



LET'S GET COOKING

Because every great gathering starts with food



The first day of summer might not be until June 21, but Memorial Day is the unofficial start of cookout season. It's the perfect time to fire up the grill and plan a delicious menu.



BARBECUE SAUCE & CHAR-GRILLED CHICKEN

INGREDIENTS:

- 1 stick butter
- 1 large sweet onion
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon red pepper
- 3 cloves pressed garlic
- 1/2 cup Texas Pete hot sauce 15-ounce bottle Worcestershire sauce
- 1/2 cup apple cider vinegar
- 5 tablespoons brown sugar
- 1/3 cup yellow mustard
- 64 ounces ketchup 1/2 of the ketchup bottle filled with water **FOR GRILLING**

Chicken cut up, half or quartered Bag of charcoal Lighter fluid and matches Charcoal grill

In his homemade barbecue sauce is slightly sweet, tangy and has a mild kick. After grilling, the chicken has fantastic caramelization. The skin is crispy and tasty. Have a batch of this sauce handy during the summer grilling season.

DIRECTIONS:

NOTE: It is important to know this sauce is best used over chicken cooked on charcoal. It just achieves its best flavor that way.

- **1.** In a large stockpot melt one stick of butter. Slice the onion thin and add to the hot butter. Slowly cook until tender with the garlic, salt, red pepper and black pepper.
- **2.** When onions are tender, add the mustard and stir till dissolved.
- **3.** Add the vinegar, bottle of Worcestershire, hot sauce, apple cider vinegar and brown sugar. Stir until well-blended. Cover the pot and allow to cook about 5 minutes without burning.
- 4. Add the ketchup and stir until blended well. Add water to the ketchup bottle about halfway. Shake well

to mix leftover ketchup and add to sauce. Stir well and bring to a simmer.

- **5.** Let sauce simmer, stirring often.
- **6.** Prepare the grill with the charcoal and wait until embers have a little white ash top before placing chicken on the grill top. Cook about 30 minutes with skin side down, then flip and grill 30 additional minutes on the other side.
- **7.** Once done, submerge chicken in the pot of barbecue sauce and lay back on the grill. Let cook a few minutes on both sides to set in the char-grilled sauce flavor. Watch carefully to avoid burning.
- **NOTE No. 2:** You should know how to adjust the airflow if you are using charcoal. After the chicken starts cooking, if the coals begin to flame up, close the open-vented grill.

GRILLING

Here are some basic dos and don'ts from experts who know how to prevent the most common grilling mishaps.

- Use care in positioning the grill. Grills need to be out of high-traffic areas so children and pets won't bump into them. Ideally, the grill should be at least 10 feet away from the house to reduce fire risk.
- Light the grill carefully. Open the hood before igniting a gas grill to vent any fumes that may be gathering there. Don't pour additional lighter fluid on coals after they're lit; you risk a big flare-up.



- To tell the temperature of a charcoal fire, carefully hold your hand, palm side down, just above the cooking grid. If you can keep it there for five seconds, the heat is low, four seconds, the heat is medium. Three is mediumhot. Two or one is hot.
- Watch chicken especially. People are terrified of undercooked chicken so they leave it on too long or on too high a flame. Chicken should be grilled over medium heat.
- Don't move the food about. Put it on the grill, let it get a good sear on both sides, then move the food to more moderate heat to cook through
- Try not to squash hamburgers onto the grill. Most of the flavoring is in the juice stored inside the burger.
- Never sauce too soon. Most sauces on the market are ketchup based, and there's sugar in them. The sugars caramelize and start burning. Apply sauce to food at the end of the grilling time or serve the sauce in a bowl at the table.

STUFFED & GRILLED **SQUASH**

wonderful way to grill squash in the summer. The filling can be tailored to what you have on hand. Onions and garlic add a ton of flavor while the cheese holds the filling together. A lovely meatless option for the grill.

INGREDIENTS:

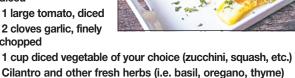
2 yellow crooked neck squash

1/2 stick butter

diced

1 cup cubed Velveeta cheese (or shredded cheddar cheese) ½ medium onion.

1 large tomato, diced 2 cloves garlic, finely chopped



DIRECTIONS: 1. Slice the ends off the squash and cut them down the center lengthwise so there are two halves. Scoop out the seeds to make a well for the stuffing ingredients.

(excluding the butter) in a bowl. Salt and pepper the mixture to taste. **3.** Place the squash on a large piece of aluminum foil and

2. Cut up and mix together all the remaining ingredients

- fill the center of each squash half with the mixture. Then dot each one with butter. Sprinkle herbs and a bit of salt and pepper over the top of the squash. 4. Cover loosely with foil (so the cheese doesn't stick to
- the foil). Place the stuffed squash on the grill for 20-30 minutes. **5.** Let squash cook thoroughly with cheese and butter

melted. Serve and enjoy!

PEPPER SLAW

his is the perfect slaw to take to outings and not have to worry about keeping it cool. Including sliced bell pepper,



carrots, celery and onion provides a lot of textures and flavors to this coleslaw. Using celery salt and celery seed in the creamy dressing adds an extra peppery flavor. This unique coleslaw gets better as it sits.

INGREDIENTS:

- 6 cups cabbage, shredded
- 2 cups red or green peppers, thin sliced
- 11/2 cups thin sliced celery
- 1 cup onion, thin sliced 1 cup shredded carrots
- 1/2 cup vegetable oil
- 1/2 teaspoon celery salt 1 teaspoon cracked pepper
- 1/4 teaspoon celery seed
- 2 tablespoons sugar
- 3 tablespoons apple cider vinegar
- 1 tablespoon dry mustard

DIRECTIONS:

- 1. Toss sliced vegetables together in a large mixing bowl.
- **2.** Combine the remaining ingredients in separate bowl. **3.** Pour over vegetables. Toss to mix.
- 4. Refrigerate for several hours or overnight to blend

STRAWBERRY SHORTCAKE RED, WHITE & BLUE BITES

hese sweet little bites taste like inside-out strawberry shortcakes. Quick and easy to make, this recipe is one the kids can help with, too. We recommend preparing these at the last minute to make sure the whipped cream does not deflate.

INGREDIENTS: 18-24 large

strawberries 18-24 fresh blueberries

1 cup ready-made strawberry shortcake sponge cake 1 can whipped

cream



DIRECTIONS:

- **1.** Clean strawberries and blueberries.
- **2.** Pare off stem tops of strawberries.
- **3.** Cut the tips of the strawberries off so they can sit up on a plate. Using a paring knife or a melon baller, scoop out inside flesh of the strawberries. Put the bits of strawberry
- 4. Dice or shred sponge cake into small bits and add to strawberry flesh in bowl. Stir.
- **5.** Stuff the strawberries with cake mixture.
- **6.** Top with whipped cream and add a blueberry. Enjoy!

NOTES: You can discard strawberry flesh and use only cake bits. A yellow box cake mix may be used instead of the ready-made shortcake.

- Add a splash of either almond flavoring, extract or Amaretto to the strawberry flesh before stirring in cake bits.
- Sweeten the strawberry flesh with just a little bit of sugar or artificial sweetener.

Recipes and photos courtesy and copyright of Just A Pinch Recipes.® All rights reserved. Find this and more recipes at www.JustAPinch.com - Real Recipes From Real Home Cooks. Just A Pinch Recipes,® an American Hometown Media company, is an online network of home cooks with the largest repository of user-posted, timeless and proven recipes.

Page design: Rodney Ogle, CNHI News Indiana

