

LET'S TAILGATE!



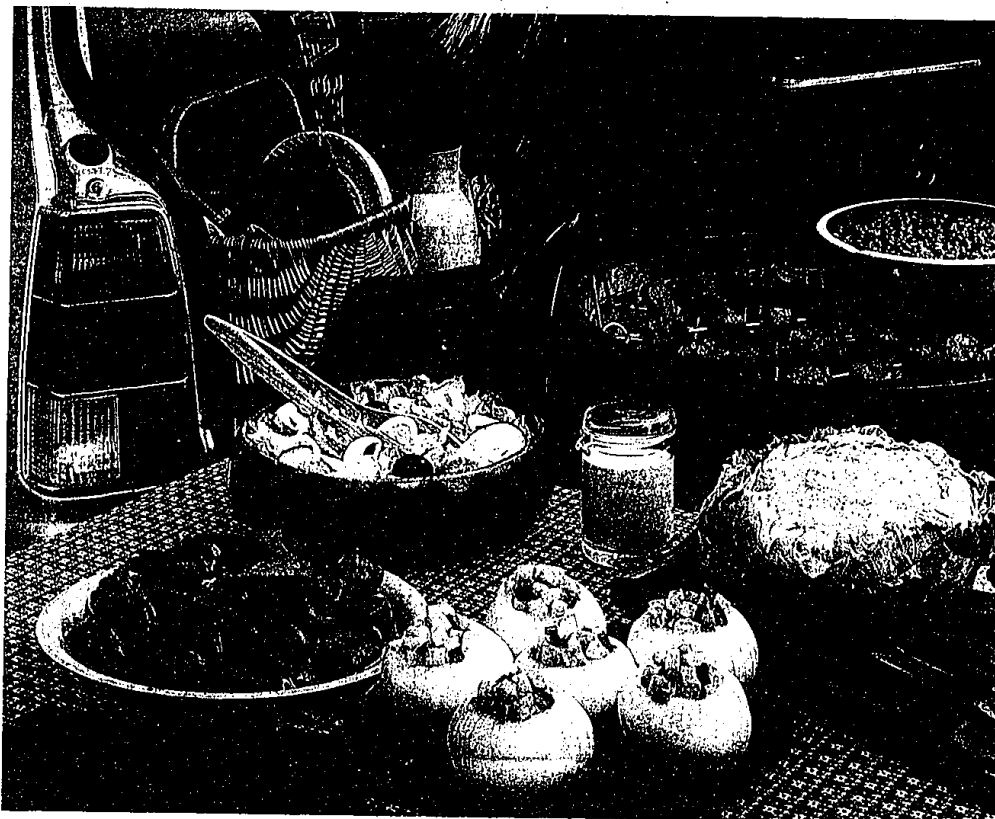
Fall means football to the sports enthusiast, whether it's high school, college or professional. Nothing beats a trip to the stadium to cheer the home team on, except perhaps the sumptuous tailgate picnic before the game.

A tailgate isn't necessary for a grand parking lot picnic. A small barbecue grill or hibachi, a folding table and delicious, easy-to-serve food prepared in advance is all you really need. These tempting recipes fill the requirements and illustrate the versatility of crisp iceberg lettuce, tender and delicious fresh American lamb, sweet Spanish onions and naturally brewed soy sauce and teriyaki sauce.

At the stadium, start the coals, allowing about 30 minutes for them to be just right. While you wait, kick-off the picnic with an attractive and refreshing appetizer. "Tailgate Party Spread" is served in its own special container — the shell of a fresh and crisp head of iceberg lettuce. Choose a "springy-firm" head that gives slightly to gentle pressure. The scooped out lettuce is chopped and steamed, then blended with sour cream, cream cheese, herbs and soy sauce. Naturally brewed soy sauce, made from wheat and soybeans, is an all-purpose seasoning that adds a delightful taste that enhances the flavor of this picnic pack-along spread.

The barbecued "Teriyaki Lamb Riblets" use an economical cut from the lamb breast and make wonderful finger food. Braise the riblets before leaving for the ballpark, then at the stadium just place them on the grill and baste often with teriyaki sauce. Ready-to-use bottled teriyaki sauce, a blend of naturally brewed soy sauce, wine, sugar and herbs and spices, has a piquant yet mild, delicate sweet flavor that's a perfect barbecue baste for lamb.

As the appetizers disappear, bring out the rest of the bountiful picnic. "Golden Potato Salad" is served in individual, marinated sweet Spanish onion shells. These Idaho-Oregon-grown sweet Spanish onions are the "jumbos" of the onion market, ideal for stuffing. Available September through March, they're known for their mild, sweet flavor and contribute significant amounts of Vitamin C, B vitamins and several minerals to the diet. The special vinaigrette dressing seasoned with soy sauce creates the distinctive flavor of this outstanding potato salad.



Fresh American lamb, versatile and nutritious, tastes especially good barbecued. A three-ounce portion has less than 160 calories, is high in protein and contains significant amounts of thiamin, riboflavin, niacin, iron and zinc. For an easy ballpark barbecue, "Lamb Kabobs" win out. Lamb cubes from a boned leg of lamb are marinated for several hours in a flavorful marinade of white wine, soy sauce, olive oil, oregano and garlic. Place the lamb cubes and marinade in a plas-

tic bag, securely sealed, and you're on your way.

The mild sweet taste of sweet Spanish onions and piquant flavor of teriyaki sauce are savory additions to canned pork and beans for the hot and delicious go-along, "Teriyaki Barbecued Beans."

Round-out the menu with a tossed green salad. Iceberg lettuce, tomatoes, cucumber, mushrooms

and rings of sweet Spanish onion create a colorful and crisp menu complement. Iceberg lettuce is high in natural fiber, low in calories — only 100 per average head — and is a source of Vitamins A, C and E, as well as iodine, potassium and other vitamins and minerals.

Caution: This tailgate picnic is so flavorful and bountiful you may not make to the game!

TAILGATE PARTY SPREAD

- 1 large head iceberg lettuce
- 1 carton (8 oz.) dairy sour cream
- 1 package (8 oz.) cream cheese, softened
- 3 tablespoons dehydrated vegetable flakes
- 2 tablespoons parsley flakes
- 2 tablespoons freeze-dried chopped chives
- 3 tablespoons Soy Sauce
- 1/2 teaspoon white pepper
- Cocktail rye bread slices or melba toast rounds

Core, rinse and thoroughly drain lettuce. Scoop out center of lettuce head, from core end, leaving a 1/2-inch shell. Refrigerate shell in plastic bag or crisper until ready to use. Chop enough scooped out lettuce to measure 3 cups; place in strainer basket, colander or large strainer then place over, but not touching, boiling water. Cover and steam 4 minutes. Drain and cool. Squeeze out excess moisture with paper towel. Thoroughly combine cooked lettuce with sour cream, cream cheese, vegetable flakes, parsley, chives, soy sauce and pepper. Cover and refrigerate 8 hours or overnight for flavors to blend. To serve, spoon mixture into lettuce shell. Serve with bread slices or toast rounds. Makes about 2-1/2 cups.

TERIYAKI LAMB RIBLET APPETIZERS

- 3 pounds lamb breast riblets, cut into serving-size pieces
- 1/3 cup Teriyaki Sauce

Place riblets in large saucepan. Add enough water to cover and bring to boil; reduce heat and simmer, covered, 20 minutes. Remove riblets from saucepan; discard water. Pat riblets dry with paper towel to remove excess water. Place riblets on grill about 4 to 5 inches from hot coals. Brush thoroughly with teriyaki sauce. Cook about 8 minutes, turning over frequently and basting often with teriyaki sauce. Or, broil riblets about 4 inches from heat 4 minutes on each side, brushing frequently with teriyaki sauce. Makes about 6 to 8 appetizer servings.

GOLDEN POTATO SALAD IN SPANISH ONION SHELLS

Spanish Onion Shells

- 3 (3-inch) Sweet Spanish onions
- 1/2 cup dry white wine
- 1/2 cup white vinegar
- 1 clove garlic, minced
- 2 teaspoons sugar
- 1/2 teaspoon salt

Peel onions and remove a thin slice from stem and root ends. Cut onions in halves, crosswise. Place in large saucepan or deep skillet with boiling-water to cover. Cover and boil 2 minutes. Drain and cool quickly under cold running water. When cool enough to handle, drain well and lift centers from onion halves, leaving shells 2 layers thick. (Refrigerate or freeze onion centers to use in soups, stews or casseroles.) Arrange onion shells in glass bowl or utility dish. Combine wine, vinegar, garlic, sugar and salt. Pour over onion shells. Cover with plastic wrap and refrigerate several hours, turning onion shells over once or twice to marinate evenly.

Golden Potato Salad

- 6 medium potatoes (2 pounds)
- 1-1/2 teaspoons cornstarch
- 1/4 cup prepared mustard
- 2 tablespoons finely chopped Sweet Spanish onion
- 3/4 cup marinade from onion shells, divided
- 1/4 teaspoon white pepper
- 6 slices bacon
- 1 tablespoon Soy Sauce
- 1/2 cup diced celery
- 1/2 cup diced green pepper
- 1/4 cup diced pimiento

Boil potatoes in skins until tender. When cool enough to handle, peel then dice into large bowl. Sprinkle chopped onion over potatoes. Meanwhile, cook bacon in skillet until crisp. Remove bacon, reserving 1/4 cup drippings. Drain bacon on paper toweling, then crumble into bits. Blend cornstarch with 2 tablespoons onion marinade. Stir remaining marinade, soy sauce, mustard and pepper into bacon drippings in skillet. Heat to boiling. Stir in cornstarch mixture; cook and stir over low heat until slightly thickened. Pour over potatoes, tossing to coat. Cool to room temperature; then add celery, green pepper, pimiento and bacon bits. Toss gently.

TO SERVE: Drain Spanish Onion Shells well and fill with Golden Potato Salad. Makes 6 servings.

LAMB KABOBS

- 3-pound lean leg of lamb, boned, trimmed of excess fat and cut into 1-1/2-inch cubes
- 1/4 cup Soy Sauce
- 1/4 cup dry white wine
- 2 tablespoons olive oil
- 1/2 teaspoon black pepper
- 1/4 teaspoon oregano, crumbled
- 1 medium clove garlic, pressed

Place lamb cubes in large plastic bag. Thoroughly combine soy sauce, wine, oil, pepper, oregano and garlic; pour into bag over lamb cubes. Press air out; tie top securely. Marinate 3 hours, turning bag over several times to coat each piece well. Remove lamb from marinade. Thread 4 lamb cubes on each of 6 metal or wooden skewers. Grill 4 to 5 inches from hot coals 8 minutes (for rare), or to desired degree of doneness, turning over frequently. Or, broil about 3 to 4 inches from heat 5 minutes on each side. Makes 6 servings.

TERIYAKI BARBECUED BEANS

- 2 cans (16 oz. each) pork and beans
- 1/2 cup chopped Sweet Spanish onions
- 1/4 cup Teriyaki Sauce
- 2 tablespoons brown sugar, packed
- 3 tablespoons tomato catsup
- 2 teaspoons prepared mustard

Combine pork and beans, onions, teriyaki sauce, brown sugar, catsup and mustard in medium-size saucepan. Place on grill about 5 inches from hot coals. Cook, uncovered, about 45 minutes, or until thoroughly heated, stirring occasionally. Makes 6 servings.

SPORTING TOSSED SALAD

Toss together torn iceberg lettuce leaves, Idaho-Oregon Sweet Spanish onion rings, mushroom and cucumber slices and whole cherry tomatoes in large wooden bowl. Cover and keep chilled until ready to serve. Toss again and serve with your favorite salad dressing.



STEPS FOR PROPER LETTUCE CARE

1. **SELECT** heads that give slightly when gently squeezed. A firm, but not hard head is a perfectly "mature" head.
2. **CORE** by holding head core-end down, whack it onto a counter, then lift or twist out the core with fingers. Or, you may cut with stainless steel knife.
3. **RINSE** by holding head core-end up under running tap water allowing water to run all through the head to refresh it.
4. **DRAIN** the rinsed head thoroughly with core-end down in rack or on drainboard.
5. **STORE** in refrigerator in a tightly-closed plastic bag or special lettuce crisper.