Outdoor cooking

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Outdoor cooking

It's always an occasion when you eat outdoors. You can't beat the combination of glorious fresh air and sunshine, keen appetites, and good food aplenty!

Asides to the chef

Outdoor cooking is for fun. It will give you spectacular results for a minimum of effort, if you know how to make the most of your barbecue equipment. Here are tips!

If you have a rotisserie, you may want 3 or 4 extra holding forks—for line-ups of birds, ribs, small roasts. To make one fork the center holder between two small roasts or birds, bend one tine back in a vise so the tines go in opposite directions (like a "running S").

When inserting holding forks in a roast, you'll get a better grip if you anchor the second fork at right angles to the first.

When you hickory-barbecue, it's nice to have a smoke cooker with let-down hood, a charcoal oven, or a Chinese oven. Check directions that come with your equipment for adjustment of firebox and draft, placement of charcoal, and for cooking times.

Wait till coals burn down to low heat before adding hickory. (Soak hickory hunks, crosscuts, or bark in water 1 hour; dampen sawdust, flakes, or chips when you start fire.)

For open-grill "smoking," wrap a fistful of dry hickory chips in foil. Puncture top of package with fork and place on the hot coals. Soon smoke will puff out, continuing half an hour. (Chips can't blaze—no air.)

Gear up for barbecuing—

Simple tools like kitchen scissors, tongs, and long-handled forks and turners make outdoor cooking easy on the chef.

And don't forget heavy mitts, foil, paper towels. You'll want good sharp carving knives and a carving board, a meat thermometer, brushes for barbecue sauces.

For your specialties, you may want long-handled skillets, a Dutch oven, a large griddle, foil pans of all sizes.

Nice-to-have extras include a big salad bowl, a cooler or an ice chest, insulated jugs, baskets and trays for carrying.

For quick smoke flavor, brush burgers, franks, or chicken with liquid smoke, or dash with smoked salt. Or add to barbecue sauce.

Broiling on foil is a good trick when you serve burgers to the crowd. Tear off a strip of foil the size of grill top. With 2-tined fork, puncture foil at 2-inch intervals. Turn up half-inch edge on "pan" all around. Cook burgers on hot foil—they'll brown to a turn, won't "sizzle" in juice.
Guard your grill. Grill top will last longer if you wait to put it over coals till cooking time. When through cooking, remove grill and clean pronto. Hold with hot pad and wipe off with damp cloth. Or wrap in wet newspapers or paper towels. Scour stubborn spots.

Or, cleanse by fire: Just leave grill top over coals to char. Remove grill; scrape rods with wire brush; use soap-filled pads. Many cleansing aids are available.

Wash spit baskets, skewers, and holding forks in hot sudsy water.

Burn, fire, burn!

To save fuel and keep your barbecue new looking, line the firebox with heavy-duty foil. (Or line the ash pit if there is a grate to hold the coals.) Foil reflects heat back on the food, also catches melted fat. (Many chefs like to line smoker hood, too.)

Top with a bed of coarse gravel or mica-like insulating pellets to help prevent burning out of the firebox and to let in air so heat will be more evenly distributed. (If your firebox is perforated on the bottom, you won’t need to use gravel or pellets.)

Estimate the amount of charcoal you’ll need and heap in a pyramid, on the gravel, or on grate provided. (If you have a chimney-type fire starter, put the charcoal inside.)

Soak with liquid lighter; let stand 15 to 20 minutes; then light. Or use one of the other commercial fire starters available.

Your barbecue may have a built-in blower to speed fire. If not, a hair dryer, an electric fan, or a vacuum blower will work the same way. Allow about 45 minutes to burn down to cooking coals—they look ash-gray by day, have a red glow after dark.

Faster way to have a bed of cooking coals is to use an electric fire starter. (In some barbecues, the electric starter is built in.) Coals will be ready to use in 15 minutes.

For a reserve supply of coals, warm extra briquets around edges of live coals. They’ll be all ready to add when you need more heat.

Check the heat

To estimate heat of coals, hold palm of hand over them at height food will be cooking. If you can count “one Mississippi, two Mississippi, three Mississippi” before jerking hand away, coals are right for steak, lamb chops, burgers, kabobs.

A “four Mississippi” fire is fine for roasts; use a “five-to seven-Mississippi” fire for spareribs, pork chops.

When the coals are ready

For even heat exactly where you want it, arrange coals in patterns below for open grilling and open spit cooking. If you’re cooking on a barbecue with hood down, see manufacturer’s directions for placing coals.

Polka-dot coals for steaks, chops, most other grill cooking. Once coals are hot enough for broiling, place them about 1/2 inch apart under grill area to be used.

Parallel rows of coals are used for kabobs. String burning coals along firebox so they are spaced in between rows of kabobs above; also have coals around sides of barbecue. The same arrangement is efficient if you have a line-up of skewers, one with meat, one with baking potatoes, and so on.

Ring of fire is ideal for spit cooking on barbecue unit with an open top. Form an oval of live coals around and slightly larger than the roast or bird on the spit — the meat should not be directly over the coals. To slow cooking, pull ring toward outside; to increase heat, narrow it. This is the old gypsy way of roasting — good technique for even cooking.

Coals at rear and drip pan in front is the style for spit roasting if your barbecue has a reflector hood. In placing the hot coals in back part of firebox, don’t heap them too high. Arrange so they extend a little beyond the ends of the meat on the spit. Put drip pan under roast; check position when the juices start to drip.

Man the controls

To speed cooking, you can: Raise firebox. Lower grill. Open drafts. Add warm coals from reserve around fire’s edge. Tap ashes off burning coals. Narrow ring of fire.

To slow cooking, reverse procedures above. If roast or turkey is cooking too much at one end of rotisserie, move most of hot coals to other end. To douse flare-ups, aim at flame with water pistol — easy!
Seasoning shelf

If you really want to go into barbecuing wholeheartedly, assemble a seasoning shelf.

Pick your favorite herbs and spices for meat, chicken, fish—and for barbecue sauces. And you’ll probably want garlic and celery salt, monosodium glutamate, instant minced onion, and dry mustard.

On another shelf, keep Worcestershire and Tabasco sauces, kitchen bouquet, liquid smoke or smoked salt, barbecue sauce, catsup, and chili sauce.

Appetizers

Pass glasses of fruit juice and tomato juice nestled in an ice-filled tray.

Grill tiny kabobs: shrimp basted with barbecue sauce, or cubes of process cheese wrapped in partially-cooked bacon, or pickled onions alternated on skewer with mushroom caps stuffed with deviled ham.

Or heat appetizers in foilware pans. Heat ripe olives in their juice, then drain. Or prick bottom of foilware pan here and there with two-tined fork; heat shrimp or chicken livers in it, brushing with garlic butter and turning to brown on all sides. Spear with toothpicks; serve.

The meat

For grilling, select meats that fit together well. Club steaks arrange to good advantage; so do loin lamb chops.

Steak success starts with the meat at room temperature. Remove steaks from refrigerator one to two hours early. Take out big roasts several hours ahead, chicken about 30 minutes early. Use judgment on hot days—the idea is to avoid having meat overdone outside, uncooked inside. (Ground meat is the exception—don’t let it stand out.)

Give meats on spit or grill a chance to warm up over the coals before you start basting—the meat will absorb the flavors better.

Barbecue sauces

When you concoct a barbecue sauce for steaks or beef kabobs, be sure it’s fairly rich in oil and has plenty of seasonings.

For pork chops or spareribs, go easy on fat and use plenty of chili sauce or catsup in the sauce. Hold off any tomato barbecue sauce till the last 15 minutes.

Veal and thin steaks that are slow to brown call for a sauce rich in soy sauce or kitchen bouquet to give the meat a brown glaze.

For lamb chops, the barbecue sauce needs oil and lots of garlic. Fish and chicken call for a sauce that’s delicately seasoned—mostly oil and herbs.

The vegetable

Vegetables that cook easily on the grill include foil-wrapped baked potatoes or corn, hash-brown potatoes, onion slices, tomatoes.

To heat canned baked beans or shoestring potatoes, puncture or remove lids before heating. To heat frozen vegetables, top with pat of butter while frozen, wrap securely in foil; place on grill for 10 to 15 minutes. Turn occasionally.

For rotisserie cooking, line up only vegetables that cook the same length of time on each skewer. (This goes for meat-vegetable kabobs, too.) Baste with melted butter or salad oil during cooking. When done, vegetables “stand still” on the skewer.

The salad

Tied for first choice in outdoor meals are tossed green salad and potato salad. Make potato salad early so flavors blend.

Put green salad together at last minute so it will be crisp, fresh. Or serve crunchy relishes. Fill a bowl or ice keeper with crushed ice. Poke in green onions, celery and carrot strips. Add radishes, pickles, olives. Set out cheese dips.

The dessert

Keep it simple. Serve an apple or cherry pie, warmed at side of grill, or doughnuts heated in corn popper. Put out marshmallows to toast. Easy, but delicious, are chilled berries with fresh or sour cream.

You can dip out ice cream into paper cups ahead and store in the freezer. Pass with sugared berries, chocolate or caramel sauce. Or serve ice cream in cantaloupe halves.
Barbecue meats

Outdoor Burgers

1 pound beef*
\(\frac{3}{4}\) cup chopped onion
2 tablespoons finely chopped green pepper (optional)
3 tablespoons catsup
1 tablespoon prepared horseradish
1 teaspoon salt
2 teaspoons prepared mustard
Dash pepper

Combine all the ingredients and mix lightly. Shape in 4 patties about \(\frac{1}{2}\) inch thick. Place on greased grill or brush patties with salad oil or melted margarine. Broil over hot coals 5 minutes, turn and broil 3 minutes more or till done to your liking.

*If beef is lean have 2 or 3 ounces suet ground with each pound for juicier burgers.

Cheeseburgers

Combine 1 pound ground beef, 1 teaspoon salt, dash pepper, and 1 tablespoon Worcestershire sauce. Mix lightly. Form 4 to 6 patties. Place on greased grill. Broil over hot coals. Last few minutes, lay a cheese slice over each patty to melt. Serve on hot baked beans in grilled buttered buns.

Pocketburgers

Between sheets of waxed paper, roll out thin patties of ground beef (about \(\frac{1}{4}\) inch). Center half the patties with a tablespoon of shredded cheese and pickle relish. Or, fill with shredded cheese, chopped onion, and a dash of barbecue sauce.

Top with meat lids. Press around edges to seal; brush with melted margarine. Broil, turning once. Season with salt and pepper.

Saucy Hamburgers

Combine 1\(\frac{1}{2}\) pounds ground beef, 2 tablespoons finely chopped onion, 1 teaspoon salt, and dash pepper. Lightly pat into six \(\frac{1}{2}\)-inch-thick burgers. Broil over hot coals about 10 minutes, turning once. Combine 1 cup catsup, 2 teaspoons Worcestershire, and \(\frac{1}{2}\) teaspoon celery salt; heat in pan on grill. Brush burgers with sauce; serve in grilled buttered buns. Pass remaining sauce.

Sloppy Joe Franks

\(\frac{3}{4}\) cup chopped onion
2 tablespoons butter
1 pound franks, cut in thirds
1 can condensed tomato-rice soup
\(\frac{3}{4}\) cup water
1 to \(1\frac{1}{2}\) tablespoons bottled steak sauce
1 teaspoon prepared mustard
4 drops Tabasco sauce

Cook onion in butter till soft. Add remaining ingredients. Let bubble slowly without covering, about 15 minutes or till sauce is nice and thick. Stir once in a while near end of cooking. Ladle into toasted, buttered buns. Makes 8 to 10 servings.

Pigs in Bacon

Cut lengthwise slit in frankfurters, not quite through. Spoon mustard or catsup in slits; fill slits with strips of cheese. Or, fill slits with drained sauerkraut seasoned with caraway seed! Wrap each frank with a bacon strip, anchoring ends with toothpicks.

Broil over hot coals, turning once, till bacon is crisp. Serve in hot buttered buns.

From meat to burger—zip, zip!

Spoon hamburger for each patty onto a square of waxed paper, top with second square. Now each mound of meat goes into the jaws of a burger press, paper and all. Close lid gently—there's your burger! Leave paper in place; stack patties, ready to cook.

Or, lightly shape whole package of hamburger in roll; cut \(\frac{3}{4}\)-inch slices.
**Steak**

**Chef's Steak:** Follow step-by-step directions for Grilled Steak, opposite page. Make it memorable—add your own personal touch:
- For steak with a deep-brown crusty coat and char flavor, sear one side by lowering grill close to coals for 2 or 3 minutes, then raise grill, finish same side. Turn; repeat.
- Cut a clove or two of garlic in half and toss on coals while steak broils (as shown). Aroma delights kibitzers, flavor is subtle.
- Top broiled steak with mixture of whipped butter and crumbled blue cheese. Or flavor butter with minced onion and parsley—or mustard.

**Flank Steak Broil:** Make marinade of 2 cups catsup, 1/2 cup water, 1/2 cup lemon juice, 1 teaspoon celery seed, 2 teaspoons Worcestershire, 1 bay leaf, 1/2 teaspoon coarsely ground pepper, 1/4 teaspoon crushed basil, and a dash Tabasco sauce. Simmer uncovered 10 minutes. Cool to room temperature.

Pour over a 11/2-pound scored flank steak. Let stand in refrigerator several hours or overnight; spoon marinade over occasionally. Place over hot coals. Broil 5 minutes; turn and broil 5 minutes more or till done. Slice very thin diagonally across grain. Serve on buttered, grilled buns. Heat marinade and pass. Makes 6 servings.

**Tender Not-so-tender Steak:** Choose round, chuck, or rump steak 1 inch thick. Use instant meat tenderizer as directed, fork in. Use no salt. Broil immediately over hot coals, 4 or 5 minutes per side or till done.

**Just-a-minute Steak:** Tear off sheet of heavy foil; turn up edge 1/2 inch to make “pan.” In it melt 1/4 cup garlic butter. Dip 6 to 8 minute steaks in garlic butter to coat. Cook fast on foil over hot coals, 1 or 2 minutes per side. Push aside; squeeze juice of 1 lemon onto pan; add 2 tablespoons Worcestershire; mix. Swish steaks through; place atop toasted French bread. Salt.

**Big Beef Sandwich**

3 pounds chuck or round steak, about 2 inches thick

**Instant meat tenderizer**
- 1/2 cup soft butter or margarine
- 2 tablespoons prepared mustard
- 1 tablespoon prepared horseradish
- 1 loaf French bread, about 18 inches long, halved lengthwise

Slash fat edges of steak. Use meat tenderizer, according to label directions. Broil about 2 inches from coals, a total of 25 to 30 minutes. Turn often; do not overcook.

Blend butter, mustard, and horseradish. Toast bread on grill, then keep hot in foil.

Slice meat with sharp knife diagonally across grain, making very thin slices. Spread cut sides of bread generously with the mustard butter. Stack meat slices on bottom half of loaf, in two or three layers. Grind pepper over. Drizzle with meat juices. Add top half of loaf; cut into 8 sandwiches.

**Barbecued Sandwiches**

Heat sliced roast beef, pork, ham, turkey, or meat loaf in barbecue sauce. Serve in buns.

**Grill-glazed Ham Slices**

Start with fully cooked ham slices. Broil over slow coals to keep ham moist and tender—about 10 to 15 minutes on each side. A few minutes before serving, swish ham with Red Crab-apple Glaze.

**Red Crab-apple Glaze:** Drain a jar of spiced crab apples, reserving syrup. Pour 1/2 cup syrup into small pan; add 1 cup brown sugar. Heat and stir on grill. It’s ready!

While you glaze ham slices, warm the crab apples in remaining syrup. Serve with ham.

**Golden Grilled Chicken**

Split ready-to-cook broiler chickens in half lengthwise. Break joints of drumstick, hip, and wing, so birds will stay flat. Brush with melted butter or salad oil. Season with salt, pepper, and monosodium glutamate.

Place on grill, bone side down. Broil over slow coals. When well-browned on under side, 20 to 30 minutes, turn skin side down and cook about 20 to 30 minutes longer, brushing with butter or salad oil occasionally.

**Doneness test:** Shake hands with the drumstick—leg should move easily. Thickest parts of chicken should feel very soft.
Marinated Drumsticks

\[
\frac{1}{4}\text{ cup catsup} \\
2\text{ to } 3\text{ tablespoons lemon juice} \\
2\text{ tablespoons soy sauce} \\
\frac{1}{4}\text{ cup salad oil} \\
\frac{1}{2}\text{ teaspoon monosodium glutamate} \\
12\text{ chicken drumsticks}
\]

Combine first 5 ingredients for marinade, mixing well. Add chicken legs and stir to coat. Refrigerate overnight or let stand at room temperature 2 hours, spooning sauce over occasionally.

Place drumsticks in wire broil basket. Grill over slow coals about 25 minutes, basting with marinade now and then. Turn and grill other side about 20 minutes or till tender, basting with marinade. Serves 6.

Fish Sticks in a Basket

Combine \(\frac{1}{4}\) cup melted butter or margarine and 2 tablespoons lemon juice; quickly dip frozen breaded fish sticks (use one 8-ounce package) in mixture, coating all sides.

Place fish sticks in wire broiler and cook over hot coals, brushing with lemon butter and turning once—takes about 5 minutes for sticks to brown nicely and cook through.

Meanwhile, split and toast 5 coney buns. Spread hot buns generously with sandwich spread; tuck 2 fish sticks in each bun. Pass catsup and chopped onion. Makes 5 servings.

Bar-B-Q Meat Loaves

\[
2\text{ slightly beaten eggs} \\
2\text{ pounds ground beef} \\
2\text{ cups soft bread crumbs} \\
\frac{3}{4}\text{ cup minced onion} \\
2\text{ tablespoons prepared horseradish} \\
2\text{ teaspoons salt} \\
1\text{ teaspoon dry mustard} \\
\frac{1}{4}\text{ cup milk} \\
\frac{1}{2}\text{ cup butter or margarine} \\
\frac{1}{2}\text{ cup catsup}
\]

Combine first 8 ingredients and mix well. Shape in 5 miniature meat loaves about \(4\frac{3}{8}\times2\frac{1}{2}\) inches. Place in wire broil basket.

Heat butter with catsup just till butter melts; brush over all sides of loaves. Cook meat loaves over slow coals 20 minutes; turn and brush all sides with sauce. Cook 15 minutes more or till done. Pass remaining sauce. Makes 5 generous servings.

Grilled Steaks—Select steaks about 1 inch thick. Remove from refrigerator an hour early, to come to room temperature. Slash fat edge at intervals to keep flat.

When coals are hot, tap off gray ash. Let grill top heat; grease it. On with the steaks! Broil till you see little bubbles on top surface, then flip with tongs and turner.

Orders for rare go on last. For medium-rare, allow about 13 to 15 minutes total broiling time. Broil second side less long than first. Salt and pepper after turning.
Rotisserie Roast

Choose a roast weighing at least \(3\frac{1}{2}\) to 4 pounds so it will still be juicy when cooked. Have meatman tie roast at 1-inch intervals with heavy cord to make compact. (If meat is lean, have outside covered with a layer of fat, then trussed securely.)

Let meat come to room temperature before starting to cook. Insert spit through center of roast and adjust holding forks. Test balance by rotating with ends of spit rod in upturned hands. If roast is off center, remount. Insert meat thermometer at slant into heaviest part of roast so tip is in center, but not touching bone, fat, or spit.

Unless your barbecue has a built-in drip catcher, make a foil drip pan. (It will last all season.) Use 18-inch-wide foil and tear off a piece long enough for a double thickness of your grill. Fold in half lengthwise; turn up all 4 edges \(1\frac{1}{2}\) inches. Miter corners, folding tips back along sides—if you press against a block of wood or box (as shown) corners will be tight and leakproof.

Arrange hot coals at back of firebox, drip pan in front of coals and under roast. Be sure no coals are under the drip pan.

The coals should be a little less hot than for broiling. (Use slow coals if you’re cooking with hood closed.) Knock off the gray ash. Attach spit, turn on motor, and cook till done (see roasting guide below). Roasts are self-basting. Cooking times can be only estimates, but most roasts will cook a little faster than in a range oven. (Allow a little extra time for boned rolled roasts.)

When roast is done, let it firm up 15 to 20 minutes before carving. You may lower firebox to stop cooking and let roast continue to rotate, or transfer roast to platter.

### Rotisserie Roast Guide

<table>
<thead>
<tr>
<th>Kind of roast</th>
<th>Approximate cooking time*</th>
<th>Reading of thermometer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>2 to 2(\frac{1}{2}) hrs.</td>
<td>140°F</td>
</tr>
<tr>
<td>Medium</td>
<td>2(\frac{1}{2}) to 3 hrs.</td>
<td>160°F</td>
</tr>
<tr>
<td>Well-done</td>
<td>3 to 4 hrs.</td>
<td>170°F</td>
</tr>
<tr>
<td>Pork, fresh</td>
<td>2 to 2(\frac{1}{2}) hrs.</td>
<td>185°F</td>
</tr>
<tr>
<td>Lamb</td>
<td>1(\frac{1}{2}) to 2 hrs.</td>
<td>175°F</td>
</tr>
<tr>
<td>Well-done</td>
<td>2 to 3(\frac{1}{2}) hrs.</td>
<td>180°F</td>
</tr>
</tbody>
</table>

*For 4- to 6-pound roast at room temperature.

Spinning Ham

Buy round boneless, fully cooked ham. With sharp knife, slit casing lengthwise; remove. Score ham if desired. Tie with cord if necessary. Center lengthwise on spit; adjust on rotisserie. Let rotate over coals till hot through, about 10 minutes per pound. Last 20 minutes, brush with Pineapple Glaze.

**Pineapple Glaze:** Drain one 9-ounce can crushed pineapple, reserving 2 tablespoons syrup. Mix pineapple, reserved syrup, 1 cup brown sugar, and 2 tablespoons each lemon juice and prepared mustard.

Whirlibird Chickens

Select ready-to-cook fryers, about \(2\frac{1}{2}\) pounds each. Skewer neck skin to back; loop cord over skewer and tie wings firmly to body. Dovetail birds on spit (use 2 holding forks per bird). Tie legs, tail to rod. Test balance. Brush birds with Chicken Basting Sauce or salad oil. Season; dash with paprika.

Attach spit, turn on motor. Roast over about a "4-Mississippi" fire (use drip pan). Chicken is self-basting, but for spunk, or if birds look dry, brush with basting sauce or salad oil last half hour. Allow about 1 to 1\(\frac{1}{2}\) hours with hood down, a little longer with no hood. When chicken is done, drumstick will move easily and thick part of drumstick should feel very soft.

**Chicken Basting Sauce:** Combine one 5-ounce bottle (\(\frac{2}{3}\) cup) Worcestershire sauce, \(\frac{1}{2}\) cup salad oil, \(\frac{1}{4}\) to \(\frac{1}{2}\) cup lemon juice, and 1 clove garlic, minced.

Rotisserie Turkey

Allow \(\frac{1}{2}\) pound ready-to-cook turkey per person. Rub inside of bird with salt. Truss turkey, balance on spit. (Or skip trussing, use rotary roast rack.) Brush bird with salad oil. Insert meat thermometer in center of the thigh muscle next to body. Attach spit, turn on motor. Have coals at back of barbecue and use drip pan as for Rotisserie Roast, if roasting with hood down. (Try ring of fire on barbecue with open top.)

With hood down, allow about 15 minutes per pound for a large bird. (Smaller bird may take longer per pound.) If you like, brush with Chicken Basting Sauce last half hour.

About 20 minutes before roasting time is up, snip cord that holds drumsticks to spit. When done, leg should move up and down easily; meat thermometer should read 195°F. Let turkey rest for 15 minutes before carving.
Barbecued Ribs

4 pounds meaty loin back ribs*
1 cup chopped onion
1/4 cup salad oil
1 8-ounce can (1 cup) seasoned
tomato sauce
1/2 cup water
1/4 cup brown sugar
1/4 cup lemon juice
3 tablespoons Worcestershire sauce
2 tablespoons prepared mustard
2 teaspoons salt
1/4 teaspoon pepper

Lace ribs on spit accordion style, using holding forks. Adjust on rotisserie above drip pan. Let ribs rotate over slow coals.

Cook onion in hot oil till tender. Add remaining ingredients; simmer uncovered 15 minutes. After ribs cook 40 minutes, baste well with the sauce; add damp hickory to coals. Cook 20 minutes longer or till well-done (no pink when snipped between bones).

*Or use spareribs. Have meatman saw them in two strips. Beginning with narrow end of ribs, lace on spit accordion style. Start second strip at wide end, third at narrow end. Have a holding fork for each slab of ribs.

Kabobs

Select quick-cooking foods like cubes of lamb or tender steak, tomatoes, green peppers, mushrooms, canned potatoes, onions. (To use less-tender cuts of beef, use marinade or meat tenderizer on them.)

When different kinds of food share the same skewer, choose only those that will get done in the same length of time and that are approximately the same size. In cubing meat, or cutting up vegetables, make pieces even.

Leave a smidgen of space between tidbits on skewer, so heat can reach all surfaces. Exception: For beef kabobs cooked rare, push foods close together.

Slosh vegetables with melted butter or margarine, or salad oil, before and during skewer cooking. If you used a marinade on the meat, baste with it now and then.

Lucky the chef who boasts motorized skewers! For hand turning, use a kabob frame or support ends of skewers on bricks.

Cook kabobs over hot coals so food stays moist, yet browns to a luscious turn.

Ready to eat? To “unhand” a skewerful, point down at plate; put a 2-tined fork above the 2 or 3 chunks of food nearest tip and push off. Repeat. This way vegetables don’t get squashed.

Coming up—luscious Spinning Ham, Rotisserie Vegetables!
On-a-Saber Beef

Cut round steak in 1 1/2-inch cubes. Dip in water; shake off excess. Sprinkle evenly with instant meat tenderizer as you would salt, on all surfaces. Do not use salt. With fork pierce on all sides to work tenderizer in.

Skewer meat with mushrooms, canned potatoes; brush with Hot Basting Sauce. Broil over hot coals, about 12 minutes for medium rare; turn often; baste with sauce.

Hot Basting Sauce: Thoroughly mix 1 1/2 cup extra-hot catsup, 2 tablespoons each honey and vinegar, 1 tablespoon prepared mustard, 2 teaspoons kitchen bouquet, and dash Tabasco sauce. Makes 3/4 cup sauce.

Armenian Shish Kebab

Herb Marinade
2 pounds boneless lamb, cut in 1 1/2-inch cubes
Green peppers, quartered
Sweet red peppers, quartered
Thick onion slices

To marinade, add meat; stir to coat. Refrigerate overnight or let stand at room temperature 2 or 3 hours; turn meat occasionally.

Fill skewers with meat cubes, chunks of pepper, and onion. Broil over hot coals to medium rare, turning frequently and brushing often with melted butter. Serves 6.

Herb Marinade: In deep bowl, mix 1 1/2 cup salad oil, 1/4 cup lemon juice, 1 teaspoon each salt and marjoram and thyme, 1/2 teaspoon pepper, 1 clove garlic, minced, 1/2 cup chopped onion, and 1/4 cup snipped parsley.

Pig in a Poke

Wrap frankfurter cuts in partially cooked bacon; skewer with Bologna or salami slices folded in fans, dill-pickle chunks. Broil.

Smoky Ribs

Salt 4 pounds loin back ribs and place bone-side down on grill of barbecue-smoker, away from the coals. Add dampened hickory to slow coals and close smoker hood. Hickory-barbecue about 3 1/2 hours, basting with Gaucho Sauce last half hour. Serves 4.

Gaucho Sauce: Combine 1 cup catsup, 1 tablespoon Worcestershire, 2 or 3 dashes Tabasco sauce, 1 cup water, 1/4 cup vinegar, 1 tablespoon sugar, and 1 teaspoon salt and celery seed. Simmer 30 minutes.

Hickory Fish Bake

6 fish filets, 3/4 to 1 inch thick
2 or 3 lemons, thinly sliced
1/2 cup butter or margarine, melted
1 or 2 cloves garlic, minced

Sprinkle fish generously with salt and pepper. Arrange half the lemon slices in bottom of a shallow baking dish; add fish in single layer. Place remaining lemon slices atop. Combine butter and garlic, pour over fish (and baste with it later).

Add hickory to slow coals. Place baking dish on heavy-duty foil atop grill. Close smoker hood; cook slowly, about 1 hour, turning once. Baste frequently. Serve with the lemon slices and butter mixture. Serves 6.

For a tote picnic—
Texas Sandwiches!

Remove top, bottom crusts of 8- or 9-inch round loaf; cut in 4 or 5 round slices. Spread with mixture of butter, cream cheese, shredded process cheese, and chopped onion; quarter each slice, fit into foil pie pan.

Add toppers: We show salami roll-ups with tomato, cucumber, and egg slices—and tuna salad with tomato, avocado, olives. Tape pie pan lid atop.
Outdoor vegetables

Rotisserie Vegetables

Roast vegetables whole, each kind on a separate spit—so you can start or stop cooking at the right time. Choose one or more of these: potatoes, onions, squash (pattypan, zucchini, or acorn), eggplant, sweet potatoes, tomatoes, green or red peppers, turnips.

Scrub vegetables; leave them in their jackets. String on skewers. Brush with melted butter or salad oil. Let turn over coals till done, basting now and then with butter.

When done, vegetables stand still on the revolving spit. Tomatoes cook in a jiffy. Yams take 30 to 45 minutes; turnips 25 to 30 minutes. Baking potatoes and acorn squash need 45 minutes to an hour. Done early? Wrap in foil and keep warm at side of grill.

Silver-plated Corn

Husk corn. Place each ear on piece of foil just large enough to lap over ½ inch. Spread corn with soft butter; sprinkle with salt.

Wrap foil loosely around each ear—don’t seal seam, but twist ends (so corn will roast instead of steam). Cook on grill 15 to 20 minutes or till tender, turning frequently.

Indian Roasting Ears: Turn back husks and strip off silk. Lay husks back in position. Cook as for Silver-plated Corn. (When done, husks are dry and browned.) To serve, break off husks (use glove); pass butter, salt.

Ranch-style Onions

Melt butter or margarine in skillet or foilware pan on grill. Add ½ inch slices of onion in single layer. Salt. Cook slowly over coals till golden, turning frequently.

Smoky Baked Beans

4 ounces salt pork, cut in ½-inch cubes
2 1-pound cans pork and beans
½ cup catsup
¾ cup brown sugar
1 teaspoon dry mustard

Brown salt pork in skillet; drain. In a 2-quart bean pot, combine remaining ingredients. Top with salt pork. Bake uncovered on grill with hood down 1 hour or longer. For smoke flavor, toss piece of damp hickory on coals while beans bake. Serves 8.

Grill-top Tomatoes

Cut tomatoes in half. Brush cut surfaces with Italian salad dressing; sprinkle with salt, pepper, and basil. Place cut side up on foil or greased grill over hot coals about 10 minutes or till hot through—don’t turn.

Homeny in Sour Cream

Drain two cans of golden hominy; put in skillet with big chunk of butter. Cover with 1 cup dairy sour cream. Heat over slow coals, stirring often till cooked down. Season.
The finishing touches—and
five outdoor meals

Barbecue Breads

Outdoor Toast: Cut loaf of French bread in half lengthwise; toast cut side down on foil. Spread both halves generously with soft butter. Put loaf together again, slice on bias.

Grilled Garlic Slices: Melt butter in shallow pan and add minced garlic. Toast husky slices of French bread on grill. Then dip both sides into the garlic butter. Serve hot.

Rolls on a Spit: Thread brown-and-serve rolls on a spit. Brush with melted butter and let rotate over coals about 10 to 15 minutes.

Grilled Sweet Rolls: Split sweet rolls crosswise. Spread cut sides with butter and toast cut side down on foil or on griddle.

Powwow Sundae

String 1/4 pound marshmallows on skewers. Toast over coals till melty inside and well-browned outside. Scoot off skewers into 1 cup canned chocolate syrup. Stir just to marble, then ladle over big scoops of vanilla ice cream. Makes 1 1/2 cups sauce.

S'mores

Toast marshmallows over embers. For each S'more, have ready a graham cracker covered with same size square of milk chocolate bar. Slip 2 melty marshmallows atop, add graham cracker lid, then squish down.

Cake Kabobs

Cut a pound cake or angel cake (from baked goods counter) in 1 1/2-inch cubes. Spear each on fork and dip in melted currant jelly or in sweetened condensed milk. Then roll in flaked coconut to cover.

String on skewers and toast over very hot coals, turning often.

Hickory Walnuts

Brush walnut halves (or peanuts or almonds) with butter. Salt, and place on sheet of foil. Hickory-smoke for 20 minutes.

Rose-colored Glasses

Place ice cubes in pitcher. Pour in 1 pint chilled cranberry-juice cocktail. Carefully add two 7-ounce bottles chilled lemon-lime carbonated beverage, pouring down side of pitcher. Float sliced strawberries (optional).

Coffee for the Crowd

See Swedish Egg Coffee, page 66. Use a tray for passing filled cups. Drip-cut syrup pitchers are handy for sugar and cream.

Great for outdoors

Dad's Choice
Chef's Steak* with Blue-cheese Butter
Foil Spuds* Indian Roasting Ears*
Crisp Green Salad Grilled Garlic Slices*
Cantaloupe Sundae Coffee

All-American Favorite
Golden Grilled Chicken*
Cheesed Potatoes* Chilled Tomatoes
Fruit Salad in Paper Cups Outdoor Toast*
Apple Pie with Cheese Coffee

Supper on Skewers
Spinning Ham*
Rotisserie Vegetables*
(Tomatoes, Potatoes, Peppers, Squash)
Fresh Pineapple Slices Rolls on a Spit*
Cake Kabobs* Iced Tea

Teen-age Special
Hickory-barbecued Pocketburgers*
Toasted Buns Onion Slices
Catsup Mustard
Smoky Baked Beans*
Crunchy Relishes Potato Salad
Powwow Sundae* Carbonated Beverages

Tote Lunch
Texas Sandwiches*
Olives, Green Onions, Radishes, Pickles
Corn Chips Potato Chips
Chilled Melon Lemonade

*Starred recipes appear in this chapter.