

# Savory roast beef can be cooked out on the grill

The tradition of celebrating special occasions with a roast beef dinner needn't be set aside during the cookout season. The savory goodness of a beef roast cooked over the coals while turning on the rotisserie can be enjoyed by all. Or the roast can be cooked in a covered outdoor grill by following the manufacturer's directions.

When choosing a roast for the rotisserie, look for one that's boneless, naturally tender, compact and fairly uniform in shape. Meeting these specifications is a beef tip roast. All who gather around the picnic table will be impressed with its juicy tenderness and hearty beef flavor.

You'll find a tip roast easy to balance on the rod. Balancing is the key to a roast turning evenly and cooking uniformly. The roast should be cooked at a low to moderate temperature over ash-covered coals arranged around a drip pan positioned under the meat.



Roast beef cooked on the rotisserie and zucchini accompaniment make a flavorful summer combination.

The tip roast will be best if cooked just to rare or medium. Your most accurate guide to doneness is a roast meat thermometer. When placing the thermometer in the roast, care should be taken that the tip does not rest in fat or on the rotisserie rod. It is important that the thermometer will not touch the drip pan as the roast turns.

Serve the roast with Summer Zucchini Cups. Pieces of zucchini are scooped out to form cups for a filling made with zucchini, celery, red peppers and bread crumbs. Onion, garlic, thyme and dill weed all contribute to the special flavor of the filling. The zucchini cups can be conveniently cooked on the grill top or in a microwave oven.

**ROTISSERIE BEEF TIP ROAST**  
3 1/2 to 8-pound beef tip roast  
Insert rotisserie rod through center of roast and test for balance by rotating rod in palms of hands. Tighten spit forks so roast turns with rod. Insert meat thermometer (at an angle so it will clear the cooking unit and drip pan) so the tip is centered in the roast and does not rest in fat or on the rod. Place rotisserie and roast at low to moderate temperature to desired degree of doneness; 140 degrees F. for rare; 160 F. for medium. Allow 35 to 40 minutes per pound for a roast weighing 3 1/2 to 4 pounds; 30 to 35 minutes per pound for a roast weighing 5 to 8 pounds.

**SUMMER ZUCCHINI CUPS**  
4 medium zucchini  
1 tsp. salt  
1/2 cup chopped celery  
1/2 cup chopped peppers  
1 small onion, chopped  
1 small clove garlic, minced  
1/2 tsp. leaf thyme  
1/2 tsp. dill weed  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 cup toasted coarse bread crumbs  
2 Tbsp. butter or margarine, melted  
2/3 cup water

Trim ends and cut each zucchini crosswise into 4 pieces. Scoop out center of one end of each to form cups; reserve pulp. Sprinkle cups with 1 teaspoon salt; invert on absorbent paper. Coarsely chop pulp, add celery, red pepper, onion and garlic. Sprinkle thyme, dill weed, 1/2 teaspoon salt and pepper over vegetables. Add bread crumbs and butter, tossing lightly. Fill each zucchini cup with 2 to 3 tablespoons vegetable mixture. Place cups in 9 x 13-inch metal baking pan; add water. Cover pan tightly with aluminum foil. Place on grill over ash-covered coals and cook 15 minutes. Vent one corner of aluminum foil and continue cooking 5 to 10 minutes or until vegetables are tender. Yield: 16 zucchini cups.

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## Jerky, pioneers' staple, is a treat

Once it was used for survival — now it's for fun. The food is jerky — strips of dried meat that have traveled through history. Journeying west in the saddlebags of the early pioneers, jerky played a life-sustaining role in the building of America.

In those early days, jerky was made from buffalo or venison by methods learned from the Indians. Strips of meat were spread on frames and dried in the sun or over slow wood-burning fires.

Later preparation moved indoors and jerky traveled with modern outdoorsmen — backpackers, skiers and campers. The meat more often used was beef. The strips were dried in ovens set at a low temperature and the preparation time was reduced from days to 10 to 12 hours.

**MICROWAVED BEEF JERKY**  
1 1/2 to 1 3/4 pound beef flank steak, partially frozen  
1 1/2 teaspoon salt  
1/2 teaspoon garlic salt  
1/2 teaspoon freshly ground black pepper

Remove all visible fat from steak; cut lengthwise (with the grain) into thin strips (1/4 inch or less). Combine salt, garlic salt and pepper sprinkle over strips and mix to distribute evenly. Arrange half the strips, flat and close together on microwave-safe bacon rack. Cover with waxed paper and microwave at low 21 minutes; invert strips, placing drier strips in center of rack. Rotate rack a half turn and continue microwaving at low 21 minutes until dry but slightly pliable. Remove to absorbent paper. Repeat with remaining strips. Cover with absorbent paper and let stand 24 hours. Store in a covered container. Note: The strips can be microwaved at medium 24 minutes or at high 12 minutes. Keeping quality is improved and strips are cooked more evenly on low power.

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