

FOOD FORUM *

Dorothy Johnson

BACKYARD COOKOUTS

Most everyone likes to eat out in the open air. There is something about the taste of food which has been properly prepared out of doors over a charcoal fire that just can't be duplicated in any other way. Its savory aroma, its succulent, taste-tingling flavor and its smoky tang, not only appeal to every appetite, but somehow stimulates a special feeling of friendliness and good fellowship.

The popularity of outdoor cooking is growing by leaps and bounds. With many people, it has become an absorbing hobby. And, sooner or later, everyone, it seems, gets the yen and wants to try his hand at it.

SAVORY BASTING SAUCE

For a simple, but very tasty basting sauce guaranteed not to burn your meat, we suggest this one: Mix equal parts of wine vinegar, fresh lemon juice and olive or vegetable oil in a glass jar. Add a dash of soy sauce and salt and pepper to taste. Brush on meat while barbecuing. Remaining amount may be kept in refrigerator until next barbecuing.

SPECIAL STEAK MARINADE

1 cup salad oil, 1 cup wine or wine vinegar, 2 good sized onions, grated or minced fine; garlic slices to suit the taste, 1 tablespoon salt, 1 teaspoon black pepper.

CIRCLE J BARBECUE SAUCE

1 clove garlic minced, 1 small onion minced, 3/4 tsp. prepared mustard, 1 tbsp. fresh horseradish, 1 tbsp. mixed minced herbs (thyme, marjoram, parsley), 2 tbsp. vinegar, 3 c. water, 1 tbsp. A-1 or worcestershire sauce, 2/3 c. butter, 1/2 c. catsup, 1/2 tsp. juice from a bottle of tabasco peppers, 2 tsp. chili powder, 1/4 tsp. black pepper, 3/4 tsp. salt.

Combine all ingredients and cook slowly for 45 minutes. Use to baste meat or fish while cooking or dip slices or chunks of hot cooked meat into the heated sauce before serving.

TEXAS HOT SAUCE

In a saucepan, mix 2 cups ketchup, 2/3 cup worcestershire, 1/2 cup cider vinegar, 1 teaspoon salt, 2 garlic cloves, minced; dash of cayenne, and 2 tablespoons cooking oil. Bring to a boil and simmer for 20 minutes. Makes about 3-1/2 cups.

ORANGE BARBECUE SAUCE

1 can (6 oz.) frozen orange juice concentrate, 3/4 cup water, 1/3 cup firmly packed brown sugar, 1/2 cup wine vinegar, 1/4 cup honey, 1 teaspoon prepared mustard, 1 teaspoon soy sauce, 1/2 teaspoon salt, 1/2 teaspoon seasoned pepper. Thaw orange juice. Add remaining ingredients and stir until mixed. Makes 2-1/4 cups. Good on pork, lamb, chicken, turkey, rabbit, duck, ham, carrots, peaches and pears.

SAUCE JEREZ

1/4 lb. process Cheddar cheese, 1/2 cup sherry, 1 tsp. dry mustard, 1/2 tsp. seasoning sauce, 1/4 tsp. paprika, salt to taste. Melt cheese in double boiler and add wine, a little at a time, stirring constantly. When well blended, add seasonings, stirring thoroughly. Serve hot over steaks, lamb chops or other meat dishes.

APRICOT BARBECUE SAUCE (My favorite)

1/4 c. buttered Wesson oil, 1/4 c. vinegar, 1/2 c. apricot nectar, 1 med. jar apricot preserves, 1/2 c. ketchup, 2 tbsp. brown sugar, 2 tbsp. grated onion, 1/2 tsp. worcestershire, 1 tsp. salt, 2 tbsp. chili powder, 1/2 tsp. oregano, dash hot pepper sauce. Combine all ingredients and bring to boil. Makes 2 cups.

Good on chicken or ribs. I use this sauce to

REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS



An old adage says that if March comes in like a lamb it goes out like a lion! Whatever the weather this time of year, it is the season to find Spring Lamb in our markets...and it's the time when we'd like to cook outside on a grill or barbeque.

Here's the perfect combination, then, for a special Spring-time meal -- Lamb Shish Kebabs prepared on one of the electric broiler-rotisseries that may be used inside the house or outside...wherever your electric cord will reach. And here's an excellent barbecue sauce for lamb.

1/2 cup brown sugar	grated rind of 1 orange
1/4 tsp. ground cloves	juice of 2 medium oranges
1/2 tsp. dry mustard	1-1/2 cups catsup
1 large onion, chopped	3 cups water

Combine all ingredients in saucepan and bring to a boil. Reduce heat and simmer, uncovered, about 30 minutes. Serve hot over lamb dishes.

Lamb shoulder is a good cut for kebabs. Cube the meat in one and a half inch pieces. The sauce, which can be made ahead and refrigerated, may be put on the meat as a marinade for an hour or more before the cubes are placed on the skewers.

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cook chicken wings.

GREEK BARBECUE SAUCE

1 pint wine vinegar, 1/4 c. olive oil, 1-1/2 tsp. onion salt, 1 tsp. oregano, 1/2 tsp. each seasoned salt and pepper.

Combine all ingredients and let stand several hours or overnight to blend flavors. Makes 2 cups. Especially good on lamb and chicken. If you wish, marinate meat in sauce 4 to 5 hours before cooking.

OLD FASHIONED BARBECUE SAUCE

1 pint vinegar, 1/2 lb. sugar, 1-1/3 qt. puree, 2 oz. salt, 1/2 c. prepared mustard, 1/2 tsp. red pepper, 1/2 c. ground onions, 1/2 c. ground celery, 1/2 tsp. ground cloves, 2 tbsp. chili powder.

Combine all ingredients and simmer for 30 to 40 minutes or until all vegetables are done and the sauce is well blended.

Next week: Backyard Luau Recipes.

FASHIONS

Let it rain...Let it pour...Fashion remains...and now a chic coat suitable for spring-summer, or winter for resort wear now--and rainy spring and summer days later on. Designers are showing fabulous collections of colorful coats and other shower-proof costumes which will make you not dread the rain!

Lawrence of London has an eye-dazzling water-resistant collection in taffeta, silk, cotton and wool...His fit-and-flare silhouettes cut tighter than a hug, and feature removable belts for those who may be dieting. Colors range from white, to multi-toned Mexican print!

Other collections of rainwear play up the gay colors and floral and other designs, as well as the reversible hooded coats of lightly textured blends of Dacron polyester and rayon, in subdued colors like bone and greige (a combination of gray and beige.)

* * *

Dior's black-and-white group featured a long double-breasted jacket, striped pleated skirt and white batiste blouse...

Patriotic colors, red, white and blue seem to be favored for the jet set in spring fashions and the tri-colored theme is carried out in accessories.

New blazer and suits are often navy-edged or banded in white. Red handbags, shoes and scarves are usually together.

Negro General Believes Color Benefit To Nation

CLARK AIR FORCE BASE, the Philippines-(NPI) -- Lt. Gen. Benjamin O. Davis, Jr., believes his presence in the Far East has helped disprove the contention that whites and non-whites are on a collision course. The nation's only black general commands the 13th Air Force, which has its headquarters in the Philippines.

Gen. Davis said he imagined that being a Negro makes a difference in dealing with host countries.

"It's clear that Asians are proud to be Asians, and resentful of some Western attitudes and some Western practices."

"There is just a short hop, step and jump from Asian conscientiousness to relating to color problems in the United States and to establishing some common bond between other than white people," he added.

The general commands 60,000 Air Force personnel and has responsibility for about the same number of Asian civilian workers. He formerly was U. S. and United Nations commander in South Korea.

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