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**THE AMERICAN DAIRY ASSOCIATION**

has the following tips for keeping kids safe in the kitchen:

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# Chilies!

## Have a hot time in the kitchen

May is National Barbecue Month, and all over America backyard grills are being fired up for the start of the outdoor eating season. This year, why not bring those great low-fat cooking ideas that have revolutionized your kitchen out to the picnic table?

With barbecuing, there's even more of a reason to cut fat. According to the American Institute for Cancer Research, when fat from meat drips onto hot charcoal or rocks in a gas or electric grill, carcinogens (substances that initiate cancer development) are formed and deposited onto food by the smoke that rises up and by flare-ups that char or blacken food.

Backyard barbecue staples like hot dogs, hamburgers, potato salad, cole slaw and chips tend to be loaded with fat and calories. One starting point for healthier barbecues is to choose lower fat cuts of meat, including lean ground beef and lower fat hot

dogs. When cooking steak, trim off the excess fat. Or choose low fat meats, like pork tenderloin or chicken, and really cut the fat. Just remember to remove the chicken skin when serving, since that's where most of the fat is.

But why not enjoy truly low fat cooking, and some of the best tastes of the season, by choosing fresh vegetables for the grill? Many vegetables can be grilled right in their own skins. Or they can be grilled whole or sliced on skewers, and basted with a little olive oil to keep them from drying out. Delicious choices include eggplant, potatoes, mushrooms, onions, peppers, summer squash and sweet potatoes.

Another great idea is to lighten up the accompaniments to your barbecue, the potato salad and cole slaw, by making them with a nonfat mayonnaise, sour cream or yogurt dressing.

Bean and grain salads are also great high-fiber choices to go with a barbecue meal. Try combining cooked black beans, fresh corn sliced off the cob and rice. Toss with a vinaigrette made of flavored vinegar or citrus juice and a little olive oil. Then add ethnic seasonings of choice: curry powder for an Indian version; fresh ginger, and a touch of soy sauce and sesame oil for an Asian taste; or fresh cilantro, cumin, chili powder and chopped red pepper for a Southwestern flavor.

Serve your summer salad with tasty barbecued chicken for a great summer meal.

### BARBECUED CHICKEN

- 3-pound broiler chicken, cut into serving pieces and skinned
- 1/2 cup red wine vinegar
- 2 tablespoons Worcestershire sauce
- 1/4 cup dark brown sugar, firmly packed

Simmer chicken pieces in one inch of water, covered, for 15-20 minutes.

In a 13 by 9 by 2-inch baking dish, mix together all the ingredients except the chicken and onion. Stir in the onion.

Drain the chicken and place it in a single layer in the baking dish. Spoon the sauce over the chicken. Cover and marinate in the refrigerator for at least 30 minutes, preferably overnight.

Drain the chicken from the marinade and cook on a grill using the marinade for a basting sauce. Each of the 4 servings has 256 calories and 7 grams of fat. Recipe from the American Institute for Cancer Research.

## Moms share family heirloom recipes

See related stories on Taste front.

### BERNADETTE CHATEL'S PASTIES

- 1 1/2 pounds stew meat or round steak, cut into 1-inch cubes
- 5 potatoes, peeled and cut into bite-size pieces
- 4 carrots, peeled and sliced
- 1 medium rutabaga, peeled and cut into small pieces
- 1 medium onion, chopped

Salt and pepper to taste

Favorite double-crust recipe

Roll out dough in round shapes, about 6-8 inches across. Fill one half with equal mixture of meat and vegetables. Sprinkle with water. Fold over and pinch shut. Poke pastry top with a few "steam" holes.

Bake in 350 degrees until vegetables are soft. If pasties seem to be drying out, sprinkle a bit of

water on bottom of cookie sheet or baking pan.

Recipe compliments of Bernadette Chatel.

### FORE

- (Stuffing for Turkey or Chicken)
- 1 pound pork sausage
- 2 pounds ground beef
- 1 onion
- 1/2 teaspoon cloves
- 1/2 teaspoon cinnamon
- 1/2 teaspoon poultry seasoning
- 5 potatoes, cooked and mashed with little milk
- Salt and pepper to taste

Slowly cook meat with onions and spices, about 45 minutes. Do not drain all of the fat as it adds moisture and flavor. Add mashed potatoes to meat mixture. Mix carefully, but thoroughly. It's ready for stuffing.

When placed in a nice crust, this dish becomes "tortierie," the tradi-

tional French Canadian pork pie. Recipe compliments of Bernadette Chatel, Peggy Windisch, and Paula Gibbons.

### "SUNNY" STRATMAN'S LIGHT MINESTRONE

- 1/2 medium cabbage, coarsely chopped
- 1 medium onion, coarsely chopped
- 1/4 cup chopped parsley
- 1/4 teaspoon garlic powder
- 1 teaspoon oregano
- 1/2 teaspoon pepper
- 1 tablespoon oil
- 5 cups water
- 5 beef bouillon cubes
- 1 (16 ounce) can tomatoes
- 1/4 pound spaghetti, broken up
- 1 medium zucchini, sliced
- 1 (16 ounce) can red kidney beans, drained

In a large pot, saute the cabbage,

onions, parsley, and spices in oil for 5 minutes, stirring often. Add the water, bouillon cubes, and tomatoes. Bring to a boil. Stir in the spaghetti, zucchini, and kidney beans. Cook for 10 minutes, stirring occasionally, or until done. Serves 8.

### SCOTCH SHORTBREAD

- 1/4 cup butter or margarine
- 1/4 cup sugar
- 2 cups flour

Cream butter and sugar thoroughly. Work in flour with hands. Chill dough. Heat oven to 350 degrees F. Roll out dough 1/4 to 1/2-inch thick. Cut into fancy shapes — small leaves, ovals, squares. If desired, flute edges by pinching between fingers as for pie crust. Bake 20 to 25 minutes. Tops do not brown. Makes about 2 dozen 1 1/4-inch cookies. Recipe compliments of Florence "Sunny" Stratman.

## Start your grills, May is barbecue month

See Chef Larry Jones' Taste Budd column on Taste front.

The heat of a chili is concentrated in the placenta — the white fleshy part of the top of the chili just below where the stalk joins the fruit and to which most of the seeds are joined. This also includes the veins that run down the sides of the chilies.

Make sure you wear gloves and whatever you do, never touch your eyes or other body parts after working with chilies.

When you see fresh chilies at the grocery, look for fresh chilies with a smooth, unwrinkled skin. It should be resilient, not soft to the touch and firm around the base of the stalk.

The best way to store fresh chilies is wrap them in paper towel and place them in a plastic bag in the refrigerator. They will keep for 5-7 days. After being seeded and charred, they can be frozen in freezer bags and stored for up to three months.

Anyone who considers themselves a gourmet cook must certainly have a Diana Kennedy cookbook. The best of all her many books? Check out "The Art of Mexican Cooking" (Bantam Books, copyright 1989, \$24.95.) You won't be disappointed.

Here are some recipes to try:

### CHILI RELLENOS

- 8 pobleno chilies, charred, peeled and seeded
- 1 pound Monterey cheese, cut into strips 2-inches long and 1/4-inch square
- 3 large eggs, separated
- 1/4 teaspoon salt
- 1/2 cup flour
- Oil for frying
- 3 cups good tomato sauce

Place the cheese strips inside the prepared chilies and set aside. Beat

the egg whites until soft peaks are formed. Add the salt and beat it in with the yolks one at a time. Dry the outside of the chili with paper towel. Roll the stuffed chili into the flour and then dip into the batter. Heat oil to a depth of 1 inch in a heavy fry pan. Lower the chili into the hot oil. Fry until underside is a deep golden color. Turn chili over to cook other side. Remove from heat and place on a baking sheet in a warm oven. Continue frying remainder of chilies.

Place battered and fried chilies in an oven proof casserole and top with a good tomato sauce. Bake at

350 degrees for 20 minutes or until heated throughout. Serves 4-6.

According to local lore, the cook serves this to her son-in-law because it blows him a lot. It is very spicy. The sauce should have a thick, rough consistency and is best served with frijoles (beans rice or meats).

### SALSA DE SUEÑOS (MOTHER-IN-LAW SAUCE)

- 1/2 pound (about 10) green tomatillos (or green tomatoes)
- 1 medium green tomato (unripe)

- 2 heaped tablespoons finely chopped scallion tops
- 3 chiles serranos, chopped
- 2 tablespoons finely chopped cilantro
- scant 1/2 teaspoon sea salt
- 1/2 cup water

Roughly chop the tomatillos. Add a little bit of water with the ingredients to a blender and blend for just a few seconds or until the sauce has a rough consistency. Makes 2 cups. Recipes courtesy of "The Art of Mexican Cooking" by Diana Kennedy.



Tasty chicken: An exciting blend of spices and seasonings makes this barbecue chicken especially good.

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