Barbecue while the iron's hot . . .

There comes a time in every backyard chef's life, when hamburgers and hot dogs just won't do.

It may be because the boss or the in-laws are coming to dinner . . . or just because he wants new fields to conquer. In that case, let him try his hand at cooking small Cornish game hens. At about a pound and a quarter each, the little birds make perfect individual servings for a Sunday-go-to-meeting al fresco dinner.

The hens are brushed with oil every fifteen minutes during the cooking time and, it is suggested, that if the grill doesn't have a cover the birds should be covered lightly with aluminum foil. Toward the end of the grilling time, a tangy red currant/mustard glaze is brushed on. (Incidentally if you don't want to cook out, the birds bake beautifully in the oven.)

To go with the barbecued game hens we suggest a one-dish rice/vegetable combo. The rice is sauteed gently with onion and celery, then seasoned and combined with frozen Italian green beans and canned water chestnuts.

BARBECUED CORNISH HENS
(Makes 4 servings)

4 (1¼ lb.) Cornish game hens
2 small onions, halved
1 small orange, quartered
4 parsley sprigs
Salad oil
*Currant Mustard Glaze

Wash hens, dry with paper towels. Season each cavity with salt and pepper and stuff with an onion half, orange quarter and parsley sprig. Fold wings back and tie legs together. Rub oil on skin; season with salt and pepper.

Broil hens over low fire with grill 6 to 8 inches from coals. Cover hens with an aluminum foil tent to concentrate heat if barbecue does not have a cover. (Do not cover entire grill with foil). Turn hens every 15 minutes and brush with oil until the leg joint moves easily, 45 to 60 minutes. During the last 5 minutes of broiling, uncover and brush lightly with Currant Mustard Glaze (below). If desired, garnish with orange wedges and curly endive.

*CURRANT MUSTARD GLAZE

¼ cup red currant jelly
2 tsp. French-style mustard
1 tbsp. butter or margarine

In small saucepan, combine ingredients. Stir and simmer 3 minutes. Note: Cornish hens may be roasted in a 350 degree oven for 45 to 60 minutes. Brush often with oil and pan drippings. When hens are almost done, brush with *Currant Mustard Glaze.

VEGETABLE PILAF
(Makes about 5 cups)

2 tbsp. butter or margarine
1 cup diagonally cut celery
2 tbsp. chopped onion
¾ cup rice
1¼ tsp. salt
¼ tsp. Tabasco sauce
1 tsp. parsley flakes
1¾ cups water
1 (10 oz.) pkg. frozen Italian beans, thawed
1 (8 oz.) can water chestnuts, drained and sliced

In large skillet, heat butter. Saute celery, onion and rice until a delicate brown, stirring often. Mix in salt, Tabasco, parsley and water. Cover and simmer 15 minutes. Add beans and water chestnuts. Cook until rice and beans are of desired doneness, 5 to 10 minutes more.

. . . and while the weather's warm

A few more nice weekends remain so don't put away the grill yet. Whether you choose ribs, chops or burgers, pork heads the list of favorite foods to cook on the grill.

Country-style ribs, the meatiest of all pork ribs, are an ideal cookout selection.

While a covered grill is best for this recipe, you can just as easily cook the ribs on an uncovered grill or hibachi. Improvise by making a foil tent or cover with heavy duty aluminum foil.

ORANGE COUNTRY-STYLE RIBS

4 lbs. pork country-style ribs
1 6-oz. can tomato paste
¾ cup packed brown sugar
¼ cup frozen juice concentrate, thawed
2 tbsp. red wine vinegar
1 tbsp. prepared mustard
1 tbsp. Worcestershire sauce
¼ tsp. pepper
Cut ribs into 1-rib portions

For sauce, combine tomato paste, brown sugar, orange juice concentrate, vinegar, mustard, Worcestershire sauce, and pepper; mix well.

Place a large piece of foil over coals beneath grill to catch drippings. Place ribs on grill, about 6 inches over slow coals. Close hood of grill and cook about 20 minutes; turn ribs and cook, covered, 20 minutes more.

Brush ribs with sauce and cook, covered, 25 to 35 minutes more or till done, turning and brushing frequently with sauce.

Makes 4 to 6 servings.

MUSHROOM-STUFFED PORK BURGERS

¾ cup thinly sliced fresh mushrooms
¼ cup thinly sliced green onion
1 clove garlic, minced
2 tsp. butter or margarine
1 ½ lbs. lean ground pork
1 tbsp. fine dry bread crumbs
1 tsp. Dijon-style mustard
1 tsp. Worcestershire sauce
¼ tsp. salt
¼ tsp. fresh ground pepper

In skillet, saute mushrooms, onion, and garlic in hot butter till tender, about 2 minutes; set aside.

Combine ground pork, bread crumbs, mustard, Worcestershire sauce, salt, and pepper; mix well. Shape into 8 patties, about 4 inches in diameter. Spoon mushroom mixture onto center of 4 patties. Spread to within ½ inch of edge. Top with the remaining 4 patties; seal edges.

Place patties on grill about 6 inches over medium coals. Grill 15 to 20 minutes on each side or till done. Serve on buns, if desired. Makes 4 servings.

Pack a salad for lunch

With just a little planning, salads can be packed and toted to work and or school. Use convenient ingredients like a can of chunk white chicken, hard boiled eggs, fresh vegetables and salad greens.

A collection of plastic containers with tight-fitting lids will insure that the salad and dressing will arrive without any spills. Be sure to pack the salad dressing separately and toss just before serving.

SPINACH SALAD

1 can (5 ozs) chunk white chicken
2 cups fresh spinach torn in bite-sized pieces
1 cup sliced fresh mushrooms (about ¼ pound)
2 hard cooked eggs, sliced
1 small onion, sliced
½ cup bottled low-calorie Italian salad dressing

In large bowl, combine chicken, spinach, mushrooms, eggs and onion. Toss salad gently to coat lettuce. Makes 4 cups or 3 servings.

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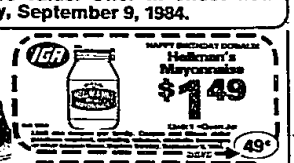

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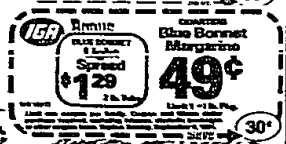

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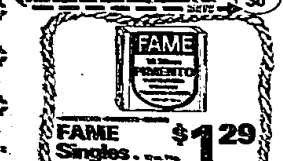

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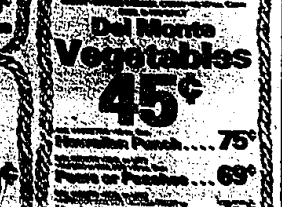

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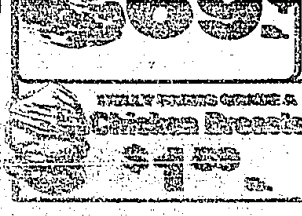

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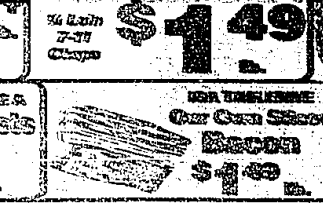

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