

# Perfect Patio Entertaining

The barbecue has come a long way since its beginning in the Caribbean around 1610. At that time, Carib Indians taught people landing on their island how to cook meat on lattices of green wood built over a fire. Today, barbecues are more popular than ever and with the warm summer weather, backyards all across the nation are alive with the sounds and fun of outdoor get-togethers. Invite family and friends to enjoy the charm of an open-air cookout featuring genuine American lamb shoulder.

Boned, rolled and tied lamb shoulder is perfect for outdoor barbecuing. One of the more economical lamb cuts, lamb shoulder is tender, juicy and flavorful. And, because the bone is removed, carving at the picnic table is easy. Baste the lamb shoulder with a convenient commercially prepared barbecue sauce right from the bottle or combine it with Worcestershire sauce and soy sauce for a lively taste sensation. Try experimenting and creating an original flavor by blending "store bought" sauces with a variety of herbs and spices. Develop a unique flavor taste by adding lemon juice, mustard, a little wine or some other personal touch to the bottled dressing. Most pourable dressings make excellent marinades because of their acidity.

When cooking lamb, use a meat thermometer to insure perfect doneness. Cook lamb to an internal temperature of 140° F. for rare, 150-155° F. for medium and 160° F. for well-done. Nutritionally, lamb is also a smart choice. On the average, a three-ounce serving of lean lamb is only 176 calories and is a good source of iron, the B-vitamins, zinc and protein.

Enhance this delicious outdoor meal with a crisp salad of assorted vegetables lightly tossed with buttermilk dressing and served chilled. For dessert, offer a luscious, easy-to-prepare strawberry cheesecake. Using a pre-packaged graham cracker pie crust, this simple cheesecake gets its special flavor from mayonnaise, a dressing invented some 200 years ago.

When grilling, use proper equipment and follow a few smart safety tips for a safe and fun barbecue. Use long handled barbecue tools and wear barbecue mitts while cooking. Always use the kettle on a level surface and only outdoors. Kettle-type grills are a pleasure to use because they require little attention; they allow more time to be spent with guests and there is no need for a rotisserie.

For a flavorful lamb roast, use the indirect heat method. Place equal amounts of coals on each side of the lower grill with the drip pan in the middle. With the kettle top on securely, the heat rises and reflects off the surface, allowing the lamb roast to slowly cook from all sides and insures proper hot air circulation. For lamb steaks, chops and lamburgers, use a direct cooking method by grilling the meat directly over one layer of charcoal. For the distinctive flavor of smoked lamb, soak chunks of mesquite wood in water for one hour before cooking. When the charcoal has a thin gray coating of ash, place about 2-4 chunks of wood on the coals. Don't add too many wood chunks as only a few are needed to add a smoked flavor.



Enjoy the warm weather with a festive outdoor meal featuring delicious American lamb shoulder prepared in a kettle-type grill, a crispy salad with buttermilk dressing, and a luscious cheesecake.



## ZESTY BARBECUED LAMB SHOULDER

- 1 boned, rolled and tied lamb shoulder (4-6 pounds)
- 2/3 cup firmly packed brown sugar
- 1/2 cup red wine
- Salt
- Pepper
- 1 bottle (18 ounce) barbecue sauce with onion bits
- Dash of hot sauce

Combine all ingredients except lamb, salt and pepper. Stir well to blend. Sprinkle lamb with salt and pepper to taste and place in roast holder; position in center of cooking grill directly above drip pan. Cook lamb 2-2 1/2 hours or until meat thermometer inserted in center of roast reaches 140° F. for rare, 150-155° F. for medium or 160° F. for well done. Baste lamb with sauce frequently during last 20 minutes of cooking. Makes 6-8 servings.

## LAMB SHOULDER CHOPS WITH PIQUANT BARBECUE SAUCE

- 4 round bone or blade shoulder chops
- 3 tablespoons spicy mustard
- Salt
- Pepper
- 1 cup barbecue sauce
- 12 peppercorns
- Pinch of ground ginger

Combine all ingredients except lamb, salt and pepper. Stir well to blend and heat thoroughly. Sprinkle chops with salt and pepper to taste and baste with sauce. Cook directly above charcoal for 5-7 minutes per side or to desired degree of doneness. Baste lamb frequently during cooking. Makes 4 servings.

## GARDEN SALAD

- 8 lettuce leaves
- 2 cups cooked cauliflower flowerettes
- 2 cups cooked broccoli flowerettes
- 2 cups frozen, cooked French cut string beans
- 1 cup sliced mushrooms
- 1 cup diced celery
- 1 cup (8 ounce) bottled buttermilk-based dressing
- 4-5 red radishes, sliced
- 1/4 cup sunflower seeds

Line salad bowl with lettuce leaves. Toss cauliflower, broccoli, string beans, mushrooms and celery with dressing. Place vegetables on lettuce. Garnish with radishes and sunflower seeds. Makes 6 servings.

## TANGY LEMON LAMB KABOBS

- 1-1/2 to 2 pounds lamb shoulder, cut in 1 inch cubes
- 3/4 cup bottled Italian salad dressing
- 1/4 cup lemon juice
- 1 tablespoon Worcestershire sauce
- 1/4 cup minced onion
- 2 small green peppers, halved and quartered
- 1 medium onion, cut into wedges
- 8 fresh mushrooms
- 8 cherry tomatoes

Combine dressing, lemon juice, Worcestershire and onion in glass casserole dish. Add meat, cover and marinate in refrigerator, turning meat occasionally 4 hours or overnight. On kabob skewer, thread bell pepper, lamb, onion, mushroom, lamb, bell pepper, onion and lamb. Brush with remaining marinade. Place kabobs on cooking grill directly over one layer of charcoal and cook approximately 10 minutes turning occasionally. Top with cherry tomato, turn kabob over, brush with marinade and cook additional 5 minutes or to desired degree of doneness. Makes 4 servings. (2 kabobs each)

## EASY STRAWBERRY CHEESECAKE

- 1 package (8 ounce) cream cheese, softened
- 1/2 cup sugar
- 1/2 cup mayonnaise
- 2 eggs
- 2-3 teaspoons grated lemon rind
- 1 teaspoon vanilla
- 1 packaged graham cracker crust (about 9 inches)
- 1 pint strawberries, sliced
- 1/4 cup red currant jelly, melted

In large bowl with mixer at low speed, beat together first 6 ingredients just until mixed. Beat at high speed until smooth. Pour into crust. Bake in 350° F. oven 25-30 minutes or until set. Cool. Arrange strawberries on cake; brush with melted jelly. Chill if desired. For year-round enjoyment, top with canned fruit instead of strawberries.

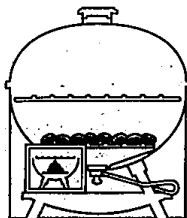
\*Higher altitudes may necessitate longer cooking. Makes 8 servings.

## HOW TO PREPARE COVERED KETTLE FOR INDIRECT COOKING

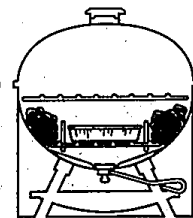
- Attach charcoal rails to first crosswire on outside edges of lower grill.
- Place equal amounts of charcoal briquets along each charcoal rail.
- Open all vents.
- Ignite briquets using starter of your choice.
- Leave cover off until coals are ash gray (about 30 minutes).
- Center a drip pan (slightly larger than the roast) between the charcoal rails.
- Place cooking grill in kettle; position roast in center directly above the drip pan.
- Cover kettle and consult recommended cooking time (in recipe).
- Add required number of briquets to each side after every hour of cooking.

### HOW MANY BRIQUETS TO USE

Diameter of Grill	18-1/2"	22-1/2"	26-3/4"
Briquets needed on each side for first hour	16	25	30
Number of briquets to add to each side after each hour of cooking	5	8	9



Direct Method



Indirect Method