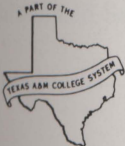


OUTDOOR

COOKERY

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OUTDOOR COOKERY

Haley M. Jamison, Donald H. Kropf and Janie McDill¹

INTRODUCTION

More and more families are discovering the enjoyment and pleasure of cooking food outdoors. The backyards at many homes have become the popular place to entertain friends and neighbors. During the normal work day, many people are associated with a lot of "hustle and bustle" and when they return home from the day's work they like to relax in a quiet, peaceful atmosphere. Inviting a few friends in for an outdoor meal, or even having just the family, creates a lot of good companionship.

The hostess along with her family and guests is usually dressed in casual clothes to enjoy a few hours of fun and relaxation. The hostess enjoys entertaining in this manner because other family members share the responsibilities. It provides an opportunity for companionship and team work among family members and invited guests. Everyone from grandpa to the four-year-old can help in some way in the preparation and serving of the meal.

SELECTION OF EQUIPMENT

Equipment for outdoor cookery can be simple or elaborate. Manufacturers have many different types of grills on the market. There are grills on the market with revolving spits, electric motors, lights, and other elaborate accessories. For the average individual all that is necessary is a portable grill that is adjustable and has a durable fire box. Figure 1 is typical of what the average individual needs.

It is most desirable that the equipment be portable. In the event of inclement weather, the grill can be rolled into the carport or other sheltered area. Should the family decide not to cook in the backyard, the grill can be disassembled quickly, and placed in the trunk of the car, and transported to the desired area.

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Figure 1.—A desirable type of outdoor grill.



Figure 2.—The cooking grill should be adjustable.

The fire box should be made out of heavy gauge sheet metal to withstand the intense heat of a charcoal or wood fire. One of the most important considerations is that the cooking grill be adjustable and constructed of heavy gauge stainless steel rods. With the intense heat from charcoal and the weight of the meat being cooked, it is necessary that the grill be of heavy gauge material so that it will support the meat. Stainless steel is most desirable in that it lends itself to easy cleaning. Figure 2 shows the grill being raised above the coals.

The diameter of the cooking grill for the average family should be between 18 and 24 inches. A grill this size will usually accommodate six to eight steaks and is a necessity if guests are invited.

ACCESSORIES FOR COOKING

The accessories which are a must for charcoal cookery are charcoal tongs, figure 3; meat tongs, figure 4; and a broad metal spatula or pancake turner, figure 5. The charcoal tongs can be used to

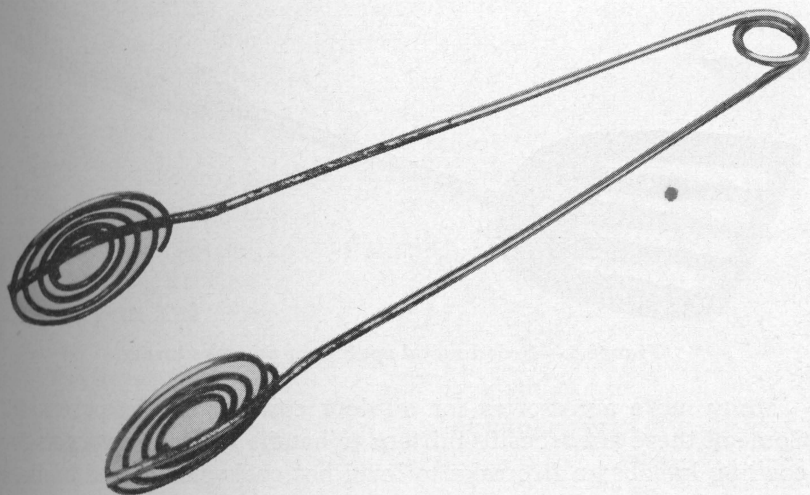


Figure 3.—Charcoal tongs.

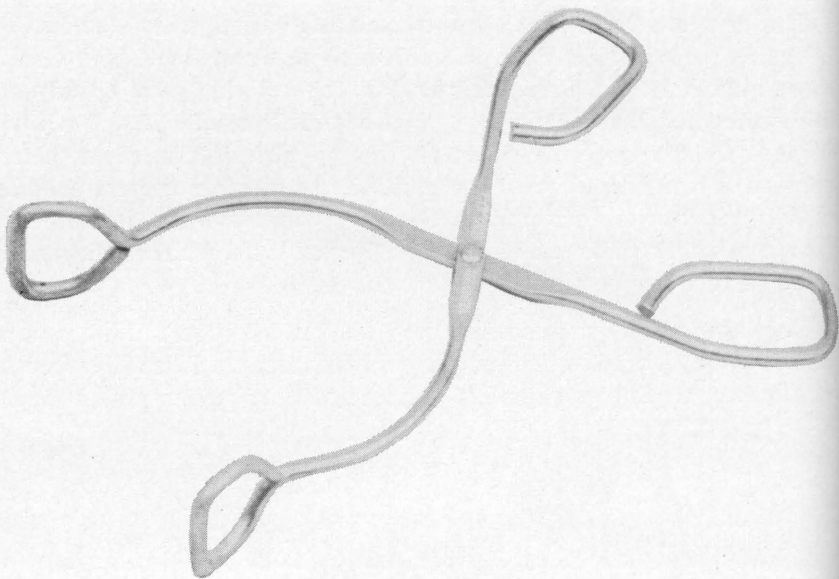


Figure 4.—Meat tongs.

handle the hot coals and spread the fire; the meat tongs to turn the unground meat. (Never use a fork for this purpose.) Meats that are pierced with a fork lose much of their natural juice. The broad metal spatula or pancake turner is most desirable to turn hamburgers.

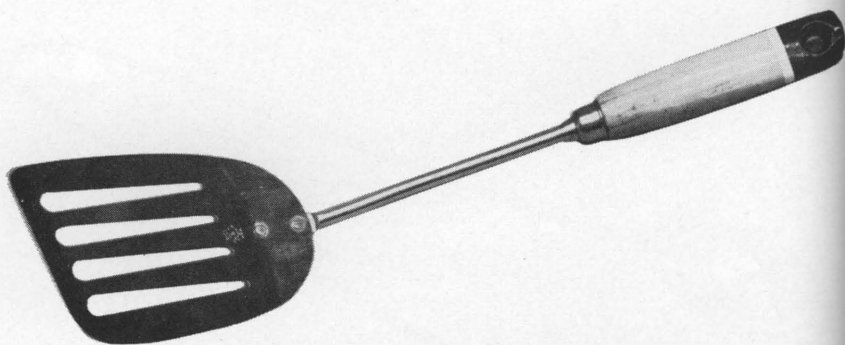


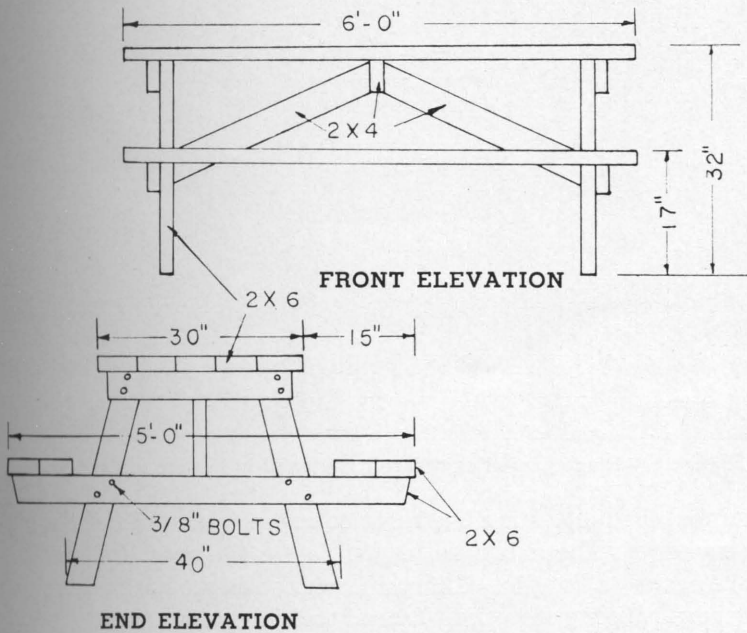
Figure 5.—Broad metal spatula or pancake turner.

Many more accessories for outdoor cookery can be purchased. Some of these are asbestos mittens to handle hot foods; skewers for cooking kabobs; a fire rake to level hot coals and hinged broilers to cook hamburgers.

THE PICNIC TABLE

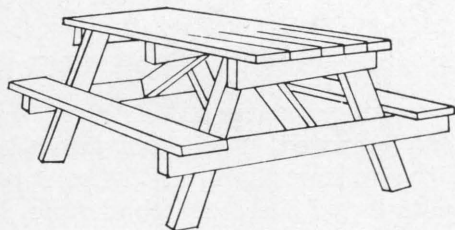
An outdoor table is almost a necessity. The food never tastes as appetizing if eaten indoors. Many people use card tables which are not too satisfactory. An outdoor table, figure 6, can be constructed by most individuals. The table should be large enough to accommodate the family and invited guests. It should be constructed of durable treated wood that can be left outdoors.

PICNIC TABLE



BILL OF MATERIALS

- Top: 5 pc 2 x 6 x 6
- Seats: 4 pc 2 x 6 x 6
- Seat rest: 1 pc 2 x 6 x 10
- Legs: 1 pc 2 x 6 x 12
- Top rest: 1 pc 2 x 4 x 8
- Diagonal brace: 1 pc 2 x 4 x 8
- 16 carriage bolts — $\frac{3}{8}$ " x $3\frac{1}{2}$
- 1 lb. 12 d nails



PERSPECTIVE

Figure 6.—Picnic table.

THE FIRE

Most portable charcoal grills are curved or hollowed in the bottom. Gravel, about three-fourths inch in diameter, or some ceramic material should be placed in the bottom of the fire box. Add enough of the material to fill the bottom part of the fire box, figure 7. This will insure an even heat, provide air space for the fire, and catch the drippings from the meat.



Figure 7.—Place gravel or ceramic material in bottom of fire box.

Charcoal briquettes are the most common source of fuel for outdoor cookery. These briquettes will give the most uniform fire and are easier to handle. Charcoal briquettes are normally sold in paper bags ranging in weight from 5 to 25 pounds.

LIGHTING THE FIRE

Getting a charcoal fire started in a grill is relatively easy if properly prepared. Many individuals like to use paper and wood kindling to start the fire. The most practical way to light the fire is with liquid charcoal lighter fluid, figure 8. By all means, do not use gasoline because it is very dangerous. And kerosene and fuel oil will leave a very undesirable odor which the meat will absorb. If an electrical outlet is near, an electric starter may be desirable, figure 9.



Figure 8.—Liquid charcoal lighter fluid is practical and easy to use.



Figure 9.—An electric starter may be used to ignite the charcoal.

Regardless of the materials used to light the fire, pyramid the charcoal briquettes into the center of the fire box. If paper and wood kindling are used, place this material in the fire box first, and then put the charcoal on top. If charcoal lighter fluid is used, after the charcoal has been placed in the center of the fire box, saturate it with the fluid and light. Charcoal of good quality will not usually flame immediately after it is started. Burning will be evidenced by a gray ash appearing around the edges of the briquettes. It usually takes about 30 to 45 minutes before the charcoal is ready for use.

READY FOR COOKING

Charcoal produces a very hot, intense heat. Don't let the absence of flame and the innocent-looking gray ash fool you. A charcoal fire is ready for cooking when the briquettes are covered with gray ash.

When the charcoal is ready, level the embers evenly over the fire box with the charcoal tongs, figure 10, and put the grill in place. Leave at least 3 inches between the coals and the grill. The ideal bed of coals should have about one-fourth inch of space between each briquette. One firing of charcoal will usually last for several hours of cooking.



Figure 10.—When the charcoals are completely covered with a gray ash, then you're ready to cook.

Sometimes after the meat is placed on the grill, and drippings begin to appear, a flame will be produced. This usually is caused by an excessive draft, the fire not being ready, or not enough space between each briquette. If a blaze does appear, douse it immediately with a small amount of water.

SELECTION OF MEATS FOR OUTDOOR COOKERY

Since charcoal broiling is a dry heat method of cooking, one should select the same tender cuts that would be used for broiling

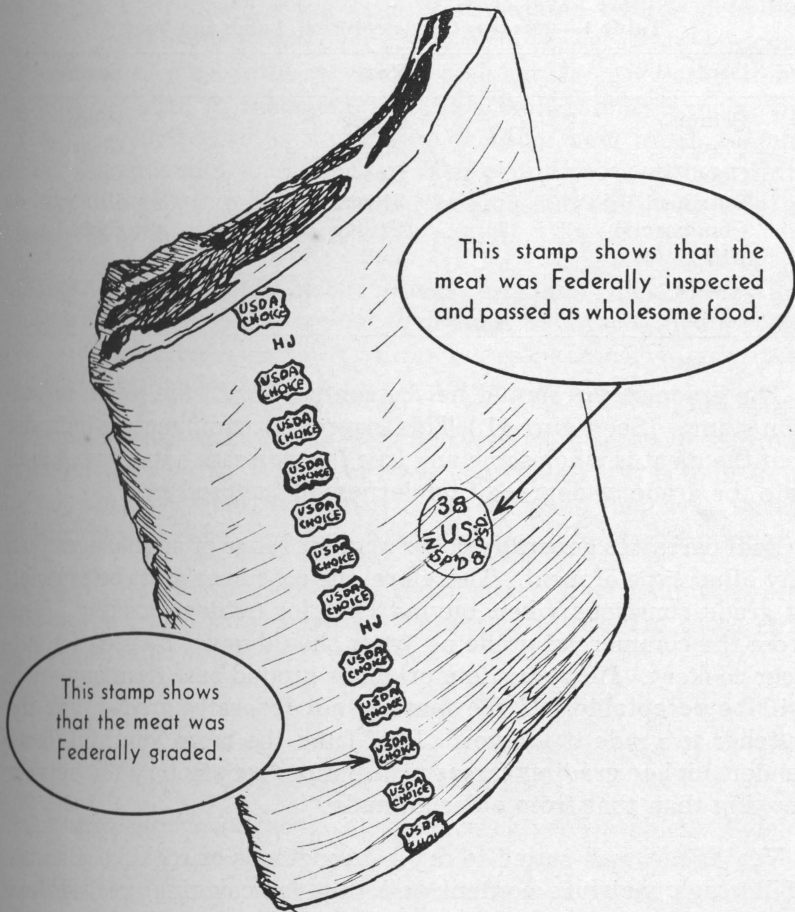


Figure 11.—Always look for these federal inspection and grading symbols on beef, veal and lamb.

or roasting. Table 2 indicates the methods of cooking that give the best results with the various meat cuts. Many of the less tender cuts need long slow cooking in moist heat, but may be grilled over coals for a few minutes prior to serving to give a charcoal flavor.

Carcass grade is an excellent guide in selection of beef, veal, and lamb. Grading of meat cuts is performed by a representative of the United States Department of Agriculture. The grade of the carcass is indicated by the name inside of the little shield-shaped symbol (see figure 11). The grade is rolled on the outside of all carcasses or wholesale cuts of beef, lamb, and veal that are federally graded. The grades of beef, veal, and lamb are shown in table 1.

Table 1.—Carcass Grades of Beef, Lamb and Veal

Beef	Veal	Lamb
Prime	Prime	Prime
Choice	Choice	Choice
Good	Good	Good
Standard	Standard	Utility
Commercial	Utility	Cull
Utility	Cull	
Cutter		
Canner		

The grade stamp should not be confused with the round inspection stamp. (See figure 11.) This inspection stamp merely indicates that the meat is wholesome and free from disease. It does not indicate the grade or degree of tenderness of the product.

Beef carcasses generally cover a wider range of animal ages than any other type of meat. Therefore, the consumer must be especially grade conscious when buying beef for outdoor cooking. Beef from the commercial grade or lower should never be used for outdoor cookery. However, tenderloin or ground beef from any grade will be acceptable. If the meat is not federally graded, ask the butcher to grade it for you. Beef from the more youthful, more tender, higher grading carcasses are more satisfactory for outdoor cooking than that from older animals.

Veal is not well suited to dry heat methods of cooking. Because of its high moisture content and thin fat covering, veal shrinks considerably during dry heat cooking. If veal is used, high grading cuts with a good fat covering should be selected.

Lamb cuts of suitable grade and location are excellent for outdoor cookery. (See table 2). The consumer must insist on lamb and **not mutton**. Since lamb is usually under one year of age, the cuts should be reasonably tender. If Prime, Choice, or Good grade cuts are used, they will have enough fat covering to prevent excessive shrinkage during cooking.

Cured and smoked pork products are especially suited for outdoor cookery. Pork cuts are usually from young animals. So tenderness is not a problem. Soft or watery muscle, unusually dark muscle or an oily fat, should be avoided in the selection.

When purchasing meat for outdoor cookery, the consumer must remember that appetites are usually stimulated by the delicious aroma of meat being grilled over charcoal in the fresh out-of-doors. The amount of meat to be served depends on the other food items that are included in the menu. With a well-balanced meal, the following would serve as a guide in deciding how much to purchase: Boneless cuts—2 to 4 servings per pound; cuts with medium amount of bone—2 to 3 servings per pound; and cuts with a large amount of bone—1 to 2 servings per pound.

Steaks or chops should be cut **at least** one inch thick if they are to be grilled. Thinner cuts tend to dry out too much during cooking. It is more desirable to buy a thick steak and carve it for two or three persons than to cook two or three thin steaks.

Be sure to select meat that is fresh and free from spoilage. Store it in the refrigerator if it is fresh or store in a freezer if it is to be kept for any length of time. If meat is to be carried a long way in hot weather, it should be kept cool in an iced and insulated container.

Frozen cuts can be used for outdoor cookery without thawing. However, a longer slower cooking is needed to prepare these cuts without burning the outside surfaces.

COOKING THE MEAT

Cooking methods for the various cuts are given in table 2. Steaks and chops from the higher grades of beef and lamb, as well as tenderloin and ground meats, are especially well suited to outdoor grilling and should be reasonably tender. See figure 12. Certain roasts from the higher grades of beef and lamb, as well as pork

Table 2.—Meat Cooking Methods

Name of cut	Grade	Cooking Method			
		Broil	Panbroil	Roasting or rotisserie	Moist heat cooking
BEEF:					
Round steak, whole	Prime, Choice Good, Standard				XX
Top round— roast or steak	Prime, Choice Good, Standard	x	x	XX	XX
Bottom round roast or steak	Prime, Choice Good, Standard				XX
Knuckle (sirloin tip) roast or steak	Prime, Choice Good, Standard				XX
Rump roast	Prime, Choice, Good Standard			XX	XX
Sirloin—steak or roast	Prime, Choice Good, Standard	XX	XX	XX	XX
Tenderloin steak	All Grades	XX	XX		X
Porterhouse steak	Prime, Choice, Good	XX	XX		X
T-bone steak					
Club steak	Standard				XX
Rib steak					
Rib roast	Prime, Choice, Good Standard			XX	XX
Chuck—roast or steak	Prime, Choice Good, Standard				XX
Flank steak	Prime, Choice Good, Standard				XX
Shortribs	Prime, Choice Good, Standard				XX
Ground beef	All Grades	XX	XX		
VEAL:					
Leg—roast or cutlets	Prime, Choice, Good				XX
Loin or sirloin chops	Prime, Choice, Good				XX
Rump roast					
Shoulder	Prime, Choice, Good				XX
Shank					
Breast					
Ground veal*	All Grades	XX	XX		
LAMB:					
Leg—roast	Prime, Choice, Good			XX	
Leg—slices	Prime, Choice Good	XX	XX		X XX
Loin or rack (rib) chops or roast	Prime, Choice, Good	XX	XX	XX	
Neck slices	Prime, Choice, Good				XX
Shoulder	Prime, Choice, Good				XX
Shanks	Prime, Choice, Good				XX
Ribs	Prime, Choice, Good	XX	XX		XX
Ground lamb	All Grades	XX	XX		

*Ground veal is more desirable if mixed with an equal amount of ground pork.

Table 2.—Meat Cooking Methods (continued)

Name of cut	Grade	Cooking Method			
		Broil	Panbroil	Roasting or rotisserie	Moist heat cooking
PORK (fresh)**:					
Ham slices			XX		XX
Ham roast				XX	XX
Tenderloin		XX	XX		X
Loin chops			XX		XX
Loin roast				XX	XX
Boston butt roast				XX	XX
Picnic shoulder— roast or slices					XX
Spareribs		XX	XX		XX
Ground pork		XX	XX		
PORK (cured):					
Smoked ham— roast or slices		XX	XX	XX	XX
Smoked butt— roast or slices		XX	XX	XX	XX
Smoked picnic shoulder				XX	XX
Smoked loin chops		XX	XX		XX
Bacon (sliced)		XX	XX		
SAUSAGE:					
Fresh pork**		XX	XX		
Frankfurters		XX	XX		XX

**All fresh pork should be cooked to a well-done stage (185° F. internal temperature). If well done, the meat will be gray with no pink color showing.

xx—Most desirable

x—Also acceptable

roasts, are excellent for roasting on a turning spit or rotisserie. However, many of the less tender cuts must be cooked by moist heat methods. After sufficient pre-cooking, these cuts may be grilled over coals for a few minutes to add charcoal flavor.

The most reliable guide to degree of doneness of a roast is a meat thermometer.

Recommended final internal temperatures are approximately as follows:

Beef	Rare	140° F.
Beef	Medium	160° F.
Beef	Well Done	170° F.
Veal		160° - 180° F.
Lamb		180° F.
Cured Pork		160° - 180° F.
Pork	Well Done	160° - 185° F.



Figure 12.—Choice grade, loin strip steaks are well suited for the grill.

In using a meat thermometer, be sure the bulb is placed in the center of the cut and does not touch any bone.

Pork must always be cooked to a well-done stage (internal temperature of 180° F.) so that all **trichina** will be killed. In fresh (not cured) pork, the meat should have turned gray with no pink showing.

Frozen meat cuts can be cooked without prior thawing. However, it is essential that they be cooked at a lower heat and for a longer period of time. This is done so that the inside of the cut can be cooked properly without overcooking the meat surfaces.

The grill should be thoroughly cleaned before use to prevent the meat from sticking to the grill. If the meat tends to stick to the grill, grease it lightly with some fat.

Some people sear the surfaces of meat cuts before they start the cooking, but this is unnecessary. However, it is necessary to have an outdoor grill that can be raised and lowered so that the distance of the meat cuts from the coals can be regulated. Meat will be more tender if cooked slowly. Basting with a fat or sauce will tend to keep the cut more moist and juicy. This is essential for cuts that tend to dry out and shrink excessively, especially veal, if cooked over the grill.

Don't season before grilling as salt tends to draw moisture from the lean tissue. To avoid loss of juice, turn the meat with meat tongs. Piercing with a fork will let out the moisture and result in a drier product. Seasoning may be added immediately after the meat is turned or when it is almost done. Some people like to add hickory to the charcoal for added flavor. Hickory chips, after they have been soaked in water, or green pieces of hickory can be

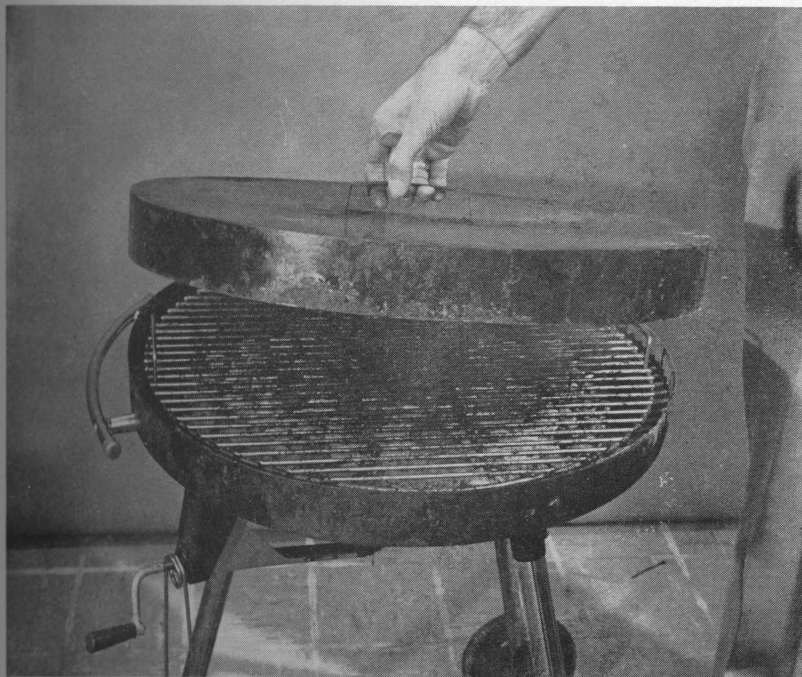


Figure 13.—A protective cover is very desirable.

added to the hot coals about five minutes before the meat is done. For maximum flavor, serve outdoor cooked meats hot. Serving hot is absolutely necessary for lamb cuts, since the fat becomes waxy and unappetizing if allowed to cool.

CLEANING UP

As soon as cooking is completed, wipe off all metal parts that come in contact with meat. Use a cloth soaked in cold water to remove some of the food particles and grease. If necessary the grill may be further washed to remove all grease. However, a light coat of grease will protect the grill against rusting. If the grease is allowed to remain on the grill, sterilize the grill before it is used again. Sterilize by lowering the grill close to the hot coals for several minutes before raising to the proper cooking level.

Do not throw away the charcoal that is left after cooking. It can be re-used. Douse the remaining charcoal with water or place it

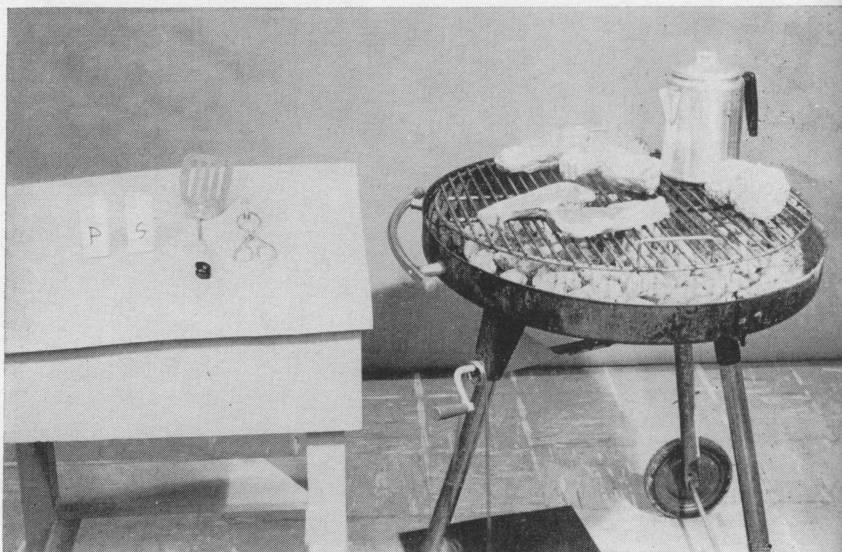


Figure 14.—A complete meal can be prepared on the grill.

in a tight container to smother the embers. Used charcoal is usually hard to relight. To avoid this difficulty, mix it with new briquettes. Never dump live coals on the ground, especially in a wooded area.

After cleaning the grill, store it in a protected place. Protect the grill with a sheet metal cover if the grill must be left outdoors. This cover can be constructed relatively cheap. See figure 13.

MENU PLANNING

The same principles of cookery are used whether cooking out-of-doors on the grill or indoors on the range. Outdoor meals need to be as carefully planned as other meals. Simplicity and ease of preparation are the keynotes for successful outdoor meals, figure 14.

In planning the menu, start with the meat or main dish to be cooked over the coals. With the main dish you will need a vegetable or salad, or both, and bread. Fresh fruits are easy desserts to serve outdoors. Simple cakes and gingerbread are excellent. The beverage depends on the meal, the time of year, family members, and guests. Your choice may be cold milk, iced tea, lemonade, or fruit juices. If you prefer a hot drink, coffee or hot chocolate, make it on the grill. Tomato juice is a good appetizer.

The outdoor menu needs to be planned and not just left to chance. A meal outdoors is no better than the foods you take out with you. A good question to consider is — how much food do you need? Remember that outdoor appetites call for extra servings of food. So allow more generous servings than for indoor meals.

Some items, such as breads, salad dressings, and salads, can be prepared ahead of time. This gives more time for fun and enjoyment on the part of every family member.

For table accessories, choose easy-to-use, easy-to-keep, attractive plastic tablecloths. They can be cleaned, dried, and put away until the next outdoor meal. Some outdoor cookery lends itself to paper plates and paper cups. However, plastic tableware that is light in weight and unbreakable will last for a long time. Steaks can be more attractively served on plastic plates than paper plates. A sharp steak knife is essential for utmost enjoyment of a charcoal-grilled steak.

SUGGESTED MENUS

Charcoal Broiled Steak
Foil Baked Potato
or
Corn on the Cob
Tossed Salad
Hot Rolls
Fruit in Season or Fruit Whip
Coffee — Milk

Broiled Ham Slices
with
Broiled Peach Halves
or
Apple Slices
Green Lima Beans
Broiled Whole Squash
Head Lettuce Salad
Sliced Tomatoes
Cake
Coffee — Milk

Beef Stew in Foil
with
Potato — Carrot — Onion
Cabbage Slaw
Top-of-the-Grill Cornbread
Butter
Ice Cream
Coffee — Milk

Hamburgers on Buns
Potato Bundles
or
Hashed Brown Potatoes
Tossed Salad
Apple Crisp with Ice Cream
Coffee — Milk

Barbecued Spare Ribs
Rice on the Grill
Cabbage — Carrot Salad
Skillet Bread
Doughnuts or Cookies
Coffee — Milk

Broiled Porklet
Green Beans in Foil
Grilled Sweet Potato Halves
Waldorf Salad
Toasted Garlic Bread
Lemon Pie
Coffee — Milk

BROILING ON THE GRILL

Steak

Select the following steaks to broil on the grill; Club (figure 15 A), T-bone (figure 15 B), porterhouse (figure 15 C), sirloin (figure 16 A), rib (figure 16 B), rib eye (figure 16 C), and tenderloin (cut 1 inch thick).

Score edges of fat to prevent curling. Brush grill with melted fat. Be sure the grill has been placed at a sufficient height above the coals. Place steaks on grill and cook on one side to desired doneness. Turn and cook on other side until done. Season with salt and pepper and serve immediately.

Approximate cooking time:

Rare	1 inch thick	7 to 10 minutes
Well done	1 inch thick	12 to 15 minutes
Rare	1½ inches thick	12 to 17 minutes
Well done	1½ inches thick	22 to 27 minutes

Hamburgers

1 pound ground beef	Salt
1 onion finely chopped (optional)	Pepper

Season ground beef and form into patties ½ to 1 inch thick, pressing firmly together so that patty won't break up on grill. Don't flatten patties while cooking or you'll lose juice and flavor. Check doneness with knife blade to determine center color. (Your favorite hamburger recipe may also be used.)

Ham Slices, Porklets, Pork Chops, Sausage

Brush grill with melted fat. Place ham slices, porklets, pork chops, or sausage on grill and cook on one side. Season with salt and pepper and turn. Cook until pork is well done. Pork needs to be cooked all the way through with no pink showing. Season and serve. Sausage needs no additional seasoning, but if it is very fat place in a heavy frying pan rather than broiling directly on the grill.

Grilled Bacon-Wrapped Wieners

16 wieners	16 slices bacon or
1 pound cheddar cheese	16 slices ham
16 buttered buns	

Split wieners lengthwise partway. Cut cheese in long strips and put one piece in each wiener. Press together and wrap with bacon or ham, fastening the ends with toothpicks. Roast on grill over hot coals until bacon is crisp and the wieners are heated through. Serves 8.

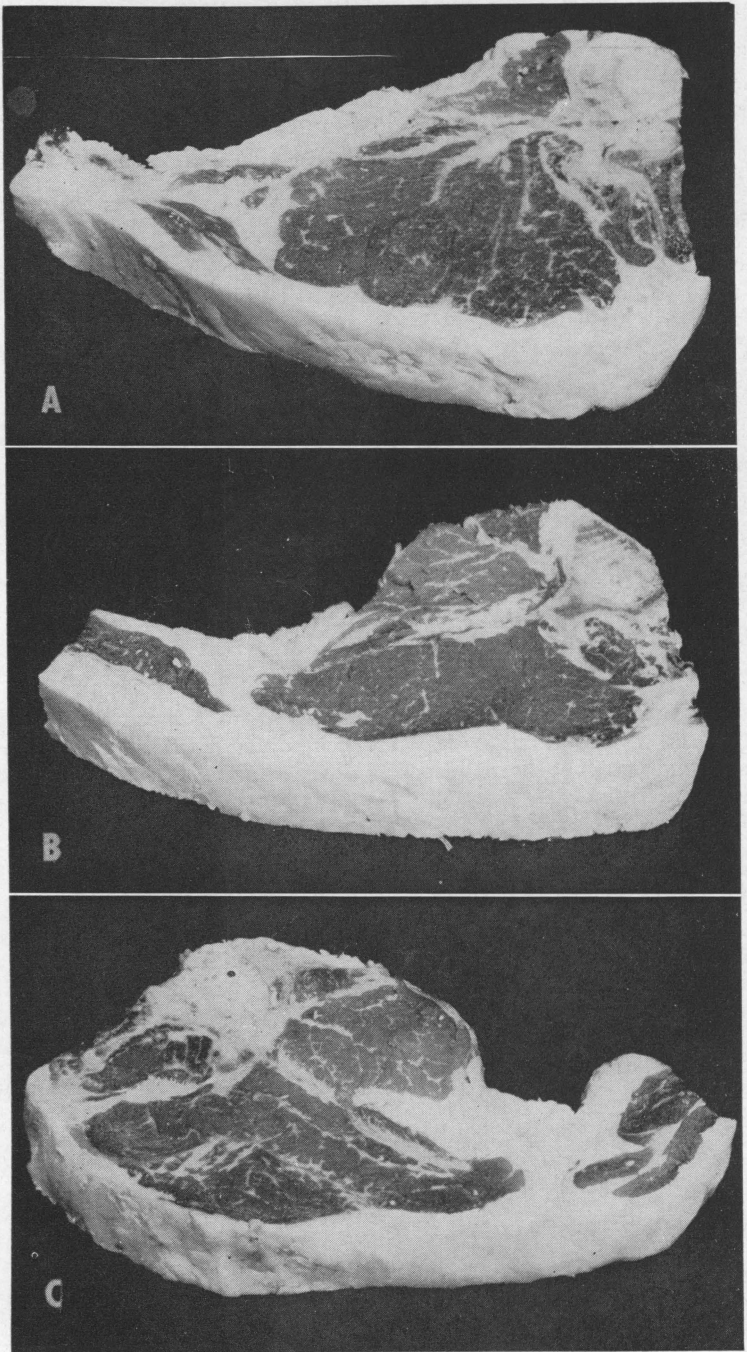


Figure 15.—A. Club steak; B. T-bone steak; and C. Porterhouse steak.

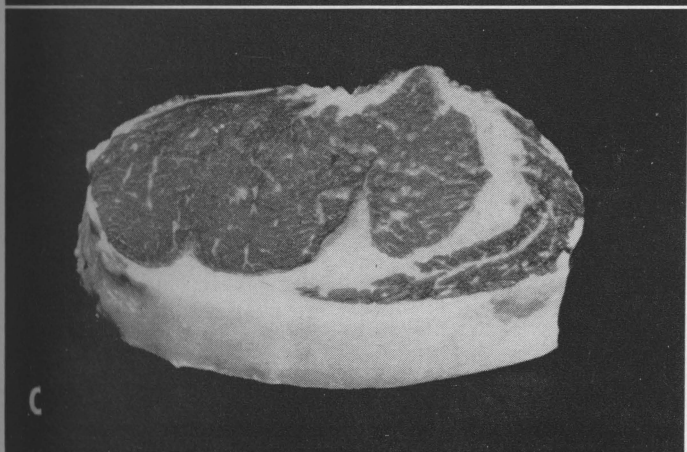
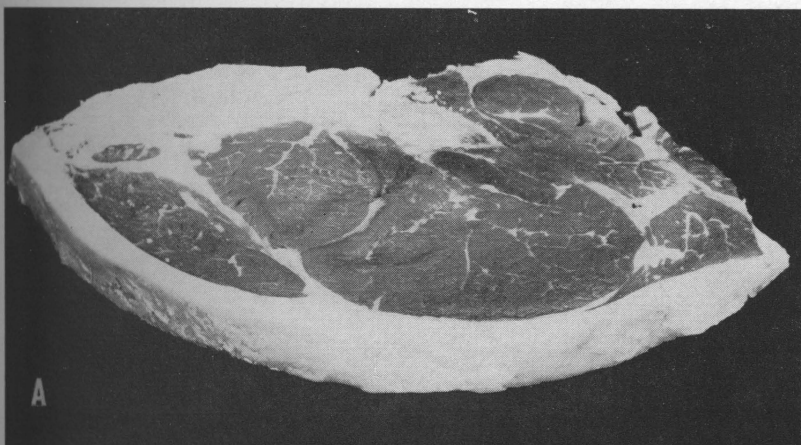


Figure 16.—A. Sirloin steak; B. Rib steak; and C. Rib-eye steak.

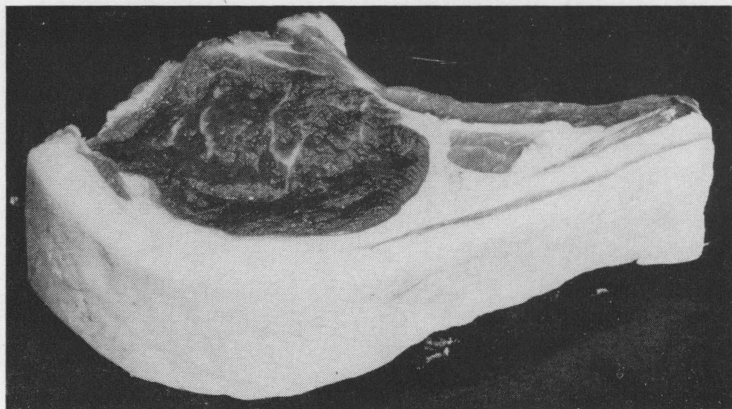


Figure 17.—Choice lamb rib chop.

Lamb Chops (figure 17)

Score edges of fat on chops to prevent curling. Brush grill with melted fat. Place chops on grill and cook on one side to desired doneness. Turn and cook on other side until done. Season and serve.

Approximate cooking time:

Chop 1 inch thick	6 minutes on each side
Chop 1½ inches thick	9 minutes on each side
Chop 2 inches thick	11 minutes on each side

Lamb Patties

Lamb patties are delicious broiled on outdoor grill. The patties should be thoroughly cooked. They need no other seasoning except salt and pepper. Add a small amount of onion to patties if desired, or use your favorite patty recipe. Serve immediately.

Broiled Hot Dogs

Roast in foil over hot grill—for barbecued hot dogs place 1 cup of barbecue sauce in skillet and add 1 pound of hot dogs. Heat 8 to 10 minutes. Serve on toasted buns.

Homemade Chili Sauce for Hot Dogs

½ pound ground beef	¼ cup chopped celery
½ pound ground pork	2 cups canned tomatoes
1 medium onion chopped	1 teaspoon salt
cayenne pepper	½ teaspoon chili powder

Stir in fry pan beef and pork until lightly browned. Add onion and celery—stir and brown—then add tomatoes and seasoning.

Simmer 1 hour or longer. Longer cooking improves the flavor of the sauce, and it is just as good reheated.

GRILL BARBECUING

Beef, lamb, and pork are all excellent meats to barbecue. The barbecue sauce may be used to marinate, to baste during cooking, or to serve over the meat at the table. Barbecue sauces may be varied. Some are more highly seasoned and hot; others are mild and accent the flavor of a certain meat. A little butter, salt, and pepper may be all that is needed. Sauces may be prepared ahead of time and refrigerated until needed. A heavy pastry brush or narrow paint brush is excellent for brushing on the heated sauce.

Barbecue Sauce

1 teaspoon sugar	2 cups tomato juice
¼ teaspoon dry mustard	½ cup lemon juice or vinegar
2 teaspoons salt	¼ cup butter, margarine, or salad oil
½ teaspoon black pepper	
2 tablespoons Worcestershire sauce	

Mix sugar, mustard, salt and pepper in a sauce pan. Add Worcestershire sauce, tomato juice, lemon juice, and butter. Heat to boiling.

Clemson Blue Cheese Topping

(For Broiled Lamb Patties or Lamb Chops)

⅓ cup crumbled blue cheese	2 tablespoons softened butter
½ teaspoon prepared mustard	

Mix cheese, butter, and mustard. Top with this mixture after meat is turned and nearly broiled. Broil until cheese is bubbly and lightly browned.

Sauce for Spare Ribs

(Quantity for basting 4 pounds of ribs)

½ cup tomato catsup	¼ cup vinegar
½ cup chili sauce	1 tablespoon sugar
2 or 3 dashes of Tabasco sauce	1 teaspoon salt
1 cup water	1 teaspoon celery seed

Combine all ingredients, heat to boiling, and then simmer 30 minutes.

Barbecued Spare Ribs

Allow $\frac{3}{4}$ to 1 pound of ribs per person. Spare ribs must be cooked to the well-done stage. Allow $1\frac{1}{2}$ hours for barbecuing. You can shorten the cooking time by about one-third by partially cooking the ribs beforehand. Parboil for about 1 hour or pressure cook about 20 minutes. Finish cooking on the grill. Allow 30-40 minutes for this final grilling.

On the spit: For best results, lace ribs on the spit accordian style or place in a spit basket. Arrange foil pan to catch drippings. Do not baste with sauce until ribs are almost done. Then baste constantly the last 5 minutes of cooking.

On the grill: When barbecuing ribs on the grill, space briquettes $\frac{1}{2}$ to $\frac{3}{4}$ inch apart to avoid flame-up. Turn ribs every 2 to 3 minutes, basting every time they are turned. When done, slice ribs apart, transfer to a hot platter, and brush generously with sauce.

SKEWER COOKERY

Skewer cookery can be a do-it-yourself type of cookery. Each person can select the meat and vegetables to go along with it and broil to his own taste. Kabobs are made by alternating chunks of meat and vegetables on the skewer. Use meat and vegetables that cook in same length of time, or partially precook vegetables, or cook them on a separate skewer. Before broiling, season with salt and pepper, brush with melted butter or barbecue sauce. To serve, slip food from end of skewer onto the plate, platter, or hot roll.

Some interesting combinations:

Steak, partially cooked potato, onion

Beef cubes, onions, tomatoes

Beef cubes, small whole panbroiled potatoes, steamed carrots, partly cooked small onions

Hamburger balls, tomatoes, green pepper, onion

Meat ball wrapped in bacon

Cheese wrapped in bacon, tomatoes

Sausage, apple wedge

Do not overcrowd meat and vegetables on the skewer. They cook more evenly and faster if there is space between.

FOIL COOKERY ON THE GRILL

Beef Stew in Foil

For individual servings use 3 to 4 one-inch cubes of boneless stew beef. Place in the center of a square of heavy duty foil 15 inches square. Add one medium-size potato, one carrot, one onion. These may be left whole or quartered as desired. Season to taste with salt and pepper. Add three tablespoons of tomato catsup and one teaspoon Worcestershire sauce. Other seasoning such as oregano may be added if desired. Fold aluminum foil as in "drug store wrap." Care should be taken in opening the foil to avoid escape of steam. This beef stew in foil when served with a fresh crisp salad is a good meal whether cooked indoors or on the outdoor grill for family or community groups.

Baked Potato in Foil

Medium-size baking potatoes Butter or margarine

1. Scrub potatoes and rub skin with butter or margarine.
2. Wrap closely in aluminum foil.
3. Bury in hot coals or place on grill.
4. Cook 45 minutes.

Sliced Potato Sticks

Place thick slices of potato on a 10-inch square of well-greased aluminum foil. Season with salt and pepper; add 1 tablespoon of butter and a few slices of onion. Wrap foil tightly, twisting ends. Bake on hot coals or on grill for 45 minutes.

Corn on Cob

Medium-size ears of corn

1. Open outer husks of corn and remove silk.
2. Replace husks.
3. Wrap closely in aluminum foil.
4. Place in hot coals or on grill and cook 10 to 20 minutes.
5. Remove from husks, butter and season — serve immediately.

Foil-Grilled Frozen Vegetables

Individual packages: Arrange single portions of frozen vegetables on one-half of a square of aluminum foil. Add salt and pepper, and dot with butter. Fold other half over top and crimp edges to make a sealed envelope. Place on grate over fire or directly on coals for about 15 to 20 minutes. Turn occasionally.

Family size: Place one block of frozen vegetable on one-half square of aluminum foil. Add salt and pepper and top with a pat or two of butter. Bring edges of foil up leaving a little space for steam to expand. Seal tightly with a double fold. Place this package on grill or directly in hot coals for 15 to 20 minutes. Turn occasionally.

Foil-Cooked Rice on the Grill

Family Serving

1 cup rice
2 cups water
1 teaspoon salt

Individual Serving

3 tablespoons rice
6 tablespoons water
 $\frac{1}{4}$ teaspoon salt

Mold a double thickness of aluminum foil in a bowl shape. Into the foil add rice, water, and salt. Close the foil by folding and place on the grill. A small aluminum pot-pie pan can be used for the individual serving. The cooking time will vary according to the height of the grill from the coals and the amount of heat present. Average cooking time for the family serving is 30-40 minutes; for the individual serving, approximately 20 minutes. When done, fork the rice and serve with butter, gravy, or barbecue sauce.

Remember that you do not rinse rice before or drain after cooking!

BROILED FRUITS AND VEGETABLES

Broiled Peaches

Use fresh or canned peach halves. Place on grill with cut side down until brown, turn, and brush with butter and sprinkle with brown sugar and cinnamon.

Broiled Steamed Squash

Steam squash in salted water until tender, not soft, brush with butter or fat. Place on grill and broil.

Hobo Dinner

1/3 cup rice	2 ground meat balls
1/2 teaspoon salt	1 medium tomato, cubed
2/3 cup water	1 tablespoon chopped green pepper
	1 tablespoon chopped onion

Brown meat balls in skillet. Place all of the above ingredients in 1-pound coffee can. Cover the can and cook on the grill for approximately 30 minutes. Serve directly from the can.

SALADS AND SALAD DRESSINGS

A tasty crisp salad is excellent served with broiled or barbecued meats. The salad should be simple and easy to prepare. Fresh raw vegetables and fruits provide flavor, color, and variety, and they add that crisp texture that is needed.

Slaw is a favorite salad. There are many ways of preparing slaw. It can be prepared alone or by adding other vegetables.

Slaw

4 cups finely shredded cabbage	3 tablespoons sugar
1/4 cup sour cream	1 teaspoon salt
1/4 cup vinegar	1/8 teaspoon mustard

Chop or shred cabbage. Mix together sugar, salt, mustard, vinegar, and sour cream. Pour over the cabbage and mix well. Garnish with green pepper rings or sliced tomatoes. Serves 6.

A cooked salad dressing may also be prepared and used in slaw.

Slaw combinations and variations:

Cabbage and apples

Cabbage and grated carrots

Cabbage, cucumbers, and onions

Cabbage and pineapple

Mixed Green Salads

Green salads may be mixed, tossed with a dressing, and then served. The crisp chilled greens are better broken into pieces, but they may be cut in quarters, pieces, or shreds.

There are many good combinations, such as spinach, curly endive, lettuce, cabbage, cucumbers, radishes, onions and green pepper rings, for a green salad.

Potato Salad

6 medium boiled potatoes	4 to 6 hard boiled eggs
1 tablespoon celery seed	Salt and paprika to taste
3 tablespoons minced onion	1 teaspoon chopped parsley
1 small can pimento diced or 8 to 10 chopped stuffed olives	Mayonnaise or cooked salad dressing

Potato salad is very flexible—you may add or take from it as you desire. Boil, peel, and dice potatoes (potatoes may be soaked in french dressing for several hours if desired). Add celery seed, onions, olives, and 3 to 4 sliced eggs, diced pimento, salt, and paprika. Add mayonnaise or cooked dressing to moisten. After placing in bowl, garnish with egg slices and chopped parsley. Makes 8 servings.

Cheese Salad

1 medium head lettuce	¼ cup chopped green onions
1 cup cooked English peas	½ cup mayonnaise
½ pound American cheese (cut in ¼-inch cubes)	2 tablespoons chili sauce
1 cup sliced celery	¾ teaspoon salt
½ cup sweet pickles, cut in slices	2 large tomatoes, sliced ½ inch thick

Trim lettuce, core, wash and drain; chill. Measure next 5 ingredients into bowl. Add combined mayonnaise, chili sauce, and salt. Toss just to mix well. Cover and chill for 30 minutes. Place a leaf of lettuce on each of 6 individual salad plates. Arrange salted tomato slices on each. Break remaining lettuce into bite-sized pieces; toss with marinated vegetables. Heap on tomato slices. Serves 6.

French Dressing

1 small onion or	¼ teaspoon paprika
1 clove garlic, sliced	¾ cup salad oil
¼ cup vinegar or lemon juice	1 tablespoon sugar
¾ teaspoon salt	
⅛ teaspoon pepper	

Add onion or garlic and vinegar. Let stand 20 minutes and stir. Remove onion or garlic. Combine salt, pepper, paprika, and sugar in jar or large bottle. Add vinegar and oil, cover tightly, and shake vigorously. Yields approximately 1 cup. May be made in larger amounts and stored in refrigerator.

Cooked Salad Dressing

2 tablespoons flour	2 egg yolks well beaten
1½ teaspoons salt	1¼ cups scalded milk
½ teaspoon dry mustard	½ cup vinegar
1 tablespoon sugar	2 tablespoons melted butter
Dash of paprika	

Combine flour, salt, mustard, sugar, and paprika in top of double boiler. Add egg yolks and mix well—stir in milk gradually. Place over hot water and cook 7 to 10 minutes or until thickened, stirring continuously. Remove from heat, and stir in vinegar and butter. Chill. May be thinned with milk before using. Yields 1½ cups of dressing.

BREADS

Rolls, buns, or French, Vienna, or sliced bread may be heated by wrapping in aluminum foil. Brush bread with butter or margarine and wrap in foil. To add a different flavor, season the butter or margarine with garlic juice, chili powder, curry powder, or catsup.

Top-O-Grill Corn Bread

1 cup enriched flour	1 cup enriched corn meal
2 teaspoons baking powder	1 egg (beaten)
1 teaspoon salt	1 cup milk
3 tablespoons sugar	¼ cup shortening

Add baking powder, salt, and sugar to flour. Stir, add cornmeal, and mix thoroughly; combine egg, milk, and salad oil or shortening. Pour into flour mixture and stir just enough to moisten dry ingredients. Turn into heated, greased, heavy 10-inch skillet. Cover tightly and cook 45 minutes. Turn if necessary to brown top. Cut in wedges and serve while hot.

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