

# Festival of Light barbecue heralds summer

Few of us need an excuse for a party, but summer provides the perfect reason to invite friends and family for a backyard barbecue bash.

Just as Memorial Day heralds the beginning of summer in this country, the Festival of Light is a celebration of summer's lengthening days in ancient China. The holiday was observed with fireworks, brightly lit lanterns paraded through the streets, and, of course, good food.

For your Festival of Light celebration, try Special Teriyaki Ribs marinated in a mixture of teriyaki sauce, sherry, ginger and sesame oil

with a touch of sugar. The marinade also is used as a basting sauce as the ribs grill to perfection.

Barbecued chicken takes on the flavor of Peking duck when brushed with a blend of plum sauce, soy sauce, butter and a touch of garlic. The same sauce should be passed at the table to serve with the Plum Good BBQ Chicken.

Round out your menu with Patio Rice Salad, a side dish befitting an emperor. Rice, bean sprouts and other vegetables are tossed in a rice vinegar dressing flavored with soy sauce and Chinese hot mustard.

## PATIO RICE SALAD

1/2 cup vegetable oil  
1/2 cup rice vinegar  
2 Tbsp. soy sauce  
1 Tbsp. sugar  
1 tsp. Chinese hot mustard  
1/4 tsp. garlic powder  
1/4 tsp. pepper  
4 cups cooked rice, chilled  
1 (14-oz.) can bean sprouts, drained  
1 1/2 cups sliced celery  
1 cup sliced radishes  
1 cup chopped green onions

In large bowl, whisk together oil,

vinegar, soy sauce, sugar, mustard, garlic and pepper. Add remaining ingredients to dressing and toss to coat. Refrigerate until ready to serve. Top with additional soy sauce if desired. Makes 6 to 8 servings.

## PLUM GOOD BBQ CHICKEN

1 cup plum sauce  
1/4 cup butter, melted  
2 Tbsp. soy sauce  
1/2 tsp. garlic powder  
1 (2 to 3 lb.) chicken, cut into pieces

In small bowl, blend together plum sauce, butter, soy sauce and

garlic; remove 1/4 cup sauce; set aside. Cook chicken pieces on grill over medium-low heat 30 to 40 minutes, turning occasionally. Continue cooking chicken 30 minutes longer, basting frequently with remaining 1/4 cup sauce. Adjust heat as needed to prevent flaming or burning. When chicken is done, top with reserved 1/4 cup sauce, remove from heat and serve immediately. Makes 4 to 6 servings.

## SPECIAL TERIYAKI RIBS

1/2 cup teriyaki sauce  
3 Tbsp. sherry wine or water

2 Tbsp. oil  
2 cloves garlic, crushed  
2 tsp. brown sugar  
1/2 tsp. minced ginger root  
1/4 tsp. sesame oil  
3 to 4 lbs. pork ribs

In large baking pan, combine all ingredients except ribs; mix well. Add ribs to marinade and coat thoroughly. Refrigerate 2 to 4 hours, spooning marinade over occasionally. Barbecue ribs over medium-low heat 1 hour. Turn frequently and baste with remaining marinade. Makes 4 to 6 servings.

## Chinese appetizers are party pleasers

Appetizer parties are one of the more popular forms of entertaining, particularly in summer when eating light is preferred. Whatever the setting—city parlor, the garden, at roadside, or on a terrace—as long as there's a choice of cool, refreshing drinks and an array of palate-provoking appetizers, this style of entertaining is perfect for friends and business associates.

Try a dim sum party in honor of the Festival of Light, an ancient holiday celebrating the longer days of spring and summer. Dim sum means "heart's delight" or "touch the heart" because, say the Chinese, these treats are meant to be enjoyed "whenever your heart desires."

Traditionally, dim sum dumplings and other snack treats are served in Canton tea houses as a light lunch. Bite-size, they're the perfect pick-up food choice for an appetizer party.

Tea house choices which adapt well to a Festival of Light appetizer party are Turkey Shao Mai and

Fried Dumplings. Adapted for American kitchens, these dim sum tidbits should be kept warm in a chafing dish or on a warming tray, though guests will probably gobble them up before they have a chance to get cold!

## FRIED DUMPLINGS

2 1/2 cups all-purpose flour  
1/2 cup cold water  
1 lb. ground pork  
1 (8-oz.) can bamboo shoots, drained and chopped  
1 cup each chopped mushrooms and green onions  
2 Tbsp. soy sauce  
1 Tbsp. sesame oil  
1 tsp. minced ginger root

Place flour in large bowl, add boiling water and mix well. Add cold water and knead dough with hand until thoroughly mixed. Cover and let stand 15 minutes. In large bowl, mix together remaining

ingredients until thoroughly blended. Turn dough onto floured board and knead again until smooth (approximately 10 times). Using your hands roll dough into cylinder about 1 1/4 inches wide. Cut into about 30 pieces 1/4-inch thick. Roll each piece out then to a 3-inch pancake. Place 1 tablespoon filling in center of each pancake and fold into half circle to enclose. Pinch edges of dumpling together to seal. Heat 2 tablespoons oil in large fry pan. Arrange dumplings in single layer on bottom. Fry over medium-high heat until golden brown on bottom. Add 1/2 cup water, cover pan, and cook until water has been absorbed, about 15 minutes. Serve hot with sauces. Makes 30 dumplings.

## TURKEY SHAO MAI

1 lb. ground turkey or other ground meat  
1 (8-oz.) can sliced water chestnuts, drained and chopped  
1/4 cup each chopped mushrooms

and green onions  
2 Tbsp. soy sauce  
1 Tbsp. sesame oil  
1/4 tsp. Chinese hot mustard  
1/2 tsp. garlic powder  
1/4 tsp. black pepper  
1 (12-oz.) pkg. won ton wrappers

In medium bowl, mix all ingredients, except won ton wrappers, until well blended. Cover won ton wrappers with damp towel to keep moist. Place about 1 tablespoon filling in center of each won ton wrapper. Press and pleat sides of skin up around filling. Wrap your finger and thumb around dumpling just below pleats and flatten top and bottom to secure. Keep moist if not cooking immediately. Brush steamer with a little oil. Place Shao Mai in steamer allowing enough room around sides for steam to circulate. Cover and steam 10 minutes or until meat is cooked. Serve hot with plum sauce, sweet & sour sauce, soy sauce or hot mustard. Makes approximately 40.

## Burgers perk up with salsa

One of the most popular regional cooking styles is the cooking of the American Southwest. In fact, it sometimes appears that we are having a love affair with the chili pepper.

But not everyone enjoys extremely spicy foods. Some of us prefer just a hint of hotness gentled by other flavors. The Hamburgers with Salsa suggested here are a quick, easy way to savor Southwestern-style cooking. And because they are made with a salt alternative, they are low in sodium.

## HAMBURGERS WITH SALSA

6 plum tomatoes, peeled (about 12 oz.)  
or 1 can (16 oz.) plum tomatoes, halved and well drained

4 sprigs fresh cilantro or flat leaf parsley  
3 scallions, chopped  
1 1/2 Tbsp. fresh lemon or lime juice  
1/2 tsp. salt alternative  
1/4 tsp. pepper  
4 dashes hot pepper sauce, optional  
Chili Burgers (directions follow)

In food processor, combine first 7 ingredients. Process until chunky, not smooth; set aside. Cook burgers as desired, about 5 minutes per side for rare. Serve salsa with burgers. Makes 4 servings.

CHILI BURGERS: Thoroughly combine 1 1/2 pounds ground beef, 1/2 teaspoon chili powder, 1/2 teaspoon salt alternative and 1/4 teaspoon pepper. Shape into burgers and cook as desired.

## Pie has Southern charm

Southern hospitality begins at breakfast. The region is justly known for its fine food, served with style. To give your table a bit of Dixie charm, make an Orange-Oatmeal Breakfast Pie and watch the appreciative smiles.

Orange juice, oatmeal, milk and eggs combine to make a pie that is light in texture while robust enough to see you through the morning.

This Southern charmer rates four stars for taste, nutrition and attractiveness. For family and friends, it's a breakfast treat.

## ORANGE-OATMEAL BREAKFAST PIE

1 unbaked 9-inch pastry crust

3 large eggs, lightly beaten  
1/2 cup evaporated milk  
1/2 cup orange juice  
1/2 cup uncooked oatmeal, quick-cooking or old-fashioned  
6 Tbsp. sugar  
1/4 cup butter or margarine, melted  
1 tsp. grated orange peel  
1 tsp. salt

Prepare pastry crust according to favorite recipe, or use a frozen 9-inch pie shell, defrosted. In medium mixing bowl combine remaining ingredients. Pour into unbaked pastry shell. Bake in a 375 oven 35 to 40 minutes until brown and set. Garnish with orange slices and bacon curls, if desired. Makes 6 to 8 servings.

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Be moderate in consumption of alcohol also.

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