

BARBECUE: THE SUMMER KITCHEN

Considering it's the oldest form of cooking known, outdoor barbecuing has rarely put on fancy airs. Few treat it with reverence, or speak of its mystique. In fact most people think of barbecuing not as an ancient and venerable art, but as just plain good eating. In many homes, barbecuing is the speciality of the backyard chef. It is a shining hour when the stove is traded for the outdoor grill, and the family chef conjures up wonderful aromatic whiffs and tantalizing musical sizzles, all to please the happy, grateful eaters.

As relaxed a cooking method as barbecuing can be, it still pays to plan ahead. Good equipment is important. A grill, with easy adjustment for heat and coals, is a must. Also important are long-handled tongs, fork, spatula and brush, long-armed mitts and a spray can of water—for dousing flare-ups. Briquets or charcoal and a good starter (electric, if possible, for speed and safety) are necessary, too.

It also pays to plan the menu and its preparation ahead of time. Nearly any meat can be barbecued. But since barbecuing is a dry and relatively quick-cooking method almost all meats improve when marinated or liberally brushed with a sauce during the cooking.

Most marinades and basting sauces are oil-based and include an acid ingredient such as vinegar or lemon. Many people like to add corn syrup, either light or dark, to their marinades and sauces, because corn syrup balances and blends flavors, helps the sauce cling to the food and lends a shiny glaze to the finished foods.

Some foods, burgers and "dogs", for instance, might have been born to the barbecue. They're excellent starters for the novice outdoor chef because they cook easily without a perfectly fine-turned fire. Even these staple barbecue foods can be glamorized with a sauce or topping, one from the exotic east, the spicy south or the "old" west.

Saucy treatments such as these may not put barbecuing in the class of fine art, but fine-eating it is. Barbecuing is here to stay not only as the oldest cooking form, but also as one of the best-loved.

Lemon-Marinated Chuck Steak

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| 1 (2-1/2 to 3 pound)
boneless beef chuck
roast or steak,
cut 2 inches thick | 1/2 cup lemon juice
1/4 cup corn oil
1/4 cup sliced green onions
1 teaspoon salt
1/4 teaspoon pepper |
| 1/2 cup dark corn syrup
2 teaspoons grated
lemon rind | |

Place meat in shallow baking dish. In small bowl stir together corn syrup, lemon rind, lemon juice, corn oil, onions, salt and pepper until well mixed. Pour over meat. Cover; refrigerate overnight, turning occasionally. Remove meat from marinade. Grill 6 inches from source of heat, basting frequently, 40 to 50 minutes, turning as needed, or until desired doneness. Slice diagonally across grain into thin slices. Makes 6 to 8 servings.

Spareribs Milwaukee Style

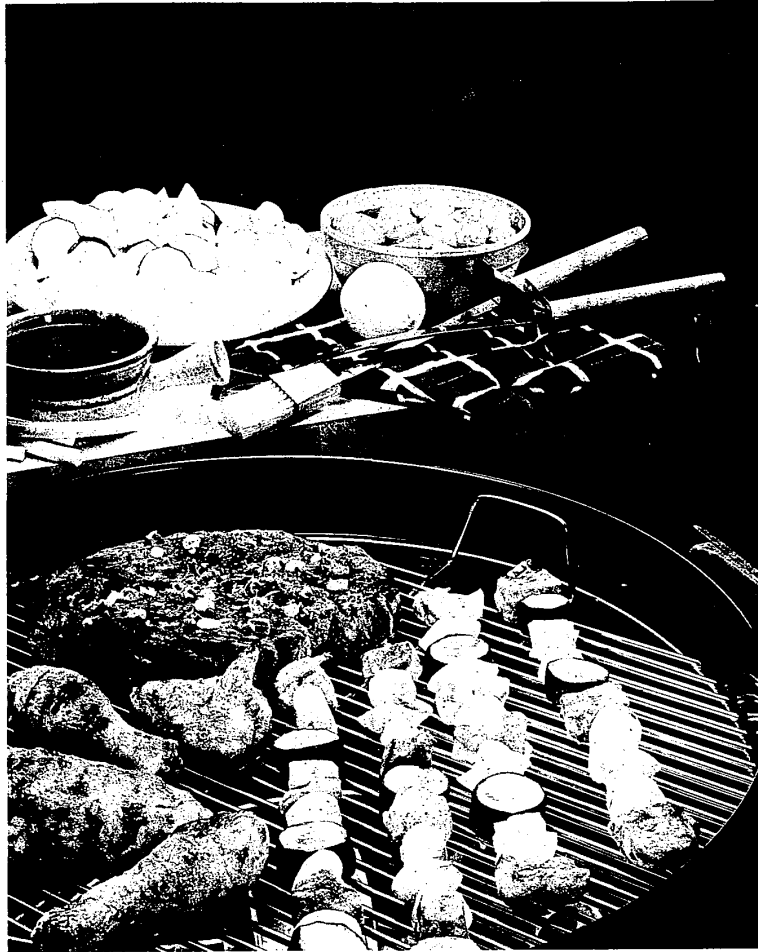
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| 4 pounds country-style
spareribs, trimmed,
cut in serving pieces | 1/3 cup prepared mustard
1/4 cup corn oil
1 to 2 tablespoons chili
powder |
| 1 can (12 oz) beer
1/2 cup dark corn syrup
1/2 cup finely chopped
onion | 2 cloves garlic, minced
or pressed |

Place ribs in large shallow baking dish. In medium bowl stir together beer, corn syrup, onion, mustard, corn oil, chili powder and garlic. Pour over ribs. Cover; refrigerate overnight, turning occasionally. Remove ribs from marinade. Grill 6 inches from source of heat, turning and basting frequently, about 40 to 45 minutes or until tender. Makes 4 servings.

Chili Dogs

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| 1 pound ground beef
round | 2 tablespoons vinegar
1 tablespoon chili powder |
| 2 cups chopped onion
1 cup catsup
1/2 cup dark corn syrup
1/4 cup prepared spicy
brown mustard | 1/2 teaspoon crushed dried
red pepper
12 frankfurters
12 frankfurter buns |

In large skillet cook beef and onion over medium heat until browned. Drain off excess fat. Stir in catsup, corn syrup, mustard, vinegar, chili powder and red pepper. Bring to boil. Reduce heat and simmer, stirring occasionally, 30 minutes. (Chili Sauce may be frozen. Defrost and reheat gently over low heat.) Serve over frankfurters in buns. Makes about 12 servings.



Cranberry Grilled Chicken

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| 1 can (16 oz) jellied
cranberry sauce
1/2 cup light corn syrup
3 tablespoons cider
vinegar
1 tablespoon corn oil | 1 teaspoon ground
cinnamon
1 teaspoon salt
1 broiler-fryer chicken,
cut in parts |
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In small bowl with wire whisk beat together cranberry sauce, corn syrup, vinegar, corn oil, cinnamon and salt until well blended. Grill chicken 6 inches from source of heat, turning frequently, 30 minutes. Brush with cranberry mixture. Grill, brushing with cranberry mixture and turning frequently, about 15 minutes longer or until chicken is fork tender. Heat remaining cranberry mixture and serve with chicken. Makes 4 servings.

Cranberry Grilled Short Ribs: Trim excess fat from 4 pounds beef short ribs, cut in serving-size pieces. Place ribs in 5-quart dutch oven or saucepot; add water to cover. Cover; bring to boil over high heat. Reduce heat and simmer 45 minutes to 1 hour or until tender. Drain ribs well. Brush with cranberry mixture. Grill 6 inches from source of heat, brushing with cranberry mixture and turning frequently, about 20 minutes or until browned. Heat remaining cranberry mixture and serve with ribs. Makes 4 servings.

Grilled Cornish Hens

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| 2 (1 lb each) Cornish
hens, split | 2 tablespoons
Worcestershire sauce
2 tablespoons corn oil |
| 1/2 cup light corn syrup
1/2 cup frozen orange juice
concentrate, thawed
1/3 cup red wine vinegar | 1/2 teaspoon salt
1/4 teaspoon pepper |

Place hens in shallow baking dish. In small bowl stir together corn syrup, orange juice concentrate, vinegar, Worcestershire sauce, corn oil, salt and pepper. Pour over hens. Cover; refrigerate several hours or overnight, turning occasionally. Remove from marinade. Grill 6 inches from source of heat, turning and basting with marinade frequently, 50 to 60 minutes or until tender. Makes 4 servings.

Pineapple Pork Kabobs

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| 1 can (8 oz) pineapple
chunks in own juice
1/3 cup dark corn syrup
1/4 cup soy sauce
1 tablespoon prepared
mustard
1 clove garlic, minced or
pressed
1/8 teaspoon pepper | 1 pound lean boneless
pork, cut into 32
(1-inch) cubes
3 medium zucchini, cut in
24 (1-inch) slices
3 carrots, parboiled, cut
in 16 (1-inch) slices
16 pearl white onions,
parboiled |
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Drain pineapple; reserve juice. In medium bowl stir together pineapple juice, corn syrup, soy sauce, mustard, garlic and pepper. Add pork and zucchini; toss to coat evenly. Cover; refrigerate several hours or overnight. Remove pork and zucchini from marinade. On each of 8 skewers, alternately thread pork, zucchini, pineapple chunks, carrots and onions. Grill 6 inches from source of heat, basting with marinade and turning frequently, about 15 minutes or until pork is tender. Makes 4 servings.

Oriental Burgers

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| 1 pound ground beef
round
1/4 cup soy sauce
1/4 cup dark corn syrup
1 tablespoon
Worcestershire sauce | 1 teaspoon minced fresh
gingerroot, or 1/4 tea-
spoon ground ginger
1 clove garlic, minced
or pressed, or 1/4 tea-
spoon garlic powder |
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Shape beef into 4 burgers; place in shallow dish. In small bowl stir together soy sauce, corn syrup, Worcestershire sauce, ginger and garlic until well mixed. Pour over burgers. Cover; refrigerate 3 hours, turning occasionally. Remove burgers from marinade. Grill, turning and basting frequently, 6 to 8 minutes or until desired doneness. Makes 4.