

PATIO PARTNER

BARBECUE Cook Book

COMPLETE BARBECUE INSTRUCTIONS / MANY ORIGINAL RECIPES



BY PAUL S. SWENSSON

ILLUSTRATED BY *Irwin Caplan*

CLASS NO.	TITLE	Patio partner barbecue cook book		L. C. CARD
SPECIAL	AUTHOR	Swensson, Paul S		
LIST PRICE		PUBLISHER	YEAR 1957	
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Patio Partner Barbecue Cook Book



by PAUL S. SWENSSON

illustrated by IRWIN S. CAPLAN

Dedication

To all the little women (and middle-sized ones too) who helped me out of my chair and into an apron.

All recipes in this cook book are for six servings unless otherwise stated.

In the last few years there has been a great deal written about barbecue cooking. Barton, Beard and Brown have added their worldly knowledge to the subject. The ladies' magazines (for domesticated housewives) have featured barbecue recipes and hints in their Spring and Summer issues. In the next few years there will be a great deal more written about barbecue cooking.

So . . . during the interim, I hope this booklet will be of value to those of you who enjoy barbecue cooking . . . and who doesn't? Rather than present a stereotyped cookbook with individual sections devoted to specific types of food, our book will "talk in menus." There will be no basic divisions except between menus. Each menu will have several alternate recipes for the same food or types of food. Also . . . there will be barbecue hints scattered throughout the book.

Many writers have exclaimed and explained how barbecue cooking **had** been the only type of cooking available to our



prehistoric forefathers, and . . . generally speaking, barbecue cooking **was** the only type of cooking available to these boys; the only type of cooking available to the western pioneers as they crossed the plains and mountains; the only type of cooking

available to the "tall man in the saddle" . . . the cowboy. Throughout history, barbecue cooking has been (and definitely is still) "**MAN TYPE**" cooking.

Because of this, you will find no fancy recipes for your little woman and her bridge-group friends; you will find no recipes for baking; you will find no recipes for fluffy, sticky desserts . . . instead, I hope you will find recipes that are somewhat different or perhaps even bizarre. Most of these recipes can be made very easily by any man with an average (or even sub-average) amount of intelligence . . . whether he knows one end of a spatula from a basting brush or not.

And so . . . with first things first . . . let's discuss **BARBECUE EQUIPMENT**.

In the practice of barbecue cooking, the equipment (or unit) that gives you the most pleasure should be the one to use. You may spend as much or as little as you wish . . . beginners' equipment could be four rocks with a rod grill placed on top.

The Japanese have a small table-top unit (an embellishment of the rock and grill idea) called a Hibachi . . . other oriental people have Yoks. In this country, small portable units such as the Burr-Southern "Charko Chef" are the Americans' way of further continuing the simple grill idea. This one specific unit is small enough to carry in a car for barbecue cooking on a hunting, camping or fishing trip . . . or it may be used on boats.

The most commonly used barbecue unit is the outdoor brazier. These come in a variety of sizes and a **greater** variety of quality. The simplest braziers, and the least expensive, do not have a heat control arrangement. Important features to look for in a quality brazier are: heavy firebox construction with high quality steel, wheels (preferably four) so the brazier is really mobile; a mechanical means of raising the grill and/or the firebox; a sturdy steel rod grill made with a copper-nickel-chrome finish and closely spaced rods on the grill— $\frac{3}{4}$ " centers are just about perfect. I feel some manufacturers space these rods too closely together. When clean-up times rolls around, believe me boy, you are no longer the chef—you're a cussing chore-man.

In the "move-about" outdoor type of barbecue unit there is, in addition to the brazier, the cabinet model (or portable model as it is sometimes called). This is usually a rather elaborate piece of equipment almost always supplied with an elec-

tric rotisserie. Most of these units have cutting boards, warming ovens, storage space under the firebox, a stainless or chrome reflector hood and a hood shelf. . . and most important, they usually have a raise and lower firebox, not a raise and



lower grill. I feel these are the most versatile in the mobile line. On many cabinet models, a multiple rotisserie assembly may be added so that you have automatic skewers or multiple roasters attached.

In addition to the multiple skewer piece mentioned, there are "built-in" automatic rotisserie groups for indoor or outdoor use. The best and most efficient of these indoor-outdoor type barbecue units are provided with a means of heat control. In my opinion, heat adjustment by means of raising and lowering the firebox instead of the grill is the superior method of controlling the heat. Without some type of heat control (whether by firebox or grill adjustment), the only way to control the heat is to dash water onto the fire—and/or add and remove charcoal briquets a few at a time. Not only is this a hazardous business but it is messy.

In recent years, the indoor barbecue has become increasingly popular, chiefly because in so many areas of our country, the indoor barbecue can be the only unit used year 'round.

Among the finer "built-in" manufacturing companies in the country is the Burr-Southern Corporation of California. Gourmet magazines, architectural magazines and business magazines have all featured articles on Burr Southern's superior design and workmanship.

But the equipment of your choice isn't worth anything unless you have a proper fire in the firebox . . . so let's talk awhile about **FIRE BUILDING AND TYPES OF FIRE.**

You will notice throughout the book that I mention charcoal briquets as the source of heat. I do this for several reasons . . . they are slow burning, have practically no flame, very little smoke and they have a high heat content. They do not spark, they have little ash and they do burn a great deal longer than average "lump" charcoal.

Charcoal briquets are easier to store and are usually much cleaner to handle. Their steady, even heat permits the use of steel for the firebox rather than cast iron . . . the latter must be used if wood pieces are burned.

Regarding wood . . . about twenty to thirty minutes of actual cooking time can be secured from a bed of coals produced by a wood fire. This is compared with approximately two to four hours of cooking time with a fire produced from charcoal briquets. Like all products, there are good and poor quality charcoal briquets. The type of wood, growing conditions and the hardness of the wood all determine the burning quality of the charcoal briquet.

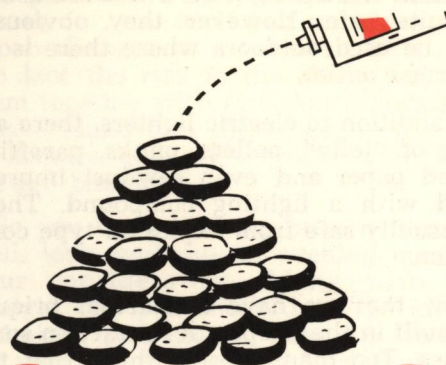
Generally speaking, woods native to the Pacific Northwest are too soft . . . they have grown too rapidly in a damp climate . . . their moisture content could be way too much for perfect fires. Again, generally speaking, woods native to the deep South could be too resinous . . . woods native to some central state areas could be too pungent or too aromatic. These latter woods are many times used as flavoring agents only. I buy northern Michigan charcoal briquets.

As long as I have "plugged" one specific company, I'll go further and say that the **Cliffchar Charcoal Briquets** made from upper peninsula (northern Michigan) hardwoods are the finest I have used.

Buy them!!!

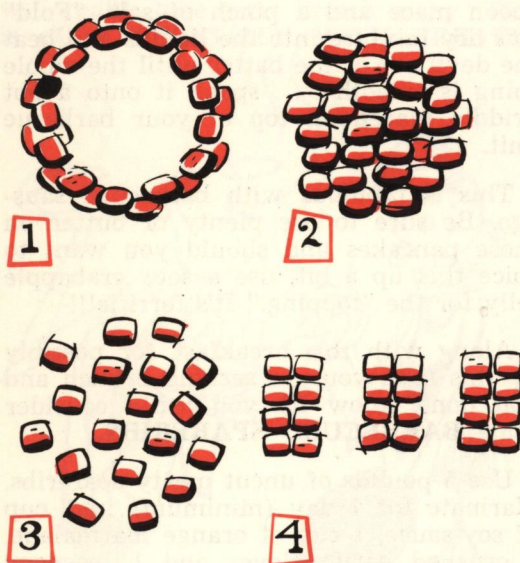
With that bit of "intelligence" in mind, let's discuss firebuilding.

In your firebox, place 30 to 40 charcoal briquets. Arrange them into a pyramid (you shouldn't need more than this amount for the average barbecue meal). Some books say, "Place sand or gravel on the bottom of the firebox first" . . . except for cleanliness, I don't feel that this is too necessary.



Spray these pyramided briquets with a liquid charcoal lighter and allow the briquets to absorb the fluid for approximately five to eight minutes. If you do this, you will not have the flash-type "poof" that so often accompanies barbecue firelighting.

Ignite the charcoal briquets and let them burn until they are completely covered with a fine grey-white ash (approximately twenty-five to thirty minutes). Then arrange the briquets to suit the type of food you are barbecuing: (1) in a circle larger than the area covered by your food,



(2) in a solid grouping, (3) separated from each other by one or two inches or (4) in individual rows . . . as you read recipes in subsequent pages of this book, we will tell you what type of fire is best suited for each type of barbecued food.

Referring to the liquid firelighters . . . please **do not** use extremely cheap grades of lighter fluid . . . they may smoke, cause unpleasant fumes or may just plain "stink." On the market today are several

excellent electric lighters. These are usually quite safe. However they obviously can't be used outdoors where there is no electrical outlet.

In addition to electric lighters, there are tubes of "jelly", pellets, punks, paraffine soaked paper and even sawdust impregnated with a lighting compound. These are usually safe from explosion type combustion.

Now that we have a charcoal briquet fire built in the firepan, let's start on some recipes. Too many people think that the only kind of food that can be prepared in barbecue cooking are hamburger, hot dogs or steak. This is really erroneous . . . there are many, many, many types of food that can be prepared on the barbecue grill . . . for example, a breakfast could use (as one of the courses) something called

PANCAKES 'N BEER.

On this little deal, we combine about $\frac{1}{3}$ cup of warm or stale beer with $\frac{1}{3}$ cup oil, two well beaten eggs and 2 cups of milk. Mix this together until it is frothy . . . set aside. Then combine 3 cups of sifted flour with 4 teaspoons baking powder, 2 tablespoons brown sugar, $\frac{1}{4}$ teaspoon mace and a pinch of salt. "Fold" this dry mixture into the liquids and beat the devil out of the batter until the whole thing is smooth . . . spoon it onto a hot griddle placed on top of your barbecue unit.

This is fabulous with barbecued sausage. Be sure to use plenty of butter on these pancakes and should you want to spice this up a bit, use a sour crabapple jelly for the "topping." It's terrific!!!

Along with this breakfast (or possibly by this time you are serving brunch and you don't know it) you could consider some **BARBECUED SPARERIBS.**

Use 5 pounds of uncut meaty spareribs. Marinate for 1 day (minimum) in 1 cup of soy-sauce, 1 cup of orange marmalade, 3 crushed garlic cloves and 1 teaspoon powdered ginger. Marinate these ribs under refrigeration and whenever you happen to think of it, turn the ribs. When barbecuing the ribs, turn often and baste often with this marinating sauce.

Barbecued spareribs should be set about 6 to 8 inches from a "not-too-hot-fire." Keep a squirt gun handy for this dish as you will probably get a lot of flame from the meat drippings. Use the "spaced apart" fire.

If you have a spit basket for your rotisserie . . . use it! If you are using shish kabob skewers or a rotisserie shaft, you can lace the ribs to the shafts and hold them together with steel knitting needles. I have found that these needles are easy to acquire and are excellent for small skewer binding.

So you don't like the brunch idea . . . well, let's work up an evening meal for your consideration. Along with that straight one you sneaked in the kitchen and along with the tall ones you are serving your guests, you could try your hand at the appetizer department. . . .

Man-type appetizers should not be frilly; you don't need fancy-foreign-name-type dishes; you don't have to have hot French rolls (and I do mean the pastry types of roll). Appetizers are appetizers whether you call them canapes or hors d'oeuvres . . . and if you were as uninformed as I, you may not know until now that a canape is an appetizer served cold and an hors d'oeuvre is an appetizer served hot. With the exception of a few dishes that you will pick up later on, I prefer the canape type appetizer.

Start this go-round with a canape that will really take your breath away. This is called **APPETIZER WITH BREATH.**



For this, finely chop 1 large onion. Arrange this chopped onion around the edge of a small serving plate and for decoration, garnish the onion with paprika. Break a raw egg into the center of the onion ring . . . then, when your guests are assembled, mix the egg and onion together with a fork. Scoop this "mess" up with

large potato chips, crackers, etc. Nothing fancy about it, but it certainly creates conversation . . . and believe me, if one guest tries it everyone will (or must).

Here's another canape I call

MY CHEESE DIP.

Blend together $\frac{1}{2}$ pound Philadelphia Cream Cheese and $\frac{1}{4}$ pound Bleu or Roquefort Cheese . . . mix this, at room temperature, with 1 cup of sour cream and 1 teaspoon of garlic powder. Mix until it's real creamy, then serve with potato chips, celery sticks, carrot sticks, turnip sticks, etc.

As long as we are still talking about "man type" food, let's try some raw meat . . . this is dubbed

RAW BEEF STEAK APPETIZER.

Combine 2 pounds of ground round (or ground sirloin) with $\frac{1}{2}$ cup finely chopped onions, 2 crushed garlic cloves, 2 tablespoons Worcestershire sauce, $\frac{1}{4}$ cup finely chopped chives or parsley and 1 teaspoon usual seasonings. Mix thoroughly and serve with thin slices of pumpernickel.

Should you want to use the barbecue grill for preparing appetizers, you might try grilling **CHICKEN HEARTS**.

Marinate thawed chicken hearts (I suppose you would buy these in frozen packages) for about one hour in 3 parts olive oil, 1 part red wine, pinch of tarragon and the usual seasonings. Skewer and grill quickly for about eight minutes . . . place the chicken hearts about five to six inches away from a moderately hot fire. On this one, I would suggest that you use rows of fire instead of a solid fire.

Here's one I call

BARBECUED NOSES.

Cut the tails from packaged chicken backs (save the backs for mama to use in soup or broth or whatever), skewer the tails and rub with butter and the usual seasonings . . . grill as mentioned for the Chicken Hearts. If you wish, you may use the grilled Chicklet Heart marinade for the seasonings . . . and, for the moment, so much for appetizers. Now, let's turn our thoughts to soup.

I believe that most men like a good soup . . . I know I do . . . and again this course need not be fancy, rather it should be "mannish." Something like this

BEER AND CHEESE SOUP.

All you need to do on this one is to melt and blend together $\frac{1}{2}$ cube of butter and $\frac{1}{4}$ cup of flour. Mix this blend with 4 cups (or more if you want a thinner soup) chicken broth, $\frac{1}{4}$ cup each finely chopped carrots, celery and green pepper, 1 teaspoon Worcestershire sauce or a few drops of tabasco.

Simmer everything together until the



vegetables are tender . . . stir fairly frequently so the flour does not stick to the pot. Add one cup of warm beer and $\frac{1}{4}$ cup of grated sharp cheese. Serve with croutons, paprika powderings and a sprinkling of finely chopped parsley.

This thing might sound a little different, but it really is one of the better soups made in America today.

Another good soup for summer entertaining is Vichyssoise, and this is one I simply call **VICHYSOISE MADE EASY**.

To 2 cans of frozen potato soup add 2 soup cans of milk. Slowly heat and bring it to a boiling point (but do not boil). Cool and mix in the electric blender until it is smooth. Chill. Serve in chilled cups or bowls. This may be garnished with chopped chives or parsley . . . and with paprika, if you wish. Another soup that is excellent for summertime entertaining is a **CHILLED AVOCADO SOUP**.

For this filling course, use 2 cans of jellied consomme', 2 medium-large sieved ripe avocados, 1 pint of sour cream, several dashes of tabasco or $\frac{1}{2}$ teaspoon chili powder and a sprinkling of lemon juice. Blend together. Chill in the refrigerator and garnish the top as mentioned previously. Serve this cold . . . I know your crowd will really enjoy it.

You can make a **CHILLED SPINACH SOUP** by substituting 2 small cans of strained baby-food-type spinach for the avocados.

As to a salad dressing, here's one that is excellent with this menu. **BEER AND ROQUEFORT CHEESE DRESSING.**

Blend 1 cup of warm beer with 1 cup of sour cream. Mix into this blend $\frac{1}{2}$ cup of crumbled Roquefort or Bleu cheese, 1 tablespoon wine vinegar, 1 teaspoon salt and a few grindings of black pepper. And . . . that's all you need. This makes about $1\frac{1}{2}$ to 2 cups of dressing. Pour this over shredded or quartered lettuce.

Now, of course, with the appetizers, soup and salad, you would need some form of meat, fish or fowl for your main entree. So . . . let's try some **FROG LEGS** on this go-around.



I am assuming that the frog legs you will be using are frozen, so . . . soak the legs in cold water for approximately twenty minutes or at least until they have thawed out. Dry thoroughly. Flour the legs slightly and dust them with the usual seasonings. Quickly barbecue them on the grill (grease the grill first so the legs do not stick) and use a fairly hot charcoal briquet fire. This should take between five and ten minutes. Turn the legs frequently while they are barbecuing then remove them from the grill to a hot oven pan and crisp for a few moments in the oven. Barbecue 4" to 5" above a spaced apart fire.

To serve, arrange the Legs on a hot plate over **MATRE D'HOTEL BUTTER**. Matre d'Hotel butter is creamed soft butter

blended with a little lemon juice and some finely chopped chives or parsley or green onions. Allow two or three pairs of legs per serving.

Perhaps you don't like frog legs (or possibly you have not tried them and you are afraid to) so why not consider a **CLIFFCHAR BARBECUED TURKEY?**

To make this, use a small Beltsville turkey (6 to 9 pounds). Split the turkey in half and broil over slow coals (spaced apart) for the first half hour. Place the bone side down first, then turn after ten minutes (approximately) so that the skin side is down.

You will find that you should turn these turkey halves every eight or ten minutes so they won't "blister" from the charcoal briquet heat. You may also find that during the final moments of barbecuing the bird, you will have to bring the fowl closer to the coals. On this turkey, or on all fowl, baste throughout the barbecuing process with your favorite basting sauce. One of my favorite sauces is a

LEMON-WINE BASTING SAUCE.

This is made by blending $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ clove or crushed garlic, $\frac{1}{4}$ cup of dry white wine (Chablis, Sauterne, etc.), 2 tablespoons of lemon juice and $\frac{1}{4}$ teaspoon thyme. Slowly heat and melt this combination . . . then unsparingly use it on your fowl.

One little note on grill barbecuing fowl . . . if you cut off the knob end of the legs



and expose the leg bone, the heat from the briquets will penetrate through the bone and out through the flesh of the bird. This will speed up the barbecuing

time considerably. Total time on a turkey of the size mentioned should be around one and one-half hours.

Should we assume that you don't like frog legs or fowl? Maybe you're strictly a meat and potatoes man? Maybe for you it's a **SHISH KEBOB** (sometimes spelled Shish Kebab, Shish Kabob, Shish Kabab, etc., etc.)



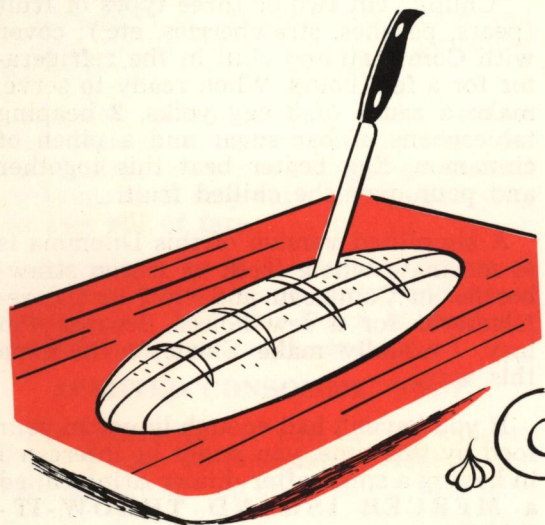
Marinate overnight, 2" squares of lamb or beef. (I marinate for two or three days if I think of it ahead of time). The sauce is made with 1 cup of red wine, $\frac{1}{4}$ cup of olive oil, 3 crushed garlic cloves, the usual seasonings and a pinch of oregano. Whenever you happen to think of it, regroup your squares of meat in the sauce so they will be equally exposed to marinating. Skewer the meat and slowly broil over the grill until they are crispy outside and pink-juicy inside. Turn and baste frequently with the marinating sauce . . . and, in big letters let me say, **"DO NOT LET THE MEAT DRY OUT."**

A worthy suggestion on skewer barbecuing is to "float" the meat above the rod grill on a skewer rack or skewer holder . . . the rod grill will get hotter than heck, causing the meat to stick to the grill unless it is suspended above.

Another thought on skewer barbecuing . . . if you barbecue whole tomatoes, sweet red peppers or green peppers, mushrooms, small whole onions, etc., with the meat . . . you can skewer and barbecue these vegetables alone. The beautiful pictures in the ladies' magazines usually show the meat alternated with glistening vegetables. However, if you have had your share of tomatoes dropping from the skewer into the fire before the meat is done or if the

onions have burned before the tomatoes drop . . . **don't** barbecue like those pictures show. After all, you are not going to photograph the dish, you will probably eat this food.

Use rows of fire (moderately hot) for the Shish Kebab and barbecue 4 or 5 inches from the coals. An average time for barbecuing would run twenty minutes to one-half hour.



Along with the foods given to date, you might like a bread of some type . . . so let's start with a recipe for a

GARLIC BREAD.

Blend $\frac{1}{4}$ pound of butter (softened) with 1 crushed garlic clove . . . vertically cut the bread loaf lengthwise (use French, Italian, Polish or Russian bread) to the bottom crust but not through the bottom crust . . . spread the "dressing," wrap in aluminum foil and place on the back of the grill. Turn the loaf every now and then so it will be thoroughly heated. Or . . . should you be allergic to garlic, you could try a

TOMATO BUTTER BREAD

Combine and mix until well blended, 1 pound of soft butter, 1 cup of finely chopped tomatoes, a pinch of dry basil and grindings of black pepper. Spread and wrap as suggested above, and . . . I should have mentioned this point before, cut the bread loaf in broad slices just before serving (but again do not cut through the bottom crust).

Incidentally, this Tomato Butter business can be served as a chilled relish dish.

Now let's consider broccoli . . .

DEVILED BROCCOLI that is.

Melt 4 tablespoons of butter with 1 teaspoon of prepared mustard, a pinch or two of salt, plus a dash of Worcestershire (or a drop of tabasco). Pour this mixture (hot) over steaming broccoli. Serve.

If you haven't poisoned yourself by now, let's top-off the meal with a dessert called **SHIRLEY'S DILEMMA** . . .

"Chunk" cut two or three types of fruit (pears, peaches, strawberries, etc.); cover with Cointreau and chill in the refrigerator for a few hours. When ready to serve, make a sauce of 3 egg yolks, 2 heaping tablespoons of bar sugar and a pinch of cinnamon. Egg beater beat this together and pour over the chilled fruit.

A simplified version of this Dilemma is to marinate whole fresh or frozen strawberries in Cointreau and chill in the refrigerator for a few hours. Because I'm lazy, I usually make Shirley's Dilemma this way.

If you haven't had enough liquor in your food by this time, you might be interested in having a small after dinner drink called a **MERCER ISLAND THROW-IT-DOWN** . . .

In the electric blender, mix 8 to 10 ounces of Bourbon (or Rye) with one cup of cold coffee and approximately one quart of vanilla ice cream. Serve in wide-mouthed champagne type glasses (chilled) and top with a sprinkling of nutmeg. With no great effort on anyone's part, "float" a destemmed flower (daffodil, narcissus, etc.) on top of this beverage . . . believe me, the girls will call you the smoothest host in town for "floating" flowers . . . I can't say what the men might call you though!

If you wish, the Mercer Island Throw-It-Down can also be used as a cocktail drink at the beginning of your barbecue party . . . so, let's assume that you will use this concoction for your cocktail.

Because the M.I.T.I.D. is a fairly heavy drink, I don't combine it with too heavy an appetizer. On this "go-around" you could consider some **CELERY WHEELS**.

This crowd pleaser is not too difficult and can be made up a day or two in advance. Tear the celery stalks apart (do I need to say "wash and clean?"), stuff them full length, then put them back together in their natural-bunch shape. Tightly wrap them in wax paper and chill

for several hours (or a day). When ready to serve, cut quarter inch slices crosswise. A Bleu Cheese stuffer is excellent with the celery. Use $\frac{1}{4}$ pound of crumbled Bleu Cheese and 3 ounces of softened creamed cheese. Electric blender mix these two cheeses . . . and you're in business. So you don't like Cream Cheese . . . try a Ham and Cheese stuffer. Again, electric blender mix a 3-ounce can of deviled ham (chopped), 3 tablespoons of sharp grated cheese, 1 tablespoon of chopped dill pickle and a little pickle juice to give a spreading action to the conglomeration.

Actually, plain celery sticks, carrot sticks, turnip sticks, raw potato sticks, etc., etc., dished with green, ripe or stuffed olives make an easy appetizer type serving for this bill of fare.

Should you be in a "soupish" frame of mind for this barbecue party, and again because the Throw-Me-Down is heavy on the stomach, you could consider a

SPIRITED CONSOMME' SOUP.

For this, allow $\frac{1}{2}$ cup of red wine to every 4 cups of consomme'. Heat to the boiling point but do not boil. Garnish with slightly salted whipped cream and a few



croutons. To serve this soup "jellied," chill it thoroughly in the refrigerator and garnish with sour cream, a sprinkling of chopped parsley and a shaking of paprika.

Tagging along with these last few recipes, you could try a salad called a

SHERRY-CHERRY MOLD.

To make this, drain one can of Bing cherries (reserve the juice). In a separate bowl, add three quarters of a cup of hot water to one package of Black Cherry or Cherry gelatin. Dissolve. Stir in $\frac{1}{2}$ cup of Sherry and $\frac{3}{4}$ cup of the reserved cher-

ry juice. Chill until this is the consistency of unbeaten egg whites, then stir in the drained cherries and $\frac{1}{2}$ cup of coarsely chopped Filberts (blanched Almonds could be substituted) . . . pour into a mold and chill until firm. Unmold and serve on a salad platter covered with crisp lettuce greens.

In my mind, a warmed, buttered barbecued bread helps to "make" the barbecue meal . . . among my favorite breads is this one called **A DAMNED GOOD BARBECUE FRENCH BREAD.**

To make this D.G.B.F. Bread, tenderize and "golden brown" $\frac{1}{2}$ cup of chopped onions in 2 tablespoons of butter. (Do I need to say that this is done in a skillet on the stove?) Add 1 crushed garlic clove, $\frac{1}{4}$ cup of chili sauce, 1 tablespoon of Worcestershire, 2 tablespoons of cider vinegar, 2 teaspoons of brown sugar, 1 teaspoon of prepared mustard and a pinch of salt. Simmer until thickened (20 to 30 minutes). Cut the French Bread, or any hard crusted bread, to (but not through) the bottom crust. Spread a heaping tablespoon of the "mix" into each cut . . . then into each cut (and on top of the loaf) sprinkle grated cheese. Wrap in aluminum foil and place on the back of the barbecue grill. To keep it hot, serve it in the foil.

As long as we are talking possible menus (impossible menus?) throughout this book, let's add another barbecued sparerib to our food assortment. Oddly enough, this recipe is called

ANOTHER BARBECUED SPARERIB.

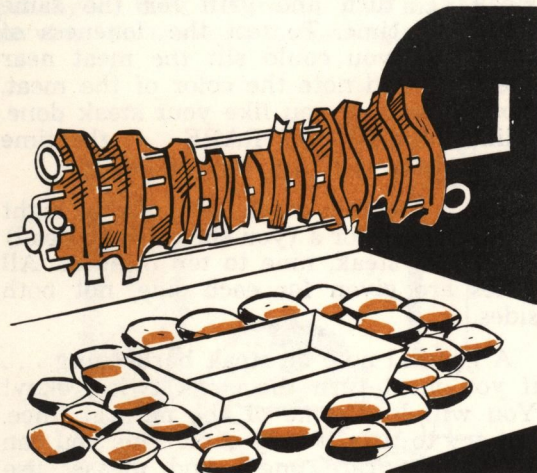
Parboil the ribs the evening before. Add salt and cook the ribs at a boil for approximately 30 minutes. Let the ribs stand (sit? lay?) overnight in the water. The next day, remove the ribs, drain and dry thoroughly. Barbecue the ribs as previously mentioned. Be sure to keep the ribs moist with the basting and marinating sauce (see page 8).

When the spareribs are ready for serving, cut them into four or five rib sections, and serve with plenty of napkins. This dish is a finger to mouth type operation.

You will note one thought running throughout the sparerib departments of this book . . . the recipes call for placement of the ribs on the grill. This, of course is done. However if you invest a few of your coupons in a double-hinged broiler rack, you will find upon using the rack that barbecuing this way will give a more uniform "doneness" to the ribs. Just place the rack on top of the grill and turn

the rack (and ribs) all at one time. Broiler rack barbecuing does not take any longer than plain grilling. Rotisserie barbecuing of spareribs will add (roughly speaking) one-half to two-thirds more time to complete the cooking.

If you use a rotisserie shaft, shish kebob skewer shaft or a shaft basket, you can lace the ribs (pleat skirt style) to the shafts (Look ahead to Page 49). Start at the wide end of the ribs, run the rod through the middle section (as shown) and



lace the ribs "accordion fashion." Push the ribs to the end of the shaft, then start the next section of ribs at the narrow end. This will make a bow-tie shaped piece of meat. The theory behind this bit of incidental intelligence is that you have a drip pan under the middle section of the ribs (to catch those succulent basting juices and sauces), therefore your fire would be built in a circle around the pan. The heavier (or thicker) layers of meat are now automatically placed over the hotter part of the charcoal briquet fire while the thinner layers of ribs are more or less removed from the direct heat.

Obviously, the thinner sections will barbecue sooner than the thicker bits . . . and you DO want every rib equally done, don't you?

A distinct advantage of barbecuing with the rotisserie is that the shaft is turning constantly, therefore the ribs will baste in their natural juices with a small bit of help from your marinating (or basting) sauce.

Keep in mind . . . the marinating or basting sauces given for most (if not all) of the rib recipes can be used at meal times as a dunking sauce.

One last general note on sparerib bar-

becuing . . . when you can gently pull the meat away from the bones, the ribs are done.

If not spareribs, would you consider a recipe titled

SO CALLED GOURMET STEAK?

On this one, we place $1\frac{1}{4}$ to $1\frac{1}{2}$ inch "quality cut" steaks about three inches from hot coals . . . solid fire type. Grill for four to six minutes or until beautiful reddish juices come to the top of the steak . . . turn and grill for the same length of time. To test the doneness of the steak, you could slit the meat near the bone and note the color of the meat. You know how you like your steak done. I like mine BLOOD RARE . . . the time given above is to my way of liking.

For a medium steak, grill six to eight minutes, and for a (you should drop dead) well done steak, nine to ten minutes. All times are given for each side, not both sides.

A general note on steak barbecuing . . . if you must turn the steak twice, okay! You will lose some of the natural juice, but try to turn it only once. This you can do on the rare ones. And please, use tongs. Don't use a hook . . . you'll let still more juice run out.

To make the So Called Gourmet Steak "Gourmetish" soften $\frac{1}{4}$ pound of Bleu or Roquefort cheese and spread it on the steak after turning. Serve with the cheese spread on top.

Or, should you not be in a steak or rib mood, you might consider something titled **SOUTH AFRICAN LAMB CHOP.**

Combine $\frac{2}{3}$ cups each of tomato juice and cider vinegar with $\frac{1}{2}$ cup Worcestershire sauce, 1 finely chopped onion, 1 clove of crushed garlic, 1 tablespoon of prepared mustard, grindings of black pepper and a pinch of salt. Mix this together and marinate 10 to 12 lamb chops (at room temperature) for a few hours. Drain the chops and reserve the liquid.

Barbecue over solidly packed coals (6 to 7 inches from the fire) until done. Turn frequently. Heat the marinating sauce and use it as a serving sauce with the chops.

With this combination **STRING BEANS WITH MUSHROOMS** would make an excellent vegetable.

In butter, golden brown 1 pound of finely sliced fresh mushrooms. Add $\frac{1}{2}$

cup cream and simmer until tender. Meanwhile, drop a package of frozen French style string beans in slightly salted boiling water, cook until almost tender. Drain. Combine the beans and mushrooms. Simmer for a few minutes, season to taste and serve immediately.

HAWAIIAN CREAM would be rather good to serve as a dessert with this grouping. For this, blend and warm 1 teaspoon of Pineapple-Apricot preserves with $\frac{1}{2}$ ounce of Rum. Serve this over smooth (not packaged) bulk ice cream. This makes one serving, so multiply accordingly.



While we are still in the dessert department, you might consider a

HIGH POWERED WATERMELON.

Slowly pour into the plugged top of a watermelon, 1 pint to 1 fifth of brandy. I say, "slowly pour," in order that the watermelon will absorb the brandy. Replace the plug, shake well and chill in the refrigerator. While chilling, shake occasionally. Serve in slices.

Now that we are this far into our book, let's discuss a few **MISCELLANEOUS MATTERS.** One store-bought food that annoys me is the commercially made crouton. It usually seems to be overly crisped (charred?) or it might be completely tasteless. So, to make your very own croutons, here's a recipe for

CROUTONS MADE THE BEST WAY.

Cut pieces of sliced bread into one half or three quarter inch squares. Beat an egg together with two tablespoons of melted butter. Dip the squares into the

egg-butter mix then coat the bread pieces with a blend of grated sharp cheese (small cylinder package), $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon paprika. Place the dipped and coated squares onto a greased cookie sheet, place in the oven and heat until a golden brown. Remove and serve . . . or save for future generations to savour.

Again, under miscellaneous matters . . . here's a way of making your sour cream less expensive. To prepare **SOUR CREAM** at home, add approximately 5 teaspoons of butter milk to 1 pint of well stirred heavy sweet cream. Pour into a wide mouthed jar, seal, shake and let stand in a warm place until thick and sour. Chill in the refrigerator for 24 hours before using. Before using the cream, whip it slightly for a smoother consistency . . . however, too much whipping may turn it to butter, so, watch that whipping.



Look dad, no grill!

Have you thought of barbecuing without using the grill or rotisserie? This method of barbecuing can be made into quite a production and if nothing else, it is spectacular. We call this one a

COAL BED FIRE DIVE.

A few hours before barbecue time, marinate a "quality" steak in olive oil, liberal sprinklings of garlic powder and generous grinding of fresh black pepper. (Worcestershire sauce may be added if you wish). Let stand at room temperature.

Build a hot, hot solid bed of charcoal briquets, then just before barbecuing, brush the white ash from the coals with

a dampened whisk broom or with an asbestos glove. Place the marinated steaks directly on the coals. When you turn the steak (turn it only once) you will notice that the briquets have turned to their original black color, so do not replace the steaks on the same area of briquets. For a blood rare steak it will take 4 to 6 minutes on the first side and 3 to 4 minutes on the second side. The olive oil, garlic powder, etc. will put an insulating coat around the steaks, so it is almost impossible to char or burn the steaks.

Another recipe for barbecuing without the grill works with a chuck roast. This is called a **CHUCK ROAST IN BED**.

Spread 1 crushed clove of garlic on a 3 inch thick chuck roast. Place the roast in a shallow pan. Brush the roast with olive oil and prepared mustard. Brush all sides. Pour coarse salt on the top, sides and bottom until the roast will no longer absorb the salt. You will note that the oil-mustard-salt mixture will form a crust on the roast, so let the meat stand a few hours in this crust. After you brush the briquets as previously mentioned, slide the chuck directly onto the coals . . . barbecue for twenty to twenty-two minutes on each side for a medium rare piece of meat. Twenty-eight to thirty minutes will give a medium type doneness to this roast. When serving this dish, cut the meat into strips across the grain. This all sounds a bit impossible, but it actually turns out real good.

A BLEU CHEESED FRENCH BREAD is an excellent accompaniment to the Coal Bed Fire Dive or the Chuck Roast in Bed.

Mix $\frac{1}{4}$ pound of Bleu (or Roquefort) Cheese, $\frac{1}{4}$ cup of minced ripe olives (I usually omit this last), $\frac{1}{2}$ pound of softened butter and $\frac{1}{8}$ cup of vinegar. Vertically cut the bread lengthwise (not through the bottom crust) 'n spread. Wrap in foil, oven heat or grill heat and serve.

With this assembly of food, I have enjoyed a cole slaw . . . a slaw made with ice cream (sounds peculiar, but it's tasty). Let's call this an **ICED BELLINGHAM COLE SLAW**.

Mixer beat until soft, $\frac{1}{2}$ cup of vanilla ice cream, 2 tablespoons cider vinegar and $\frac{1}{2}$ teaspoon of salt. Pour this mix over a small head of shredded cabbage, toss lightly and serve immediately.

Or, should you feel strenuous, you could consider a **WHITE WINED POTATO SALAD** in this department.

To make this salad, peel and boil 3 pounds of potatoes in salted water until they are tender. Cut them into chunks. Then...while they are still warm, sprinkle with $\frac{1}{4}$ cup each chopped parsley and chopped green onions. Pour over this a dressing made by mixing $\frac{1}{2}$ pound of melted butter, $\frac{1}{2}$ cup white wine, 2 tablespoons of white wine vinegar and the usual seasonings. Gently blend this dressing (well mixed) with the potatoes. This may be served either hot or cold...frankly, I prefer c-o-l-d potato salad.

Now, to top off this series of recipes, you might try one of two versions of this dish (there probably are hundreds of them) called

STRAWBERRIES ROMANOFF.

One of these dishes is similar to Shirley's Dilemma...marinate fresh (or



frozen) whole strawberries in Cointreau for a few hours, then heap with ice cream (under, alongside, on top of, etc., etc.) and serve.

STRAWBERRIES ROMANOFF NUMBER TWO is made by soaking for an hour, 2 packages of fresh strawberries (or frozen equivalent, thawed) in one cup of orange juice and one cup of Grand Mariner. Sprinkle lightly with sugar and fold in 2 or 3 cups of heavy whipped cream.

Now starting another assembly of barbecued goodies and associated recipes, please consider a favorite cocktail of mine. If you like Martinis, you'll love an

ILLAHEE VODKA COCKTAIL.

Combine 4 or 5 parts Vodka with 1 part imitation Cherry Brandy (or the real thing if you can find it). Add a dash of biters, a dash of sugar and a dash of lemon. Stir as you would a Martini and serve chilled. For "garbage" in the cocktail, add a maraschino cherry. If you like a drier cocktail (6 or 8 to 1), add an olive.

SAILBOATS make an excellent accompanying appetizer with this cocktail. Make these by cutting large dill pickles in half lengthwise. At one end of the pickle, slit a hole and insert a sail-shaped piece of salami. If you wish to fancy this dish a bit, you could "flute" the salami edges and trim them with creamed cheese.

An excellent soup to follow this cocktail would be an **AVOCADO-CHICKEN SOUP**. To make this soup, combine 4 cups of chicken bouillon with 2 cups of diced avocado, 3 tablespoons of lime (or lemon) juice and the usual seasonings; blend until smooth in an electric mixer. Chill thoroughly. Serve in chilled cups or soup dishes. Garnish with that favorite of mine, paprika "lines" plus "lines" of chopped parsley.

For a salad that could create the most excitement in town since someone found a cigar butt in the Y.W.C.A., use quartered heads of lettuce with a

SPECIAL ROQUEFORT DRESSING.

Mix together one crushed garlic clove, 1 cup of olive oil, $\frac{1}{3}$ cup vinegar and the usual seasonings. Crumble 2 ounces of Roquefort cheese and mix with the dressing. Pour a desired amount over the quartered lettuce heads...the remainder may be refrigerated for future use in a covered jar. This is quite effective when colored with paprika and is so difficult to make?

Something a little unusual in the way of barbecued fish would be **SWORDFISH ON SKEWERS**.

Use approximately $1\frac{1}{2}$ pounds of washed swordfish...remove the skin. Drain dry and cut into $1\frac{1}{2}$ inch cubes. Make a marinade of 2 tablespoons of olive oil, $\frac{1}{4}$ teaspoon paprika, 2 tablespoons of grated onion, 1 teaspoon of salt, 1 tablespoon of lemon juice, and a generous pinch of bay leaves. Blend well and coat

each piece of fish with this mixture. Under refrigeration, marinate overnight . . . skewer and grill over hot coals for roughly fifteen minutes. Turn the fish cubes frequently. Serve with lemon slices and parsley garnish. Use the solid fire.

Let us again consider one of my favorite foods, frog legs. Here's another recipe for something called **FEASTY FROG LEGS**.

In a lemon-butter sauce, marinate the legs approximately thirty minutes. Drain. Place the legs in a broiler rack and broil about 4 or 5 inches from rather low coals spaced apart. Grill for about 5 minutes on each side (or at least until they are ten-



der) . . . turn frequently. Baste with the marinade every few minutes and serve with the hot lemon sauce. To make this **LEMON BUTTER SAUCE**, heat 1 cup of butter, 2 tablespoons of lemon juice, usual seasonings, paprika and $\frac{1}{4}$ cup finely chopped parsley. Mix this together and use as the basting and serving sauce.

Or maybe you are a chicken fan, then serve half chickens, cut pieces of chicken, or whole chickens. So for a moment, let's talk about cut pieces of chicken, and let's consider **CHICKEN BREASTS**.

Use the packaged chicken breasts for this recipe . . . allow at least two breasts per serving. Unfreeze and dry the chicken breasts. Combine $\frac{3}{4}$ cup of Rose' wine with $\frac{1}{4}$ cup soy sauce, $\frac{1}{4}$ cup salad oil, 1 crushed garlic clove, 1 teaspoon ginger, $\frac{1}{4}$ teaspoon of oregano, 1 tablespoon of brown sugar. Use this sauce as a basting sauce; turn and baste the breasts frequently. This will take about half to three-quarters of an hour depending upon how much heat loss you might have because of weather.

Chicken parts should be placed 6 to 8 inches above a rather slow, spaced apart, charcoal briquet fire.

Of course chicken legs, chicken wings, backs, etc., can be used the same way. If you want to barbecue half chickens follow the procedure given earlier for the turkey.

An excellent barbecue sauce for squab chicken is **SQUAB BARBECUE SAUCE**.

Melt 1 tablespoon of butter . . . add 1 clove of crushed garlic, 1 tablespoon each of white wine vinegar, Worcestershire sauce, 1 teaspoon of sugar, and $\frac{1}{4}$ cup of tomato catsup. Blend and heat until it begins to boil. Use this on squab chickens, chicken parts, turkey parts, whole chicken, whole turkey, etc.

Along with these last few recipes **BARBECUED SWEET CORN** would make an excellent accompanying vegetable.

Soak fresh unhusked corn in cold water for about an hour; drain. Shake off the excess moisture. For barbecue steaming purposes place the ears on the grill over hot coals solidly placed. Cover with a large pan (a turkey roaster lid, etc.). Every 4 or 5 minutes rotate the husks a quarter turn. Barbecue time will be fifteen to twenty minutes. Remove the husks and serve with salted butter. Or maybe you might want to try the following recipe for corn . . . **BUTTER ROASTED CORN**.

Remove the husks, silks (and blemishes, if any). For each ear, soften 1 tablespoon of butter. Into the butter work 1 teaspoon of minced chives (or parsley), $\frac{1}{4}$ teaspoon of salt, and a dash of paprika. Spread, then wrap the ear in loose aluminum foil. Seal carefully. Grill over hot coals for fifteen to twenty minutes and again turn frequently a quarter of a turn at a time.

So you aren't a corn fan? Well, maybe you like artichokes. Let's do a **WHITE WINED ARTICHOKE**.

Trim one inch from the top of each artichoke then remove the bottom stem and the bottom leaves. Press a garlic sliver into the heart of the choke, sprinkle each choke with $1\frac{1}{2}$ teaspoons of olive oil. Stand the chokes in a deep-fry pan (or kettle); add $\frac{1}{4}$ inch of white wine and about 1 teaspoon of salt for each choke. Cover and simmer for $\frac{3}{4}$ of an hour (or until tender). Drain. Serve hot or chilled.

Deviled Broccoli fits this menu too . . .

A dessert to finish this meal would, or could, be named **DIZZY PEACHES**.

Drain the syrup from canned peaches. Boil the syrup "down-fast" until reduced by one quarter . . . add enough bourbon to make the original amount of syrup. Cool and replace the peaches. Refrigerate for at least twenty-four hours. Serve in chilled sherbet glasses and top, if you wish, with ice cream.

Let me try to spell out exactly what we are attempting to do . . . we're trying to get **you** away from being "married" to just one idea in barbecue cooking . . . to get you away from the idea of just broiling beefsteaks each and every time (or pork chops, or lamb chops, or spareribs, or hamburgers, or chicken). Notice too, we have attempted to alternate by turns a meat, then a fish, then possibly fowl, several associated salads and/or soups, breads and desserts.

If you have struggled with me this far, you no doubt have discovered that you might need additional accessories (some found in the home, some not) to fully benefit the barbecuing procedure.

In addition to the basic unit, the charcoal briquets and the starters, you can successfully use a firerake, fire tongs (or asbestos gloves), a squirt gun . . . and if you are a tidy soul, you might resort to pea gravel or aluminum foil in the bottom of the firebox. These pieces are fairly necessary bits of equipment to start and work the charcoal briquet fire.

For grill cooking; you need food tongs, sharp knives, a double hinged broiler rack, asbestos gloves or mittens, a basting brush and (naturally) several "clever" aprons and chef's caps.

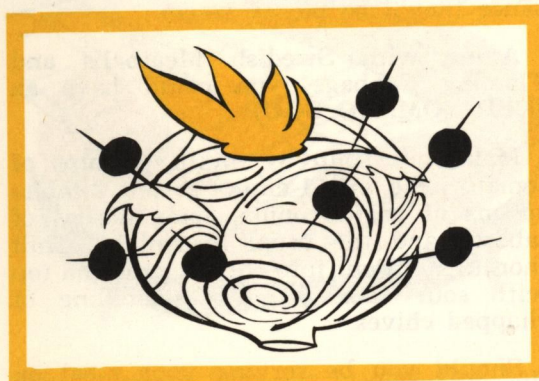
For rotisserie cooking you would need the electric (or battery driven) rotisserie, twine, a pair of pliers, a basting brush, skewers (or "6-K-Bobber"), a drip pan, a shaft basket to fit over the rotisserie shaft, a counter balance and a meat thermometer.

Now . . . why do we need all of this equipment? First of all, you need the fire-rake, asbestos gloves and/or fire tongs to arrange or move the charcoal briquets into the necessary position for the type of food to be barbecued. The squirt gun is employed to put out any "flame-up" from the briquets. The aluminum foil is placed for cleanliness (it also reflects heat upward) while the gravel is arranged for cleanliness or to create a better draft onto the briquets.

In grilling, the food tongs are used to turn the pieces of food, sharp knives to cut the food, the double hinged broiler rack is used with foods that may possibly disintegrate from direct grill broiling and also to give a uniform turn to smaller bits of barbecued food. Asbestos gloves or mittens serve to protect your hands and arms from the intense briquet heat, the basting brush aids keeping the food moist while the aprons and caps help set the informal attitude we find at barbecue parties.

For rotisserie barbecuing, the heavy twine is used to "truss-up" the fowl or roast on the shaft. Pliers are necessary to tighten and/or loosen the bolts on the meat tines (the briquet heat will loosen these bolts during the barbecuing process). The basting brush, of course, bastes the foods so they will not dry out while the skewers or "6-K-Bobber" are used for shish kebob dinners. The drip pan is obvious . . . it catches the dripping from the "show pieces" of barbecue cooking. The shaft basket is used for the same purpose as the double hinged broiler rack.

With that bit of editorial under our belt . . . let's start a new series of recipes with a "thing" called **SWEDISH MEATBALLS IN FLAMING CABBAGE**. This, believe me, is a **real** production number.



Turn back the outer leaves of a large cabbage (because of color I usually prefer a red cabbage). Out of the center scoop a hollow large enough for a small can of Sterno. Insert the Sterno so that just the top is showing. After you have prepared a hot dip sauce, after you have prepared the meatballs and have "toothpicked them," light the Sterno can. Serve in a darkened room. Incidentally the toothpicked meatballs may either be stuck into the cabbage "porcupine style" or may be placed in a separate bowl. Upon serving, your guests will hold the toothpicked meatballs over the canned heat flame then will dip the balls into the hot barbecue

sauce. Caution your guests not to hold any portion of the toothpick over the flame as they may find the meatballs scattered around the living room, and as a caution to you, don't use plastic toothpicks . . . they bend.

To make the **HOT BARBECUE SAUCE**, blend together 2 cloves of crushed garlic, 1 teaspoon of salt, $\frac{1}{2}$ cup of olive oil, $\frac{1}{2}$ cup of red wine vinegar, $\frac{1}{2}$ cup bouillon broth, $\frac{1}{2}$ cup tomato juice, $\frac{1}{4}$ cup medium onion (finally chopped), $\frac{1}{2}$ finely chopped green pepper, $\frac{1}{2}$ teaspoon chili powder, $\frac{1}{2}$ teaspoon cumin seed, and a dash or two of tabasco. Simmer for at least fifteen minutes . . . serve boiling hot.

Make the **MEATBALLS** by combining $\frac{1}{4}$ cup of water with $\frac{1}{4}$ cup of evaporated milk. Add to this liquid $\frac{1}{2}$ cup dried bread crumbs; then mix these soaked crumbs with $\frac{1}{2}$ pound each of ground pork and ground beef. Add 1 egg, the usual seasonings, a dash of sugar and $\frac{1}{4}$ teaspoon of allspice. Mix everything together, form into marble-size balls. Fry in butter until crisp, then drain and serve with toothpicks. This will make approximately 40 to 50 meatballs. These balls can be made early in the day and allowed to cool. When you heat them over the flaming cabbage and dip them into the hot sauce they'll be plenty warm.

Along with Swedish Meatballs and Flaming Cabbage, you could have an **ICED TOMATO SOUP**.

Make this soup by mixing 3 cups of tomato juice with 1 cup of cream, 2 tablespoons of grated onion, some dashes of tabasco and the usual seasonings. Chill thoroughly. Pour into chilled cups and top with sour cream and a sprinkling of chopped chives.

Should you be serving your meal on an extremely hot day you might want a sort of "soup-salad" combination. This combo is called a **LAKEFRONT GAZPACHO SOUP-SALAD**.

Crush 1 clove of garlic . . . mix it with finely chopped cucumbers (2 medium size will do), 1 medium size or 1 large onion, 2 tomatoes chopped, $\frac{1}{2}$ green pepper chopped, 2 eight ounce cans of tomato sauce, 1 can of consomme' soup, $\frac{1}{4}$ cup of Rose' wine, $\frac{1}{4}$ cup of salad oil, dashes of Worcestershire and the usual seasonings. Mix together, chill and serve in separate bowls with an ice cube or crushed ice in each bowl. If you call it cold soup, place a few croutons on top . . . if salad, put into a

salad bowl with lettuce leaves placed at the bottom of the bowl and around the edges of the bowl.

Earlier we spoke of the Bleu Cheese French Bread. If you take that same recipe and substitute salad oil for butter, you could serve this for a salad dressing on romaine and tomatoes.

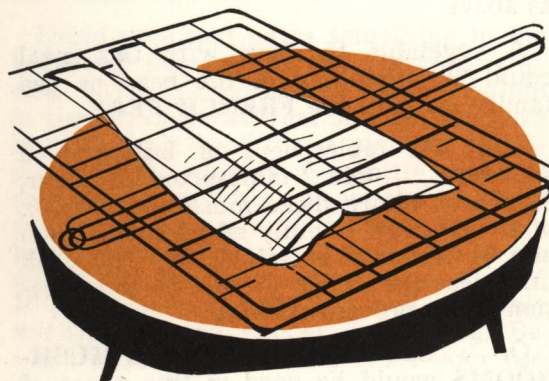
Let's continue on the road with another portion of our meal and go into the bread department for something called

GARLIC BREAD DIFFERENTLY.

Dip thick slices of fresh bread in melted butter (mix crushed garlic with the butter). Toast the bread on the barbecue grill. Turn only once. Or if you don't want to use the grill you can heat the bread in an oven at approximately 400 degrees of temperature.

During this round we have already had some meat, so let's consider, as a possible main dish, a **WHOLE SALMON**.

Place a boned whole salmon (8 to 10 pounds) on a broiler rack or in a chicken wire frame. At a distance approximately



8 to 10 inches from the briquet fire, barbecue the flesh side down for 5 to 7 minutes (or at least until some of the oil in the salmon begins to drip onto the briquet fire). Then turn the rack (or wire frame) so the skin side is down. Baste frequently with a Lemon Basting sauce. Serve garnished with sliced pimientos, parsley, hard-boiled egg, sliced green olives, etc.

Make the **LEMON BASTING SAUCE** by heating and blending together $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ clove of crushed garlic, $\frac{1}{4}$ cup dry white wine, 2 tablespoons of lemon juice, $\frac{1}{4}$ teaspoon of thyme and the usual seasonings. Incidentally this Lemon Basting Sauce is delicious on fowl, other fish, lobster, etc. A medium size Silver

salmon will take 1 to 1½ hours. Large or King salmon will take up to 2 hours plus. Barbecue the salmon over very, very slow coals. **Do not have a hot fire!** Space the briquets far apart.

Maybe you don't have access to whole King or Silver salmon . . . maybe you can only find salmon steaks. So let's have some **GRILLED SALMON STEAKS** as the main course.

Place one inch thick steaks in a well oiled double-hinged broiler rack. Because the salmon steaks should be cooked rather quickly, barbecue them approximately five inches away from a fairly hot solid fire . . . **but do not overcook and do not dry out.** For added flavor baste frequently with melted butter, lemon juice, and a liberal amount of monosodium glutamate (m.s.g.). Salmon steaks may be turned frequently . . . this is in opposition to the method of barbecuing meat-type steaks or whole salmon.

Grilled **HALIBUT STEAKS** may be barbecued as above.

Grilled **SEA BASS, COD, REDSNAPPER**, may also be prepared and barbecued as above.

A vegetable to serve with this meal could be something in the bean or pea family, so here are **FRENCH PEAS**.

Melt 1½ tablespoons of butter in a saucepan . . . add 2 tablespoons of water, ½ cup of thinly sliced mushrooms, 1 box of frozen peas, 1 thinly sliced small onion and ½ teaspoon of salt. Cover and cook until peas are tender. (Shake the pan occasionally to prevent sticking).

Or . . . **STRING BEANS WITH MUSHROOMS** would be good in this series of recipes. Or possibly you would like a rosin baked potato garnished with grated aged cheddar cheese, crisp broken bacon, minced chives or parsley and topped with sour cream dressing.

Or you could consider some

SKEWERED GRILLED VEGETABLES.

These vegetables should be grilled quickly over hot coals set in rows, seasoned to taste, then brushed with butter.

Skewered mushrooms (or mushroom caps) alternated with green pepper slices.

Mushrooms (or caps) alternated with grapes . . . this incidentally is good with lamb.

Canned pre-boiled potatoes (small size).

Small tomatoes alternated with green pepper slices.

Thick slices of orange dusted with rosemary.

And, of course, there are many other vegetables that could be skewered in barbecue cooking such as onions, corn, etc.

And to top it off, here is a dessert called

STRAWBERRY TOAST.

Over the grill, toast thickly sliced French bread . . . butter it rather lavishly while it is still hot. Heap it with sugared strawberries and whipped cream. This is a rather successful dessert insofar as it is a little unusual . . . however it does look strangely like strawberry shortcake.

In barbecue cooking we are always looking for something extra. Because of this, I have tried to give you that "extra something" in the way of cooking with wine, cooking with beer and cooking with liqueurs or liquors. For now, let's cork the bottles and talk a little about **HERBS**.

Herbs give that extra something to the barbecue food or to the accompanying dish. But . . . please strike a happy medium in the use of herbs. Just because one herb is good, don't think that a pinch or ½ teaspoon means roughly a quantity that you could scoop up with a steam shovel. **Don't use herbs too enthusiastically**, yet don't be so awed by herbs that you come to the conclusion "herbs are a sometime thing." If herbs disturb you, you will probably merely salt and pepper everything. Because of this I have a digest for your use. These next few paragraphs pertain to the basic herbs only. I am sure you will find these herbs in "mama's" kitchen.

The first herb that we might consider as a basic herb is **BASIL**. This is a sweet herb usually used in tomato sauces for salads, meats, vegetables.

BAY LEAVES: Generally used in marinates, soups, sauces, stews . . . ½ leaf is usually plenty . . . **use sparingly.**

CELERY LEAVES: Use dry or fresh . . . excellent for poultry stuffing, stews, salads, etc.

CHILI POWDER: Used in hot barbecue sauces or once in awhile in soups.

CINNAMON: Used in desserts primarily . . . may be used with ham, lamb.

CLOVES: Used with ham or pork, egg dishes, duck.

CURRY POWDER: Use with chicken, sauces, lamb, certain soups, and occasionally in salad dressings.

DILL: Used in cooking of fish, lamb, vegetables. Fresh dill leaves are excellent in salads or combined with tomatoes. On occasion they may be used instead of parsley.



GARLIC: This is used in practically everything . . . peeled whole, slivered or, as I have indicated in many of my recipes, crushed.

MACE: This is used in almost everything too but is especially good with fish or fowl . . . a little bit goes some distance.

MONOSODIUM GLUTAMATE: This has no flavor of its own. However, this crystal type product has the wonderful ability of bringing out the flavor in foods . . . it is a flavor restorer . . . can be used in almost everything.

MUSTARD: Use with some meats and occasionally in salads.

NUTMEG: Used as a dusting agent on desserts, vegetables or soup.

OREGANO: Used in sauces and may be substituted for marjoram . . . can be used in all game birds and in many marinades.

PAPRIKA: Used many times as a coloring or garnish.

PARSLEY: May be used fresh or dry (I prefer the fresh) . . . use in sauces or garnish on soups, vegetables or fowl "insides."

PEPPER: May be used in almost anything . . . is extremely hot. Should be used freshly ground from the peppermill or ground with your thumb or palm of your hand.

ROSEMARY: May be used on fish, meat (particularly on lamb), poultry, etc., also on sauces. Quite strong in flavor . . . use with caution.

SALT: Used on almost everything; however, I try to use as little salt as possible. It's always easier to add than to subtract.

TARRAGON: May be used with fish, chicken, salads. It is usually used in the dried form or may be used in a liquid . . . tarragon vinegar. Use sparingly.

THYME: Can be used in soups, all fish dishes, all meat dishes. Use this sparingly too.



One last note here . . . you have gathered one expression from me throughout the book . . . "usual seasonings." By "usual seasonings," I always mean **salt and pepper**.

TRY SOME MORE?

If, by this time, your eyes aren't too watery from barbecue smoke you might read on with a new series of recipes for another barbecue meal.

Let's start this group with an

ONION SOUP DUNK.

Soften 1 package of cream cheese . . . combine it with $\frac{1}{4}$ envelope of onion soup mix and $\frac{1}{4}$ cup of table cream. Blend this in the electric mixer until it is a little bit fluffy. This will make about $1\frac{1}{2}$ cups. Use the standard type of dipping foods to serve with this.

Maybe by this time you feel a little bit more ambitious . . . then go stuff an egg. Try some **STUFFED ANCHOVY**.

Prepare 1 dozen eggs by boiling slowly. Remove the shell and cut the tips so the eggs will stand on a platter . . . then, with a zigzag motion, cut through the center of the whites and divide the egg in half. Carefully remove the yolks. Stand the whites in a pan of ice water for a few minutes before refilling. To anchovy these eggs, put the yolks through a fine sieve and blend until smooth with $\frac{1}{2}$ cup mayonnaise and 4 tablespoons of anchovy paste. Refill the whites. For garnishment,

place a tiny sprig of parsley on top of each half and sprinkle with paprika. This will make about twelve servings.

In Honolulu, the boys have something they call **LOMI LOMI** . . . an Hawaiian salmon appetizer.

Soak 1 pound of fileted salmon in cold water for a minimum of 3 hours (change the water at least twice). Drain and dry the salmon. Remove any skin that may be on the salmon and remove any bones. Finely shred, then smoothly blend the salmon with 4 peeled and chopped tomatoes. Add 2 bunches of finely chopped green onions and $\frac{1}{4}$ cup of ice water. Mix, chill and serve as a dip.

The Lomi Lomi would make an excellent appetizer preceding **CREAM OF PEANUT BUTTER SOUP** . . . it sounds horrible, but it is really delicious.



In $\frac{1}{2}$ cup of melted butter simmer until golden 1 large minced onion. Add 1 tablespoon of flour and 1 cup of peanut butter. Blend smooth. Slowly add 1 quart of chicken stock. Stir constantly. Adjust with the usual seasonings and cook in a double boiler approximately 20 minutes. Cook until thickened, strain and add 1 cup of cream. Garnish with good old paprika, parsley, croutons, etc. This will serve 8 people.

Or . . . here's something completely unusual in the soup line . . .

CANTALOUPE SOUP.

In the order indicated, place 1 cup of orange juice, 1 tablespoon lemon juice, 2 cups of diced cantaloupe and a pinch of salt in an electric blender. Mix until smooth. Pour into a freezing tray and chill in the refrigerator freezing compartment (or in your deep freeze), until ice crystals

begin to form. Remove from the refrigerator and stir. Serve immediately. This will serve about 4 people.

At least you can't say our recipes aren't different!

With this series of recipes why not try that Damned Good French Bread again.

Now in the meat department, how about

SHOE STORE CALVES LIVER.

Use beef or calf liver cut approximately $\frac{3}{4}$ of an inch thick . . . brush with olive oil, a sprinkling of salt and some freshly ground black pepper (a little sweet basil may be used if you wish). Barbecue over solid **hot coals** (4 to 6 inches above the coals) until the outside is just slightly charred, the inside pink and juicy.

Or you could try **LIVER KEBOB.**

Use calf, veal or lamb livers cut into 1 or $1\frac{1}{2}$ inch cubes. Fold strips of bacon into quarters, then alternately skewer the liver with the bacon. Brush with melted butter and grill over hot coals about 6 inches from the fire. **Turn frequently.** This should take about 20 to 25 minutes, or at least until the liver is browned and the bacon is crisped. Use rows of fire for this kebob (for all kebobs).

Or are you a clan member who prefers chops? Here is a barbecued pork chop called **ILLAHEE PORK CHOPS.**

Make a marinating sauce by simmering together $\frac{1}{2}$ cup of brown sugar, $\frac{1}{2}$ cup of catsup, $\frac{1}{4}$ cup soy sauce, $\frac{1}{4}$ cup water, juice of 1 lemon, 3 tablespoons of Worcestershire sauce, 1 tablespoon of salt, 1 medium onion (minced) and $\frac{1}{2}$ teaspoon each chili powder and freshly ground black pepper. Simmer for approximately fifteen minutes. Pour this sauce over 8 to 10 pork chops, cool, and refrigerate for several hours. Place the chops in a well-oiled double-hinged broiler rack. Over slow coals, turn and baste the chops frequently (use the marinating sauce for basting). This will take $\frac{3}{4}$ to 1 hour. Use spaced apart coals.

As long as we are talking about basting-marinating sauces, here's a couple of recipes that may be of interest to you . . . the first we call the **SWENSSON WEST CHEF BASTING-MARINATING-TENDERIZING SAUCE.**

Combine $\frac{1}{4}$ cup each of bourbon and cooking oil with $\frac{1}{8}$ cup soy sauce, a few dashes of Worcestershire sauce, 1 (or 2) crushed garlic cloves, and freshly ground

black pepper. Blend thoroughly. Use this on meats, fowl, fish, or anything your little heart desires. If you marinate for approximately 2 or 3 days, this is particularly good on the lesser cuts of meats (pot roast, chuck roast, etc.).

An excellent basting sauce is called **BOB'S DUWAMISH BEER BASTING SAUCE.**

Bring to a boil, then simmer for about five minutes, 1 cup each of molasses (or brown sugar melted with water) and chili sauce, $\frac{1}{4}$ cup of prepared mustard, 1 teaspoon soy and $\frac{1}{2}$ cup of finely minced onions. Cool . . . then add $\frac{1}{2}$ cup of beer. Use for basting meats.

Now, back to the chop department. Here's a dream titled **A SPORTING LAMB CHOP.**

Marinate in the Fire Dive sauce 8 or 10 $1\frac{1}{2}$ inch thick lamb chops (marinating time . . . a few hours). Grill over moderately hot coals for about 20 to 25 minutes. Use either the solid or the spaced fire. Turn frequently. Leave the little french chops to your wife and her bridge-party girl friends . . . these aren't the type of chops for barbecuing.

So you don't want a chop . . . are you strictly a steak eater? Then work on a **COWPUNCHER'S JOY.**

Sprinkle a lesser cut of steak with your favorite tenderizing sauce (or Swensson's Tenderizing Sauce) and let stand at room temperature for a few hours before grilling. Place the steak about 4 to 5 inches above solid hot coals and, depending upon the doneness you want, barbecue 4 to 8 minutes on each side. Meanwhile, in 3 tablespoons of melted butter, saute (until golden brown) 1 cup of sliced mushrooms. Sprinkle with the juice of 1 lemon . . . add the usual seasonings plus $\frac{1}{4}$ cup each of consomme' and red wine. Bring to a boil.

Make a paste with 1 teaspoon of corn starch and a little water. Gradually add this to the butter-mushroom-wine sauce. Stir constantly until thickened. Use as a serving sauce over your steaks. **A FLANK STEAK** (approximately 2 to $2\frac{1}{2}$ pounds) is excellent with this sauce; however, you will find that it takes quite a bit longer to barbecue than the time given above. On serving a flank steak, cut the steak diagonally into thin pieces, then pour the sauce over the steak slices.

As long as we are still in a steak mood, let's consider a Swiss steak. **SWISS STEAK SNOQUALMIE FALLS STYLE**, that is.

For at least one hour, use your favorite meat tenderizer (as per instructions) on Swiss steak. Again, I usually use hours for tenderizing or marinating. Broil 1 inch to $1\frac{1}{4}$ inch steaks over moderately hot coals (solid) for approximately 8 to 10 minutes on each side (or until those succulent juices have appeared on top of the steak). Turn once only. Baste the steak with m.s.g. and melted butter. To check the doneness of the steak, you could possibly cut (with a very sharp knife) just along the bone of the steak.

With these steaks or chops or liver, asparagus is an excellent vegetable and so, let's use a fry pan and prepare a **CHEESED ASPARAGUS.**

Cook the asparagus for about five minutes in boiling water. Drain. Dip the asparagus in beaten egg, roll the pieces in cornmeal, then fry in your electric skillet (360 degrees) until nicely browned and crisped. Salt briefly, then sprinkle the asparagus with grated parmesan cheese. Easy to do! Not at all hard! And it does give an added flavor to asparagus.

Oven baked potatoes . . . or the way I prefer my potatoes, cooked in rosin . . . would be excellent with these chops, liver, steaks (whichever you decide to use with this menu). But . . . be sure to use a whale of a lot of butter on the potatoes or add a garnishment of grated aged cheddar cheese, crisped chopped bacon, sour cream, chopped olives, parsley, etc.

If you use the lamb chops as your main entree, an applesauce dessert would very definitely be considered. This one is an

APPLESAUCE WITH SPIRIT.

Into each serving of applesauce, mix $1\frac{1}{2}$ jiggers of rum or brandy. Serve the applesauce in chilled sherbet glasses . . . sprinkle the top with nutmeg. **Be sure the applesauce is chilled when served.**

As an added surprise for those people who must have their coffee after dinner, make a **COFFEED ICE CREAM MIX.** Stir into 1 quart of vanilla ice cream a couple tablespoons of instant coffee. (When I say "stir in," I actually mean blender mix). Refreeze . . . serve in chilled cups, glasses or dishes. This is a small substitute until you can bring out the coffee.

Or . . . **BRANDIED ICE COFFEE** makes an excellent follow-up for a summertime meal. Beat 6 eggs until light and airy. Add ¼ cup powdered sugar . . . beat until smooth. Add 3 cups warm coffee and 4 tablespoons (minimum) brandy. So you won't cook the eggs, add the coffee slowly. Cool, then chill in the refrigerator. Serve in tall "Collins" type glasses over shaved ice. Guzzle!

Under a **MISCELLANEOUS BARBECUE** note department, let's jot down a few ideas:

1. Do not marinate with soy sauce in an aluminum pan or aluminum foil (the sauce will take on a disagreeable taste).
2. Pre-cooking spareribs in the kitchen always shortens the grill cooking time. It also insures a thorough cooking of the meat.
3. Cook liver in the minimum amount of time . . . overcooking makes it dry and less tender.
4. A roast "rolled" insures even cooking and easy placement on the rotisserie shaft.
5. In selecting corn, select it with long stem ends . . . they'll make handling and turning easier. Allow the stem ends to extend beyond the end of the grill so when you turn them you don't burn your fingers.
6. On rolled or boned rib roast, be sure there is a layer of fat around the outside (or have an additional layer of suet tied around the roast). Allow 20 minutes per pound for rare roast, 25 minutes for medium, 30 to 35 minutes for a well-done roast.
7. However, to be absolutely sure that you have the roast done to your degree of liking . . . use a meat thermometer. Do not allow any portion of the thermometer to touch the shaft or bone.
8. On chicken (and other fowl) sprinkle the fowl with paprika just before you take it from the grill. This will add a great deal of color to the dish.
9. If you want to make mustard into a **HOT MUSTARD**, add a little stale beer to dry mustard mixed with water and colored with tumeric. This is the real soul-mate of barbecued clams and cold beer.

Now that we have the miscellaneous notes from nowhere in particular off our chest, let's start another menu session.

For an appetizer canape style, here's one called a

BEGGARMAN'S BUTTER DIP.

Sieve and combine 3 ripe avocados with 1 cup of finely chopped green onions, 1 teaspoon of freshly ground black pepper, 3 tablespoons of olive oil and the juice of 2 lemons. Mix thoroughly. Serve in a chilled bowl and use as a dip with your favorite type of cracker.

Here is another avocado-do dubbed the

MEXICAN AVOCADO MIX.

Finely chop 1 medium size onion and 1 peeled tomato. Add 2 mashed (or sieved) avocados and 2 teaspoons each of chili powder and vinegar. Blend lightly, then serve with potato chips, crackers, etc.

Here is another **GAZPACHO SOUP.**

Cut 3 tomatoes and 1 large unpeeled cucumber into small diced cubes. Reserve any liquids. Mix with 2 cans of pimientos (chopped), 1 crushed garlic clove, 1 finely chopped medium sized onion, 2 tablespoons each of olive oil and white wine vinegar, plus generous helpings of usual seasonings. Add 1 cup of ice water and chill thoroughly. Before serving, add ice cubes to each plate. This is a very, very cold soup.

Or . . . maybe you would like something in the Vichyssoise line again . . . this one is **VICHYSOISE SLIGHTLY HARDER.**

Boil 4 cups of water and 1 package of onion soup. Simmer for approximately 15 minutes. Sieve, then stir in ½ cup of instant mashed potatoes. Slowly re-heat, stir constantly until the mixture thickens (about 1 or 2 minutes). Remove from the heat and stir in ½ cup of evaporated milk, ¼ teaspoon monosodium glutamate, ¼ teaspoon paprika and the usual seasonings. Chill thoroughly, then garnish with parsley or chopped chives.

If you go the Vichyssoise route you may not want any French bread, but in case you are Gazpacholing, work up a

SPICY MARMALADE BREAD.

Every inch and one-half cut completely through a French bread loaf. Spread the bread with butter and then spread with heaps of marmalade. Sprinkle cinnamon generously over the top. Place the bread slices (top side up) on a cookie sheet and heat in a hot oven (approximately 400 degrees) for about 8 minutes or until the bread has warmed through.

We haven't had any barbecued hamburger yet, so let's try a little bit of this favorite American dish. I suppose we should just call this recipe **HAMBURGER**.

Form 1 pound of lean ground beef and ½ pound of lean ground veal into medium size cakes. Sandwich a piece of sharp cheese between two of these cakes. Wrap a piece of bacon around the outside edge of the hamburger, then fasten the bacon to the meat with a toothpick. Brush this with what I call **SAUCE-SAUCE** (¼ cup each of soy sauce, melted butter and sherry wine). Broil and turn only once. Sprinkle with salt, pepper and serve. Use a fairly solid hot fire for the hamburger but don't over-barbecue the meat. Slices of beefsteak tomatoes and vinegared onions do well with this dish.

As long as we have started this hamburger trend, here's one for hamburger steaks. Let's consider a

RAY'S PLACE HAMBURGER STEAK.

Mix 2 raw eggs with ½ cup finely chopped celery, ½ cup finely chopped onion, 1 teaspoon chili powder, 1 teaspoon Worcestershire sauce, 1 teaspoon hot mustard (see miscellaneous notes recipe on Page 40 for hot mustard), usual seasonings, 1 finely chopped peeled tomato, and 4 pounds lean ground round steak. Blend well. Mold into your desired shape. Barbecue on a well greased grill the same as mentioned in the previous recipe . . . or a broiler rack may be used.



Or . . . here's something that we titled
HAMBURGER SHORTCAKE.

Skillet brown one pound of ground beef with ½ cup of finely chopped onions. Stir in the usual seasonings, 3 tablespoons of flour, then gradually stir in 3 cups of

milk. Simmer for five minutes and add 3 tablespoons of catsup. Cook until thickened. Serve between, under and over split biscuits. This isn't a barbecued hamburger, but it does make a fine summertime (or anytime) dish.

Getting tired of hamburger? Try CHICKEN LIVERS ON HORSEBACK.

Clean and blanch 1 pound of packaged chicken livers. Saute (until brown) in 1½ tablespoons butter plus 1 tablespoon of celery salt, 1 teaspoon of freshly ground black pepper, 1 teaspoon of basil and 1 teaspoon of coriander. Blend well. Set aside to cool. Roll each liver with ½ slice of briefly sauted or fried bacon and pin with a toothpick. When ready to serve, place on a well-greased broiler rack . . . broil until the bacon is crisp. Serve in a heated chafing dish or serve with the toothpicks put into a cabbage (porcupine style).

CHICKEN LIVERS WITHOUT BACON can be dipped into soy sauce, skewered and barbecued over hot coals for 5 to 8 minutes. Or . . . should you be fortunate to have trout available, a **BACON WRAPPED TROUT** is wonderful on the barbecue.

Wrap the trout in bacon slices (skewer with toothpicks). Place in a well-greased double-hinged broiler rack and barbecue over slow glowing coals spaced apart. When the bacon is semi-crisp, the fish is done. This won't take too long so don't over-cook it. The main purpose of wrapping the fish in bacon is to keep the fish moist, so if you don't care for the bacon you can throw it away or use it later in a skillet at breakfast time.

Turning now to vegetables, the **STRING BEANS WITH MUSHROOMS** previously given would be an excellent vegetable to serve with hamburger, chops or the trout dish that we have mentioned.

The French Peas would be equally suitable. If you use the trout and bacon routine, do not serve a vegetable that is too highly seasoned or you will kill the trout flavor. Now for dessert let's talk about a **FLAMING ICE CREAM SUNDAE**.

To make this sundae, scoop vanilla ice cream (or any bland-type ice cream) into a regular ice cream or sherbet dish. Then into a marshmallow, cut a hole criss-cross style large enough to hold a sugar cube. Press the sugar cube into the marshmallow cut, then place the marshmallow into a "scooped-out" area on top of the ice cream. With an eye dropper place a drop

or two of lemon extract on the sugar cube (do not spill any of the extract onto the ice cream — it doesn't taste good). Pour your favorite ice cream topping around the marshmallow and over the ice cream. Light the sugar cubes and serve these sundaes immediately. Incidentally, this is a very fine and fitting end to a meal that had started with the Flaming Cabbage and Swedish Meatballs.

If you are in an area where you can get some fine rock or butter clams, a wonderful start for a barbecue meal is a **PUGET SOUND CLAM APPETIZER**.

Finely chop 1 green pepper and 1 medium size onion. Add 2 peeled tomatoes and continue chopping. Add 1 can of minced clams (or equivalent of 15 to 20 fresh clean clams drained) plus 2 teaspoons of Worcestershire (or a few drops of tabasco). Adjust the seasonings, then blend everything together. Chill and serve as a cold dip.



BARBECUED OYSTERS also make an excellent dish for a hot appetizer hors d'oeuvre style. Place unshelled oysters on top of the barbecue grill with the short hinge up. Allow the oysters to steam and barbecue in their own juice. When the oysters open (after a few minutes) do not drain the juice. Allow the oysters to cook for just a moment or two longer. This will help to solidify the oyster meat. You will need gloves to remove the oysters from the grill as the shell gets mighty, mighty hot. Unhinge the top (lesser half) of the shell and serve on the half-shell with a bit of lemon juice or possibly a sprinkling of paprika. Catsup is also excellent as a dip.

You may find that many of your guests will want to "slurp" the oysters from the half shell and drink the juice directly from the shell, so be sure to wash the shells

before you put them on the barbecue grill. Or . . . **PUGET SOUND BUTTER CLAMS** can be prepared the same way! Should you want your fish served in soups rather than hors d'oeuvre style you could consider a **COOL CLAM SOUP**.

To make this pour 1 cup of tomato juice and 3 cups of clam nectar (or clam juice)



together, then chill thoroughly. Serve this in chilled cups garnished with lemon slices. Liederkrantz cheese spread on crackers is delicious with this soup.

Or, while we are still discussing soups, here is something called

CUCUMBER AND TOMATO SOUP.

Mix 2 cans of condensed tomato soup with 1 grated medium size cucumber, 1 soup can of water, ½ cup of chopped green onion, 1 teaspoon of Worcestershire (or a few drops of tabasco) and the usual seasonings. Chill, then strain. Add 1 cup of cold evaporated milk. Mix and serve in chilled soup bowls garnished with chopped parsley or chives.

Again, straying away from the usual garlic breads, the following recipe is one that has to do with parsley and butter. So, let's name it **PARSLEY BUTTER**.

Combine 1 pound of soft butter with 1 cup of freshly chopped parsley, ¼ cup chopped chives, 2 teaspoons of lemon juice and ¼ teaspoon of garlic powder. Mix until well blended then chill thoroughly. Spread on French bread and wrap in aluminum foil. Heat on the back of the barbecue grill . . . turn when you think of it.

In the meat department we have had a few types of spareribs, shortribs, lamb chops, steaks, hamburger, etc., but we

haven't done much in the way of ham as yet. So . . . let's charcoal broil a **HAM STEAK**.

Put $\frac{1}{2}$ or $\frac{3}{4}$ inch thick ham steaks on a well-greased barbecue grill (or in a greased double-hinged broiler rack). Baste with a rather thin paste made with 2 tablespoons of prepared mustard, 1 cup of brown sugar, and $\frac{1}{2}$ cup of juice from a can of sliced pineapple rounds. When browned remove the ham steaks. In the meantime, put the pineapple (whole) slices on a greased portion of the grill and when these are steaming serve them on top of the steaks. Barbecue the ham steaks about the same distance from the briquet fire that you would a beefsteak (3 to 4 inches). Use a fairly hot fire, solidly built. It will take approximately 6 to 12 minutes to barbecue the steaks on each side. Total time 12 to approximately 20 minutes.

Still thinking about spareribs? Well here are some sparerib recipes that may keep you going for a length of time. The first is called **WINED BARBECUE SPARERIBS**.

Simmer 3 pounds of spareribs (cut into 4-rib sections) approximately 1 hour. Drain on paper towels. Marinate in 1 cup of sauterne, let stand at least 4 hours. Again, drain and dry thoroughly . . . reserve the wine. Mix the wine with $\frac{1}{2}$ teaspoon lemon juice, 2 teaspoons of sugar, 1 teaspoon of salt, a few dashes of angostura bitters and $\frac{1}{4}$ cup chili sauce. Place the ribs in an oiled double-hinged broiler rack. Grill 6 inches from slow charcoal briquet coals, spaced apart. While basting with the wine sauce, turn frequently. Cooking time will take roughly 25 to 30 minutes.

Here we have another sparerib recipe called **STILL ANOTHER BARBECUED SPARERIB**.

Allow one side of spareribs per person. Either leave them whole or separate them into 4 or 5 rib sections. Marinate at room temperature for several hours in Swenson's West Chef Basting Marinating Tenderizing Sauce, then grill over a slow fire. Shortly before removing from the coals (after frequent turning and basting with the marinating sauce) brush with honey and sprinkle with a little thyme. This will give a most beautiful glaze.

Here we go again with something named **FAT BOY'S SPARERIBS**.

Make a marinade by mixing 3 crushed garlic cloves with 1 teaspoon of salt. Add this to $\frac{1}{4}$ cup each of soy sauce and pineapple-apricot preserves, 2 tablespoons of vinegar and $\frac{1}{2}$ cup of water. Soak whole ribs for at least 8 hours. Broil over "spaced" low heat (too hot a fire and too fast cooking will burn the ribs on the outside before they are done inside). With this marinade, baste while barbecuing. When done, separate into 3 or 4 rib sections, but do not cut further. Have plenty of napkins ready as these are finger-using-type foods.

Tired of spareribs? Well that's tough, because there are plenty more coming. Here's one we call

NORTHWEST SPARERIBS.

Marinate 8 pounds of spareribs for a few hours. Barbecue over a slow to medium fire (again, space it) for 30 to 40 minutes. Baste frequently with the marinade (made by mixing 1 part of oil, 3 cloves of finely chopped garlic, the usual seasonings, $\frac{1}{4}$ teaspoon of basil, $\frac{1}{4}$ teaspoon of thyme, 4 chopped green onions and $\frac{1}{4}$ teaspoon of celery salt). Turn frequently!

If you have struggled with us this far, you no doubt have experimented enough to know quite a bit about what you are doing . . . however, in case you started reading this book from the middle, let's break the routine for some general notes from nowhere in particular . . . let's follow some lines of reasoning that you could keep under your chefs' cap.

One thought to keep in mind (generally speaking), the better the grade of meat, the less seasoning you should use. The poorer grades of meat require greater amounts of seasoning or marinating.

In buying meat, particularly beef, be sure that the beef is well-marbled . . . that the fat is white (creamy white) and that the meat coloring is reddish. And, be sure the beef has been well-aged.

When following the menus, allow $\frac{1}{2}$ pound of beef per person, or allow approximately $\frac{3}{4}$ pound of fish per person or allow $\frac{3}{4}$ pound of fowl per serving.

Several times we have mentioned "grease the grill" or use a well-oiled double hinged barbecue rack. This is rather important, particularly if you are working

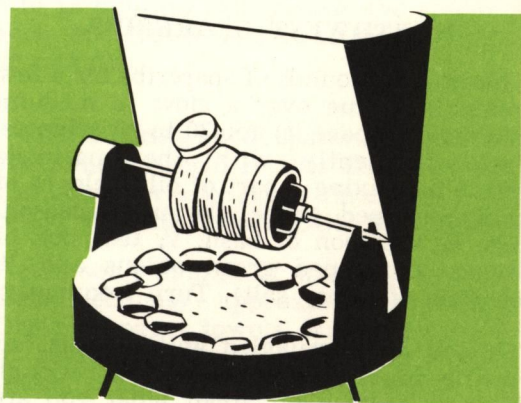
with a rather hot fire. Ever turn food on the grill and have a portion of it stick to the hot rod grills?

To date we have not specifically discussed rotisserie cooking . . . so, if you have been fairly successful in preparing these barbecue menus, let's talk about rotisserie cooking.

Perhaps we should start with a general note.

Always keep in mind the information given about well-marbled and well-aged beef. My favorite selection of meat for rotisserie cooking is one I have used frequently, a **ROLLED RIB**.

Use a two ribber. Have it boned and rolled by your local butcher. Cut garlic cloves into thin slices . . . place one slice



into gashes previously cut in the sides of the rib. Center the skewer shaft through the roast. Barbecue the rib approximately 7 to 8 inches from fairly hot coals. Use a ring of fire. Insert a meat thermometer in the roast (treat yourself to accurate judging of cooking time). Have an open mind on this thing . . . let's not have just plain old holes in our heads. Why kid about it, you aren't a pro at cooking so . . . again I say, use a meat thermometer, and again, do not let the thermometer shaft touch any bone in the food or touch the rotisserie shaft.

As a rolled rib rotates it will self-baste, so you will need only a small amount of basting sauce to bring out the fine flavor. Generally speaking on a rolled rib I do not use a basting sauce . . . I use freshly ground pepper sprinkled onto the roast shortly before the roast is done. For lesser cuts of spitted meat, marinate and baste in Swenson's West Chef Marinating-Basting Sauce.

A **RUMP ROAST** is good for spitting if the meat is really well-aged and tender.

The chuck or the eye of the **ROUND ROAST** is good, but they are types of roasts that should be marinated and must be basted constantly.

In buying any of these cuts, be sure the meat is securely tied. Run the shaft through the **center** to be sure the meat is well-balanced. Fasten the meat tines securely to the rotisserie shaft. If you have trouble balancing the meat, for Pete's sake use a counter balance on your rotisserie shaft. Place the counter balance between the food and the motor then make the necessary adjustments according to directions given by the counter balance manufacturer. It is extremely important to have the roast well balanced . . . balancing will insure even cooking and even turning of the shaft. Nothing will ruin a good rotisserie motor sooner or more thoroughly than a laborious uneven turning of the shaft. For roasts, I use the circular briquet fire (in the middle of which I place a small drip pan or a pan made from aluminum foil). There is **no** specific need to have the coals directly under the roast. Food or basting sauce drippings may cause a flaming of the briquet coals if the coals are placed directly under the food.

A rotisserie accessory that is used frequently is a "spit basket." Almost all of the smaller pieces of food (filets of fish, chicken parts, spareribs) that are placed in a double-hinged broiler rack can be inserted in this spit basket or as I prefer to call it—shaft rack. So, if you want the double-hinged broiler rack foods cooked slower put them in the shaft rack. The cooking time is greater but more of the food juices are retained.

For barbecuing fowl (turkey, chicken, squab, Cornish game hens), secure the fowl with the shaft tines. If necessary, tie the fowl to the tines. Until the natural juices come from the inside of the fowl, you will need to baste the birds at the beginning of your rotisserie barbecuing. Later, the fowl will be self-basting . . . use the lemon-butter basting sauce (Page 13) until these natural juices appear. When the fowl bastes itself, you will notice bubbly juices come to the surface. Again, use a meat thermometer . . . this time place it into the breast of the fowl.

To barbecue **SQUAB** or **ROCK CORNISH GAME HENS**, follow in general, the same procedure for a turkey or a chicken. The barbecuing time will not be as long for these smaller birds as for the larger fowl. However, keep in mind that you can-

not barbecue the fowl too quickly . . . it has to be done **slowly and evenly**. If you have a multiple shaft arrangement on your rotisserie, use rows of briquet coals. If you have a single shaft, use the circular fire. The cooking time on fowl is usually about $\frac{1}{4}$ to $\frac{1}{2}$ again as much as it would be in an oven at a 350 degree temperature.

Instead of fowl or meats on the shaft, a **BARBECUED BOLOGNA ROLL** might be interesting.

Score-cut every inch or so of the bologna . . . skewer. Spread the sides with a mixture of $1\frac{1}{2}$ tablespoons of prepared mustard, $1\frac{1}{2}$ teaspoons of brown sugar, and 1 teaspoon of prepared horseradish. Barbecue approximately 4 to 7 inches above the coals . . . baste with a mixture of 1 cup chili sauce and 3 tablespoons of vinegar. Rotate for 20 minutes plus or until browned and done.

Along with the turkey, bologna, rolled rib and other cuts of meat, a barbecued leg of lamb is one of the choice foods to use on your rotisserie. For a recipe called **BARBECUED LEG OF LAMB**, use a 6 pound leg (boned and flattened). Marinate the lamb at least two hours in 2 tablespoons of vinegar, $\frac{1}{2}$ cup of olive oil, 1 clove of crushed garlic, 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of freshly ground black



pepper. Bind the leg with strong cord, balance on the rotisserie shaft with the shaft tines well imbedded into the meat. Barbecue 8 inches above the coals . . . use a moderately hot fire of charcoal briquets. Barbecuing time will be approximately $1\frac{1}{2}$ to 2 hours. Baste frequently with the marinating sauce (every 10 to 20 minutes).

In other words allow approximately 15 minutes per pound for a medium "done-ness" on the leg. I personally like my leg a little bit rare with the lamb slices more on the pink side than on the brown side.

This **LEG OF LAMB** recipe consists of a medium sized leg (5 to 8 pounds) that has had a minimum amount of preparation. In the top surface of the leg insert whole peeled garlic cloves (approximately 3 or 4). Rub the entire surface of the meat with melted butter and freshly ground black pepper. Insert the rotisserie shaft, the shaft tines and fasten securely. Again . . . barbecue over moderately hot coals placed in a ring. Insert a meat thermometer into the center. When the thermometer registers 180 degrees, remove the leg from the shaft . . . let it stand at least 15 or 20 minutes for the meat to "firm up" before carving.

Sauerkraut is an excellent accompanying dish with lamb . . . want to try a little **SAUERKRAUT IN WINE?**

Combine 3 pounds of sauerkraut with 3 finely chopped garlic cloves (or crushed garlic), 1 teaspoon of freshly ground black pepper, one-fifth of dry white wine. Cover and simmer $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Add more wine if necessary. Remove from the stove and serve with the lamb.

The Applesauce Spirit recipe given earlier makes an excellent dessert with this lamb.

Should your time demands be such that you will have a brunch-type barbecue, one of many dishes that you can serve with barbecued and grilled food would be an **OMELET**. So for a moment let's call the next few paragraphs in the book **OMELET TIME**.

Prepare the omelets ahead by allowing 3 eggs, 1 teaspoon of water and a dash of the usual seasonings for each omelet. Have the omelet pans handy . . . add to each pan a generous tablespoon of butter for each omelet. Pour the egg-water-seasoning mixture into the pan, shake and stir the eggs briskly with a fork. When the eggs begin to set, lift the eggs with a fork or spatula around the edge so that the unset egg will run under your utensil. When the entire omelet has set, but is still a little bit liquid on top, add fillings and roll the omelet onto a hot plate with the aid of the spatula or a fork.

Fillings that are excellent with the egg omelet are grated cheese, chopped chives, parsley or tarragon, chicken livers, caviar

and sour cream (you don't have to use the expensive caviar, there are caviar eggs from local fish that are quite presentable), chicken curry or chili.

Here is an individual recipe for an omelet called **TOMALET**.

Whip 6 egg yolks until they are lemon colored and thickened. Fold in one 8-ounce can (Spanish style) of tomato sauce, the usual seasonings plus $\frac{1}{4}$ cup of grated cheese. Whip the egg whites until stiff (but not dry), then fold the egg whites into the egg yolk mixture. Melt 2 tablespoons of butter in a large heavy skillet, pour the Tomalet. Cook over a low heat. This dish will set in approximately 15 minutes, at which time (if you wish) you could remove it to an oven broiler to slightly brown on top. Serve immediately from the heavy skillet.

A recipe to go with omelets (liver omelet excepted) and a dish that may be made days ahead, is an appetizer . . .

LIVER PATE'.

Cut $\frac{1}{2}$ pound of calf or chicken liver into $\frac{1}{2}$ inch cubes, saute in 2 tablespoons of butter over moderate heat until done (approximately 5 or 6 minutes). Add $\frac{1}{4}$ cup of finely chopped onions and 1 crushed garlic clove. Cook a few minutes longer. Meanwhile, put $\frac{1}{4}$ cup of water, $\frac{1}{2}$ teaspoon each of sage, sweet basil, marjoram and salt plus $\frac{1}{4}$ teaspoon of thyme and $\frac{1}{8}$ teaspoon pepper into an electric blender. Add the liver and onion, mix and blend to a smooth consistency. Chill before serving on crackers, potato chips or small slices of toast. This makes roughly 1 cup of Pate'. But, it's a whale of a lot easier to buy a tube at the local delicatessen, so take your choice, it's your money.

A **SIMPLE TOSSED SALAD** would be an excellent dish to serve in this section, so let's talk about a salad made by breaking leaves of lettuce (or other greens in season) into a bowl. Add sections of pink or white grapefruit, slices of avocados and a sprinkling of Croutons Made the Best Way. Pour a "store-bought" French Dressing over the salad, toss lightly . . . serve chilled.

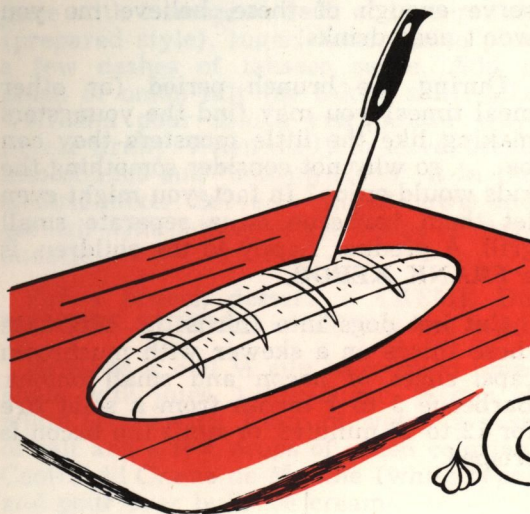
With the omelets, a grilled barbecued dish of the first water would be **HOT ITALIAN SAUSAGES**.

Before grilling, poach the sausages in boiling water (white wine is most agreeable, too) for five minutes . . . this cooks out the excess fat and permits the sausages to grill faster. Grill six inches away from

hot coals, **turn frequently**. Use the spaced apart fire. It will take only five to eight minutes to barbecue this meal.

Or, with Omelets, the Barbecued Pork Chop fare given earlier is excellent for a barbecued brunch. We won't discuss any vegetables with this menu, but I do feel that a French Bread (barbecued or toasted) should be used. Here's a recipe termed **BARBECUE BUTTER** for French (Russian, Polish, Italian, etc.) bread.

Blend $\frac{1}{2}$ pound of soft butter with 1 crushed garlic clove, $\frac{1}{2}$ teaspoon each of celery salt, Worcestershire sauce and



finely chopped parsley. Spread as previously mentioned, grill in aluminum foil and serve.

A tasty before, during and after brunch drink, is a detail known as **THE GOLD CUP**. Make this with 1 can of stale beer, the juice of $\frac{1}{2}$ lime, 1 teaspoon of sugar plus $1\frac{1}{2}$ jiggers of gin (or vodka). Mix in a pitcher and serve well chilled in frosted glasses. This recipe serves 2, so multiply accordingly.

Another brunch time drink is

PUNCHY COGNAC MILK.

For each serving use 1 cup of shaved ice and milk, a minimum of 1 jigger Cognac, a dash of nutmeg and, if you wish, a small, small pinch of mace. Mix together and serve in Manhattan glasses. Incidentally, this is one of the better "pick-up-type" cocktails for that early morning feeling.

A surprise canape to use at brunch would be a **WHISKEY BALL**. Until all the guests are assembled, this makes a plea-

sant "munch" before the entertaining has started. The Whiskey Ball could, of course, be served at any barbecue meal.

Crush 1 package of vanilla wafers with 1 cup of finely chopped pecan or walnut meats. Add 2 tablespoons of cocoa, $\frac{1}{2}$ cup of white Karo syrup and $\frac{1}{2}$ cup (minimum) bourbon. Mix together, then drop teaspoons-full onto a cookie sheet. Place in the refrigerator for a day (or overnight) until the drops have firmed. With the aid of powdered sugar, form into balls. Keep refrigerated until ready to serve . . . at serving time, roll again in powdered sugar. Serve from a glass plate **on ice**. If you serve enough of these, believe me you won't need drinks!

During the brunch period (or other meal times) you may find the youngsters making like the little monsters they can be . . . so why not consider something the kids would enjoy? In fact, you might even let them barbecue on a separate small grill. A product, happy to the children, is a **FRANK KEBOB**.

Cut hot dogs into thirds . . . alternate these thirds on a skewer with mushroom caps, slices of bacon and small onions. Barbecue 5 to 7 inches from a solid fire for 12 to 15 minutes, or until the bacon is crisped.



One more use of hot dogs is to make what we term an **HAWAIIAN FRANK**. This is constructed by slitting the dogs lengthwise and placing drained crushed pineapple into the slit. Wrap the dogs with bacon, fasten with toothpicks and grill as mentioned above. Figure on the same length of time, too.

ANOTHER HOTDOG recipe that the children will enjoy . . . cut the wieners lengthwise and again spread the cavity . . . this time with mustard. Stuff into the mustard slit a thin slice of cheese and a thin slice of dill pickle. Again wrap each dog (spiral fashion) with a strip of bacon and secure with toothpicks. Place on the grill over a hot solid fire and barbecue until the bacon has crisped.

Somewhere in the brunch idea you could consider a bit of business dubbed

JIMMIE'S TOMATO FRAPPE

Combined a number 2 can of tomato juice with 1 teaspoon each of horseradish (prepared style), sugar, lemon juice plus a few dashes of tabasco sauce. Add a pinch of onion salt (or celery salt). Mix well and pour into a refrigerator tray. Freeze firmly. When ready to serve, break into chunks and "smooth-blend" it in the electric mixer. Serve in chilled bowls and garnish with parsley or spoonings of mayonnaise.

For a brunch dessert, a **CREME DE MENTHE SUNDAE** would top the meal.

Bring to a boil $\frac{1}{2}$ cup of crushed pineapple with juice, 1 cup sugar, $\frac{1}{2}$ cup of white corn syrup, 1 cup of water, a dash of salt and a few drops of green coloring. Cool! Add Creme de Menthe (white type) and pour over bulk ice cream.

Having barbecued with some of these recipes . . . or I hope you have . . . I would like to wind up by discussing one last detail . . . the **CARE AND CLEANING** of your equipment.

In other words, we are now in the dishwasher department.

Whether you use a grill scraper (the easy way) to clean your grill or clean it with utensils borrowed from the haus frau, tackle this job shortly after you are through barbecuing (or at least as soon as you have finished your meal). With or without the scraper, rub the grill rods on the top and bottom . . . if necessary, rub the sides. Wipe all other metal surfaces that might have food particles splattered on them. With shaft baskets, tines, skewers, etc., wash these as you would other kitchen cooking equipment.

If the food particles have hardened onto the grill (ever see a time when they didn't?) . . . scrub with hot soapy water. Keep that equipment clean . . . last week's dried foods don't set too well in most stomachs. Or . . .

The best way to handle the washing department . . . turn the equipment over to the little woman and let her finish this part of the dinner for you.



HAPPY BARBECUING . . .

Barbecue Notes

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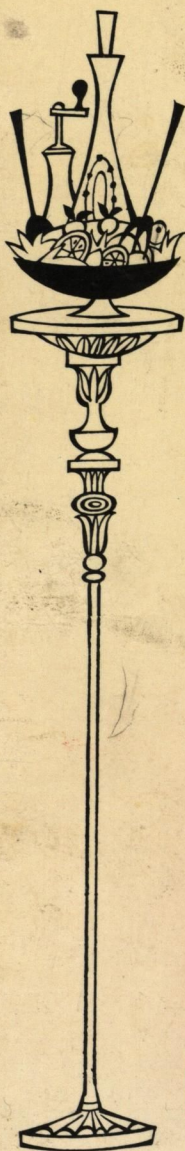
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This is Paul's first try at being a man of letters. As a young Seattle, Washington business executive, he successfully manages several companies (among them the Patio Supply Company of Seattle). His thoughts on barbecue entertaining have sprung from an intense desire to take the barbecue meal from the burned bun stage to a thrilling meal. A meal long to be remembered by his guests. As a hobby (and purely as an avocation) he has become the Pacific Northwest's leading lecturer and teacher of barbecue entertaining and cooking. At the University of Washington he was a classmate (in the School of Art) of

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Paul wanted Cappy to do it; Paul is pleased; Cap is happy; and they both hope you have enjoyed their efforts . . .



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