

FOOD FORUM*

Dorothy Johnson

Outdoor Cooking

Now that the picnic season is officially opened, it seems to signal summer family reunions, the beginning of the picnic season, and outdoor barbecuing.

Food is an important part of each of these festivities. For those fishermen, here is a delightful way, to fix Barbecued Trout.

BARBECUED RAINBOW TROUT

6 pan-dressed rainbow trout (or other thick cut pieces of fish) 2/3 cups soy sauce, 1/2 cup catsup, 2 tablespoons lemon juice, 2 tablespoons salad oil, 1 teaspoon crushed rosemary. Clean wash and dry fish. Place fish in shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand 1 hour, turning once. Remove fish, reserving sauce for basting. Place fish in a single layer in well greased wire grill. Cook about 4 inches from moderately hot coals for 5 to 8 minutes. Baste with sauce. Turn and cook 5 to 8 minutes longer or until fish flakes easily when tested with a fork.

BARBECUE SPANISH RICE

1 Package (16 oz.) minute spanish rice mix, 1 can (16 oz.) tomatoes, 1 cup water, 4 tablespoons butter. Measure two 18-inch square sheets of heavy duty aluminum foil. Place on top of one another in medium size bowl and press down to form a pouch.

Combine rice, contents of seasoning packet, tomatoes, water and butter in pouch.

Fold foil to seal tightly and remove pouch from bowl. Be sure leave room for rice to expand.

Place on grill over hot coals with grid at lowest position.

Cook for an additional ten minutes.

Remove from grill and open foil. Fluff rice. Makes about 3 cups.

MEXICAN CHICKEN

1 can (8 oz.) tomato sauce, 1 tablespoon parsley flakes, 1 tablespoon sugar, 1 teaspoon salt 1/2 teaspoon chilli powder, 1/8 teaspoon pepper, 1/8 teaspoon tabasco, 2 broiler chickens (2 to 2 1/2 pounds each).

Combine tomato sauce, parsley flakes, sugar salt, chilli powder, pepper and Tabasco.

Split chickens in half, place bone side down on grill five inches from medium coals; cook 20 to 30 minutes.

Turn chicken and cook 30 to 40 minutes longer turning and brushing frequently with tomato mixture.

SMOKY BARBECUE SAUCE

1/4 cup butter or margarine, 1/2 cup finely chopped onion, 1/2 cup water, 1/2 cup catsup, 1/4 cup vinegar, 2 tablespoons sugar, 2 tablespoons worcestershire sauce, 1 tablespoon prepared mustard 1/2 teaspoons salt 1 1/2 teaspoons smoke salt 1/2 teaspoon pepper, 1/4 teaspoon cayenne pepper.

In heavy saucepan, cook onion in butter or margarine until tender. Stir in remaining ingredients and simmer for 15 minutes. Makes about 2 cups.

BARBECUE SAUCE NO. 2

1 bottle catsup (14 ozs.) 1/2 cup cider vinegar 1 medium chopped onion, 1/4 teaspoon cayenne pepper, 3 tablespoons sugar, 1 teaspoon salt, 2 bay leaves, 2 tablespoons Wrights Bar-B-Q smoke.

Combine all ingredients and bring to a boil. Allow to simmer gently for 5 minutes, cool. Makes 2 1/2 cups.

ROAST FRESH CORN ON COB

Nothing is quite as yummy as fresh corn on the cob swimming in pools of melted butter. For the juiciest foil roasted corn, select young tender ears. Remove the husks and corn



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RANCHER'S BROILED STEAK

- 1/4 cup bottled creamy onion dressing
- 2 tablespoons soy sauce
- 1 teaspoon mustard
- 1 3 1/2 to 4 lb. chuck steak

In shallow baking dish or pan, blend creamy onion dressing, soy sauce, and mustard. Add chuck steak and marinate 2 to 3 hours, turning meat several times. Broil or grill steak to desired doneness, brushing with remaining marinada. Yield: 6 to 8 servings.

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silk.

Place each ear on a piece of heavy duty aluminum wrap. Spread with softened butter or margarine and sprinkle with salt and pepper. Wrap ears in the foil, twisting the ends of foil to secure. Place on the grill and roast for 25 minutes turning often.

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