

2 UNIQUE



KELLI LEWTON

Do something revolutionary on the Fourth

Decare your Independence July 4. Celebrate with a bang instead of a whimper, bury the burgers, toss the dogs, pitch the iced tea, and do something revolutionary.

Focus your menu on ethnic favorites that pay tribute to the American Melting Pot. Fire up your menu with Mexican and Southwest inspired foods.

Tips for extra flavor

Introduce Asian flavor with soy and teriyaki marinades. Try a spicy rub on a steak, ribs or chicken for a taste of the Southwest.

Seafood should marinate for one hour or less; boneless chicken breast for no more than two hours, otherwise the food gets mushy. Lean pork can marinate up to four hours, and beef can soak for 24 hours or more.

Condiments and sauces

These are one of the best ways to dress up a blah burger, chicken or fish. Try barbecue sauce on salmon, or blueberry sauce on your next jumbo burger or chicken breast. A little Italian vinaigrette adds zip to steaks and fish. Most people have an arsenal in their refrigerator of grill-friendly condiments.

Some larger items such as chicken on the bone, or ribs should be par-boiled. Then, finish them on the grill with barbecue sauce.

Foil pockets are a nice way to cook delicate fish. You'll retain flavor and keep the fish intact throughout the cooking process.

Preamble of embers

Don't be caught off guard. Prepare to fire.

Be organized. Have everything you need for grilling—the food, marinade, basting sauce, seasonings, and equipment—at grillside before you fire up. You don't want to leave the scene to grab a spatula or tongs and take a chance of burning your food.

Manage your fuel. There's nothing worse than running out of charcoal or gas in the middle of grilling. When using charcoal, light enough to form a bed of glowing coals 3 inches larger on all sides than the surface area of the food you're planning to cook. When cooking on a gas grill, make sure the tank is at least one-third full.

Preheat the grill to the right temperature; grilling is a high-heat cooking method. In order to achieve the seared crust, charcoal flavor, and handsome grill marks associated with good grilling, you must cook over a high heat.

When using charcoal, let it burn until it is covered with a thin coat of gray ash. Hold your hand about 6 inches above the grate. After 3 seconds, the force of the heat should force you to move your hand away.

When using a gas grill, preheat to high (at least 500°F); this takes 10-15 minutes. When indirect grilling, preheat the grill to 350°F.

Don't stab. Turn meat on a grill with tongs or a spatula. Never stab the meat with a carving fork unless you want the flavor-rich juices to drain onto the coals.

Keep it lubricated. Oil the grate just before placing food on top. If necessary, spray the grate with oil, not into an open flame. Use a folded paper towel soaked in oil, or rub the grate with a piece of fatty bacon, beef fat, or chicken skin.

Keep it clean. There's nothing less appetizing than grilling on a grate filled with dirty old burnt bits of food. Fresh food will stick to a dirty grate. Clean the grate twice, once after you've preheated the grill, and again when you've finished cooking.

Know when to baste. Oil and vinegar, citrus, and yogurt-based bastes and marinades can be brushed on the meat as you cook. If you baste with a marinade that you used for raw meat or seafood, do not apply it

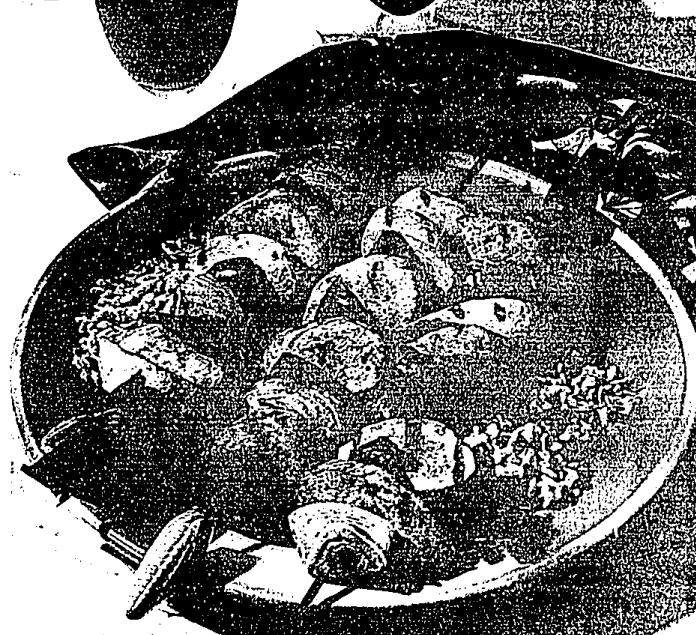
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LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Cherries and berries

Grill the Gobbler



Have seconds ready: These colorful and delicious South of the Border Turkey Kabobs make the most of favorite Mexican flavors in an entree that is easy to assemble, quick to grill and even quicker to disappear. See recipe inside.

Don't be chicken, try turkey on the grill

Cooking times

The following chart of cooking times for unstuffed turkeys are approximate. Allow more time for cold/windy days.

10-11 pounds = 1 1/2 to 2 1/2 hours
12-14 pounds = 2 1/2 to 3 hours
15-17 pounds = 3 1/2 to 4 hours
18-22 pounds = 4 1/2 to 5 hours
23-24 pounds = 4 to 4 1/2 hours

The National Turkey Federation recommends adding about 15 minutes every hour to maintain a temperature of 250°F to 300°F inside the grill.

BY PEGGY MARTINELLI-EVANS SPECIAL WRITER

The turkey was called "Indian chicken" by the Spanish conquerors, who still thought they were in India when they discovered the bird in Mexico.

Although wild turkeys were once almost extinct, they now thrive in Mexico and the United States. However, most of the turkey we eat is from domestic farms.

In the U.S., the period from Thanksgiving to Epiphany is the time of year when the most turkey is sold and eaten. But turkey isn't just for the holiday season; it's great all year long.

June is National Turkey Month and a good time to learn new ways to prepare and enjoy this nutrient-dense, low-fat, high-protein food.

Just as turkey is served when family and friends gather during the holidays, it can be a crowd-pleaser for summer gatherings as well.

Most people prefer the white meat of the turkey, which has less fat and fewer calories, than dark meat. The dark meat of the turkey is richer in flavor and a great addition to soups and stews.

Ground turkey can be used in pasta sauce, tacos or chili. Ground turkey breast burger or turkey tenders are great on the grill, and a whole turkey breast makes a good dinner tonight and excellent sandwich tomorrow.

Large turkeys (13 pounds and up) are more work than smaller birds (6-12 pounds) or whole turkey breasts. Smaller birds defrost quicker, are easier to cook, and may even be a little less dry.

Grilling is great

Grilled turkey is a delectable treat that's surprisingly easy to prepare. Whether you're cooking on a charcoal or gas grill, make sure you have plenty of fuel. For gas grills, a full tank should last about 17 or 18 hours, so check your gas gauge before you start. If you have a Weber charcoal grill, you can check their charcoal guide at www.weber.com.

As long as the turkey fits in the grill with the lid down to allow for indirect cooking (large turkeys may not fit), size is not an issue. At least one inch clearance between the turkey and lid is ideal. So think structure.

A broad, flat bird will fit better than one with a high breast bone. Purchase about three-quarters to one pound of raw turkey per person. This will surely be enough for a meal with plenty for leftovers.

Turkey should be completely defrosted in the refrigerator before

grilling.

Place the frozen turkey in its original wrapping on a tray in the refrigerator. Allow 24 hours of thawing time for every 4 pounds of turkey. Never thaw poultry at room temperature.

Grill fresh turkey just as you would a completely defrosted frozen one. Since fresh turkey is highly perishable, check the "sell by" date before you buy.

Buy the turkey only one to two days before you plan to cook it and keep it refrigerated.

Nutrition Information

A 3.5 ounce portion of turkey is about the size of a new deck of cards. The following table contains calorie, protein and fat information on various grilled or roasted cuts of turkey.

MEAT	CALORIES	PROTEIN (g)	FAT (g)
Breast with skin	194	29	8
Breast without skin	161	30	4
Wing with skin	236	27	13
Leg with skin	213	28	11
Dark meat with skin	232	27	13
Dark meat w/o skin	192	28	8

not directly beneath it. Heat rises, reflects off the lid and inside surfaces of the grill, and slowly cooks the food evenly on all sides. The circulating heat works much like a convection oven.

On a charcoal grill, arrange hot coals evenly on either side of the charcoal grate. Place food in the center of the cooking grate. A drip pan, placed in the center of the charcoal

grate, helps prevent flare-ups.

Always remember to keep the grill lid closed when cooking with this method.

To grill by the indirect method on a gas grill, preheat the grill with all burners on high. Then adjust the burners on each side of the food to the temperature noted in the recipe and turn off the burner(s) directly below the food. If your gas grill won't allow you to turn off burners under the food, place a pan of water under the grate to create indirect heat. For best results, place roasts, poultry, or large cuts of meat on a rotating rack set inside a disposable heavy-gauge foil pan. For longer cooking times, add water to the drip pan to keep drippings from burning.

To avoid spreading dangerous bacteria to other foods, always wash hands, utensils, and work surfaces with hot soapy water after handling raw poultry.

Turkey is fully cooked when a meat thermometer registers 180°F in the thigh or 170°F in the breast (about 11-13 minutes per pound).

Remove turkey from the grill and allow to sit 20 minutes before carving. (If you're slow-smoking that bird, remember that a smoke-cooked turkey may appear a little pink, even when thoroughly cooked.)

Miriam Moxon of West Bloomfield, grills turkey often. Moxon uses the indirect method on a charcoal grill. She likes the smoky flavor that fruit

Please see TURKEY, D2

Hurry-up chow mein dinner, a San Francisco treat

MAIN DISH MIRACLE



MURIEL WAGNER

Chow mein, so the legend goes, was invented by an Irishman in San Francisco. When I grew up, it was a way of either using up leftover meat and vegetables or a hurry-up meal. Bean sprouts, soy sauce and fried chow mein noodles added the necessary oriental ambience.

But I did enjoy it. So much so that I made it a part of my Eating Younger recipe repertoire with appropriate editing.

The veggies are fresh. Canola oil replaces the margarine. A can of bean

sprouts retains some of the recipe's heritage, as does my seasoned black iron skillet that doubles for a wok.

Because canned chow mein noodles have 7 grams of fat per 1/2 cup, I substitute a package of high fiber, zero fat Chinese lo mein noodles and use the obligatory soy sauce and ginger. My low sodium soy sauce, as you know, is one half Tamari (Japanese soy sauce) and one half dry sherry. Try the sauce even if you don't make the chow mein. It's delicious.

EATING YOUNGER CHOW MEIN

- 2 teaspoons Canola oil
- 1 onion, sliced into rings
- 1 green bell pepper, cut into strips
- 2 cups celery or bok choy, sliced

- 1 cup fresh mushrooms, sliced
- 1 cup sodium reduced fat free chicken broth

- 1/4 cup sodium reduced soy sauce
- 1/2 teaspoon minced fresh ginger
- 2 tablespoons cornstarch
- 12 oz. cooked skinless and boneless chicken breast strips

- 1 14-oz. can bean sprouts, rinsed and drained
- 1 10-oz. package Chinese lo mein noodles, cooked

Heat oil in deep nonstick skillet or wok. Stir fry veggies until tender crisp. Set aside. Mix 1/4 of the broth with cornstarch to a smooth paste. Combine with soy sauce and ginger. Heat until thickened. Add sauce, cooked chicken and bean sprouts to vegetables in skillet.

Reheat to serving temperature. Serve with Chinese lo mein noodles.

Serves 4.

Nutrition facts (per serving)

Calories: 342; Total fat: 7 g; Saturated fat: 1.2 g; Cholesterol: 73 mg; Sodium: 476 mg.

Food exchanges: 3 lean meat, 1-1/2 bread

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.