

# Fire up the grill for delicious summer dinners

See related story on Taste front.

## SPICY WESTERN STEAKS

2 pounds boneless beef chuck or shoulder steaks or two round steaks, cut 1-inch thick  
 Western Barbecue Sauce  
 1 cup ketchup  
 1/2 cup cider vinegar  
 1/2 cup water  
 3 tablespoons packed brown sugar  
 1 tablespoon Worcestershire sauce

1 teaspoon hot pepper sauce  
 In a small saucepan, combine all sauce ingredients; bring to a boil. Reduce heat; simmer 10 minutes.

Reserve 1/4 cup sauce for 20-Minute Cowboy Beans and 1/4 cup sauce for brushing on steaks while grilling; cover and refrigerate. Cool remaining sauce for marinade.  
 Place beef steaks and marinade in plastic bag; turn to coat. Close bag securely and marinate in refrig-

erator 6 hours or overnight, turning occasionally.  
 Remove beef from marinade; discard marinade. Place beef on grid over medium coals. Grill chuck shoulder steaks 14 to 19 minutes (top round steaks 14 to 18 minutes) for medium rare to medium doneness, turning once. Brush both sides of steaks with 1/4 cup reserved sauce during last 5 to 6 minutes of grilling.  
 Trim fat from steaks; carve beef into thin slices. Serve with 20-minute Cowboy Beans. Makes 6 servings (serving size: 3-ounce cooked, trimmed portion).

## 20-MINUTE COWBOY BEANS

4 slices bacon  
 1 cup finely chopped onion  
 1/2 cup finely chopped green bell pepper  
 1 clove garlic, crushed  
 1 can (15 to 16 ounces) kidney beans, rinsed, drained  
 1 can (15 ounces) pinto

beans, rinsed, drained  
 1/4 cup Western barbecue sauce (reserved from Spicy Western Steaks)  
 1 tablespoon packed brown sugar

In large skillet, cook bacon over low heat until crisp, turning occasionally. Remove from skillet; drain on paper towels.

Remove all up 2 tablespoons drippings from skillet. Add onion, bell pepper and garlic; cook and stir over medium heat 3 to 5 minutes or until tender. Stir in remaining ingredients. Crumble bacon; return to skillet. Cover; cook 5 minutes or until heated through, stirring occasionally. Makes 6 servings (serving size: 1/2 cup)

Recipes from the Michigan Beef Industry Commission.

## LAKE LOGAN RIBS

6 pounds pork spare ribs  
 2 teaspoons salt  
 2 teaspoons freshly ground pepper

1/4 cup cider vinegar  
 2 tablespoons vegetable oil  
 2 tablespoons brown sugar  
 1 1/2 tablespoons Worcestershire sauce  
 1 1/2 teaspoons dry mustard  
 1/2 teaspoon cayenne  
 1/2 teaspoon Tabasco or other hot pepper sauce, or more to taste

4 or 5 handfuls of hickory chips  
 Season both sides of the ribs with the salt and pepper. Let stand 15 minutes. In a small nonaluminum saucepan, bring the vinegar, oil, brown sugar, Worcestershire, mustard, and cayenne to a simmer. Remove from the heat and set aside, covered.

Soak the hickory chips in cold water for at least 30 minutes. Prepare a medium fire in a covered charcoal or gas grill. Just before cooking, toss about half of the chips into the hot coals; add remaining chips to the fire about halfway through the cooking time. Or add chips to a gas grill according to the manufacturer's directions.

Brush both sides of the ribs with some of the warm sauce, then grill turning and brushing with sauce several times more, until cooked through and crispy outside, about 1 hour.  
 Bring the remaining sauce to a

## Fanning the flames

For tips on grilling poultry, pick up "Chicken on the Grill" by David Berich and Thomas Ingalls. (HarperCollins Publishers, \$17). The book also includes a helpful grilling guide that explains the difference between charcoal and wood fuel.

According to the authors, there are three stages of heat for charcoal or wood fire.

**Red Hot** — glowing red coals will be covered with white ashes. If you hold your hand about 6 inches from the cooking rack at this stage, you will have to move it away after 3 to 4 seconds. Use a red hot grill for searing and quick grilling.

**Medium-Hot** — You will barely be able to see the red glow of the coals through a thicker layer of ashes and you will be able to keep your hand

6 inches from the rack for 6 to 7 seconds.

**Low** — At this stage, the coals are completely gray, with no visible red glow. A low fire is best for long, slow cooking of foods in a covered grill.

Melanie Barnard, author of "The Best Covered and Kettle Grill Cookbook Ever," (HarperCollins Publishers, \$16.95) recommends a hot fire for grilling thin steaks and boneless poultry cutlets, or other small, quick-cooking foods.

Use a medium-hot fire for poultry pieces, thick steaks or chops as well as sturdy vegetables. Barnard writes a medium fire — gray coals with only a hint of red, is good for small roasts, small whole birds, and delicate fruits and vegetables. A low fire is good for large roasts and whole turkeys.

full boil, cook 2 minutes, then remove from the heat and add the Tabasco. Serve with the ribs for dipping.

Recipe from "The Best Covered and Kettle Grill Cookbook Ever" by Melanie Barnard. (HarperCollins Publishers, April 27, 1994, \$16.95).

## Grill from page 1B

Restaurateur Chef Rocky (Chuck) Rachwitz, of Rocky's on Seven Mile in Northville, also likes to grill on a gas grill at home for the convenience of it.

Rachwitz, who lives in Livonia, agrees with Phillips that a hot grill and grill grates are very important.

Another common mistake people make is putting barbecue sauce on cold raw meat.

"You should let the product come to room temperature, cook it half-way, then brush it with sauce to finish it off," said Rachwitz.

"Otherwise, the sauce will burn." Rachwitz also likes to cook fish on the grill: Salmon is one of his favorites. Other family favorites include pork tenderloin, chicken, turkey tenderloin and grilled vegetables.

"I like to boil red skin potatoes, cut them in half and toss them on the grill to finish cooking with some onions, eggplant and zucchini," he said. "Vidalia onions,

which are available at this time of year, are very good on the grill."

"Bon Appetit" columnist Melanie Barnard believes that almost anything can be cooked on a covered grill — and will be juicier and more flavorful.

In her newly published "The Best Covered and Kettle Grill Cookbook Ever," (HarperCollins Publishers, April 27; \$16.95) Barnard offers a wide range of recipes and tips for cooking on charcoal, gas and electric grills.

"Covered grills combine range top and oven cooking," writes Barnard. "With the lid open, the grill gives off very high direct heat to the bottom of the food only. With the lid closed, the grill is both a direct heat stove top and an oven in which the air circulates all around the food to permeate with even heat and flavorful smoke, while retaining moisture and juiciness."

In her book Barnard says she uses her gas grill for easy every-

day cooking year round. But some cooks still prefer charcoal grills. If you plan to barbecue with charcoal, be sure to allow 30 to 40 minutes for the coals to reach cooking temperature.

"Lay in plenty of charcoal so that the bed is 2 to 3 inches deep and at least 2 inches larger in circumference than the food to be cooked," writes Barnard.

"Depending upon the starter used, the coals might first need to be heaped together in a loose pyramid for ignition then spread out when ready to cook. Remember that if food is to be cooked longer than 1 hour, additional fuel will need to be added, allowing about 15 minutes for it to ignite."

Keely Wygonik, editor of the Taste and Entertainment sections of the Observer & Eccentric Newspapers. She welcomes your calls and comments, 953-2105, fax 591-7279, or write: Observer & Eccentric Newspapers Inc., 36251 Schoolcraft, Livonia 48150.

## COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, the Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

**THE LARK**  
 Cooking and dining with Chef Marcus Haight, 10:45 a.m. Saturday May 28 at the Lark, 6430 Farmington Road, West Bloomfield. Cost \$75 per person. Light summer menu. Call 344-2197 for reservations. Class limited to 16 people.

**SCHOOLCRAFT COLLEGE**  
 Continuing education culinary arts class offerings include Quick Easy Meals (June 6), Desserts for Everyone (June 7), Chocolate (June 1). Call (313) 492-4448 for registration information.

**BOTSFORD HOSPITAL**  
 Cooking demonstration — vegetarian pizza, quick and tasty, 6-8 p.m. Tuesday, May 24 at Botsford Center for Health Improvement, 39750 Grand River, Novi. Cost \$5, call 477-6100 to register.

**LENORE'S NATURAL CUISINE**  
 Healthy cooking classes at 22899 Inkster Road, Farmington Hills.

Call 478-4455 to register and for more information.

**UN SOGGIORNO IN ITALIA**  
 A Holiday in Italy at Cafe Cortina. Six-course menu and music by Pino Marelli begins at 7:15 p.m. June 1. Call 474-3033 for reservations.

**LES SAISONS**  
 Sweet miniatures, dazzling desserts, Monday, May 23; northern Italian cuisine, Wednesday, May 25, at 304 W. Fourth Street, Royal Oak. Cost \$25 per class, or three classes for \$65. Call (313) 545-3400.

## Sticky summer snack pleases

See Larry Janes' Taste Buds column on Taste front.

### M&M FUDGE FILLED BARS

2 cups quick oats, uncooked  
 1 1/2 cups flour  
 1 cup chopped nuts  
 1 cup firmly packed brown sugar  
 1 teaspoon baking soda  
 1 teaspoon salt  
 1 cup margarine, melted  
 2 tablespoons vegetable shortening  
 2 1/4 cups (1 pound package) M&Ms  
 1 can (14 ounce) sweetened condensed milk  
 1/2 cup flaked coconut, if desired  
 Combine oats, flour, nuts, sugar, soda and salt; mix well. Add margarine, mix until dry ingredients are thoroughly moistened and mixture resembles crumbs. Reserve 1/4 cups. Press remaining crumb mixture onto the bottom of a greased 15 by 10 inch jelly roll pan. Bake at 375 degrees for 10 minutes. Melt shortening in a saucepan and add 1 1/2 cups of M&Ms. Continue cooking over low heat, stirring to break up and melt candies.  
 Remove from heat, stir in condensed milk, mix well. Spread over partially baked crust to within 1/2-inch of edges. Combine reserved crumb mixture with remaining candies and coconut, if desired. Sprinkle over chocolate mixture and continue baking at 375 degrees for 20-25 minutes or until light golden brown. Cool thoroughly. Cut into bars. Makes one 15 by 10-inch pan

of bars, about 24 two by two-inch bars.

### QUAKER HONEY DATE SNACKS

3 cups Quaker Puffed wheat or puffed rice  
 1/2 cup chopped dates  
 1/2 cup firmly packed brown sugar  
 1/4 cup butter or margarine  
 1/4 cup honey  
 Grease an 8-inch square baking pan. In a large bowl, combine cereal and dates; set aside. In a medium saucepan, combine sugar, butter and honey. Bring mixture to a boil and reduce heat to medium.  
 Continue stirring until smooth. Pour over cereal mixture; mix well until coated. Press firmly into prepared pan. Chill; cut into bars. Makes an 8-inch pan of bars, about 12 two by two-inch bars.

## Yogurt Pie from page 1B

To make the pie, make the pie filling according to package directions, fill the crust with the filling, and chill for one hour. Make a banana pie with vanilla-flavored instant pudding and pie filling. Mix the pudding with skim milk, pour into the pie crust, top with banana slices, and chill for one hour.

It is important to read labels to learn the fat content of different foods.

We learn to be very creative when we eat healthy. Esther still enjoys fried egg sandwiches but without all the fat. She uses only the egg whites, fat-free bread and Promise Ultra fat-free margarine. She fries the egg whites in a non-stick pan. Beiser also uses an electric steamer. He steams rice with chicken bouillon instead of water for a more flavorful side dish. The steamer is also great for

cooking vegetables because you can let them steam without having to watch the pot and worry about the vitamins being boiled away in the water.  
 It's important to read labels to learn the fat content of different foods. Beiser and I discussed microwave popcorn and how it is easy to be misled into believing the "natural" flavor is lower in fat than the "butter" flavor. Actually, they are usually equal.  
 When Beiser wants to satisfy a

chocolate craving, she visits the Estenmann's Thrift Store at 13280 Newburgh in Livonia. They offer a fabulous fat-free frootie brownie. She said they taste like the real thing!

For a complimentary issue of the "Laura's Fat Free Kitchen" newsletter, send a self-addressed, stamped envelope to: H.F. Publications, P.O. Box 8324, Livonia 48151-1324. Subscription price is \$12 a year.

## Cool tips keep summer foods safe

In the summer it's important to keep cool foods cold. Here are some cool tips.

When transporting food, keep all perishables in a well-insulated cooler packed with ice or freeze-packs. A properly packed cooler should contain about 25 percent ice or freeze-packs and 75 percent food. Add more ice as necessary.  
 Prechill the cooler by filling it with ice or ice water and allowing it to stand before packing. For

best results, leave some room in the cooler for air to circulate. Cold drinks in cans help keep foods cool, too.

Pack the cooler with foods that are already cold, working straight from the refrigerator. Do not put foods out on the counter or table first. A cooler is meant to keep foods cool, not to chill them.

Package foods properly, either tightly wrapped in aluminum foil or plastic wrap, or stored in covered

containers. Foods that can leak or spill should be packed in containers with tight-fitting lids.

Frozen ground beef patties, tightly wrapped, can be packed in a well-insulated cooler for grilling later. Keep patties in cooler until cooking time.

Keep the cooler tightly closed in the shade. Open only when necessary. Do not allow cooler to stand open when filled with perishable food.

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