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PATIO BARBECUES

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Patio Barbecues

BARBARA BRANTHOVER*

The fresh air out-of-doors is a spice that gives food a special flavor. Summertime patio parties and barbecues are a pattern of eating for many of us. We like it. It gives us a change of pace, more room for guests, more freedom and relaxation during the outdoor mealtimes, and allows us to enjoy the out-of-doors. Our backyard becomes a conversation piece, an "enlarged dining room" made to our own order and usually by our own hands.



Equipment? Name it and someone has made it. Plug-in appliances for the porch or patio will give you change, scenery, casual charm, fresh air. But this is still essentially indoor cooking even if you add a grill to the living room fireplace and do some of your cooking there. But for real outdoor cooking you will need a special type of equipment. It may be as simple or as elaborate as you like.

In this bulletin we'll be discussing Patio Barbecues, whether they be "kitchen-cooked and carried," or barbecued on the spot. You can adapt many of your own favorite recipes to outdoor cooking and meals. The recipes included in this bulletin are only suggestions. Help yourself to ideas on—

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OUTDOOR EATING

Plan your menu with the **BASIC FOODS** in mind. Too often we combine favorite dishes into an outdoor menu with poor results from the nutritional standpoint. For example this menu:

Barbecued Frankfurters and Buns

Baked Beans

Potato Chips (Junior's request)

Pickles Mustard Olives

Soda Pop Coffee

Toasted Marshmallows

We don't mean that **favorite** foods are "out," or that the family can't help plan the menu. But set up their choices within good nutrition. You could improve the above menu by adding a plate of finger salads. Remember to include variety in texture, color, shape and temperatures.

SIMPLICITY is another principle to keep in mind. Thank goodness we don't serve the quantity Great Grandmother did when entertaining her guests, or in feeding her family. Americans are becoming calorie and work-wise conscious. So, keep your menu down to four dishes; the main dish, vegetable, salad, and dessert, plus bread and beverage if you wish.

Outdoor breezes may make the third principle difficult. But if you have equipment for **KEEPING HOT FOODS HOT AND COLD FOODS COLD** then the problem is solved. It's even simpler if you serve foods that don't need to be **hot** to taste good. Cold foods are usually fairly easy to keep cold.

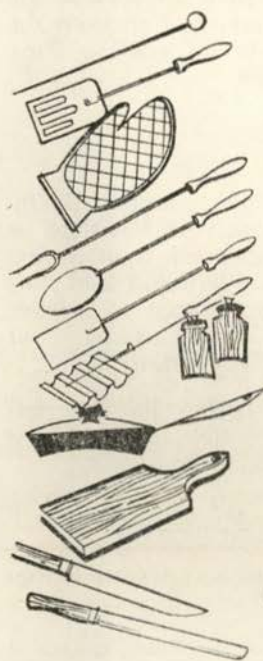
SAFETY WITH FOOD—is an important principle to remember. Keep all perishables in the refrigerator until just before serving. Warm, moist foods spoil quickly. Use special care with creamed dishes, sauces, gravies, meat, fish, potato salads, sandwich fillings, custards, and cream pies. Arrange to keep these foods cold or omit them. **NEVER KEEP THESE FOODS TO SERVE AS LEFT-OVERS!**

When planning the menu keep in mind how you will **SEAT YOUR GUESTS**. If they must do a plate-balancing act with no table, they'll thank you for planning foods easy to handle on their laps!

BARBECUING

With a barbecue—whether it be backyard or in a picnic area supplied with fireplaces—you need remember the same principles.

Equipment



You can buy portable barbecuing equipment of many varieties. There are bucket grills; braziers—small, large, low, high, adjustable, with spits or without, horizontal grills, vertical grills, or elaborate combinations of both; grills with hand turned, clock turned, or motor-driven spits; and elaborate portable units that are almost outdoor kitchens on wheels.

Added tools and equipment are varied and many—long handled forks, spatulas, roaster racks and kabob skewers; fry pans 16 to 21 inches in diameter with 20 inch handles; heat-proof barbecue gloves; dutch ovens; coffee pots; carving boards; steak and carving knives.

You can have good equipment for outdoor cooking without going into bankruptcy. If you have none, patio parties and/or picnics are still fun and practical. Food doesn't have to be cooked out-of-doors to be eaten out-of-doors!

Firewood

Charcoal or briquets are an easy fuel for the barbecue. Some come packaged so that each package is enough for one cookout. Put in the package and all for burning. This saves handling charcoal which is, at best, hard on "lily white hands."

If you like to use wood get hardwoods if possible. Some of the good ones are all fruit woods, choke cherry, service berry, mountain maple, birch or alder. Most of our native woods are all right if you have no hard varieties.

Building the Fire

Cover the bottom of the firebox with 3/4 to 1 inch of gravel. To start charcoal fire use crumpled newspaper, lighter fluid, wax lighters, or candle stubs. Make a pyramid of charcoal when starting the fire.

Start your fire 30 minutes to an hour before you plan to cook over it. Cook only over coals. If you use charcoal allow at least a half hour's burning to develop the right temperature for grilling your food. Watch for the time when the glowing coals begin showing streaks of white ash. This is the time to put on your food.

To use full grill surface for broiling, rake coals over the entire fire-box.

For spit cooking, or to broil on half of the grill, use only part of the firebox. Move the coals to the rear of the spit and place a drip-pan under your roast. This can be heavy aluminum foil.

For a reserve of hot coals, add a little extra charcoal around the edges after your fire is ready for cooking. It is important to keep the heat constant without smoke. At the end of the barbecue, you can dunk hot coals in water, then dry them out for another time.

Tips to Beginning Barbecuers



Keep barbecues simple. Beginners had best start with hot dogs or burgers. After becoming more experienced at fire building and this way of cooking advance to skewer cooking. Then try your hand at steaks, chickens, and roasts.

If you are cheffing for the first time, have a practice run with the family before asking guests.

Grease the grill slightly before barbecuing so meat won't stick.

Soap the bottoms of any pots and pans before using on your barbecue. They'll be easier to clean afterwards.

Squeeze-type, plastic hand-lotion bottle filled with water makes a handy extinguisher for barbecue flame-ups during cooking.

A length of 3/8-inch dowel with a wooden clothespin glued to one end makes an excellent substitute for a barbecue basting brush. Clip a folded-piece of cotton cloth in the clothespin, and throw it away when you have finished. You won't have to clean a brush of marinade after each barbecue.

Barbecue Sauces

Good sauces are important in barbecuing certain meats. Most outdoor chefs agree that barbecue sauces should have some sort of spice, sparkle, zing, and zest with more than a hint of outdoor flavor. It need not be fiery or fierce, but it should have a barbecue flavor. Its purpose is to enhance the meat flavor but not overpower it.



Opinions vary on the best time to use the sauce for basting. Some say before and all during the cooking period. Others prefer to brown the meat before starting the basting. We suggest you try both and discover which pleases your palate most.

Marinating

This is another means of adding that extra something to meats for broiling. Marinating means soaking the meat for several hours or overnight in an oil-acid mixture to give it added flavor.

Burgermakers

When you shop for burger meats look for bright-red color with some fat for flavor. If you have beef ground to order, choose chuck, flank, sirloin tip, or round steak. If the meat is lean, have 2 or 3 ounces suet ground in with each pound.

Hamburger variations are endless. For extra juicy hamburgers add 1/2 cup water, catsup or evaporated milk per pound of meat. Add some finely chopped onion, if desired, or one or more of the following seasonings: Worcestershire sauce, mustard, thyme, poultry seasoning, caraway seed, horse-radish. Or add 1/4 cup finely chopped nuts or parsley to each pound of meat. A good variation of the cheeseburger is to slip a good, thick circle of sharp cheese between two thinnish layers of hamburger. Spread with prepared mustard. Press hamburger layers together and broil or saute' quickly until brown and cheese in center has begun to melt.

Barbecue sauces can pep up hamburgers. Here is a recipe for an "easy to make" sauce, also usable with chops, steaks, shish kabobs, or roasts.

1 Tablespoon brown sugar	1 teaspoon Worcestershire sauce
1 Tablespoon corn syrup	½ cup catsup
2 Tablespoons vinegar	2 teaspoons dry or prepared mustard

Prepare sauce in advance by combining all ingredients in saucepan and simmering over low heat 15 minutes. You can use it immediately or store it in the refrigerator for future use. Reheat on back of grill when brushing over cooking meat.

Kabobs

According to those who know, Syrian shepherds originated this means of cooking. The Turkish picked up the recipe, calling it sheesh kabob. "Sheesh" means skewer; "Kabob," meat. Often it is spelled "shish kabob."

Lamb was the meat first used, but now the variations possible are only limited by one's imagination. All you need is a freshly cut, pointed stick or metal skewer, grill-type food, and a bed of glowing coals. Food is easier to cook on all sides if you use square skewers. Offer a choice of tidbits so folks can make up their own specialties. Here are some combination possibilities to get your brain a-ticking!



1. **Man Size Eating:** Tender chunks of beef previously marinated in a sauce* teamed with mushrooms and thick cucumber or zucchini slices. When meat is almost done, add small whole tomatoes.:

Beef Marinade*

½ cup salad oil	dash pepper
½ cup vinegar	1 teaspoon salt
½ cup chopped onion	1 Tablespoons Worcestershire sauce

Before filling skewer, run it through a piece of meat fat so you can push the food off easily when roasting's done. If you like run skewer through garlic, too.

2. **For Company Cookout:** Cut cooked or canned ham in 1 to 1-1/2 inch cubes. String on skewer with canned spiced crabapples (or spiced peach halves), pineapple chunks, and precooked sweet potato sections. (Be cautious about overcooking sweet potatoes, or they will fall off skewer.) Cook 4 to 5 inches from heat about 30 minutes or until warm throughout, turning occasionally and brushing with a ham glaze*.

Ham Glaze*

2 Tablespoons butter	¼ cup pineapple syrup
¼ cup brown sugar	

Melt butter, add sugar and syrup. Bring to a boil.

3. Teriyaki Steaks: This is a Japanese type of shish kabob. Generally the meat is cooked alone on the skewer. It all adds up to a tasty company or family fare served with steaming rice and a tossed salad.

Sauce: $\frac{1}{2}$ cup soy sauce

$\frac{1}{2}$ cup minus 1 Tablespoon sugar

ginger root, walnut sized piece peeled and grated—or $\frac{1}{4}$ teaspoon ground ginger

1 clove garlic, mashed

Meat: 2 pounds sirloin tip or top round sliced thin (approximately $\frac{1}{8}$ to $\frac{1}{4}$ inch thick)

Cut meat into strips 1-1/2 to 2 inches wide. Soak in sauce 3 to 4 hours turning occasionally. Thread on skewer. Broil, but do not over broil. Turn meat over when red color is just about gone, and broil other side. Remove from heat while still juicy.

4. Weinies—Teenage Style: Weiners, pineapple and bacon are a tasty combination. Thread one end of a bacon slice on skewer and weave over and under chunks of frankfurter and pineapple as you alternate them on a skewer. (Cut the weiners into fourths.) Repeat the process. Cook 4 to 5 inches from heat about 15 minutes turning frequently. Serve in coney rolls.

5. Lamb Kabobs:

$\frac{1}{2}$ cup white vinegar

$\frac{1}{2}$ cup water

$\frac{1}{2}$ teaspoon ground allspice

3 Tablespoons salad oil

1 teaspoon crushed oregano

2 teaspoons salt

1 teaspoon pepper

2 Tablespoons finely grated onion

1 clove garlic

2 pounds leg of lamb, cut into 1-1/2 inch cubes

2 firm tomatoes, quartered

2 small onions, quartered

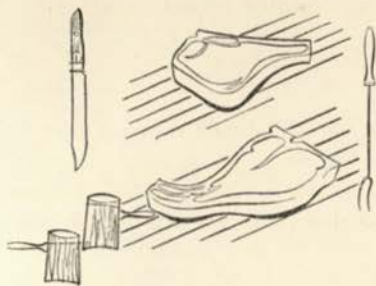
1-2 green peppers, cut into one-inch squares

16 fresh mushroom caps

Bring first three ingredients to boil. Add salad oil and next five ingredients; pour over lamb. Let stand overnight in refrigerator, stirring occasionally. Alternate meat and vegetables on skewer, starting and ending with mushroom caps, allowing approximately two mushroom caps, four pieces lamb, one quarter tomato, one quarter onion and two pieces pepper per skewer. Grill over hot coals until tender, basting often with marinade.

Now, think up some combination for your own special "sword play"!

Steak Barbecuing



Choose high-quality beef. Look for steak well marbled with fat. Count on one steak apiece when you buy club or T-bone. Porterhouse or sirloin will serve several. Round and flank steaks need tenderizing, or marinating first.

First trim off outer rim of fat so drippings won't blaze up too much. Slash or score the fat at about 1-1/2-inch intervals around the steak to prevent its curling during barbecuing. If steaks are close to room temperature when

put on the grill, it's easier to estimate barbecuing time.

Give careful attention to fire arrangement for steak barbecuing without flame-ups and too much smoke. After the coals are covered with gray ash, spread them out on the gravel 1/2 to 3/4 inch apart and then knock off the gray ash. During the barbecuing more of the fat from the steak will drip on the gravel and not on the coals. If, in spite of these precautions, you do have flame-ups, raise the grill (or lower the firebox for a few minutes), or quench the flames with a sprinkle of water.

Broil first side to a mouth-watering brown. Salt and pepper the browned side. Turn steak with tongs and turner (or if you use fork instead of tongs, be sure tines go in fat, not in meat). Continue broiling till steak is done the way you like it.

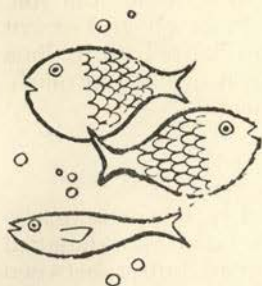
For a quick smoke flavor toss a few damp hickory chips over coals near end of cooking time. Another easy way to a smoke flavored finish is to use a commercial smoke product. Just brush liquid smoke or sprinkle smoke salt over the meat. You can accomplish the same effect in oven "barbecuing" with these last two products, and it works well with shish kabobs.

Chicken Barbecuing

Use broiler size chickens. Young chickens, weighing from 1-3/4 to 3 pounds ready-to-cook are a good size for barbecuing. They require about 1 to 1-1/4 hours cooking time outdoors. Half of an average size chicken suits most persons. A quarter is enough for children.

Cut chickens in halves or quarters. Wash, drain, and keep chilled. Wipe meat with dry cloth. Brush meat with melted fat, season with salt and pepper. Lay on grill skin side up. Use two forks or fork and spoon to turn occasionally. Brush with melted fat. Avoid piercing the meat as this lets the juices drain away. You can use a barbecue sauce in place of butter. The range of variety of sauces are limitless. Experiment and develop a special sauce of your own.

Fish



Broiled Fish—Cut fish into pieces suitable for serving. Brush with cooking oil. Broil on a grill or place on the end of a forked stick and broil over hot coals, skinside toward the heat. Cook from 5 to 8 minutes.

Cooked in Foil—Cut fish in sizes for serving. Season with salt and pepper. Add a little butter for flavor and to keep fish from sticking to the foil. Wrap in foil and seal edges. Place on rack and broil about 10 to 12 minutes, turn and repeat on the other side.

Casseroles

Casseroles hold the heat of cooked foods and practically eliminate footwork. They can add much to your menu if the main course is barbecued meat or they can be the main attraction. Stews, fricassees, bean concoctions, soups, chowders, scalloped potatoes, and cream style corn are just some of the combinations. They will appeal to your hungry guests.

Salads

Any green salad goes well with an outdoor meal. An easy one to fix is a finger salad. Arrange pieces of raw vegetables on lettuce leaves—carrot sticks, cucumber slices, tomato quarters, green pepper slices, cauliflower flowerettes, turnip sticks, paper-thin beet slices. Served with a cheese dip, these can act as appetizers while your main dish is on the coals.

Vegetables

Buffet Potatoes (serves 4)

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|-------------------------------|---------------------------------------|
| 4 medium baking potatoes | $\frac{1}{2}$ cup grated sharp cheese |
| 3 Tablespoons butter | $\frac{1}{2}$ cup light cream |
| salt, pepper, chopped parsley | |

Cut potatoes as for French fries. Place in center of large square of heavy aluminum foil (2 thicknesses if thin). Shape foil to form baking dish. Dot potatoes with butter, cheese and seasonings. Add cream. Fold up foil in drugstore wrap. Don't press. Bake on grill or directly on hot coals for 45 minutes. Note: Precooking potatoes cuts final cooking time to about 15 to 20 minutes, just long enough to heat and melt cheese.

Mixed Vegetables in Foil

Place canned or precooked vegetables on square of aluminum foil. Season with fat and salt. Seal foil drugstore style. Place on grill or hot coals and heat until hot. Suggested combinations: kernel corn, lima beans and small onions; green peas and carrots; green beans and mushrooms; sliced tomatoes, green onions and grated cheese.

Quick Garlic Bread

The trick is to use garlic powder. Sprinkle 1/4 teaspoon garlic powder over 1/2 cup soft butter. Cut loaf of French bread into diagonal 1-inch slices to 1/2 inch from bottom of loaf. Spread butter between slices and over top. Wrap loaf in aluminum foil (or if in oven, put in paper bag and heat in moderate oven 350° F. 10 to 15 minutes.) Put on side of grill and allow to heat through. Serve in foil.

Desserts

By the time your guests have finished stuffing themselves on your patio special barbecues they probably won't be interested in dessert. It's no crime not to serve dessert. If you feel you must, any fresh fruit in season or cheese and crackers is an easy and satisfying one. For an exotic ending to your party menu try—

Fruit Kabobs

- | | |
|------------------------------|-----------------------------|
| 1 No. 2-1/2 can peach halves | 1 No. 2 can pineapple cubes |
| 3 bananas, thickly sliced | 3 grapefruit, sectioned |
| 2 apples, cut in wedges | |

Marinade and Basting Sauce

- | | |
|-----------------------------------|--------------------------|
| ½ cup juice from canned peaches | 1 Tablespoon lemon juice |
| ½ cup juice from canned pineapple | ½ teaspoon chopped mint |

Combine sauce ingredients and marinate the fruit for 1/2 hour. Alternate fruit on skewer and broil 5 to 8 minutes, basting with marinade.