Lake Rd.  
Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5  
**WE FEATURE WESTERN BEEF**

**IGA BONUS-COUPON**  
QUARTER FAME Margarine 3/\$1  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (59¢)

**IGA BONUS-COUPON**  
PESCHKE Sliced Bacon \$1.19  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (60¢)

**IGA BONUS-COUPON**  
GREAT WITH PORK! FAME Applesauce 89¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (33¢)

**Fame Homogenized Milk**  
\$1.79 PLASTIC GAL.

**IGA TABLETITE Boneless Beef Chuck Roast**  
\$1.88 LB.  
SOLD AS ROAST ONLY

**IGA TABLETITE Sliced Half Pork Loin Rib or Loin Half**  
\$1.69 LB.

**FARMER PEET OR KOEGL Ring Bologna**  
\$1.69 LB.

**DEL MONTE Tomato Catsup**  
32 oz. Btl. 98¢

**DEL MONTE Vegetable Sale**  
15-16 oz. Cans 2/79¢

**IGA TABLETITE Assorted Sliced 1/4 Pork Chops**  
\$1.48 LB.

**HOLLY FARMS GRADE A Pick of the Chick**  
\$1.19 LB.

**Woolley's Grade Medium Eggs**  
57¢ doz.

**KRAFT Longhorn Colby Cheese**  
1 lb. Pkg. \$1.89

**IGA Shredded Cheese**  
\$1.19

**Mr. IGA's Fresh Produce Garden**  
CALIFORNIA Iceberg Lettuce 55¢

**California Sweet & Juicy**  
•Plums .....59¢  
•Nectarines .....49¢  
•HONEYGROWN Fresh Red Tomatoes .....69¢  
•FAME Liquid Bleach .....\$1.19

**From the Freezer**  
FROZEN Banquet Dinners 69¢

**White Bread** 2/89¢  
Italian Bread 79¢  
Oreo Cookies 1/19

**BARBECUE SAUCE (2 QUARTS)**  
3 chickens halved or several three-down ribs  
2 cups catsup  
1/2 cup beer  
1/4 cup lemon juice  
1/4 cup olive oil  
2 tbsp. minced onion  
2 tbsp. brown sugar  
2 tbsp. soy or Teriyaki sauce  
1 tbsp. vinegar  
2 tbsp. minced garlic  
1 tsp. salt  
1 tsp. basil leaves  
1 tsp. black pepper  
1 tsp. dry mustard  
1/4 tsp. thyme  
1/2 tsp. oregano  
1/2 tsp. chili powder  
1/4 tsp. cayenne

**GENUINE NO BRAND Means Savings!**  
No Brand Ground Black Pepper 1/09  
T-Ball Bags 4/09  
No Brand Chocolate Syrup 2/99¢

**IGA COUPON COUPON**  
Tide Detergent \$3.19  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (96¢)

**IGA COUPON COUPON**  
BAGGERS Storage Bags \$1.09  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (20¢)

**IGA COUPON COUPON**  
16 OZ. Label Armour Treet \$1.19  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (18¢)

**IGA COUPON COUPON**  
ORIGINAL BUGLES \$1.29  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (57¢)

**IGA COUPON COUPON**  
FAME ELSTON Macaroni or Thin Spaghetti 99¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (16¢)

**IGA COUPON COUPON**  
Final Touch Softener 99¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (24¢)

**IGA COUPON COUPON**  
Bix Presoak 2/29¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (96¢)

**IGA COUPON COUPON**  
Small Bags 75¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (20¢)

**IGA COUPON COUPON**  
Armour Treet 2/89¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (18¢)

**IGA COUPON COUPON**  
Crackers 79¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (16¢)

**IGA COUPON COUPON**  
Noodles 79¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (16¢)

**IGA COUPON COUPON**  
Bath Soap 1/19¢  
Limit one coupon per family. Coupon and other coupon (\$10.00) cannot be used on same purchase. Expires Sunday, August 23, 1981. SAVE (24¢)