

Dijon mustard adds zesty flavor to shrimp

Whether serving friends an elegant meal or simple appetizers, most cooks want to create something different, delicious, yet simple to prepare.

There are a variety of tricks of the trade, but one of them is varying ingredient combinations so that whatever is served delivers an exceptional flavor.

Mustard, especially Dijon mustard, is increasingly associated with gourmet cooking.

Shrimp Cocktail Dijonnaise is a spicy and elegant appetizer alternative, replacing the usual tomato cocktail sauce for shrimp.

As a main course, the Mediterranean Lamb Chops use a mustard stuffing to create an especially savory entree.

As another alternative, Dijon Herb Sauce can be prepared quickly in a blender and served with meats, including chicken, fish or veal.

SHRIMP COCKTAIL DIJONNAISE

- 1/4 cup mayonnaise
- 3 Tbsp. Dijon mustard
- 1 Tbsp. prepared horseradish
- 1 Tbsp. chopped parsley

2 tsp. fresh lemon juice
1/4 tsp. garlic powder
1 lb. medium shrimp, peeled and deveined

Combine mayonnaise, mustard, horseradish, parsley, lemon juice and garlic powder. Chill. Cook or steam shrimp in lightly salted boiling water until pink. Cool and chill. Serve shrimp with sauce for dipping. Makes six servings.

MEDITERRANEAN LAMB CHOPS

- 1/2 lb. ground pork
- 1 medium onion, chopped
- 1/2 cup mushrooms, finely chopped
- 1/2 cup Dijon mustard
- 2 Tbsp. chopped parsley
- 1/2 tsp. salt
- 1/2 tsp. thyme
- 1/2 tsp. rosemary
- 1 cup fresh whole wheat bread crumbs
- 10 to 12 lamb chops, 1-inch thick, cut with pocket for stuffing
- 1/4 cup dry white wine
- 2 Tbsp. oil

1/4 tsp. pepper

Cook pork with onion until onion is tender. Add mushrooms, 1/2 cup mustard, parsley, salt, thyme and rosemary. Stir in bread crumbs. Stuff mixture into lamb chops. Combine remaining 1/2 cup mustard, wine, oil and pepper. Coat lamb chops with mixture. Place on broiling pan and cook for five minutes on each side or until cooked as desired. Makes six servings.

DIJON HERB SAUCE

- 1/2 cup salad oil
- 1/4 cup Dijon mustard
- 2 Tbsp. red wine vinegar
- 1 Tbsp. water
- 1/2 tsp. tarragon, thyme or dill weed
- 1/4 tsp. salt

Combine ingredients in blender container. Cover and blend on high until smooth, about 30 seconds. Serve with meats, including chicken, fish and veal. Makes approximately 1 cup.

Outdoor cooking juices up turkey

Attention all outdoor chefs... or those who aspire to discover the thrill of outdoor cookery. Turkey — either that whole bird you have savored just on special occasions or one of the many parts available through your local store — may be the secret for an appetizing summertime meal.

Cooking time on an outdoor covered grill is easy to calculate, and little additional preparation is necessary for a juicy, golden brown, ready-to-carve meal. — plus, the possibility of "planned-overs" means many more trouble-free meals ahead for you!

Just follow these easy step-by-step directions:

- Defrost the turkey according to package instructions.
- Remove giblets from inside turkey.
- Rinse turkey inside and out and pat dry.
- It is not advisable to stuff a turkey when barbecuing.
- Completely brush skin with oil.
- As the chef, it is up to you whether you wish to sprinkle with poultry seasoning, lemon juice, salt and pepper, or other seasonings.
- If you have chosen a whole turkey — skewer the neck skin, tuck drumsticks into the "cock lock" or band of skin behind tail, and tuck wings behind bird. Other cuts — turkey breast, wings or drumsticks — need no additional preparation.
- Build fire for indirect heat according to your covered grill manufacturer's directions. Wood chips may be added for a new smoky flavor.
- Place turkey on grill and replace cover. Allow 12-15 minutes per pound roasting time. Eleven minutes per pound is recommended, but more time may be required if it is a damp or windy day. It's best to rely on your meat thermometer or "pop-up timer" to determine doneness. When thermometer is placed in turkey, it is done when temperature reaches 180 degrees in the inside thigh.
- There's no need to baste during cooking — unless you are using a special recipe for flavoring.

Want an alternative to the whole bird? Savory marinated turkey wings and drums will let your outdoor chef shine!

LEMON-HERB TURKEY DRUMS

- 3-4 turkey drumsticks (2 1/2 to 4 lbs.)
- 1/2 cup lemon juice
- 2 Tbsp. oil
- 1/4 cup finely chopped onions
- 2 cloves garlic, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper

Generously pierce turkey drumsticks with a fork. Place in a plastic bag which has been set in a bowl or pan to catch spillovers. Combine remaining ingredients; pour over drums and secure bag pressing out air. Refrigerate overnight. If meat is not completely immersed in marinade, turn occasionally. Wrap each drumstick in foil, adding 4 tablespoons of marinade; secure well. Place on grill over direct heat. Cook for 40 to 45 minutes, turning packages every 10 to 15 minutes. Remove foil and continue cooking, basting with the marinade until drums are brown and meat gives when pierced with a fork. Serves 5-9.

BOURBON BARBECUED TURKEY WINGS

- 3-4 turkey wings (2 1/2 to 4 lbs.)
- 1/2 cup bourbon
- 1/2 cup water
- 1/4 cup oil
- 1/4 cup soy sauce
- 1 Tbsp. ground ginger or 3 Tbsp. finely minced fresh ginger
- 2 cloves garlic, crushed
- 1/2 cup brown sugar

Remove wing tips. Cut remaining part at joint. Place in plastic bag which has been set in a bowl or pan to catch spillovers. Combine remaining ingredients; pour over wings and secure bag, pressing out the air. Refrigerate overnight. If meat is not completely immersed in marinade, turn occasionally. Using direct heat, cook for approximately 45 to 60 minutes turning and basting frequently. Serves 5-8.

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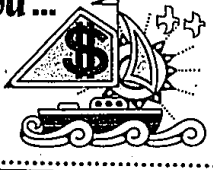
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