SEASONING YOUR DUTCH OVEN

The trick to a good dutch oven is proper seasoning prior to use. Old Ironware was coated with varnish or laquer to prevent rusting. "Seasoning" was a term which referred to scrubbing or burning off the coating. Modern day ovens still need a good washing in hot sudsy water and then completly dried. This is the only time you should ever wash your dutch oven in water. Next, heat your oven and boil greese in it. Use a clean rag to completly coat the inside, outside, top and bottom of your oven. When the greese starts to smoke, remove the oven from the heat and wipe it out. Leave a little grease as a protective coating.

HEATING

Although a dutch oven can be hung over an open fire it can also be buried in a pit of coals. For hole in the ground cooking, dig a pit larger and deeper than the dutch oven. Line it with small stones or you could even use aluminum foil to reflect the heat. Build your fire in the hole and burn down your charcoal till there are only hot coals. Remove some of the coals to later be placed on top. Put your oven in the hole and cover with dirt about 4- 6 inches thick. Add your remaining coals on top of the dirt to speed up your cooking time. Most dishes will require 4-6 hours of cooking in this method but remember, higher altitudes will require more cooking time.

Ralph Webb, a Western outdoorsman, used this method to cook several Thanksgiving turkeys one year. He cleaned out the inside of the uncooked bird and basted it inside and out with barqeque sauce. Several hours later the meat was falling off the bird and was the highlight of the feast.

Dutch ovens are most generally used for cooking on the ground. Build a wood fire or use charcoal coals. Ususally you will not need more than ten to twelve briquets under the oven and fifteen or less on the lid. Make sure you distribute them evenly. You can regulate the heat by spreading them further apart, removing coals or mixing ashes with the coals.

DUTCH OVEN ACCESSORIES

You will need a thick hooked stick to remove the heavy lid with or there are commercially made lid removers you can purchase that are an iron rod about 2 feet long with a hook on one end and a handle on the other.

A small shovel can also be a good tool for digging pits or to aid in moving hot coals around.

DAMAGING TIPS

Follow a few tips and your dutch oven should last many generations.

- Do not use strong detergents or scour with a cleaning pad. This will ruin your seasoning process.

- Do not pour cold water into your hot oven. You will run the risk of cracking it.

COOKING SECRETS

A slow cooking dutch oven will give you a temperature of about 300 degrees. Moderate ovens are 350 degrees and a hot oven is 400 - 450 degrees farenhiet. To help determine your heat, add a pinch of flour to the inside of your hot dutch oven. In 5 minutes your flour will turn light brown for a slow oven temperature. Golden brown for a moderate oven and dark brown will determine that your oven is considered a hot temperature.

~ DUTCH OVEN CHICKEN Recipes ~

Chicken Pot Pie
Baked Chicken with cheese
Breast of Chicken paprika
Baked Chicken with rice
Chicken and Dumplings
Apricot glazed Cornish hens
Chicken Gumbo
Chicken Pie
Arroz Con Pollo
Eighty cloves of garlic
Hoopla Chicken Lasagna
Potatoes and Chicken Dijon
Potatoes and Chicken Rosemary
Potatoes and Chicken Senta Fe
Chicken Creole
Honey Baked Chicken
Chicken Breast with Rice
Chicken Bake
20 minute Chicken
Sonoma Supper Cassolet
Oven Fried Chicken
Lemon Chicken
Lemon Chicken II
Spanish Rice with Chicken
Chicken Baked with honey
Oen Baked Chicken II
Chicken and Dumplings II
Szechwan Chicken
Peachy Chicken
Arroz Con Pollo
Coq Au Vin
Dutch Oven Stewed Chicken
Dutch Oven Orange honey ginger chicken
Chicken Cacciatore
Festive Chicken Bake

~ DUTCH OVEN BEEF Recipes ~

Corned Beef and Cabbage
Chuckwagon Delight
Pot Roast
Beef and Noodles
Beef Burgandy
French style Pot Roast
Beef Goulash
Spaghetti and Meatballs
Poor Mans Steak
Hungarian Goulash
Round Steak Hawiian
Swiss Steak
Steak and Mushrooms
Amys Brisket
Onion Swiss Steak

Beef Pot Roast
Flank Steak Teriyaki
Corned Beef with Dijon glaze
Mess
Captain Mutts lost recipe Meatloaf
Dutch Oven Delight
Bar B Q Brisket
Potluck Surprise
Hamburger Stroganoff
Spaghetti Bake
Beef Brisket
All American Pot Roast
Sloppy Joes
Italian Beef
Chip N Chili Casserole
Meat Pie
Easy Beef and Salsa burrito
Dragon Hot dish
Szechwan Beef
Tin Plate special
Slum Gullion
Spanish rice and beef

~ DUTCH OVEN BREAKFASTS ~

Mountain Man
Breakfast Pizza
Breakfast Casserole
Farm Biscuits
Mexican Roll Ups
Bacon and Hominy scramble
Beef hash with Gravy
Breakfast casserol II
Creamed dried beef
Breakfast in a Pan
Brighten up Hobo
Pita Pocket

~ DUTCH OVEN DESSERTS AND BREADS ~

Dutch Oven Cabbler
Baked Apples
Apple Cake
Pineapple upside down cake
Monkey bread
Coffee cake
Dessert Apples
Cornmeal Bread
Jalapeno Cornbread
Another Cobbler
Orange oatmeal cake
Hawaiian Pie
Giant Cinnamon Pecan Ring

Blueberry Muffins
Memphis Molly
Chocolate Chip Cookies
Apple Fritter
Devils tooth cheesecake
Indian Bread Pudding
Camping Trip Dump Cake
Banana Dump Cobbler
Brown Betty

~ Grill Recipes I ~

Bar B Q Chili Beef
Grilled Beef with Prosciutto and Mozerella
Traditional Chateaubriand
Traditional Fajitas
Grilled Brisket
Texas Style Smoked Brisket
Bacon Double Chees stuffed Burgers
Green Chili Burgers
Pastrami Burgers
Ruben Burgers
Slow grilled Beef Ribs
Beef Tenderloin in cream mushroom sauce
Bourbon Ribeye
Guinness Ribeye
New York strip with pepper and onions
Grilled Steaks with peppercorn Garlic Spread
Grilled Pizza Crust
Grilled Toast
Skillet Cornbread
Blackened Fish
Chili Pepper Smoked Trout<
Grilled Catfish
Grilled Citrus Tuna
Grilled Shark
Grilled Whiskey Salmon
Perch with Sage
Southwestern Sea Bass
Tarragon Fish and Vegtables
Australian Shrimp on the Barbie
Coconut Lime Shrimp
Grilled Rosemary Garlic Shrimp
Surfside Fruity Seafood Kabobs
Calypso Grilled Pineapple
Artichoke Kabobs
Beer/Cola Lovers grilled Onions
Cheesy Stuffed Mushrooms with Herbs
Fall Vegtables on the Grill
Garlic New Potatoes
Grilled Eggplant Marinara
Grilled Red Onions

Grilled Zuccini
Honey Grilled Sweet Potatoes
Southwestern Grilled Corn on the Cob
Vegtable Kabobs
Genoa Stuffed Pork Loin
Honey Glazed Smoked Ham
Lemon and Pepper Pork Chops
Stuffed Pork Tenderloin
Spicy Sweet Ribs
Drunken Chicken
Grilled Chicken Quesadilla
Jamaican Jerk Chicken
Tequila Sunrise Chicken
Deep Fried Turkey

~ Grill recipes II , Bar B Que, Sauces, Mops, Pastes & more~

1948 Original Bbq Sauce
30-Min Lamb Grill for Two
About Barbequing Roasts
Afghan Chicken
All Purpose Barbecue Sauce #5
Apple Bbq Sauce
Apple City Barbecue - 1994 Memphis in May Bbq Contest Win
Apricot-Curry Glazed Ribs
Arkansas Bbq Sauce (2gal)
Arkansas Bbq Sauce (Small)
Aussie Shrimp on the Barbie with Orange Ginger
Baked Beans
Bar-B-Q: Golden Chicken
Barbecue Hamburger Patties
Barbecue Salmon Steaks w/Green Ginger Sauce
Barbecue Sauce #23
Barbecue Sauce #28 Lowfat
Barbecue Sauce #32
Barbecue Sauce #8
Barbecue Sauce (Original)
Barbecue Sauce - Norine Juenger - Lenzburg
Barbecue Sauce 10
Barbecue Sauce 20
Barbecue Sauce for Chicken
Barbecue Sauce for Hot Dogs
Barbecue Sauce Prudhomme
Barbecue Sauce with Mustard

Barbecued Beef on Buns
Barbecued Brisket of Beef
Barbecued Fish
Barbecued Ribs Oriental
Barbecued Salmon with Strawberry Mint and Cucumber Salsa
Barbecued Short Ribs
Barbecued Skewers of Fish - Seekh Ki Machali
Barbecued Spareribs with Apple Glaze (Jvb)
Barbecued Sweet Potatoes
Barbecued Swordfish with Thai Banana Salsa
Barbecued Tempeh
Barbeque Sauce
Barbeque Sauce #29
Barbeque Sauce - French
Barbeque Sauce - Indonesian
Barbeque Sauce - Mexican
Barbeque Sauce - Oriental
Barbeque Sauce for Fish
Barbeque Sauce with Beer Robert
Barbeque Sauce with Chipotles
Barbequed Chicken Vinegar Basting Sauce
Barbequed Shrimp and Chicken
Basic Barbeque Sauce - Marinade
Basic Rib Sauce
Basting Sauce for Barbecue
Bbq Mop Sauce
Bbq Sauce
Bbq Sauce #35
Bbq Sauce #41
Bbq Sauce (Softdisk's)
Bbq Sauce for Pork
Bbq Sauce for Smokies
Bbq Sauce From Jake's Wedding
BBQ sauce, adapted from Whole Chile Pepper Book
Bbq: Golden Chicken
Bbq: Juicy-Good Corn
Bbq: Veggie Brochettes
Beef Barbecue Sauce
Beer B-B-Q'd Flank Steak
Bert's Superb Barbecue Sauce
Big Batch Barbecue Sauce
Bistro Cheeseburger
Black Jack Bbq Sauce
Ca-rib-bean Mop
Cajun Barbeque Sauce #2
Cajun Pork Roast
California Bbq Sauce
Cape Cod Barbecued Fish
Char-Broiled Shrimp
Charcoal Barbeque Sauce
Charlotte Pork Sandwich (Smoked Pork)
Charlotte Pork Sandwich Ii
Chef's Barbeque Sauce
Chicken Kebobs
Chili Barbecue Sauce
Chili Barbeque Sauce

Chilled Chicken with Dill Sauce
Chinese Barbeque Pork (Char Siew)
Chinese Barbeque Sauce
Chinese Barbeque Sauce #14
Chinese Barbeque Sauce - Char Sui
Chinese Smokey Ribs
Chive-Mustard Potato Salad With Sausage Skewers
Chutney Barbecue Glaze
Citrus Bar-B-Que Sauce
Citruys Bbq Sauce
Citruys Bbq Sauces
Close To Heaven Barbecue Sauce
Close To Swiss Chalet Barbecue Sauce
Coach's Bar-B-Que Sauce I
Comforting Barbecue Sauce - Justin Wilson
Comforting Bbq Sauce
Comforting Bbq Sauces
Cookoff Brunswick Stew WIP 10/9/92 "Tooties
Cowmans's Bbq Sauce
Cowmans's Bbq Sauces
Cracked Pepper Grilled Swordfish
Cranberry Lemon Barbecue Glaze
Crockpot Barbecue
Crockpot-Barbeque Beef or Pork
Currant Barbeque Sauce
Curry Barbeque Sauce
Dam- tasty, Sure Simple Rib Sauce
Dan Green's Sauce for Pork
Dehydrator Barbecue Sauce (Cajun)
Dehydrator Bbq Sauce
Dehydrator Bbq Sauces
Diddy-Wa-Diddy Mop and Basting Sauce
Don's Downhome Bbq Sauce
Down Home Barbecue Sauce
Dr. Dons Hot Honey Bbq Sauce - Buffalo Wing Sauce
Easiest Barbecue Sauce
Eastern North Carolina-Style Barbecue Sauce
Eastern North Carolina-Style Barbeque Sauce
Easy-Made Barbeque Sauce
Euel's Barbecue Sauce
Fiesta Beef Steaks
Finger Lickin" Pickens' Sauce
Fish Rangoon
Foil-Wrapped Greens
Galliano Barbeque Sauce
Galliano Barbeque Sauce - Hollywood Park
Galliano Bbq Sauce
Galliano Bbq Sauces
Garden Burgers
Garry's Jamaican Jerk Marinade
Gegrillte Bratwurst (Grilled Bratwurst)
Georgia Barbecue Sauce
Golden Bbq Sauces
Golden Grill Barbeque Sauce
Grandma's Barbecue Sauce
Grandma's Barbq Sauce

Grandpa's Barbecue Sauce
Grant's London Broil W/bbq Rub Ala Pitts
Great Outdoors Potatoes
Grecian Skillet Rib Eyes
Grilled Bananas with Ginger Sauce
Grilled Bratwurst
Grilled Cornish Game Hens - Martha Stewart Living
Grilled Eggplant and Tomato with Basil
Grilled Flank Steak Roulade
Grilled Jalapeno Cheeseburgers
Grilled Lamb Chops
Grilled Lime Chicken
Grilled Peasant Bread - Martha Stewart Living
Grilled Pizza Bianca Portobellos, Eggplant And 3 Cheeses
GRILLED PIZZA SANDWICHES (SANDWICH MACHINE)
Grilled Pizza with Two Toppings
Grilled Pizzas
Grilled Rib Eyes with Mango Salsa
Grilled Salmon with Tarragon Aioli
Grilled Seafood Kabobs
GRILLED SHRIMP W/PASTA PESTO SALAD
Grilled Shrimp with Rosemary - Martha Stewart Living
Grilled Sirloin & Potatoes
Grilled Steak w/ Texas Onions
Grilled Swordfish In Lime-Cilantro Marinade
Grilled Tuna, Tomato and Onion Topping
Grilled Zucchini Lasagna with Red Pepper Sauce
Guerrini Chicken Wings
Ham's Piquant Barbecue Sauce
Harbor Village Bbq Pork
Harbys Barbeque Sauce
HEINZ Sweet & Zesty Barbecue Sauce
Heinz Sweet and Zesty Barbecue Sauce
Herbed Zucchini
Hollis's Watermelon Barbecue Sauce
Homestyle Barbecue Sauce
Honey Bbq Sauce
Honey Mustard Steaks with Grilled Onions
Honey Spiced BBQ Sauce
Hot Barbecue Sauce
Hot Barbeque Sauce
Hot Georgia Bbq Sauce
Hot'n Spicy Shrimp
Indivual Ham Dinners in Foil
Infused Oil for Grilling Fish
Italian Brochettes with Angel Hair Pasta
Jack Daniel's Rib Glaze
Jack Daniels Bbq Sauce
Jack Lemmon's Barbecue Sauce
Jalapeno-Teriyaki Grilled Flank Steak
Jeff's Barbecue Sauce
Jerk Paste
Jim's Teriyaki Marinade and Bbq Sauce
John F. Glasser's Barbecue Sauce
Juicy Florida Barbecue Sauce
Jumping Jacques Jalapeno Burgers

Jusitin's Bbq Sauces
Kabob Bar
Kansas City - Style Sauce (Paul Kirk)
Kebab Marinovat (Marinated Lamb Kebab)
Kinda Karolina Sauce
Kukn Barbeque Sauce
Ky Colonels Secret Pork Bbq Sauce
Lamb Skewers with Spinach Orzo
Lemon-Herbed Steak
Leonard's Onion Rings
Lone Star Ribs and BBQ Sauce
Maple Barbecued Caribou Ribs
Maple Glazed Salmon and Canadian Bacon - Martha Stewart L
Marceia's Ol' Fashion Barbecue Sauce
Merle's Mop Sauce
Minted Lamb Leg with Greek Salad
Missouri Barbeque Sauce
Molasses Orange Barbecue Sauce
Momma's and Daddy's Barbecue Sauce
Mop for all Barbeque Meats
Murgh Kebab (Chicken Kebab)
Mustard Based Central South Carolina Bbq Sauce
Mustard Bbq Sauce
Mustard Grilled Chicken
N.C. Basting Sauce
N.c. Bbq Sauce
No Salt Barbeque Sauce #1
No Salt Barbeque Sauce #2
North Carolina Bbq Sauce
North Carolina-Style Barbecue Sauce
North Carolina: Eastern Rub and Sauce
North Carolina: Eastern Style
North Carolina: Eastern Style Lemon Mop
North Carolina: Eastern Style Sweet and Sour
North Carolina: Eastern Style Sweet and Sour Ii
North Carolina: Eastern Style Thined with Butter
North Carolina: Eastern Style with Butter
North Carolina: Eastern Style with Butter Iii
North Carolina: Eastern Style with Chili
North Carolina: Eastern Style with Herbs
North Carolina: Eastern Style with Molasses
North Carolina: Eastern Style with Onion
North Carolina: Eastern Style with Sugar
North Carolina: Eastern Style with Sugar and Butter Iv
North Carolina: Eastern Style with Sugar and Chili
North Carolina: Eastern Style with Sugar Ii
North Carolina: Eastern Style with Sugar Iii
North Carolina: Eastern Vernon's Dad's Sauce
North Carolina: Piedmont Ii
North Carolina: Piedmont Iii
North Carolina: Piedmont Iv
North Carolina: Piedmont Ix
North Carolina: Piedmont Style (Smoked Pork)
North Carolina: Piedmont V
North Carolina: Piedmont Vi
North Carolina: Piedmont Vii

North Carolina: Piedmont Viii
North Carolina: Piedmont X
North Carolina: Piedmont Xi
North Carolina: Piedmont Xii
North Carolina: Piedmont Xiv
North Carolina: Piedmont Xv
North Carolina: Piedmont Xvi
North Carolina: Piedmont Xvii
North Carolina: Piedmont Xviii
North Carolina: Western I (Smoked Pork)
North Carolina: Western Ii (Smoked Pork)
North Carolina: Western Iii (Smoked Pork)
North Carolina: Western Iv (Smoked Pork)
North Carolina: Western V
North Carolina: Western Vi (Smoked Pork)
Onion Rings
Orange Barbeque Sauce
Oriental Bar-B-Q Pork Tenderloin
Oriental Bar-B-Q Pork Tenderloin
Oriental Bbq Sauce
Outrageous Ham Steak Sauce (Bbq)
Oven Barbecued Caribou Ribs
Oven-Barbecued Turkey Legs
Pasta with Chicken and Grilled Veggies
Pasta with Grilled Shrimp & Vegetable Marinara
Pat Fusco's Georgian Moppin' Sauce
Phoenix Brand Chamionship Bbq Sauce
Pineapple Barbecue Glaze
Pineapple Cranberry Barbecue Sauce
Pineapple Willie's Jack Daniel's BBQ Sauce
Pit Barbeque Sauce
Pita Burgers with Cucumber-Yogurt Sauce
Pitts Secret Basting Sauce
Plains Baked Beans
Plum Bar-B-Que Sauce
Plum Bbq Sauce
Polynesian Teriyaki Sauce
Pop's Bbq Sauce
Pork Tenderloin with Hawiian Sauce
Potatoes under the Grill
Pungent Bbq Sauce
Quick Barbecue Beef Bake
Quick Barbecue Sauce #6
Quick Bbq Sauce
Quick Bbq Sauces
Really Simple Barbeque Sauce
Rib Eye Express Bbq Tag Team Barbeque Sauce
Rib Eye Express BBQ Tag Team Brisket BBQ Sauce
Rib Eye Express BBQ Tag Team Lamb BBQ Sauce
Rib Eye Express BBQ Tag Team Pulled Pork BBQ Sauce
Rib Shack Bar-B-Q Sauce
Rib Shack Bbq Sauce
Rockets' Red Glare Barbecue Sauce
Rosemary-Citrus Grilled Tuna
Rosemary-Dijon Lamb Chops
Salmon Steaks with Cucumber Sauce

Salsa Cubano Barbecue Sauce
Sara Lee's Arkansas Barbeque Sauce
Sauce for Grilling
Savory Chicken Bbq Sauce
Sc Basting Sauce
Seafood Barbeque Sauce
Shadowus Tennesse-Style Bbq Sauce
Sheila's Backyard Bbq Sauce
Short Beef Ribs with Pioneer Bbq Sauce
Smoked Pheasant
Smoked Pheasant - Country Living Holidays
Smoked Shrimp Enchilada W/red Pepper Cream, Barbecue Sauc
South American Hot Bbq Sauce
South Central Carolina Gold
South Central Carolina Gold Ii
South Central Carolina Gold Iii
South Central Carolina Gold Iv
South Central Carolina Gold V
South Central Carolina Gold with Margarine
South Central Carolina Ham
South Central Carolina: Baste/bbq Sauce
South Seas Pork Tenderloin
Spareribs with Mustard Sauce
Speedy Barbeque Sauce
Spice Country Barbeque Sauce
Spicy Barbecue Sauce
Spicy Basting Sauce
Spicy Texas Bbq Sauce
Spit Roasted Chili Barbequed Ribs
Sprinkle Barbecue Sauce (Dry Rub)
Sweet and Sour Barbecue Sauce
Sweet and Spicy Steak
Sybil Carter's Barbecue Sauce
Tabasco Classic - Avery Island Barbecue Sauce
Talmadge Farm Barbeque Sauce
Tangy Short Rib Barbecue
Tangy Sweet Bbq Sauce
Tarragon Turkey Burgers
Tennessee Bbq Sauce
Texas Barbecue Sauce
Texas Barbecue Sauce #1
Texas Barbecue Sauce #2
Texas Barbecue Sauce #3
Texas Barbecue Sauce #4
Texas Pit Barbecue Sauce
Texas Style Bbq Sauce
Texas Syyle Bbq Sauce
Texas Table Sauce for Barbecue
Thai Bbq Chicken Appetizers
Thai Beef Grill
The Good, the Bad, The Swine's Rum Barbecue Sauce
Three-Pepper Catsup
Tips for Successful Grilling
Tradewind Lobster Barbecue Sauce
Tropical Barbeque Sauce
Tropical Chicken Kabobs

Tuna Burgers with Horseradish Mayonnaise
Turkey with Wild Rice Stuffing (Optionally Smoked)
Uncle Shels Big Sky Badlands Bbq Sauce
Unique Barbecue Sauce
Unique Peach Barbecue Sauce
Unusual Chinese Grilled Shortribs
Vidalia Barbecue Sauce
Vinegar Based Bbq Sauce
Western Hot Sauce
Western Kentucky Pork BBQ Sauce
Western Style Bbq
Winter Bbq Ribs
Yams and Bbq Sauce
Yucatan Bbq Sauce
Zesty Basil Burgers
Zvia's Hawayej

DUTCH OVEN CHICKEN RECIPES

CHICKEN POT PIE

Ingredients:
Filling:
3 to 31/2 pounds chicken
chopped parsley
21/2 teaspoons salt
4 hard-boiled eggs, cut into wedges
1 stalk of celery, chopped
1 medium onion, chopped
1/2 teaspoon saffron
4 large potatoes, peeled, cut
4 stalks celery, thinly sliced
1/4 teaspoon pepper

Dough:
2 cups sifted flour
2 eggs
1/2 teaspoon salt
4-6 tablespoons water

Preparation:
Place chicken in Dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth. To make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife.
Add potatoes and celery to the broth, simmer 25 minutes until vegetables are tender. Taste the broth and add more salt or pepper if needed. Add the chicken pieces and bring to boil. Slide the squares of dough

into the broth, a few at a time, pushing them down gently. Cover and simmer 20 minutes Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

BAKED CHICKEN WITH CHEESE

Ingredients:
8 chicken breasts, deboned
6 tablespoons peanut oil
2 tablespoons lemon juice
2 tablespoons thyme
salt and pepper
8 slices boiled ham
8 slices cheese
8 slices tomato

Preparation:
Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 degree F heated Dutch oven. Bake 30 minutes. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 minutes Remove from foil and place on serving platter.

BREAST OF CHICKEN PAPRIKA

Ingredients: (6 servings)
3 chicken breasts, skinned and deboned, cut in half
3 tablespoons paprika
3 tablespoons chopped shallots
1/4 cups butter
2 cups champagne (or sparkling apple cider)
3 cups heavy cream
salt and pepper to taste

Preparation:
Sprinkle the chicken with paprika, salt and pepper.. Place in Dutch oven and add shallots, butter and champagne. Cover and bake at 350 degrees F until chicken is done (about 25 minutes). Remove chicken and keep warm. Reduce cooking liquid by 2/3. Over medium heat, pour in heavy cream, stirring until thickening take place. Strain the sauce over the warm chicken breasts and serve immediately.

BAKED CHICKEN WITH RICE

Ingredients: (6 servings-8)
4 skinless chicken breasts (cut into halves)
2 cups rice uncooked regular long grain rice (wild rice may also be used)
1 package dry Lipton Onion Soup Mix
2 cans chicken broth
2 cans cream of mushroom soup
1/2 teaspoon paprika
1/2 teaspoon pepper
1 can water

Preparation:

Line 4 quart Dutch oven with aluminum foil. Pour uncooked rice into Dutch oven.
In a separate bowl, combine chicken broth, cream of mushroom soup and 1 can of water. Pour mixture over the rice and mix well with rice.
Place cut up chicken parts on top of rice and sauce mixture. Sprinkle Lipton Onion Soup Mix, paprika, and pepper over chicken. Bake at 350 degrees F for about 45 minutes or until chicken and rice are done.

CHICKEN AND DUMPLINGS

Ingredients: (serves 2-3)
1 envelope chicken noodle soup mix (NOT single serving size)
1 61/2-ounce can boned chicken
buttermilk biscuit mix (check box for additional ingredients)

Preparation:
Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes). I have made a double recipe and served six by adding a small can of mixed vegetables.

APRICOT GLAZED CORNISH HENS

Ingredients:
6 Cornish game hens
wild rice and sausage dressing mix (1 to 11/2 pounds)
1 12-ounce jar apricot preserves
salt
1/2 cup water

Preparation:
Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 cup of dressing. Tie legs together with string. Place into Dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in Dutch oven. Do not place on bottom, they will burn. Bake hens at 350 degrees F for 11/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

CHICKEN GUMBO

Ingredients:
2 pounds chicken breasts, cut into 1" cubes
2 pounds fresh okra, sliced 1/4" slices
2 large onions, chopped
2 large bell peppers, chopped
1/2 cup celery, chopped
4 tablespoons cooking oil
3 tablespoons flour
3 large tomatoes, cut up
2 cloves garlic, minced
salt & pepper to taste

Preparation:
Prepare a rue with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 minutes, until vegetables are done. Add chicken and simmer an additional 6 minutes.

CHICKEN PIE

Ingredients:
1 4 pound ready to cook stewing chicken
4 cups water
1 cup chopped onion
1 rutabaga, peeled and cut in chunks
1/2 cup sliced celery
1/2 teaspoon ground sage
1/3 cup all purpose flour
1 beaten egg

Preparation:
In a Dutch oven, combine chicken, water, onion, 1 tablespoon salt, and 1/4 teaspoon pepper. Bring to a boil. Reduce heat and simmer, covered, until chicken is tender, about 11/2 hours. Remove chicken and cool. Remove meat from bones, discard skin. Cut up meat and set aside. Skim fat from broth; remove 1/2 cup of broth and set aside. Measure 31/4 cups of the remaining broth; return to Dutch oven. Add rutabaga, celery and sage. Bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, about 20 minutes. Meanwhile, prepare the lattice crust. Blend the reserved 1/2 cup of broth slowly into flour and stir into vegetable mixture. Cook and stir until thickened. Add chicken and heat through. Transfer mixture into 2 quart casserole. Place 5 pastry strips atop hot mixture. Place 5 more strips atop at right angles. Trim to fit (or weave a lattice on waxed paper and flip on top of pie.) Place remaining 3 strips around edge of casserole and trim to fit. Seal and flute edges. Brush with egg. Place pie on baking sheet on oven rack. Bake at 375 degrees F until the crust is browned, 35 to 40 minutes.
Lattice Crust... 11/4 cup all purpose flour 3/4 teaspoon salt 1/3 cup of lard 1 beaten egg 2 tablespoons cold water. Mix flour and salt; cut in lard until pieces are the size of small peas. Combine egg and cold water; sprinkle over flour mixture, 1 tablespoon at a time. Gently toss with fork. Repeat until all is moistened. Form into a ball. Roll on a lightly floured surface to a 10 x 9 3/4 inch rectangle. Cut into 13 10 x 3/4 inch strips.

ARROZ CON POLLO

Ingredients:
3-4 pound chicken, cut up
2 bouillon cubes
1 cup chopped onion
1 cup diced ham
1 cup green pepper, chopped
1 14-ounce can tomatoes
1 2-ounce jar pimento, diced
1 10-ounce package frozen peas, thawed
3/4 teaspoon chili powder
1 teaspoon salt
1 31/2-ounce jar stuffed green olives, drained
1/2 teaspoon white pepper
1 teaspoon paprika
2 cloves garlic, minced

1 cup raw rice (long grain)

Preparation:
Mix salt, pepper, and paprika together. Season chicken with this mixture. Put all ingredients except rice and peas in Dutch oven. Cover and cook at 300 degrees F for about 2 to 3 hours. Add rice and peas and cook at 375 degrees F for 1 hour. Water may be needed near end of cooking.

EIGHTY CLOVES OF GARLIC

Ingredients: (8 servings)
4 tablespoons butter
1 teaspoon dried thyme
2 tablespoon olive oil
2 teaspoons salt
2 chickens, cut up
1/2 teaspoon freshly ground black pepper
80 garlic cloves, unpeeled
4 tablespoons lemon juice

Preparation:
In a large Dutch oven, melt the butter in the olive oil. Add the chicken pieces and cook until golden on all sides (approximately 5 to 10 minutes). Remove all but 2 tablespoons of the fat. Add the garlic and stir until it is coated. Sprinkle garlic/chicken mixture with the remaining ingredients and add 1/2 cup of water. Cover tightly and bake for 11/2 hours.

HOOPLA CHICKEN LASAGNA

Ingredients:
1 1-pound package Creamette lasagna, cooked and drained
1 cups chopped onion
2 garlic cloves, chopped
2 tablespoons margarine or butter
2 26-ounce cans Classico pasta sauce, any flavor
1/2 cup water
1 4-ounce can chopped green chilies, drained
1 teaspoon ground cumin
1 8-ounce package cream cheese, softened
2 teaspoons Wyler's or Steero Chicken Flavor Instant Bouillon
3 cups chopped cooked chicken
4 cups shredded mozzarella cheese
3/4 cup chopped celery

Preparation:
Preheat Dutch oven to 375 degrees F. In Dutch oven, over medium heat, cook onion and garlic in margarine until tender. Stir in pasta sauce, water, chilies and cumin. Bring to a boil; reduce heat and simmer 10 minutes. In bowl, beat cream cheese with bouillon until fluffy. Stir in chicken, 1 cup mozzarella and celery. On bottom of Dutch oven, spread 3/4 cup sauce. Top with half each of the lasagna, chicken mixture, sauce and 11/2 cups mozzarella. Repeat layering, ending with sauce. Cover; bake 45 minutes or until hot and bubbly. Uncover. Top with remaining 11/2 cups mozzarella. Bake 5 minutes longer. Refrigerate leftovers.

POTATOES AND CHICKEN DIJON

Ingredients:
4 medium potatoes, cut into 1/4 inch slices
1 pound chicken breasts, boned and skinned, cut into 1/2 inch slices
2 tablespoons vegetable oil
1/4 cup prepared honey-Dijon barbecue sauce
1 teaspoon dried tarragon

Preparation:
Place potatoes in Dutch oven and add just enough water to cover potatoes. Cook until just tender. Remove potatoes and water. Add oil, cook chicken until done. Add potatoes; toss until potatoes are lightly browned. Add barbecue sauce and tarragon; toss until heated through.

POTATOES AND CHICKEN ROSEMARY

Ingredients:
1 1/3 pounds (4 medium) potatoes, cut into 1/4-inch slices
1 pound chicken breasts, boned and skinned, cut into 1/2 inch slices
2 cloves garlic, minced
2 tablespoons olive oil
2 teaspoons dried rosemary, crumbled
salt and pepper, to taste

Preparation:
Place potatoes in Dutch oven and add just enough water to cover potatoes. Cook until just tender. Remove potatoes and water. Add oil, and cook chicken and garlic until done. Add potatoes; toss until potatoes are lightly browned. Add potatoes and rosemary; toss until potatoes are lightly browned. Season with salt and pepper.

POTATOES AND CHICKEN SANTA FE

Ingredients:
1 1/3 pounds (4 medium) potatoes, cut into 1/4-inch slices
1 pound chicken breasts, boned and skinned, cut into 1/2 inch slices
2 tablespoons olive oil
1 cup prepared tomato salsa
1 8-3/4 ounce can whole kernel corn, drained

Preparation:
Place potatoes in Dutch oven and add just enough water to cover potatoes. Cook until just tender. Remove potatoes and water. Add oil, and cook chicken until done. Add potatoes; toss until potatoes are lightly browned. Add potatoes; toss until potatoes are lightly browned. Add salsa and corn; toss until heated through.

CHICKEN CREOLE

Ingredients:
1 broiler-fryer (about 3 pounds), cut up
1/4 cup flour
1 tablespoon chili powder
2 teaspoons salt
1/2 teaspoon pepper
2 tablespoon oil
1 large onion, chopped (1 cup)
1/2 large green pepper, chopped (1/2 cup)
1 large clove garlic, crushed
1 16-ounce can tomatoes, cut up
1 cup chicken broth or bouillon
1 10-ounce package frozen whole okra, thawed slightly to separate (optional)

Preparation:
Coat chicken with mixture of flour, chili powder, salt and pepper. Brown on all sides in hot oil in Dutch oven; push to one side. Add onion, green pepper and garlic; sauté until tender. Add tomatoes and broth; bring to boil. Stir in rice; cover and simmer 40 minutes, stirring occasionally, or until chicken and rice are tender and most of the liquid is absorbed. Add okra; cover and cook 10 minutes or until okra is barely tender.

HONEY BAKED CHICKEN

Ingredients: (6 servings)
31/2 pounds cut-up chicken
1/4 cup honey
1 tablespoon mustard, prepared
1 teaspoon curry powder
1/4 cup butter

Preparation:
Melt butter in Dutch oven. Add honey, mustard, and curry powder to melted butter and mix well. Coat chicken pieces on all sides with mixture. Place chicken in oven skin side down. Bake at 350 degrees F for 1/2 hour. Turn chicken pieces over and baste. Cover and bake another 1/2 hour. Serve with rice and vegetables.

CHICKEN BREASTS WITH RICE

Ingredients: (8 servings)
2 21/2-ounce jars dried beef
4 stalks celery, chopped
2 small onion, chopped
2 tablespoons butter or margarine
4 cups cooked rice
4 tablespoons chopped parsley
2 1-ounce jars pine nuts (optional)
4 chicken breasts, cut in half, deboned

1 teaspoons seasoned salt
2 teaspoons paprika

Preparation:
Snip beef into small pieces. Place in Dutch oven. Add celery, onion and margarine and cook until onions are crisp tender. Stir in rice, parsley, and pine nuts. Arrange chicken breasts skin sides up and thickest parts to outside on rice mixture. Sprinkle with seasoned salt and paprika. Cover and cook at 350 degrees F for 30 minutes or until chicken is fully cooked.

CHICKEN BAKE (WITH HAM & BACON)

Ingredients: (8 servings)
8 thin ham slices
4 chicken breasts, deboned, skinned, cut in half
16 slices bacon
1 can cream of chicken soup
1 can regular milk
10 ounces sour cream

Preparation:
Place ham slices on chicken breast halves and wrap each with two slices of bacon. Secure bacon with a toothpick through the side of the chicken breast. Place chicken into hot Dutch oven and cook until bacon is cooked. In a separate bowl, combine soup, milk and sour cream. Mix well. Pour over chicken. Cover with aluminum foil. Cover oven and bake at 350 degrees F for about 1 hour.

20-MINUTE CHICKEN

Ingredients: (8 servings)
8 medium chicken breast halves(3 pounds total), skinned, boned, cut into 1-inch strips*
4 cloves garlic, minced
2 tablespoons chopped fresh basil or 2 teaspoons dried basil, crushed
2 14-ounce cans tomatoes, cut up
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
2 cups low sodium chili sauce
3 cups chopped green pepper
1/2 teaspoon crushed red pepper
1/2 teaspoon salt
1 cup chopped celery
nonstick spray coating
1/2 cup chopped onion

Preparation:
Spray Dutch oven with nonstick spray coating. Preheat oven over high heat. Cook chicken in oven, stirring, for 3 to 5 minutes, or until no longer pink.
Reduce heat. Add tomatoes and their juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes. Serve over hot cooked rice or whole wheat pasta.
*You can substitute 1 pound boneless, skinless, chicken breasts, cut into 1-inch strips, if desired.

SONOMA SUPPER CASSOULET

Ingredients: (4 servings)
1 pound smoked turkey sausage, cut on the diagonal into 1/4 inch slices
3 151/2-ounce cans cannelloni (white kidney) beans, rinsed and drained
1 jar (8 ounces) Sonoma marinated dried tomatoes, drained and coarsely chopped
3/4 cup chicken bouillon (made from instant granules)
1 teaspoon dried thyme leaves
salt and pepper, to taste

Preparation:
In Dutch oven, over medium-high heat cook sausage, tossing occasionally, until lightly browned, about 10 minutes. Reduce heat to medium; add beans, tomatoes, bouillon and thyme. Cook about 20 minutes, tossing occasionally, or until heated through. Season with salt and pepper.

OVEN FRIED CHICKEN

Ingredients: (8 servings)
2/3 cup oil
2/3 cup butter
2 cups all-purpose flour
2 teaspoons salt
3 teaspoons ground black pepper
2 teaspoons garlic salt
2 teaspoons dried marjoram (optional)
16 chicken pieces (legs, thighs, breasts)

Preparation:
Place butter and oil in Dutch oven and melt butter over low heat.
In a large sack, combine flour, and seasonings. Coat two pieces of chicken with butter and oil mixture. Put chicken into sack and shake well, insuring all the chicken is coated. Place coated chicken into Dutch oven, skin side down, and repeat with remain chicken until all pieces have been coated. Cover oven and bake at 375 degrees F for 45 minutes. Remove lid and turn pieces over. Replace lid and bake and additional 10 minutes. Can be eaten hot or cold.

LEMON CHICKEN

Ingredients: (8 servings)
2 fryer chickens
4 tablespoons butter
4 tablespoons olive oil
8 garlic cloves, cut into thin slices
1/2 cup chopped parsley
2 teaspoons oregano
1 teaspoon cumin
1/2 cup dry white wine
2/3 cup chicken broth
salt and pepper to taste

Preparation:

Sprinkle chicken with salt and pepper. Heat butter and oil in Dutch oven. Brown chicken on all sides then remove from oven. Add garlic to oven and cook to golden brown. Add wine and stir to dissolve all brown particles in oven. Cook until wine almost evaporates. Add broth, lemon juice, parsley, oregano and cumin. Return chicken to Dutch oven. Cover and cook at 300 degrees F for about 45 minutes or until chicken is tender. Serve with rice if desired.

LEMON CHICKEN II

Ingredients: (6 servings)
3 pounds frying chicken, cut up
2 tablespoons butter
2 tablespoons oil
2 tablespoons lemon juice
1 teaspoon salt
1 teaspoon dried oregano leaves
1/4 teaspoon pepper
4 medium baking potatoes

Preparation:
Peel and cut potatoes into wedges, cutting lengthwise through potato. Brush chicken with butter on both sides Beat oil, lemon juice, salt, pepper and oregano leaves in small bowl. Brush mixture on both sides of chicken. Place chicken skin side down in Dutch oven (pieces should not touch). Bake at 350 degrees F for 15 minutes. Baste chicken with juices. Bake another 15 minutes. Turn pieces over and place in potato wedges. Baste chicken and potato wedges with juices. Bake another 25 minutes or until chicken and potatoes are brown and tender .

SPANISH RICE WITH CHICKEN

Ingredients: (8 servings)
6 pounds fryer chicken, cut up
4 tablespoons oleo
2 cups regular rice, uncooked
2 16-ounce cans tomatoes, chopped, drained
2 cups boiling water
2 tablespoons minced onion
4 teaspoons parsley flakes
2 tablespoons dried green pepper flakes
1 teaspoon sugar
1/4 teaspoon mince garlic
salt and pepper to taste

Preparation:
In Dutch oven over medium heat, cook rice in oleo until golden brown in color. Stir constantly while cooking rice. Stir in tomatoes, water, onions, garlic, sugar, pepper flakes, parsley flakes and 1/2 teaspoon of salt. Bring to boil, then remove 1/2 mixture. Arrange chicken pieces in Dutch oven over remaining mixture. Sprinkle lightly with salt and pepper. Pour removed mixture over chicken and cover with aluminum foil. Place cover on Dutch oven and bake at 350 degrees F for 1 hour or until chicken is tender.

CHICKEN BAKED WITH HONEY

Ingredients: (6 servings)
2 young chickens, cut-up
1/4 cup butter
1 cup chopped onions
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon rosemary
1 tablespoon honey for each piece of chicken
1 cup chicken stock
flour as needed

Preparation:
Sprinkle each pieces of chicken with flour. Melt butter in Dutch oven and sauté chicken on both sides. Remove chicken to paper toweling. Sauté onions until golden brown. Place chicken in oven on onions and sprinkle with salt, pepper, rosemary and drizzle each piece of chicken with honey. Cover and bake at 350 degrees F for about 1 hour. BASTE FREQUENTLY.

OVEN BAKED CHICKEN II

Ingredients: (4 servings)
1/8 teaspoon marjoram
1/8 teaspoon rosemary, crushed
5 cups corn flakes, crushed
21/2 pounds cut up broiler-fryer -chicken pieces
1/2 cup butter or margarine, melted
1/3 cup all-purpose flour
11/2 teaspoons salt
1/8 teaspoon thyme

Preparation:
In medium bowl combine butter, flour, salt, thyme, rosemary and marjoram. In shallow dish place cereal. Dip chicken in butter mixture; roll in cereal to coat. Place in Dutch oven and bake at 375 degrees F for about 1 hour or until golden brown.

CHICKEN AND DUMPLINGS II

Ingredients:
1 chicken, cut up
3 small onions, cut in quarters
4 carrots, sliced
2 celery stalks, sliced
1 can Campbell's Chicken Broth
21/2 teaspoons salt
2 bay leaves
1/8 teaspoon pepper
1/4 teaspoon thyme
3 cups water
2 tablespoons lemon juice
6 tablespoons flour
Dumplings:
1 cup bisquick
1/3 cup milk

Preparation:
Put all ingredients in Dutch oven, except 11/2 cups water and flour. Bring to a boil, reduce heat and simmer 35 minutes. Add 1/2 cup water and 6 tablespoons flour (mix together first). Bring to a boil, then reduce heat and simmer. Make dumplings by mixing the bisquick and milk. Drop on top. Cook uncovered for 10 minutes, then cover and cook 10 more minutes.

SZECHWAN CHICKEN

Ingredients: (6 servings)
6 tablespoons peanut oil
3 small red chili peppers, seeded and broken up
1 cup chopped carrots
8 skinned and boned chicken thighs, cubed
2 bunches green onions, chopped
3 tablespoons chopped garlic
1/2 cup water
4 tablespoons soy sauce
4 teaspoons vinegar
4 tablespoons cornstarch
4 tablespoons sugar
steamed rice

Preparation:
Add oil to Dutch Oven. When oil begins to smoke, add crushed peppers and carrots. As the carrots become limp, add chicken. When the chicken is about 90 percent cooked, add the onions and garlic. Cook an additional 3 minutes or until the chicken is cooked through. Combine water, soy sauce, vinegar, cornstarch and sugar and stir into the oven until sauce thickens slightly. Note: the recipe called for 6 tablespoons of soy sauce and no water, but we liked a less salty flavor.

PEACHY CHICKEN

Ingredients: (6 servings)
3 pounds chicken, cut up
1 cup whole wheat flour
1 cup white wine
1/2 cup butter
1/2 cup water
8 cup sliced peaches
1 cup chopped walnuts

Preparation:
In Dutch oven, melt together wine, butter, and water. Roll chicken in flour; place in oven Bake at 350 degrees for 30 minutes. Add peaches and walnuts. Bake another 30 minutes to finish.

ARROZ CON POLLO (RICE WITH CHICKEN)

Ingredients: (4 servings)
2-3 pounds chicken pieces, drumstricks,
1/2 cup onion, chopped
1 clove garlic, minced
1 large tomato, chopped
3 cups water
1 cup uncooked rice
1 tablespoon parsley, minced
2 tablespoons salt
1/2 teaspoon paprika
1/4 teaspoon black pepper
1-2 teaspoons hot curry powder (Indian curry)
1 bay leaf

Preparation:
Heat a bit of oil in Dutch oven. Brown chicken for approximately 5 minutes. Throw everything else into the Dutch oven. Bring to boil, then reduce heat and simmer for approximately 45 minutes or until thickest part of the chicken is tender. The rice may not absorb all of the water, but that's OK -- what remains will thicken when it cools a bit.

COQ AU VIN

Ingredients: (6 servings)
3 pound boiler-fryer chicken, cut up and skinned
1 slice bacon, chopped
1 cup chopped onion
1/2 cup chopped carrot
1 tablespoon all-purpose flour
1 cup dry red wine
1 tablespoon snipped fresh parsley
1/4 teaspoon salt
1/2 teaspoon dried thyme, crushed
1 bay leaf
1/2 pound (3 cups) fresh small whole mushrooms

Preparation:
Rinse chicken and pat dry. In a Dutch oven, cook bacon, onion and carrot until onion is tender, but not brown. Stir in flour. Stir in wine all at once. Cook and stir until slightly thickened and bubbly. Add chicken parsley, salt, thyme and bay leaf. Cover and simmer for 30 minutes; stir in mushrooms. Cover and simmer for 10 minutes more or until chicken and mushrooms are tender. Transfer chicken and mushrooms to serving platter; pour sauce over chicken.

DUTCH OVEN STEWED CHICKEN

Ingredients: (6 servings)
4 pounds chicken, 6 portions
4 tablespoons oil
1 cup flour
1 teaspoon salt
1/2 teaspoon pepper
1 jar spaghetti sauce, large
16 ounces tomatoes, stewed
16 ounces egg noodles

1 tablespoon sugar

Preparation:
Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper). Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.
Pour the jar of spaghetti sauce and can of stewed tomatoes over the oven-fried chicken. Add 1 tablespoon sugar. Put lid on oven and add coals on top. Bake over medium heat, for 40 minutes, about 1 hour total cooking time. Cook egg noodles and pour sauce from the oven over them

DUTCH OVEN ORANGE HONEY GINGER CHICKEN

Ingredients:
1 3 to 4 pound whole chicken
1 6-ounce can orange juice concentrate
1 can Fresca or Squirt
1 cup honey
1/2 teaspoon paprika
1/2 teaspoon tarragon
1 teaspoon onion powder
1 teaspoon ground ginger
1 teaspoon ground pepper
2 tablespoon canola oil
1/4 cup wild rice
3/4 cup long rice
1 cups water
1/2 pound fresh pea pods
cherry tomatoes for garnish

Preparation:
In a bowl mix orange juice, soda pop, honey, & spices. Reserve 1 cup of mixture. Brush chicken inside and out with the mixture. Tie the legs together and tuck the tail between them to close the chicken. Place the chicken into a heated 12 inch deep Dutch oven. Cook using top and bottom heat for 11/2 to 2 hours. Baste with the honey mixture several times while cooking. About 40 minutes before chicken is finished, sauté both rices in hot oil in a 10 inch oven. Stir until toasted. Add 11/2 cups water and 1/2 cup of the reserve mixture. Cover & cook until liquid disappears and rice is soft and flaky. About 15 minutes before chicken is finished, steam pea pods, for 5 minutes over the rice. Serve by placing rice on 12 inch Dutch oven lid. Place chicken on rice bed and garnish with pea pods, and tomatoes sliced in half.

CHICKEN CACCIATORE

Ingredients: (4 servings)
3 pounds chicken legs, skins removed and cut into leg/thigh pieces
1 tablespoon oil
1 large onion
1/2 cup converted long-grain white rice
1 28-ounce can crushed tomatoes
1 cup water
1 tablespoon minced garlic
1 teaspoon dried rosemary, crumbles
1 teaspoon salt
1/4 teaspoon crushed red pepper

2 large green bell peppers, cut into 1/4" pieces

Preparation:
Heat oil in Dutch oven. Add chicken and cook on medium-high heat about 7 minutes, turning the chicken occasionally. Remove chicken. Add onions and rice. Stir 3-4 minutes until onions are translucent. Stir in tomatoes, water, garlic, rosemary, salt and crushed pepper. Return chicken to oven. Bring to boil. Scatter bell pepper over chicken, reduce heat, cover and simmer 25 minutes or until chicken and rice are tender.

FESTIVE CHICKEN BAKE

Ingredients:
1/4 cup flour
2/3 cup light molasses
1 teaspoon salt
1/4 teaspoon pepper
21/2 to 3 pound fryer chicken
1 tablespoon prepared mustard
2 tablespoons oil
1 tablespoon cider vinegar
1 8-ounce can sliced pineapple
1 16-ounce can sweet potatoes, drained

Preparation:
Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in Dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 degrees F for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 minutes more.

DUTCH OVEN BEEF RECIPES

CORNED BEEF AND CABBAGE

Ingredients: (4 servings)
1 medium cabbage
4 slices bacon
11/2 to 2 teaspoons crushed red pepper
1/8 teaspoon salt
21/2 cups water
1 12-ounce can corned beef, sliced

Preparation:
Wash cabbage, and cut into 4 wedges (do not separate leaves).
Cook bacon in a Dutch oven until crisp; remove and drain bacon. Leave 3 tablespoons of drippings in Dutch oven. Crumble bacon when cool.

Combine cabbage, bacon, red pepper, salt, and water in Dutch oven. Cover and cook over medium heat for 30 minutes. Add corned beef, and cook an additional 10 minutes.
(From The Southern Living Cookbook)

CHUCK WAGON DELIGHT

Ingredients:
21/2 to 3 pounds beef brisket
1 12-ounce package macaroni
water (you can add tomato juice or beef stock to water if you like)

Preparation:
Place Dutch oven directly on coals and add a little oil or shorting. Add brisket and brown well on both sides. Add water to almost cover the brisket. Cover oven and place coals on the oven lid and cook until meat is tender, about two hours.
Remove meat from cooking juices and wrap in foil to keep warm. Add macaroni to cooking juices and place oven directly on hot coals. Boil, uncovered until pasta is tender, about 20 minutes.

POT ROAST

Ingredients:
3-4 pounds pot roast
3 cups water
3 teaspoons salt
2 teaspoons pepper
3 teaspoons pickling spices
1 48-ounce can tomato juice
6 medium potatoes
6 large carrots
1 medium onion
3 cloves garlic
3 tablespoons cooking oil
1 cup flour

Preparation:
While the Dutch oven is preheating, peel the potatoes, carrots, and onions and cut them into 2 inch sections and mash the garlic.
In a pan, mix the flour, salt and pepper. Cut excess fat from roast and place roast in the flour mixture. Coat the roast with flour using hands to press flour into meat.
In the preheated oven add the cooking oil. When the oil is hot enough to smoke lightly, add the pot roast and brown until it is dark brown and crusty on all sides. Remove the roast to a holding plate.
Pour out excess fat from the oven and add a rack to the bottom. Put the roast on the rack and add 3 cups of water. Replace the lid and place oven on a bed of 12-14 coals. None should be needed for top. Cook 1/2 hour for each pound of roast.
One-half hour before the roast is done, open the lid and add the vegetables. If more water is needed, add some. Replace the lid and cook the remainder 1/2 hour. Coals may be added at this time if extra brown potatoes are desired.
Gravy may be made by mixing the left over flour mixture with cold water until it is smooth. Add to the broth slowly until the desired thickness is achieved. The broth must be boiling to do this.

BEEF AND NOODLES

Ingredients:
1 pound ground beef
1 package wide noodles
3 teaspoons salt
3 teaspoons pickling spices
1 48-ounce can tomato juice
1 large onion
3 cloves garlic
3 tablespoons cooking oil

Preparation:
While the Dutch oven is preheating, peel the carrots and onions and cut them into 2 inch sections and mash the garlic.
In the preheated oven add the cooking oil. When the oil is hot enough to smoke lightly, add the ground beef and brown. Pour off excess grease. Add the vegetables to the ground beef and mix. Add the dry noodles to the top of the ground beef. Pour in the tomato juice over noodles.
Cover and place over 12 coals. Cook 45 minutes until noodles and onions are tender.

BEEF BURGUNDY

Ingredients:
2 pounds beef round roast
2 cans beef gravy (or packages of instant)
1 clove garlic
1/4 teaspoon oregano
3 medium onions, sliced
1/2 cup burgundy wine (optional)
4 teaspoons butter
1/2 pint sour cream

Preparation:
Cut beef into 1 inch cubes. Sprinkle with tenderizer. Sauté garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings.
Add beef gravy, salt, pepper and onions to pan. Simmer 15 minutes Serve over rice.

FRENCH STYLE ROAST BEEF

Ingredients:
3 pounds boneless chuck or rolled rump roast
1 teaspoon salt
1 teaspoon thyme
6 whole cloves
5 peppercorns
1 bay leaf
1 large garlic clove
4 cups water
4 medium carrots cut into quarters
2 medium onions, quartered
2 medium turnips cut into quarters
2 medium stalks celery, cut into 1" pieces

Preparation:
Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 21/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 minutes
Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

BEEF GOULASH

Ingredients:
3 pounds beef, cubed
1 teaspoon salt
2 tablespoons cooking oil
1 can cream of mushroom soup

Preparation:
Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

SPAGHETTI AND MEATBALLS

Ingredients:
For Spaghetti:
1 large onion
1 clove garlic, crushed
1 teaspoon sugar
1 teaspoon oregano leaves
3/4 teaspoon salt
3/4 teaspoon basil leaves
1/2 teaspoon marjoram leaves
1 8-ounce can tomato sauce
4 cups hot cooked spaghetti
1 16-ounce can whole tomatoes

For Meatballs:
1 pound ground beef
1/2 cup dry bread crumbs
1/4 cup milk
3/4 teaspoon salt
1/2 teaspoon Worcestershire sauce
1/4 teaspoon pepper
1 small onion, diced (1/4 cup)
1 egg

Preparation:
Meatballs: Mix all ingredients, shape into 11/2 inch meatballs. Place in Dutch oven and bake at 400 until done and light brown, 20 to 25 minutes
Prepare spaghetti according to package instructions.
Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 minutes Stir meatballs onto mixture.
Cover and simmer, stirring occasionally, 30 minutes longer. Serve over spaghetti and if desired, with grated parmesan cheese.

POOR MAN'S STEAK

Ingredients:
2 pounds ground beef
1 1/3 cups milk
2 teaspoons salt
margarine or butter
1/4 teaspoon pepper
2 cans cream of mushroom soup
2 cups cracker crumbs
1 cup water

Preparation:
Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine.
Mix soup with 1 cup of water and pour over meat placed in Dutch oven. Bake at 350 degrees F for 11/2 hours.

HUNGARIAN GOULASH

Ingredients:
2 pounds beef tips, cut into 2" cubes
2 teaspoons paprika
1 small onion
11/2 teaspoons salt
3 teaspoons cooking oil
1/4 teaspoon pepper
1 can whole tomatoes
1 cup sour cream
4 ounces whole mushrooms
2 tablespoons flour

Preparation:
Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 11/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

ROUND STEAK HAWAIIAN

Ingredients:
1/4 cup cooking oil
1 can sliced water chestnuts, drained
11/2 pounds round steak
1 jar home-style beef gravy
1 bell pepper, cut into stripes
chow mien noodles
1 pound mushrooms, sliced
1/2 teaspoon salt

Preparation:

Cut steak into 1/4" strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring constantly. Drain and add water chestnuts and gravy. Cover and simmer 11/2 to 2 hours, stirring occasionally. Serve over rice and sprinkle with chow mien noodles.

SWISS STEAK

Ingredients:
3 pounds round steak
3 stalks celery, peeled, chopped fine
3 tablespoons butter
1/2 cup catsup
1 teaspoon salt
1 tablespoon chopped parsley
1 large onion, diced

Preparation:
Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 21/2 hours. 1/2 cup water may be needed if mixture thickens too much.

STEAK AND MUSHROOMS

Ingredients:
1 round steak
1 pound mushrooms sliced
1/2 teaspoon salt
2 cups onions, diced
1/2 teaspoon pepper
1/4 pound butter
1 8-ounce can tomato sauce
flour
1 tablespoon Worcestershire sauce

Preparation:
Cut meat into strips and coat with flour. Sauté in melted butter for 5 minutes. Add onion and mushrooms, cook another 5 minutes or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 11/2 hours.
Serve over rice.

ANN'S BRISKET

Ingredients:
3-4 pound beef brisket
seasoned tenderizer
2-3 tablespoons flour
salt and pepper

Preparation:
Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in Dutch oven, cover and cook 250 degrees F for 6 to 7 hours. You can cook it faster but it is juicier cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving.

ONION SWISS STEAK

Ingredients:
3 pounds round steak, 3/4" thick
2 packages onion soup mix
11/2 teaspoons salt
2 10-ounce cans tomatoes
1/4 teaspoon pepper

Preparation:
Cut steak into serving pieces, season with salt and pepper and place into Dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meet is done and tender.

BEEF POT ROAST

Ingredients:
3-4 pounds rump roast or pot roast
3 medium potatoes, pared and halved
3 medium carrots, cut into 2" pieces
2 medium onions, halved
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup water or beef broth

Preparation:
Brown roast in Dutch oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 degrees F for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

FLANK STEAK TERIYAKI

Ingredients:
6 flank steaks
6 pineapple slices
1 tablespoon salad oil
1/2 cup soy sauce
1/4 cup sugar
2 tablespoons sherry (optional)
1 teaspoon ginger
1 clove garlic, crushed
1/2 teaspoon MSG (optional)

Preparation:
To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 11/2 hours. Fry steaks in very hot Dutch oven brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 minutes. Serve over rice.

CORNED BEEF BRISKET WITH DIJON GLAZE

Ingredients:
3 pounds corned beef brisket
4 cups water
1/4 cup vinegar
1/4 cup Worcestershire Sauce
2 bay leaves
8 whole cloves
3 cloves garlic, crushed
1/2 cup Dijon mustard
1/2 cup orange marmalade
2 tablespoons horseradish
2 tablespoons Worcestershire sauce

Preparation:
Place brisket in Dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 21/2 to 3 hours or until tender. In a small saucepan, combine Dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with 1/2 cup glaze. Bake at 350 degrees F for 20 minutes. Serve with remaining glaze.

MESS

Ingredients:
11/2 pounds ground beef
1 16-ounce can French style green beans
1 can tomato soup
1 small onion, chopped
1 can mushrooms

Preparation:
In Dutch oven, brown ground beef and onion until onion is clear. Drain and add other ingredients. Heat about 30 minutes and season to taste. Serve plain or on top of noodles or spaghetti.

CAPTAIN MUTTS LOST RECIPE MEATLOAF

Ingredients: (6 servings)
2 pounds ground beef
3 onions, chopped
3 potatoes, with skin, 1/2" cube
2 carrots, grated (with saw?)
1 cup potato chips
2 large marshmallows
2/3 cup catsup
2 ounces Tabasco

Preparation:
Mash ingredients together. Place in Dutch oven. Put the lid on, and place over small pile of hot coals (4-5) and cover lid with additional coals (4-5). Cook for approximately 30 minutes.
Actual recipe from a Current River Canoe Trip.

DUTCH OVEN DELIGHT

Ingredients: (8 servings to 10)
2 ounces lean ground round
3 tablespoons cooking oil
8 ounces elbow macaroni
1 large onion, chopped
1/4 cup finely chopped bell pepper
1/4 cup finely chopped celery
1/4 cup finely chopped green onion
1 16-ounce can stewed tomatoes
1 16-ounce can tomato sauce with tomato bits
2 cups water
2 tablespoons Worcestershire sauce
8 dashes Tabasco sauce
1 teaspoon seasoned salt
1/2 teaspoon seasoned pepper
1/2 teaspoon celery salt
2 16-ounce can kidney beans

Preparation:
In large Dutch oven brown meat in cooking oil. Drain and retain liquid. Return 3 tablespoons of liquid to pot and sauté , onion, bell pepper, celery, and green onion for about 5 minutes, stirring constantly. Return meat to pot, add tomato sauce, macaroni, stewed tomatoes, and water. Mix together. Add the remainder of the ingredients, except for the kidney beans, and mix thoroughly. Cover and simmer for 25 minutes, stirring frequently to prevent sticking. If ingredients appear a bit dry during the cooking, more water may be added. Add kidney beans and simmer for an additional 10 minutes.

BARBECUED BRISKET OF BEEF

Ingredients:
3 cups apple cider
1/4 cups honey
2 tablespoons Dijon mustard
1/4 cup soy sauce
2 tablespoons brown sugar, packed
1 tablespoon minced garlic
1 tablespoon minced fresh ginger root
1 tablespoon whole coriander
2 sprigs fresh thyme
1 brisket of beef (21/2 pounds)
1 cup white wine (optional)

Preparation:

Combine, white wine, cider, honey, mustard, soy sauce, brown sugar, garlic, ginger root, coriander and thyme in Dutch oven. Add brisket. Cover tightly and place in oven. Heat oven to 350 degrees F and cook 1 hour. Remove brisket from cooking liquid, cover and set aside. Transfer liquid to medium pan and cook over medium heat until reduced to a glaze and thick enough to coat back of spoon.
Using covered grill, light about 12 charcoal briquettes and add small piece of mesquite or other wood. Be sure to place charcoal and wood to one side of grill. Arrange brisket on grill so that it is not directly over burning wood. Paint it with some glaze. Place cover on grill and smoke brisket 1 hour, turning meat and coating with glaze every 15 minutes. Add charcoal or wood, small piece at a time, if fire seems to get too cold. Remove from grill, thinly slice meat against grain and serve. Offer any remaining glaze on side.

POTLUCK SURPRISE

Ingredients:
11/2 pounds lean ground beef
11/2 cups elbow macaroni; uncooked
1/2 cup onion; chopped
1 teaspoon Italian seasoning
1 small eggplant, cut into 1/2 inch cubes
1/4 cup Pimento; Chopped
11/2 teaspoons salt
1/4 teaspoon pepper
1 cup dairy sour cream
2 cups cheddar cheese; shredded

Preparation:
Heat Dutch oven to 350 degrees F. Cook the macaroni as directed on the package and drain. While the macaroni is cooking, cook and stir the meat and onion in a Dutch oven until the meat is brown. Drain off the excess fat. Stir in the salt, Italian seasoning, pepper, macaroni, eggplant, sour cream, pimento and 1 cup of the cheese. Turn into an ungreased 3-quart casserole. Sprinkle with the remaining cheese. Bake uncovered until the eggplant is tender, about 45 to 50 minutes. Serve hot.

HAMBURGER STROGANOFF

Ingredients: (8 servings)
2 pounds ground beef
2 can cream of chicken soup
1 can milk
1 cup sour cream

Preparation:
Brown ground beef in Dutch oven. Drain fat. Add soup, milk and sour cream. Mix well. Simmer about 20 minutes. Serve over hot rice or tortilla chips.

SPAGHETTI BAKE

Ingredients: (8 servings)
2 pounds ground beef
1/2 cup chopped onion
1/4 teaspoon garlic powder
32 oz spaghetti sauce

8 ounces spaghetti, broken into 2" pieces and cooked
8 oounces mozzarella cheese, shredded
1/2 cup parmesan cheese, grated

Preparation:
In Dutch oven, cook ground beef and onion until golden brown. Drain fat. Add in sauce and garlic powder. Bring mixture to boil and simmer for 15 minutes. Remove 1/2 of mixture. Add cooked spaghetti to oven and mix well. Sprinkle with mozzarella cheese. Top with remaining mixture and sprinkle on parmesan cheese. Bake at 350 degrees F for 30 minutes.

BEEF BRISKET

Ingredients: (8 servings)
6 pounds beef brisket
2 teaspoons garlic powder
1 teaspoons pepper
1 tablespoon celery seed
1 103/4-ounce can cream of mushroom soup
1 large onion
paprika to taste

Preparation:
Place brisket on a large piece of heavy duty aluminum foil. Season to taste using pepper, garlic powder and celery seed. Spread soup over brisket and top with onion slices. Wrap brisket tightly in foil and refrigerate overnight. To bake, let stand at room temperature for 1 hour. Place wrapped brisket into Dutch over on a raised wire rack. Bake at 325 degrees F for 21/2 hours. Uncover brisket and sprinkle with paprika. Return uncovered brisket to oven and bake another 1/2 hour. Slice thinly across the grain to serve.

ALL AMERICAN POT ROAST

Ingredients: (8 servings)
1 large onion
1 bag of carrots
1 rib of celery
1 tablespoon vegetable oil
31/2 pounds chuck roast
1/2 teaspoon thyme, dried
1 bay leaf
2 tablespoons flour
salt and pepper to taste

Preparation:
Cut onion, carrot and celery in 2" chunks. Heat oil in a Dutch oven . Brown roast on all sides, about 15 minutes. Remove meat from oven. Add vegetables to oven and cook until golden, about 10 minutes.
Return meat to pot and add 1 cup of water, 2 teaspoons salt, 1/2 teaspoon pepper, thyme and bay leaf.
Bring to a boil and then reduce heat and simmer, covered, for about 21/2 hours.
Turn meat occasionally. Remove meat to a platter. Cover loosely with foil to keep warm.
Discard all the vegetables and the bay leaf. Skim fat from pan juices. Gradually add 1/2 cup water into the flour. Add the flour mixture to the pan and cook, stirring, until the gravy comes to a boil and thickens.

SLOPPY JOES

Ingredients:

1 pound ground beef (very lean)
1/2 cup chopped onion OR 2 tablespoons dry onions (just as good & much easier)
1/8 teaspoon pepper
1 tablespoon flour
1 cup water
2 teaspoons Worcestershire sauce
3/4 cup ketchup

Preparation:
In Dutch oven, put in meat and next 3 ingredients. Cook until meat loses red color, stirring occasionally. Drain off any fat. Stir in water, Worcestershire sauce, and ketchup. Cook uncovered for about 20 minutes.

ITALIAN BEEF

Ingredients: (serves 12)
1 5-pound chuck roast
11/2 tablespoons salt
11/2 cup water
11/2 tablespoons dried oregano
6 cloves garlic, crushed
11/2 teaspoon crushed dried red pepper (opt.)
2 bay leaves
1/2 teaspoon garlic powder
2 tablespoons dried basil

Preparation:
Place roast in Dutch oven. Combine water and remaining ingredients; stir well. Pour over roast; bring to boil. Cover, reduce heat and simmer for 3 hours or until tender. Let cool. Cover and chill.
Remove roast from broth. Cut into very thin slices. Return meat to broth; cook over medium heat until thoroughly heated. Remove bay leaves.

CHIP 'N' CHILI CASSEROLE

Ingredients: (6 servings)
1 pound ground beef
1 cup corn chips
1 cup American cheese, grated
1 can chili with beans
1 teaspoon minced onions

Preparation:
Brown ground beef in Dutch oven. Drain fat. Add chili and simmer 5 minutes. Remove mixture.
Place 1/2 mixture in bottom of Dutch oven. Add 1/2 corn chips then 1/2 of cheese. Repeat layers. Cover and bake at 350 degrees F for 20 minutes.

MEAT PIE

Ingredients: (8 servings)
6 slices bacon, cut up

1/2 pound lean ground beef
1 pound ground pork
1/2 cup chopped onion
1/2 cup chopped celery
1 clove garlic, minced
2 teaspoon ground-rubbed sage
1/4 teaspoon salt
1/4 teaspoon pepper
11/4 cups water
2 tablespoons cornstarch
pastry for double crust pie

Preparation:
In a Dutch oven , brown the bacon pieces. Remove bacon from oven and then brown the ground pork and ground beef. Drain off fat. Return bacon pieces to the meat mixture. Stir in celery, onion, garlic, sage, salt, and pepper. Stir in 1 cup of the water; bring meat-vegetable mixture to boiling. Reduce heat and simmer (covered) for 10-15 minutes or until onion is tender, stirring frequently. Combine cornstarch and the remaining 1/4 cup water. Add to hot meat-vegetable mixture, cooking and stirring until thickened and bubbly. Cook and stir 1 to 2 minutes more. Remove pan from heat; cool slightly. Fill pastry shell with meat-vegetable mixture. Cut slits in top pastry and carefully place on top. Seal and flute pastry edges. Bake meat pie in a 400 degree F oven about 25 minutes or until golden brown. Let stand for 15 minutes before serving.

EASY BEEF & SALSA BURRITOS

Ingredients: (makes 8 burritos)
1 pound lean ground beef
1 tablespoon chili powder
1/4 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon pepper
1 10-ounce package frozen chopped spinach, defrosted, well drained
1 cup prepared chunky salsa
3/4 cup shredded Co_Jack cheese
8 medium flour tortillas, warmed

Preparation:
In Dutch oven, brown ground beef over medium heat 8 to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings. Season beef with chili powder, cumin, salt and pepper. Stir in spinach and salsa; heat through. Remove from heat; stir in cheese. To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges.

DRAGON HOT DISH

Ingredients: (6 servings)
1 pound ground beef
1 can mixed vegetables
2 cans cream of mushroom soup
1 small onion , chopped fine
11/4 cups milk
1 cup water

salt and pepper to taste
1 cup rice, uncooked
16 ounces Chow Mein Noodles

Preparation:
Brown hamburger and onion in a frying pan, season with salt and pepper. Drain the grease and add undrained, canned vegetables, rice, and 1 cup water. Bring to a boil, cover and simmer for 10 minutes. Add 1 can of Cream of Mushroom soup and 11/4 cup of milk. If hot dish seems dry add the other can of soup. Cook until slightly thickened. Serve over chow mien noodles.

SZECHWAN BEEF

Ingredients: (4 servings)
1/2 pound lean beef
2 cups salad oil
1/2 cup water
1 teaspoon chili pepper powder
2 tablespoons soy sauce
1 tablespoon minced garlic
2 tablespoons can cornstarch
1 tablespoon vinegar
11/2 teaspoons sugar
few drops sesame oil
dash of pepper
1/4 cup slivered green onions
1 pound Chinese cabbage

Preparation:
Thinly slice beef. Combine water, 1 tablespoon of the soy sauce, cornstarch, 1/2 teaspoon of the sugar, and the pepper; add beef and marinate for at least 20 minutes or in refrigerator overnight. Cut cabbage in 1-inch pieces; blanch. Drain and place on serving platter. In a Dutch oven, heat the salad oil. Add 1 tablespoon of the hot oil to the chili pepper powder; return to Dutch oven. Deep-fry beef for 1 minute; drain oil. Add garlic, the remaining 1 tablespoon soy sauce, the remaining 1 teaspoon sugar, the vinegar, and sesame oil to beef. Add green onions and stir-fry a few more seconds; place on cabbage.

TIN PLATE SPECIAL

Ingredients: (8 servings)
1 pound pinto beans, dry
6 pounds beef rump roast
1 tablespoon lard or shortening
1 cup green or banana pepper, strips
1 sliced medium onion
2 cups tomato juice
8 ounces tomato sauce, can
1/2 cup water
2 teaspoons cider vinegar
2 tablespoons brown sugar
2 teaspoons salt
1 teaspoon dry mustard
1 teaspoon thyme

Preparation:
Wash beans, cover with cold water and let soak overnight. Bring beans to a boil and cook 1 hour. Drain water and discard. Brown roast in hot fat in a Dutch oven or roaster. Add peppers and onions and cook until tender. Add beans and remaining ingredients. Cover and bake at 350 degrees F for 21/2 - 3 hours or until beans are tender and meat is done.

SLUM GULLION

Ingredients: (8 servings)
3 pounds ground beef
1/2 pound bacon, diced
4 medium onions, chopped
10 medium potatoes, diced
2 8-ounce cans tomato puree
1 pound cheddar cheese, cubed
1 tablespoon salt

Preparation:
Bring the potatoes and salt to boiling in 3 cups water. Cook until done, about 20 minutes. Dice the bacon into 1/2" squares and fry to a crisp in another pot. When the bacon is done drain off the grease and add chopped onions. Add crumbled ground meat a little at a time, stirring constantly until it browns. Next add the tomato puree and the cheese, cut into 1/2 inch cubes. Keep over low fire and stir frequently until cheese is melted. Drain water off potatoes and add to the meat mix. Season to taste.

SPANISH RICE AND BEEF

Ingredients: (4 servings)
1 pound boneless beef sirloin steak, cut 3/4-inch thick
2 teaspoons chili powder
11/2 tablespoons olive oil
3/4 teaspoon salt
1/2 cup chopped green bell pepper
1/8 teaspoon pepper
1/3 cup chopped onion
1 141/2-ounce can Mexican-style diced tomatoes, undrained.
1 clove garlic, crushed
1 cup water
3/4 cup uncooked regular long grain rice.
3/4 cup frozen peas, defrosted

Preparation:
Heat oven to 350 degrees. Trim fat from steak. Cut steak lengthwise in half and then crosswise into 1/4-inch thick strips. In Dutch oven, heat oil over medium-high heat until hot. Add beef, bell pepper, onion and garlic (half at a time) and stir-fry 2 to 3 minutes or until outside surface of beef is no longer pink. Stir in rice, chili powder, salt and pepper. Add tomatoes and water. Bake in 350 degrees F oven, tightly covered, 30 to 35 minutes or until beef and rice are tender. Remove from oven; stir in peas.

DUTCH OVEN BREAKFASTS

MOUNTAIN MAN BREAKFAST

Ingredients: (6 servings)
1/2 pound bacon (or pre-cooked sausage)
1 medium onion
1 2-pound bag of hash brown potatoes
1/2 pound grated cheddar
1 dozen eggs
1 small jar salsa (optional)

Procedure:
The following requires 6-9 bottom coals and 12-15 top coals: Pre-heat Dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the Dutch oven until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes). Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10-15 minutes). Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted.
Optional: Cover cheese/egg mixture with a small jar (1 cup) of SALSA. Cover and cook for an additional 3-5 minutes.
Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.)
Cooking times will vary with the weather and your state of awake but its almost impossible to mess up.

BREAKFAST PIZZA

Ingredients:
biscuit dough, pre-made from the store or homemade if you have the time
eggs
ham, bacon, and sausage, your preference or all three
cheese

Procedure:
Stretch the biscuit dough thin and spread it over the bottom of the Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough. Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it. Spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up.

EASY BREAKFAST CASSEROLE

Ingredients:
8 slices bread
2 pounds sausage
16 ounces grated cheddar cheese
12 eggs
1 quart milk
11/2 teaspoon dry mustard
1 teaspoon salt

Preparation:
Line a 12" Dutch oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 teaspoon salt (to taste). Pour the egg mixture over the layered

bread/sausage/cheese in the oven, cover, and bake for 35 to 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

FARM BISCUITS

Ingredients: (makes 30 biscuits)
3 cups flour
6 teaspoons baking powder
1/2 teaspoon salt
6 tablespoons cooking oil
1 cup milk

Preparation:
Mix all ingredients. Roll on flat, floured surface, cut out and place in bottom of oven. Cover with lid and bake about 15 minutes.

MEXICAN ROLL-UPS

Ingredients: (8 servings)
2 medium potatoes, diced
2 tablespoons olive oil
1/2 medium bell pepper (red or green), chopped
1 small onion, chopped
salt and pepper, to taste
2 tablespoons chopped cilantro (if you've got it)
2 eggs, beaten
8 to 10 corn tortillas, warmed
1/2 cup shredded pepper Jack or Cheddar cheese
1/2 cup salsa

Preparation:
In Dutch oven, add diced potatoes and cover with water. Cook potatoes until almost done. Remove potatoes and empty water. Heat oil in oven and add potatoes, bell pepper, onion, salt, pepper and cilantro. When all is cooked, stir in eggs and heat just a minute until set. Divide filling into 8 to 10 portions; place each portion on a warm tortilla, top with cheese and salsa and roll up tortillas.

BACON AND HOMINY SCRAMBLE

Ingredients: (6 servings)
1/4 pound bacon
20 ounces hominy, yellow
6 eggs
1/2 teaspoon salt
1 dash pepper

Preparation:
Cook the bacon in a Dutch oven until crisp. Remove bacon and drain all but 2 tablespoons of bacon grease. Drain the can of hominy and add to the bacon drippings. Fry over medium heat until hominy is lightly brown.

Beat together the eggs, salt and pepper. Add to hominy and cook, stirring frequently, until eggs are done. Crumble bacon over the top and serve. Shredded cheese may be melted over the top.

BEEF HASH WITH GRAVY

Ingredients: (4 servings)
8 ounces dried beef, cooked (or 8 oz. of any ground meat or sausage instead)
1 tablespoon dry milk
2 teaspoons Butter Buds(r)
2 tablespoons dried onions
1/2 cup mashed potato flakes
4 tablespoons butter or margarine
1 package instant gravy mix
3 cups water

Preparation:
Boil 2 cups water in a Dutch oven. Add the dried beef and onion, cover, and simmer for 2 to 3 min. Remove from the heat, add the potatoes, butter buds and dried milk; stir; cover and let sit for a few minutes. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side. Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min. Turn the hash. Pour the gravy over the top. Brown the side that is down.

BREAKFAST CASSEROLE

Ingredients: (6 servings)
1 pound sausage links, sliced
5 slices bread
1 cup cheddar cheese, shredded
6 eggs
2 cups milk
1 teaspoon dry mustard
salt to taste
pepper to taste

Preparation:
In a Dutch oven, brown and drain the sausage. Grease 12-inch Dutch oven. Tear the bread into 1-inch pieces and arrange them evenly in the pan. Spoon the sausage over the bread and sprinkle with the shredded cheese. Beat together the eggs, milk, mustard, salt and pepper and pour it over the mixture in the baking dish. Cover and refrigerate several hours or overnight, if possible. If a baking pan is used, place it into a preheated Dutch oven, setting it on several stones to keep it off of the bottom. Bake at 350-degree F for 30 to 40 minutes or until set. If the recipe is increased allow a little longer baking time.
Variations:
a. Substitute browned corned beef hash or diced ham for the browned sausage. Add raw or sautéed onions or mushrooms and/or chopped, cooked potatoes.
b. For a meatless version, replace the sausage with chopped raw broccoli or spinach. The spinach version is particularly elegant if you use a combination of Swiss and feta cheese and add chopped green onions and a touch of tarragon. Thawed, well-drained frozen spinach works fine.
c. Different cheeses or breads will give the dish a different character.

CREAMED DRIED BEEF

Ingredients: (6 servings)

2 pounds dried beef
4 tablespoons flour
1 cup milk
6 slices bread

Preparation:
In a Dutch oven, sauté chipped dried beef in butter until it starts to brown and get a little crisp. Add enough flour to lightly coat the pieces of dried beef. Cook several minutes. Pour enough milk over meat to just cover it. Bring to boil and lower heat. Cook gently until milk has thickened and formed a gravy. Pour over toast to serve.

BREAKFAST IN A PAN

Ingredients: (serves 2)
3 potatoes, boiled or baked
5 tablespoons oil
1 cup ham cubes
4 eggs
salt
pepper

Preparation:
Slice the potatoes. Melt the margarine in large Dutch oven. Brown the potato slices and ham pieces, stirring gently. Sprinkle the potato slices with salt and pepper. In a small bowl or pot, beat the eggs until they are smooth and yellow. Pour the eggs into oven with the rest of the ingredients and mix. Stir until the eggs are set. Serve hot.

BRIGHTEN-UP HOBO BREAKFAST

Ingredients: (4 servings)
1/2 pound bacon
4 large potatoes, cooked and shredded
6 eggs
1 medium onion, chopped
1 green pepper, chopped
1/2 cup milk
3 cups cheese, shredded
salt
black pepper

Preparation:
Fry the bacon in Dutch oven, drain off grease and crumble bacon. Mix the potatoes, onion and green pepper. Pat into the oven and cook over low heat until the bottom is crisp & brown. Scramble the eggs with milk, pepper and salt. Pour over the potatoes. Top with the cheese and the crumbled bacon. Fry over low heat until the eggs are cooked, about 10 minutes.

PITA POCKET BREAKFAST

Ingredients:
1 pound sausage (pork, turkey or ground beef)

1 medium onion, minced
2 tablespoons olive oil, optional
1 clove garlic, minced
1 bell pepper, diced
12 eggs, beaten
1 jar salsa
6 Pita breads, medium

Procedure:
Pre-heat Dutch oven (12 coals on the bottom). Brown sausage and drain fat, saving 2 tablespoons. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste.
Hints:
Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in ziploc bags. Add 2 tablespoons of olive oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to be disposed.

DESSERTS & BREADS

DUTCH OVEN COBBLER

Ingredients: (serves 10)
2 #21/2 cans fruit or pie mix (peaches, apples, pineapple, etc.)
1 box white or yellow cake mix
1/4 pound butter

Preparation:
Butter inside of Dutch oven (use only ovens with lipped top because you need to put coals on top of oven). Alternatively, you can line the inside of the Dutch oven with aluminum foil. Place fruit in bottom of oven. Cover with cake mix and level it. Cut butter into about 10 pieces and scatter over cake mix. It is ready to bake. (Note: If you use peaches, you may need to dispose of about 1/2 of the liquid. Crushed pineapple has about the right amount of liquid.)
Place about 8 coals under the Dutch oven and about 16-20 coals on top of oven. Check after 30 minutes. Baking is often complete at 45 minutes. Final Note: Because the Troop often has 100 or so people to feed and a substantial use of Dutch ovens, we have in recent years doubled the recipes in each oven. The number of coals for baking remains the same. Watch the baking closely since it is easier to burn the top of the cobbler with the double recipe.

BAKED APPLES

Ingredients: (8 servings)
8 apples (varieties vary)
1 cup raisins
1 cup sugar or brown sugar
1/4 pound butter
1/4 teaspoon cinnamon or allspice
water

Preparation:
Wash and core apples. Mix raisins, sugar, and cinnamon in bowl. Place mixture in cored apple. Add a dab of butter to top of apple. Place the apples on a wire rack or in a pie tin that has been raised a little off the bottom of the Dutch oven. Cover Dutch oven and add coals to top and bottom (if 12" Dutch oven is used, place 10-12 briquettes on top and 8-10 briquettes on the bottom). Cook for 15-20 minutes until apples are tender. Let cool 15 minutes before serving.

APPLE CAKE

Ingredients:
4 apples (varieties vary), pared, cored and sliced
1 tablespoon butter or margarine
1/2 cup brown sugar
1/3 cup finely chopped nuts
1 package spice cake mix (you will need to get ingredients for cake)

Preparation:
Prepare apples. Line the bottom of the Dutch oven with aluminum foil. Melt butter and pour on bottom of Dutch oven. Spread brown sugar evenly over the bottom. Arrange apple slices in rows. Sprinkle with nuts and cherries. Prepare cake mix according to package directions. Pour over apple slices. Bake, uncovered for 40 to 50 minutes or until tooth pick inserted in center comes out clean.

PINEAPPLE UPSIDE DOWN CAKE

Ingredients:
16 ounce can sliced pineapple
1/2 cup brown sugar
1/3 cup butter
1 package yellow cake mix
maraschino cherries (optional)
2 eggs

Preparation:
Preheat Dutch oven and spray with no-stick. Place 1/3 cup butter and 1/2 cup brown sugar in oven. Heat to melt butter. Place pineapple slices (save pineapple juice) in the butter and place halved cherries in each pineapple center with round side down, and sugar mixture. (If the oven is too hot the sugar, butter and pineapple will burn). Mix yellow cake mix as directed on package using pineapple juice as part of your liquid. Pour batter over pineapple. Cover oven and place in over 12 coals. Place 9 coals on the lid. Bake, covered for 30 to 40 minutes or until tooth pick inserted in center comes out clean. Allow to cool for 10 minutes and then invert on foil covered cardboard.

MONKEY BREAD

Ingredients:
4 cans biscuits
1 cup sugar
1 cup brown sugar
4 tablespoons cinnamon
1 stick oleo

Preparation:
Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in Dutch oven. Melt oleo in lid and pour over quarters. Bake 350 degrees F for 35 minutes.

COFFEE CAKE

Ingredients:
shortening
7 teaspoons sugar
2 teaspoons cinnamon
2 cups plus 1 tablespoon biscuit mix
2 tablespoons butter of margarine
1 egg
3/4 cup milk

Preparation:
Preheat Dutch oven. Put 2 tablespoons of shorting in a small pan and place near the heat to melt. Grease cake pan with melted shorting. Mix 4 tablespoons sugar, 2 teaspoons cinnamon, 1 tablespoon of biscuit mix and 2 tablespoons of soft butter together lightly in a small bowl. This is the topping. In a medium bowl, mix 2 cups biscuit mix and 3 tablespoons sugar. Add egg, 3/4 cups of milk, and s tablespoons of melted shorting and mix thoroughly. Spread dough in greased cake pan. Sprinkle topping on top of dough. Place the cake pan on a rack in the preheated Dutch oven. Cook for 25-30 minutes. Check for doneness with a splinter.

DESSERT APPLES

Ingredients: (6 servings)
6 large apples, cored
3 tablespoons butter
2 tablespoons lemon juice
1/2 teaspoon cloves, ground
1 teaspoon cinnamon
1 cup sugar
11/2 cup water

Preparation:
Slice apples into 1/2" thick rings. In a skillet, sauté apples in butter for 6-8 minutes. Combine water, sugar, cinnamon, cloves, and lemon juice in a pan. Boil for 5 minutes. Pour over apples.
Cook, uncovered, until apples are tender. Pour into serving dish. Serve warm or cold.

CORNMEAL BREAD

Ingredients:
1/3 cup soft shortening
1 cup flour
3 tablespoons sugar
1 tablespoon baking powder
1 cup yellow cornmeal
1 egg
1 cup milk

Preparation:
Preheat oven. Sift the flour, sugar, salt, and baking powder together. Cut in shorting until you feel no globs of shorting when you rub it between your fingers. Beat the egg and milk together and add it to the dry mixture. Mix until just blended. Pour it into well grease 8x8 pan. Place a rack of a shallow faced pan face down in the Dutch oven and place the pan with the batter on top. Cover oven and place over 12 coal and add 9 coals to the lid. Bake for 25 minutes or until done. A sliver of wood inserted in the center should come out clean.

JALAPENO CORNBREAD

Ingredients:
2 6-ounce packages cornbread mix (check package for other ingredients)
1 cup shredded cheddar or Monterey jack cheese
1 cup chopped onion
1/3 to 1/2 cup finely chopped jalapeno peppers.

Preparation:
Preheat Dutch oven. Mix cornbread per instructions on package. Add other ingredients and mix well. Place a rack of a shallow faced pan face down in the Dutch oven and place the pan with the batter on top. Cover oven and place over 12 coals and add 9 coals to the lid. Bake for 35 minutes or until done. A sliver of wood inserted in the center should come out clean.

ANOTHER COBBLER

Ingredients:
2 28-ounce cans sliced peaches
11/2 cup sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
31/2 cups biscuit mix
3 tablespoons margarine or butter
2 eggs
1 cup milk

Preparation:
Line Dutch oven with aluminum foil and grease. Preheat oven.
Put in peaches, one can drained and one can not drained. Add 1/2 cup of biscuit mix, cinnamon, nutmeg and 1 cup of sugar. Stir, cover and place on 10-12 coals with none on lid. In a mixing bowl, put in 2 cups biscuit mix. Cut in 3 tablespoons butter. Add 2 eggs and 1 cup of milk and mix until ingredients are evenly mixed. Remove lid from oven. The mixture in the oven should be boiling. Drop dough one spoonful at a time onto the top of the fruit. Recover oven quickly. Add nine coals to lid. Cook for 30 to 40 minutes until topping is done. Allow to cool several minutes before serving.

ORANGE OATMEAL CAKE

Ingredients:
11/4 cups quick rolled oats
11/2 cups orange juice (warm)
1/2 cup margarine
3/4 cup brown sugar

2 eggs
2 teaspoons vanilla
11/2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon sweet nutmeg
1/4 teaspoon cloves
1 cup raisins
3/4 cup sugar

Preparation:
Line Dutch oven with aluminum foil and grease. Preheat oven.
Combine rolled oats and orange juice, let cool. Cream margarine, sugar, and brown sugar until fluffy. Add eggs and juice mixture alternating. Shift flour, baking soda, salt, cinnamon, nutmeg and cloves and add to first mixture. Add raisins and mix well. Pour into oven. Bake for 35 minutes or until done.

HAWAIIAN PIE

Ingredients:
1 stick margarine
1/2 cup can hopped nuts (pecans, peanuts, almonds)
1 cup sugar
1 teaspoon vanilla
2 eggs
1 teaspoon vinegar
1/2 cup coconut
1/2 cup raisins
1 unbaked pie shell

Preparation:
Combine margarine, sugar and slightly beaten eggs. Add remaining ingredients. Mix well and pour into pie shell. Place on inverted pie tin in 350 degree F Dutch oven. Bake for 30 minutes. Let stand in oven about 5 minutes after removing coals.

GIANT CINNAMON-PECAN RING

Ingredients: (serves 16)
2 1-pound loaves frozen bread dough
1/2 cup butter, melted
1/2 cup sugar
1/2 cup packed brown sugar
2 teaspoons cinnamon
1/2 cup chopped pecans
11/4 cup sifted powdered sugar
1/2 teaspoon vanilla
4 teaspoons milk
cinnamon sticks (optional)
pecan halves (optional)

Preparation:
Lightly grease inside of Dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces (total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with

melted butter. Stir together sugar, brown sugar, and cinnamon. Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the Dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil.
Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans. Cover and let rise in a warm place for about 30-40 minutes Bake at 350 degrees F for 30 minutes or until done. Cover with foil last 15 minutes to prevent over browning if necessary. Cool about 15 minutes Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves.

BLUEBERRY MUFFINS

Ingredients:
2 cups flour
1/2 cup milk
2/3 cup sugar
1/2 cup melted butter
1 tablespoon baking powder
3/4 cup blueberries
1/2 teaspoon salt
1/4 cup sliced almonds
1/2 teaspoon nutmeg
1 tablespoon sugar
2 eggs, beaten

Preparation:
Combine dry ingredients. Save 1 tablespoon of mixture. Combine eggs, milk and butter. Add to dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture. Stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 1 tablespoon sugar. Bake 15 minutes at 400 degrees F.

MEMPHIS MOLLY

Ingredients:
1 16-ounce can tart cherries (not pie filling)
1 16-ounce can blueberries (not pie filling)
1 smaller can crushed pineapple
1 small package chopped walnuts
2 boxes Jiffy cake mix
1/2 stick butter pats

Preparation:
Add ingredients order, spread fruit and nuts in bottom of Dutch oven. Sprinkle cake mix over all and put butter pats on top. Cook 20 -30 minutes or until "cake" is done.

CHOCOLATE CHIP COOKIES

Ingredients:
21/4 cups all purpose flour

2 eggs
1 cup butter, softened
1 12-ounce semi-sweet morsels
3/4 cup sugar
3/4 cup brown sugar
1 teaspoon vanilla extract

Preparation:
In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 degree F Dutch oven for about 20 minutes or until done.

APPLE FRITTERS

Ingredients: (6 servings)
1 egg
1/4 teaspoon salt
1 teaspoon baking powder
1/2 cup milk
3/4 cup flour
1 cup powdered sugar
6 apples (or bananas)
cooking oil

Preparation:
Combine the egg, salt, baking powder, milk and flour to make a batter. Put at least 1" of vegetable oil in a deep pan and heat until hot. Dip slices fruit into the batter and deep fry in the oil. Roll in powdered sugar.

DEVIL'S TOOTH CHEESECAKE

Ingredients:
Crust:
1/2 cube melted butter
1 package chocolate cookie wafers (Nabisco), crushed

Mix butter and crumbs and press into a 10-inch Dutch Oven, going up the sides at least 1-inch.

Filling:
2 packages 8-ounce cream cheese
1 cup sugar
16 ounce tube ricotta
6 eggs
1/2 cup sour cream
11/2 teaspoons almond flavoring
11/2 teaspoons vanilla
12 ounces Nestles chocolate chips
1/4 cup butter
1/2 cup whipping cream

Preparation:
Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream) until smooth. Melt chips, butter and whipping cream over low heat until smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate mixture and mix well. Pour this into crust. Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch oven.
This is very dense and takes about 11/4 hours to bake, so be patient. It is done when the top cracks and is firm. This dessert is great warm, but to true chocoholics, it becomes the ultimate after cooling all night in the cold Idaho mountain air and enjoyed with a cup of morning coffee.

INDIAN BREAD PUDDING

Ingredients:
2 cups milk
1/4 teaspoon ginger
1/4 cup yellow cornmeal
1 egg
2 tablespoons sugar
1/4 cup molasses
1/2 teaspoon salt
1 tablespoon butter
1/2 teaspoon cinnamon

Preparation:
Place 11/2 cups milk in Dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 minutes. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving.

CAMPING TRIP DUMP CAKE

Ingredients:
1/4 pound butter, melt
1 30-ounce can cherry pie filling or apricot or mincemeat or apple pie filling
1 package yellow cake mix or spice or apple cake mix
1/4 cup sugar

Preparation:
Preheat coal. Using 1 tablespoon butter, lightly grease bottom of Dutch oven. Pour in pie filling. Sprinkle dry cake mix on top & smooth out. Pour remaining butter evenly over cake. Add sugar topping if desired. Cover Dutch oven with lid & place directly in coals. Using tongs, place 11 hot coals on top of Dutch oven, evenly spaced. Bake 10 minutes; carefully remove cover, check if pie filling is boiling evenly; if so, replace cover with coals on top, leave 5 to 10 minutes or until top is browned. Slice and serve.

BANANA DUMP COBBLER

Ingredients:

1 package yellow cake mix
1 pound brown sugar
1/2 pound margarine
5 pounds bananas
3 tablespoons white sugar
1 tablespoon cinnamon

Preparation:
Heat Dutch oven and cover with coals for 15 minutes. Slice bananas lengthwise and set aside. Prepare cake mix, with or without eggs, and set aside. Remove preheated oven from coals and melt butter in the bottom. Add brown sugar and mix well with butter. Add bananas and sauté for three minutes over fire. Pour cake mixture over bananas. Fold banana-sugar mixture up over cake mixture a few times. Sprinkle with cinnamon and white sugar. Bake 35 minutes. For the first 10 minutes use coals on the bottom only. Then add coals to oven top and continue baking until done.

BROWN BETTY

Ingredients: (8 servings)
3 cups apples, peeled and cored
11/2 cups bread crumbs, Dry and fine
graham cracker crumbs
1/2 cup butter, melted
11/2 cups brown sugar, packed
11/2 tablespoons cinnamon
1 teaspoon cloves, ground
1/2 cup lemon juice

Preparation:
Mix crumbs and butter, grease the sides and bottom of the Dutch oven, and press the buttered crumbs thickly on the bottom and sides to form a crust. Mix the sugar and spices together. Peel and core the apples. Slice them into about 1/4 to 1/2 inch thick slices. Put a layer of apples on the bottom of the pan, and sprinkle with brown sugar mixture and a few drops of lemon juice. Continue adding layers until the apples are used up. Spread a layer of buttered crumbs on the top, and dot with butter. Cover the oven and bake in coals for 30 to 40 minutes at 300 degrees F. Traditionally served in bowls with cream.
Variations:
a. Use almost any fruit; peaches, pears, apricots, cherries or berries all work.
b. Canned fruits may also be used. Drain them well, reduce the sugar by half, and mix 1/4 cup of the fruit's syrup with 1/4 cup lemon juice rather than using pure lemon juice.

GRILL RECIPES I

BEEF

Barbecued Chili Beef

1 1/2 pounds beef top round
1/4 cup olive oil

1/4 cup fresh lime juice
1/4 cup balsamic vinegar
2 tablespoons molasses
2 tablespoons chopped fresh oregano (1 teaspoon dried)
3 cloves garlic, minced
4 teaspoons cumin
2 teaspoons chili powder
1/8 teaspoon cinnamon

Combine cumin, chili powder and cinnamon in a small saucepan. Cook over high heat for about 40 seconds. Carefully add olive oil, lime juice, balsamic vinegar, molasses, oregano and garlic. Mix well. Place meat in a shallow baking dish and pour mixture over it. Make sure it is well coated. Cover and refrigerate for at least 4 hours. Remove from refrigerator and preheat grill. Place meat over medium heat and grill for 7-15 minutes, depending on desired doneness. Baste with remaining marinade about half way through grilling. When done (160 degrees at the center) remove from grill. Slice across grain, into thin strips and serve. Great with salsa, but also a great addition to your favorite chili recipe.

Grilled Beef Rolls with Prosciutto and Mozzarella

18 large bay leaves, preferably fresh
2 tablespoons golden raisins
1 3/4 pounds beef round or flank, butterflied and cut into twelve 3x5-inch slices
1 small onion, peeled and finely chopped
1 cup bread crumbs, plus additional for coating
1/2 cup finely diced mozzarella
2 tablespoons pine nuts
1 slice prosciutto, 1/16-inch thick, finely chopped
1 large egg, beaten
Salt
Twelve 8-to-10-inch wooden skewers
Olive oil for drizzling

Prepare a hot charcoal fire or preheat a gas grill for 15 minutes on high.

If using dried bay leaves, soak them in tepid water for 30 minutes and drain. Soak the raisins in tepid water for 15 minutes.

Place the beef slices between 2 pieces of wax paper and flatten with a mallet or the side of a heavy cleaver until they are about 1/16-inch thick.

Mix together the onion, 1 cup of the bread crumbs, the mozzarella, pine nuts, and prosciutto. Drain the raisins and stir in. Place a heaping tablespoon of stuffing on each beef slice. (You can freeze any leftover stuffing for later use.) Carefully roll up the slices and secure with toothpicks.

Beat the eggs with a pinch of salt and spread additional bread crumbs on a large plate. Dip the beef rolls into the egg and then the bread crumbs, making sure all surfaces are breaded.

Double skewer all the ingredients: hold 2 skewers parallel to each other about 1/2-inch apart between your thumb and forefinger. Skewer a bay leaf, then a beef roll, another bay leaf, another beef roll, and a bay leaf, putting 2 rolls and 3 bay leaves on each set of skewers.

Drizzle olive oil over the rolls and place on the grill for 7 minutes. Brush more olive oil over the rolls, turn, and grill until golden brown, about another 7 minutes.

Traditional Chateaubriand

2 pounds beef tenderloin
1/2 cup plus 2 tablespoons butter
1/2 cup watercress
2 tablespoons minced parsley
1 tablespoon lemon juice
salt and pepper

Trim beef tenderloin of unnecessary fat. The tenderloin should be about 1 inch thick, so if it's too thick, pound to flatten. Melt 2 tablespoons of butter and coat over the surface of the meat. Season with black pepper. Preheat grill. Meanwhile melt remaining 1/2 cup of butter in a sauce pan. Add parsley, lemon juice and season with salt and pepper. Pour into a small container and refrigerate.

Place tenderloin on hot grill and sear on each side for about 4 minutes. Reduce heat and continue grilling until it reaches the desired doneness. Remove from grill and slice into 1/2 inch thick slices. Serve garnished with watercrests and butter mixture (called Maitre d'hotel butter).

Traditional Fajitas

Marinade

1 12 ounce beer
1/2 cup canola oil
1 small onion finely chopped
1/4 cup lime juice
5 cloves garlic, minced
2 tablespoons Worcestershire sauce
1 tablespoon chili powder
1 teaspoon black pepper
1 teaspoon hot pepper sauce
1 teaspoon ground cumin

Toppings

4 roma tomatoes, chopped
1/2 red bell pepper, chopped
1/2 yellow bell pepper, chopped
1/4 cup onion, chopped
1/4 cup chopped fresh cilantro
3 fresh jalapenos, finely chopped
2 tablespoons lime juice

2-3 pounds skirt steak
warmed tortillas

Trim steak of fat. Mix marinade together and place with steak in a sealable plastic bag or flat baking dish. Make sure the steak is well coated. Let sit overnight. Prepare smoker to 200-220 degrees. Remove steak from marinade and let sit for 30 minutes at room temperature. Mix toppings together. If you wish to sop the steak with the marinade during the cooking, put the remaining marinade in a pan and boil for five minutes. Keep warm for sopping. Place meat in smoker. Sop every 20 minutes. Smoke for 1 to 1 1/2 hours. If you have a separate gas grill, pre-heat before the steak is done smoking. If not, preheat the oven. Remove the steak from the smoker and place on grill or under the broiler. Cook on each side for one minute. Let the steak sit for 10 minutes, then cut into thin slices across the grain. While the steak is sitting, place foil wrapped tortillas on the grill or in the oven to warm. Put out the meat, tortillas, topping mixture and any other topping, like sour cream and let your guests put their own fajitas together.

Grilled Brisket

1 5 pound brisket
1 large onion chopped
1 cup water
7 ounce of beer
1 stick of butter
1/3 cup cider vinegar
6 cloves garlic minced
2 tablespoons garlic powder
2 tablespoons onion powder
2 tablespoons black pepper
2 tablespoons cayenne
2 tablespoons paprika
2 tablespoons brown sugar
1/2 tablespoon Worcestershire sauce
1 teaspoon chili powder
salt and pepper

Trim excess fat from Brisket and season with garlic powder, onion powder, black pepper, cayenne and paprika. Place on rotisserie and put on preheated grill. Prop the lid a little and let cook. Meanwhile prepare sauce. Melt butter in a sauce pan and sauté onion and garlic for about 5 minutes. Add water, cider vinegar, brown sugar, Worcestershire sauce, chili powder and a little salt and pepper to taste. Let simmer for 10-15 minutes. Add beer. Baste over brisket about every 30 minutes. Cook brisket on low for about 4-5 hours. Remove brisket from grill and slice thinly.

Texas Style Smoked Brisket

Preparation: Smoke

8-10 pound brisket
1/4 cup chili rub
mesquite or fruit wood chips

Preheat smoker and add wood chips (follow your instruction manual). Clean and dry brisket. Apply chili rub. Place brisket in smoker for 8-10 hours. Keep the smoker temperature at about 180 degrees. To increase tenderness, take the brisket out of the smoker, wrap in aluminum foil and place in oven at 180-200 degrees for ten more hours. Typically after 8-10 hours a piece of meat will have absorbed as much smoke as it can and additional smoking may impart a bitter flavor.

Bacon Double Cheese Stuffed Burgers

1/4 lb chopped, crisp cooked bacon
1/2 lg onion diced
1 cup cheddar cheese - shredded

Combine bacon, onion, cheddar cheese and set aside.

1.5 lb good ground beef
1/2 tsp Spike
2 Tbsp beer

Combine beef, spike and beer, mix thoroughly, the shape into 6 thin patties. Put bacon/onion/cheese on 3 patties. Top with remaining patties and press edges to seal.

Grill, broil or pan fry until well done, about 4 minutes per side.

Green Chile Burgers

1 1/2 pounds ground beef
1/2 cup Monterey jack cheese, grated
4 green chiles, chopped
4 slices of red onion
4 sliced of tomato
1 clove garlic, minced
1 teaspoon chile powder
1/2 teaspoon salt
1/2 teaspoon pepper

Mix ground beef garlic, chile powder, salt and pepper. Form into patties. Preheat grill. Grill to desired doneness. Toast buns or rolls lightly. Top burger patties with cheese, onion, tomato, chiles and slap them between the bun.

Pastrami Burgers

1 pound ground beef
1/2 pound sliced pastrami
4 tablespoons russian dressing
4 slices swiss cheese
1 clove garlic, minced
salt and pepper to taste

Combine ground beef, garlic, salt and pepper. Form into four patties. Grill until almost done. Place 1/4 of the pastrami on each patty and top with cheese. Allow cheese to melt. Serve on kaiser rolls with 1 tablespoon of russian dressing.

Ruben Burgers

1 pound ground beef
8 ounces sauerkraut, drained
4 ounces corned beef
5 slices swiss cheese
1/4 cup onion, chopped finely
1 clove garlic, minced
1/4 teaspoon salt
1/4 teaspoon pepper

Mix together everything except the sauerkraut and swiss cheese. Divide into five equal parts and form into patties. Place on preheated grill and cook until nearly done. Top each patty with 1/5 of the sauerkraut and a slice of cheese. Close grill lid and continue cooking until cheese is melted. Serve on toasted rye buns.

Slow Grilled Beef Ribs

4 pounds beef short ribs
1/2 cup dry red wine
1/4 cup soy sauce
2 tablespoons vegetable oil
3 cloves garlic, minced
1/2 teaspoon thyme
1/2 teaspoon black pepper

In a nonreactive bowl combine everything but the ribs. Mix well. Place the ribs in a shallow baking dish and pour the marinade over them. Make sure the ribs are evenly coated. Refrigerate for a couple of hours. Preheat grill and prepare for indirect grilling. When the grill is hot remove ribs from marinade and place on grill to cook indirectly. Discard marinade. Cook for 1 to 1 1/2 hours turning every 15 minutes.

Beef Tenderloins in Cream Mushroom Sauce

4 6-8 ounce beef tenderloin steaks
7 ounces cream cheese
2 tablespoons half & half
2 1/2 ounces sliced mushrooms, drained
2 cloves garlic
2 teaspoons parsley
2 teaspoons fresh ground black pepper

Preheat grill. In a small saucepan combine cream cheese, half & half, garlic, parsley and pepper. Blend well. Cook over medium heat until the mixture is smooth. Add mushrooms. Keep warm. Place steaks on grill and cook until done. Pour cheese mixture over steaks and serve.

Bourbon Ribeye

This recipe comes from Gary Merrill

4 12oz. ribeye steaks
1 cup bourbon
1 cup brown sugar
1 cup oil
1 cup prepared mustard
1 cup worchestershire sauce

Marinate the 4 steaks in the above mixture for 4-6 hours. Grill to desired doneness. Excellent over mesquite.

Guinness Ribeye

1 ribeye steak (12 ounce)
4 ounces Guinness Stout Beer at room temperature
2 garlic cloves
1 ounce soy sauce
1 tablespoon Vidalia onion
1 teaspoon shallots
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1/4 teaspoon fresh tarragon
1/4 teaspoon parsley
1/8 teaspoon black pepper
1/8 teaspoon salt

Finely chop garlic, shallot and onion and place in a small bowl. Finely chop parsley and tarragon and add to the bowl. Add the Worcestershire sauce, Dijon mustard, Guinness beer, soy sauce and seasonings then mix well to combine. Let stand for 30 minutes to blend flavors. Place the ribeye in the marinade and make sure it is well coated. Cover the bowl and place in the refrigerator for 30 minutes or overnight. Preheat the grill and then cook the ribeye. Place the remaining marinade in a small saucepan and reduce it for one or two minutes until slightly thickened. Add more beer to the marinade at this stage if desired. Pour over the ribeye and serve.

New York Strip with Peppers and Onions

2 New York Strip Steaks (about 10 ounces)
2 red bell peppers, seeded and sliced
1 large red onion, sliced
1/4 cup romano cheese
2 tablespoons dried basil
2 tablespoons dried oregano
2 tablespoons olive oil
2 tablespoons red wine vinegar
1 garlic clove, minced
1 teaspoon black pepper

Combine garlic, basil, oregano and pepper. Rub over the surface of each steak. Cobmine olive oil, red wine vinegar and remaining seasonings in bowl. Mix well. Preheat grill. Place onion and pepper slices on grill (a grill wok works best for this) along with steaks. Grill for about 15 minutes turning occasionally. Brush vegetables with oil and vinegar mixture while grilling. Remove when the steaks are done to desired level. Toss vegetables with remaining oil and vinegar mixture and romano cheese. Serve with steaks.

If you slice the steaks before serving you can stretch the meat and get more servings.

Grilled Steaks with Peppercorn Garlic Spread

4 new york strips
1 head of roasted garlic
1 tablespoon olive oil
3 teaspoons of freshly cracked peppercorns

Firmly grasp the top of the garlic head and squeeze out the cloves. Combine garlic, peppercorns and oil and mix well. Spread the mixture over the steaks and grill for about 8-10 minutes or to your liking. To really get a good flavor from the peppercorns try using a variety of colors, like white, green and rose.

GRILLED BREAD

Grilled Pizza Crusts

Preparation: Grill/Direct

4 cups all-purpose flour
1 1/2 cup warm water (about 110 degrees)
2/3 cup whole-wheat flour
1 tablespoon olive oil
1 package active dry yeast
1 1/2 teaspoons salt
1 teaspoon sugar

Combine water, oil, yeast and sugar in a small bowl. Let stand 5 minutes or until it bubbles. Mix flours and salt together thoroughly in a food processor or mixer. Add water mixture while blending. Let mix for 2 minutes. Knead briefly on a lightly floured surface. Place in a large oiled bowl and let stand in a warm place for 2-3 hours. It should double in size. Once the dough has risen lightly flour two cooking sheets. On a floured surface roll out 1/4 of the dough into a circle about 1/8 inch thick. Place on cooking sheet. Repeat process until you have four rounds. Place one pizza on a clean, oiled and preheated grill. Grill for about 1 minute on until the bottom is brown. With tongs, gently flip it over and grill for an additional 30 seconds. Remove from grill and repeat with remaining pizzas. Let cool. Top with your favorite pizza toppings and return to a preheated grill for about 2-3 minutes. Watch carefully to avoid burning. It's best to cook one pizza at a time.

Grilled Toast

8 slices thick French bread
1/2 cup melted butter
1 tablespoon garlic powder

Mix melted butter and garlic powder in a small bowl. Brush over both sides of each slice of bread. Place on hot grill and cook on each side until the bread begins to show grill marks. Flip and continue grilling. Remove when the bread starts to get crunchy.

Skillet Cornbread

Preparation: Grill/Direct

2 cups corn meal
3/4 cup water
1 medium onion, diced
1 Tablespoon corn oil
1/2 teaspoon salt (kosher salt works best)

Mix together corn meal, onion, salt, and enough water to make a thick pourable batter. Preheat grill. Heat an iron skillet on the grill (lid up), add the corn oil and coat the bottom and sides of the pan. Pour the batter into the hot skillet. Lower the flame to low and cook with the lid down. When the edges are golden brown check with a toothpick to see if it's done through the middle. If not place either on the top rack or on an unlite part of the grill until it is done. Watch carefully to make sure it doesn't burn.

FISH AND SEAFOOD

Blackened Fish

1 1/2 cups unsalted butter, melted
6 firm fish fillets (about 1/2" to 3/4" thick)
3 tablespoons Cajun Blackening Spices

Preheat grill with heavy cast-iron skillet in the grill. Get it good and hot. Reserve 12 tablespoons of melted butter for serving and pour the rest into a shallow dish. Dip each fillet into butter and sprinkle spices on both sides. Place in skillet. Cook about 2 minutes or until the bottom is almost black but not burned. Flip over. Pour about a teaspoon of butter on the cooked side and continue cooking about 2 minutes or until fillet is

finished. Serve immediately with 2 tablespoons of butter for dipping. It's best to cook about 2 fillets at a time. Wipe clean the skillet between each batch of fillets and keep the temperature hot.

Chili Pepper smoked Trout

4 medium size trout, cleaned
8 green chili peppers, cut open with the seeds removed
1 lemon cut into thin slices, peel on
4 cloves garlic, cut into four pieces each
ground black pepper

Prepare smoker for a 3 hour smoke. Wash fish and remove all bones. Open and place inside 2 chilies, 2 slices of lemon and 1 clove of garlic. Place in smoker for 3 hours. When it's finished remove the stuffing and serve.

Grilled Catfish

1 pound catfish fillet
3 cloves garlic crushed
2 tablespoons lemon juice
1 tablespoon balsamic vinegar
1 teaspoon soy sauce
2 sprigs fresh rosemary
1 teaspoon cayenne

Preheat grill. Place washed catfish on a large piece of aluminum foil, folding up the edges to make a makeshift pan. Place on grill, pour other ingredients over top and cook until done. It'll take 4-9 minutes depending on your grill and the weather so watch it closely. When the edges start to turn up and get crispy it's done, but check the middle before you serve it.

Grilled Citrus Tuna

1-2 pounds tuna steaks
1 cup each orange and grapefruit juice
1/4 cup lime juice
1/2 cup dry sherry
1 teaspoon dried thyme
1/4 teaspoon cayenne pepper
1/4 teaspoon salt
1 tablespoon paprika

Mix juices, sherry, thyme, cayenne and salt in a shallow baking dish. Add fish and allow to marinate 3-4 hours in refrigerator. Preheat and oil grill. Remove fish from marinade. Place fish on grill and sprinkle with paprika. Turn after about 5-7 minutes and continue cooking for another 5-7 minutes

Grilled Shark

6 shark steaks
1/2 cup soy sauce
1/4 cup ketchup
1/2 cup orange juice
1/4 cup chopped fresh parsley
2 tablespoon lemon juice
2 cloves garlic, minced
1/3 tablespoon ground pepper

Combine soy sauce, orange juice, catsup, chopped parsley, lemon juice, pepper, and minced garlic. Place fish in a shallow baking dish and pour marinade over them. Cover and marinate in refrigerator for 2 hours. Remove fish from marinade, reserving marinade. Grill fish over hot coals 6 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with remaining marinade.

Grilled Whiskey Salmon

4 8oz salmon fillets
1/2 cup whiskey
1/4 cup light soy sauce
1/4 cup orange juice
2 tablespoons vegetable oil
2 cloves garlic

Mix together whiskey, soy sauce, orange juice, oil and garlic. Place fish in a shallow dish and pour mixture over. Let sit in the refrigerator for 1 hour or more. Oil cooking grate and preheat grill. Place fish on grill and cook for 5 minutes on each side. The salmon is done when it flakes easily and has faded in color. Carefully remove fish from grill and serve.

Perch with Sage

2 12 ounce perch, scaled
2 slices zucchini
3 roma tomatoes
1 tablespoon olive oil
10 sprigs fresh sage

Preheat grill. Make about 4 slits into the flesh of each fish on each side. Coat inside with oil and stuff with sage sprigs. Place on oiled grill and cook for about 4 minutes on each side. Half way through cooking time add zucchini and tomatoes to grill. Remove everything from the grill. Take out the sprigs and stuff with zucchini and tomatoes. Serve.

Southwestern Sea Bass

6 6-8 ounce sea bass fillets
1 red bell pepper
1 cup corn kernels

6 tomatillos, diced
1 cup toasted pumpkinseeds
1 poblano chile, roasted, peeled, seeded and chopped
juice of 1 lime
1/2 teaspoon cumin
olive oil
salt and pepper to taste

To make salsa combine corn, tomatillos, pumpkinseeds, chile, lime juice and cumin in a bowl. Cover and refrigerate for several hours. Preheat grill. Remove stem and seeds from bell pepper. Cut in half lengthwise and brush with a little oil. Place on grill and cook until the skin starts to bubble and blacken. Remove from grill and cut into thin strips. Season fillets with a little salt and pepper and place on grill. Grill until flaky and cooked through to the center. Serve with salsa and pepper strips.

Tarragon Fish with Vegetables

2 6 oz orange roughy fillets
1/2 zucchini cut into julienne strips
1/2 small red bell pepper, cut into thin strips
1/4 cup red onion, sliced
1 carrot cut into julienne strips
1 tablespoon canola oil
2 tablespoons chopped fresh tarragon (or 3/4 teaspoon dried)
1 tablespoon margarine

Preheat grill. Heat oil in large skillet and quickly cook vegetables. About 2-3 minutes on a medium-high heat. Take two large pieces of aluminum foil. Place one piece of fish on each. Top with 1/2 tablespoon butter, half the vegetables and half the tarragon. Repeat for the other piece. Wrap tightly and place on grill. Grill over a medium heat for 12 - 18 minutes. Open carefully because the steam can be very hot.

Australian Shrimp on the Barbie

This week's recipe was posted to the forum by WAYNEP3.

1/2 cup (1 stick) butter, melted
1/4 cup Olive oil
1/4 cup minced fresh herbs (parsley, thyme and cilantro)
3 tablespoons fresh lemon juice
3 large garlic cloves, crushed
1 tablespoon minced shallot
salt and pepper, freshly ground
1 1/2 lb large to x-large-shrimp, unpeeled

Spinach leaves
Lemon slices

Combine first 8 ingredients in large bowl. Mix in shrimp. Marinate at room temperature 1 hour or in the refrigerator 5 hours, stirring occasionally. Prepare barbecue with medium hot coals. Thread shrimp on

narrow skewers. Grill until just opaque, about 2 minutes per side. Line platter with spinach. Arrange skewers on platter. Garnish with lemon and serve.

Coconut Lime Shrimp with Peanut Sauce

This recipe was posted to the Forum by WAYNEP3.

Shrimp:
1 cup coarsely chopped fresh basil
1/2 cup canned unsweetened coconut milk
1 1/2 tablespoons finely chopped garlic
1 1/2 tablespoons fresh lime juice
1 tablespoon minced peeled fresh ginger
2 teaspoons soy sauce
2 teaspoons fish sauce (nam pla)
2 teaspoons golden brown sugar
20 large shrimp, peeled, deveined
1 cup hickory smoke chips, soaked in water 30 minutes, drained
4 bamboo skewers, soaked in water 30 minutes, drained

Peanut sauce
1/3 cup creamy peanut butter (do not use old-fashioned style or freshly ground)
1/4 cup canned low-salt chicken broth
2 tablespoons canned unsweetened coconut milk
1 teaspoon fresh lime juice
1 teaspoon soy sauce
1 teaspoon fish sauce (nam pla)
1 teaspoon hot pepper sauce (such as Tabasco)

For peanut sauce:
Puree all ingredients in processor until smooth. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before using.)

For shrimp:
Blend first 8 ingredients in processor until almost smooth. Transfer marinade to 13x9x2-inch glass baking dish. Add shrimp and turn to coat. Cover and refrigerate 2 hours, turning occasionally. Prepare barbecue (medium-high heat). Place smoke chips in 8x6-inch foil packet with open top. Set atop coals. Thread 5 shrimp onto each of 4 skewers. Grill until just cooked through, basting with marinade, about 2 minutes per side. Serve shrimp with peanut sauce.

Grilled Rosemary Garlic Shrimp

1/4 cup finely chopped garlic
1 teaspoon coarse salt
2 tablespoons minced fresh rosemary leaves plus sprigs for garnish
3 tablespoons olive oil plus oil for brushing shrimp

16 jumbo shrimp (about 10 per pound)
four 12-inch bamboo skewers
lemon wedges as an accompaniment

Mash garlic and salt together in large bowl. Mix together with minced rosemary, and oil and add shrimp. Let stand, covered in refrigerator for at least 4 hours.

Preheat grill. Place 4 shrimp on each presoaked skewer. Brush with oil. Cook shrimp on an oiled rack for 3 to 4 minutes on each side, or until just cooked through.

Surfside Fruity Seafood Kabobs

1 pound shark
1 pound large shrimp, peeled and deveined
1 pound large scallops
1 pineapple, peeled and cored
2 peaches, peeled and seeded
4 semi-green bananas, peeled
12 large strawberries, capped
2 apples, cored and quartered

Cut fruits and shark into chunks that will fit well on a kabob-skewer. Thread alternating pieces of fruit, shark, scallops, and shrimp onto the skewers and grill over coals until shrimp is done.

Calypso Grilled Pineapple

1 pineapple cored and cut into 8 wedges
1/2 cup Worcestershire sauce
1/2 cup honey
1/2 cup (1 stick) butter or margarine
1/2 cup packed light brown sugar
1/2 cup dark rum

Vanilla ice cream

Combine Worcestershire sauce, honey, butter, sugar and rum in a medium saucepan. Bring to a boil, stirring constantly. Reduce heat and simmer for about 10 minutes or until it begins to thicken. Remove from heat and allow to cool. Preheat and oil grill. Brush pineapple pieces with sauce and place on grill. Cook for about 5 minutes turning occasionally. Surface of the pineapple should brown. Remove from grill, top with ice cream and remaining sauce.

Artichoke Kebabs

18 small artichokes
2 tablespoons lemon juice
2 tablespoons olive oil
2 tablespoons water
1/2 teaspoon thyme
salt and pepper

Combine lemon juice, olive oil, thyme and water. Trim stems from artichokes and remove leaves until you get the pale inner leaves. Cut off the thorny tips of the leaves and remove the fibrous parts from around the bottom. If larger than about 1 1/2 inches cut in half lengthwise. Coat with marinade. Thread onto skewers and place on preheated grill (medium heat). Cook for about 15 minutes, or until the bottoms become tender. Turn frequently. When done remove from grill and pour remaining marinade over them with a little salt and pepper.

Beer/Cola Lovers Grilled Onions

This recipe was sent in by headrushin@mindspring.com

1 medium to large onion per person
1 tablespoon of butter per onion
Beer of your choice

Peel onion, leaving most of the bottom intact. You are just trying to provide a flat area for placement on the grill. Carve a hole into the onion without piercing the bottom. Place butter in hole and fill with beer. Wrap in foil and place on grill. Cook until tender.

Coca-Cola Grilled Onion

Prepare same way as Beer Lovers Onion replacing the beer with Coke.

Cheesy Stuffed Mushrooms with Herbs

4 large flat mushrooms
1 slice white bread
1/4 cup cheddar cheese
2 tablespoons butter
1 tablespoon fresh thyme, finely chopped
1 tablespoon fresh oregano, finely chopped
1 tablespoon fresh rosemary, finely chopped
1 clove garlic
salt and freshly ground black pepper
olive oil

Wash mushrooms and cut off stems. Combine bread, mushroom stems, thyme, oregano, rosemary, garlic, salt and pepper in a food processor and blend until evenly mixed. Don't over process. Brush tops of

mushroom with olive oil and place 1/2 tablespoon of butter inside. Place on hot grill for about 4 minutes. Remove from grill and stuff with breadcrumb mixture. Return to grill and cook an additional 4 minutes.

Fall Vegetables on the Grill

2 baking potatoes
2 sweet potatoes
1 acorn squash
1/4 cup butter, melted
3 tablespoons vegetable oil
1 tablespoon thyme
salt and pepper to taste

Preheat grill and prepare for indirect grilling. Peel potatoes, sweet potatoes and squash. Cut into 1 inch thick slices. Discard seeds and fibers from squash. Toss vegetables with oil, salt and pepper. In a small bowl combine butter and thyme. Place vegetables on grill away from direct heat. Close lid and cook for about 15 minutes. Turn and continue cooking for 15 more minutes. Turn again and brush with butter and thyme mixture. Coat all sides and continue cooking until vegetables are tender.

Garlic New Potatoes

16-20 washed new potatoes
8 cloves of garlic peeled
1/2 cup minced shallots
4 tablespoons of Dijon mustard
4 teaspoons of lemon juice
salt, pepper, sage and tarragon to taste

Take four square pieces of aluminum foil about 12x12. Place four to five potatoes on each piece with two cloves of garlic, 1/4 of the shallots, 1 tablespoon of mustard, and 1 tablespoon of lemon juice. Add a dash of salt, pepper, sage and tarragon. Fold the foil over sealing everything inside. Repeat process three times. Each package should be water tight to steam the potatoes. Place on preheated grill and cook about 30 minutes or until tender when poked with a fork (don't test too often, it will let the flavor seep out). Remove from foil or cut open foil and serve. Serves four.

Grilled Eggplant Marinara

Preparation: Grill/Direct

1 1/2 pounds fresh eggplant
2 egg whites
2 cups Italian bread crumbs
Olive Oil
1 Jar Marinara Sauce
Mozzarella Cheese

Wash and peel the eggplant. Cut into 3/4-1" slices. In a 10" frying pan, heat just enough olive oil to cover the bottom. Dip the eggplant slices in the egg whites and then in the bread crumbs (just the top and bottom). Place in the hot oil- only long enough to "seal" the egg white/breadcrumbs. Place on a hot grill and cook until tender.

Heat the marinara sauce while the eggplant is cooking. When the eggplant is done, top with the marinara sauce and finish off to taste with the mozzarella cheese.

Grilled Red Onions

2 pounds red onions
1/2 cup fresh parsley, chopped
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1 1/2 teaspoon fresh rosemary, chopped
1 clove garlic, minced
salt and pepper

Heat vinegar, garlic and rosemary in a sauce pan until hot. Don't boil. Let stand 20 minutes. Warm oil in a separate pan. Slice onions into 1/2 inch slices. Lay out on a cookie sheet and brush both sides with oil. Sprinkle salt and pepper over onions. Grill over medium heat for 4-6 minutes. Let the onion slices slightly char. Remove from grill and separate into rings. Toss with vinegar mixture and parsley.

Grilled Zucchini

3 large zucchini cut into 1/2-inch-thick slices
3 tablespoons olive oil
2 teaspoons oregano
2 garlic cloves, minced
1/4 teaspoon rosemary
salt and pepper

Preheat grill. Brush zucchini with olive oil. Sprinkle both sides of zucchini with oregano, garlic, rosemary, salt and pepper. Grill until zucchini is tender, about 4 minutes per side.

Honey Grilled Sweet Potatoes

1 pound sweet potatoes
1/4 cup honey
1/4 butter

Preheat grill. Clean sweet potatoes, cutting off any bad spots. Cut into 1/2 inch slices. Place on grill and cook for about 8-10 minutes on one side. Soften butter and mix with honey. Spread mixture over slices and

turn. Continue grilling about 6-8 minutes. Turn and spread on more honey butter. Continue grilling until honey butter gets all bubbly.

Southwestern Grilled Corn on the Cob

Prepare the corn by pulling back the husks and removing the silk. Apply softened butter and then make a "Southwest" style corn by liberally sprinkling the following, after the butter rub:

cumin (or comino)
chili powder
light sprinkling of salt, if desired
a little black pepper (or red for the bold!)
grated lime peel, using the fine portion of the grater

Return the husks to the proper position, secure and roast until just done. The combined spices (especially the lime and cumin) make for an unusual but wonderful Southwest style flavor.

Vegetable Kebabs

1 small yellow squash, sliced into 1/4 inch pieces
1 Bermuda onion
4 mushroom caps
1 red pepper, cut into 8 pieces
1 Japanese eggplant, cut into 1/4 inch slices
3 tablespoons olive oil
2 tablespoons red wine vinegar
2 tablespoons lemon juice
1 tablespoon Dijon mustard
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh parsley
1 clove garlic, minced
1/8 teaspoon black pepper

Mix olive oil, vinegar, lemon juice, mustard, basil, parsley, garlic and pepper together in a large sealable plastic bag. Add vegetables and toss. Let sit in refrigerator for 2-3 hours. Preheat grill. Place vegetables on skewers alternating as you go. Reserve marinade to brush vegetables as they cook. Place over a medium flame and cover. Cook about 10-15 minutes, brushing with marinade every 3-4 minutes. Remove from grill when the vegetables are brown and tender.

GRILLED PORK

Genoa Style Stuffed Pork Loin

4 to 5 pounds pork loin roast
1/2 pound ground pork
1/2 pound italian sausage (unpacked)
1 1/4 cups fresh parsley, finely chopped
1/2 cup fresh basil leaves, chopped
1/2 cup pine nuts
1/2 cup grated parmesan cheese
1 cup dry bread crumbs
1/4 cup milk
6 cloves garlic, minced
1 egg
1 teaspoon black pepper

In a blender or food processor, combine 1 cup of the parsley with the basil, pine nuts, parmesan cheese and garlic. Blend well and set aside. In a seperate bowl combine the ground pork, italian sausage, bread crumbs, milk, egg, pepper and remaining 1/4 cup of parsley. Preheat grill and prepare for indirect grilling Butterfly or roll cut the pork loin roast. Spread a thin layer of the herb, cheese mixture over one side of the pork loin. Form the meat mixture into a log down the center of the pork loin. Fold up the side so they over lap in the middle. Tie securely with kitchen twine and place on the indirectly heated portion of the grill. Cook, turning occasionally for 1 to 1 1/2 hours or until the meat reaches an internal temperature of 155 degrees. Slice and serve.

Honey Glazed Smoked Ham

1 6 pound ready to eat ham
1 cup pineapple juice
3/4 cup chicken stock
1/2 cup honey
1 1/2 tablespoon vegetable oil
1 tablespoon black pepper
1 tablespoon paprika
1 tablespoon sugar
1/2 tablespoon salt
2 teaspoon dry mustard
1/2 teaspoon cayenne
1/2 teaspoon ground cloves

The night before you smoke, mix together the pepper, paprika, sugar, salt, 1 teaspoon of dry mustard and cayenne. Rub over the surface of the ham, wrap in foil and let sit in the refrigerator overnight. In the morning remove the ham from the refrigerator and let it sit for 1 hour. In the meantime prepare the smoker. You will be smoking at about 210o for 6 hours. Mix together the chicken stock, 3/4 cups of pineapple juice, vegetable oil, 1/2 teaspoon dry mustard, and cloves. Warm over medium heat until completely mixed. Place ham in smoker and baste with sauce once every hour. While the ham is smoking prepare the glaze by mixing together the honey, 1/4 cup on pineapple juice, 1/2 teaspoon dry mustard and a pinch of ground cloves. Brush generously with glaze a couple of times during the last hour of smoking.

Lemon and Pepper Pork Chops

This recipe comes from Serge & Jennifer Doucet

1/2 cup water
1/3 cup soy sauce
1/2 cup cooking oil
3 tablespoons lemon and pepper seasoning
6 pork chops, all fat removed

Combine the first 4 ingredients in a deep bowl. Add pork chops and marinate for at least 45 minutes. Grill, turning often, brushing on remaining sauce.

Stuffed Pork Tenderloins

2 pork tenderloins
2 tablespoons olive oil
2 large cloves garlic
2 cups finely chopped and washed spinach
1/3 cup chopped fresh basil
1 teaspoon crushed fennel seeds
1 egg
1/4 teaspoon salt
1/4 teaspoon pepper

Heat 1 tablespoon of oil and 1 clove of garlic until garlic starts to brown. Pour into bowl and add spinach, basil, egg, salt and pepper. Mix well. Butterfly tenderloins by cutting lenghtwise 3/4 of the way through the middle. Lay out flat. Spread mixture from bowl over one tenderloin. Place second tenderloin, cut side down. ontop of mixture. Tie together with cotton string at even intervals along tenderloins. Make sure that it is securely tied. Mix 1 tablespoon with 1 clove of garlic and fennel seeds. Brush over tenderloins. Place tenderloins on preheated grill. Cook 30 to 40 minutes until center of tenderloin in no longer pink. Continue to brush with oil during cooking. Turn ocasionally. If using a meat thermometer, pork is done when it reads 160 degrees. Remove from grill and carefully remove string.

Spicy Sweet Ribs

3 1/2 lb spareribs
juice from 2 oranges
2 cloves garlic, minced
1 cup tomato sauce
3 teaspoons honey
1 teaspoon dry mustard
1 teaspoon jalapeno pepper, chopped
1/2 teaspoon rosemary
1/2 teaspoon oregano
salt & pepper to taste

Blanch ribs in boiling water for 15 minutes. Mix together everything but the ribs in a saucepan over a low heat. Preheat grill. Baste ribs in sauce and place on hot grill. Cook for about 30 minutes depending on the size of the ribs, basting and turning occasionally.

Drunken Chicken

This recipe comes from Garland Rome

1 whole chicken fryer
louisiana cajun seasoning salt or any seasoned salt
1 16oz. can beer (any brand)
1 ounce Zataran's crab boil
aluminum foil

Tear a piece of aluminum foil paper about 12" long. Fold in half and put on grill, folding edges under grill to secure in place. Remove excess fat from chicken and rinse with cool water. Pat dry. Season chicken well inside and out. Open can of beer, take a big swallow or pour out one ounce. Add liquid crab boil to beer. Separate skin from neck area by pushing finger between skin and meat. While holding pocket created open, pour beer into pocket. Do this in several areas. A large injection needle works well for doing this. Next slide chicken over can of beer, holding beer can and chicken while gently putting on foil covered section of grill. Close grill and cook for about 45 minutes or until juices run clear and chicken is done.

Grilled Chicken Quasadilla

8 ounces chicken tenders
4 1/4-inch-thick slices red onion
4 1/4-inch-thick crosswise slices eggplant
8 6-inch-diameter flour tortillas
1/2 cup grated Monterey Jack cheese
1/2 cup grated sharp cheddar cheese
1/4 cup water
2 tablespoons chopped fresh cilantro
1 jalapeno chili, sliced
1 tablespoon fresh lime juice
1 tablespoon olive oil
Vegetable oil
Sour cream

Combine 1/4 cup water, cilantro, sliced jalapeno, lime juice and olive oil in blender. Blend until smooth. Season with salt and pepper. Season to taste with salt and pepper. Place chicken in shallow baking dish. Pour marinade over, coating completely. Cover and refrigerate 4 hours.

Preheat Grill. Remove chicken from marinade and grill until cooked through, about 6 minutes. Brush onion and eggplant with oil, sprinkle with a little salt and pepper and grill for about 4 minutes, turning occasionally. Wrap tortillas in foil and place on the top rack of the grill, while you cook the other ingredients.

Remove everything from the grill. Mix cheeses together in a bowl. Place about 1/4 cup of cheese on half the tortillas. Top with chicken one slice of onion and one slice of eggplant. Top with another tortilla to make

something like a sandwich. Place on grill and cook over low heat until cheese is melted and the tortillas are a nice golden brown. Cut into quarters and serve with sour cream.

Jamaican Jerk Chicken

1 pound skinless chicken breasts
1 jalapeno pepper, seeded and diced
3 tablespoons water
2 tablespoons lime juice
2 tablespoons lemon juice
1 tablespoon Dijon style mustard
4 cloves garlic, mined
2 cubes chicken bouillon
1/2 teaspoon ground cumin
1/4 teaspoon dried thyme

Combine all ingredients except the chicken and pour into a shallow baking dish or sealable plastic bag. Add chicken and turn to coat. Cover and place in refrigerator to marinate for between 4 hours to overnight. Preheat grill. Remove chicken from marinade and pour marinade into a saucepan. Bring to a boil. Place chicken on grill cooking approximately 7 to 10 minutes per side (or until done), basting periodically with remaining marinade.

Tequila Sunrise Chicken

3 whole chicken breasts
1/2 cup orange juice
1/4 cup tequila
1 jalapeno pepper, cleaned and finely chopped
1/2 teaspoon grated orange peel
1 can (10-1/2oz) chicken gravy
About Chicken

In a large saucepan heat tequila, orange juice, pepper, and orange peel until it starts to boil. Reduce heat and simmer for 10 minutes. Add gravy and continue heating. Stir constantly until the mixture is evenly heated. Remove from heat. Preheat grill. Place chicken on grill over medium heat. Brush with sauce every 10 minutes, turning to brush both sides. Grill for about 1 hour or until done. You can tell when chicken is cooked because the juices run clear.

Deep Fried Turkey Breasts

1 turkey breast (3 to 3 1/2 pounds)
3 tablespoons Cajun Turkey Seasoning
Enough oil to completely cover the turkey breast with 3 inches to spare

Place the turkey breast in the pot you are going to use to fry it. Add enough water to cover the breast with about 3 inches to spare. Remove the breast and measure the water. This is how much oil you will need. Pat

dry the breast and coat with Cajun Spices. Heat oil to 350 degrees. The temperature is important so use a thermometer to test. VERY SLOWLy lower the breast into the hot oil. Use gloves to protect yourself from splashing. Fry breast to 7 minutes per pound plus 5 minutes. Therefore a three pound breast will take 26 minutes ((7 X 3) + 5 = 26). Carefully remove from oil. Allow to drain. Carve and serve.

~ GRILL RECIPES II including Sauces, Mops, Pastes, Butters ~

1948 Original Bbq Sauce

Ingredients for 1 Servings:

* 1 md Onion; chopped
* 2 Cl Garlic; minced
* 2 tb Butter; melted
* 1 lg Can whole tomatos (14 1/2oz
* 8 oz Tomato paste
* 1/2 c Celery; chopped
* 1/3 c Vinegar
* 1/4 c Green pepper; chopped
* 2 Fresh celery leaves; chopped
* 1 Bay leaf
* 3 tb Molasses
* 1 1/2 ts Salt
* 2 ts Dry mustard
* 2 ts Tabasco sauce; to taste
* 1/2 ts Clove; ground
* 1/2 ts Allspice; ground
* 2 sl Lemon

Saute onion and garlic in butter in a saucepan until tender. stir in remaining ingredients; bring to boil. Reduce heat and simmer, uncovered, 30 minutes; stir occasionally. Discard bay leaf and lemon slices. Process through a food processer if desired. Use sauce for basting and as a side dish for dipping. Yield 3 cups.

30-Min Lamb Grill for Two

Ingredients for 2 Servings:

* 1 tb Low-sodium soy sauce
* 2 ts Sesame oil
* 1 Green onion, chopped
* 1 Garlic clove, minced
* 2 ts Gingerroot, minced
* 1/4 ts Pepper
* 4 Lamb loin chops (8 oz)
* Salt

In shallow dish, whisk together soy sauce, oil, onion, garlic, ginger and pepper. Add lamb, turning to coat; let stand for 10 minutes. Reserving marinade, place lamb on greased grill over medium-high heat; cover and cook, basting with marinade, for 5-7 minutes on each side for medium-rare or until desired doneness. Season with salt to taste.

Afghan Chicken

Ingredients for 6 Servings:

* Stephen Ceideburg
* 2 lg Cloves garlic
* 1/2 ts Salt
* 2 c Plain, whole-milk yogurt
* Juice and pulp of 1 large
* 1/2 ts Cracked black pepper
* 2 lg Whole chicken breasts, about

Long, slow marinating in garlicky yogurt tenderizes, moistens and adds deep flavor, so you end up with skinless grilled chicken that's as delicious as it is nutritionally correct. Serve with soft pita or Arab flatbread and fresh yogurt.

Put the salt in a wide, shallow non-reactive bowl with the garlic and mash them together until you have paste. Add yogurt, lemon and pepper.

Skin the chicken breasts, remove all visible fat and separate the halves. Bend each backward to break the bones so the pieces win lie flat. Add to the yogurt and turn so all surfaces are well-coated.

Cover the bowl tightly and refrigerate. Allow to marinate at least overnight, up to a day and a half. Turn when you think of it.

To cook, remove breasts from marinade and wipe off all but a thin film. Broil or grill about 6 inches from the heat for 6 to 8 minutes a side, or until thoroughly cooked. Meat will brown somewhat but should not char. Serve at once.

All Purpose Barbecue Sauce #5

Ingredients for 4 Servings:

* 1/4 c Salad oil
* 1/4 c Bourbon, sherry, or wine
* 1 x Pepper, freshly ground
* 2 tb Soy sauce
* 1 ts Garlic powder

Combine all ingredients and pour over meat. Marinate in refrigerator. Also use to baste meat as you cook it. Good on red meat, fish or chicken.

Apple Bbq Sauce

Ingredients for 4 Servings:

* 1 c Catsup
* 1/4 c Apple juice/cider
* 1/4 c Apple cider vinegar
* 1/4 c Soy sauce
* 3/4 ts Garlic powder
* 3/4 ts White pepper
* 1/3 c Grated, peeled apple
* 1/4 c Grated onion
* 2 ts Grated green pepper

Bring to a boil. Reduce heat and simmer 15 minutes. Rub meat with 1 T pepper, 1 T paprika, 2 t chili powder, 1/2 t celery salt, 1/2 t ground red pepper and 1/4 t dry mustard before cooking. Baste with

1/2 c apple juice while cooking. Add sauce last 15 minutes.

Apple City Barbecue - 1994 Memphis in May Bbq Contest Win

Ingredients for 1 Recipe:

----------DRY RUB----------

* 10 tb Black pepper
* 10 tb Paprika
* 5 tb Chili powder
* 5 tb Red pepper
* 5 tb Garlic powder
* 3 tb Celery salt
* 1 tb Dry mustard

----------FINISH SAUCE----------

* 32 oz Hunt's Ketchup
* 8 oz Soy sauce
* 4 oz Worcestershire sauce
* 1 tb Garlic powder
* 8 oz Apple cider vinegar
* 4 oz Apple juice
* 1 tb White pepper or to taste

Mix dry rub ingredients. Rub into pork ribs. Put rubbed ribs into the refrigerator fot 4 to 10 hours before cooking. Bring sauce ingredients to a boil. Then add i finely grated onion, 1 grated medium Golden Delicious apple and 1/4 grated small bell pepper. Cook until desired thickness. Cook prepared ribs for about 5 1/2 to 7 hours over charcoal kept at 180 to 200 degrees. Baste occasionally with warm apple juice. Use soaked applewood chips in the fire to create a sweet flavor. About 30 minutes before serving, brush ribs with finish sauce. Right before serving, sprinkle on dry rub. Serve sauce on the side. TIP: Don't rush the cooking process.

Apricot-Curry Glazed Ribs ***

Ingredients for 4 servings:

* 4 lb Pork Spareribs, Baby Back
* 2 tb Vegetable Oil
* 1 1/2 c Chopped Onion
* 2 Minced Garlic Cloves
* 2 tb Curry Powder
* 1 1/2 c Apricot Nectar
* 1/3 c Honey
* 1/2 c Cider Vinegar
* 1 1/2 ts Tabasco Pepper Sauce
* 3/4 ts Salt

Great grilled ribs with exceptional flavor and a dark, rich color are irresistible. These are excellent broiled, too. ~---------- ~-- Prepare a charcoal fire for grilling. In a medium saucepan, heat the oil over medium heat. Saute the onion and garlic until golden. Stir in the curry powder, cook for 1 minute, and add the nectar, honey, vinegar, Tabasco sauce and 1/2 teaspoon salt. Simmer for 10 minutes, stirring often.

Sprinkle the ribs with the remaining 1/4 teaspoon salt. Arrange the ribs on a grill in a single layer over low heat, setting the grill rack as far from the coals as possible. For pork ribs, grill the meat for 15 minutes per side, then brush with the apricot glaze. Grill the ribs for 45 minutes longer, or until the meat is fork tender, turning the meat often, and brushing with glaze each time. For beef ribs, grill for 5 minutes per side, then brush with glaze and continue basting and turning for 35 minutes longer, or until the ribs are brown and tender.

Arkansas Bbq Sauce (2gal)

Ingredients for 1 Servings:

* 2 qt Water
* 1 1/2 c Brown sugar
* 1 1/2 c Worcestershire sauce
* 1 1/2 c Yellow mustard
* 1 qt Catsup
* 1/2 c Black pepper
* 1/2 c Dried red pepper flakes
* 3 qt Red wine vinegar
* 1 qt White wine
* 1 1/2 c Salt

Bring to boil and then simmer for about 1/2 hour. do not cook or store in aluminum store in glass. Makes 2 gallons.

Arkansas Bbq Sauce (Small)

Ingredients for 1 Servings:

* 1/2 c Water
* 3 oz Brown sugar
* 3 oz Worcestershire sauce
* 3 oz Yellow mustard
* 1/4 c Catsup
* 1/8 c Black pepper
* 1/8 c Red pepper flakes
* 3/4 qt Red wine vinegar
* 1/4 qt White wine
* 3 oz Salt

Bring to boil and then simmer for about 1/2 hour. Do not cook or store in aluminum, store in glass.

Aussie Shrimp on the Barbie with Orange Ginger

Ingredients for 6 Servings:

* 12 Giant Prawns, shelled and
* 1/4 c Butter
* 1 c Orange juice (freshly
* 2 tb Sherry
* 1 ts Orange Zest (grated)
* 2 Green onions, tops and white
* 1 ts Ginger root (freshly grated)

Soak a dozen long wooden skewers in water for 30 minutes. Then push skewers through prawns, lengthwise, from head to tail with only 1 to a skewer. Combine all ingredients in saucepan and cook over medium to low heat, stirring, until butter is completely melted. Dip skewered prawns in the orange sauce and position on oiled grill rack about 4 inches above the coals. Baste liberally with sauce and grill for 2 minutes. Turn the prawn over and baste again, cooking for another 2 minutes. Smaller prawn will be done at this point, but continue basting and turning larger prawn until they are pink and cooked through. Remove from heat immediately when done, as they will get tough of overcooked. Use any remaining sauce for a dip for the prawns. From: The Register Guard, by Edythe Preet, a LA free lance writer.

Baked Beans

Ingredients for 4 servings:

* 2 c Pork & beans (16 oz cans)
* 1/3 c Bottled bar-b-que sauce
* 1/4 c Brown sugar
* 1/4 c Golden rasins
* 1/3 c Tart (granny smith) apples
* 1/2 c Chopped onion
* 8 ea Bacon strips

Drain pork and beans and place into oven-proof bowl. Chop onion and apples and add to beans. Also add Bar-B-Que sauce, brown sugar and rasins. Mix together and lay bacon strips on top. Place in covered grill and bake at 350 degrees for 1 to 1 1/2 hours.

Bar-B-Q: Golden Chicken

Ingredients for 4 Servings:

* 1 Chicken, [3 lb]
* 1 Orange

* 1/3 c White wine vinegar
* 1/4 c Vegetable oil
* 1 tb Fresh thyme, chopped
* 1/4 ts Black peppercorns,

With kitchen scissors or chef's knife, cut along each side of chicken's backbone; remove backbone and trim visible fat.

Tuck wing tips behind back; flatten to 1 layer. Place in shallow casserole.

Grate orange rind and squeeze out juice; mix with vinegar, oil, thyme and pepper. Pour over chicken; cover and marinate in refrigerator, turning often, for at least 4 hours or up to 24 hours.

Reserving marinade, place chicken, skin side down, on greased grill over medium-low indirect heat. Add soaked wood chips. Cover and cook for 1 hour, turning and basting with marinade halfway through.

Transfer to direct heat; cook for 10 minutes per side or until meat thermometer inserted in thigh registers 185F 85C.

Remove to platter and tent with foil; let stand for 10 minutes before cutting into quarters.

Barbecue Hamburger Patties

Ingredients for 6 servings:

* 1 1/2 lb Ground Beef
* 1 ts Salt
* 1/2 c Chili Sauce
* 1 tb Lemon Juice
* 1/3 c Catsup
* 2 tb Brown Sugar

Preparation: mix the meat, onion, and salt together. Shape the mixture into 6 patties, each about 3/4-inch thick. Brown the patties in a large skillet over medium-high heat, turning once. Cover and cook over low heat about 10 minutes. Drain off the excess fat. Mix catsup, chili sauce, brown sugar, and lemon juice. Pour sauce over the patties. Cover and simmer for 15 minutes, spooning the sauce onto the patties occasionally. Serve with the sauce spooned over the patties.

Barbecue Salmon Steaks w/Green Ginger Sauce

Ingredients for 4 servings:

* 2 tb Light Soy Sauce

* 4 Salmon Steaks
* 1/2 ts Sugar
* GREEN GINGER SAUCE:
* 1/2 c Parsley
* 2 tb Capers
* 1/2 c Olive Oil
* 1 Hard Cooked Egg
* 1/2 c Chives, Chopped Rough
* 2 tb Onion, Chopped
* 1 tb Lime Juice
* Black Pepper, Ground

Prepare the Green Ginger Sauce first: Place the parsley, chives, capes and onion in the bowl of a food processor or blender. Process only until finely chopped. Add the olive oil, lime juice and egg. Puree until smooth, Add ground black pepper to taste. Set aside. Prepare the salmon steaks next: Combine the soy sauce and sugar. Brush each salmon steak with the soy sauce mixture. Barbecue (grill) on a solid plate (griddle), turning occasionally until the salmon is cooked. Serve hot with the Green Ginger Sauce.

Barbecue Sauce #23

Ingredients for 1 Servings:

* 1/2 c Butter; 1 stick
* 1 Onion; finely chopped
* 1 Garlic Clove; finely chopped
* 3 tb Vinegar
* 1 c Chili Sauce; Heinz
* 1 c Water
* 2 tb Brown Sugar
* 2 tb Worcestershire Sauce
* 1/2 tb Mustard
* 1/2 Lemon; juice
* 1 cn Beer; cooks choice
* Pepper

In a large saucepan, saute onion and garlic in butter. When the onions are transparent add the remainder of ingredients. Bring to a boil. Simmer until your grill is ready, about 10 to 15 minutes or until you can't stand the wonderful smell of the sauce any longer. Now let me tell you, this is what I call barbecue sauce.

Barbecue Sauce #28 Lowfat

Ingredients for 1 Servings:

* 1 lb Italian plum tomatoes --

* Cored
* Seeded
* 20 ml Garlic -- finely chopped
* 2 tb Onion -- finely chopped
* 1 ts Chili flakes
* 1/2 ts Corn oil
* 2 tb Water
* 2 tb Tomato paste
* 1 tb Worcestershire sauce
* 2 tb Red wine vinegar
* 2 1/2 tb Molasses
* 1 ts Mustard powder
* 1/4 ts Salt
* 1/2 ts Tabasco sauce

In a food processor, puree the tomatoes, and set aside. IN a 1 1/2 quart saucepan, saute the garlic, onion, and chili flakes in oil for

Barbecue Sauce #32

Ingredients for 1 Servings:

* 1/2 c Butter; 1 stick
* 1 Onion; finely chopped
* 1 Garlic Clove; finely chopped
* 3 tb Vinegar
* 1 c Chili Sauce; Heinz
* 1 c Water
* 2 tb Brown Sugar
* 2 tb Worcestershire Sauce
* 1/2 tb Mustard
* 1/2 Lemon; juice
* 1 cn Beer; cooks choice
* Pepper

In a large saucepan, saute onion and garlic in butter. When the onions are transparent add the remainder of ingredients. Bring to a boil. Simmer until your grill is ready, about 10 to 15 minutes or until you can't stand the wonderful smell of the sauce any longer. Now let me tell you, this is what I call barbecue sauce.

Barbecue Sauce #8

Ingredients for 1 Servings:

* 3 c Onions, chopped
* 1 tb Garlic, chopped
* 1 c Sweet pepper, chopped

* 1/2 c Parsley, dried
* 1 c Dry white wine
* 3 tb Vinegar
* 2 c Ketchup
* 1/4 c Honey
* 2 tb Lemon juice
* 1 tb Salt
* 3 tb Lea & Perrins
* 1/2 ts Mint, dried
* 1 tb Liquid smoke
* 1/2 tb Louisiana hot sauce

Place all ingredients in a pot that is big enough to hold them. Bring to a boil. Cook, covered, on low heat for several hours.

Barbecue Sauce (Original)

Ingredients for 1 Servings:

* 3 c Onions, chopped
* 1/4 c Honey
* 1 tb Garlic, chopped
* 2 tb Lemon juice
* 1 c Sweet pepper, chopped
* 1 tb Salt
* 1/2 c Parsley, dried
* 3 tb Lea & Perrins
* 1 c Dry white wine
* 1/2 ts Mint, dried
* 3 tb Vinegar
* 1 tb Liquid smoke
* 2 c Ketchup
* 1/2 tb Louisiana hot sauce

Place all ingredients in a pot that is big enough to hold them. Bring to a boil. Cook, covered, on low heat for several hours.

Barbecue Sauce - Norine Juenger - Lenzburg

Ingredients for 3 Servings:

* 16 oz Tomato Sauce
* 2 tb Brown Sugar
* 1/4 c Vinegar

* 2 tb Worcestershire Sauce
* 1 ts Salt
* 1 tb Paprika
* 1 ts Dry mustard
* 1 ts Chili Powder
* 2 tb Chopped Green Onion Tops
* 1/8 ts Cayenne Pepper

salt, paprika, mustard, chili powder and cayenne pepper. Simmer 15 minutes, stirring occasionally. Serve hot. Makes 2 1/2 cups.

Barbecue Sauce 10

Ingredients for 1 servings:

* 10 lb Diced Onions
* 20 oz Margerine Or Oil
* 5 qt Water
* 25 lb Ketchup
* 5 lb Brown Sugar
* 5 c Cider Vinegar
* 20 oz Beef Or Chicken Base
* 5 oz Liquid Smoke
* 2 1/2 oz Tabasco
* 1/4 c Italian Spice Mix
* 1 1/2 oz Garlic Powder
* 1 1/2 oz Chili Powder
* 1 1/4 oz Dry Mustard
* 1 1/4 oz Ground Allspice
* 2 tb Black Pepper.
* 10 oz Corn Starch

Servings: 1

Saute onions in margarine or oil. Then add all other but corn starch. Cook all this mess till it gets hot, then thicken it with corn starch that has been mixed into 5 cups cold water. Makes 5 gallons.

Barbecue Sauce 20

Ingredients for 5 Servings:

* 1 ts Salt
* 1 ts Garlic powder
* 1/2 ts Ground cayenne pepper

* 1/2 lb Bacon, minced
* 2 c Pork, beef or chicken stock
* 1 c Honey
* 5 tb Orange juice (1/2 orange)
* 2 tb Lemon juice (1/4 lemon)
* 2 tb Minced garlic
* 4 tb Unsalted butter
* 1 1/2 ts Black pepper
* 1 ts Onion powder
* 1/2 ts White pepper
* 1 1/2 c Chopped onions
* 1 1/2 c Bottled chili sauce
* 3/4 c Dry roasted pecans, chopped
* 1 x Rind & pulp from 1/2 orange
* 1 x Rind & pulp from 1/4 lemon
* 1 ts Tabasco sauce

Combine the seasoning mix ingredients in a small bowl and set aside. In a 2-quart saucepan fry the bacon over high heat until crisp. Stir in the onions, cover pan, and continue cooking until onions are dark brown, but not burned, about 8 to 10 minutes, stirring occasionally. Stir in the seasoning mix and cook about 1 minute. Add the stock, chili sauce, honey, pecans, orange juice, lemon juice, orange and lemon rinds and pulp, garlic, and Tobasco, stirring well. Reduce heat to low; continue cooking about 10 minutes, stirring frequently. Remove orange and lemon rinds. Continue cooking and stirring about 15 minutes more to let the flavors marry. Add the butter and stir until melted. Remove from heat. Let cool about 30 minutes, then pour into a food processor or blender and process until pecans and bacon are finely chopped, about 10 to 15 seconds. This sauce may be used to barbecue chicken, pork or ribs. Makes about 5 Cups.

Barbecue Sauce for Chicken

Ingredients for 6 servings:

* 1/2 c Peanut oil
* 1/2 c Vinegar
* 1 tb Sugar
* 2 tb Tomato paste
* 1 tb Mustard,prepared
* 3 ds Hot pepper sauce
* 1 ts Garlic salt*

* - or plain salt if preferred.

Combine ingredients and beat with a whisk until well blended. Use as baste for charcoal-broiled chicken.

Barbecue Sauce for Hot Dogs

Ingredients for 4 Servings:

* 7 3/4 oz Junior Peach Cobbler; 1 Jar
* 1/3 c Catsup
* 1/3 c Vinegar
* 1/3 c Brown Sugar; Packed
* 1 ea Clove Garlic; Minced
* 1 tb Worcestershire Sauce
* 1/2 ts Ginger; Ground
* 1/4 ts Mace; Ground
* 1 ts Onion Salt

NOTE: If the baby food is not available, you could use the same amount of finely chopped peaches, if canned, well drained before chopping.
++ ++

Combine all the ingredients thoroughly. Core the hot dogs diagonally on three sides. Barbecue basting with the sauce about three times while they are cooking. You can also use this on pork or chicken or the heated sauce in a chafing dish with sliced hot dogs.

Makes about 1 1/2 cups of sauce, (enough for 2 lbs of hot dogs).

Barbecue Sauce Prudhomme

Ingredients for 5 Servings:

----------SEASONING MIX----------

* 1 1/2 ts Black pepper
* 1 ts Onion powder
* 1/2 ts White pepper
* 1 ts Salt
* 1 ts Garlic powder
* 1/2 ts Ground cayenne pepper

----------MAIN INGREDIENTS----------

* 1/2 lb Bacon, minced
* 2 c Pork, beef or chicken stock
* 1 c Honey
* 5 tb Orange juice (1/2 orange)
* 2 tb Lemon juice (1/4 lemon)
* 2 tb Minced garlic

* 4 tb Unsalted butter
* 1 1/2 c Chopped onions
* 1 1/2 c Bottled chili sauce
* 3/4 c Dry roasted pecans, chopped
* Rind & pulp from 1/2 orange
* Rind & pulp from 1/4 lemon
* 1 ts Tabasco sauce

Combine the seasoning mix ingredients in a small bowl and set aside. In a 2-quart saucepan fry the bacon over high heat until crisp. Stir in the onions, cover pan, and continue cooking until onions are dark brown, but not burned, about 8 to 10 minutes, stirring occasionally. Stir in the seasoning mix and cook about 1 minute. Add the stock, chili sauce, honey, pecans, orange juice, lemon juice, orange and lemon rinds and pulp, garlic, and Tobasco, stirring well. Reduce heat to low; continue cooking about 10 minutes, stirring frequently. Remove orange and lemon rinds. Continue cooking and stirring about

15 minutes more to let the flavors marry. Add the butter and stir until melted. Remove from heat. Let cool about 30 minutes, then pour into a food processor or blender and process until pecans and bacon are finely chopped, about 10 to 15 seconds. This sauce may be used to barbecue chicken, pork or ribs. Makes about 5 Cups. From Paul Prudhomme's "Louisiana Kitchen"

Barbecue Sauce with Mustard

Ingredients for 6 Servings:

* 1/2 c Sugar
* 1/2 ts Ground thyme
* 1/2 ts Pepper
* 1/2 ts Cornstarch
* 1 c Molasses
* 1 c Prepared mustard
* 1/4 ts Ground oregano
* 1 ts Salt
* 1/8 ts Cayenne pepper
* 1/2 c Vinegar
* 1 c Ketchup
* 2 tb Oil

Combine first seven ingredients in a small saucepan. Stir in enough vinegar to make a paste. Combine molasses, ketchup, mustard, oil and remaining vinegar; add to herb paste. Bring to a boil, stirring constantly. Reduce heat and simmer 10 minutes. Remove from heat; cool completely. Pour into a glass jar; cover tightly. Store refrigerated for up to 3 months. Baste over chicken, turkey, ham or hot dogs.

Yields: 4 cups

Barbecued Beef on Buns

Ingredients for 4 servings:

* 1 c Catsup
* 1 tb Lemon juice
* 1 ts Prepared mustard
* 1/8 ts Pepper
* 4 ea Hamburger buns, split
* 1 tb Worcestershire sauce
* 1/2 ts Onion salt
* 8 oz Cooked roast beef *

Preparation: * Roast Beef should be thinly sliced and there should be 8 to 10 slices.
~---------- ~
---- Mix catsup, brown sugar, lemon juice, worcestershire sauce, mustard, onion salt, and pepper in 2-cup glass measure. Microwave uncovered on high (100%) 1 1/2 minutes; stir. Microwave to boiling, 1 to 2 minutes. Layer half the beef slices and half the sauce in 1-Qt casserole; repeat. Cover and microwave on high (100%) until hot and bubbly, 1 1/2 to 2 1/2 minutes. Place bottom halves of buns on serving plate. Top with beef and reamining bun halves. Microwave uncovered on high (100%) until buns are hot, 30 seconds to 1 minute.

Barbecued Brisket of Beef

Ingredients for 6 servings:

* 1 c White wine
* 3 c Apple cider
* 1/4 c Honey
* 2 tb Dijon mustard
* 1/4 c Soy sauce
* 2 tb Brown sugar, packed
* 1 tb Minced garlic
* 1 tb Minced fresh ginger root
* 1 tb Whole coriander
* 2 Sprigs fresh thyme
* 1 Brisket of beef (2-1/2 lb)

COMBINE WINE, CIDER, HONEY, mustard, soy sauce, brown sugar, garlic, ginger root, coriander and thyme in Dutch oven or heavy roasting pan. Add brisket. Cover tightly and place in oven. Turn oven to 350F and cook 1 hour. Remove brisket from cooking liquid, cover and set aside. Transfer liquid to medium pan and cook over medium heat until reduced to a glaze and thick enough to coat back of spoon. Using covered grill, light about 12 charcoal briquettes and add small piece of mesquite or other wood. Be sure to place charcoal and wood to one side of grill. Arrange brisket on grill so that it is not directly over burning wood. Paint it with some glaze. Place cover on grill and smoke brisket 1 hour, turning meat and coating with glaze every 15 minutes. Add charcoal or wood, small piece at a time, if fire seems to get too cold. Remove from grill, thinly slice meat against grain and serve. Offer any remaining glaze on side.

Barbecued Fish

Ingredients for 6 servings:

* 1 sm Onion; chopped
* 1 tb Brown sugar
* 1/4 c Cider vinegar
* 2 tb Catsup
* 2 tb Dry mustard
* 1 ts Worcestershire sauce
* 1/4 ts Ground cloves
* 1 ts Chili powder
* 1/4 ts Cayenne pepper
* 1 1/2 lb Firm, whitefish fillets

COMBINE ALL SAUCE INGREDIENTS in a pot, place over medium heat and boil until reduced to a thin syrup. Pour the syrup through a strainer, discard the cooked ingredients in the strainer and chill the syrup. Place fish steaks or fillets in a baking dish and spoon some syrup over. Marinate in the refrigerator for 1 hour. Cook the fish on a hot grill, basting with a teaspoon of barbecue syrup on each side.

Barbecued Ribs Oriental

* ingredients for 6 servings: 5 lb Pork spare ribs
* 1 1/2 ts Salt
* 1 Beef bouillon cube
* 3/4 c Water,boiling
* 1 ts Oil
* 1 cn Pineapple,crushed,undrained
* 1 ts Onion powder
* 1/4 ts Garlic powder
* 2 tb Worcestershire sauce
* 2 tb Cornstarch
* 1/4 c Water,cold
* s; sprinkle with 1 teaspoon salt.
* aking pan; bake in preheated 375'F.
* n boiling water in a medium-size
* ion powder, garlic powder,
* 5 minutes.
* in a small bowl; stir into sauce
* ; bake until nicely glazed, about 30

Preparation:
* 1. Cut ribs to form individual portion
* 2. Place ribs on a rack in a shallow b oven until almost tender, 1 1/2 to 2 hours. Drain off fat.
* 3. Meanwhile, dissolve bouillon cube i saucepan.
* 4. Add oil, pineapple, brown sugar, on Worcestershire sauce and remaining salt; bring to a boil.

* 5. Reduce heat and simmer, uncovered,
* 6. Combine cornstarch with cold water mixture. Cook and stir until thickened.
* 7. Spoon sauce over drained, baked rib
* 8. Increase oven temperature to 425'F. minutes.

Barbecued Salmon with Strawberry Mint and Cucumber Salsa

Ingredients for 6 servings:

* 6 Salmon Fillets, skinless,

----------SALSA----------

* 1 English Cucumber, finely
* 1 Green Onion, thinly sliced
* 1 tb Fresh Mint, cut into thin
* 4 tb Seasoned Rice Wine Vinegar
* 2 c Fresh Strawberries, hulled

----------BARBECUE SAUCE----------

* 1/2 c Unsalted Butter
* 1 Clove Garlic, finely chopped
* 1 tb Honey
* 2 tb Soy Sauce
* 1 tb Fresh Lemon Juice

For best results, prepare salsa 1 hour ahead. In a medium bowl, mix cucumber, green onion, mint and vinegar. Cover with plastic wrap and chill for 1 hour. Just before serving, stir in strawberries.

To prepare barbecue sauce, in a small saucepan melt butter with garlic over low heat. Stir in honey, soy sauce and lemon juice and cook for 2 minutes. Set aside.

Prepare fire in a charcoal grill. When coals are ready, brush sauce on salmon pieces and place in a well-oiled fish-grilling rack. Place rack over coals about 4 inches from fire and grill approximately 4-5 minutes on each side. Brush with sauce again after turning, then baste again with barbecue sauce as it finishes cooking. You can tell when fish is done when it is just barely firm and resilient to touch.

To serve, open rack and remove fish fillets with a spatula. Transfer to a warm platter and top with Strawberry, Mint and Cucumber Salsa.

Barbecued Short Ribs

Ingredients for 4 servings:

* 3 lb Short ribs (or chicken)
* 2 c Chicken broth
* 2 c :Water, or enough to
* 1 tb Brown sugar
* 1/4 c Cider vinegar
* 1/4 c Catsup
* 2 tb Tomato paste
* 1 tb Dry mustard
* 1 ts Worcestershire sauce
* 1/4 ts Ground cloves
* 1 ts Chili powder
* 1/4 ts Cayenne pepper

THE DAY BEFORE GRILLING THE RIBS, put the sugar and vinegar in a pot large enough to hold the ribs and place over medium heat on top of the stove. Cook until the vinegar reduces and forms a syrup with the sugar, about 8 minutes. Watch carefully, as the syrup will suddenly darken in color. Immediately add the broth, water, catsup, tomato paste, mustard, Worcestershire, cloves, chili powder and pepper and bring to a boil. Add the ribs and cook 20 minutes. (If using chicken, cook for 10 minutes.) Remove from heat, remove the ribs from the liquid and place covered in the refrigerator. Cook the liquid over medium heat until it becomes thick and syrupy. The next day, light a charcoal grill. Place the ribs on the grill so they are not directly over the coals and cover the grill so that smoke collects inside. If your grill does not have a cover, improvise one out of aluminium foil. Cook for 40 minutes, basting with barbecue sauce every 10 minutes. When ribs are well heated, remove to a platter and serve. Offer any additional barbecue sauce on the side.

Barbecued Skewers of Fish - Seekh Ki Machali

Ingredients for 4 Servings:

* 1 lb Firm white fish
* 1 ts Salt
* 6 Cloves garlic
* 1 1/2 Inch fresh root ginger
* 1 tb Garam masala
* 1 tb Ground coriander
* 1 ts Cayenne pepper
* 4 oz Plain yoghurt
* 1 tb Veg. oil
* 1 Lemon
* 2 Hot green chili peppers

Fillet and skin fish, then cut into 11/2 inch cubes. Put about 5 pieces on each skewer and sprinkle with salt. Make a paste from the garlic, ginger, spices, and yoghurt and use to cover the fish. Leave for a few hours,

then grill. The skewers can be sprinkled with a little oil during cooking, if required. Garnish with the lemon cut into wedges and fine rings of seeded green chili pepper.

Barbecued Spareribs with Apple Glaze (Jvb)

Ingredients for 12 Servings:

* 9 lb Pork spareribs
* A splash of brandy
* 4 cl Garlic, minced
* 2 tb Minced fresh marjoram*
* 1 tb Dry mustard*
* 1/2 ts Salt
* 1/4 ts Pepper

GLAZE

* 500 ml Apple butter
* 1/2 c Water
* 1/4 c Cider vinegar
* 1 tb Dijon mustard*
* 1 tb Horseradish*
* 1 tb Packed brown sugar
* 1/4 ts Cayenne

*If an extra mild flavour is preferred, revise the quantity of these ingredients into teaspoons.

Place spareribs in large pot, cover with water, add splash of brandy (or other liquor) and bring to a boil. Reduce heat, cover, simmer 45 to 60 minutes - until tender; drain well and cool slightly.

Combine garlic, marjoram, prepared mustard, salt, pepper and rub over ribs. Arrange on platter, cover and let marinate in refrigerator up to 24 hours.

Bring all glaze ingredients to a boil. Reduce heat and simmer gently , stirring often, for 15 minutes, let cool. Refrigerate until ready to cook.

Let ribs and glaze stand at room temperature a half hour before cooking. Place ribs on greased grill over low heat; cook until crisp, turning every 10 to 15 minutes and brushing with glaze during the last 15 minutes; 30-45 minutes in all.

Or brush ribs with glaze and bake in medium oven, basting occasionally until they begin to crisp around the edges.

Barbecued Sweet Potatoes

Ingredients for 4 servings:

* 2 tb Ketchup; plus 2 teaspoons
* 1 tb Worcestershire sauce
* 1 tb Red wine vinegar
* 1 ts Yellow mustard
* 1/2 ts Freshly ground black pepper
* 1 lb Sweet potatoes, pared; cut

Recipe by: Weight Watchers Magazine, June 1996 Prepare grill for a medium fire. In small bowl, combine ketchup, Worcestershire sauce, vinegar, mustard and pepper; mix well. Brush potato slices on both sides with ketchup mixture. Grill, turning frequently and brushing with remaining ketchup mixture until cooked through, 4 minutes per side. Divide among 4 plates. Serve warm.

Barbecued Swordfish with Thai Banana Salsa

Ingredients for 4 Servings:

* 1 1/2 lb Swordfish

----------SAUCE----------

* 3 tb Soy sauce; light
* 3 tb Sherry; dry
* 2 tb Oil
* 2 tb Oyster sauce
* 1 tb Honey

----------BANANA SALSA----------

* 2 Bananas; peeled and chopped
* 1 Red pepper; chopped
* 1/4 c Cilantro; chopped
* 2 tb Ginger; minced
* 2 tb Orange juice
* 2 tb Lime juice
* 2 tb Brown sugar
* 2 tb Fish sauce
* 2 tb Thai chili sauce

Marinate swordfish in barbecue sauce 15 min to 2 hours. Combin ingredients for banana salsa in a bowl. Taste and adjust seasonings. Barbecue swordfish over medium heat for about 8 min. It is done when it just feels firm to the touch. Serve with salsa

Barbecued Tempeh

Ingredients for 2 servings:

* 8 1/2 oz Tempeh, cut to small cubes
* 3 tb Vegetable oil
* 1 md Onion, chopped
* 2 ea Garlic cloves, minced
* 1 tb Fennel
* 1 ts Chili powder
* 1 ts Coriander
* 1 ts Cumin
* 1/4 ts Cayenne pepper
* 1 ea Green pepper, chopped
* 2 tb Tamari
* 2 tb Lemon juice
* 3 tb Molasses
* 2 tb Cider vinegar
* 1 tb Mustard powder
* 6 tb Tomato paste
* 1 c Water
* 4 ds Tabasco sauce

Saute onions, garlic & spices till onions soften. Add peppers & tempeh chunks & continue to saute for 5 minutes or so. Transfer to a shallow baking pan.

Whisk together the sauce ingredients (tamari, lemon juice, molasses, vinegar, mustard, paste & water). Add to the vegetables. Bake for 30 minutes at 350F for 30 minutes covered & then for 30 minutes uncovered. Stir frequently throughout.

Serve on rice with coleslaw or stuff into pita.

Barbeque Sauce

Ingredients for 6 Servings:

* 1 c Catsup
* 1/2 c Onion; finely chopped
* 1/3 c Water
* 1/4 c Butter
* 1 tb Paprika
* 1 ts Brown Sugar; packed
* 1/2 ts Salt
* 1/4 ts Pepper
* 1/4 c Lemon juice

* 1 tb Worcestershire sauce

Heat all ingredients except lemon juice and worcestershire sauce. Bring to a boil. Add lemon juice and worcestershire sauce and heat until hot. Makes about 2 cups. [Variations I make: 1 Can Tomato sauce + 2 T. sugar. Slightly less butter, or none at all. The chicken seems to produce enough of it's own fat to make up for leaving any out. 1/2 T. packed brown sugar.] Pour over Skinned and cleaned Chicken. Cook in crockpot for about 6-8 hours on low. 4-6 hours on high.

Barbeque Sauce #29

Ingredients for 6 Servings:

* 1 c Ketchup
* 1 1/2 c Honey
* 2 ts Tabasco
* 1 tb Worcestershire sauce
* 1 ts Juice of lemon
* 1/2 ts Fresh black pepper
* 1 tb Paprika
* 1 6 oz can of tomato paste
* 1 1/2 ts Olive oil
* 1 ts Cayenne pepper
* 1 tb Cocoa powder
* 1/2 tb Soy Sauce
* 1 1/2 tb Curry powder
* 2 Cloves garlic crushed

Stir everything together and simmer for 20 minutes.

Barbeque Sauce - French

Ingredients for 16 Servings:

* 1/3 c Corn syrup
* 1/3 c White wine
* 1/4 c Corn oil
* 1/4 c Dijon mustard
* 2 tb Parsley
* 1 ea Garlic, clove
* 1 ts Salt
* 1/8 ts Pepper
* 1/3 c Onion or shallots, diced

Saute Onions or shallots in a little corn oil until cooked but not browned. Add remaining ingredients. Simmer for 10 minutes. Cool and serve or serve hot.

Barbeque Sauce - Indonesian

Ingredients for 16 Servings:

* 2/3 c Corn syrup (Dark)
* 1/4 c Creamy peanut butter
* 1/4 c Soy sauce
* 1/4 c Cider vinegar
* 1/4 c Sliced green onions
* 1 ea Garlic, clove
* 1 ts Ginger
* 1/2 ts Crushed dried red pepper

Mix thoroughly and allow flavors to blend for at least one hour.

Barbeque Sauce - Mexican

Ingredients for 16 Servings:

* 1/3 c Dark Karo Syrup
* 1/3 c Strong coffee
* 1/4 c Ketchup
* 1/4 c Cider vinegar
* 1/4 c Worchestershire sauce
* 6 ts Chili powder
* 1 tb Corn Oil
* 2 ts Dry Mustard
* 1/2 ts Salt
* 1/2 ts Hot pepper sauce

Mix well and allow flavors to blend for one hour or more

Barbeque Sauce - Oriental

Ingredients for 16 Servings:

* 1/2 c Ketchup
* 1/2 c Corn syrup
* 1/4 c Soy sauce
* 2 ea Garlic, cloves
* 1/2 ts Anise seed
* 1/2 ts Cinnamon, ground
* 1/4 ts Pepper
* 1/8 ts Cloves, ground

Mix thoroughly and allow flavors to blend for at least one hour.

Barbeque Sauce for Fish

Ingredients for 1 Servings:

* 1 ea Thick lemon slice
* 1 ea Onion, sliced
* 1/4 c White vinegar
* 1 1/2 ts Salt
* 1 tb Prepared mustard
* 1/2 ts Pepper
* 2 tb Sugar
* 1/4 ts Cayenne (red) pepper
* 2 tb Butter

------SECONDARY INGREDIENTS (NOTE----------

* 1/2 c Catsup
* 2 tb Worcestershire Sauce
* 1 ts Liquid smoke

Simmer first set of ingredients for 20 minutes, then add the secondary ingredients. Remove lemon slice and baste fish and barbeque, basting with the sauce as needed.

Barbeque Sauce with Beer Robert

Ingredients for 12 Servings:

* 2 14-oz bottles catsup
* 1 12-oz bottle chili suace
* 1/2 c Prepared mustard
* 1 ts Dry mustard
* 1 ts Salt
* 1 1/2 c Brown sugar, firmly packed
* 2 tb Black pepper
* 1 5-oz bottle steak sauce
* 1/2 c Worcestershire sauce
* 1 tb Soy sauce
* 1 12-oz bottle beer
* 2 ts Mince garlic

Combine all ingredients, except garlic, in saucepan and simmer 30 minutes over medium heat. Add minced garlic before using. Baste meat during last

15 minutes of grilling time.

Barbeque Sauce with Chipotles

Ingredients for 5 Servings:

* 6 Chipolte chiles
* 1 c Boiling water
* 2 tb Butter
* 1 Onion, diced
* 4 Garlic cloves, minced
* 1 1/2 ts Groun cumin
* 1 1/2 ts Ground thyme
* 1 12 oz. cn tomato paste
* 1/2 c Brn sugar
* 1 1/2 c Cider vinegar
* 1 1/2 ts Dry mustard (Coleman's)
* 1 1/2 c Water
* 1 tb Soy sauce
* 1 ts Tabasco sauce

Combine chiles and boiling water. Soak for 1 hr. Then remove the stems and seeds and chop. In large nonaluminum saucepan, melt butter. Saute onion, garlic, cumin, and thyme oveer low hea until onions are soft and translucent, abt. 5 min. Add the chiles, soaking water, and remaining ingreds. Bring to boil. Partially cover and simmer for 1 hr. Taste and adjust the seasonings. Can be stored in 'fridge for 3 wks. Freezes well.

Yield: About 5 cups

Barbequed Chicken Vinegar Basting Sauce

Ingredients for 1 Servings:

* 1 1/4 c Cider vinegar
* 4 ts Chili powder
* 2 1/2 ts Sugar
* 1 ts Cayenne pepper
* 1 ts Dry mustard
* 1 ts Paprika
* 1 ts Black pepper
* 1/2 ts Cumin, ground

Whisk all ingredients in small bowl to blend. Arrange chicken in shallow glass dis. Spoon 1/4 cup sauce over; turn to coat evenly. Let stand at least 10 minues and up to 20 minutes, turning chicken occasionally.

Grill chicken until just cooked through, basting occasionally with another

1/4 cup sauce.

Serve with remaining sauce.

Barbequed Shrimp and Chicken

* ingredients for 2 servings: 1 ts Minced garlic
* 1/2 ts Ground cumin
* 1/2 lb Medium shrimp
* 1/4 c Melted butter
* 1 lb Boneless chicken breast

Preparation: eel shrimp and cut chicken into 1 inch cubes. Combine Garlic, Onion owder, Cumin and melted Butter. Marinate shrimp and chicken while reparing grill. String shrimp and chicken onto separate skewers. ook about 5 inches above hot coals, allowing 5 minutes for shrimp and 0 minutes for chicken. Turn once or twice while cooking and baste ften with remaining marinade.

Basic Barbeque Sauce - Marinade

Ingredients for 1 Batch:

* 1 Part A-1 Sauce
* 1 Part Favorite barbeque sauce
* 1 Part honey

This quick barbeque sauce is used to baste meat or poultry during broiling or barbequeing. Dilute with appropriate white or red wine for marinating steaks or other meats.

Basic Rib Sauce

Ingredients for 1 Servings:

* 1 c Ketchup
* 1/2 c Brown sugar
* 3/4 c Water
* 4 tb Worcestershire sauce
* 1/2 ea Onion diced
* 1 tb Onion soup mix
* 1 tb Maple syrup

Combine all ingredients. Simmer for 15-30 minutes until sauce is correct thickness. Place par-boiled ribs on grill. Baste and smear with sauce. Turn and baste periodically. I leave ribs on a low grill for 1 1/2 to 2 hours. You may decide to use a water pan for moisture.

Basting Sauce for Barbecue

Ingredients for 4 Servings:

* 1/2 c Margarine or Butter
* 1/2 c Bacon drippings
* 3 tb Lemon juice
* 1 tb Worcestershire Sauce
* 1 ts Garlic Powder
* 1 ts Salt
* 1 ts Pepper
* 2 ts Chili Powder
* 2 c Water

Butter is preferred in this dish for flavor, but you may prefer margarine.

In a saucepan, combine margarine, bacon drippings, lemon juice and Worcestershire Sauce. Cook over low heat until butter margarine melts. Dissolve Chili Powder, Salt, Pepper and Garlic Powder in water and add to margarine mixture. Bring to a boil. Lower heat and simmer for 15 minutes.

Makes 3 1/2 cups. Will serve to baste 6 lbs. brisket.

Bbq Mop Sauce

Ingredients for 1 Servings:

* 1 1/2 ts Salt
* 1 1/2 ts Dry mustard
* 1 ts Garlic powder
* 1/2 ts Black pepper
* 1/2 ts Red pepper
* 1 ts Chili powder
* 1 1/2 ts Paprika
* 1 ts Louisiana hot sauce
* 2/3 c Worchestershire sauce
* 1 c Beer
* 2 c Beef stock
* 1/3 c Cooking oil

Combine salt, mustard, garlic powder, pepper, chili powder, paprika, hot sauce, Worchestershire sauce, beer, beef stock and oil, and use to mop meats that are barbecuing.

Bbq Sauce

Ingredients for 4 Servings:

* 1/4 c Brown sugar
* 2 tb Paprika
* 2 ts Salt
* 2 ts Dry mustard
* 2 Bay leaves
* 1/2 ts Chili powder
* 1/4 ts Cayenne pepper
* 1/4 c Worcestershire sauce
* 1/2 c Cider vinegar
* 2 c Tomato juice
* 1/2 c Catsup
* 1 c Water

Mix all ingredients in large saucepan. Bring to boil over high heat. Simmer until slightly thickened, about 30 minutes. Discard bay leaves.

Bbq Sauce #35

Ingredients for 1 Servings:

* 1/2 c Butter; 1 stick
* 1 Onion; finely chopped
* 1 Garlic Clove; finely chopped
* 3 tb Vinegar
* 1 c Chili Sauce; Heinz
* 1 c Water
* 2 tb Brown Sugar
* 2 tb Worcestershire Sauce
* 1/2 tb Mustard
* 1/2 Lemon; juice
* 1 cn Beer; cooks choice
* Pepper

------YOUR LINK TO THE PHILLY.INQU----------

In a large saucepan, saute onion and garlic in butter. When the onions are transparent add the remainder of ingredients. Bring to a boil. Simmer until your grill is ready, about 10 to 15 minutes or until you can't stand the wonderful smell of the sauce any longer. Now let me tell you, this is what I call barbecue sauce.

Bbq Sauce #41

Ingredients for 1 Servings:

* 1/2 c Butter; 1 stick
* 1 Onion; finely chopped
* 1 Garlic Clove; finely chopped
* 3 tb Vinegar
* 1 c Chili Sauce; Heinz
* 1 c Water
* 2 tb Brown Sugar
* 2 tb Worcestershire Sauce
* 1/2 tb Mustard
* 1/2 Lemon; juice

* 1 cn Beer; cooks choice
* Pepper

------YOUR LINK TO THE PHILLY.INQU----------

In a large saucepan, saute onion and garlic in butter. When the onions are transparent add the remainder of ingredients. Bring to a boil. Simmer until your grill is ready, about 10 to 15 minutes or until you can't stand the wonderful smell of the sauce any longer. Now let me tell you, this is what I call barbecue sauce

Bbq Sauce (Softdisk's)

Ingredients for 3 Cups:

* 1 ts Salt
* 1/2 ts Pepper; coursely ground
* 2 tb Brown sugar
* 1 cl Garlic; crushed and sliced
* 2 cn 8oz tomato sauce
* 1 ts Chili powder
* 1 ts Liquid smoke
* 2/3 c Water
* 1 ea Medium onion; chopped
* 1 ts Worchestershire sauce
* 1/3 c Lemon juice
* 1/4 c Margarine

Blend sugar and spices; add garlic, onion, tomato sauce and water. Heat to boiling and add margarine, lemon juice, and worcestershire sauce. After the margarine melts, the sauce is ready for use or storage.

Bbq Sauce for Pork

Ingredients for 2 Servings:

* 1/2 c Soy sauce
* 1/2 c Maple syrup
* 1/4 c Coleman's mustard

Half a cup of soy sauce, half a cup of maple syrup and about a quarter of cup of Coleman's mustard++maybe with a little vinegar. Apply to racks of pork ribs. BBQ. Enjoy..

Bbq Sauce for Smokies

Ingredients for 1 Servings:

* 1 ea 10 oz can of tomato soup
* 1/4 c Sweet pickle relish
* 1 tb Worcestershire sauce
* 1/4 c Onion, finely diced
* 1 tb Vinegar
* 1 tb Brown sugar

Combine ingredients and pour over 1 pound smokies and simmer in kettle. You can use 1 pound of hot dogs cut into pieces instead of smokies

Bbq Sauce From Jake's Wedding

Ingredients for 1 Servings:

* 1 Bottle catsup
* 2 tb Vinegar
* 2 Dashes of Tabasco
* 1/2 ts Garlic powder
* 1/2 ts Onion powder
* 1/2 ts Liquid smoke
* 1 tb Mustard
* 1/2 c Water

This barbeque sauce was obtained from an elderly couple who made the barbeque at my brother's wedding back around 1950. I never tried it, as I am just learning to cook. But I do recall the BBQ was fantastic.

BBQ sauce, adapted from Whole Chile Pepper Book

Ingredients for 1 Batch:

* 6 Dried red New Mexican
* 4 Dried tepins, pequins, or
* 4 oz Canned tomato sauce
* 1 tb Pickle relish, optional
* 1 tb Chili powder OR
* 2 ts Paprika and
* 1/2 ts Cumin, and
* 1/2 ts Garlic powder
* 1 lg Onion, minced
* 2 Garlic, chopped
* 2 tb Bacon fat or veg. oil
* 8 oz Catsup
* 5 tb White vinegar
* 4 tb Brown sugar
* 2 ts Dry mustard
* 2 ts Worcestershire
* 2 ts Wright's hickory

Cover the chiles with hot water and let soften for 15 min. Put them in a blender and whirl until smooth with 1 c of the hot water.

In a saucepan, saute the onion and garlic in the fat. Add the blended chiles and all the rest of the ingredients. Bring to a boil and lower the heat to low. Simmer 1/2 hour. Cool and then whirl in a blender until smooth.

Bbq: Golden Chicken

Ingredients for 4 Servings:

* 1 Chicken, [3 lb]
* 1 Orange
* 1/3 c White wine vinegar
* 1/4 c Vegetable oil
* 1 tb Fresh thyme, chopped
* 1/4 ts Black peppercorns,

With kitchen scissors or chef's knife, cut along each side of chicken's backbone; remove backbone and trim visible fat.

Tuck wing tips behind back; flatten to 1 layer. Place in shallow casserole.

Grate orange rind and squeeze out juice; mix with vinegar, oil, thyme and pepper. Pour over chicken; cover and marinate in refrigerator, turning often, for at least 4 hours or up to 24 hours.

Reserving marinade, place chicken, skin side down, on greased grill over medium-low indirect heat. Add soaked wood chips. Cover and cook for 1 hour, turning and basting with marinade halfway through.

Transfer to direct heat; cook for 10 minutes per side or until meat thermometer inserted in thigh registers 185F 85C.

Remove to platter and tent with foil; let stand for 10 minutes before cutting into quarters.

Bbq: Juicy-Good Corn

Ingredients for 4 Servings:

* 4 Corn cobs (unhusked)
* 3 tb Butter
* 1 Garlic clove, minced
* 1 tb Fresh parsley, chopped
* 1/2 ts Pepper
* 1/2 ts Salt

Peel back husks from corn without detaching from cobs; remove silks. Rewrap cobs in husks; soak in water for at least 20 minutes or up to
* 1 hour. Drain and pat dry.

Stir together butter, garlic, parsley, salt and pepper. Peel back husks and brush butter mixture evenly over kernels. Fold husks back over cobs; tie tightly with kitchen string.

Place on greased grill over medium-high heat; cover and cook, turning often, for about 15 minutes or until browned all over outside and corn is tender inside.

Bbq: Veggie Brochettes

Ingredients for 4 Servings:

* 2 tb Fresh mint, chopped
* 2 tb Olive oil
* 2 tb Lemon juice
* 1/4 ts Ground cumin
* 1 Garlic clove, minced
* 1 lg Zucchini
* 1 lg Sweet red/yellow pepper
* 1 sm Red onion
* 1 pn Salt
* 1 pn Pepper

In small bowl, whisk together mint, olive oil, lemon juice, cumin and garlic; set aside.

Cut zucchini, red pepper and onion into 1-inch chunks. Thread chunks onto eight 8-inch pre-soaked wooden skewers.

Place on greased grill over medium-high heat; cover and cook, turning and basting often with sauce, for about 15 minutes or until tender. Season with salt and pepper.

Beef Barbecue Sauce

Ingredients for 4 Servings:

* 2 tb Butter Or Margarine
* 1 ea Onion; Large, Chopped
* 1 c Chili Sauce
* 1/2 c Beer; Any Brand
* 1/2 c Stuffed Olives; Sliced

Combine all the ingredients in a saucepan and simmer for 5 minutes or until the flavors are blended.

Makes about 1 1/2 cups of the sauce

Beer B-B-Q'd Flank Steak

Ingredients for 8 Servings:

* 2 cn Consomme
* 2/3 c Soya sauce
* 1/2 c Green onion, chopped
* 6 tb Lime juice
* 4 tb Brown sugar
* 1 Clove garlic, crushed
* 2 lg Flank steaks
* 2 c Beer

Combine first 6 ingredients and pour over steaks in a dish. Pour beer over all and let marinade 24 hours. Barbecue over medium heat until done to your liking. To serve, slice thinly across the grain.

Bert's Superb Barbecue Sauce

Ingredients for 4 Servings:

* 1/4 c Cider Vinegar
* 1/2 c Water
* 2 tb Sugar
* 1 tb Prepared Mustard
* 1/4 c Butter or Margarine
* 1 Thick lemon Slice
* 1 Onion; sliced
* 1/2 ts Pepper
* 1 1/2 tb Salt
* 1/4 ts Cayenne Pepper
* 3/4 c Heinz catsup
* 2 tb Worcestershire sauce

In a saucepan, mix vinegar, water, sugar, mustard, butter, lemon, onion, and seasonings. Simmer, uncovered, 20 minutes. Add worcestershire sauce and catsup, bring back to a boil and its done. (Good Housekeeping CB, 1955) NOTE: I do not use cayenne or salt and always double this recipe. Into the double recipe, I add about 1/4 to

1/3 cup brown sugar. This gives the sauce more of a sweet and sour taste. It is just excellent on Baby Back Ribs, which I simmer in water with a little vinegar, garlic and just a pinch of salt for about 30 minutes before barbequeing. Through trial and error, I have found that Heinz catchup is thicker and makes a "clingier" sauce.

Big Batch Barbecue Sauce

Ingredients for 8 Cups:

* 1/2 c Celery, chopped
* 1/2 c Green bell pepper, chopped
* 1 cl Garlic, minced
* 1/4 c Butter
* 4 c Catsup
* 1 cn Onion soup, condensed
* 1 cn Chicken gumbo soup,
* 1/2 c Water
* 2 tb Vinegar
* 1/2 ts Tabasco sauce
* 1 c White wine, dry

Saute celery, green pepper and garlic in butter. Stir in catsup, soups, water, vinegar and Tabasco sauce. Simmer for 30 minutes, stirring occasionally. Stir in wine. Use to baste chicken, hot dogs, ribs or steaks the last 15 minutes of grilling. Heat and pass remaing sauce. Freezes well for later use.

Bistro Cheeseburger

Ingredients for 4 Servings:

* 1 1/2 lb Ground beef
* Vegetable oil
* 4 Sweet onion slices
* 4 Crusty rolls, split, toasted
* 4 Romaine lettuce leaves
* 4 Tomato slices (1/2" thick)

----------SAUCE----------

* 1/4 c Mayonnaise
* 1 tb Dijon-style mustard

Preparation time: 30 Minutes

1. In small bowl, combine sauce ingredients; set aside.

2. Shape ground beef into four 3/4" thick patties. Lightly brush oil onto cut sides of onion. Place patties and onions on grid over medium, ash covered coals. Grill, uncovered, 13 to 15 minutes or until centers are no longer pink and onions are tender, turning once. Season burgers with salt and pepper, if desired, after turning. Approximately 1 minute before burgers are done, top each burger with 2 slices cheese.

3. Meanwhile, spread equal parts of sauce mixture on top half of each roll. Line bottom half of each roll with lettuce and tomato; top with cheeseburger and onion. Close sandwiches.

Black Jack Bbq Sauce

Ingredients for 2 Servings:

* 1 c Strong black coffee
* 1 c Worcestershire sauce
* 1 c Catsup
* 1/2 c Cider vinegar
* 1/2 c Brown sugar
* 3 tb Chili powder

* 2 ts Salt
* 2 c Chopped onions
* 1/4 c Minced hot chili peppers
* 6 x Cloves garlic, minced

Combine all ingredients in a saucepan and simmer 25 mins. Strain or puree in a blender or food processor. Refrigerate between uses.

Ca-rib-bean Mop

Ingredients for 1 Servings:

* 1 c Chicken or beef broth
* 1 c Water
* 1/2 c Cider vinegar
* 1/4 c Rum, preferable dark
* 2 tb Oil, canola or corn

Combine all ingredients and use as a mop during barbequing.

Cajun Barbeque Sauce #2

Ingredients for 5 Servings:

* 1 ts Salt
* 1 ts Garlic Powder
* 1/2 ts Cayenne Powder
* 1/2 lb Bacon, Minced
* 2 c Pork, beef or chicken stock
* 1 c Honey
* 5 tb Orange Juice
* 2 tb Lemon Juice
* 2 tb Minced Garlic
* 4 tb Butter, Unsalted
* 1 1/2 ts Black Pepper
* 1 ts Onion Powder
* 1/2 ts White Pepper
* 1 1/2 c Chopped Onions
* 1 1/2 c Bottled Chili Sauce
* 3/4 c Roasted Pecans, Ground
* 1 ts Tobasco Sauce

* Rind from 1/2 Orange
* Rind from 1/2 Lemon

Combine the seasoning mix ingredients in a small bowl and set aside.

In a 2-quart saucepan fry the bacon over high heat until crisp. Stir in the onions, cover pan, and continue cooking util onions are dark brown, but not burned, about 8 to 10 minutes, stirring occasionally. Stir in the seasoning mix and cook about 1 minute more. Add the stock, chili sauce, honey, pecans, orange juice, lemon juice, and rinds. Contintue cooking and stirring about 15 minutes more to let the flavors marry. Add the butter and stir until melted. Remove from heat. Let cool about 30 minutes, then pour into a food processor or blender and process until becans and bacon are finely chopped, about 10 to 15 seconds. This suace may be used to barbecue chicken, prok or ribs. Makes about 5 cups.

Cajun Pork Roast

Ingredients for 12 servings:

* 10 lb Boneless boston pork roast
* 1 c Chopped onion
* 3/4 c Choppped garlic
* 1/2 c Tiger sauce
* 1 ts Chopped parsley
* 1/2 c Worcestershire sauce
* 2 tb Steak sauce (lea & perrins)
* 2 1/2 tb Dry mustard
* 1 x Seasoned salt (dry rub)
* 6 oz Tomato paste
* 3 tb Brown sugar

MARINADE: Combine chopped onion, chopped garlic, chopped parsley with the Tiger Sauce Worchestershire sauce, steak sauce and dry mustard. Mix well. Make slits into roast and rub sauce well into and over the roast (a baste- ing syringe works well to place suace into slits). Allow to sit in the refrigerator for 6 hours (or overnight). TOMATO SAUCE: Mix tomato paste and the brown sugar very well and set aside. Cook roast in a covered grill until the internal temperature of the roast is 170 degress. Brush with Tomato Sauce when done and serve. NOTE: Tiger Sauce is a brand name of sweetened hot sauce.

California Bbq Sauce

Ingredients for 1 Servings:

* 1/4 c Vegetable oil
* 1 Garlic seperated into cloves
* 1 md Onion; minced

* 2 12 oz tomato paste
* 36 oz Water
* 1 1/2 c Brown sugar, packed
* 1 Juice of orange
* 1/2 c Apple cider vinegar
* 3 tb Light soy sauce
* 2 tb Liquid barbecue smoke.
* 2 tb Cayenne
* 1 tb Black pepper
* Chichen ribs ect.

In a large, well seasoned, cast-iron dutch oven with a cover, heat

1/4 cup lid slightly ajar so steam can escape, and simmer 2 hours, stirring occassi Salt meat if desired. Do not marinate it in the sauce. Instead, cook it slo

Cape Cod Barbecued Fish

Ingredients for 6 servings:

* 1 3 lb trout or whitefish
* 2 tb Onion; chopped
* 3/4 c Catsup
* 2 tb Brown sugar
* 2 tb Cider vinegar
* 1/4 c Lemon juice
* 2 tb Red hot sauce
* 3 tb Worcestershire sauce
* 1/2 ts Salt
* 1/2 ts Pepper

Place trout in greased shallow baking pan. Brown onion lightly in fat, add catsup, brown sugar, cider vinegar, lemon juice, red hot sauce, Worcestershire sauce, salt and pepper. Simmer for 5 minutes. Pour over trout. Bake in 425 degree F oven for 30 minutes or until trout is tender. Serve on warm platter, garnish with parsley and lemon slices.

Char-Broiled Shrimp

Ingredients for 8 Servings:

* 3 lb Large fresh shrimp -
* Peeled and deveined
* With tails intact
* 1 c Olive oil
* 1/3 c Chopped fresh parsley
* 2 tb Fresh lemon juice
* 2 Cloves garlic - crushed
* 1 ts Salt

Combine olive oil and remaining ingredients in a 13 X 9 X 2 inch baking dish; stir well; add shrimp, stirring gently; cover and marinate in refrigerator for at least 8 hours, stirring occasionally; remove shrimp from marinade, using a slotted spoon; reserve marinade; place shrimp on water soaked skewers; grill over medium hot coals 3 to 4 minutes on each side, basting frequently with marinade. DO NOT OVER COOK. 8 servings.

Charcoal Barbeque Sauce

Ingredients for 1 Servings:

* 1/3 c Worcestershire sauce
* 4 tb Tabasco sauce
* 4 tb Brown sugar
* 1/4 c Lemon juice
* 1/4 lb Margarine or butter
* 1 tb Prepared mustard
* 1 ea 32 oz ketsup
* 1 ea Medium onion, grated
* 2 ea Cloves garlic
* 1 ts Barbeque spice
* 1 c Hickory smoke barbeque sauce

Combine all ingredients in a pot and bring to a rol ling boil. Cook for about 30-45 minutes until thick. Stir occasionally.

Charlotte Pork Sandwich (Smoked Pork)

Ingredients for 1 Servings:

* 1 tb Brown sugar
* 1 tb Flour
* 1 tb Dry mustard
* 1 ts Salt

* 1 ts Pepper
* 1 ts Paprika
* 1 ts Cayenne
* 1 ea Garlic clove, minced
* 1 ts Chili powder
* 1/2 c Water
* 1/2 c Vinegar
* 1/2 c Chicken broth
* 1 tb Lemon juice

Smoke cook pork, then shred finely. Heat sauce ingredients 20 minutes but do not boil. Pour on pork and steep overnight. Skim fat and make pork patties. Heat and serve with cole slaw on bun.

Charlotte Pork Sandwich Ii

Ingredients for 1 Servings:

----------BOIL----------

* 2 ea 6 lb Pork shoulders
* 12 ea Whole cloves garlic
* 3 c Cider vinegar

----------MOP----------

* 1 ts Non-iodized salt
* 1/4 c Boil liquid
* 12 ea Cloves from boiling
* 3/4 ts Sugar
* 1 tb Cayenne
* 1/4 ts Black pepper
* 3 1/2 c Cider vinegar

----------SAUCE----------

* 1 1/2 c Mop sauce
* 1/4 c Pork boiling liquid
* 1/3 c Smokey BBQ Sauce

Simmer sauce 2 1/2 hours. Slow cook pork then shred. Add sauce and allow to steep overnight. Make sandwich and add cole slaw on top.

Chef's Barbeque Sauce

Ingredients for 1 Gallon:

* 1 c Oil
* 2 1/2 c Onions, finely chopped
* 1 1/2 c Brown sugar
* 5 tb Prepared mustard
* 3 ts Salt
* 5 tb Worcestershire
* 5 c Catsup
* 3 1/3 c Celery, cut fine
* 1/2 c Vinegar
* 3 pt Water

Saute the onions and celery in the oil without browning. Add all other ingredients. Simmer for 30+ minutes. Thicken with cornstarch, as desired. Very good with weiners, or other appetizers.

Chicken Kebobs

Ingredients for 4 servings:

* 3/4 c Honey
* 1/2 c Spicy mustard
* 2 tb Soy
* 1 tb Cider vinegar
* 2 tb Cornstarch
* 1/4 c Water
* 1 1/2 c Chicken breasts, boneless
* 1/2 lb Mushrooms, washed
* 1 x Onion, cut into chunks
* 1 x Zuchinni
* 1 x Yellow squash
* 1 x Cherry tomatoes

Combine first four ingredients in a saucepan and bring to a boil. Blend cornstarch with water; gradually add to honey mixture. Place chicken, mushrooms, onion, tomatoes and squash on skewers; brush with honey mixture. Grill on each side, about 5 to 7 minutes using low heat. It may be easier to turn if the skewers are placed in a grill basket. In a pinch you can use "Woody's Sweet 'n Sour Sauce for Barbecue" as a substitute for the sauce.

Chili Barbecue Sauce

Ingredients for 1 Cup:

* 1/2 c Chili sauce
* 2 tb Vegetable oil
* 2 tb Orange juice
* 1 tb Brown sugar
* 1 ds Tabasco sauce

Combine all ingredients in a small bowl. Mix well. Use as a marinade or brush over seafood, chicken or pork last 10 minutes of grilling.

Chili Barbeque Sauce

Ingredients for 1 Servings:

* 20 oz Apricot preserves
* 1 c Chili sauce
* 1 ea Garlic clove, minced
* 2 ts Vinegar, white, distilled
* 1 tb Worcestershire sauce
* 3 1/2 tb Chili powder
* 1/4 ts Ginger ground
* 1/2 ts Tabasco sauce

Combine the ingredients in a skillet. Cook over hight heat until the mixture boils. Reduce heat to a simmer. Cook for 10 minutes. Cool to room temperature. Store refrigerated.

Chilled Chicken with Dill Sauce

Ingredients for 8 servings:

* 8 x Boneless chicken breast *
* 1/2 c Italian salad dressing (diet
* 2 tb Water
* 1 tb Lime juice
* 1 tb White wine vinegar
* 1 x Clove garlic, crushed
* 8 x Lime wedges
* 1/2 c Plain low-fat yogurt
* 1/4 c Low-fat cottage cheese
* 1 1/2 ts Lime juice
* 1 1/2 ts Chopped green onion
* 1/2 ts Dried whole dillweed
* 1/8 ts White pepper

* 8 (4 oz) boneless chicken breast halves, skinned Trim excess fat from chicken. Place each piece between 2 sheets of waxed paper; flatten to 1/4" thickness, using a meat mallet or rolling pin. Place chicken in 13x9x2" baking dish. Combine next 5 ingredients in a small bowl; pour over chicken. Cover and refrigerate 2 hours. Remove chicken from marinade, discarding marinade. Coat a grill with cooking spray. Grill chicken 6" over med coals 8 minutes, turning once. Arrange chicken on a serving platter; garnish with lime wedges. Serve either warm or chilled with 1 1/2 T Dill Sauce per serving. (8 servings, 160 calories each.) DILL SAUCE: Combine all ingredients in blender; process till smooth. Cover and chill thoroughly. Yield: 1 cup. PER SERVING: 27.5 g fat, 160 calories, 3.3 g carbohydrates, 72 g cholesterol, 236 mg sodium, 264 mg potassium.

Chinese Barbeque Pork (Char Siew)

* ingredients for 4 servings: 1 x ----------sauce----------
* 2 tb Soy sauce
* 1 ea Fresh garlic finely chopped
* 1/2 ts Salt & pepper
* 1 ts Seseme oil
* 4 tb Sugar
* 1 x ---lb pork roast boneless---

Preparation: Slice pork into strips approximately 1 1/2 in. thick, 5-6 in. long, and 1/2 in. wide. Combine all the ingredients for the sauce and mix well. Marinate pork strips in sauce for a minimum of 2 hours. Bake in pre-heated oven 375 deg for 25 minutes. Turn meat over and bake for an additional 25 minutes.

Chinese Barbeque Sauce

Ingredients for 1 servings:

* 3/4 c Catsup
* 1/2 c Brown sugar
* 3 tb Soy sauce
* 1 tb Ground ginger
* 1 tb Liquid smoke
* 2 x Cloves garlic, minced

Combine all ingredients and heat until sugar is dissolved and bubbly.

Chinese Barbeque Sauce #14

Ingredients for 1 Servings:

* 3/4 c Catsup
* 3 tb Soy sauce
* 1 tb Liquid smoke
* 1/2 c Brown sugar
* 1 tb Ground ginger
* 2 x Cloves garlic, minced

Combine all ingredients and heat until sugar is dissolved and bubbly.

Chinese Barbeque Sauce - Char Sui

Ingredients for 13 Servings:

* 1/2 c Sherry
* 4 ea Cloves garlic
* 6 tb Soy sauce
* 2 ts Plum sauce
* 2 tb Black bean paste
* 6 tb Hoisin Sauce
* 2 ts Salt
* 1 1/2 ts Chinese 5-spice

* 1/2 c Sugar

Mix together well. Heat in double boiler - add cornstarch for thickening.

Chinese Smokey Ribs

Ingredients for 6 servings:

* 6 lb Pork spareribs
* 1 x Chinese dry marinade

Rub ribs thoroughly with the Chinese Dry Marinade. Let stand at room temperature for 1 to 2 hours. Arrange ribs ends down on cooking grill or place bones upright in rib rack. Smoke-cook until done. Brush ribs with Chinese Barbecue sauce during the last few minutes of cooking, then serve with remaining sauce.

Chive-Mustard Potato Salad With Sausage Skewers

Ingredients for 4 Servings:

* 400 g Cherry tomatoes, halved
* 1/2 Red onion, finely sliced
* 1 Cos lettuce
* 750 g Canned new potatoes, drained
* 1 tb Seeded mustard
* 300 ml Light sour cream
* 1 bn Chopped chives
* Lemon juice
* Salt
* Cracked pepper
* 6 lg Gourmet sausages

Preheat grill or barbecue. Combine tomatoes, onion and lettuce in shallow bowl. Add potatoes. Combine mustard, sour cream and chives, and season to taste with lemon juice, salt and pepper.

Bring sausages to boil in a pan of water. Drain immediately and thread onto soaked wooden skewers. Cut slits across each. Grill or barbecue for five minutes, browning on all sides. Toss the chive dressing into the potato salad. serve with sausage skewers.

Citrus Bar-B-Que Sauce

Ingredients for 5 Servings:

* 1 ea Onion; Large -- Finely
* Chopped
* 1 tb Ground Red Chiles
* 1/4 ts Ground Red Pepper
* 1 ea Ancho Chile -- *
* 1 tb Vegetable Oil
* 1 c Orange Juice
* 1/2 c Lime Juice
* 2 tb Sugar
* 2 tb Lemon Juice
* 1 tb Fresh Cilantro -- Snipped
* 1 ts Salt

* Ancho chile should be seeded and finely chopped.

~---------- ~
-- Cook onion, ground red chiles, red pepper and ancho chile in oil, stirring frequently, until onion is tender, about 5 minutes. Stir in remaining ingredients. Heat to boiling, reduce heat to low. Simmer uncovered, about 10 minutes, stirring occasionally. Makes about 2 1/3 cups of sauce.

Citruys Bbq Sauce

Ingredients for 1 Servings:

* 1 lg Onion -- fine chop
* 1/4 ts Red pepper
* 1 ts Veg. oil
* 1/2 c Lime juice
* 2 ts Lemon juice
* 1 ts Salt
* 1 ts Red chili peppers -- ground
* 1 Ancho chili seeded – fine chop
* 1 c Orange juice
* 2 ts Sugar
* 1 ts Cilantro -- snipped

Ciik onion, red chiles, red pepper and ancho chile in oil, stirring frequently, until onion is tender about 5 min. Stir in remaining ingredients. Heat to boiling, reduce heat to low. Simmer uncovered for about 10 min. stirring occasionally.

Citruys Bbq Sauces

Ingredients for 1 Servings:

* 1 lg Onion -- fine chop
* 1/4 ts Red pepper
* 1 ts Veg. oil
* 1/2 c Lime juice
* 2 ts Lemon juice
* 1 ts Salt
* 1 ts Red chili peppers -- ground
* 1 Ancho chili seeded – fine chop
* 1 c Orange juice
* 2 ts Sugar
* 1 ts Cilantro -- snipped

Ciik onion, red chiles, red pepper and ancho chile in oil, stirring frequently, until onion is tender about 5 min. Stir in remaining ingredients. Heat to boiling, reduce heat to low. Simmer uncovered for about 10 min. stirring occasionally.

Close To Heaven Barbecue Sauce

Ingredients for 1 Servings:

* 1/4 c Tomato juice
* 1 Chicken bouillon cube
* 1 1/2 ts Paprika
* 1 ts Sugar, granulated
* 1/4 ts Basil, dried
* 1/4 ts Parsley
* 1/4 ts Poultry seasoning
* 1/4 ts Thyme
* 1/4 ts Ginger, ground
* 1/4 ts Dry mustard
* 1/4 ts Onion powder
* 1 Bay leaf
* 3/4 ts Worcestershire sauce
* 6 dr Tabasco sauce
* 2 ts Lemon juice
* 1 tb Cornstarch
* 1 tb Vegetable oil

"This recipe..appeared in the Toronto Star many years ago as a result of a contest to create a sauce similar to Swiss Chalet's barbecue sauce. Home economist Kay Spicer created the winning recipe."

Anne's note: Swiss Chalet is a chain of Canadian chicken restaurants. This sauce is brushed on the chicken before cooking and served at the table in small containers to dip the chicken pieces in.

Pour cups of water and tomato juice into 1 1/2 qt saucepan. Add bouillon cube, paprika, sugar, salt, basil, parsley, poultry seasoning, thyme, ginger, mustard, onion powder, bay leaf, Worcestershire sauce and Tabasco. Stir well or whisk to mix. Bring to a boil, then reduce heat and simmer 5 minutes. Remove bay leaf. Stir in lemon juice.

Mix cornstarch and 1 Tbsp water to smooth paste. Add to mixture and cook, stirring constantly, about 2 minutes until sauce thickens. Whisk in oil.

Close To Swiss Chalet Barbecue Sauce

Ingredients for 1 Servings:

* 1/4 c Tomato juice
* 1 Chicken bouillon cube
* 1 1/2 ts Paprika
* 1 ts Sugar, granulated
* 1/4 ts Basil, dried
* 1/4 ts Parsley
* 1/4 ts Poultry seasoning
* 1/4 ts Thyme
* 1/4 ts Ginger, ground
* 1/4 ts Dry mustard
* 1/4 ts Onion powder
* 1 Bay leaf
* 3/4 ts Worcestershire sauce
* 6 dr Tabasco sauce
* 2 ts Lemon juice
* 1 tb Cornstarch
* 1 tb Vegetable oil

"This recipe..appeared in the Toronto Star many years ago as a result of a contest to create a sauce similar to Swiss Chalet's barbecue sauce. Home economist Kay Spicer created the winning recipe."

Anne's note: Swiss Chalet is a chain of Canadian chicken restaurants. This sauce is brushed on the chicken before cooking and served at the table in small containers to dip the chicken pieces in.

Pour cups of water and tomato juice into 1 1/2 qt saucepan. Add bouillon cube, paprika, sugar, salt, basil, parsley, poultry seasoning, thyme, ginger, mustard, onion powder, bay leaf, Worcestershire sauce and Tabasco. Stir well or whisk to mix. Bring to a boil, then reduce heat and simmer 5 minutes. Remove bay leaf. Stir in lemon juice.

Mix cornstarch and 1 Tbsp water to smooth paste. Add to mixture and cook, stirring constantly, about 2 minutes until sauce thickens. Whisk in oil.

MAKES: ABOUT 3 CUPS

Coach's Bar-B-Que Sauce I

Ingredients for 50 Servings:

* 1 ga Ketchup
* 7 1/2 oz Liquid barbecue smoke(r)
* 5 oz Hot pepper sauce
* 1/2 c Apple cider vinegar
* 1/2 c Lemon juice concentrate
* 1 Margarine
* 5 tb Bodacious bar-b-que spice
* 3 1/2 lb Brown sugar

Comforting Barbecue Sauce - Justin Wilson

Ingredients for 25 servings:

* 4 c Chopped Onions
* 1 c Chopped Celery
* 1 c Chopped Bell Pepper
* 1 c Chopped Fresh Parsley
* 1 c Peanut Oil
* 2 tb Chopped Garlic
* 3 c Steak Sauce
* 1/2 c Tabasco Sauce
* 3 c Catsup
* 3 ts Salt
* 1 c Southern Comfort

Servings: 25

In a large skillet, saute onions, celery, bell pepper and parsley in peanutoil until onions are clear and tender. Add garlic and cook a little longer. Add steak sauce, Tabasco Sauce and catsup. Salt to taste. Add Southern

Comfort. Bring to a boil. Lower heat and cover. Cook for 2-3 hours. This sauce can be stored in the refrigerator for several weeks. This recipe makes 3 quarts to one gallon of sauce.

Comforting Bbq Sauce

Ingredients for 1 Servings:

* 4 c Onion -- chopped
* 1 c Bell pepper -- chopped
* 1 c Peanut oil
* 3 c Steak sauce
* 3 c Ketchup
* 1 c Southern Comfort
* 1 c Celery -- chopped
* 1 c Fresh parsley -- chopped
* 2 tb Garlic -- chopped
* 1/2 c Louisiana hot sauce
* 3 ts Salt

In a large skillet, saute onions, celery, bell pepper and parsley in peanut oil until onions are clear or tender. Add garlic and cook a little longer. Add steak sauce and kethup. Salt to taste. Add Southern Comfort. Bring to boil. Lower heat and cover. Cook 2-3 hours. This sauce can be stored in the refrigerator for several weeks. Makes 3 quarts to 1 gallon

Comforting Bbq Sauces

Ingredients for 1 Servings:

* 4 c Onion -- chopped
* 1 c Bell pepper -- chopped
* 1 c Peanut oil
* 3 c Steak sauce
* 3 c Ketchup
* 1 c Southern Comfort
* 1 c Celery -- chopped
* 1 c Fresh parsley -- chopped
* 2 tb Garlic -- chopped
* 1/2 c Louisiana hot sauce
* 3 ts Salt

In a large skillet, saute onions, celery, bell pepper and parsley in peanut oil until onions are clear or tender. Add garlic and cook a little longer. Add steak sauce and kethup. Salt to taste. Add Southern Comfort. Bring to boil. Lower heat and cover. Cook 2-3 hours. This sauce can be stored in the refrigerator for several weeks. Makes 3 quarts to 1 gallon

Cookoff Brunswick Stew WIP 10/9/92 "Tooties"

Ingredients for 18 qt:

* 1 lg Chicken; put in pot whole
* 3 lb Beef; Round Roast
* 1 lb Sausage; Hot, chunked
* 1 lb Sausage; Wimpy,chunked
* 2 lb Onion; Yellow/White, chunked
* 1 lg Jalapeno; Hot, sliced
* 1 lg Yellow Bell Pepper; chunked
* 1 ga Tomatoes; canned, whole
* 1 ga Creamed Corn; Canned
* 1 qt Pork and Beans; fresh off
* 42 oz Catsup;
* 1/3 c Vinegar; apple cider
* 1/3 lb Butter
* 1/3 c Salt; **seenote**
* 4 oz Worcestershire

: **seenote:** salt, adjust seasoning AFTER cooking, there is plenty of salt in the sausage, tomatoes, corn, catsup, and butter. only add the salt if it tastes like it needs it...

Cut up the stuff and add it to the pot. Keep the fire low and stir often until everything is hot and good.

Cowmans's Bbq Sauce

Ingredients for 1 Servings:

* 1 c Beef stock
* 1 c Ketchup
* 8 oz Tomato sauce
* 1 Clove garlic -- minced
* 1 c Water
* 1 tb Red chili powder
* 1 ts Pepper
* 1/2 ts Cloves, ground

* 1 c Vinegar
* 1 Juice
* 3 lg Onion -- diced
* 1/2 c Brown sugar – firmly packed
* 1 tb Liquid Barbecue SmokeAE
* 2 ts Sugar
* 1 1/2 ts Salt
* Lemon

Mix all of the ingredients together, blending well and simmer at least 1 hour , but longer is better. Serve on roast, ribs, steak or beefburgers. leftovers can be frozen.

Cowmans's Bbq Sauces

Ingredients for 1 Servings:

* 1 c Beef stock
* 1 c Ketchup
* 8 oz Tomato sauce
* 1 Clove garlic -- minced
* 1 c Water
* 1 tb Red chili powder
* 1 ts Pepper
* 1/2 ts Cloves, ground
* 1 c Vinegar
* 1 Juice
* 3 lg Onion -- diced
* 1/2 c Brown sugar -- firmly
* Packed
* 1 tb Liquid Bar-B-Que Smoke(r)
* 2 ts Sugar
* 1 1/2 ts Salt
* Lemon

Mix all of the ingredients together, blending well and simmer at least 1 hour , but longer is better. Serve on roast, ribs, steak or beefburgers. leftovers can be frozen.

Cracked Pepper Grilled Swordfish

Ingredients for 4 servings:

* 1/4 c Chopped fresh cilantro
* 1/4 c Low-sodium soy sauce
* 1 tb Thinly sliced green onions
* 1 tb Dark sesame oil
* 2 ts Rice vinegar
* 1 sl Fresh ginger; lightly
* 1 cl Garlic; crushed
* 4 5 oz swordfish steaks; 1 inc
* 1 ts Cracked pepper; * see note
* Nonstick cooking spray
* 6 c Gourmet salad greens

Recipe by: Weight Watchers Magazine, Jul/Aug 1997, page 88

1. Combine first 7 ingredients; stir with a whisk. Reserve 2 tablespoons soy sauce mixture; set aside.
2. Combine remaining soy sauce mixture and swordfish in a shallow dish, turning swordfish to coat. Cover and marinate in refrigerator 10 minutes, turning once. Remove swordfish from dish; discard marinade. Press pepper into both sides of each swordfish steak.
3. Prepare grill. Place swordfish on rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork.
4. Combine greens and reserved soy sauce mixture; toss well. Arrange salad on plates; top with swordfish. Yield: 4 servings (serving size: 1 1/2 cups salad and 4 ounces swordfish).

Cranberry Lemon Barbecue Glaze

Ingredients for 1 Cup:

* 1 cn Cranberry sauce, whole,
* 1/2 ts Lemon peel, finely shredded
* 2 tb Lemon juice
* 1/8 ts Rosemary, dried, crushed

In saucepan, combine all ingredients. Bring to a boil. Use to baste lamb or pork last 15 minutes of grilling.

Crockpot Barbecue

Ingredients for 4 Servings:

* 1 1/2 lb Boneless chuck steak, 1 1/2"
* 1 Clove garlic peeled & minced
* 1/4 c Wine vinegar
* 1 tb Brown sugar
* 1 ts Paprika
* 2 tb Worcestershire sauce

* 1/2 c Ketchup
* 1 ts Salt
* 1 ts Dry or prepared mustard
* 1/4 ts Black pepper

Cut the beef on a diagonal, across the grain into slices 1" wide. Place these in the crockpot. In a small bowl, combine the remaining ingredients. Pour over the meat and mix. Cover and cook on low for 3 to 5 hours.

Crockpot-Barbeque Beef or Pork

Ingredients for 24 Servings:

* 4 lb To 6 lb beef or pork or
* 2 pk Onion soup mix
* 2 12 oz bot's chili sauce
* 1/2 c Brown sugar:more or less
* 1/4 c Black molasses'; about
* 2 tb Worcestershire sauce; or

In Crockpot on High, place cut up pieces of Beef and pork if you want to combine them, or just one or the other. I use what ever beef is on sale trim as much fat off as I can. Cut in large chunks put in Crock with 1 to 2 packages of onion soup mix. I usually use a good 4 to 6 lb roast we like to freeze it. Use enough water to cover. You can add additional onions and celery to give it more flavor. And cook until fork tender. Remove from Crock, put meat on platter to cool, and save a couple of cups of the juice it was cooked in. Put into the crockpot the Chili Sauce, brown sugar, Molasses(optional) Worcestershire to taste. I do not like it too hot so I don't use more than a couple of tablespoons. Now take your meat on a board and start to shred it with a fork and paring knife, how ever it is easy for you, I don't like it to fine so do not use my processor. Just cut in pieces and shred, OK. Now put it back in crock and add enough of the juice it was cooked in, with the onions from the mix also, it adds to the flavor.Add just enough juice to make it moist, save some of the juice for as it cooks on simmer you may have to add some more. If you use for a cookout, you can keep it plugged in, and keep a check for moistness, when it gets a little dry just add some more juice. I use hamburger rolls. or bakery Hamburger rolls, or Kaiser rolls. What ever you prefer. It goes a long way. Left over's I put in little freezer bags or in the margarine containers,1/2 lb size, and freeze. Just enough for two sandwich's for lunch. This is from memory, so if you have a question or doubt ask away. From Joni's Kitchen For Diabetics' I take a small portion and just add everything but the sugar and use Twin Brown sugar. Does very well.

Currant Barbeque Sauce

Ingredients for 16 Servings:

* 1/2 c Currant jelly
* 1/2 c Prepared mustard
* 1/2 ts Garlic
* 1 ts Smoke, hickory
* 1/2 ts Tobasco (To Taste)

Combine all ingredients. Heat until you have a smooth mixture. Do not allow the sauce to burn by stirring continuously.

Curry Barbeque Sauce

Ingredients for 1 Servings:

* 1/4 c Butter or margarine
* 2 ea Cloves garlic, mashed
* 1/4 c Onion, minced
* 1 tb Curry powder
* 3 tb Milk
* 1/4 c Chopped raw apple
* 1/4 ts Salt
* 1/2 c Beef stock or bouillon
* 1/2 c Raisens (optional)

In saucepan, melt butter, saute garlic and onions until golden. Add remaining ingredients (except stock and raisins). Simmer about 10 minutes stirring often. Pour in stock and raisins, stir well and simmer about 30 minutes. Add more stock if sauce gets too thick. This curry sauce can be brushed on chicken or lamb. Makes about 1

Dam- tasty, Sure Simple Rib Sauce

Ingredients for 1 Servings:

* 3 tb Olive oil
* 4 ea Cloves garlic, minced

* 1/3 c Brown sugar, packed
* 1/4 c Cider vinegar
* 2/3 c Chicken stock
* 1/4 c Tomato paste or ketchup
* 3 tb Dijon Mustard
* 2 tb Soy Sauce
* 1 tb Red pepper flakes

Heat the oil in a small, heavy saucepan over medium heat. Add garlic and saute until transparent, 2 to 3 minutes. Do not allow the garlic to burn. Whisk in remaining ingredients, reduce heat to low; simmer 15 minutes to 20 minutes, until the mixture thickens. Stir occasionally.

Dan Green's Sauce for Pork

Ingredients for 1 Servings:

* 3 c Ketchup
* 1/4 c Sugar
* 1/2 c Tarragon Vinegar
* 1 ea Medium onion, minced
* 2 tb Worcestershire sauce
* 2 tb Chili powder
* 1 tb Cayenne
* 1 tb Garlic salt

Combine all ingredients in a saucepan and cook over medium heat for 10 minutes. Stir frequently. Allow to cool down to room temperature. Brush the mixture on the pork during the final phase of cooking; if using indirect heat, you may use it a mop.

Dehydrator Barbecue Sauce (Cajun)

Ingredients for 8 Servings:

* 1 c Onions, dehydrated
* 1/4 c Sweet peppers, dehydrated
* 1/4 c Parsley, dried
* 1/2 c Honey
* 1 tb Lemon juice
* 3 tb Lea & Perrins
* 1 tb Liquid smoke
* 1 c Ketchup

* 2 tb Louisiana hot sauce
* 1 tb Salt
* 1/2 ts Mint, dried
* 1 c Dry white wine
* 3 tb Vinegar
* 1 c Water

Put all the dried ingredients in a pot and add water. Let it set a little while. Add the wine and the rest of the ingredients. Cover and cook for several hours. "I use a food dehydrator to preserve vegetables when they are in season, then I store them and use them when I need them

Dehydrator Bbq Sauce

Ingredients for 1 Servings for Brisket

* 1 c Onions dehydrated
* 1/4 c Sweet peppers dehyrated
* 1/4 c Parsley -- dried
* 1/2 c Honey
* 1 tb Lemon juice
* 1 tb Worcestershire sauce
* 1 tb Liquid Barbecue SmokeAE
* 1 c Ketchup
* 2 tb Louisana hot sauce
* 1 tb Salt
* 1/2 ts Mint -- dried
* 1 c Dry white wine
* 3 tb Vinegar
* 1 c Water

Put all dried ingredients in a pot and add water. Let set a little while. Add the wine and the rest of the ingredients. Cover and cook for several hours.

Diddy-Wa-Diddy Mop and Basting Sauce

Ingredients for 1 Servings:

* 1/4 ts Black pepper
* 1/4 ts Salt

* 1/2 ts Hot pepper sauce
* 1/4 c White vinegar
* 1 c Grape juice

Combine all ingredients in a jar. Tighten lid and shake until blended. This sauce may also be served at room temperature or heated.

Don's Downhome Bbq Sauce*

Ingredients for 6 servings:

* 1 c Cider vinegar
* 1/4 c Honey
* 1/2 c Red wine (Chianti)
* 3 tb White pepper ground
* 4 ea Garlic cloves minced
* 12 ea Tomatos *
* 2 tb Red pepper flakes
* 2 oz Bourbon whiskey
* 2 tb Basil dried & ground
* 3 oz Soy sauce
* 1/2 c Corn oil
* 1 ea Large onion minced
* 1/2 oz Tabasco sauce
* 2 tb Dry mustard

Serves: 25

* Dip the tomatos into boiling water for a few seconds to loosen skins. Remove skins from the tomatos. *Chop tomatos, and cook them in 1 cup of boiling water for 8-10 minutes. Cool tomatos then run them through you blender until a thick puree'is made. In a glass bowl or stainless steel bowl mix the other ingredients together well. Stir in the tomato puree' and there you have it! It does not freeze well but will keep for 30 days when refrigerated. Use it to marinate the meat prior to cooking and then as a basting sauce. You may heat the sauce for table use as a dipping sauce

Down Home Barbecue Sauce

Ingredients for 6 Servings:

* 1/3 c Worcestershire sauce

* 1 cn Condenced tomato soup
* 1 sm Onion chopped
* 2 tb Brown sugar
* 3 tb Vinegar
* 1 tb Horseradish sauce

Combine all ingredients simmer for ten minutes. Store in refrigerator.

Dr. Dons Hot Honey Bbq Sauce - Buffalo Wing Sauce

Ingredients for 1 Batch:

* 1/2 c Honey
* 1 oz Tobasco sauce
* 3 tb Soy Sauce
* 1/2 c Mustard (French's)
* 5 tb Cayenne Flakes
* 1/4 c Cider Vinegar
* 1/2 c Catchup
* 2 oz Sour Mash Whiskey (J.D.)
* 2 oz Thoung ot Thout -Vietnamese
* 2 tb Peanut Oil

Mix all together until well blended. Heat until mixture starts to slightly bubble then remove from heat.

Use BBQ shake-n-bake on chicken wings. Cook in oven for 35 minutes at 350 degrees. Brush liberally on both sides of wings and continue cooking for 10 minutes. Best recipe Ever!!!

Easiest Barbecue Sauce

Ingredients for 1 Cup:

* 3 tb Catsup
* 2 tb Vinegar
* 1 ts Lemon juice
* 2 tb Worcestershire sauce
* 4 tb Water
* 2 tb Cooking oil
* 3 tb Brown sugar
* 1 ts Salt

* 1 ts Dry mustard
* 1 ts Chili powder
* 1 ts Paprika
* 1/2 ts Red pepper

Combine all ingredients in a quart jar; shake well and refrigerate until ready to use as a basting sauce for barbecue chicken, beef or pork.

Eastern North Carolina-Style Barbecue Sauce

Ingredients for 1 Servings:

* 1 c White vinegar
* 1 c Cider vinegar
* 1 tb Sugar
* 1 tb Crushed red pepper flakes
* 1 tb Tabasco sauce
* Salt -- to taste
* Freshly cracked black pepper
* To taste

Once again, folks, just mix 'em together. Keeps 2 months covered.

Easy-Made Barbeque Sauce

Ingredients for 1 Servings:

* 1 c Catsup
* 1 c Water
* 1/2 ea Onion, finely chopped or
* 1/4 c Cider vinegar
* 2 tb Light brown sugar
* 1 ts Paprika
* 3/4 ts Liquid smoke, or to taste
* 1/8 ts Celery seed
* 8 dr Tabasco sauce or hot pepper
* Sauce

Combine ingredients in saucepan. Bring to a simmering stage. Simmer about 15 minutes to blend flavors and thicken slightly.

Euel's Barbecue Sauce

Ingredients for 1 Servings:

* 1/2 ga Catsup
* 1 sm Bottle Worcestershire sauce
* 1/2 c Sugar
* 2/3 c Vinegar
* 3 Cloves garlic -- crushed
* Tabasco and/or mustard -- to
* Taste

Mix and simmer. Add a dash of Tabasco and/or mustard for hotness till it tastes right. "Don't put it on the meat while cooking 'cause you will cause the sugar to caramelize and char.

Fiesta Beef Steaks

Ingredients for 4 servings:

* 4 ea Beef rib eye steaks; cut
* 2 tb Fresh lime juice
* 8 sm Flour tortillas
* x Salt and Pepper
* 1 c Prepared chunky salsa

Preparation Time: 20 minutes

1. Sprinkle both sides of beef steaks with lime juice. Wrap tortillas securely in heavy-duty aluminum foil.

2. Place steaks on grid over medium ash-covered coals. Grill uncovered 12 to 14 minutes for medium rare to medium doneness, turning occasionally. Place tortilla packet on outer edge of grid and heat 5 minutes, turning once.

3. Trim fat from steaks. Season steaks with salt and pepper, if desired; serve with salsa and tortillas.

Makes 4 servings.

"Finger Lickin" Pickens' Sauce

Ingredients for 4 Servings:

* 2 c Ketchup
* 2 ts A-1 steak sauce
* 1 ts Whole celery seed
* 1 ts Tabasco sauce
* 2 tb Soy sauce
* 2/3 c Dark brown sugar
* Juice of 2 lemons
* 4 tb Horseradish
* 1/2 ts Garlic powder
* 1/2 ts Sage
* 1 ts Salt
* 1 c Beer
* 2 sm Onions finely chopped

Combine all ingredients in a saucepan. Bring mixture to boil. Simmer sauce over medium-low heat, uncovered, for 5 minutes, stirring constantly.

Fish Rangoon

Ingredients for 4 servings:

* 1 c Pineapple chunks in juice;
* 1 sm Mango; diced
* 1 md Banana; sliced
* 1/2 Garlic clove; minced
* 3/4 ts Salt
* 1 ts Olive oil
* 2 ts Curry powder
* 1/8 ts Ground allspice
* 1 pn Ground red pepper
* 20 oz Mahi mahi fillets; 4-5oz fil
* 2 tb Cilantro; finely chopped

Recipe by: Weight Watchers Magazine January 1996 Spray broiler or grill rack with nonstick cooking spray; place 5 inches from heat. Preheat broiler (or prepare grill according to manufacturer's instructions). In medium skillet, over low heat, cook pineapple chunks and juice, mango, bananas, garlic and 1/2 teaspoon of the salt until warmed through, 3 minutes. Set aside and keep warm. Place small skillet over medium heat 30 seconds. Add oil; heat 30 seconds more. Add curry powder and cook, stirring constantly, until fragrant, 1 minute. Stir in allspice, the remaining 1/4 teaspoon salt and the red pepper; remove from heat. Spread mixture evenly over fillets. Broil or grill 6-8 minutes, turning once, until fish flakes easily with fork. Just before serving, stir cilantro into warmed fruit mixture

Foil-Wrapped Greens

Ingredients for 4 servings:

* 4 c Tightly packed greens*;
* 1 tb Olive oil
* 1 tb Balsamic vinegar
* 2 md Garlic cloves; minced
* 1/4 ts Salt
* 1/4 ts Freshly ground black pepper

Recipe by: Weight Watchers Magazine, June 1996 * Such as kale, dandelion greens or spinach. Prepare grill for medium fire. In medium bowl, combine greens, 2 tablespoons water, the oil, vinegar, garlic, salt and pepper. Transfer to center of double layer of heavy-duty foil. Make packet by bringing 2 sides of foil up to meet in center and pressing edges together in two 1/2" folds. Then fold edges of each end together in two 1/2" folds. Allowing room for packet to expand, crimp edges together to seal. Grill Greens until cooked through, 10-12 minutes. Remove from grill and open packet carefully, as hot steam will escape. Divide evenly among 4 plates.

Galliano Barbeque Sauce

Ingredients for 1 Servings:

* 2 c Catsup
* 1 c Chili Sauce
* 1/2 c Liquore Galliano
* 2 tb Worcestershire Sauce
* 1/2 c Dark Brown Sugar
* 1/2 c Lemon Juice

Heat all ingredients together in saucepan. Keep hot as needed. Makes about 4 cups. Use this salsa also for hot dogs, hamburgers, spareribs, seafood, fish sticks and chicken.

Galliano Barbeque Sauce - Hollywood Park

Ingredients for 1 Servings:

* 2 c Catsup
* 1/2 c Liquore Galliano
* 1/2 c Dark Brown Sugar
* 1 c Chili Sauce
* 2 tb Worcestershire Sauce
* 1/2 c Lemon Juice

Heat all ingredients together in saucepan. Keep hot as needed. Makes about 4 cups. Use this salsa also for hot dogs, hamburgers, spareribs, seafood, fish sticks and chicken

Galliano Bbq Sauce

Ingredients for 1 Servings:

* 2 c Ketchup
* 1/2 c Galliano
* 1/2 c Brown sugar
* 1 c Chili sauce
* 2 tb Worcestershire sauce
* 1/2 c Lemon juice

Heat all ingredients together in saucepan. Keep hot as needed. Makes 4 cups.

Garden Burgers

Ingredients for 4 servings:

* 1 x Egg White

* 1/4 c Finely shredded Carrot
* 1/4 c Finely chopped Green Pepper
* 1/8 ts Pepper
* 1 lb Ground Turkey or Lean Beef
* 1/4 c Fine dry bread Crumbs
* 1/4 c Finely chopped Onion
* 1/2 ts Salt
* 2 tb Grated Parmesan Cheese
* 1 x Med Tomato, sliced

In a large bowl combine egg white and bread crumbs.(if using beef, stir in 2 T water) Stir in carrot, onion, green pepper, salt, and pepper. Add Parmesan cheese and ground meat; mix well. Shape meat mixture into four 3/4" thick patties. Spray a cold grill rack with Pam. Then place rack on grill. Grill burgers on an uncovered grill directly over medium coals for 7 minutes. Turn and grill 8-11 minutes or till no pink remains. Place 1 tomato slice atop each burger and grill 1 minute more

Garry's Jamaican Jerk Marinade

Ingredients for 1 servings:

* 1 Onion; chopped
* 1/2 c Scallion; chopped
* 1 ts Salt
* 4 ts Jamaican pimiento; (
* 1 ts Nutmeg
* 1 ts Cinnamon
* 6 Habanero chiles
* 1 ts Black pepper
* 4 Garlic cloves
* 2 tb Fresh ginger root; grated
* 2 tb Lime juice
* 1/4 c Olive oil
* 1/2 c Red wine vinegar
* 4 tb Soy sauce
* 4 tb Dark rum
* 2 tb Brown sugar
* 2 tb Fresh thyme

Combine all ingredients and blend in food processor. Marinate (meat, poultry, beef, pork or fish) several hours before cooking.

Gegrillte Bratwurst (Grilled Bratwurst)

* ingredients for 6 servings: 6 ea Bratwursts
* 12 oz (1 Can) Beer
* 1 ea Onion; Med., Chopped
* 4 ea Cloves
* 6 ea Hard Rolls

Preparation: Place bratwursts, beer, onion, peppercorns, and cloves in a 3-quart saucepan. Simmer for 20 minutes. Drain. Grill bratwursts 2 to 5 inches from charcoal about 10 minutes, until browned. Sprinkle with water to form a crisp skin. Serve in hard rolls with Dusseldorf-style mustard.

Georgia Barbecue Sauce

Ingredients for 1 Servings:

* 1 1/2 c Catsup
* 1 c Cider vinegar
* 1/3 c Vegetable oil
* 1/3 c Worcestershire sauce
* 1/2 c Brown sugar; firmly packed
* 3 tb Prepared yellow mustard
* 2 Or 3 cloves Garlic; minced
* 1 Lemon; cut in halves

In a saucepan, combine catsup, vinegar, oil, Worcestershire sauce, brown sugar, mustard, and garlic. Squeeze lemon juice into sauce and add 1 lemon half shell. Heat slowly for about 10 minutes. Sauce does not have to reach the boil, but heating blends flavor. Use sparingly as a basting sauce for fresh pork, ham, ribs, or chicken. Heat additional sauce and serve as a table sauce. Makes about 3 cups.

Golden Bbq Sauces

Ingredients for 1 Servings:

* 1/2 c Prepared mustard
* 1 ts Salt
* 1/4 ts Pepper
* 1/2 c Honey
* 1/2 ts Rosemary leaves

Mix all ingredients. Baste meat during the last half of cooking period. Just before serving, top meat with remaining sauce.

Golden Grill Barbeque Sauce

Ingredients for 1 Servings:

* 1/4 c Sugar
* 2 tb Cornstarch
* 1/2 ts Allspice
* 1/2 ts Ground cloves
* 1 c Fresh Orange Juice
* 2 tb Vinegar
* 4 tb Butter

Combine sugar, cornstarch, allspice and cloves in a small saucepan. Slowly stir in orange juice and vinegar.Stir constantly over medium heat until sauce thickens. Boil for three minutes. Stir in butter.

Grandma's Barbecue Sauce

Ingredients for 1 servings:

* 12 lb Ripe Tomatos, Skinned & Core
* 2 tb Salt
* 1 1/4 c Vinegar
* 5 Sweet Peppers, Chopped
* 2 c Sugar
* 1 tb Cinnamon
* 5 Hot Peppers, Seeded, Chopped
* 1 ts Cloves, Ground
* 1 ts Allspice
* 6 Onions, Chopped
* 1 ts Ginger

Servings: 1

Combine chopped tomatos, peppers and onions in a large pot. Add remaining ingredients and simmer for about 3 hours or until thick, stirring occasionally. Pour into hot clean jars, leaving 1/2 inch head space and process in boiling water bath for 10 minutes. Remove from heat. Let cool naturally.

Grandma's Barbq Sauce

Ingredients for 1 Servings:

* 4 tb Sugar
* 1/2 ts Chili powder
* 1/2 ts Allspice
* 1/2 ts Black pepper
* Pinch of red pepper
* 1/2 ts Vinegar
* 1 c Catsup
* 2 c Water
* 5 dr Lemon juice

Add all ingredients together; bring to boil and pour over ribs and bake about 2 1/2 hours at 300 degrees or until ribs are done and sauce is thick.

Grandpa's Barbecue Sauce

Ingredients for 50 Servings:

* 84 oz Catsup
* 4 md Onion
* 3 lg Cloves
* 1 c Brown sugar
* 1/2 c Mustard
* 1 c Vinegar
* 1 oz Chili powder
* 1/2 ts Cummin
* 3 tb Soy sauce
* 1 ds Hot sauce
* 1 ds Salt
* 1 ds Pepper

Mince Onion and Garlic then saute both lightly. Add remaining ingredients a

Grant's London Broil W/bbq Rub Ala Pitts

Ingredients for 4 Servings:

* 1 tb Lemon pepper
* 1 tb Garlic powder
* 1/2 ts Pepper, black, fresh ground
* 1/4 ts Cayenne pepper
* 1/4 ts Paprika
* 3 lb London broil, 2" thick

Combine spices in a shallow pan large enough to hold London Broil. Coat entire broil with rub mixture and cover pan with plastic wrap. Set aside at room temperture for approximately 2-3 hours or refrigerate overnight. Meat will look wet. Pat dry but don't remove rub. Pre-heat gas grill on HIGH for 10 minutes. Reduce heat to MEDIUM and place meat on center of grill. Close cover and grill for 10-15 minutes; turn meat over and grill for an additional 10-15 minutes for medium-rare. Use tongs. Don't pierce meat with fork, so as to retain jucies. For conventional charcoal grilling, start coals and let burn down to a light grey. Place rack approximately 6 inches from coals. Proceed as above.

Great Outdoors Potatoes

Ingredients for 1 Servings:

* 6 Potatoes
* 1/4 c Olive oil
* 2 ts Lemon juice
* 1 ts Dijon mustard
* 1/2 ts Corriander
* 1/2 ts Fresh ground peppper
* 1 ts Minced onion
* 1 Pureed garlic clove
* 1 ts Paprika

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coal to brown. Delicious with meat or fish.

Ribeye Steaks

Ingredients for 4 Servings:

* 2 Beef rib eye steaks,
* 1 tb Olive oil
* 1 tb Fresh lemon juice
* 2 tb Crumbled feta cheese
* 1 tb Chopped, pitted olives
* Lemon slices (optional)

----------SEASONING----------

* 1 1/2 ts Garlic powder
* 1 1/2 ts Dried basil, crushed
* 1 1/2 ts Dried oregano, crushed
* 1/2 ts Salt
* 1/8 ts Pepper

1. Combine seasoning ingredients; press into both sides of beef steaks. In large nonstick skillet, heat oil over medium heat until hot. Place steaks in skillet; cook approximately 10 to 14 minutes for medium rare to medium doneness, turning once. Sprinkle with lemon juice.

2. To serve, sprinkle cheese and olives over steaks; garnish with lemon slices, if desired.

Makes 2 to 4 servings (serving size: 1/4 to 1/2 of recipe)

Grilled Bananas with Ginger Sauce

Ingredients for 4 servings:

* 1 tb Firmly packed brown sugar;
* 2 ts Fresh lime juice
* 1/2 ts Fresh ginger root; pared
* 2 md Bananas; split lengthwise

Recipe by: Weight Watchers Magazine, June 1996 Prepare grill for a hot fire. In small bowl, combine sugar, lime juice and ginger. Set aside. Grill bananas, turning once, until browned, 8-10 minutes. Place 1 banana half on each of 4 dessert plates; drizzle each with 1 teaspoon sauce and serve warm

Grilled Bratwurst

* ingredients for 6 servings: 6 ea Bratwursts
* 1 ea Onion; med., chopped
* 4 ea Cloves
* 6 ea Peppercorns
* 6 ea Hard rolls

Preparation: Place bratwursts, beer, onion, peppercorns, and cloves in a 3-quart saucepan. Simmer for 20 minutes. Drain. Grill bratwursts 2 to 5 inches from charcoal about 10 minutes, until browned. Sprinkle with water to form a crisp skin.

Grilled Cornish Game Hens - Martha Stewart Living

Ingredients for 8 serving:

* 1 1/2 tb Olive oil
* 3 Cloves garlic, peeled and
* 3 tb Minced fresh ginger
* 1 1/2 c Fresh orange juice
* 1 1/2 tb Fresh lemon juice
* 3 tb Orange-flavored liqueur
* Salt & freshly ground pepper
* 4 lg Cornish game hens, halved

1. In a small saucepan, heat olive oil; add garlic and ginger, and saute for 30 seconds.

2. Add the orange juice, lemon juice, and liqueur. Cook for 5 minutes over medium heat. Add salt and pepper to taste. Remove from heat, and set aside to cool.

3. Rinse hens under cold water, and pat dry with a kitchen towel.

4. Place hens in a large, shallow baking dish. Pour the juice-liqueur mixture over the hens and cover them with plastic wrap. Marinate in refrigerator overnight.

5. Remove hens from dish and pour marinade into a small saucepan. Heat and reduce to a marmalade consistency. Brush over hens.

6. Lay hens skin side up on a grill and cook, covered, for 10 minutes over low heat. Turn hens and brush with remaining marinade. Grill for 5 minutes more, or until juices run clear when pricked with a fork.

Grilled Eggplant and Tomato with Basil

Ingredients for 4 servings:

* 1/2 c Yellow bell pepper; diced
* 1/4 c Low sodium chicken broth
* 1 tb Olive oil; plus 1 teaspoon
* 1 tb Balsamic vinegar
* 2 cl Garlic; minced
* 1/4 ts Freshly ground black pepper
* 1 md Eggplant, pared; cut in 1"
* 1 md Tomato; cut in 1/2" slices
* 3 oz Goat cheese; crumbled
* 1/4 c Fresh basil; coarsely

Recipe by: Weight Watchers Magazine, June 1996 In mini-food processor or blender, puree bell pepper, broth, oil, vinegar, garlic, salt and black pepper until smooth. Place eggplant and tomato on plate and brush on both sides with broth mixture; discard any remaining broth mixture. Prepare grill for a medium fire. Grill eggplant 8 minutes, turning after 4 minutes, until lightly charred. Grill tomato 4 minutes, turning after 2 minutes. Arrange eggplant and tomato alternately on platter, overlapping slices. Sprinkle cheese and scatter basil evenly over all

Grilled Flank Steak Roulade

Ingredients for 4 servings:

* 1 Flank steak, 15 oz; trimmed
* 1/4 ts Salt
* 1/4 ts Freshly ground black pepper
* 1 cl Garlic; minced
* 1 tb Raisins; coarsely chopped
* 1 oz Pine nuts; coarsely chopped
* 2 ts Fresh flat-leaf parsley;

Recipe by: Weight Watchers Magazine, June 1996 Prepare grill for medium fire. Season steak with salt and pepper; evenly distribute garlic, raisins, pine nuts and parsley over one side of steak. Starting at smaller end,

tightly roll up steak, jelly-roll fashion. Secure lengthwise with metal skewer; use toothpicks to keep filling enclosed. Grill steak 25-30 minutes, turning to brown well on all sides. Remove from heat; let stand 5 minutes. Remove skewer and toothpicks; carefully carve meat so that each slice stays intact.

Grilled Jalapeno Cheeseburgers

Ingredients for 4 Servings:

* 1 lb Lean ground beef
* 2 ts Chopped jalapeno pepper
* 1 1/2 ts Mexican seasoning
* 1/4 c Shredded Monterey Jack
* 4 Thin tomato slices
* 4 Hamburger buns, split

Preparation time: 30 min.

1. In medium bowl, combine ground beef, jalapeno pepper and Mexican seasoning, mixing lightly but thoroughly. Shape into four 1/2" thick patties.

2. Place patties on grid over medium ash-covered coals. Grill uncovered 14 to 16 minutes or until centers are no longer pink, turning once. Approximately 1 minute before burgers are done, sprinkle each with 1 Tbsp cheese.

3. Place one slice tomato on bottom half of each bun; top with burger. Close sandwiches.

Grilled Lamb Chops

Ingredients for 4 servings:

* 1 c Red current jelly
* 1 c Poupon mustard
* 1 ea Rack of lamb
* 1 c White wine
* 1/2 c Butter
* 1/2 c Shallots (minced)

* 2 tb Rosemary (crushed)

Mix jelly and mustard in saucepan and simmer on stovetop for 5 minutes to melt jelly. Remove lamb chops from rach and French cut, being careful not to remove the fat from the eye (the fat will protect the meat from burning on the grill). Allow sauce to cool completely. Submerge lamb chops in sauce and allow to marinade overnight (place in refrigerator). Grill over Hickory coals 4 to 5 minutes (for medium to medium-rare), basting with sauce as it cooks. Turn once half-way through cooking time. Prepare garnish sauce by browning shallots in butter and stirring in the white wine and rosemary. Serve lamb with garnish sauce and grilled potatoes and vegtables. NOTE: The marinade sauce also goes well with other foods including mushrooms.

Grilled Lime Chicken

Ingredients for 6 servings:

* 1/4 c Chopped fresh parsley
* 1/2 ts Freshly ground pepper
* 1/2 ts Grated lime rind
* 2 tb Lime juice
* 1 c Dry white wine (or chablis)
* 6 x Chicken breast halves *

* 6 (4 oz each) skinned, boned chicken breast halves Combine all ingredients except chicken in a shallow baking dish. Add chicken, turning to coat. Cover and marinate in refrigerator for 1 day. Remove chicken from marinade, reserving marinade. Coat grill rack with Pam, place rack on grill over med-hot coals. Place chicken on rack, and cook 5 minutes on each side or until done, basting with reserved marinade.

Grilled Peasant Bread - Martha Stewart Living

Ingredients for 8 servings:

* 1 Round loaf (about 1 lb)
* Olive oil or melted butter

Cut bread into 1/2-inch-thick slices. Brush both sides of bread with olive oil or melted butter. Cook over a hot grill or under a broiler until marked and lightly toasted on both sides.

Grilled Pizza Bianca Portobellos, Eggplant And 3 Cheeses

Ingredients for 4 servings:

* 1 tb Plus 1 tsp garlic; minced
* Virgin olive oil
* 4 4" portobello mushrooms;
* 20 sl Eggplant; cut 1/8" thick
* 2 c Shredded fontina cheese
* Packed
* 3/4 c Parmesan cheese (about 2
* 1/2 c Gorgonzola cheese (about 2
* Pizza dough
* 1/4 c Flat leaf parsley; chopped

Recipe by: Little Mom Prepare a hardwood charcoal fire and set the grill rack 3 to 4 inches above the coals. In a bowl, mix the garlic with 1/4 cup of olive oil. Liberally brush the oil on the mushrooms and eggplant. In aother bowl, toss together the fontina, parmesan, and gorgonzola. Cover and refrigerate. When white ash begiins to appear on the coals, the fire is ready. Grill the mushroom caps until softenend and cooked through, about 4 minutes per side. Grill the eggplant slices until tender,about two minutes per side. Slice the mushroom caps 1/8 inch thick and set aside with the eggplant. Divide the pizza dough into four equal pieces. Keep 3 pieces covered. On a large, lightly oiled unrimmed baking sheet, spread and flatten the fourth piece of dough with your hands to form a 12 inch free form round about 1/16 inch thick; do not make a lip. Gently drape the dough on the hot grill, within a minute the dough will puff slightly, the underside will stiffen and grill marks will appear. Using tongs, immediately flip the crust over onto a warmed baking sheet and brush with olive oil. Scatter one fourth of the mixed cheeses, parsley and grilled vegetables over the crust. Drizzle the pizza with 1 to 2 tbls. of olive oil. Slide the pizza back toward the hot coals but not directly over sections receiving high heat; check the underside often to see that it's not charring. The pizza is done when the cheeses are melted and the vegetables are heated through, 3 to 4 minutes. Serve the pizza hot off the grill. Repeat procedure to make the remaining pizzas.

GRILLED PIZZA SANDWICHES (SANDWICH MACHINE)

Ingredients for 6 servings:

* 2/3 c Pizza sauce (canned)

* 8 sl Bread
* 4 lg Salami
* 4 sl Cheese
* 1 Garlic powder
* 1 Butter or margarine

Spread pizza sauce on one side of each bread slice. Top one slice with salami slice then cheese slice. Sprinkle with garlic powder. Top with second slice of bread, sauce side down. Butter both sides.

Grilled Pizza with Two Toppings

Ingredients for 4 servings:

* 1 c Warm water (105-115 degrees)
* 1 pk Active dry yeast
* 1 pn Granulated sugar
* 1/4 c Fine-ground white cornmeal
* 3 tb Whole wheat flour
* 2 1/4 ts Kosher salt
* 2 1/2 c Unbleached flour (to 3 1/2c)
* 1 tb Extra-virgin olive oil
* 3 tb Grated parmesan cheese
* 2 tb Grated bel paese cheese
* 3 tb Tomato sauce (to 4 tb)
* 1 Red pepper; seeded/julienned
* 5 Prosciutto
* 1 cl Garlic; minced
* 2 tb Grated bel paese cheese
* 4 tb Tomato sauce
* 2 oz Fresh mozzarella *
* 1 Fresh jalapeno pepper **
* 2 tb Calmata olives pitted/sliced

Place warm water in a small bowl, add yeast and sugar, stir until dissolved; set aside for 5 minutes. Add cornmeal, whole wheat flour and salt, beat to combine. Gradually add white flour, stirring with a wooden spoon until dough is stiff. Transfer dough to a lightly floured surface and knead until smooth and elastic.

Brush dough on all sides with olive oil and place in an oiled bowl. Cover with plastic wrap and allow to rise until double in bulk, about 1 hour. Punch dough down; if dough is sticky, knead in a small amount of flour.

Makes enough dough for four 12-inch pizzas.

BASIC GRILLING INSTRUCTIONS: Prepare a charcoal fire. When coals are medium-hot, flatten pizza dough on an oiled surface to form a 10-12 inch round that is about 1/8-inch thick. Gently lift dough and drape over grill surface just above the coals. Within a minute the dough will cook and brown. As soon as the

underside is crisp and grill marks appear, pull the dough off the grill with tongs and flip over to the edge of the grill, away from direct heat. Quickly brush cooked surface with olive oil, add toppings...

TOPPING #1: PARMESAN, PEPPER, AND PROSCIUTTO Evenly distribute Parmesan and Bel Paese cheeses over surface of grilled and oiled pizza dough. Spoon tomato sauce over cheese. Scatter red pepper and prosciutto over sauce. Continue with final grilling instructions...

TOPPING #2: TOMATO, OLIVE, JALAPENO AND MOZZARELLA TOPPING Evenly distribute garlic on grilled and oiled pizza dough. Sprinkle with cheese and spoon tomato sauce evenly over surface. Cover surface with mozzarella slices and scatter jalapeno peppers over surface. Continue with final grilling instructions...

FINAL GRILLING INSTRUCTIONS Drizzle surface of pizza with 1-2 tablespoons olive oil. Slide pizza back toward source of heat. Rotate frequently with tongs until underside is brown and topping is bubbly hot. Serve at once.

Grilled Pizzas

Ingredients for 4 servings:

* 1 c Warm water
* 1 pk Active baker's yeast
* 1 tb Olive oil; plus oil for bowl
* 2 1/2 c Flour, all-purpose; to 3
* 1 ts Kosher salt
* Pizza toppings; see recipe

Recipe by: NYT 6/25/95

1. Combine the water and yeast in a mixing bowl and stir until the yeast dissolves. Stir in 1 Tablespoon of olive oil and 1 cup of the flour. Stir in a second cup of flour and the salt. Sprinkle some of the remaining flour over a work surface and on your hands. Scrape the dough out of the bowl and onto the work surface. Gradually knead in additional flour until the dough no longer feels sticky.
2. Lightly oil a large bowl. Shape the dough into a ball and rotate it in the bowl to coar it with the oil. Cover the bowl tightly with plastic wrap and set in a warm, draft-free place until doubled in bulk, about 1 hour. Punch the dough down and knead it for about 1 minute. Return the dough to the bowl and let rise until doubled again, about 45 minutes.
3. Meanwhile, about 30 minutes into the second rise, start a charcoal fire. When the dough has doubled, punch it down and divide into 4 equal pieces. (At thiw point, the dough can be rolled into 4 balls and frozen. Defrost overnight in the refrigerator prior to use.) Lightly oil the backs of 2 large baking sheets. Roll out each piece of dough into a 9 inch circle (pizzas don't have to be perfectly round) and place them on the baking sheets. Cover with plastic wrap.
4. When the coals turn white, place 1 or 2 of the pieces of pizza dough on the grill (depending on its size) and cook for 1 minute, they will start to puff. Turn the crusts over with a spatula and grill until browned

and crisp, about 2 to 3 minutes longer. Watch constantly to kee crusts from burning. Repeat with the remaining dough. Immediately top the pizzas and serve.

Yield: 4 main course servings or 16 slices

Grilled Rib Eyes with Mango Salsa

Ingredients for 4 Servings:

* 4 Beef ribeye steaks
* 1/4 c Worcestershire Sauce
* 1/4 c Soy sauce
* 1/4 c Lime juice
* 2 tb Vegetable oil
* 2 Garlic cloves; crushed
* 1 tb Chili powder
* 1 tb Brown sugar

----------MANGO SALSA----------

* 2 c Diced tomatoes
* 1 Fresh mango; peeled & diced
* 1 Bell pepper; seeded & diced
* 6 Green onions w/tops; diced
* 1 lg Fresh jalapeno
* 1/4 c Lime juice
* 1/2 c Fresh cilantro, chopped
* 1/4 c Pecan pieces, toasted

Serves 4 in 30 Minutes

1. Mix Worcestershire and next 6 ingredients for marinade. Marinate steaks 15-30 min.

2. Combine salsa ingredients.

3. Grill steaks 4-6 inches from medium coals for 8-10 min., turning once.

4. Serve steaks with mango salsa.

5. Cut steaks in 1/4 inch slices, if desired.

Grilled Salmon with Tarragon Aioli

Ingredients for 8 servings:

* 2 c Homemade mayonnaise (or a
* 1/2 c Fresh Tarragon leaves,
* 2 tb Capers, chopped
* 3 tb Green onion tops, finely
* 2 tb Fresh lime juice
* 1/4 ts Freshly ground black pepper
* Salt (omit if using prepared
* Vegetable oil
* 6 Salmon fillets or steaks

----------TARRAGON AIOLI----------

* 4 Cloves garlic pureed to a
* 2 lg Egg yolks
* 1 c Neutral flavored oil (canola
* 3 tb E.V. olive oil
* 1 1/2 tb Warm water
* 1 ts White wine vinegar
* 1/4 ts Salt
* 1/8 ts Freshly ground black pepper

Method;
1. Tear the tarragon leaves by hand to help release the essential oils. Next, finely mince the tarragon with a sharp knife or a mini-chopper. If using a chopper, add the capers and chop with the tarragon.

2. Chop the green onion tops by hand, and add to the tarragon-caper mixture. chop into the mixture and set aside. Make the aioli (recipe follows), if not using prepared mayonnaise.

3. In a medium to large bowl, combine the mayonnaise/aioli with the tarragong/capers/onion tops. Add the lime juice, and blend well. If using homemade mayonnaise, add salt to taste. Cover and chill 2 to 24 hours. (The further this is made ahead, the better the flavor will be.)

4. Set grill up, using enough charcoal to make a bed 1 1/2 to 2" thick when spread out. The fire should be fairly hot, yet on the verge of beginning to slow down when the salmon steaks are cooked. Adjust the cooking rack over the spread coals and lightly oil.

5. Brush the salmon steaks with a thin coating of the mayonnaise mixture and place on the lightly oiled grill (skin side down for fillets.) Coat the top with the aioli. Place the cover over the grill and open the top and bottom vents. Cook for about 5 minutes. Turn the salmon over (removing the skin and darker flesh if using fillets.) Reapply mayonnaise. Continue cooking, uncovered for another 4 to 5 minutes. Salmon is done when

the tip of a knife can be inserted in the thickest part of the fish with little resistance. The fish should be somewhat opaque with a bit of deeper pink remaining in the center.

6. Arrange on a serving platter, garnished with lime wedges and tarragon stems. Pass the remaining aioli in a seperate bowl.

AIOLI:

1. Smash the garlic cloves with the flat side of a large knife, removing any green germ that you may find in the center of the cloves. Place the garlic in the bowl of a mortar (or a mini-processor). Grind to a paste with the pestle (or blade), adding some salt to aid in breaking down the garlic (if desired.)

2. Place the egg yolks in a quart-sized bowl. Wrap a damp towel around the base of the bowl to steady it, or place a damp towel beneath the bowl to act as an anchor. Whisk the egg yolks together till well blended. Begin adding droplets of the neutral-flavored oil very slowly, while continually whisking. When the mixture starts to thicken, increase the oil flow to a thin, steady stream until all of it (including the olive oil) has been incorporated. At this point, the mixture should be farily stiff.

3. Whisk in the garlic puree. Add the water to the mortar (or mini-processor) scraping any remaining bits of garlic from the sides. Whisk the water into the aioli in a steady stream. Whisk in the vinegar, salt* and pepper. Taste for seasonings and serve. Aioli should be used within 24 hours of having been made, or the flavor of the garlic will turn stale.

Grilled Seafood Kabobs

Ingredients for 4 servings:

* 1 lb Large shrimp (deveined)
* 1 lb Fresh sea scallops
* 1 lb Large mushrooms
* 17 oz Bottled bar-b-q sauce
* 1/4 c Honey
* 4 tb Stone ground dijon mustard
* 8 ea Wooden skewers
* 2 lb Fresh fruit (as garnish)

Combine the bar-b-q sauce, honey and mustard in a bowl and mix well. Place alternating groups of shrinp, sea scallops and mushrooms on the skewers. Place completed kabobs in a baking pan. Spoon the marinade over the kabobs and allow to set for 12 hours (or over- night) in the refrigerator. Grill over direct heat for 7 to 8 minutes or until the shrimp have turned pink, turing frequently to prevent buring. Baste with marinade and use a covered grill to insure snokey flavor. Garnish with fresh fruit.

GRILLED SHRIMP W/PASTA PESTO SALAD

Ingredients for 2 servings:

* 1/3 lb Linguine
* 8 Extra-large shrimp,
* 1 Green pepper; chopped
* 1 Red bell pepper; chopped
* 1/2 Lemon, for juice
* Olive oil
*** For pesto:**
* 1 1/2 bn Fresh basil
* 1/2 cl Garlic; halved
* 1/2 Lemon; for juice
* 3 1/2 tb Olive oil
* 2 1/2 tb Pine nuts; toasted
* 4 ts Fresh parmesan; grated
* White pepper; to taste

First prepare pesto: Puree basil, garlic, and lemon juice in food processor. With machine running, gradually add olive oil, then pine nuts. Stir in Parmesan and season to taste with white pepper. Cook linguine until al dente. Drain in a colander and rinse with cold water. Chill pasta in large bowl. Add pesto, peppers, and lemon juice and toss. Transfer to serving plates. Rub shrimp lightly with olive oil. Thread on a skewer and grill or broil until pink, about 3 to 5 minutes. Top pasta with 4 shrimp per serving.

Grilled Shrimp with Rosemary - Martha Stewart Living

Ingredients for 10 servings:

* 3 lb Large shrimp, deveined
* 1 Bunch rosemary, slightly
* 6 Cloves garlic, peeled &
* 1/2 c Olive oil
* Juice of 2 lemons
* Salt & freshly ground pepper
* 1 Lemon, sliced

1. Remove legs from shrimp, but do not peel. Using a paring knife, cut several slits lengthwise along inner curve of each shrimp. Insert 2 or 3 small sprigs of rosemary into each slit.

2. In a large bowl, whisk together garlic, oil, lemon juice, and salt and pepper to taste. Toss shrimp in marinade, coating well. Add more rosemary sprigs and the lemon slices. Marinate for 1 to 2 hours.

3. Drain shrimp, and grill for about 3 minutes on each side, or until they begin to curl and are opaque.

Grilled Sirloin & Potatoes

Ingredients for 4 servings:

* 1 ea Boneless beef top sirloin
* 2 tb Olive oil
* 2 lg Baking potatoes; each cut
* 4 ea Slices (1/2-inch thick) red

----------SAUCE----------

* 2/3 c Prepared steak sauce
* 1 tb Crushed garlic

Preparation Time: 30 minutes

1. In 2-cup glass measure, combine sauce ingredients; cover and microwave on HIGH 2 minutes or until hot and bubbly, stirring halfway. Remove 3 Tablespoons; brush onto both sides of beef steak. Reserve remaining sauce.

2. Brush oil onto cut sides of potatoes and onion.

3. Place steak and vegetables on grid over medium ash-covered coals. Grill uncovered 16 to 20 minutes until steak is medium rare to medium doneness and vegetables are tender, turning steak and vegetables occasionally. Brush vegetables with some of reserved sauce during last 5 minutes of grilling.

4. Trim fat from steak. Carve steak crosswise into slices; serve with vegetables. Pass remaining sauce.

Grilled Steak w/ Texas Onions

Ingredients for 4 servings:

* 1 sm White onion; chopped
* 1 sm Purple onion; chopped
* 3 sm Green onions; chopped
* 2 Jalapenos; seeded & chopped
* 2 tb Oil
* 1/4 c Sugar
* 2 tb Cider vinegar
* 1 ts Worcestershire sauce
* 1/4 ts Salt
* 1/4 ts Black pepper
* ds Ground cloves
* 4 Steaks, strip loin or ribeye cut 1 inch thick

Chop the onions and jalapeno. Saute in the oil in a large saucepan over medium-low heat for 10 minutes or until tender, stirring occasionally.

Stir in the sugar, vinegar, Worcestershire sauce, salt, pepper and cloves. Cook the onion mixture for 20 minutes over low heat, stirring occasionally.

Season steaks with pepper and place on the grill over medium coals. Cook 9 to 12 minutes total, turning once.

Remove the steaks from the grill. Serve by spooning the onion mixture over each steak.

Grilled Swordfish In Lime-Cilantro Marinade

Ingredients for 4 servings:

* 1/4 c Dry vermouth
* 2 tb Fresh lime juice
* 1 tb Minced fresh cilantro
* 1 tb Extra virgin olive oil
* 1 tb Low sodium soy sauce
* 1/8 ts Mixed herb seasoned salt
* 4 Swordfish steaks; 5 oz.

Recipe by: Weight Watchers Magazine, June 1996 Prepare grill for a medium fire. Combine vermouth, juice, cilantro, oil, soy sauce and herb seasoned salt; marinate swordfish in a sealable plastic bag 1 hour. Drain marinade into small saucepan and bring to a boil. Boil for 1minute stirring constantly, and remove from heat. Grill swordfish 8 minutes, turning once, until fish flakes easily when tested with a fork. Place fish on serving plate; spoon marinade over fish and serve

Grilled Tuna, Tomato and Onion Topping

Ingredients for 4 servings:

* 1/4 c Fresh lemon juice
* 1 ts Olive oil
* 2 ts Kosher salt
* 1 1/2 ts Cracked black pepper
* 1 1 1/2 inch tuna steak;
* 3 lg Tomato; 1/2 inch thick slice
* 1 lg Onion; 1/2 inch thick slice
* Freshly ground pepper; to
* 4 ts Italian parsley; chopped,

Recipe by: NYT 6/25/95

1. In a shallow dish combine the lemon juice, olive oil, 1 teaspoon of salt and pepper. Add the tuna and coat well. Refrigerate for 30 minutes.
2. Remove the tuna from the marinade and grill over white coals with the tomato and onion slices. Grill the tuna until browned on the outside but still pink in the center, about 5 minutes per side. Grill the tomato and onion slices until lightly charred, about 5 minutes per side.
3. Cut the tuna in half lengthwise and then across into thin slices. Quarter the tomato slices and cut the onion slices into large dice.
4. When ready to assemble, divide the tomatoes and onions among the pizzas. Top with the tuna slices and season with the remaining salt and pepper. Sprinkle with parsley and serve.

Grilled Zucchini Lasagna with Red Pepper Sauce

Ingredients for 6 servings:

****red pepper sauce****
* 1 tb Olive oil
* 1 md Onion; chopped
* 3 Cloves garlic; crushed
* 3 Firm
* Removed
* 3 Jars (7oz) Drained
* 2 tb Balsamic vinegar
* 1/2 c Vegetable broth
* 1/4 ts Salt
* 1/4 ts Fresh ground black pepper

*** **lasagna****
* 12 Lasagna noodles

* 6 lg Zucchini; cut in 4" long Slice
* 2 ts Olive oil
* 2 Mazola no-stick cooking Spray
* 20 Leaves White bread slices; crusts
* Roasted red peppers;
* Fresh basil; optional

- 1. To prepare red pepper sauce, in 12" nonstick skillet over medium heat, heat 1 Tbs oil; add onion and garlic; cook 2 to 3 minutes until softened. Remove from heat to cool slightly.
- 2. In food processor or blender process bread to coarse crumbs; you should have about 1 cup. Add onion and garlic mixture, roasted red peppers, and vinegar; process to smooth paste. With motor running, add enough vegetable broth to obtain thick but spreadable sauce. Season with satl, black pepper and ground red pepper; set aside.
- 3. Prepare noodles, without salt, according to package directions. Meanwhile, heat broiler, first positioning rack about 4" from heat source.
- 4. Lightly brush zucchini slices on both sides with olive oil, using about 2 tsp. Arrange half of slices on rack in broiler pan; broil 2 to 3 minutes on each side until golden brown. Remove slices to large cookie sheet or platter; repeat procedure with remaining zucchini slices.
- 5. Heat oven to 350°F, spray 11x8x2" baking dish with cooking spray. 6. Arrange 4 drained lasagna noodles insingle layer over bottom of prepared baking dish; top with layer of 1/3 of zucchini slices. Arrange 6 or 7 basil leaves, if using, over zucchini; spread with 1/3 of red pepper sauce. Repeat layers twice to use up remaining ingredients. 7. Bake lasaga, covered with foil, 50 minutes until hot and bubbling. Let stand about 5 minutes before cutting.

Guerrini Chicken Wings

Ingredients for 1 servings:

* 2 3
* 1 1/2 ts Salt
* 7 tb Cornstarch
* 2 Cloves garlic, minced
* 4 tb Flour
* 2 Eggs
* 5 tb Soy sauce
* 4 tb Sugar
* 1 tb Toasted sesame seeds
* 2 Green onions, chopped

Mix all ingredients except oil and chicken. Add chicken to mixture and marinate overnight in the refrigerator, turning occasionally to coat. Deep fry until golden brown.

Ham's Piquant Barbecue Sauce

Ingredients for 1 Servings:

* 2 md Onions, chopped
* Olive oil
* 1 Green bell pepper, chopped
* 2 Beef tomatoes, chopped
* 2 ts Allspice
* 2 ts Mustard
* 4 ts Extra hot chile powder
* 1 ts Cumin
* 1 tb Capers, chopped
* 1 Glass red wine

----------DIRECTIONS----------

* 4 Cloves Garlic, chopped
* 1 Red bell pepper, Chopped
* 12 oz Tomatoes, chopped
* 1 Sml can concentrated tomato
* 1 ts Ginger

* 2 ts Mild paprika
* 2 ts Oregano
* 2 ts Olive paste
* 1 tb Soy sauce
* Black pepper

Sweat the onions and garlic in a saucepan with the olive oil, taking care not to brown (a pot with close fitting lid helps), add the sweet peppers cook a little longer, add the tomato, cook a little more, then chuck everything in and cook for another 45 minutes. Liquidize. That's it.

Harbor Village Bbq Pork

Ingredients for 2 Servings:

* 1 Boston pork butt (about 3
* 1/4 c Harbor Village Chef's BBQ
* 1 1/4 c Sugar
* 1 tb Salt
* 2 ts Mui Gwe Lo rice wine
* 1/3 c Light soy sauce
* 1 ts Five-spice powder
* 1 c Water (for roasting pan)
* Glazing Sauce

----------BBQ MARINADE----------

* 2/3 c Cooking oil
* 8 Garlic cloves, peeled and
* 1 3/4 c Hoisin sauce
* 1 3/4 c Ground bean sauce
* 1 1/4 c Sugar
* 1/2 c "nam yu" (red bean curd
* 1/2 c Sesame seed paste

----------GLAZING SAUCE----------

* 17 1/2 oz Container of maltose sugar
* 1/4 c Hot water
* 2 ts Mui Gwe Lo rice wine

Ran across this in the SF paper the other day and, on reading the ingredients, knew immediately that this is one for you. In the article that accompanied the recipe the author talks about a Chinese BBQ oven that the

chef who originated this recipe uses. It's made out of stainless steel, five feet tall with a 180,000 BTU burner in it! This is something I really need for my kitchen. This looks like a full-on, no- nonsense Chinese BBQ.

Most master chefs seldom reveal all their kitchen secrets, but Derun Yu shared this recipe for a barbecued pork marinade, adapted for the home oven. Armed with a Chinese rice bowl, he assembled the ingredients, then poured them into a scale so we would have precise measurements.

Versatile Chinese barbecued pork is the "ham" of Chinese cooking. It may be sliced and served as an appetizer or entree, or like a sandwich, cubed and stuffed in bread dough and steamed into pork buns. It's good stir- fried with vegetables, tossed with noodles or cooked with scrambled eggs.

Prepare the marinade: Heat the oil in a wok or saucepan over medium-high heat. Add the garlic and gently fry just until it floats to the surface and is golden brown (about 2 minutes). Quickly remove the garlic and discard. Pour the garlic oil into a large mixing bowl, let cool.

Stir in remaining ingredients with the garlic oil into a smooth sauce. Pour into a glass jar. cool. If the marinade is covered with

1/8 inch cooking oil, it will keep in the refrigerator for several months.

Yields 5 cups.

Then combine the sugar, salt, rice wine, soy sauce, Barbecue Marinade and five-spice powder in a large mixing bowl; mix well. Add the pork butt and marinate for about 30 minutes (when using spareribs, marinate for 1 hour).

Preheat oven to 500F. Pour the water into a 10 X 14-inch roasting pan. Place the roasting rack in the pan (the rack should not touch the water). Remove the meat slices from the marinade and place on the rack; reserve the marinade. Roast for 8 minutes, turn over and roast the other side for 8 minutes longer. Reduce the oven temperature to 300F. Brush the pork with the reserved marinade; roast for an additional 20 minutes on each side. Remove from the oven and let cool for 5 minutes.

Slice the pork butt into 1/4-inch slices.

Prepare the glazing sauce: To soften maltose sugar, place the container (uncovered) in a microwave oven at high setting for 1 minute. Transfer the softened maltose into a double boiler with the water and rice wine; stir until the glaze is well mixed. Keep the sauce warm until ready to use.

Makes 2 cups.

Then spoon a few tablespoons of the glaze over pork before serving. NOTE: Hoisin sauce, ground bean sauce, nam yu, maltose sugar and sesame seed paste are available in Chinese markets.
Harbys Barbeque Sauce

Ingredients for 16 Servings:

* 1 c Water
* 1/3 c Vinegar, white
* 3 tb Cornstarch
* 6 tb Sugar
* 1/2 c Ketchup
* 1 tb Soy sauce
* 2 ts Onion powder

* 1 1/2 ts Paprika
* 1/2 ts Garlic salt
* 1/2 ts White pepper

Mix very well. Heat in 2 quart saucepan, stirring constantly until thickened and clear.

HEINZ Sweet & Zesty Barbecue Sauce

Ingredients for 1 cup:

* 1/2 c HEINZ Tomato Ketchup
* 2 tb Honey
* 2 tb HEINZ Apple Cider Vinegar
* 1 tb HEINZ Worcestershire Sauce
* 1/2 ts Chili powder

Combine ingredients. Brush on turkey pieces several times during last

15 minutes of grilling time.

Herbed Zucchini

Ingredients for 6 servings:

* 4 md Zucchini, cut into 1/2" pcs
* 2 md Tomatoes, cut into wedges
* 2 ts Instant minced onions
* 1 1/2 ts Salt
* 3/4 ts Oregano, dried, crushed
* 1 tb Butter

Pre-heat both sides of gas grill on HIGH for 10 minutes. Place zucchini slices on a 24 x 18 inch piece of heavy foil. Top with
* ^^ This is what you can do if you do not have the pans.

tomatoes; sprinkle with minced onion and oregano. Dot with butter. Seal foil securely. Turn both sides of grill to MEDIUM. Place packet on cooking grids; close hood and cook 20-25 minutes or until done, turning packet once. (gas grill) From: Grant Ames Date: 02-04-95

Ingredients for 2 Cups:

* 1 ea 6 lb Seedless Watermelon
* 8 oz Tomato Paste
* 1 tb Onion Powder
* 1 tb Garlic Powder
* 2 c Firmly packed brown sugar
* 1/2 c Sherry
* 2 ts Lemon juice
* 1 ts Liquid smoke

Cut the melon into chunks and place in a saucepan. Cook it uncovered over medium heat until the melon is the consistency of applesauce (approximately 2-3 hours). Stir it occasionally. Add remaining ingredients. Simmer uncovered over low heat for 2 hours. Allow to cool to room temperature before using.

Options: White vinegar may be substituted for the lemon juice. Try mixing yellow tomatoes and watermelon for color variation

Homestyle Barbecue Sauce

Ingredients for 375 Ml:

* 2 tb Butter (25mL)
* 1/2 c Onion; chopped (125mL)
* 3/4 c Ketchup (175mL)
* 1/2 c Beef stock (125mL)
* 2 tb Worcestershire Sauce (25mL)
* 2 tb Lemon juice (25mL)
* 2 tb Red wine vinegar (25mL)
* 1/4 c Brown sugar (50mL)
* 1 1/2 ts Dry mustard (7mL)
* 1 1/2 ts Black peppercorns; cracked

In saucepan, cook onion in butter until softened. Add remaining ingredients; bring to boil. Reduce heat and simmer 15-20 minutes. Makes 1

Honey Bbq Sauce

Ingredients for 1 Servings:

* 1 tb Vegetable oil
* 1/2 c Onion -- minced
* 1 Clove garlic -- minced
* 1 8 oz
* 1/2 c Honey
* 2 tb Cider or sherry wine Vinegar
* 2 tb Fresh parsley -- minced
* 1 tb Worcestershire sauce
* 1/4 ts Pepper
* 1/8 ts Cayenne
* Tomato sauce

Heat oil in medium skillet. Add onion and garlic and saute on medium ~ high heat until onion is transparent. Add remaining ingredients and simmer for 5 min. Remove from heat. Makes 1 cup.

Honey Mustard Steaks with Grilled Onions

Ingredients for 4 Servings:

* 4 Beef top loin steaks
* 1/3 c Coarse-grain Dijon mustard
* 1 tb Chopped parsley
* 1 1/2 tb Honey
* 1 tb Cider vinegar
* 1 tb Water
* 1/4 ts Coarse grind black pepper
* 1 lg Red onion

Preparation time: 30 min.

1. Combine mustard, parsley, honey, vinegar, water, pepper sauce and pepper.

2. Place beef steaks and onion on grid over medium coals; brush both with glaze.

3. Grill 9 to 12 minutes for rare (140 F) to medium (160 F), turning once and brushing with glaze.

Honey Spiced BBQ Sauce

Ingredients for 1 Servings:

* 1 1/4 c Catsup
* 2/3 c Salad oil
* 3/4 c Vinegar
* 5 tb Worcestershire sauce
* 1 c Honey
* 2 tb Dry mustard
* 3 ts Ginger, fresh grated
* 1 ea Lemon, sliced thinly
* 3 tb Butter

Combine all ingredients in a saucepan and heat to blend together.

Hot Barbecue Sauce

Ingredients for 12 servings:

* 1 1/2 c Tomato juice
* 1/3 c Brown sugar
* 1 ea Onion slice,thick
* 1/4 ea Green pepper,seeded
* 1 ea Celery stalk
* 1 ea Garlic clove,peeled
* 1/4 c Cider vinegar
* 1 ts Chili powder*
* 1 tb Prepared mustard

* - more if preferred.

1. Combine ingredients in a saucepan and let steam; keep just under simmering point for about 30 minutes. Remove and discard onion, green pepper, celery, and garlic.

2. Brush sauce on meat or chicken during last 15 minutes of cooking. If desired, spoon additional sauce over cooked meat when serving.

Hot Georgia Bbq Sauce

Ingredients for 1 Servings:

* 1/2 c Lemon juice
* 1/4 c Ketchup
* 1 tb Brown sugar
* 1 ts Dry mustard
* 1/2 ts Pepper
* 1/2 ts Onion powder
* 1 ts Tabasco sauce
* 1/3 c Vinegar'
* 1/4 c Water
* 1 ts Salt
* 1 ts Paprika
* 1/2 ts Cayenne
* 1/8 ts Garlic powder
* 2 tb Butter

Combine all ingredients in a saucepan. Heat to boiling point.Use for BBQing chicken, pork, veal, beef or lamb.

Hot'n Spicy Shrimp

Ingredients for 6 Servings:

* 1/2 c Vegetable oil
* 1/2 c Chili sauce
* 1/2 c Catsup
* 1/3 c Frsh sqzed lemon juice
* 1/4 c Worcestershire sauce
* 2 tb Gravy Mstr or Ktchn Bouquet
* 1 ts Soy sauce
* 1 ts Tabasco sauce
* 2 tb Minced garlic

* 1 tb Dark brown sugar - packed
* 1 Lemon cut in wedges
* 2 lb Lge shrimp (20 - 25 count)
* Shelled and deveined
* Bamboo skewers - soaked 30
* Minutes in water to cover

Combine all ingredients except shrimp in a bowl and mix well; put shrimp in a zip-lock plastic bag and pour marinade over; close bag and refrigerate for 24 hours, turning several times; remove shrimp from marinade and drain; thread on skewers with lemon wedges; broil/grill 4 to 5 inches from heat source for 3 to 5 minutes, turning and basting frequently, until shrimp are done; DO NOT OVERCOOK! serve immediately with any remaining marinade. Makes 6 to 8 servings.

Indivual Ham Dinners in Foil

Ingredients for 1 servings:

* 1 x Ham slices, 1-inch thick (re
* 1 x Brown sugar
* 1 x Mustard, prepared
* 1 x Cloves, whole
* 1 x Pineapple slices
* 1 x Butter or margarine
* 1 x Sweet potatoes, pared and qu

Use heavy duty foil or a double thickness of regular hou In each large square of foil plaace a serving portion each serving with 2 Tablespoons brown sugar and a teaspo mustard. Stick a clove or two into drained pineapple sl on ham. Dot with butter. Place two pieces of pared and potato at side of ham. Fold the foil into a secure package with the ends underneath securely. Cook over glowing coals until tender, about 1 hour. Serve in the package.

Infused Oil for Grilling Fish

Ingredients for 1 Servings:

* 2 c Olive oil
* 1/4 Lemon ;1/4 of 1 lemon peel

* ;only coarsely chopped
* 1/2 c Basil leaves ;coarsely chop
* 1/4 c Parsely ;coarsely chopped
* 3 Garlic cloves ;peeled,crush

Combine all ingredients in a small bole or jar and allow to stand at room temperature for 2 hours. Brush fish wiht the oil when grilling. The oil will keep for several days in the refrigerator.

Italian Brochettes with Angel Hair Pasta

Ingredients for 6 servings:

* 2 sm Japanese eggplants
* 1 Zucchini
* 1 Yellow crookneck squash
* 1/2 lb Button mushrooms
* 1 Red bell pepper
* 1 Yellow bell pepper
* 2 sm Red onions
* 1 Fennel bulb
* 1/2 lb Cherry toamtoes; ---
* 1/2 bn Fresh thyme
* 1 pn Crushed red pepper
* Grated zest of 1 lemon
* 1/2 ts Salt; optional
* 1/2 ts Pepper; optional
* 9 Garlic cloves
* Juice of 2 lemons
* 1/4 c Vegetable broth or olive
* 1/2 c Tomato sauce
* 1 lb Angel hair pasta

Cut eggplant, squash & zucchini into pieces 1/4" thick. Halve mushrooms & cut bell peppers into strips. Quarter removing skins only if they are dirty. Trim outer leaves of fennel & remove any dirt. Slice into 8 thin wedges. Place all vegetables into large bowl.

MARINADE: Strip thyme leaves from stems, reserve stems. In a processor, process thyme, red pepper, zest & salt & pepper. Add garlic while machine is running. Stop machine & add lemon juice Turn on & add vegetable broth in a slow stream. Process 1 minute. Pour over vegetables & allow to marinate for 15 minutes.

Preapre grill & cover to build intense heat. Skewer vegetables. Toss sthyme stems onto the heat shield or coals. Place brochettes onto hot grill, cover & allw to smoke for 5 minutes. Remove cover, turn & cook for another 3 to 5 minutes.

Meanwhile, drain marinade into a small non-reactive pot. Add tomato sauce & heat through. When skewers are almost done, cook pasta. Drain & return to pot. Pour sauce over pasta & toss to coat. Serve with grilled vegetables.

VARIATION: Use sourdough bread brushed with the marinade & lightly grilled instead of the pasta.

Jack Daniel's Rib Glaze

Ingredients for 1 Servings:

* 1 c Jack Daniel's Whiskey
* 1/2 c Dark brown sugar
* 1 c Catsup
* 1 ts Worcestershire sauce
* 1/4 c Vinegar
* 1 tb Lemon juice
* 3 ea Cloves, garlic, minced
* 1/2 ts Dry mustard
* 1/4 ts Black pepper
* 1/4 ts Salt

Combine all ingredients: Mix well. Brush ribs with a thin coating of glaze and place on grill. Continue to baste when turning ribs. Makes enough for 2 racks of 7 to 10 ribs each. Also great on chicken wings.

Jack Daniels Bbq Sauce

Ingredients for 1 Servings:

* 1/2 lg Onion -- chopped
* 4 Cloves garlic -- chopped
* 2 c Ketchup
* 1/3 c Vinegar
* 1/4 c Worcestershire sauce
* 1/2 c Brown sugar -- packed
* 3/4 c Molasses
* 1/2 ts Pepper
* 1/2 tb Salt
* 1/4 c Tomato paste
* 2 ts Liquid Barbecue SmokeAE
* 1/2 ts Tabasco sauce -- to taste
* Burbon or whisky – to Taste

Combine onion, garlic and burbon in a 3 qt saucepan. Saute until onion and garlic are translucent, about 10 min. Flame if possible. Add all remaining ingredients, bring to boil, then turn down mixture to a medium

simmer. Simmer for 20 min. stirring constantly. Run through strainer if you want a smooth sauce. Makes 4 cups.

Jack Lemmon's Barbecue Sauce *

Ingredients for 1 Servings:

* 3/4 qt Catsup
* 1 ts English mustard
* 1 ts Freshly ground black pepper
* 1 tb Worcesteshire sauce
* 1 Clove garlic
* 1/2 md Onion
* 4 tb Lemon juice
* 1 Bay leaf
* 4 tb Sharp salad dressing
* 3/4 c Maple syrup
* 1 c Butter
* Chili powder

Mix, bring to a boil and simmer one hour. Remove onion and bay leaf.

Jalapeno-Teriyaki Grilled Flank Steak

Ingredients for 8 servings:

* 1/2 c Dry red wine
* 1/2 c Tamari or soy sauce
* 1/3 c Sugar
* 1/3 c Orange juice
* 1/4 c Grated peeled fresh ginger
* 2 ts Ground cumin
* 2 tb Dijon mustard
* 1/4 ts Pepper

* 6 cl Garlic; minced
* 2 tb Minced jalapeno pepper
* 2 1 pound flank steaks
* Nonstick cooking spray

Combine all ingredients except cooking spray in a large zip-top plastic bag; seal bag, and marinate in refrigerator 8 hours or overnight. Remove steak from bag, reserving marinade. 2. Prepare grill or broiler. Place steak on grill rack or broiler pan coated with cooking spray, and cook 5 minutes on each side or until desired degree of doneness, basting frequently with reserved marinade. Cut steak diagonally across grain into thin slices. Yield: 8 servings

Jeff's Barbecue Sauce

Ingredients for 4 Servings:

* 1/4 c Bacon drippings or margarine
* 1 c Ketchup
* 1/2 c Molasses
* 2 tb Worcestershire Sauce
* 1/4 c Wine vinegar
* 2 c Water
* 2 tb Chili Powder
* 1 ts Dry mustard
* 1/2 ts Salt
* 1/2 ts Cayenne Pepper or Red Pepper
* 1/2 ts Garlic Powder

In a saucepan, combine Bacon Drippings, Ketchup, Molasses, Worcestershire Sauce and Vinegar. Begin cooking over low heat. Slowly stir in the water. Add the remaining ingredients, mixing well. Raise the temperature to medium high and bring the sauce to a boil. Reduce heat and simmer for 30 minutes. Let sauce cool and stand at room temp. for an hour or more.

When ready to serve, reheat. Serve warm over barbecued meats. Sauce will keep refrigerated for several weeks.

Jerk Paste

Ingredients for 6 Servings:

* 1 Onion; finely chopped

* 1/4 ts Ground nutmeg
* 1/2 c Finely chopped scallions
* 1/2 ts Ground cinnamon
* 2 ts Fresh thyme leaves
* 6 Habanero chiles
* 2 ts Salt
* 1 ts Black pepper
* 1 ts Allspice

Recipe by: romero@minerva.cis.yale.edu (C. Antonio Romero) From: rec.food.cooking. Since there were numerous requests in my mailbox today for the jerk recipe, I thought I'd just go ahead and post it.

I started with recipes from "Jerk: Barbecue from Jamaica" by Helen Willinsky-- which seems to be a reasonable cookbook, though I haven't tried many of their recipes beyond the jerk marinades and jerk chicken. I've made some modifications of my own which I'll note as I go.

Jerk seasoning can be made two ways: one is a marinade, one is a paste (more authentic, sez Willinsky) Mix all ingredients to form a paste (use a food processor).

The recipe as I have been doing it lately uses dried habaneros (all I could find around here) and instead of the onion, a cup to a cup and a half of scallions including the bottom part (I think I used two bunches of six not-very-large scallions each; trim the little roots and the scraggly bit at the top of the stalk). Looks and smells just like the Jamaican Country Style jerk in the bottle. I also add a little soy sauce for color, and a generous shot of cream sherry-- seems to go well in the paste; I think the sweetness works well with the allspice.

Jalapenos cannot be substituted

Jim's Teriyaki Marinade and Bbq Sauce

Ingredients for 2 cups:

* 1 c Soy Sauce
* 1 c Water
* 2 tb Vinegar
* 2 tb Brown Sugar
* 1 ts Dry Mustard
* 1/2 ts Powdered Ginger
* 1/2 ts Garlic Powder
* 1 ts Hot Pepper Sauce, opt'l
* 2 tb Corn Starch

Whisk together all the ingredients except the corn starch. Marinade the meat long enough to flavor and tenderize- 1 hr for young chicken breasts or fish, overnight for round steak and up to 5 days for some game cuts.

BBQ and baste with the marinade. Make a slurry of the starch and a little water and whisk into the marinade. Bring to a boil, stirring as the sauce thickens. Serve with the BBQ'd meat.

Real garlic and ginger only improves this dish. The amount of pepper sauce can be varied from mild to fiery. You can substitute wine, sherry, orange or pineapple juice for some or all of the water to vary the flavor. Pineapple juice has an enzyme that provides additional tenderizing power to the vinegar and mustard.

John F. Glasser's Barbecue Sauce

Ingredients for 3 Servings:

* 1/4 c Ketchup
* 1 c Tomato juice
* 1/4 c Vinegar
* 1/2 c Water
* 2 ts Worcestershire sauce
* 1/4 ts Chili powder
* 1/4 ts Garlic salt
* 1 ts Paprika
* 1/8 ts Ground cayenne pepper
* 1 ts Dry mustard
* 1 ts Salt
* 2 ts Brown sugar
* 1/2 c Chopped onion

Combine all ingredients and simmer 15 minutes.

Sufficient for 3 lbs. of ribs.

Juicy Florida Barbecue Sauce

Ingredients for 10 Servings:

* 24 oz Bottle Ketchup
* 1 lb Dark Brown Sugar
* 1/2 tb Prepared Mustard
* 1 tb Black Pepper

* 1/2 c Onion Juice
* 3/4 c Fl. Orange Juice
* 3/4 c Pineapple Juice
* 3/4 c Mango Juice
* 4 tb Corn Starch

Combine all ingreadients in a 1 gallon non-metal container. Mix well. Pour into a Dutch oven or Kettle. Cook over low heat until mixture begins to thicken. If

Jumping Jacques Jalapeno Burgers

Ingredients for 4 Servings:

* 1 lb Ground beef
* 1 sm Onion; diced (4 tbsp.)
* 1 tb Cream
* 1 Garlic clove; crushed
* 1/2 ts Salt
* 1/2 ts Pepper
* 4 ts Salsa Picante
* 4 ts Jalapeno Nacho Slices
* 1/2 c Shredded cheddar cheese

1. Mix beef, onion, cream, garlic, salt and pepper and form into 8 thin patties.

2. Top each of 4 patties with 1 tsp. Salsa Picante, 1 tsp. Jalapeno Nacho Slices and 2 tbsp. cheese.

3. Top with remaining 4 patties, press edges to seal in toppings.

4. Grill over medium coals for 12 minutes. Turn once after 7 minutes.

Jusitin's Bbq Sauces

Ingredients for 1 Servings:

* 3 c Onion -- chopped
* 1 tb Garlic -- chopped
* 1 c Sweet pepper -- chopped

* 1/2 c Parsley -- dried
* 1 c Dry white wine
* 3 tb Vinegar
* 2 c Ketchup
* 1/4 c Honey
* 2 tb Lemon juice
* 1 tb Salt
* 3 tb Worcestershire sauce
* 1/2 ts Mint -- dried
* 1 tb Liquid Bar-B-Que Smoke(r)
* 1/2 tb Louisiana hot sauce

Place all ingredients in a pot that is big enough to hold them. Bring to boil. Cook covered., on low heat for several hours.

Kabob Bar

Ingredients for 20 servings:

* 3 3/4 lb Skinless boneless chicken
* 1/2 c Light teriyaki sauce
* 1/2 c Orange juice
* 1/4 c Honey
* 6 cl Garlic; chopped
* 20 10" wooden skewers
* 4 lb Zucchini; each cut in 8-1"
* Coins
* 8 Yellow peppers; each cut
* Pieces
* 40 Cherry tomatoes
* 40 md Mushrooms; halved
* 20 10 inch wooden skewers
* 2 tb Light teriyaki sauce
* 2 tb Orange juice
* 1 tb Honey
* 1/4 c Lemon juice
* 1 tb Olive oil
* 1/4 ts Salt
* 1/4 ts Pepper

Two days before the party: place chicken in large bowl. In small bowl, combine teriyaki sauce, orange juice, honey and garlic. Pour over chicken, cover and marinate overnight. Soak 10" skewers in water overnight. One day before the party: In large nonstick skillet over high heat, saute chicken in batches each for about 4 minutes or until cooked halfway through. Place chicken on cookie sheet to cool. On 20 prepared 10" skewers, alternating pieces, thread 3 pieces of the chicken, 2 pieces of the zucchini, 2 pieces of the yellow pepper, 1 cherry tomato and 2 mushroom halves. Thread 2 mushroom halves, 4 pieces zucchini, 4 pieces pepper, 1 cherry tomato and 2 mushroom halves on remaining 20 skewers. To make chicken kabob baste: In a small bowl, combine teriyaki sauce, juice and honey; brush on chicken kabobs. to make vegetable

kabob baste: In another small bowl, combine lemon juice, oil, salt and pepper; brush on vegetable kabobs. Place skewers on baking rack and broil 6 inches from heat until cooked through, about

6 minutes, turning once and basting with additional mixture. Place in refrigerator overnight. Day of the party: Preheat oven to 350 oF. Heat kabobs for 5 minutes. Remove kabobs to platter and sprinkle with salt and pepper to taste.

Kinda Karolina Sauce

Ingredients for 1 Servings:

* 1 c Prepared mustard
* 1 c Vinegar
* 1/4 c Ground red pepper
* 1/4 c Salt
* 1 c Water

Bring to a boil. Pour over anything that isn't moving or mooing...

Kukn Barbeque Sauce

Ingredients for 1 Servings:

* 12 oz Chili sauce
* 2 c Brown sugar
* Lemon juice; half
* 1 tb Worcestershire sauce
* 1 ts Dry mustard
* 1 ds Tobasco

Combine ingredients in saucepan. Bring to boil, and reduce to simmer for at least 1/2 hour. Tastes great on chicken, pork, or sausages.

Ky Colonels Secret Pork Bbq Sauce

Ingredients for 4 Cups:

* 2 1/2 c Water
* 1/4 c Vinegar
* 1 tb Sugar
* 3 ts Pepper
* 2 tb Butter
* 3 ts Salt
* 1/4 Chopped onion
* 1 Clove garlic, minced
* 1 ts Red pepper
* 2 ts Chili powder
* 1 ts Red pepper sauce
* 1 ts Dry mustard powder
* 3 tb Worcestershire sauce

Combine all ingredients in a saucepan. Bring to a boil, stirring constantly. Reduce heat and simmer for 5 minutes. Cool overnight, warm before using. Start basting meat with this at the beginning of the cooking process. Baste and turn until pork registers 170 degrees on a meat thermometer (takes about 20 minutes for country ribs.)

Lamb Skewers with Spinach Orzo

Ingredients for 4 servings:

* 1 lb Lean cubed boned leg of lamb
* 1/4 c Lemon juice
* 1 tb Ground cumin
* 1 1/4 ts Salt; divided
* 1 ts Dried thyme
* 3/4 ts Pepper; divided
* 5 cl Garlic; minced and divide
* Nonstick cooking spray
* 1 c Chopped onion
* 1 c Diced red bell pepper
* 1 c Hot cooked orzo
* 10 oz Frozen chopped spinach;

Recipe by: Weight Watchers Magazine, Jul/Aug 1997, page 88 1. Combine lamb, juice, cumin, 1 teaspoon salt, thyme, 1/2 teaspoon pepper, and

3 garlic cloves in a zip-top plastic bag. Seal bag, and marinate in refrigerator 8 hours or overnight. Remove lamb from bag, reserving marinade. Thread lamb cubes onto 4 skewers; set aside. 2. Coat a nonstick skillet with cooking spray; place over medium-high heat until hot. Add remaining 2 garlic cloves, onion, and bell

pepper; saute 3 minutes. Add remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, orzo, and spinach; saute over low heat 4 minutes. Remove from heat; set aside, and keep warm. 3. Prepare grill. Place skewers on rack; grill 8 minutes or until desired degree of doneness, turning and basting occasionally with reserved marinade. Serve with orzo mixture.

Lemon-Herbed Steak

Ingredients for 4 servings:

* 2 ea Boneless beef top loin

----------SEASONING----------

* 1 lg Clove garlic; crushed
* 1 ts Grated lemon peel
* 1/2 ts Dried thyme leaves
* 1/4 ts Pepper

Preparation Time: 25 minutes

1. In small bowl, combine seasoning ingredients; press into both sides of beef steaks.

2. Place steaks on grid over medium ash-covered coals. Grill uncovered 16 to 18 minutes for medium rare to medium doneness, turning occasionally.

3. Trim fat from steaks. Carve steaks crosswise into thick slices; season with salt, as desired, and serve with vegetables.

Makes 4 servings.

Leonard's Onion Rings

Ingredients for 6 servings:

* 1 1/2 c Flour, all purpose
* 3 tb Cornmeal
* 3 tb Onion powder
* 2 ts Salt
* 1 1/2 c Milk
* 1 ea Egg
* 1/2 c Water
* 1 ts Food color, yellow
* 4 lg Onions, sliced
* Vegetable oil

Combine dry ingredients in a bowl. Whisk in milk, egg, and water. Mixture will be slightly lumpy and similar to pancake batter. Add more milk if the batter is too thick. Coat and fry onion rings in batches in deep fat fryer with oil heated to 365 degrees. When rings float to top, turn them, continue turning until golden brown. Remove from oil and drain. Serve immediately.

Lone Star Ribs and BBQ Sauce

Ingredients for 1 servings:

* 3 lb Small pork ribs
* 1 pk Black pepper
* 1 pk Paprika
* 3 pk Salt
* ***sauce***
* 1 pt Ketchup
* 1 1/2 pt Water
* 1/3 c Flour
* 1 tb Salt
* 4 ts Sugar
* 2 1/2 ts Paprika
* 1 1/2 ts Pepper
* 1 1/2 ts Chili powder
* 1 tb Prepared mustard
* 1 1/2 ts Liquid barbecue smoke
* 1 c Worcestershire sauce

Season the ribs with above mixture. Place ribs on the grill in any type of covered smoker or bbq pit, keeping away from direct heat so that the smoke does the cooking. Cook very slowly for 1 1/2 to 2 hours or until meat comes away from bone easily. during the last 15 min. baste both sides of ribs wit sauce. Cut ribs and serve.

To make sauce, combine ketchup and water in a large pot and bring to boil. Mix dry ingredients. Add mustard, liquid smoke, and half the worcestershire sauce. Stir into paste; then add the remainder of worcestershire sauce. Pou this into heated mixture and boil slowly for 20 min. Refrigerate any unused portion. Keeps for several weeks. Makes about 1qrt.

Maple Barbecued Caribou Ribs

Ingredients for 6 servings:

* 2 c Water
* 2 c Ketchup or tomato sauce
* 3 tb White vinegar
* 2 tb Lemon juice
* 1/4 c Worcestershire sauce
* 1/2 c Maple syrup
* 9 Juniper berries
* 2 md Onions; diced
* 1/2 ts Salt
* 6 lb Caribou ribs
* Fresh ground black pepper

In large non-metal bowl, combine all the ingredients except the ribs and pepper. Blend well and put in the ribs to marinade overnight.

Preheat the oven to 325. Remove the ribs from the marinade, drain and pat dry with paper towels. Sprinkle ribs with pepper. Place in 5 qt. roasting pan in a double layer. Roast 1 hour. Pour sauce over ribs. Increase heat to 350 degrees and bake until ribs just begin to char on top, about 1 1/2 hours. Turn ribs over cover pan and bake about 30 minutes longer, until ribs are tender and sauce is thick. To serve, place ribs on serving platter. Serve the sauce in a gravy boat on the side.

Maple Glazed Salmon and Canadian Bacon - Martha Stewart L

Ingredients for 8 servings:

* 16 Slices (about 1/2 lb)
* 1/4 c Pure maple syrup
* 1 lb Fresh salmon fillet, sliced
* Salt & freshly ground pepper
* Vegetable oil

1. Preheat grill or skillet until hot. Brush bacon slices with syrup and grill quickly on each side until glazed. Remove to a serving platter; cover with foil to keep warm.

2. Season salmon with salt and pepper, brush lightly with oil, then with remaining syrup, and grill quickly until marked on each side.

Marceia's Ol' Fashion Barbecue Sauce

Ingredients for 1 Servings:

* 1 Stick butter
* 3 Cloves garlic -- minced
* 1 Onion -- chopped
* 1 Lemon -- diced
* 1/2 c Worcestershire sauce
* 1/2 c Brown sugar
* 4 c Catsup
* 1 lg Can
* 1/4 c Chili powder
* 1/4 c Vinegar
* 1 lg Can
* Salt -- to taste
* Pepper -- to taste
* Tomato juice
* V-8 vegetable juice

Merle's Mop Sauce

Ingredients for 1 Servings:

* 1 c Vinegar, cider or wine
* 5 tb Worcestershire sauce
* 2/3 c Salad oil
* 3 tb Butter
* 1 ea Lemon, thinly sliced
* 3 ea Cloves, crushed
* 2 tb Ginger, grated
* 2 tb Dry mustard

Combine all ingredients in a saucepan and heat until flavors are nicely blended. Use to baste any meat or poultry.

Minted Lamb Leg with Greek Salad

Ingredients for 4 Servings:

* 4 Minted Lamb Leg Chops

----------GREEK SALAD----------

* 1 Cucumber
* 125 g Cherry Tomatoes
* 125 g Black Olives
* 1 tb Chopped Mint

----------DRESSING----------

* 75 ml Olive Oil
* 1 Lemon Juice
* 4 Pitta Breads
* Salt
* Ground Black Pepper

Preparation Time: 15 minutes Cooking Time: 20 minutes Calories: 823 per serving Fat: 63g

Preparation: cube the cucumber, halve the tomatoes, pit and halve the olives.

1. Grill or barbecue the chops on a moderate heat for 20 minutes turning occasionally

2. Place the cucumber, tomatoes, olives and mint in a bowl

3. Mix together the dressing ingredients, adding seasoning to taste, stir into the salad and mix well

4. Serve the chops with the Greek salad and heated through pitta breads

Missouri Barbeque Sauce

Ingredients for 1 Servings:

* 2 tb Oil
* 3/4 c Cider vinegar
* 1 ts Garlic; finely minced
* 1/2 ts Sugar
* 1 tb Chili powder
* 1 ts Dry mustard
* 1 ts Paprika
* 1/2 ts Ground cumin

Combine all ingredients, heat to boiling and allow to cool. Let set for at least one hour for flavors to blend.

Molasses Orange Barbecue Sauce

Ingredients for 3 Cups:

* 1 cn Tomato soup, condensed
* 1 cn Tomato sauce, 8 oz can
* 1/2 c Molasses, light
* 1/2 c Vinegar
* 1/2 c Brown sugar, packed
* 1/4 c Vegetable oil
* 1 tb Minced onion, instant
* 1 tb Seasoned salt
* 1 tb Dry mustard
* 1 tb Worcestershire sauce
* 1 tb Orange peel, finely shredded
* 1 1/2 ts Paprika
* 1/2 ts Pepper, black
* 1/4 ts Garlic powder

In a saucepan, combine all ingredients. Bring to a boil; reduce heat and simmer uncovered fo 20 minutes. Use to baste beef or poultry last 15 minutes of grilling.

Momma's and Daddy's Barbecue Sauce

Ingredients for 1 Servings:

* 1 #10 can
* 12 c Water
* 6 ts Celery salt
* 1 Head garlic -- peeled and Crushed
* 6 ts Salt
* 2 ts Ground black pepper
* 1 ts Louisiana Hot sauce
* 1 c Brown sugar
* 1 c Worcestershire sauce
* 6 tb Fresh lemon juice
* Zest from the lemons
* 3 tb Apple cider vinegar
* Catsup -- (about 12 cups)

Combine ingredients, stirring to blend. Simmer for about an hour before using or canning to allow it to thicken. Charcoal broil or cook in a pit meat or chicken until done. Cover with sauce and keep warm until ready to serve.

Mop for all Barbeque Meats

Ingredients for 1 Servings:

* 3 tb Salt
* 3 tb Dry mustard
* 2 tb Garlic powder
* 2 tb Chili powder
* 3 tb Paprika
* 2 tb Hot pepper sauce (tabasco)
* 1 qt Worcestershire sauce
* 1 pt Vinegar
* 4 qt Beef bone stock
* 1 pt Vegetable oil
* 3 tb Msg (optional)

To make bone stock, but stout beef bones and boil them. Add all the other ingredients to bone stock and let stand overnight in the refrigerator before using.

Use this mop to rub over meats or to baste them while cooking. The flavor will change and improve during use, Keep leftover mop refrigerated.

Murgh Kebab (Chicken Kebab)

Ingredients for 1 Servings:

* 2 Whole breasts of chicken,
* 1 md Onion, sliced thick
* 1 tb Cognac or arak
* 1/2 ts Pepper
* 1/2 ts Ground cinnamon
* 1/4 ts Ground turmeric
* 1 ts Salt

Kebabs of all types, sizes, & shapes are standard in Afghan cooking for both Jews & Muslims. They are easily assembled & probably most basic recipes of all cooking, stretching back to earliest, primitive times. I saw two workman barbecuing their lamb kebabs over a few twigs in an open field, resting skewers on a thick branch cut from a nearby tree, & turning them every now & then. They then wrapped a piece of Afghan bread around skewer & pulled off crisp brown meat.

1. Mix everything together & marinate at room temperature for a minimum of 1 hour or preferably in refrigerator overnight.

2. Put 4 or 5 cubes of chicken, without onion, on each metal skewers and broil over charcoal for 10 or 15 mins or in a gas or electric broiler. Serve hot

Mustard Based Central South Carolina Bbq Sauce

Ingredients for 1 Batch:

* 3 tb Peanut Oil
* 2 ea Minced Garlic Cloves
* 1 ea Minced Onion
* 1/2 c Catsup
* 1/3 c Apple Cider Vinegar
* 2 tb Lemon Juice
* 2 tb Honey
* 1 tb Brown Sugar

* 2 ts Dry Mustard
* 1 ts Ginger
* 1 pn Salt

Combine ingredients and set aside. Grill meat (do not add anything). During the last 4-10 minutes baste with this sauce. Boil the remaining sauce and spoon 2 T's onto each plate, adding the meat portion.

Mustard Bbq Sauce

Ingredients for 1 Servings:

* 2 tb Oil
* 1 lg Onion -- chopped
* 4 Cloves garlic -- minced
* 1 c Tomato sauce
* 1/4 c Vinegar
* 2 tb Maple syrup
* 2 tb Molasses
* 1/2 c Dijon mustard
* 2 tb Worcestershire sauce
* 1 tb Tabasco sauce
* 1/2 ts Pepper
* 1/2 ts Malagueta pepper
* 1/4 Seeded lemon -- chopped
* 1 ts Cumin
* 1 ts Coriander
* 1/2 ts Ginger'
* 1/4 ts Paprika

Saute onions and garlic in oil over low heat for 5 min. Add remaining ingredients and cook for 10 more min. Spread on meat during last

10-15 min. of grilling or broiling or last 20-25 min. of baking. Makes 2 1/2 to 3 cups.

Mustard Grilled Chicken

Ingredients for 2 servings:

* 4 ea Chicken breasts

* 1/4 c Dijon mustard
* 1/4 c Lemon juice
* 1 ts Worcestershire sauce
* 1 x Salt to taste
* 1 x Pepper to taste

Paint chicken with mustard. Sprinkle on lemon juice and worcestershire sauce. Marinate 15 minutes. Grill 3-4 minutes.

N.C. Basting Sauce

Ingredients for 1 Servings:

* 2 c Vinegar, cider
* 1 tb Tabasco sauce
* 2 tb Paprika
* 3 tb Salt
* 1 tb Worcestershire sauce
* 1 tb Chili powder
* 1 c Water

Combine all ingredients and let sit for an hour or more at room temperature to let flavors combine and mature.

N.C. Bbq Sauce

Ingredients for 1 Servings:

* 2 c Vinegar
* 1 c Water
* 1/2 c Ketchup
* 2 1/2 tb Chili powder
* 1 tb Pepper
* 1 1/2 tb Brown sugar
* 1 tb Lemon juice
* 1/2 ts Salt

Bring vinegar and water just to simmer. Add other ingredients and stir well

No Salt Barbeque Sauce #1

Ingredients for 1 Servings:

* 1 c Hunts no salt tomato sauce
* 1 tb Worcestershire sauce
* 3 ds Tabasco
* 1 c Water
* 1/4 c Vinegar
* 1 ts Sugar or 2 packets of equal
* 1 ts Celery seed
* 1 ts Dried onion
* 1/4 ts Liquid smoke

Combine all ingredients. Heat to boiling, then simmer 30 minutes. Optional: add a squeeze or two of lime juice.

No Salt Barbeque Sauce #2

Ingredients for 1 Servings:

* 1 tb Vegetable oil
* 1 Sm Onion, coarsely chopped
* 2 c No-salt tomato sauce
* 1/2 c Light molasses
* 1/4 c Cider vinegar
* 1/4 c Dijon mustard
* 1 1/2 ts Fresh lemon juice
* 1 ts Liquid smoke
* 1 ts Garlic powder
* 1/2 ts Cayenne pepper
* 1/4 ts Tabasco
* 3 pn Allspice

Heat oil is a heavy medium skillet over med-high heat. Add onion and cook until translucent, stirring occasionally. This should take about 8 minutes. Add all remaining ingredients and simmer until thickened, about 15 minutes. Stir frequently. Makes 3 cups.

North Carolina Bbq Sauce

Ingredients for 1 Batch:

* 1 1/2 c Brown sugar
* 1/2 c Butter
* 1 c Ketchup
* 1 sm Heniz 57 Sauce
* 1 tb Celery seed
* 1 c Onion, chopped
* 1 cl Garlic
* 1/2 c Vinegar
* 1 tb Dry Mustard
* Red pepper flakes

Carmel butter and sugar until bubbly. Add vinegar and whisk until lumps are gone. Add all other ingredients and cook over low heat until thickened. More garlic may be added to taste. Red pepper flakes can be added to taste.

North Carolina-Style Barbecue Sauce

Ingredients for 2 Cups:

* 1 c White vinegar
* 1 tb Sugar
* 1 tb Tabasco sauce
* Black pepper
* 1 c Cider vinegar
* 1 tb Red pepper flakes, crushed
* Salt; to taste

In a non-corrosive container, combine all ingredients and mix well.

North Carolina: Eastern Rub and Sauce

Ingredients for 1 Servings:

----------RUB----------

* 2 ts Salt
* 2 ts Brown sugar
* 2 ts Cumin
* 2 ts Chile powder
* 2 ts Black pepper
* 1 ts Cayenne pepper
* 1/4 c Paprika

----------SAUCE----------

* 1 c White vinegar
* 1 c Cider vinegar
* 1 tb Sugar
* 1 tb Red pepper flakes
* 1 tb Tabasco
* 1 tb Black pepper

Use rub on meat and allow to set until rub looks moist. For sauce, blend all ingredients and allow flavors to blend.

North Carolina: Eastern Style

Ingredients for 1 Servings:

* 4 c Cider Vinegar
* 1/4 c Brown sugar
* 3 tb Salt
* 1 tb Red pepper flakes
* 1 1/2 ts Cayenne pepper
* 1 ts Black pepper

Mix thoroughly. Allow flavors to blend.

North Carolina: Eastern Style Lemon Mop

Ingredients for 1 Servings:

* 1 c Cider vinegar
* 1/2 c Water
* 3 tb Lemon juice
* 3 tb Butter
* 1 ts Cayenne
* 2 ts Tabasco
* 2 tb Worcestershire Sauce
* 2 tb Sugar

Mix thoroughly and allow time for flavors to blend.

North Carolina: Eastern Style Sweet and Sour

Ingredients for 1 Servings:

* 2 c Cider vinegar
* 1 c Brown sugar
* 1 c Mustard
* 1/2 ts Cayenne pepper
* 1 1/2 ts Black pepper
* 1/2 ts Salt
* 1 tb Worcestershire Sauce
* 1 ts Tabasco Sauce

Mix thoroughly and allow time for flavors to blend.

North Carolina: Eastern Style Sweet and Sour Ii

Ingredients for 1 Servings:

* 1 g Cider vinegar
* 3/4 c Salt
* 2 tb Cayenne
* 3 tb Red pepper flakes
* 1 c Brown sugar

Mix thoroughly and allow flavors to blend.

North Carolina: Eastern Style with Butter

Ingredients for 1 Servings:

* 8 tb Mustard
* 1 ts Black pepper
* 6 tb Sugar
* 1 ts White pepper
* 1 c Cider vinegar
* 1/2 ts Soy sauce
* 2 ts Chili powder
* 2 tb Butter

Combine all but soy and butter, heat 10 minutes. Add soy sauce and butter at end.

North Carolina: Eastern Style with Butter Iii

Ingredients for 1 Servings:

* 2/3 c Mustard
* 1/2 c White sugar
* 1/4 c Brown sugar
* 1 c Cider vinegar

* 2 tb Chili powder
* 1 ts Black pepper
* 1 ts White pepper
* 1/2 ts Cayenne pepper
* 5 dr Tabasco
* 1/2 ts Soy Sauce
* 2 tb Butter

Mix all incredients except soy and butter. Simmer 10 minutes. Remove from heat and stir in soy and butter.

North Carolina: Eastern Style with Chili

Ingredients for 1 Servings:

* 2 c Cider vinegar
* 1 tb Tabasco
* 2 tb Paprika
* 3 tb Salt
* 1 tb Worcestershire sauce
* 1 tb Chili powder
* 3 tb Black pepper
* 1 c Water

Mix thoroughly, allow flavors to blend

North Carolina: Eastern Style with Herbs

Ingredients for 1 Servings:

* 1 c Cider vinegar
* 1/2 c Water
* 2/3 c Minced onion
* 1 ea Clove garlic
* 1 ts Pepper
* 1/2 ts Salt
* 2 ts Red pepper flakes
* 1 ts Sugar

* 1 ea Bay leaf
* 2/3 ts Thyme
* 3 tb Peanut oil
* 3 ts Dry mustard
* 1 ts Cold water

Boil all but the last two ingredients for five minutes. Dissolve mustard in water and add.

North Carolina: Eastern Style with Molasses

Ingredients for 1 Servings:

* 1 g Cider vinegar
* 1/2 c Salt
* 2 tb Red pepper
* 3 tb Red pepper flakes
* 1/2 c Molasses

Mix thoroughly and allow time for flavors to blend.

North Carolina: Eastern Style with Sugar and Butter Iv

Ingredients for 1 Servings:

* 2 ts Salt
* 1 tb Paprika
* 2 tb Sugar
* 1/2 ts Cayenne
* 1/2 ts Dry mustard
* 1 ts Black pepper
* 2/3 c Water
* 1/4 c Worcestershire sauce
* 2/3 c Red wine vinegar
* 1/2 c Butter

Boil dry ingredients in water. Remove from heat and stir in the remaining ingredients.

North Carolina: Eastern Style with Sugar and Chili

Ingredients for 1 Servings:

* 8 c Cider vinegar
* 4 c Water
* 4 tb Worcestershire sauce
* 4 tb Chili powder
* 6 tb Paprika
* 6 tb Red pepper flakes
* 12 tb Black pepper
* 6 tb Salt
* 4 tb Sugar

Mix thoroughly and allow time for flavors to blend.

North Carolina: Eastern Style with Sugar Ii

Ingredients for 1 Servings:

* 2 c Cider vinegar
* 2 tb Salt
* 2 ts Red pepper flakes
* 2 tb Brown sugar

Mix Thoroughly and allow flavors to blend

North Carolina: Eastern Style with Sugar Iii

Ingredients for 1 Servings:

* 1 c Cider vinegar
* 2 tb Salt
* 1/2 ts Red pepper
* 1 ts Red pepper flakes
* 1 tb Brown sugar

Mix thoroughly and allow flavors to blend.

North Carolina: Eastern Vernon's Dad's Sauce

Ingredients for 1 Servings:

* 1 g Cider vinegar
* 6 oz Texas Pete
* 10 oz Worcestershire sauce
* 1 1/4 oz Crushed Red Pepper

Age at least 1 day. Marinate items overnight and serve extra sauce with meal.

North Carolina: Piedmont Ii

Ingredients for 1 Servings:

* 1 1/2 c Cider vinegar
* 1/2 c Ketchup
* 1 ts Salt
* 1/8 ts Red pepper flakes
* 1 tb Sugar
* 1/2 c Water

Mix throughly and allow time for flavors to blend.

North Carolina: Piedmont Iii

Ingredients for 1 Servings:

* 1/2 ea Stick butter
* 1/4 c Minced onion
* 1 1/4 c Cider vinegar
* 1 1/4 c Ketchup
* 3/4 c Brown sugar
* 1 ts Worcestershire Sauce
* 1/4 ts Cayenne pepper

Saute onion in butter. Add rest of ingredients and simmer 30 minutes. Use on pork smoked with vinegar based mop.

North Carolina: Piedmont Iv

Ingredients for 1 Servings:

* 2 tb Brown sugar
* 1 tb Dry mustard
* 1 tb Celery salt
* 1 tb Cayenne
* 1 tb Black pepper
* 1 tb Paprika
* 2 tb Cornstarch
* 1/2 ts Allspice
* 4 c Tomato juice
* 1 1/2 ts Worcestershire sauce
* 1 c White vinegar
* 1 tb Grated onion

Prevent lumping. Mix dry ingredients, add some liquid to make a paste. Add remaining liquids. Cook on simmer for 2 hours.

North Carolina: Piedmont Ix

Ingredients for 1 Servings:

* 32 oz Ketchup
* 6 oz Texas Pete
* 2 oz Tabasco
* 2 qt Vinegar
* 2 oz Chili powder

Mix thoroughly and allow time for flavors to blend.

North Carolina: Piedmont Style (Smoked Pork)

Ingredients for 1 Servings:

* 1 1/2 c Cider vinegar
* 10 tb Ketchup
* 1/2 c Water
* 1 tb Sugar
* 1/2 ts Cayenne
* 1 pn Red pepper

Simmer: Cook, stirring until sugar dissolves. Allow time for flavors to blend.

North Carolina: Piedmont V

Ingredients for 1 Servings:

* 1/8 ts Cinnamon
* 1/3 c Cider vinegar
* 1/2 c Ketchup
* 1/2 ts Nutmeg
* 1 ts Salt
* 1 ts Celery seed
* 1 c Water

Mix throughly and allow time for flavors to blend.

North Carolina: Piedmont Vii

Ingredients for 1 Servings:

----------MARINADE----------

* 1 c Apple cider
* 1/2 ts Cayenne

----------SAUCE----------

* 1/4 c Worcestershire Sauce
* 1/4 c Brown sugar
* 1/4 c Cider vinegar
* 1/4 c Water
* 1/4 c Ketchup
* 2 ts Chili powder

Mix thoroughly and allow flavors to blend.

North Carolina: Piedmont Viii

Ingredients for 1 Servings:

* 2 c Vinegar
* 1 c Water
* 1/2 c Ketchup
* 2 1/2 tb Chili powder
* 1 tb Black pepper
* 1 tb Lemon juice
* 1 1/2 tb Brown sugar
* 1/2 ts Salt

Mix thoroughly and allow flavors to blend.

North Carolina: Piedmont X

Ingredients for 1 Servings:

* 1 c White vinegar
* 1/2 c Water
* 1/4 c Ketchup
* 1 tb Sugar
* 1/2 ts Red pepper
* 1/2 ts Black pepper
* 1/2 ts Salt

Mix thoroughly and allow flavors to blend.

North Carolina: Piedmont Xi

Ingredients for 1 Servings:

* 1 c Cider vinegar
* 1 ts Salt
* 1 tb Celery salt
* 1/2 c Ketchup
* 1/2 ts Chili powder
* 1/8 ts Nutmeg
* 1/2 ts Brown sugar
* 1 c Water

Mix thoroughly and allow time for flavors to blend.

North Carolina: Piedmont Xii

Ingredients for 1 Servings:

* 1/4 c Cider vinegar
* 1 c Water
* 2 tb Garlic powder
* 1 c Ketchup
* 1 ts Chili powder
* 2 tb Brown sugar
* 2 tb Molasses
* 2 ts Dry mustard
* 1 ea Small onion, finely chopped

Combine all ingredients and allow time for flavors to blend.

North Carolina: Piedmont Xiv

Ingredients for 1 Servings:

* 1/2 c Water
* 1/2 c Cider vinegar
* 1 c Ketchup
* 1 ts Salt
* 1 tb Sugar
* 1 tb Worcestershire Sauce
* 1 tb Tabasco
* 1/2 ts Black pepper
* 1 ea Onion, chopped

Combine all ingredients and simmer for a minimum of 1 hour.

North Carolina: Piedmont Xv

Ingredients for 1 Servings:

* 1 1/2 c Cider vinegar
* 1/2 c Water
* 1/2 c Ketchup
* 1 ts Salt
* 1 ea Onion, chopped
* 2 tb Brown sugar
* 1 tb Worcestershire sauce
* 1/8 ts Red pepper

Combine all ingredients and simmer 15 minutes. Allow time for flavors to blend.

North Carolina: Piedmont Xvi

Ingredients for 1 Servings:

* 1 1/2 c Cider vinegar
* 1/2 c Ketchup
* 1 ts Salt
* 1/2 ts Ground red pepper
* 1/8 tb Red pepper flakes
* 1 tb Sugar
* 1/2 c Water

Mix thoroughly and allow time for flavors to blend.

North Carolina: Piedmont Xvii

Ingredients for 1 Servings:

* 1/3 c Honey
* 1/3 c Molasses
* 1 ea Head of garlic, minced
* 2 tb Whole cumin seed
* 3 tb Coriander seed

* 1 tb Peppercorns
* 8 ea Dried chilis
* 2 ea Bay leaf
* 3 tb Tomato paste
* 48 oz Tomato sauce
* 4 c White vinegar
* 4 c Water
* 1/4 c Salt

Cook honey-chilis 30 minutes. Add tomato sauce, cook an additional 15 minutes. Add rest of ingredients, simmer 10 minutes.

North Carolina: Piedmont Xviii

Ingredients for 1 Servings:

* 3/4 c Cider vinegar
* 3/4 c Ketchup
* 3/4 ts Red pepper flakes
* 1 ts Sugar
* 1/4 c Water

Simmer all ingredients gently until sugar is thoroughly dissolved. Allow to set for flavors to blend.

North Carolina: Western I (Smoked Pork)

Ingredients for 1 Servings:

* 1 c Ketchup
* 1 c Brown sugar, packed
* 1/2 c Lemon juice
* 1/4 c Butter
* 1/4 c Onion, minced
* 1 ts Pepper Sauce
* 1 ts Worcestershire sauce

Combine all ingredients and simmer for 30 minutes. Reduce heat and simmer for another 30 minutes. Use as a dipping sauce.

North Carolina: Western Ii (Smoked Pork)

Ingredients for 1 Servings:

* 1 cn Tomato sauce
* 2 c Water
* 1 ea 6oz tomato paste
* 2 ea Dried chilis
* 1/2 c Ketchup
* 2 tb Worcestershire Sauce
* 2 ts Chili powder
* 1 ea Juice of two lemons
* 1/4 c Red wine vinegar
* 2 1/2 ts Salt
* 1/4 ts Tabasco
* 2 tb Pepper
* 1 ea Onion, finely chopped
* 1 ea Clove garlic, minced
* 2 ea Bay leaf
* 1/2 lb Butter
* 2 ts Dry mustard

Simmer all ingredients 30 minutes. Strain and cool.

North Carolina: Western Iii (Smoked Pork)

Ingredients for 1 Servings:

* 1 c Tomato sauce
* 1/4 c Ketchup
* 1/4 c White vinegar
* 1/4 c Water

* 2 tb Brown sugar
* 1 tb Paprika
* 2 tb Worcestershire Sauce
* 1 ts Dry mustard
* 1/2 ts Salt
* 1/4 ts Chili Powder
* 1/8 ts Cayenne Pepper

Simmer for 10 minutes. Refrigerate for at least 12 hours before using.

North Carolina: Western Iv (Smoked Pork)

Ingredients for 1 Servings:

* 2 tb Brown sugar
* 1/4 ts Chili powder
* 1/2 ts Salt
* 2 tb Worcestershire Sauce
* 1 c Tomato sauce
* 1/4 c Water
* 1 tb Paprika
* 1 ts Dry mustard
* 1/8 ts Cayenne
* 1/2 c White Vinegar
* 1/4 c Ketchup

Simmer 10 minutes and refrigerate overnight prior to using.

North Carolina: Western V

Ingredients for 1 Servings:

* 1/3 c Cider viengar
* 1 ts Salt
* 1 ts Celery seed
* 1/2 ts Cinnamon

* 1/2 c Ketchup
* 1/2 ts Chili powder
* 1/8 ts Nutmeg
* 1/2 ts Brown sugar
* 1 c Water

Simmer briefly and allow time for flavors to blend.

North Carolina: Western Vi (Smoked Pork)

Ingredients for 1 Servings:

* 1 1/2 c Brown sugar
* 1/2 c Butter
* 1 c Ketchup
* 1 ea Small bottle Heinz 57 Sauce
* 1 tb Celery seed
* 1 c Onion, finely chopped
* 2 ea Cloves garlic, minced
* 1/2 c Vinegar
* 1 tb Dry mustard

Carmelize butter and sugar until bubbly. Add vinegar and whisk. Add rest of ingredients and simmer until thickened.

Onion Rings

Ingredients for 8 servings:

* 8 ea Large onions
* 1 1/2 c All purpose flour
* 4 tb Corn meal
* 4 tb Onion powder
* 2 ts Salt
* 1 1/2 c Milk
* 1 ea Large egg

* 1/2 c Water
* 1 tb Orange food color

Combine flour, corn meal, onion powder, salt, milk, egg and water in a large mixing bowl and stir well and there are no lumps. Add food color if you prefer a nicer color to the finished batter. Slice the onions thick (about 1/2"). Use only the outer rings for best appearance and dip into batter. Drop coated rings into deep fryer and cook until golden brown. Drain on paper towels and serve. Great with Bar-B-Que!

Orange Barbeque Sauce

Ingredients for 12 Servings:

* 6 oz Chili sauce
* 1/4 c Soy sauce
* 2 tb Vinegar, chinese black
* 1/2 ts Ginger, grated
* 1/4 c Orange juice
* 1/4 c Molasses
* 2 tb Onion, grated
* 2 ts Sauce, hot pepper

Combine all ingredients in a large saucepan. Stir to blend then bring to a boil and let it cool. Makes about 1 1/4 cups. Will keep for a brief period if refrigerated. Serve with Barbequed Ribs, roast chicken or beef.

Oriental Bar-B-Q Pork Tenderloin

Ingredients for 8 servings:

* 8 lb Pork tenderloin (boneless)
* 1 1/3 c Soy sauce
* 2/3 c Oriental toasted sesame oil
* 4 ea Minced garlic cloves (large)
* 1 tb Ground ginger (fresh)
* 1 tb Msg (if desired)
* 19 oz Bottled bar-b-q sauce

Trim pork tenderloin of all fat (the sesame oil will prevent burning on the grill. Combine 1/3 c soy sauce, 1/3 c sesame oil, 3 minced garlic cloves, ginger, and MSG (if used) in a deep bowl and mix well (make sure the

ginger is not not clumping. Place pork into marinade and place in refrigerator for 6 to 8 hours (over- night if you prefer). Remove pork from marinade and place on covered grill. Add wet wood to grill firepan to insure adequate supply of smoke. Prepare sauce: Combine bar-b-q sauce, 1/3 c sesame oil, 1/3 c soy sauce and 1 minced garlic clove in a bowl and mix well. Serve over sliced pork tenderloins.

Oriental Bbq Sauce

Ingredients for 1 Servings:

* 4 tb Toasted sesame seeds
* 1 tb Peanut butter
* 4 tb Brown sugar
* 2 tb Curry powder
* 1/2 c Soy sauce
* 1 tb Pepper
* 1/3 c Oil
* 1/3 c Sherry
* 1 ts Grated ginger (amount ??)
* 1 tb Minced garlic
* 4 Green onions chopped, white

Place first 8 items in blender and blend 45 seconds. Stir into bowl with ginger, garlic & onions. Use to marinate chicken.

Outrageous Ham Steak Sauce (Bbq)

Ingredients for 4 Servings:

* 3/4 c Ketcup
* 1/4 c Cider vinegar
* 2 ts Worcestershire sauce
* 1/2 ts Hot pepper sauce
* 2 tb Mustard, Prepared
* 1/4 c Sugar, dark brown
* 1/2 ts Salt

Cook sauce uncovered for 15 minutes. Marinate ham in sauce for 1/2 hour or longer, grill, broil, or fry ham steak basting with the sauce as needed. Very Good!!

Oven Barbecued Caribou Ribs

Ingredients for 2 servings:

* 2 lb Caribou ribs
* 1 tb Vegetable oil
* Salt & Pepper
* 2 tb Brown sugar
* 16 oz Tomato sauce
* 2 tb Vinegar
* 2 ts Prepared mustard
* 1 ts Louisiana Hot Sauce

Place ribs in a large oven proof dish. Brush lightly with cooking oil; sprinkle with salt & pepper. Bake at 325-350 degrees until fairly well done, turning once. Combine the remaining ingredients with the tomato sauce; pour over ribs. Bake until done, basting occasionally with sauce.

Oven-Barbecued Turkey Legs

ingredients for 6 servings:

* 1/4 c Flour
* 1 ts Salt
* 1/2 ts Chili powder
* 1/4 ts Pepper
* 6 Turkey legs,small
* 1/2 c Barbecue sauce
* 1/2 c Water
* 1 Chicken bouillon cube,crush
* nd pepper; dredge turkey legs with
* turkey, turning to brown all sides.
* ouillon cube; spoon over turkey.
* ted 325'F. oven 1 hour.
* ey is tender, basting frequently.

Preparation:
* 1. Mix flour with salt, chili powder a flour mixture.
* 2. Heat oil in a large skillet; brown

* 3. Remove turkey to a 13x9x2-inch pan.
* 4. Combine barbecue sauce, water and b
* 5. Cover pan with foil; bake in prehea
* 6. Uncover and bake 1 hour, until turk NOTE: Delicious teamed with pan-baked potato halves, fresh zucchini and a hot peach or pear half!

Pasta with Chicken and Grilled Veggies

Ingredients for 4 servings:

* 1 1/2 lb Boned and skinned chicken
* 2 Portobello mushrooms
* 6 Halves sun-dried
* Oil-packed, drained
* Chopped
* 1/2 c Basil, fresh; minced
* 2 Roma tomato; halved
* 2 Japanese eggplant; q
* 4 cl Garlic (or to taste); min
* 3/4 lb Linguine or fettucine
* 1/2 c Olive oil (or to taste)
* 1 c Romano or parmesan cheese;
* S&p to taste

Recipe by: Joni Bodart Cook pasta al dente, set aside in hot water to keep hot. Lightly oil and grill chicken, eggplant, mushrooms, and roma tomatoes over med heat till done. Cook tomatoes on skin side only, so as not to lose any juice. Eggplant should be soft, tomatoes hot and lightly charred, and mushrooms and chicken cooked through. Cut chicken and eggplant into bite-sized pieces, and slice portobellos. (You can slice them first and grill the slices if you prefer) If the mushrooms are large, you may need to halve the slices. Cut tomato halves into two or four pieces, saving juice. Drain pasta, and toss with several drizzles of olive oil, garlic, basil, sundried tomatoes and 1/4 c cheese. Add chicken and veggies, toss again. Season to taste with s&p. Serve hot with the rest of the cheese. NOTE: The amounts may be played with, especially the amounts of chicken and pasta, and the mushrooms may be sauteed in butter rather than grilled if preferred. I really like the smoky taste from the grill.

Pasta with Grilled Shrimp & Vegetable Marinara

Ingredients for 9 servings:

* 1 md Zucchini; quartered and
* 6 oz Fresh mushrooms
* 3/4 c Italian salad dressing, low
* 3/4 lb Medium fresh shrimp; peeled
* 12 oz Fettucine; uncooked
* 28 oz Marinara sauce

In large baking dish, toss vegetables and 1/2 cup salad dressing; cover. In small bowl, toss shrimp, and remaining dressing; cover. Marinate vegetables and shrimp 30 minutes; drain. Grill or broil vegetables until slightly brown, about 5 min per side. Grill or broil shrimp until pink, about 2 min per side. Cook pasta according to package directions; drain. Meanwhile, in large saucepan, stir together marinara sauce and vegetables, heat to boiling. Reduce heat; add shrimp and heat through. Toss hot pasta and sauce.

Pat Fusco's Georgian Moppin' Sauce

Ingredients for 1 Servings:

----------FOR POULTRY AND PORK----------

* 1 ts Salt
* 1 tb Hungarian sweet paprika
* 1/4 ts Cayenne pepper
* 1/4 ts Dry mustard
* 1/2 ts Freshly ground pepper
* 1/3 c Water
* 2 tb Worcestershire sauce
* 1/3 c Red wine vinegar
* 1/4 c Unsalted butter; cut in bits

In a medium saucepan, combine the dry ingredients with the water. Heat to boiling; remove from heat. Add the Worcestershire sauce and vinegar. Stir in the butter. Makes about 1-1/4 cups.

Phoenix Brand Championship Bbq Sauce

Ingredients for 1 Servings:

* 1/2 Onion -- minced
* 3/4 c Whiskey
* 1/3 c Vinegar

* 1/2 c Brown sugar -- packed
* 1/2 ts Pepper
* 1/4 c Tomato paste
* 1/3 ts Hot sauce -- to taste
* 4 Cloves garlic -- minced
* 2 c Ketchup
* 1/4 c Worcestershire sauce
* 3/4 c Molasses
* 1/2 tb Salt
* 2 tb Liquid Barbecue SmokeAE --
* To taste

Combine onion, garllic and whiskey in a 3-quart saucepan. Saute until onion and garlic are tranlucent, about 10 min. Remove from heat and light mixture, flame for 20 seconds. Add all remaining ingredients. Bring to boil, then turn down mixture to a medium simmer. Simmer 20 min., stirring constantly. Run sauce through a medium strainer to remove onion and garlic bits if you prefer a smoother sauce. Makes 4 cups. This sauce get better with age so make it a day or two before use. Keep refigerated

Pineapple Barbecue Glaze

Ingredients for 1 Cup:

* 3 oz Pineapple juice, frozen
* 1/4 c Orange marmalade
* 2 tb A-1 (tm) Steak Sauce

In a saucepan, combine all ingredients. Bring to boiling. Use to baste poultry or pork, last 10 minutes of grilling.

Pineapple Cranberry Barbecue Sauce

Ingredients for 2 Cups:

* 1 ea 12 oz jar of pineapple
* 1/2 c Cranberry sauce, whole,
* 1/2 c Chili sauce
* 1/3 c Vinegar

Combine all ingredients. Use to baste pork, poultry or sweet potatoes last 15 minutes of grilling. Heat and pass remainder.

Pineapple Willie's Jack Daniel's BBQ Sauce

Ingredients for 4 cups:

* 1/2 lg Onion, minced
* 4 Cloves Garlic, minced
* 3/4 c Jack Daniel's Whiskey
* 2 c Catsup
* 1/3 c Vinegar
* 1/4 c Worcestershire Sauce
* 1/2 c Brown Sugar, packed
* 3/4 c Molasses
* 1/2 ts Black Pepper
* 1/2 tb Salt
* 1/4 c Tomato Paste
* 2 tb Liquid Smoke
* 1/3 ts Tabasco

Combine onion, garlic, and Jack Daniel's Whiskey in a 3-quart saucepan. Saute' until onion and garlic are translucent, approximately 10 minutes. Remove from heat and light mixture; flame for 20 seconds. Add all remaining ingredients. Bring to a boil, then turn down to a medium simmer. Simmer 20 minutes, stirring constantly. Run sauce through a medium strainer to remove onion and garlic bits if you prefer a smoother sauce. Cool and enjoy. NOTE: This sauce gets better with age. If time permits, keep it in the refrigerator a day or so to develop a deeper, richer taste.

Pit Barbeque Sauce

Ingredients for 2 servings:

* 1/2 lb Butter
* 1 pt Catsup
* 1 pt Vinegar
* 1 tb Brown Sugar
* 1 tb Tabasco Sauce
* 1 tb Onion Juice
* 1 1/2 Cloves Garlic, Fine Chop
* Ds Red Pepper
* Ds Black Pepper

* 1 tb To 3 tb Salt

Servings: 2

Combine all ingredients and heat over medium heat until the mixture boils. Reduce heat and simmer. Use for basting while barbecuing Pork, Beef, Fish or Chicken. Refrigeration is not necessary. Makes almost 2 quarts.

Pita Burgers with Cucumber-Yogurt Sauce

Ingredients for 4 Servings:

* 1 lb Lean ground beef
* 1/2 c Plain low-fat yogurt
* 1/3 c Chopped cucumber
* 2 ts Pepper-Herb Mix*, divided
* 1/4 ts Salt
* 2 Pita pocket breads
* 1 md Tomato

----------PEPPER-HERB MIX----------

* 2 tb Dried basil leaves
* 1 tb Lemon-pepper
* 1 tb Onion powder
* 1 1/2 ts Rubbed sage

Preparation time: 18 Minutes

1. Combine yogurt, cucumber, 1/2 teaspoon herb mix and salt in a small bowl; reserve.

2. Shape ground beef into four 1/2 inch thick patties. Sprinkle remaining 1 1/2 teaspoons herb mix over both sides of patties. Meanwhile heat large nonstick skillet over medium heat 5 minutes. Place patties in skillet and cook 6 to 8 minutes, turning once.

3. Season with salt, if desired.

4. To serve, place a burger in each pita half; add 2 tomato slices and yogurt sauce as desired.

Pitts Secret Basting Sauce

Ingredients for 1 Servings:

* 1 c Texas beer
* 2 tb Liquid smoke
* 2 tb Soy Sauce
* 1/4 c Wine vinegar
* 1/4 ts Tabasco

Mix all ingredients in a shaker-type bottle. Shake liberally on ribs, chops, etc. while cooking.

Plains Baked Beans

Ingredients for 12 servings:

* 3 c White beans,dried
* 1 ea Salt pork piece (8 oz)
* 1 c Water,boiling
* 1 ea Onion,large,chopped
* 1 ea Garlic cloves,peeled/chopped
* 3 tb Brown sugar
* 1/2 c Chili sauce
* 1/2 c Ketchup
* 1/4 c Molasses

1. Pick over and wash the beans well. Cover with cold water and allow to soak overnight. Next morning, drain the beans, cover with fresh water, and cook over low heat until they just begin to be tender. Rinse at once with cold water and place in a large 4-5 quart casserole.
2. Pour 1/2 cup of the boiling water over salt pork and score in several places. Add pork and water to beans.

3. Mix remaining ingredients with remaining boiling water and pour over beans in casserole. Cover and bake for about 6 hours, or until beans are tender, adding a little water if beans seem dry. Good hot or cold.

Plum Bar-B-Que Sauce

Ingredients for 4 Servings:

* 1/4 c Onion; Chopped -- 1 small
* 1/4 c Butter Or Margarine
* 1/4 c Chile Sauce
* 2 ts Mustard -- Dijon-style
* 16 1/2 oz Purple Plums; 1 cn -- *
* 6 oz Frozen Lemonade; Thawed -- 1Cn

* Plums should be drained, pitted and finely chopped.

Polynesian Teriyaki Sauce

Ingredients for 1 Servings:

* 1/2 c Soy Sauce
* 1/3 c Apricot-Pineapple preserves
* 1/2 ts Ginger
* 1/4 ts Garlic powder
* 1 tb Cornstarch
* 1/4 c Water

Combine first four ingredients in saucepan and bring to a boil slowly. While sauce is cooking, combine cornstarch and water and add to sauce. Cook until sauce thickens.

Pop's Bbq Sauce

Ingredients for 1 Servings:

* Pop's BBQ Sauce
* Xxxxx xxx xxxxx
* 2 tb Corn oil
* 2 c Chopped onion
* 6-10 cloves garlic, minced
* 3 tb Worcestershire sauce
* 1 ts Cracked black pepper
* 1 ts Dried oregano leaves,
* 1 c Catsup
* 1 c Chili sauce
* 1/2 c Unsulphured molasses
* 2 tb Cider vinegar
* 6-10 drops red-pepper sauce

In medium saucepan heat oil over medium heat. Add onion and garlic, reduce heat to low and cook about 10 minutes, stirring frequently. Add Worchestershire sauce, pepper and oregano; simmer 10 additional minutes, stirring frequently. In bowl mix catsup, chili sauce, molasses and vinegar; blend into onion mixture and simmer 30-40 minutes, stirring frequently. Blend in red-pepper sauce. Apply to meats during last 5-10 minutes of grilling. Use immediately or cool and refrigerate up to four weeks.

Pork Tenderloin with Hawiian Sauce

Ingredients for 8 servings:

* 6 lb Pork tenderloin
* 2 qt Reduced pork broth
* 1 c Brown mustard
* 1 c Yellow mustard
* 1/3 c Horseradish
* 1/3 c Ketchup
* 1/3 c Brown sugar
* 4 ea Cloves minced garlic (large)
* 1/3 c Salt
* 1/3 c Cummin
* 1/3 c Black pepper
* 16 ea Small red potatoes
* 4 ea Carrots (stripped)
* 1 c Pineapple rings

In saucepan, place pork broth, brown and yellow mustards, honey, horse- radish, kechup, brown sugar and garlic. Cook until simmers and then keep warm, reducing the stock. Grill pork tenderloin, turing to prevent buring while brushing sauce over the meat. Remove from grill when done (170 deg) [about 1 hour on low heat] Grill vegtables and pineapple during last half of the cooking time and serve with the meat.

Potatoes under the Grill

Ingredients for 2 Servings:

* 4 md Potatoes; peeled
* 40 g Unsalted butter*
* 1 Garlic clove
* Sea salt
* Freshly ground black pepper

*(Vegans use vegan margarine or oil instead of butter)

A lightly grilled circle of thinly sliced potatoes is simply flavoured with garlic and passed under the grill with a little butter on top. A lovely supper dish served with a tossed salad.

Slice the raw potatoes as thinly as possible and, using a biscuit cutter, cut out circles.

In a heavy pan heat enough butter, about 25 g (1 oz), to cover the bottom. Saut, the potato circles on both sides, one layer at a time, until they are just cooked.

Butter a small ovenproof dish, and rub the bottom with a cut clove of garlic. Melt the remaining butter. Make layers of overlapping potato circles, brushing them with melted butter and seasoning with salt and pepper. Then brush with the melted butter. Place under the grill for about I minute or until they are golden brown.

Pungent Bbq Sauce

Ingredients for 1 Servings:

* 1 c Olive oil
* 6 Cl Garlic; chopped
* 1 c Onion; minced
* 1 c Green pepper; minced
* 1 c Tomatos peeled and chopped
* 2 Celery; minced
* 2 tb Red win vinegar
* 2 ts Pepper
* 1 tb Basil
* 1 tb Chili powder
* 1/4 c Parsley; chopped
* 1 c Red wine

* 1 c Beef stock
* 1 c Tomato puree
* 1 1/2 ts Salt

Saute the garlic in the oil until browned and almost crisp. Add the onions and cook until tender but not browned. Add green pepper, tomatos, celery, basil, chili powder, stock and vinegar. Cover and let simmer for 40 min., then run the mixture through a blender or food processor. Add the remaining ingredients and simmer for at least

10 min., the longer this sauce simmers the better it makes it.

To serve this sauce can be used either hot or cold for basting or serving on the table. Makes 5 1/2 cups and can be stored in the refrigerator covered.

Quick Barbecue Beef Bake

Ingredients for 10 servings:

* 1 lb Ground beef
* 3/4 c Chopped onion
* 18 oz Barbecue sauce
* 2 c Shredded cheddar cheese
* 2 c Bisquick Original or Reduced
* 1 c Milk
* 2 Eggs

Prep time: 18 minutes. Bake time: 27 minutes.

HEAT oven to 400'F. Cook ground beef and 1/2 cup of the onion in 10" skillet until beef is brown; drain. Stir in barbecue sauce. Spoon into ungreased 13x9x2" baking dish; sprinkle with cheese.

STIR baking mix, milk and eggs until blended. Pour over beef mixture. Sprinkle with remaining onion.

BAKE 25-27 minutes or until crust is light golden brown.

Quick Barbecue Sauce #6

Ingredients for 2 Servings:

* 1/4 c Finely chopped onion

* 2 tb Butter or margarine
* 1/4 c Brown sugar, firmly packed
* 1 tb Worcestershire sauce
* 1/8 ts Hot pepper sauce
* 1 ea Clove garlic, finely chopped
* 1 c Catsup
* 1/4 c Lemon juice
* 1 ts Prepared mustard

In small saucepan, cook onion and garlic in margarine until tender. Add remaining ingredients; bring to a boil. Reduce heat; simmer uncovered 15 to 20 minutes. Use as basting sauce for pork, chicken or beef. Refrigerate leftovers. MICROWAVE: In 1-qt glass measure, microwave margarine on full power (high) 30 to 45 seconds or until melted. Add Onion and Garlic. Microwave on full power (high) 1 1/2 to

2 minutes, or until tender. Add remaining ingredients; cover with waxed paper. Microwave on full power (high) 3 to 5 minutes or until mixture boils. Microwave on 2/3rds power (medium-high) 4 to 5 mins. to blend flavors. Proceed as above.

Quick Bbq Sauce

Ingredients for 1 Servings:

* 1/4 c Onion -- finely chopped
* 2 tb Butter
* 1/4 c Brown sugar
* 1 tb Worcestershire sauce
* 1 Clove garlic -- finely Chopped
* 1 c Ketchup
* 1/4 c Lemon juice
* 1 ts Mustard
* 1/2 ts Tabasco sauce -- to taste

In a small saucepan, cook onion and garlic in butter intil tender. Add remaining ingredients bring to boil. Reduce heat, simmer uncoverd 15 to 20 min. Use as a basting sauce for chicken, pork or beef. Can be made in microwave.

Really Simple Barbeque Sauce

Ingredients for 1 Servings:

* 1 ea Onion, finely chopped
* 2 tb Fat or cooking oil
* 2 tb Vinegar
* 2 tb Brown sugar
* 4 tb Lemon juice
* 1 c Catsup
* 3 tb Worcestershire sauce
* 1/2 c Water
* 1/2 ts Tabasco sauce
* If desired

Brown onion in the oil and add remaining ingredients. Simmer for 30 minutes. Transfer to a blender and throughly blend, making a smooth sauce, ready for beef, chicken, pork, or little fuzzy lambs...

Rib Eye Express Bbq Tag Team Barbeque Sauce

Ingredients for 16 Servings:

* 16 oz Tomato sauce
* 1/2 c Karo, dark
* 1 c Vinegar, cider
* 1 c Sugar
* 1/2 c Ketchup
* 2 ts Onion powder
* 1/4 c Molasses
* 2 ts Tumeric
* 1 oz Smoke, more to taste
* 2 ts Pepper, coarse ground
* 1 ts Garlic powder
* 1/4 ts Cayenne
* 2 ts Salt
* 3 tb Cornstarch
* 2/3 c Corn oil
* 1/2 ts Paprika
* 1 ea Caramel coloring or Postum

Cook all ingredients except sugar, molasses, and karo for 15 minutes. Stir until hot and very well mixed, add in sugars and mix thoroughly. Do not attempt to cook sauce more until well mixed. Adjust thickness with cornstarch to desired thickness.

Rib Eye Express BBQ Tag Team Brisket BBQ Sauce

Ingredients for 1 Servings:

* 1 tb Oil
* 1 ea Medium Onion, grated
* 2 ea Cloves garlic, minced
* 1 c Tomato ketchup
* 3/4 c Cider vinegar
* 3/4 c Water
* 6 tb Brown sugar
* 6 tb Chili powder
* 1 ea 6 oz can tomato paste
* 3 tb Worcestershire sauce
* 1 tb Prepared mustard
* 1 tb Black pepper
* 1 tb Dark karo syrup

Saute the onion and garlic until they are softened, about 5 minutes. Mix in the remaining ingredients, reduce the heat to low and cook the mixture until it thickens, approximately 30 minutes. Stri frequently. If the consistency is thicker that you prefer, add a little water.

Rib Eye Express BBQ Tag Team Lamb BBQ Sauce

Ingredients for 1 Servings:

* 1 c Hoisin Sauce
* 1/2 c Rice vinegar
* 1/4 c Soy Sauce
* 2 ts Minced ginger root
* 2 ts Minced Garlic
* 2 tb Dijon Mustard
* 1 ts Ground Anise Seed

Combine the ingredients together in a saucepan and warm them over low heat for about 10 minutes.

Rib Eye Express BBQ Tag Team Pulled Pork BBQ Sauce

Ingredients for 1 Servings:

* 2 c Cider vinegar
* 2 tb Brown sugar
* 2 ts Salt
* 1 ts Black pepper
* 1 ts Hot red pepper flakes

Combine all the ingredients in a bowl and stir to dissorlve the sugar.

Rib Shack Bar-B-Q Sauce

Ingredients for 2 Servings:

* 1 c Catsup
* 1 tb Worcestershire sauce
* 1 c Water
* 1/4 c Vinegar
* 1 tb Sugar
* 1 ts Salt
* 1 ts Celery
* 1/8 ts Tobasco sauce

In sauce pan, combine all ingredients. Heat to boiling, let simmer for 30 minutes.

Rockets' Red Glare Barbecue Sauce

Ingredients for 4 Cups:

* 2 12-oz. bottles chili sauce
* 2 Garlic cloves; minced
* 1/3 c Ketchup
* 1/3 c Cider vinegar
* 1/3 c Brown sugar
* 3 tb Worcestershire sauce
* 3 tb Sherry

* 2 tb Chili powder
* 2 ts Ground cumin
* 1 ts Crushed red pepper

Stir together all ingredients in medium saucepan; bring to a boil and lower heat to just a simmer. Simmer for 20 minutes; stirring occasionally, until mixture is thickened and flavors are nicely blended. Remove to medium bowl or quart-sized jar, cool slightly, cover and refrigerate until serving. Makes 4 cups.

Rosemary-Citrus Grilled Tuna

Ingredients for 4 servings:

* 1/2 c Orange juice
* 1/4 c Dry white wine
* 1 tb Chopped fresh rosemary
* 3 tb Fresh lime juice
* 1 tb White wine
* Worcestershire sauce
* 2 Garlic cloves
* 4 6 oz tuna steaks; 1/2 inch t
* 1/2 ts Salt
* 1/4 ts Pepper
* Nonstick cooking spray
* Grilled lemon slices;
* Grilled orange slices;
* Rosemary sprigs; optional

Recipe by: Weight Watchers Magazine, May/June 1997, page 70 1. Combine first 7 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning bag occasionally. Remove tuna from bag; discard marinade. Sprinkle salt and pepper over tuna. 2. Prepare grill. Place tuna on grill rack coated with cooking spray; grill 5 minutes on each side or until tuna flakes easily when tested with a fork. Garnish with grilled citrus and rosemary, if desired. Yield: 4 servings.

Rosemary-Dijon Lamb Chops

Ingredients for 4 servings:

* 8 4 oz lean lamb loin chops
* 2 tb Chopped fresh rosemary
* 2 ts Dijon mustard
* 1 ts Extra-virgin olive oil

* 1/8 ts Salt
* 1/8 ts Pepper
* 4 cl Garlic; minced
* 2 tb Italian bread crumbs
* Nonstick cooking spray

Recipe by: Weight Watchers Magazine, Jul/Aug 1997, page 75 1. Trim fat from lamb chops. Combine rosemary and next 5 ingredients; rub mixture over both sides of chops. Sprinkle breadcrumbs evenly over chops. 2. Prepare grill. Place lamb chops on grill rack coated with cooking spray; grill chops 3 minutes on each side or until desired degree of doneness. Yield: 4 servings

Salmon Steaks with Cucumber Sauce *

Ingredients for 4 servings:

* 1/2 pt Sour Cream
* 1/2 ts Tabasco Pepper Sauce
* 1 c Diced Unpeeled Cucumber
* 1/4 ts Salt
* 1 tb Minced Fresh Dill
* 4 tb Melted Butter
* 4 1/2 ts Fresh Lime Or Lemon Juice
* 4 Salmon Steaks (6-8 Oz Each)
* Salt To Taste
* Lemon Slices

Tabasco sauce nicely sparks this simple recipe for broiled salmon steaks, with a contrasting cool sour cream and cucumber sauce.
~---------- ~
-- Blend together the sour cream and 1/4 teaspoon of the Tabasco sauce in a medium bowl. Stir in the cucumber, salt and dill. Set aside.

Preheat the broiler. In a small bowl, combine the butter, lime juice and remaining 1/4 teaspoon Tabasco sauce. Place the salmon steaks on a greased broiler rack. Sprinkle them lightly with salt and pour on the butter mixture. Broil 4 inches from the heat for 5 minutes per side, or until the flesh appears opaque. Garnish with lemon slices, and serve the sauce on the side.

Salsa Cubano Barbecue Sauce

Ingredients for 1 Servings:

* 1 md White onion, chopped
* 5 cl Garlic, chopped
* 1/2 c Sour orange juice < OR >
* 1/3 c Lime juice (see note)
* 1/2 ts Oregano
* 1/2 ts Cummin seeds
* 1/4 ts Salt
* 1/2 c Water

Put onions, garlic, orange juice (or lime juice) and water in a blender. Set blender on "liquify" setting and process. Crush all dry ingredients togather and add them to blender. Process for one minute more. Marinate meat (chicken, beef, pork or fish) for at least one hour in mixture. It is better to marinate meats overnight. Brush meat frequently with the sauce while cooking.....Makes 2 Cups.

Sara Lee's Arkansas Barbeque Sauce

Ingredients for 1 Servings:

* 1/2 c Water
* 3 oz Sugar, brown
* 3 oz Worcestershire sauce
* 3 oz Mustard, yellow
* 1/4 c Ketchup
* 1/8 c Pepper, black, ground
* 1/8 c Red pepper flakes
* 3/4 qt Red wine vinegar
* 1/4 qt White wine
* 3 oz Salt

Bring to a boil and then simmer for about 1/2 hour. Do not cook or store in aluminum, store in glass.

Sauce for Grilling

Ingredients for 1 Servings:

* 1 1/2 c Orange juice
* 2 tb Soy or teriyake sauce
* 1 tb Vietnamese garlic-chili sauc
* 2 tb Hoisin sauce
* 2 tb American style (e.g., heinz)
* 1 Of the marinade to thin the

Savory Chicken Bbq Sauce

Ingredients for 1 Servings:

* 1/2 c Corn oil
* 1 1/4 c Water
* 1/4 c Onion -- chopped fine
* 2 Cloves garlic clove --
* Crushed/chopped
* 1 1/2 ts Sugar
* 1 ts Salt
* 1 1/2 ts Chili powder
* 1 1/2 ts Paprika
* 1 ts Pepper
* 1/2 ts Dry mustard
* ds Cayenne -- to taste
* 2 tb Vinegar
* 1 ts Worcestershire sauce
* 1 ts Tabasco sauce
* 1 tb Corn starch and water
* ds Liquid Smoke opp.

Combine all ingredients except corn starch, simmer 30 min.To thicken add slurry of corn starch and water, let cool. Marinate chicken 1hour and baste while bbqing. Serve chicken with sour cream.

S.C. Basting Sauce

Ingredients for 1 Servings:

* 2 c Cider vinegar
* 1 tb Cayenne pepper
* 1 tb Black pepper; finely ground
* 1 tb Vegetable oil

Combine all ingredients in a bowl and mix well. Allow flavors to mellow at least 1 hour at room temperature.

Seafood Barbeque Sauce

Ingredients for 8 Servings:

* 2 ea Onions, small, diced
* 2 tb Celery, diced
* 1/3 c Oil
* 2 ts Mustard, dry
* 1 ts Salt
* 2 ts Worcestershire sauce
* 2 ts Lemon juice
* 1/2 ts Pepper
* 1/2 c Ketchup

Saute onion and celery until clear. Combine other ingredients. Cook to desired consistency.

Shadowus Tennesse-Style Bbq Sauce

Ingredients for 1 Servings:

* 1/4 c Butter
* 1/4 c Peanut oil
* 1/2 c Onion -- minced
* 4 Cloves garlic -- minced
* 1 c Chicken stock
* 1 1/2 c Catsup
* 1 tb Tabasco sauce
* 1/4 c Molasses

* 1/4 c Red wine vinegar
* 3/4 c Water
* 1 tb Liquid Barbecue SmokeAE
* 2 tb Worcestershire sauce
* 2 tb Brown sugar
* 2 Bay leaves broken in half
* 1 ts Paprika
* 2 ts Dry mustard
* 1/8 ts Thyme
* 1 ts Cayenne
* 1 ts Crushed red pepper
* 1 ts Salt
* 1/2 ts Ground pepper

In a large, heavy saucepan, melt the butter with the oil over medium heat. Add the onion, and saute until slightly caramlized, about 5 min. Add the garlic and saute another 2 min. Add all the remaining ingredients, raise the heat, and cook at a full boil for 10 min., stirring frequently. Reduce heat, partially cover,and simmer for 30 min., stirring occasionally. Sauce may be refrigerated and reheated when needed. makes 3-4 cups.

heila's Backyard Bbq Sauce

Ingredients for 5 Cups:

* 2 tb Vegetable oil
* 1 md Onion, peeled and slivered
* 4 Whole cloves garlic, peeled
* 1 cn Peeled plum tomatoes, crushd
* 1 1/2 c Ketchup
* 1 c Fresh orange juice
* 6 tb Fresh lemon juice
* 6 tb Red-wine vinegar
* 1/2 c Water
* 1/4 c Honey
* 1/4 c (packed)dark-brown sugar
* 3 tb Crystalized ginger, finely
* 2 tb Dark molasses
* 1 tb Worcestershire sauce
* 1/4 ts Tabasco, or more to taste
* 2 tb Chili powder
* 1 tb Ground coriander
* 1 tb Dry mustard
* 1 ts Salt, or more to taste

Short Beef Ribs with Pioneer Bbq Sauce

Ingredients for 1 Servings:

* 5 lb Beef short ribs
* 1 1/2 c Tomato puree
* 1/2 c Vinegar
* 1/4 c Sherry
* 1 ts Dry mustard
* 3 Jalapeno -- seeded and
* Chopped
* 2 Cloves garlic -- finely
* Chopped
* 1/2 c Onion -- finely chopped
* 1/4 c Olive oil
* 1/2 ts White pepper
* 1/4 c Honey
* 1 1/2 ts Cornstarch
* 3 tb Water

Season beef short ribs with salt and pepper and bake at 350x for 30 min. Pour off any accumulated fat, set ribs aside to cool. Combine all ingredients except the cornstarch and water in a saucepan and bring to boil. Dissolve cornstarch in the water and stir into sauce. Cook and stir until mixture boils and is thick. Cook for 2 min. Place ribs on medium-low heated grill and cook for about 20 min. and then turning to cook 20 min. on other side. Begin basting with sauce and cook, basting frequently for 15 min. each side. For oven cooking : Dip cooled ribs into sauce and place in a baking pan. Pour about 1 cup of the sauce over the ribs. Place in preheated 325x oven and bake

Smoked Pheasant

Ingredients for 6 Servings:

* 3 2-lb pheasants, quartered
* Hickory or applewood chips
* 2 tb Whiskey or water
* 1/2 ts Salt
* 1/2 ts Sugar
* Apple Barbecue Sauce (opt.,

1. Cut pheasant legs through the joints to separate drumsticks from thighs. Set drumsticks aside; bone and skin thighs and breasts. Refrigerate remaining pheasant pieces and bones for another use.

2. Place wood in smoker and ignite following manufacturer's directions. Or, place a layer of wood in the bottom of an aluminum-foil-lined shallow roasting pan, place rack over wood in roasting pan.

3. Arrange boned pheasant thighs and breasts and the drumsticks on rack in smoker or roasting pan. Brush with whiskey. Sprinkle with salt and sugar.

4. If using smoker, smoke pheasant 12 to 15 minutes or until cooked through. If using roasting pan, cover very tightly with lid or aluminum foil. Place over 2 burners of range, Heat over medium-high heat until smoke is produced. Lower heat and smoke pheasant 15 minutes. Turn off heat; allow pheasant to stand 5 minutes before cover is removed. (If using roasting pan on electric range, shake pan occasionally so wood burns evenly.)

5. Serve with Apple Barbecue Sauce, if desired.

Smoked Shrimp Enchilada W/red Pepper Cream, Barbecue Sauc

Ingredients for 4 Servings:

* 1 Bag wood chips for smoking
* Soaked in water
* 1 Chipotle pepper
* 2 Serrano peppers
* 2 Tomatoes -- seeded
* 1 Red onion
* 3 Red bell peppers -- split
* And seeded
* 1 Turnip
* 4 Cloves garlic
* 1 ga Beef stock
* 2 tb Dry mustard
* 3 Carrots -- chopped
* 1/2 c Raspberry vinegar
* 1/2 c Brown sugar
* 1 c Ketchup
* 2 c Heavy whipping cream
* 1 Red bell pepper
* 1 c Sour cream
* Salt and pepper -- to taste
* 2 oz Sun-dried tomatoes -- soaked

* And diced
* 3 oz Sweet onions -- diced
* 1 c Fresh corn kernels
* 1 c Mushrooms -- diced
* 1/2 c Green onions -- thinly
* Sliced
* 15 Smoked shrimp -- diced
* 4 Flour tortillas
* 1 pt Heavy whipping cream --
* Reduced by half
* 2 tb Lime juice -- use
* Fresh-squeezed
* 1 tb Unsalted butter
* Salt and pepper -- to taste

STEP ONE: Prepare the Barbecue Sauce-- Start a charcoal fire in outdoor grill. When coals are white-hot, cover with soaked wood chips. Place chipotle and serrano chiles, tomatoes, red onion, 3 red bell peppers, turnip, and garlic on grill and cover. Adjust dampers to reduce heat and smoke vegetables for about 20 minutes. (When vegetables are done, smoke shrimp for enchilada filling for about 15 to 20 minutes.) Add vegetables to beef stock and reduce to 1 quart. Meanwhile, reduce brown sugar and raspberry vinegar to syrup consistency. Strain vegetables from stock and discard. Add carrots, mustard, and vinegar-sugar mixture to stock and simmer until carrots are done. Puree sauce in blender and strain. Return to heat, add ketchup, and reduce until sauce coats the back of a spoon. Add salt and pepper to taste.

CHEF'S NOTE: Adjust amount of chiles for hotter sauce.

STEP TWO: Prepare the Red Peppers-- Over an open flame, roast the red bell pepper until skin is charred black and begins to loosen from the pepper. Immediately immerse pepper in ice water. When cool, peel and seed pepper and place in blender with sour cream. Puree until smooth and add salt and pepper to taste.
STEP THREE: Create Smoked Shrimp Enchiladas-- Saute sun-dried tomatoes, diced sweet onion, corn kernels, mushrooms, and green onions in butter until slightly soft. Add shrimp,cream and lime juice and reduce. Taste for salt and pepper.

Place equal amounts of fillings in center of tortilla and roll the tortilla in a cylinder.

Garnish each tortilla with a dollop of Red Pepper Cream and pour barbecue sauce around the enchilada.

South American Hot Bbq Sauce

Ingredients for 3 Servings:

* 1/2 c Minced yellow onion
* 1/2 c Minced sweet green pepper
* 2 Cloves garlic, crushed
* 1/4 c Olive oil

* 2 ts Chili powder
* 2 c Tomato puree
* 1/2 c Red wine vinegar
* 1/3 c Firmly packed dark brown
* 1/4 ts Crushed dried hot red chili
* 1 1/2 ts Salt

Stir fry onion, green pepper and garlic in oil in a saucepan over moderate heat 5 to 8 minutes until onion is pale golden. Add chili powder and stir fry 1 to 2 minutes. Add remaining ingredients, cover and simmer 30 minutes. Use as a basting sauce for spareribs, beef or poultry.

South Central Carolina Gold

Ingredients for 1 Servings:

* 1 1/2 c Prepared Mustard
* 5 tb Brown sugar
* 4 tb Tomato paste
* 3 tb Apple cider vinegar
* 1 tb Worcestershire Sauce
* 1/2 ts Cayenne pepper
* 1/2 ts Black pepper
* 1/2 ts Garlic powder

Combine and simmer for about 5 minutes to dissolve sugar. Don't overcook.

South Central Carolina Gold Ii

Ingredients for 1 Servings:

* 1 c White vinegar
* 3/4 c Mustard
* 1/2 ea Onion, chopped
* 1/3 c Water
* 1/4 c Tomato puree
* 1 tb Paprika
* 6 ea Garlic cloves, minced
* 1 1/2 ts Salt
* 2/3 ts Cayenne pepper
* 1/2 ts Black pepper

Simmer all ingredients for 30 minutes. Allow to cool and flavors to blend.

South Central Carolina Gold Iii

Ingredients for 1 Servings:

* 2 ea Bottles Worcestershire Sauce
* 1 ea Bottle Tabasco Sauce
* 1/2 ga Vinegar
* 1 ea Box Black Pepper
* 1/2 ga Ketchup
* 1 1/2 ea Juice from Lemons
* 1 ea Jar Yellow Mustard
* 3/4 lb Butter
* 4 ea #2 Cans Tomatoes
* 4 ea Vidalia Onions, chopped

Combine all ingredients and simmer gently for 30 minutes. Blend thoroughly in food processor or blender until smooth.

South Central Carolina Gold Iv

Ingredients for 1 Servings:

* 2/3 c Mustard
* 1/2 c Sugar
* 1/4 c Brown sugar
* 1 c Cider vinegar
* 2 tb Chili powder
* 1 ts Black pepper
* 1 ts White pepper
* 1/4 ts Cayenne pepper
* 5 dr Tabasco sauce
* 1/2 ts Soy Sauce
* 2 tb Butter

Mix together all but the Soy Sauce, butter and simmer 15 minutes. Stir in Soy Sauce and butter.

South Central Carolina Gold V

Ingredients for 1 Servings:

* 3/4 c Mustard
* 3/4 c Red wine vinegar
* 1/4 c Sugar
* 1 1/2 tb Butter
* 2 ts Salt
* 1 tb Worcestershire Sauce
* 1 1/2 ts Pepper
* 1/2 ts Tabasco Sauce

Mix all ingredients and simmer for 30 minutes.

South Central Carolina Gold with Margarine

Ingredients for 1 Servings:

* 3/4 c Mustard
* 3/4 c Red wine Vinegar
* 1 1/2 tb Margarine
* 2 ts Salt
* 1 1/4 ts Black pepper
* 1/2 ts Tabasco
* 1/2 ts Worcestershire Sauce
* 1/4 c Sugar granulated

Mix thoroughly and simmer 10-15 minutes until sugar is dissolved.

South Central Carolina Ham

Ingredients for 1 Servings:

* 3/4 c Water
* 3 tb Onion, minced
* 1 ea Garlic, clove
* 1 c Mustard
* 1 ts Dry mustard
* 3 tb Chili Sauce
* 7 ts Sugar
* 2 ts Honey
* 1 tb Worcestershire Sauce
* 1/8 ts White pepper
* 1/4 ts Black pepper
* 1/2 ts Cayenne

Cook for 15 minutes. Use this sauce to baste ham...

South Central Carolina: Baste/bbq Sauce

Ingredients for 1 Servings:

* 3 tb Peanut oil
* 2 ea Cloves garlic, minced
* 1 ea Onion, minced
* 1/2 c Ketchup
* 1/3 c Cider Vinegar
* 2 tb Lemon juice
* 2 tb Honey
* 1 tb Brown sugar
* 2 tb Dry mustard
* 1 ts Ginger

Mix thoroughly and allow flavors to blend.

South Seas Pork Tenderloin

Ingredients for 4 servings:

* 2 1/2 pound pork tenderloins
* 1 1/4 c Orange juice
* 1/2 c Teriyaki marinade and sauce
* 2 tb Honey
* 1/4 ts Pepper
* 3 Garlic cloves; crushed
* 2 sl Peeled fresh ginger; 1/8
* Nonstick cooking spray
* 8 sl Cored peeled fresh p

Recipe by: Weight Watchers Magazine, Jul/Aug 1997, page 90 1. Trim fat from pork. Combine pork and next 6 ingredients in a zip-top plastic bag. Seal; marinate in refrigerator 8 hours or overnight. Remove pork from bag, reserving marinade. 2. Prepare grill. Place pork on rack coated with cooking spray; grill 12 minutes, turning and basting frequently with reserved marinade. Add pineapple to grill; grill pineapple and pork an additional 8 minutes or until pineapple is lightly browned and pork registers 160 oF (slightly pink), turning occasionally and basting pork. Cut pork across grain into 1/4 inch thick slices. Serve with pineapple. Yield: 4 servings

Spareribs with Mustard Sauce

Ingredients for 8 servings:

* 10 lb Spareribs
* 1 c Salt
* 1 c Cummin
* 1 c Black pepper
* 1/3 c Cayenne pepper
* 1/3 c Minced garlic
* 1 c Brown sugar
* 1/3 c Ground horseradish
* 1/3 c Yellow mustard
* 1/4 c White wine
* 1 c Honey

Dry Rub Seasonings: Combine salt, cummin, black pepper and cayenne pepper and mix well. Rub over entire surface of the spareribs. Creole Mustard: Combine horseradish, yellow mustard and white wine. This will keep refrig- erated for several months. Mustard Sauce: Combine minced garlic, brown sugar, and Creole Mustard in a bowl and mix well. Grill ribs bone side down, glazing with mustard sauce as it cooks. Turn several times to avoid buring, adding sauce to the upper side. Glaze ribs with the honey near the end of the cooking time (approx 15 min)

Speedy Barbeque Sauce

Ingredients for 1 Cup:

* 1/2 c Undiluted tomato soup
* 3 tb Red wine or cider vinegar
* 1 tb Molasses
* 1 ts Celery seed
* 1/2 ts Chili powder

Combine tomato soup, vinegar, molasses, celery seed and chili powder in a jar, seal, shake until well mixed. Store, tightly covered, in the refrigerator, up to 1 month.

Spice Country Barbeque Sauce

Ingredients for 8 Servings:

* 2 tb Oil
* 1 ea Onion, medium
* 8 oz Tomato sauce
* 1/2 c Brown sugar, packed
* 1/4 c Vinegar, white
* 1 tb Worcestershire sauce
* 4 ts Chili powder
* 2 ts Salt
* 1/2 ts Mustard, dry

Finely dice onion, saute until clear. Combine all other ingredients except sugar. Cook down till thickened. Add sugar and carefully simmer until you have the correct consistency.

Spicy Barbecue Sauce

Ingredients for 1 Servings:

* 3/4 c Catsup
* 2 tb (veggie) Worcestershire
* Sauce
* 1/2 c Water
* 6 tb Red wine vinegar
* 1 tb Brown sugar
* 1 sm Bay leaf
* 1 ts Dried oregano
* 1 tb Paprika
* 1/2 ts Garlic powder
* 1 ts (or more) chili powder
* 1/2 ts Ground cloves
* 1 ts Cracked black pepper
* 2 tb Whole mustard seeds
* 2 ts Spice Islands hickory smoked
* Salt
* 2 tb Onion powder

Combine liquid ingredients in small saucepan. Combine dry ingredients in bowl. Add dry ingredients to liquids and mix well. Bring mixture to a boil, then simmer 1 hour over low heat. Covered or not; it splatters if you don't cover it but if you don't mind cleaning up your stove the sauce thickens up more if it's uncovered. (take out the bay leaf!)

Spicy Basting Sauce

Ingredients for 1 Servings:

* 1 c Orange juice
* 1/2 c Lemon juice
* 1/4 c Soy Sauce
* 1/4 c Packed Brown Sugar
* 1 ts Curry powder
* 1 ts Black pepper
* 1/2 ts Ginger
* 1/4 ts Mace

Combine all ingredients thoroughly. Use to baste turkeys or chickens during last 30 minutes of cooking. Makes 2 cups sauce.

Spicy Texas Bbq Sauce

Ingredients for 1 Servings:

* 1 c Ketchup
* 1/4 c Lime juice
* 1 ts Veg oil
* 1 1/2 c Onion; chopped
* 2 Cl Garlic; fine chop
* 12 oz Beer
* 1/2 c Brown sugar; firm packed
* 2 ts Red chiles; to taste
* 1 ts Worcestershire sauce
* 2 Jalapeno; seeded and chopped
* 12 oz Tomato paste

Heat all ingredients to boiling in a 2 quart pan, reduce heat to low. cover Makes 5 cups sauce.

Spit Roasted Chili Barbequed Ribs

* ingredients for 4 servings: 4 tb Butter
* 2 ea Cloves garlic, fine chopped
* 2 ts Chili powder
* 1/2 c Soya sauce
* 1 tb Granulated sugar
* 1/2 c Chicken stock
* 4 c Canned plum tomatoes
* 1 c Dry red wine
* 2 tb Cornstarch
* 1 ea Salt
* 5 lb Trimmed spareribs
* for another 40 minutes or until

Preparation: Melt butter in saucepan or skillet over medium high heat and cook onion until soft. Add garlic and cook a minute longer. Put tomatoes through a food mill or puree in a blender or food processor. Add to onion mixture along with all other ingredients except meat. Bring to a boil and simmer for several minutes. Remove from heat and set aside. Thread ribs on to spit and secure with prongs. Close cover two thirds of way. Spit roast for

* 30 minutes, then baste every ten or so juices run clear. Place several tablespoons of sauce on each plate and serve with ribs. Makes about 4 servings

Sprinkle Barbecue Sauce (Dry Rub)

Ingredients for 1 Servings:

* 2 tb Black pepper
* 6 tb Salt
* 1 1/2 tb Garlic powder
* 1 tb Cayenne pepper
* 3 tb Chili powder
* 4 tb Paprika

Mix all the ingredients together in a bowl. Before barbecuing chicken, ribs, briskets, fish or pork chops, sprinkle on very heavy. This mixture serves as a "dry" barbecue sauce but makes a crust, sealing in juices.

Sweet and Sour Barbecue Sauce

Ingredients for 7 Cups:

* 1 ea Catsup, 32 oz bottle
* 1 1/2 c Water
* 1 c Vinegar
* 1 c Brown sugar, packed
* 1/2 c Soy sauce
* 1/4 c Worcestershire sauce
* 1/3 c Onion, finely chopped
* 2 tb Mustard, prepared
* 2 tb Horseradish, prepared
* 1 ts Seasoned salt

In a large saucepan, combine the catsup, water, vinegar, brown sugar, soy sauce, Worcestershire sauce, onion, mustard, horseradish, and season salt. Bring to a boil; reduce heat and simmer, uncovered for

30 minutes. Use to baste beef, lamb or poultry during last 15 minutes of grilling. Heat and pass remainder.

Sweet and Spicy Steak

Ingredients for 4 Servings:

* 4 Beef chuck top blade steaks

----------SAUCE----------

* 1/2 c Prepared chunky salsa
* 1/4 c Ketchup
* 2 tb Packed brown sugar
* 1 tb Dijon-style mustard

Preparation time: 30 min.

1. In small bowl, combine sauce ingredients; mix well. Reserve 1/2 cup sauce.

2. Place beef steaks on grid over medium ash-covered coals. Grill uncovered 18 to 22 minutes for medium rare to medium doneness, turning occasionally and brushing both sides with remaining sauce during last 5 minutes of grilling.

3. Serve steaks with reserved sauce.

Sybil Carter's Barbecue Sauce

Ingredients for 32 servings:

* 3 tb Bacon fat
* 1 ea Onion,peeled/chopped
* 1 ea Garlic clove,peeled/minced
* 1/2 c Green pepper,chopped
* 1 cn Tomatoes,canned (16 oz)

* 2 tb Tomato paste
* 1 c Water
* 4 tb Brown sugar
* 2 ts Mustard,dry
* 1 ea Lemon,quarterd
* 1/4 c Vinegar
* 1 ts Salt
* 3 ds Red pepper sauce

1. Heat bacon fat in a large heavy pot over low heat; saute onion, garlic, and green pepper until limp. Add remaining ingredients, blend well, bring to simmering, then lower heat and cook slowly until thick. Remove and discard lemon quarters. This sauce keeps well in the refrigerator, and Sybil often doubles the recipe to have on hand to use whenever a barbecue recipe is called for. Heat well before using. Baste over meat during last 15 minutes of cooking, and, if desired, spoon over cooked meat before serving.

2. Excellent for chicken, spareribs, pork chops, hamburgers, hot dogs, steaks and kabobs - just about any barbecued meat.

Tabasco Classic - Avery Island Barbecue Sauce ***

Ingredients for 1 servings:

* 2 tb Butter Or Margarine
* 1 c Chopped Onion
* 1/2 c Chopped Celery With Leaves
* 1/4 c Chopped Green Pepper
* 1 tb Minced Garlic
* 29 oz Canned Whole Tomatoes,
* 6 oz Tomato Paste
* 1/3 c Red Wine Vinegar
* 3 tb Molasses
* 2 Lemon Slices
* 2 ts Tabasco Pepper Sauce
* 2 ts Dry Mustard
* 1 Bay Leaf
* 1/2 ts Ground Cloves
* 1/2 ts Ground Allspice

This classic spicy barbecue sauce has a mellow, rich flavor that is marvelous with just about anything you'd care to grill. Serve additional sauce on the side. ~---------- ~-- In a heavy nonaluminum saucepan over medium heat, melt the butter and saute the onion, celery, pepper, and garlic for 5 minutes, or until the onion is tender but not browned. Add the remaining ingredients. Cover and simmer for 30 minutes, until the sauce thickens, stirring occasionally. Discard the lemon slices and bay leaf.

Brush the sauce on chicken, ribs, frankfurters, or hamburgers during grilling, broiling, or baking. Makes 2-1/4 cup.

Talmadge Farm Barbeque Sauce

Ingredients for 1 Servings:

* 1 c Cider or red wine vinegar
* 1 tb Ginger, fresh grated
* 2 tb Dry mustard
* 1 1/4 c Catsup
* 5 tb Worcestershire sauce
* 1 ea Clove garlic, minced or
* 1 c Brown sugar, light
* 1 ea Lemon, thinly sliced, seeded
* 3 tb Butter unsalted

Combine the vinegar, grated ginger, mustard, ketchup, worcestershire, garlic, brown sugar, and lemon slices in a stainless steel or enamel saucepan. Bring to a boil, reduce the heat, and simmer 15 minutes. Add the butter, and simmer 2 minutes longer. Stir in the salt and lemon juice. Set the sauce aside to ripen for several hours or overnight. Then strain, and sore in a cover jar in the refrigerator. This will keep for several weeks, but it doesn't freeze well

Tangy Short Rib Barbecue

* ingredients for 6 servings: 5 lb Beef short ribs
* 2 tb Oil
* 1 c Onions,chopped
* 1 1/4 c Catsup
* 3/4 c Water
* 1/4 c Vinegar
* 2 tb Brown sugar
* 2 ts Salt
* about 2 1/2 inches wide; trim excess
* d roasting pan; bake in preheated
* nutes.
* pour off fat.
* rack.

* and saute 2 minutes.
* g to a boil.
* 2 minutes; pour over beef to coat.
* beef is fork-tender, about 2 hours,
* ith pan sauce.

Preparation:
* 1. Cut ribs into individual portions, fat.
* 2. Place ribs on a rack in a foil-line
* 450'F. oven until browned, about 20 mi
* 3. Reduce oven temperature to 350'F.
* 4. Remove beef and rack from the pan;
* 5. Return beef to the pan without the
* 6. Heat oil in a saucepan; add onions
* 7. Stir in remaining ingredients; brin
* 8. Reduce heat and simmer, uncovered,
* 9. Cover and bake in 350'F. oven until spooning sauce over beef once.
* 10. Skim excess fat from sauce in pan.
* 11. Arrange beef on a platter; serve w

Tangy Sweet Bbq Sauce

Ingredients for 1 Servings:

* 3 lg Onion
* 6 tb Vinegar
* 6 tb Brown sugar
* 1 tb Worcestershire sauce
* 3 c Ketchup
* Salt; to taste
* Cayenne; to taste
* 6 tb Margarine
* 1/2 c Lemon juice
* 6 ts Mustard
* 3 ts Chili powder
* 1 1/2 c Water
* Tabasco sauce; to taste

Chop onion. Saute in margerine until lightly colored. Add all other ingredients and simmer for 30 min. makes 7 cups.

Tarragon Turkey Burgers

Ingredients for 4 servings:

* 1 lb Ground turkey
* 1 Egg; beaten
* 1/4 c Chopped red onion
* 2 tb Chopped parsley
* 1 1/2 ts Fresh tarragon (1/2t dried)
* 1/2 ts Salt
* 1/4 ts Dried thyme; crumbled

Recipe by: Weight Watchers Magazine July 1996 Prepare grill for medium fire. Combine all ingredients in medium bowl. Shape meat into four

1/2" thick burgers. Place burgers in center of grill, about 6 inches from coals. Cook, turning once, until burgers are cooked through and meat springs back when pressed lightly with finger. Serving (1 burger) provides: 3 1/2 Protein, 4 cal.

Tennessee Bbq Sauce

Ingredients for 6 servings:

* 1 c Catsup
* 1/2 c Brown sugar
* 1 ts Celery seed
* 1/2 ts Salt; optional
* 1/2 c Vinegar
* 1/4 c Worcestershire sauce
* 2 c Water
* 1 ea Onions, chopped

Combine ingredients in small saucepan and bring to boil. Simmer until reduced to thick sauce, stirring occasionally.

Texas Barbecue Sauce #1

Ingredients for 1 Servings:

* 1 Stick butter
* 3 Cloves garlic -- minced
* 1 Onion -- chopped
* 1 Lemon -- diced
* 1/2 c Worcestershire sauce
* 1 c Vinegar
* 1 c Vegetable oil
* 1/2 c Beer
* 3 tb Lemon juice
* 1 tb Tabasco sauce
* 1/2 c Honey
* 1 tb Worcestershire sauce
* 1 ts Pepper -- or to taste
* 1 ts Onion salt
* 1 ts Garlic salt
* 1 c Catsup -- (optional)

Bring ingredients to a boil and baste over any meat or chicken. Catsup may be added to mixture if tomato flavor is desired.

Texas Barbecue Sauce #2

Ingredients for 1 Servings:

* 1 Pod
* 5 md Onion -- chopped
* 1 c Wesson oil
* 2 Bottles
* 1/3 c Louisiana hot sauce
* 2/3 c Worcestershire sauce
* 2 c Vinegar
* 1 Fifth

* Garlic
* Catsup
* Sherry -- If desired

Brown onions and garlic in small amount of oil. Add catsup, hot sauce, Worcestershire sauce, vinegar, and thre rest of the oil. Blend well over slow fire. Remove from heat and add sherry. Mix well. May be refrigerated and used over and over.

Texas Barbecue Sauce #3

Ingredients for 1 Servings:

* 1/4 ts Margarine
* 1 c Vinegar
* 4 ts Garlic salt
* 3 Cloves garlic -- chopped
* 1 tb Horseradish
* 4 tb Worcestershire sauce
* 1 md Bottle catsup
* 1 Bottle
* 1 ts Salt
* 1 1/2 ts Tabasco sauce
* 1/2 c Water
* 1 ts Dry mustard
* 1 ts Liquid Barbecue Smoke
* 1/2 c Packed brown sugar
* A-1 Steak Sauce

Combine ingredients. Heat mixture until margarine melts.

Texas Barbecue Sauce #4

Ingredients for 1 Servings:

* 2 md Onions
* 2 tb Salad oil
* 1 12 oz

* 1/2 Bottle
* 1/2 Lemon
* 1 sm Pod
* 1/2 36 oz can
* 1/4 cn Ro-Tel green chiles
* 1/8 Box brown sugar
* 1 ds Salt
* Bottle catsup
* Worcestershire sauce
* Garlic
* Tomato juice

Brown onions in oil; add remaining ingredients. Cook about 30 minutes.

Texas Pit Barbecue Sauce

Ingredients for 8 Servings:

* 1 Medium onion; chopped
* 1 Clove garlic; minced
* 2 tb Butter/margarine
* 1/2 c Ketchup
* 1/4 c Water
* 2 tb Vinegar
* 1 tb Light brown sugar
* 1 ts Prepared mustard
* 1/2 ts Hot pepper sauce, (opt)
* 1 Lemon or orange, (opt);
* Sliced
* Salt and pepper to taste

Cook the onion and garlic in butter in a medium saucepan until tender. Add ketchup, water, vinegar, brown sugar, mustard, salt, pepper and hot pepper sauce. Bring to a boil. Remove from the heat and let stand for the flavors to mingle. At this point, a sliced lemon or orange can be added, or a bit of the juice of either. With this recipe, true Texans usually add their own SECRET INGREDIENTS which can include beer, wine, bourbon, bay leaves, chili powder, tomatoes, vegetable oil or fat.

Texas Style Bbq Sauce

Ingredients for 1 Servings:

* 1/2 lb Pickling spices
* 1 ts Whole cloves
* 1 ea Medium Onion, chopped
* 2 ea Stalks Celery, chopped
* 36 oz Ketchup
* 1/2 c Chili Sauce
* 1 qt Water
* 1/2 c Cider vinegar
* 1 tb Dry mustard
* 1/2 c Worcestershire Sauce
* 1/2 c Light Brown Sugar, packed
* 1/4 tb Garlic, powder
* 1 tb Salt, to taste
* 1 tb Tabasco
* 2 tb Lemon Juice

Tie pickling spices and cloves loosely in cheesecloth bag. Combine all ingredients in a heavy pot; heat to a boil. Reduce heat and simmer slowly, about 1 1/2 hours. Remove from heat; cool partially. Remove spice bag. Pour mixture into blender and blend until smooth. Cover until ready to serve.

Texas Table Sauce for Barbecue

Ingredients for 8 Servings:

--------MAKES SAUCE FOR 6LB MEAT----------

-------STORES WELL,SERVE WITH ANY----------

----------BB-Q MEAT----------

* 3/4 c CIDER VINEGAR
* 3/4 c WARM WATER
* 1 tb SALT
* 1 ts Coursely ground pepper
* 1 ts Hungarian ground PAPRIKA
* 2 tb Dark brown sugar
* 1 tb Dark molasses
* 3 tb Dry mustard
* 1/2 c Ketchup
* 1/4 c Chile sauce
* 3 tb Worcestershire sauce
* 1 cl Garlic,,pressed
* 2 tb Minced onion

* 1 c Butter

In a 2 cup measure, conbine vinegar and water. Stir in salt, pepper, paprika, brown sugar, molasses and dry mustard. Set aside to boil over medium/low heat. Stir in vinegar water. TRANSFER to outside grill and simmer uncovered for an hour or so,,, stirring from the jar in the refrigerator. SERVE HOT WITH BARBECUE,,, (this is VERY similiar to one served in one of our more popular BBQ restaurants.)

Thai Bbq Chicken Appetizers

Ingredients for 1 Servings:

* 3 lb Chicken wing drummettes

----------MARINADE----------

* 1/4 c Coarsely chopped garlic
* 1 bn Cilantro
* 1 ts Ground turmeric
* 1 ts Curry powder
* 1 1/2 ts Ground dried chilis
* 1 tb Sugar
* 1/4 ts Salt
* 3 tb Thai fish sauce

----------BASTING LIQUID----------

* 1/2 c Coconut milk (canned is ok)

----------DIPPING SAUCE----------

* 1/2 ts Dried chili flakes
* 2 Garlic cloves
* 1 tb Brown sugar
* 1/4 ts Salt
* 1/2 c Chinese red rice vinegar
* 1 Green onion; thinly sliced
* 1 tb Coarsely chopped cilantro

Preparation: ========== Process all marinade ingredients in a blender until smooth. Marinate chicken, refrigerated, overnight. Grill over hot coals until done, brushing frequently with coconut milk. Serve garnished with cilantro sprigs, accompanied by steamed rice and bowls of dipping sauce.

DIPPING SAUCE: ========== Pound first 4 ingredients to a paste with mortar and pestle, then dissolve in vinegar. Alternatively, put it all in a blender and blend until smooth. Float the green onions and cilantro on top.

Thai Beef Grill

Ingredients for 4 Servings:

* 2 Beef top loin steaks
* 1 Beef top sirloin steak
* 3 tb Light teriyaki sauce
* 1 lg Sweet onion*

----------PEANUT SAUCE----------

* 2 tb Light teriyaki sauce
* 2 tb Creamy peanut butter
* 1/8 ts Crushed red pepper

*(such as Vidalia, Walla Walla, Texas Sweet or Maui),

1. Brush 3 tablespoons teriyaki sauce evenly over both sides of beef steaks and onion slices. Place steaks and onion on grid over medium, ash-covered coals. Grill top loin steaks, uncovered. 15 to 18 minutes (top sirloin steak 17 to 21 minutes) until steaks are medium rare to medium doneness and onion is tender, turning occasionally.

2. Meanwhile in small bowl, using a fork, gradually stir 2 tablespoons teriyaki sauce and 2 tablespoons water into peanut butter and red pepper, mixing until smooth.

3. Trim fat from steaks. Carve steaks crosswise into thich slices; serve with onion and sauce.

The Good, the Bad, The Swine's Rum Barbecue Sauce

Ingredients for 1 Qt:

* 1 c Dark rum

* 2 tb Liquid smoke
* 2 tb Barbecue sauce,
* Bottled, smoky
* 3 tb Onion flakes, dry

* 1 tb Mustard, dry
* 2 c Ketchup
* 1 pn Habanero chile pepper

Combine the rum, liquid smoke, barbecue sauce, onion flakes and dry mustard in the top of a double boiler. Heat water in the bottom of the double boiler and cook for 15 minutes over medium heat. Stir in the ketchup and cook the sauce for 3o minutes, or until well flavored. Stir in the chile pepper to taste. Walt

Three-Pepper Catsup

Ingredients for 1 servings:

* 2 tb Olive oil
* 1/2 c Minced onion
* 1/2 c Sliced green onions
* 1/2 c Minced red bell pepper
* 3 Pickled jalapenos
* Stemmed and minced
* 2 Garlic cloved; minced
* 1/4 ts Dried thyme; crumbled
* 1 1/2 c Catsup
* 3/4 c Canned crushed tomatoes in
* Heavy puree
* 1/2 ts Pepper

** Makes about 2 3/4 cups ** ** Keeps for two weeks **

Heat oil in heavy medium saucepan over low heat. Add onions, pepper, chilies, garlic, and thyme. Cover and cook until vegetables are tender, stirring occasionally, about 10 minutes. Mix in catsup, tomatoes, and pepper. Cover partially and simmer until thickened, stirring occasionally, about 5 minutes. Cover and refrigerate

Basic Grilling Tips:

Grilling time can vary with the cut of beef, grid position, temperature of coals, weather and desired doneness.

Our recipes start with beef taken directly from the refrigerator. It is not a safe food practice to bring meat to room temperature before cooking

Use medium to medium-low coals to ensure even cooking.

Trim excess fat from meats to avoid flare-ups while grilling.

Direct grilling can be done with the grill covered or open; foods cooked in a covered grill usually cook faster.

Use long-handled tongs for turning steaks or roasts; spatulas for turning burgers. Don not use a fork, which pierces the beef, allowing flavorful juices to escape.

Determine the doneness of steaks by making a small slit near the bone and checking the color; for boneless cuts make a slit near the center. For thicker steaks, use a quick-recovery meat thermometer to accruately gauge the doneness.

Grilling with Mesquite & Hickory for Great Flavor:

Mesquite and Hickory are great for grilling. They're easy to light and you're grilling in 20 minutes. Wood can be used with any type grill. You'll enjoy the outdoor Texas flavor it gives you meals! Mesquite wood provides a sweet, delicate taste that accents beef. Hickory wood imparts a smoky, bacon-like flavor often associated with Southern-style cooking.

Direct Grilling Method:

Foods are cooked directly over coals. This is a fast method for cooking steaks and burgers. Mesquite wood burns hot, so cook around perimeter of coals

Indirect Grilling Method:

Slow cook thicker steaks and roasts in a covered grill. Bank coals around a foil pan. Place beef over pan so food is not over coals. Keep grill temperature at 300 degrees to roast. Add wood to maintain heat.

Flavoring with Wood Chips:

Wrap a handful of wood chips in a foil pouch. Pierce the foil to release smoke. Put pouch over hot charcoal or gas briquettes. The chips will smolder and not flame.

Cooking with Wood Chunks:

Stack wood over 2 sheets of crumpled newspaper or starter stick. Open vents. Light paper; let wood burn 15-20 minutes. Extinguish flame by closing lid and vents for 30 seconds. Adjust vents for desired heat level. Begin grilling. Note; Hickory is a dense wood and may require more paper or lighter fluid to start fire. Or, use convenient Light-the-bag chunks. The wood is pre-measured for one cookout. Place entire bag in grill and light corners.

To test temperature of coals:

Hold your palm over grill at cooking height. If the heat forces you to pull away in 3 seconds, coals are hot; if 4 seconds, coals are medium and it 5 seconds, coals are low.

To lower temperature of coals;

Raise grid or spread out the coals. If cooker is covered, close vents halfway

To raise temperature of coals;

Lower grid or push together coals. Add more chunks to outer edge of hot coals. If cooker is covered, open vents fully.

Checking Beef's Doneness:

Use a quick-read meat thermometer. Or, you can also use the touch method. If the meat is rare, it will feel soft and yielding; if medium it will give slightly; and if well-done it will be firm

Tradewind Lobster Barbecue Sauce

Ingredients for 6 Servings:

* 1/2 c Real mayonnaise
* 1/4 c Tomato ketchup
* 1/4 c Lemon juice
* 1 ts Worcestershire sauce
* 1 ts Grated onion
* 1 ts Sugar
* 1/4 ts Salt
* 1 ds Of pepper

Mix all ingredients together thoroughly.Brush generously over tails before starting to grill. Repeat once during cooking.

Tropical Barbeque Sauce

Ingredients for 10 Servings:

* 1 c Water

* 1 c Brown sugar
* 3 tb Catchup
* 1 tb Soy sauce
* 1 ts Dry mustard
* 1 c Pineapple, crushed
* 1 tb Arrowroot
* 1/4 c Water, cold

Mix together 1 cup water and brown sugar. Add catchup, soy sauce, dry mustard and pineapple. Bring to a boil; simmer ten minutes.

Dissolve arrowroot in 1/4 cup water; add to sauce and cook until sauce thickens.

Tropical Chicken Kabobs

Ingredients for 6 servings:

* 1/3 c Lime juice
* 1 tb Vegetable oil
* 1 tb Honey
* 6 Chicken breast halves *
* 12 Pearl onions, peeled
* 1 Lg green pepper **
* 1 Papaya, peeled **
* 1 1/2 c Fresh pineapple chunks

* 4 oz each, skinned, boned, cut into 1 1/2" pieces

** seeded, and cut into 2" pieces

Combine lime juice, vegetable oil, and honey in a shallow dish. Add chicken; toss gently. Cover and marinate in rfrigerator 8 hours or overnight, stirring occasionally. Remove chicken from marinade, reserving marinade. Alternate chicken, onion, pepper, papaya, and pineapple on 6 (12") skewers. Coat grill rack with Pam; place rack on grill over medium-hot coals. Place kabobs on rack, and cook 15-20 minutes or till done, turning and basting frequently with reserved marinade.

Tuna Burgers with Horseradish Mayonnaise

Ingredients for 4 servings:

* 1 1/2 lb Tuna steak
* 6 tb Bread crumbs
* 1/4 c Chopped red onion
* 2 Egg whites; beaten
* 2 tb Dijon mustard
* 1 tb Lowfat mayonnaise
* 1 tb Lemon juice
* 1/2 ts Salt
* 1/2 ts Freshly ground black pepper
* 1 tb Lowfat mayonnaise; plus 2
* 1 tb Nonfat sour cream; plus 2
* 2 ts Prepared horseradish
* 8 sl Italian bread; toasted

Recipe by: Weight Watchers Magazine July 1996 Trim away any dark, bloody parts of tuna; coarsely chop by hand. Add bread crumbs, red onion, egg whites, mustard, mayonnaise, lemon juice, salt and pepper. Mix until well combined. Shape into 4 square burgers; chill in refrigerator for 2 hours. Prepare grill for a medium fire. Grill burgers until cooked through, about 4 minutes on each side. Meanwhile, in small bowl, make horseradish mayonnaise by combining mayonnaise, sour cream and horseradish. Place burgers between toast slices, and top with horseradish mayonnaise.

Turkey with Wild Rice Stuffing (Optionally Smoked)

Ingredients for 12 servings:

* 8 oz Wild rice; rinsed and
* 10 oz Pork sausage, mild or hot;
* 2 tb Butter
* 1 md Onion; chopped
* 8 oz Mushrooms; sliced
* 1/2 ts Rubbed sage
* 1 c Parsley; chopped
* Salt and pepper; to taste
* 12 lb Whole turkey
* 2 c Apple wood chips or twigs

Recipe by: Jim Dykstra

Combine the rice with 3 cups of salted water, bring to a boil, reduce the cover and simmer until the rice is al dente -- 25 to 35 minutes.

In a Dutch oven, crumble the suasage meat and brown it. Pour off any accumulated fat.

Prepare your Weber Kettle or other barbecue for indirect heat, or preheat t

If cooked on the barbecue, smoking the bird adds a delicate smoke flavor to

If roasted in the oven, the drippings can be used to make gravy.

Uncle Shels Big Sky Badlands Bbq Sauce

Ingredients for 1 Servings:

* 1/4 c Sweet onion -- minced
* 1 Clove garlic -- minced
* 2 tb Rice wine vinegar
* 1/4 tb Fresh ginger root -- minced
* 2 ts Jalapeno pepper seeded --
* Minced
* 2 tb Unreconstituted chipotle
* Pepper -- minced
* 2 tb Lime juice
* 4 tb Hot water
* 15 oz Tomato puree
* 1/2 ts Black pepper corns
* 1/4 ts Celery seed
* 1/4 ts Toasted cumin seed --
* Ground
* 1/4 ts Toasted coriander seed --
* Ground
* 1/4 ts Cloves -- ground
* 1/4 ts Allspice
* 1/4 ts Red pepper flakes
* 1/2 ts Paprika
* 2 tb Molasses
* 1 tb Liquid Barbecue SmokeAE

Put the onion, garlic, vinegar, jalapeno, chipotle, lime juice and 4 tablespoons of hot water into small blender jar, cover tightly and let steep for about 10-15 min. Then puree until fairly smooth and very well mixed. Pour the tomato puree into a 2 quart saucepan and start warming on low. stir the pepper, vinegar mixtureinto the warming tomato puree (dont let the puree boil or bubble). Stir in the rest of the spices and let sauce simmer on medium-low heatfor a few min. Add the molasses and the liqiud smoke, stir well to mix and after about

2-3 min remove from heat.Serve immediately as a table sauce.

Unique Barbecue Sauce

Ingredients for 1 Servings:

* 1 Bottle
* 1/2 c Apricot preserves
* 1/2 c Vodka
* Any good BBQ Sauce

Mix together all ingredients.

Unusual Chinese Grilled Shortribs

Ingredients for 4 servings:

* 4 ea Large, meaty shortribs
* 1/3 c Oriental toasted sesame oil
* 4 1/2 tb Peanut butter
* 4 tb Brown sugar
* 2 1/4 tb Curry powder
* 3/4 c Soy sauce
* 1/2 tb Black pepper (fresh cracked)
* 1/2 c Rice sherry wine
* 1/2 ea Fresh ginger root
* 2 ea Large garlic cloves (minced)
* 10 ea Green onions

Make shortribs into short, flat strips. Begin by placing rib fat-side-up on cutting board and cut 1/4" high layer almost (but not through) the bottom-most section of the rib. Turn meat over and continue to make 1/4" layers until the rib is completely layered and is now one long strip. Using the edge of a Chinese knife or otehr flat surface, pound meat until it is off an even thickness. NOTE: Chill the meat well. This cutting method will not work well on room temperature ribs. MARINADE: (Curry Based Blender Sauce) Blend all liquid ingredients in a blender for about 15 seconds at "Blend" speed. Grate the fresh ginger root and combine with the minced garlic. Mince the white (only) portion of the green onions. Add all ingredients to blender mixture and operate on "low" for about 45 seconds. Rub suace onto butterflied ribs and refridgerate for 2 or more hours. NOTE: This sauce is excellent for chicken, too. Place ribs on grill, basting often with sauce until done, about 30 minutes depending on heat of grill. Watch carefully to determine when done.

Vidalia Barbecue Sauce

Ingredients for 2 Servings:

* Juice of 1 lemon
* 1 ts Salt
* 3 ts Worcestershire sauce
* 6 tb Sugar
* 2 sm Bottles Catsup
* 1/4 lb Butter
* 1 c Cider vinegar
* 1/4 c Vinegar
* 4 tb Prepared mustard
* 1 lg Vidalia Onion, chopped
* 1 ts Black pepper

Mix all ingredients and simmer for l0-15 minutes. Complements any of your favorite barbecue meats.

Vinegar Based Bbq Sauce

Ingredients for 1 Servings:

* 1 c White Vinegar
* 1 c Cider Vinegar
* 1 ts Sugar
* 1 ts Red Pepper Flakes
* 1 ts Tabasco

Mix thoroughly. This is the Southern style of vinegar based bbq sauces. Just mop it on as you are grilling.

Western Hot Sauce

Ingredients for 1 Cup:

* 1/2 c Catsup
* 1/4 c Water
* 1/4 c Onion, finely chopped
* 3 tb Red wine vinegar
* 2 tb Vegetable oil
* 2 ts Brown sugar
* 2 ts Worcestershire sauce
* 2 ts Mustard seed, whole
* 1 ts Paprika
* 1/2 ts Oregano, dried, crushed
* 1/2 ts Chili powder
* 1/4 ts Salt
* 1/8 ts Cloves, ground
* 1 ea Bay leaf
* 1 cl Garlic, minced

In saucepan, combine all ingredients. Bring mixture to a boil; reduce heat and simmer uncovered for 10 minutes, stirring once or twice. Discard bay leaf. Use to baste hamburgers or ribs last 15 minutes of grilling.

Western Kentucky Pork BBQ Sauce

Ingredients for 1 Servings:

* 3 1/2 c Water
* 1 c Ketchup
* 3/4 c Worcestershire sauce
* 2 ts Paprika
* 1 1/2 ts Black pepper
* 1 1/2 ts Garlic powder
* 1 1/2 ts Cayenne pepper
* 2 ts Dry mustard
* 5 ts Onion powder
* 3 tb Salt

Mix all ingredients and boil for five minues, stirring frequently.

Western Style Bbq

Ingredients for 1 Servings:

* 1 c Ketchup,
* 1/2 c Lemon juice,
* 1/4 c Onion ; minced
* 1 ts Hot pepper
* 1 ts Worcestershire sauce.

Place all ingredients in saucepan. Bring to a boil and simmer 30 minutes or until slightly thickened.

Winter Bbq Ribs

Ingredients for 6 servings:

* 4 lb Chuck Short Ribs; Well
* 8 oz Tomato Sauce; 1 Can
* 3/4 c No Salt Added Tomato Juice
* 1/4 c Onion; Finely Chopped
* 3 tb Cider Vinegar
* 2 tb Worcestershire Sauce
* 1/4 ts Ground Cinnamon
* 1 ds Ground Cloves
* 1 ds Ground Pepper
* Steamed Green Beans
* Cherry Tomatoes
* Whole Cloves

Place the short ribs on the rack of a broiler pan so that the surface of the meat is 3 to 4-inches from the heat. Broil about 20 minutes or until the short ribs are well browned, turning as needed to brown on all sides. Place the short ribs in an oven-proof skillet or Dutch oven. Meanwhile, combine the tomato sauce, tomato juice, onion, vinegar, cinnamon, Worcestershire sauce, cloves and pepper in a medium saucepan. Bring to a rolling boil and pour over the shortribs. Cover and cook, in a preheated 350 degree F. oven, for 1

1/2 to 2 hours or until the short ribs are tender. transfer the ribs to a serving platter. Garnish with the green beans and cherry tomatoes that have been pierced with the whole cloves. Skim and discard the fat from the sauce and spoon some of the sauce over the short ribs and serve. Serve the remaining sauce on the side.

Yams and Bbq Sauce

Ingredients for 1 Servings:

* 1 ea Text recipe

Bake 2 or 3 yams until tender Slice the yams into barbeque sauce Heat Serve alongside two ripe sliced mangoes.

Yucatan Bbq Sauce

Ingredients for 1 Servings:

* 2 Lemon peel and juice
* 5 Oranges peel and juice
* 1 tb Achiote seed softened in
* Warm water
* 1 ts Cayenne
* 1/2 c Powdered chile ancho
* 1/2 c Powdered new mexico chile
* (Chimayo)
* 1/2 c Powdered Californa chile
* 6 Cloves garlic large
* 1 c Olive oil
* 3 tb White wine vinegar
* 2 ts Salt

Peel the lemons and oranges to get long strips of peel. Squeeze the juice from the peeled fruits and combine it with peel and all other ingredients in a large mixing bowl, mix well. Working in batches, transfer the soupy mess to a food processer or blender and process until its chopped to a coarse sticky paste. Youmay freeze the sauce at this stage, as it freezes beautifully.Smear thickly on chicken of fisk. let marinate in the refrigerator as long as possible, at least over overnight, before roasting, broiling or bbqing. Basting occasionally during the cooking. Covers 3-4 chickens.

Zesty Basil Burgers

Ingredients for 4 Servings:

* 1 lb Lean ground beef
* 3 tb Finely chopped onion
* 1 Garlic clove; crushed
* 3/4 ts Salt
* 1/4 ts Pepper
* 4 Crusty rolls; split
* 1 c Packed spinach leaves
* 4 Tomato slices

----------BASIL MAYONNAISE----------

* 3 tb Reduced-calorie mayonnaise
* 1 tb Chopped fresh basil; OR...
* 1 ts Dijon-style mustard

Basil Mayonnaise (a blend of mayo, basil and Dijon-style mustard) is delicious teamed with juicy hamburgers on a crusty rolls.

Preparation time: 30 min.

1. In medium bowl, combine ground beef, onion, garlic, salt and pepper, mixing lightly but thououghly. Shape into four oval 1/2 inch thick patties.

2. Heat large nonstick skillet over medium heat until hot. Place patties in skillet; cook 7 to 8 minutes or until no longer pink and juices run clear, turning once.

3. Meanwhile in small bowl, combine Basil Mayonnaise ingredients; mix well.

4. Line bottom half of each roll with spinach and tomato. Place burger on tomato; top with 1 tablespoon mayonnaise mixture. Close with top half of roll.

Zvia's Hawayej

Ingredients for 1 Servings:

* 3 tb Black Peppercorns

* 3 tb Cumin Seed
* 2 tb Turmeric
* 1 tb Ground Cardamom
* 1 tb Ground Coriander

Grind all the ingredients together with a mortar and pestle or in a spice grinder. Store in an airtight container.

Rub this spice blend devised by Zvia, an Afghan street vendor in New york, all over beef, pork, or chicken 2 hours prior to grilling. It also adds a pungent flavor to tuna, swordfish, bluefish, and bass; rub it on both sides of the steak or fillets about an hour before grilling. In both cases, the rub can be left on the meat or fish while grilling to make a blackened seasoned crust. It can also be stirred into boiled rice or summer soups to taste. Makes about 1/3 cup.

The End