



Kitchen Chatter

by Nancy Winfrey

Best Summer Grilling Recipes & Ideas - BBQ & Cookout...

Easy London Broil

- 1 flank steak
- 1/2 cup bottled Italian Dressing

Pour Italian Dressing in a zip-lock bag, along with the flank steak. Place in refrigerator and let marinate for several hours or overnight. When ready to grill, score flank steak on both sides by making shallow cuts across the surface about 2-inches apart. Cut against the grain. Place steak on grill over medium coals or heat and cook until desired doneness is achieved, turning and basting with marinade frequently. When done, slice steak diagonally across the grain into very thin slices and season with salt and pepper. Drizzle a bit of the marinade into the sliced meat and toss to blend. Serve in pita bread or buns. Great topped with a mixture of sautéed sweet onions, mushrooms and green peppers.

Open Grilled Eye Of The Round

Light charcoal to attain red hot coals then start preparation of meat. Prepare the eye of round by using prepared mustard (table mustard) which has been refrigerated. Apply 1/3-inch to 1/4-inch of mustard to cover the meat completely. Push rock salt (ice cream salt) into the mustard to form a total crust over the entire eye of round. Keep cold until coals are ready. Blow off ash from coals and place salt crusted meat directly to coals on one side of grill so that two or more turns of meat may be made. Before meat is turned, blow ash from coals. Allow approximately 15 minutes per side for pink center. Let meat sit for 10 to 15 minutes before knocking off the crust. The crust allows retention of all the natural juices and the mustard gives the meat an "old world flavor".

Grilled Ham Slices

- 1 cup water
- 1 cup brown sugar, packed
- 3 tablespoons catsup
- 1 tablespoon soy sauce
- 1 teaspoon dry mustard
- 1 cup crushed pineapple, drained
- 2 tablespoons bell pepper flakes or freshly chopped
- 1-1/2 tablespoons cornstarch
- 1/4 cup cold water
- 1-inch-thick ham slices (ready to eat)

Combine the one cup water and brown sugar. Add the catsup, soy sauce, mustard, pineapple and pepper flakes. Bring mixture to a boil and simmer for 10 minutes. Dissolve cornstarch in 1/4-cup cold water and add to the sauce. Cook and stir mixture until sauce clears and thickens. Makes about 3 cups. Score edges of ham about 1/4-inch deep to keep from curling. Place on hot grill and grill about 8 to 10 minutes. Baste generously and frequently with the tropical sauce.

Grilled Barbecued Chicken

This is my favorite barbecued chicken recipe ENJOY!

- 1 pint of cider vinegar
- 1 stick butter or margarine
- 3 large lemons, sliced
- 1 tablespoon salt
- 1 teaspoon black pepper
- 2 teaspoons crushed red pepper

Simmer above mixture until lemons are soft. Wash and cut chickens in half. Place plain chicken halves on charcoal grill (no sauce yet) until chicken halves are tender. Remove chicken from grill and place in a large roasting pan. Pour the barbecue sauce over the grilled chickens. Cover and place in 300 degree oven for about 1/2 hour before serving.

Barbecued Round Steak

- 1-1/2 cups vegetable oil
- 1/2 cup cider vinegar
- 4 pounds top round steak, about 1-inch thick
- 6 tablespoons catsup
- 6 tablespoons Worcestershire sauce
- 1 teaspoon Tabasco sauce
- 2 teaspoons sugar
- 2 teaspoons salt
- 1/2 teaspoon pepper

Combine the oil and vinegar and pour over the steak. Marinate overnight in refrigerator, turning several times. Remove. Let stand at room temperature for about 30 minutes. Drain well just before grilling. Save marinade. Combine the catsup, Worcestershire sauce, Tabasco, sugar, salt and pepper and mix well. Add the mixture to 3/4 cup of marinade. Heat sauce in skillet. Place steak on grill and grill on both sides, basting 2 times with the sauce. Allow about 13 or 14 minutes for medium done. Serves 6.

Barbecued Spareribs

- 4 pounds spareribs, cut into serving pieces
- 2 tablespoons salt
- 1 cup melted butter or margarine
- 1 cup bottled chili sauce
- 3 tablespoons cider vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon garlic salt
- 1 teaspoon chili powder
- 1 teaspoon pepper

Rub the ribs with salt and place in roasting pan in 350 degree oven for 1 hour, basting several times with pan drippings. When ready to grill, combine the melted butter or margarine, chili sauce, vinegar, Worcestershire sauce, garlic salt, chili powder and pepper. Blend well and heat in a small saucepan for about 10 minutes. Place the ribs on a hot grill and baste frequently with sauce until ribs are done on one side. Turn ribs over and repeat on other side. Serves 4.

Barbecued Chicken

- 2 fryer chicken, cut in half
- 2 tablespoons lime juice
- 1/4 cup vegetable oil
- 2 tablespoons vinegar
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon Tabasco sauce
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon garlic salt
- 1/2 teaspoon paprika

Except for the chicken, combine remaining ingredients and blend well. Pour the mixture over the chickens and let stand for at least 2 hours, turning one time. Remove from marinade, reserving marinade. Place the chickens on a hot grill-skin side up. Grill until done, turning frequently and basting each time with the reserved marinade. Allow longer cooking time for the skin side of the chickens. Serves 4.

Vermouth Grilled Chicken

- 2 fryers, cut in half
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1-1/2 cups olive or vegetable oil
- 1-1/2 cups Vermouth
- 2 garlic cloves, minced

Pour boiling water over the chicken halves and let stand about 5 minutes. Drain well and pat dry. Sprinkle with salt and pepper. Combine the olive oil, vermouth and garlic and blend. Pour the mixture over the chicken and let marinate for 10 minutes. Place chicken halves on hot grill and cook over medium coals, turning and brushing with the marinade every 5 minutes or until brown and tender on both sides. Serves 4.

Brown Sugar Glaze

This is a wonderful glaze to use when grilling pork or ham.

- 1 cup brown sugar, packed
- 2 tablespoons all-purpose flour
- 1/2 teaspoon dry mustard
- 1 teaspoon cloves
- 1/4 cup cider vinegar

Combine above ingredients and blend well. Brush glaze on meat during cooking. Makes about 2/3 cup.

Hot Barbecue Sauce

Make up a batch of this delicious sauce and store in refrigerator until grilling pork, ham, beef, etc.

- 1 cup tomato juice
- 1/4 cup brown sugar, packed
- 1 bay leaf
- 1/8 teaspoon cayenne pepper
- 1 tablespoon finely chopped onions
- 1 tablespoon finely chopped celery
- 1 tablespoon finely chopped green pepper
- 1/4 cup lemon juice or cider vinegar
- 1 teaspoon chili powder
- 1 tablespoon prepared mustard
- 1/4 teaspoon ground cloves
- 1/8 teaspoon allspice

Combine above ingredients and blend well. Brush sauce on meat during cooking, as desired. Makes 1-3/4 cups.

"The only time to eat diet food is while you're waiting for the steak to cook."

-- Julia Child

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TANGY ENGLISH RIBS

FROM PAGE ____ OF ____

YIELD: 4 SERVINGS

INGREDIENTS:

- 4 English ribs OR 8 short ribs
- 1 (15-ounce) can tomato sauce
- 2 cups water
- 5 Tablespoons brown sugar
- 3 bay leaves

DIRECTIONS:

- 1 Preheat oven to 300°F.
- 2 Place ribs into a 9 x 13" baking pan. Pour tomato sauce over the meat. Add 2 cups of water.
- 3 Sprinkle the brown sugar over the meat; add bay leaves.
- 4 Cover tightly and bake for 3-4 hours until the meat falls off the bone.



My super easy BBQ Ribs are brilliant!

Mike Thigpen...

MEAT / PARVE / DAIRY

MAIN DISH