

Book boasts about barbecue

The story of barbecue is the story of America. Settlers arrive on the great unspoiled continent, discover wondrous riches, set them on fire and eat them.

Vince Staten, author of the "Jack Daniel's Old Time Barbecue Cookbook," is considered an authority on barbecue.

He has sampled more than 600 barbecue places from coast to coast. His search for great barbecue is captured in almost 300 recipes in this easy-to-follow and humorous-to-read cookbook.

THE "Jack Daniel's Old Time Barbecue Cookbook" gives you hints from some of the great pitmasters and tells you how to cook great barbecue.

There's a whole chapter on the search for the one true sauce.

The book takes an insider's look at barbecue, from Curtis' All-American 5th Wonder of the World Bar-B-Q in

Putney, Vt., going as far south as Shorty's in South Miami, Fla.

THE COOKBOOK is more than meat and sauce.

The book tells you what to cook and eat and drink with barbecue. It has chapters on appetizers, entrees (including fish) and vegetable side dishes.

The cookbook gives some secrets for fixing casseroles, soups, stews and unusual salads. Home-baked bread and barbecue is a combination as natural as Wharton and Willie, according to Staten.

The "Jack Daniel's Old Time Barbecue Cookbook" is illustrated with scores of color showing not only delicious barbecue, but pastoral, rural America at its best.

It is available at bookstores or by writing The Lynchburg Hardware & General Store, Lynchburg, Tenn. 37352, with a check for \$21.95 plus

\$3.50 for postage and handling.

THE LITTLE BIBLE TEACHER'S

MUSTARD SLAW
1 head cabbage, shredded
2 onions, chopped
2 green peppers, chopped
1/2 cup mustard
1/2 cup vinegar
1 cup sugar
1 cup vegetable oil
1 tablespoon salt
1 tablespoon celery seed

Mix cabbage, onions and peppers in a large bowl.

Combine remaining ingredients in bowl and stir well. Pour vinegar mixture over cabbage mixture, mix thoroughly. Cover and refrigerate overnight. Serves 12.

JACK'S BAKED BEANS

1 28-ounce can pork and beans
1/2 cup Jack Daniel's Whiskey

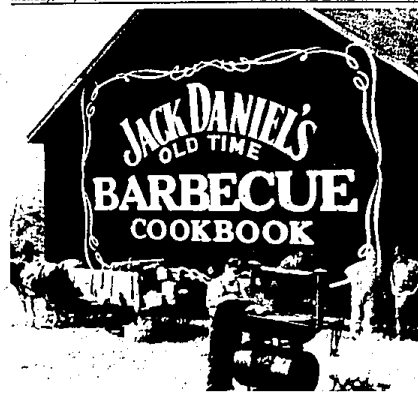
2 tablespoons brown sugar, packed
1 teaspoon instant coffee
1 teaspoon mustard
1 tablespoon lemon juice

Combine beans, Jack Daniel's, brown sugar, coffee, mustard and lemon juice in a large pot. Bake at 350 degrees for 40 to 45 minutes. Serves 6 to 8.

LEESBURG CHECKER CLUB

POTATO SALAD
4 cups potatoes, boiled and cubed
2 tablespoons onion, minced
2 tablespoons pimiento, minced
1 cup celery, diced
1/2 cup sweet cucumber pickles, chopped
1 cup toasted slivered almonds
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup mayonnaise

Combine all ingredients and toss gently with fork. Serves 8.



"The Jack Daniel's Old Time Barbecue Cookbook" offers nearly 300 recipes for barbecued food and accompaniments.

Good and cold

Home freezer can be very useful — but only if the cook uses it correctly

Make a friend of your freezer. A freezer can help you add variety to your meals and save time and money.

Remember, though, that a freezer does not work miracles on over-the-hill foods. Select top-quality foods to freeze.

Be wise in preparing foods for freezing. Think about how you will be cooking or serving the food later, then choose company size, family size or individual portions, whichever suits your purposes better.

For example, when freezing a couple of pounds of ground beef in one lump, allow extra thawing time if you want to make hamburgers. It's just easier to package food in convenient servings in meal-sized quantities.

BE RUTHLESS when wrapping foods for freezing. Wrap tightly in a moisture-and-vapor-proof wrap, allowing no unnecessary air to remain.

Storage bags, plastic sandwich bags, produce bags, bread bags or plastic margarine or cottage cheese tubs do not seal well and should not



Lois Thieleke

home economist, Cooperative Extension Service

be used.

Don't put a small amount of food in a large container. Extra air left in the container or package draws moisture from the food. It shortens storage life and can cause freezer burn and possible nutrient loss.

Protect the food from drying out and from possible odors coming from the freezer, causing "off" flavors in food.

Freezer-burned foods are edible, but will have an unpleasant flavor. Generally, the burned area is cut away and wasted.

THE FASTER you can freeze the product the better. When freezing foods, place them in the coldest part of the freezer and allow for plenty of air circulation.

Pepper, onion, cloves and synthetic vanilla can become strong and bitter when stored. Season foods lightly before freezing. If possible, add herbs and spices when you are ready to cook or serve.

SAUCES FREQUENTLY separate during freezing and thawing. Using homogenized milk and large amounts of fat increases the separation. Beating the sauce when thawed may make it smooth again.

Fried foods, with the exception of french-fried potatoes and onions, become soggy and tough. Pieces of potatoes in soups and stews also may become soggy or grainy, but mashed potatoes freeze very well.

Most breads, cookies, pies and other baked goods freeze well. Fruit pies and cookies can be frozen raw and baked after freezing.

For best results, freeze cakes without the icing. Frozen icing sometimes takes on a "fired" look after thawing. If freezing butter, unsalted butter stores better than salted.

BE VERY thoughtful about thawing frozen foods. The foods you freeze, as well as the commercially frozen foods you buy, may be thawed in the refrigerator under cold running water or during cooking.

We recommend very highly that foods be thawed in the refrigerator and definitely not on the kitchen counter.

To prevent drying and discoloration during thawing, foods should be left in their original freezer wrap except, of course, when they are to be thawed during cooking.

Use the rule "first in, first out." Rotate the food, checking out the back or bottom of the freezer to make sure you are getting the older-dated foods first. Don't collect antiques in your freezer.

TODAY'S BUSY lifestyles allow limited time for preparing meals. By cooking ahead of time, you can thaw as needed and serve a nutritious meal in just minutes.

Use proper freezing techniques to ensure good taste, flavor and quality of your frozen foods.

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