

Barbecue entire dinner outdoors.

Eight out of 10 American households barbecue at least once a week and own two styles of cookers, according to the Barbecue Industry Association.

Analysts say this group is confirming a growing trend. Americans are preparing a greater variety of meals outdoors.

Versatile and sophisticated equipment is a contributing factor. Today's grills range from disposable aluminum cookers and lightweight, fold-up units for beach-goers to smokers and covered cookers with fancy accessories for cookout connoisseurs. Of course, the basic open brazier is still a top seller.

Surveys indicate that America is hooked on the smoky flavor of food cooked over charcoal, a by-product of the lumber industry. In fact, smoking food has become a hobby for some serious fans who insist that hickory or mesquite chips provide the best flavor.

According to Claudia O'Brien, consumer affairs manager for Lawry's Foods, Americans are barbecuing more lean beef cuts, chicken, turkey and fish. They are also preparing more complete meals on the grill to save the cost of running appliances and air conditioning indoors.

O'BRIEN REMINDS menu planners that entire meals can be cooked over charcoal more efficiently than a single food. Consider preparing an all-American barbecue feast for a family dinner or gathering of friends.

While coals are hottest, cook large cuts of meat, whole chickens and turkeys or casseroles. To cook Bourbon Baked Beans on the grill, choose a deep casserole dish to prevent food from drying out. The unique flavor combination of pineapple, baked beans, bourbon and bacon is even better gently smoked on an outdoor cooker.

Moderately hot coals provide even cooking for individual portions of food such as pork chops, poultry pieces or Stuffed Grilled Hamburgers. Family and guests can choose from an assortment of stuffings pressed between thin hamburger patties.

Desserts that look exotic, but aren't, are a snap to prepare on an outdoor grill. All-American Shortcake begins with slices of pound cake, toasted over slow coals, and is topped with fresh fruit and ice cream.

Complement hot grilled foods with Cool Cucumber Dip and fresh vegetables and a crisp tossed salad with Zesty French Dressing.

beans and pineapple slices on top of bacon. Grill, covered, over hot coals about 1 1/2 hours.

Note: To prepare indoors, bake, uncovered, in oven at 375° for 1 1/2 hours.

STUFFED GRILLED HAMBURGERS

Here's a new twist to having home-style hamburgers "your way." The secret's in what goes inside.

- 1 pound lean ground beef
- 1 tsp seasoned salt
- 1/2 tsp seasoned pepper
- Burger Stuffings (see below)

Combine ground beef with seasoned salt and seasoned pepper, mixing only until seasonings are evenly mixed. Shape eight thin patties. Place desired stuffing mixture on four patties. Top with remaining patties. Seal edges securely by pressing together. Grill over hot coals.

Makes four hamburgers.

BURGER STUFFINGS

Grated cheese and diced green chile peppers; Butter mixed with pinch of herbs; Cooked, crumbled bacon and capers; Cubed avocado and sliced black olives; Crashed pineapple and diced salami; Sliced water chestnuts and chopped candied ginger; or Chopped bell pepper and bean sprouts.

ALL-AMERICAN SHORTCAKE

The perfect idea for a quick, impromptu dessert, summer or winter. Just keep a pound cake, frozen berries and ice cream in your freezer. Plan to use and replenish supplies about every four to eight weeks.

- 1 1/2-lb. prepared pound cake
- 2 cups sliced strawberries, fresh or frozen
- 2 cups blueberries, fresh or frozen
- *Vanilla ice cream

Cut cake into 1 to 1 1/4-inch slices. Grill over moderately hot coals until warm and lightly toasted. Top with fruit and vanilla ice cream. Serves six.

*Or may use whipped cream topping

COOL CUCUMBER DIP

Refreshing and low in calories — for those sizzling summer days while the chef prepares the barbecue.

- 1 cup plain yogurt
- 1 cup dairy sour cream
- 1 cup seeded, shredded, well-drained cucumber
- 1 tsp seasoned salt
- 1/2 tsp garlic powder with parsley
- 1/2 tsp lemon pepper seasoning

Combine all ingredients and chill at least two hours. Serve with bite-size fresh vegetables. Makes 2 1/2 cups.



Hamburgers stuffed with grated cheese, chopped bell pepper and sliced olives are grilled and served with Bourbon Baked Beans and a crisp green salad tossed with French dressing.

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BOURBON BAKED BEANS

1 can (1 lb. 4 oz.) sliced pineapple
2 cans (1 lb. 12 oz. EA) baked beans
1/2 cup firmly packed brown sugar
1/2 cup minced onion with green onion flakes
1 tsp instant coffee
1 tsp dry mustard
5 slices bacon

Drain pineapple, reserving 1/2 cup juice. In 17x9 1/2-inch baking dish or large casserole, combine reserved pineapple juice, beans, brown sugar, bourbon, minced onion with green onion flakes, instant coffee and mustard. Let stand at room temperature 1 hour. Arrange bacon slices on top of

pilot light
Greg Melikov

He warmed to her cabbage

One of the first columns I wrote several years ago included red cabbage spiced with the juices of sauerbraten and crushed ginger snaps.

I'm not particularly fond of cooked cabbage, but when my wife prepared a dish that her grandmother fixed many years ago in Texas, I warmed up to the vegetable.

Frankly, I like cabbage raw — red or green. I like to nibble on cabbage as I make cole slaw.

But Anita prefers her cabbage fried. The best thing about Anita's cabbage is that it keeps for days in the refrigerator. And you can spice it up with well-browned sausage when reheating it.

You can also stir in some cut-up apples, just as in the German recipe.

MEXICAN GREEN CABBAGE

1 head green cabbage, shredded
1 tsp. cold bacon fat
1 onion, chopped
1/2 tsp. salt
1/4 tsp. ground cumin
1/2 tsp. black pepper
1/2 tsp. crushed red pepper
1 cup canned crushed tomatoes
1 cup water

Rinse shredded cabbage in large bowl. Let sit in water several minutes and drain. Melt bacon fat in large pot, add cabbage and onion, stir in seasonings and lightly brown on high heat, constantly stirring. Reduce heat to medium, stir in tomatoes and water, cover and cook 30 minutes, occasionally stirring and adding a little water if necessary. Serves a crowd.

GERMAN RED CABBAGE

1 head red cabbage, shredded
1 1/2 tsp. salt
2 tsp. margarine
1/2 cup cider vinegar
1/2 cup sugar
1/2 cup cold water
2 tart red cooking apples, cored and thinly sliced
1 tsp. all-purpose flour

In large pot, combine cabbage, salt, margarine, vinegar, sugar and water and cook covered over medium heat 15 minutes, occasionally stirring. Add apples and cook about 15 minutes, until cabbage is tender, but crisp. Sprinkle on flour, gently mix and cook until thickened, stirring. Serves a crowd.

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