

# Flavor your barbecue ribs with dry rub or sauce

See Chef Larry James' column on Taste front.

## BARBECUE DRY RUB

- 1 tablespoon fresh ground black pepper
- 2 teaspoons cayenne pepper (or to taste)
- 2 tablespoons mild chili powder
- 2 tablespoons cumin

- 2 tablespoons dark brown sugar
- 1 tablespoon white sugar
- 1 tablespoon ground oregano
- 4 tablespoons paprika (Sweet Hungarian works best)
- 2 tablespoons salt
- 1 tablespoon fresh ground white pepper
- 3 tablespoons celery salt
- 3 tablespoons garlic powder

Combine all ingredients in a bowl

and mix well. Yields 1 1/2 cups of dry rub — enough for 4 slabs. Leftover rub can be stored in an airtight jar or freezer.

An entire book could be written on the countless variations of barbecue sauce. Everyone seems to have a personalized variation, but this one comes from momma's little recipe box and it has a big red star on the greasy sheet so it must be good.

## BARBECUE SAUCE

- 4 tablespoons butter
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon paprika
- 1 tablespoon fresh ground black pepper

The juice from 1 fresh lemon  
1 teaspoon dry mustard  
1 teaspoon hot red pepper sauce (i.e. Tabasco)

- 1/2 teaspoon salt
- 1/4 cup cider vinegar
- 1 can (16 oz.) tomato sauce

Heat the butter in a medium saucepan. Add onions and garlic and saute until onions soften, about 3-4 minutes.

Stir in spices and vinegar and continue cooking for 5 minutes. Stir in tomato sauce, bring to a boil, reduce to a simmer and simmer until

sauce thickens slightly, about 15 minutes.

Brush over ribs just before serving and heat remaining sauce and pass with the ribs at the table. Makes about 2 1/2 cups sauce.

**Chef's secret:** If you want your ribs to tingle, add about 1/4 teaspoon cayenne pepper or up the Tabasco. For other variations, try a tablespoon of brown sugar or 1/4 cup molasses.

# Schoolcraft College chef shares grilled veggie recipe

See related story on Taste front.

## GRILLED VEGETABLE SALAD

- 1/2 pound zucchini, sliced about 1/4-inch thick
- 1/2 pound yellow squash, sliced 1/4-inch thick
- 1 eggplant, sliced 1/4-inch thick
- 3 Roma tomatoes cut in half
- 4 ounces Buffalo Mozzarella,

- sliced 1/4-inch thick
- 2 sprigs fresh basil
- 4 ounces (1/2 cup) Herbs de Provence Oil (recipe follows)
- 3 tablespoons balsamic vinegar

Prepare all of the vegetables and set aside. On a medium hot grill brush

the grill lightly with oil. Place the zucchini, yellow squash, eggplant and Roma tomatoes on the grill. Cook both sides until tender.

In a medium sized bowl place the mozzarella cheese and vinaigrette. Chop one of the sprigs of basil and add this to the bowl. When the vegetables are

cooked add them to a bowl and toss gently.

Arrange the salad on a bed of radicchio and garnish with the other sprig of basil. Serves 6.

## HERBS DE PROVENCE OIL

- 2 sprigs rosemary
- 2 sprigs thyme

- 2 cloves garlic
- 3 sprigs marjoram
- 3 sprigs oregano
- 2 stems basil
- 3 bay leaves
- 6 black peppercorns
- 1 quart olive oil

Combine all ingredients in a stainless steel saucepan. Slowly bring to 180 degrees. Remove from

heat and allow to cool to room temperature. When cool, strain into a glass bottle. Garnish with fresh herbs for identification.

Great for marinating meat or poultry or for fresh mozzarella or little ciases.

*Recipe from Certified Executive Chef, Michael J. Hryniewicz, Schoolcraft College.*



AMERICAN LAMB COUNCIL

# Try ground lamb on grill

Don't let the burger become a ho-hum experience at your house this summer. A new approach to burgers is lean, flavorful lamb burger. Ground American lamb has a mild flavor that can stand on its own or blend well with seasonings.

The Cheesy Lambburger recipe is about as traditional American as you might expect but the use of lamb makes it special. Mix the cheese, relish, onions and green pepper and stuff the ground lamb patties. Grill 10 to 15 minutes or

until the lamb is done to a medium doneness which means there should be no pink in the meat.

If you are grilling lamb for the first time, remember that it is best to cook for a longer time at a lower temperature.

Here's a recipe from the American Lamb Council.

## CHEESEY LAMBURGER

- 1 pound lean ground American lamb
- 1/4 cup shredded Cheddar cheese
- 2 tablespoons sweet pickle relish
- 2 tablespoons finely chopped onion
- 2 tablespoons finely chopped green pepper

- 1 teaspoon Dijon-style mustard
- 4 multi-grain hamburger buns
- 4 lettuce leaves
- 4 slices tomato

Mix the cheese, pickle relish, onion, green pepper and mustard. Shape lamb into 8 thin patties about 4 inches in diameter. Spoon cheese mixture into center of four of the patties. Top each with another patty, pressing edges to seal filling inside.

Grill over moderate heat or broil 4-inches from the heat for about 5 minutes per side or until medium doneness. Serve on toasted bun with lettuce and tomato.

For variation, substitute dill pickle relish and Monterey Jack or Swiss cheese for the sweet relish and cheddar. Serves 4.

**Summer burger:** Take a flavorful, lean approach to burgers with lamb. Cheesy Lamburgers are a summertime treat.

# Book stars the Rockies

A new cookbook is out called "A Palette of Rocky Mountain Cuisine: Classic Recipes from the Historic Hotels of the Rocky Mountain West." Rocky Mountain cuisine is an amalgam of native and immigrant cultural cuisines. It is influenced heavily by the people of the pueblos of the Southwest, the Spanish from Mexico and the French and English fur trappers and adventurers.

Later, the Chinese railroad workers, Basque sheepherders, and waves of immigrants from Europe made their mark on the Rockies' culinary heritage.

The cookbook is full of recipes from the hotels' kitchens featuring bison, hot and mild peppers, lamb, native fish and green chili.

Award-winning recipes can be found throughout the cookbook, including the recipe for the famous green chili from Doc Martin's Restaurant at The Taos Inn, and several recipes from The Peck House that helped it win the Governor's Award for the best all-Colorado foods menu.

AHH! West hotels are in the six-state region of the Rockies with cuisine as diverse as Native Huckleberry Cheesecake Pie at Glacier's Isak Walton Inn (near the Canadian border) to Chef Ernie's Jalapeno Chowder served at The Lodge at Cloudcroft (near the Mexican border).

For more information or to order the book, call (303) 849-9040, or write 1002 Walnut Suite 201, Boulder, CO 80302.

# Answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hotline, 8:30 a.m. to 5 p.m. Monday through Friday, (810) 658-0004 in Oakland County, (810) 494-3013 in Wayne County.

The Food and Nutrition Hotline is the place to call for all your food concerns. Questions on why your jam won't jelly, or how to freeze those extra tomatoes are some common requests answered daily by the trained staff of the hotline.

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