



Outdoor Meals



18 U. S. C. 707

COME AND
GET IT!





Outdoor Meals

Who doesn't like a barbecue or a picnic? Fresh air and the aroma of meat cooking are enough to tempt any appetite, whether it be around a 4-H campfire or at a family cookout in the backyard. A simple outdoor menu can be just as nutritious and appetizing as a meal prepared at home. With a little practice, you, too, can become a gourmet outdoor chef!

What You Will Learn in This Project

- How to safely store and transport food for picnics and cookouts.
- How to use the Food Guide Pyramid when planning an outdoor meal.
- How to plan, prepare, and serve a picnic meal.
- How to prepare food safely on an outdoor grill.
- How to select and use outdoor cooking equipment.
- How to build a charcoal fire for outdoor cookery.

What You Will Do in This Project

- Plan, prepare, and serve three meals, which includes preparing one or more foods on an outdoor grill or campfire.
- Plan and prepare two meals for backpacking trips.
- Plan and prepare two picnic meals.
- Prepare leftover foods for storage at the proper temperature.
- Involve your family and friends in planning and preparing outdoor cookouts, picnics, and foods for backpacking.
- Show others what you have learned by giving a demonstration.
- Keep a record of your outdoor cooking project.

Food Safety

When handling foods outdoors, you must be especially careful to keep them safe to eat. Several different kinds of germs or bacteria can cause food poisoning and result in illness and sometimes death. Salmonella, *E. coli*, and other bacteria may be found in raw beef, pork, poultry, fish, eggs, dairy products, and other food products.

To avoid food-borne illness, develop these habits for food safety:

Before handling food, always wash your hands with soap and water. Be sure to wash your hands before touching food, utensils, cooking equipment, and dishes. Always wash your hands after using the bathroom, blowing your nose, coughing or sneezing, changing diapers, or anything else that could spread harmful bacteria. After handling raw foods such as fish, poultry, meats, and eggs, be sure to wash your hands before starting to work with other foods. Washing your hands will prevent cross-contamination.

Keep poultry, meats, eggs, salads, and other foods cold (below 40°F) in the refrigerator until ready to use or pack them in an insulated ice chest. Make salads, especially those containing eggs, well in advance and refrigerate. If you are taking a chilled salad on a picnic, pack it on ice in an insulated cooler until you are ready to eat.

When **transporting food**, always pack meat, poultry, salads, and other perishables in an insulated cooler to keep them cold and minimize bacterial growth. For best results, use block ice, frozen gel packs, or frozen water or juice in plastic or paper containers. Keep the cooler in the shade and avoid opening the lid too often. Take cold food out only when you're ready to eat it or use it in cooking. Return all food to the refrigerator or ice chest when it is not in use. Do not allow food to stand outdoors or at room temperature. It is a good idea to pack beverages and perishable food items in separate coolers.

Keep hot food hot (above 140°F). Time your cooking so that the hot food is ready when you are ready to eat. Serve it immediately after cooking.

Never thaw food at room temperature or let food remain out of the refrigerator for more than two hours. If the outside temperature is 85°F or above, do not leave food out for more than one hour.

Marinate meats, poultry, or fish in a glass dish in the refrigerator. A small portion of the marinade that hasn't had raw meat in it may be used for dipping or basting. Don't re-use the marinade used on the raw food unless it's been boiled. Be sure to take a fresh plate out to the grill. Put the cooked food on this clean plate to prevent cross-contamination.

Also avoid allowing raw meat or poultry juices to come in contact with ready-to-eat or cooked foods, which can lead to cross-contamination by allowing harmful bacteria to spread. Don't ever use the same knives and other utensils for raw and cooked foods.

Always peel or scrape and wash all raw fruits and vegetables before using. Set aside those intended for grilling to prevent contamination from the juices of raw meats, fish, or poultry.

Do not place cooked foods, salads, or other foods in a container or on a surface that has come in contact with raw meat, fish, poultry, or other raw foods until the surface has been thoroughly cleaned. Use hot, soapy water to scrub cutting boards and counter tops as well as the utensils and other containers. Rinse them well with hot water. Sanitize cutting boards and other utensils by applying chlorine bleach as directed on the bleach label. This will prevent harmful bacteria from spreading to cooked foods and salads.

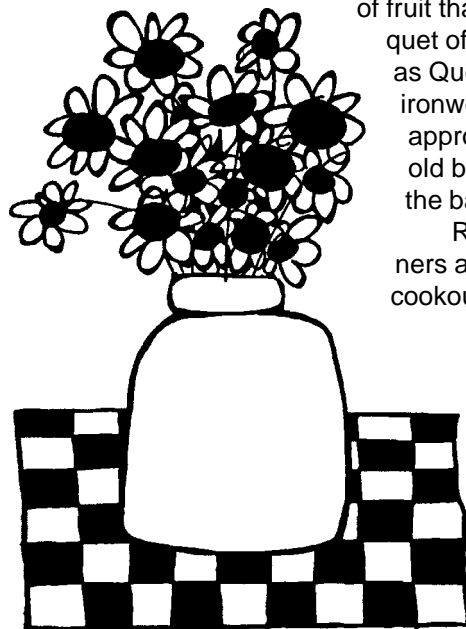
Be sure your charcoal briquettes have turned white before placing meat on the grill. This tells you that your fire is hot enough for cooking. If your fire is too cold, it will take much longer for meat to cook and will give harmful bacteria an opportunity to grow and multiply.

Remember to cook all food completely! Cook meat and patties until the center is gray or brown. Juices should run clear with no trace of pink color or blood. All meat, poultry, and fish should be well cooked. Since grilled food often browns fast on the outside, use a thermometer to check for doneness. Cook hamburgers to 160°F, steaks at least medium-rare to 145°F, pork to 160°F, and poultry to 170°F for white meat and 180°F for dark meat.

If you choose to smoke your meat, the temperature in the smoker should be maintained between 250°F and 300°F to destroy harmful bacteria. Add about nine coals every one to two hours during the smoking process.

When your meal is over:

- Divide leftovers into smaller quantities and place in shallow containers, if available.
- Refrigerate leftovers promptly or return them to the cooler and place them on ice.
- Clean the grill; wash it with hot, soapy water; rinse it well; allow it to dry; and put it away.
- If food was left out for more than two hours, discard it. In hot weather, discard it after one hour.



Cookouts to Fit the Occasion

Special occasions call for appropriate eating arrangements. First you must decide what type of outdoor meal is best for your party.

An *outdoor buffet* calls for an attractively set table. The table could be set up in the yard, on the porch, or even in the kitchen. You also must decide how to seat your guests. Small tables with colorful tablecloths or creative paper coverings and centerpieces can add gaiety to the affair, or you can seat your guests at tray stands or even on the ground.

A *patio lunch* suggests that the meal will be rather simple in variety and quantity of food, but a *patio dinner* suggests heartier fare.

How about a *backyard party*? Each family can bring food to share. The menu can be preplanned or potluck. Grills can be borrowed and set up ahead of time as needed. The menu might feature a casserole, such as baked beans, and a salad, such as coleslaw, and perhaps a large chilled watermelon to complete the meal. You could ask people with children to bring their own milk, and you could furnish coffee or lemonade.

A *do-it-yourself party* is different still. Have guests make their own beef burgers, salads, and sundaes with all the trimmings from the fixings you have on hand.

For the *home family cookout* you might try Sunday breakfast around the grill, supper on the lawn, or a patio dinner—all fitting ways to celebrate a special day.

Table Arrangements

The appearance of the table and surrounding area is just as important when eating outdoors as it is when eating inside. Cover the table with a brightly checked tablecloth or another inexpensive, colorful cover. A colorful tray of relishes attractively arranged, a basket of fruit that can be used for dessert, or a bouquet of wildflowers or weed blossoms, such as Queen Anne's lace, mustard, daisies, ironweed, or even green leaves, all make appropriate centerpieces. (You can use an old bean pot, an olive jar, or a tin cup for the base.)

Remember, too, that good table manners add to mealtime enjoyment—even at a cookout.

Including the Basic Food Groups

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

Look in the mirror. What you see—skin, hair, nails, and eyes—are all protein tissues. Good sources of protein are found in this group. Other important nutrients, such as vitamins (for example, B6 and B12) and minerals (for example, phosphorus, iron, and zinc), are also found in this food group.

You should have two to three servings from this group every day. For example, you could have two 2- to 3-ounce servings of meat, fish, or poultry, or you could substitute for one serving a tuna salad sandwich, a hamburger, a cup of beans, or two eggs.

Since most meat cooked outdoors involves a dry-heat period, choose the same tender cuts of meat you would normally roast or broil. Choose cuts of beef, such as T-bone or sirloin steaks, that come from younger, more tender, high-grade animals. Less tender cuts of beef, such as round steak, chuck steak, or chuck roast, need long, slow cooking in moist heat, or they can be marinated for about two hours before cooking.

Pork usually comes from young animals. When choosing pork, avoid meat with soft and watery lean or meat with oily fat.

Lamb and veal are usually tender because animals are under one year old.

Freshness is a must with any meat cut. Store meat in the refrigerator or freezer until you plan to use it.

Steaks and chops should be cut at least $\frac{3}{4}$ inch thick. Remember, thinner cuts must come off the grill sooner, or they will dry out during cooking. Ground beef and frankfurters are popular and easy-to-cook meals for outdoor cooking. Also try bologna and commercially canned meats for good eating.

Fill in the chart on the next page to compare the cost of meat. You might choose to use facts you found about the cost of meat for an exhibit you do later.

Vegetable-Fruit Group

Many foods found in the vegetable-fruit group go well with a picnic meal. Fruits suitable for a picnic meal include oranges, watermelon, bananas, and apples; suitable vegetables include broccoli, carrots, spinach, and tomatoes. The vegetable-fruit group is important because it gives you vitamins A and C, starch, and fiber. The five or more servings you need every day are easy to consume; an average-size orange or a small glass of juice, a medium-size potato, or a small bowl of coleslaw all count as a serving.

Bread, Cereal, Rice, and Pasta Group

An outdoor meal would be difficult to plan without food from this group. It includes all products made with whole or enriched flour, rice, and cornmeal and includes enriched noodles. These foods are important sources of starch and give your body B vitamins (thiamin, riboflavin, and niacin) and a mineral (iron). These foods also provide fiber, especially if you use whole-grain foods. Whole-grain products also include minerals such as magnesium and zinc. You need six to 11 servings from this food group each day. Include whole-grain products as some of your daily servings.

Milk, Yogurt, and Cheese Group

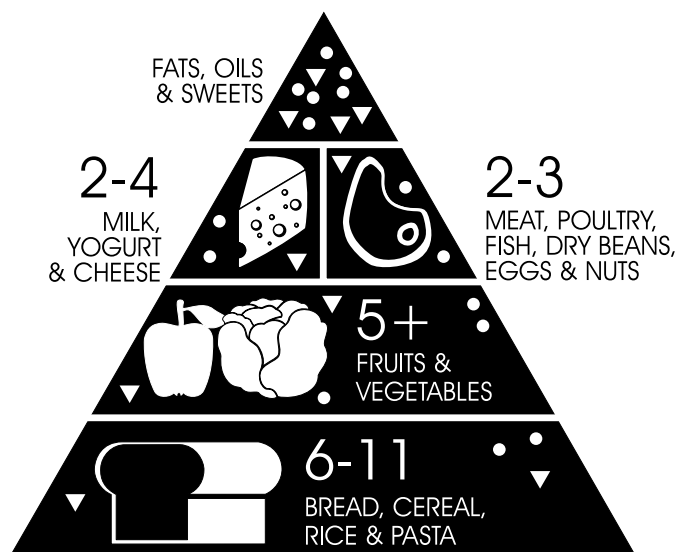
Milk is rich in protein, calcium, and riboflavin and is fortified with vitamins A and D. Calcium is the most abundant mineral in the body, and many teenagers don't get enough of it in their diets. Milk, cheese, and yogurt are our best sources of calcium. Include a food rich in calcium in your outdoor meal.

Teenagers need four 8-ounce glasses of milk or its calcium equivalent every day. Calcium equivalents for one cup of milk are:

- Two 1-inch cubes cheddar cheese.
- $1\frac{1}{2}$ cups of ice cream.
- 2 cups cottage cheese.
- 1 cup yogurt.

Fats, Oils, and Sweets Group

Included in this group are fats, sweets, and foods that contain large quantities of fat and sugar, such as cake, cookies, fried foods, ice cream, potato chips, and salad dressings. Use limited amounts from this group.



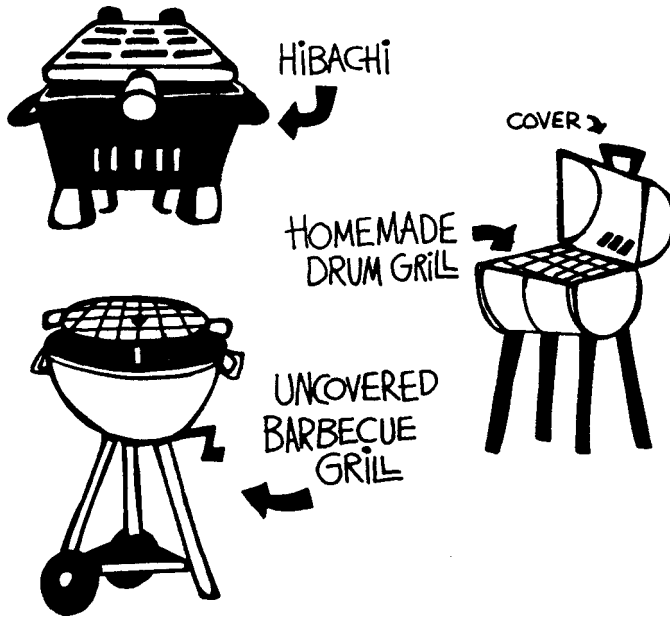
Meat Pricing Chart

Meat (List the cut or variety.)	Cost per Pound	Cost per Serving
Beef		
Lamb		
Poultry		
Fish		
Pork		
Other Meats		

Choosing an Outdoor Grill

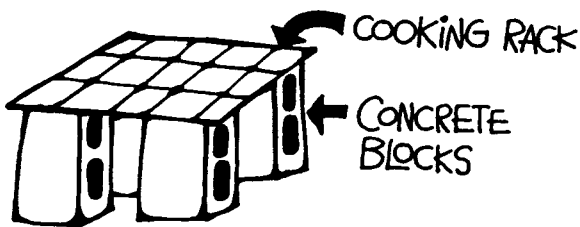
Many types of barbecue grills are available. They range from those with no cover or hood to those with complete covers or hoods.

Grills without a cover include simple braziers, hibachis, and brick barbecue fireplaces. Some types of braziers come with a half-cover or hood.



Homemade barrels or drums, kettles, smokers, some braziers, and electric and gas grills come with complete covers or hoods. Grills with a half-cover or with a complete cover make it easier for you to control the fire.

Barbecue grills generally use one of two sources of heat—charcoal briquettes or gas. Barbecue grills vary in construction, so be sure to read and follow the manufacturer's instructions when using them.



If you're making your own grill with concrete blocks and a rack, use only an oven rack or a rack from an old charcoal grill. Racks not intended for grilling may contain harmful metals.

In this project book you will learn how to use an uncovered barbecue grill.

Building a Fire

Now you're ready to learn about the different types of fires and how to make each one. When conditions permit, build a fire in the protection of a large rock or in a place out of the wind. A source of water should be located nearby in case of emergency.

When the cooking is finished, drench the fire with water until no live coals remain. Before leaving the campsite, cover the cooking spot and surrounding area with dirt. Remember, fire safety is just as important a mark of a good woodsman as campcraft itself!

Check the six basic steps for wise fire building. Show you're an expert!

- 1. Check state and local regulations on building fires.
- 2. Build fires on clear ground away from leaves, twigs, and other debris, so that wind cannot cause an unexpected flare-up.
- 3. If there's a strong wind and no stones or logs are nearby to protect the fire, you might dig a trench around the cooking area or build a bank on one side of the fire to prevent it from getting out of control.
- 4. When cooking, wear old, comfortable clothes. Avoid loose sleeves and large floppy clothes. They are serious fire hazards.
- 5. Keep the fire as small as possible for the convenience of the cooks as well as for fire safety.
- 6. Never leave the fire unattended.

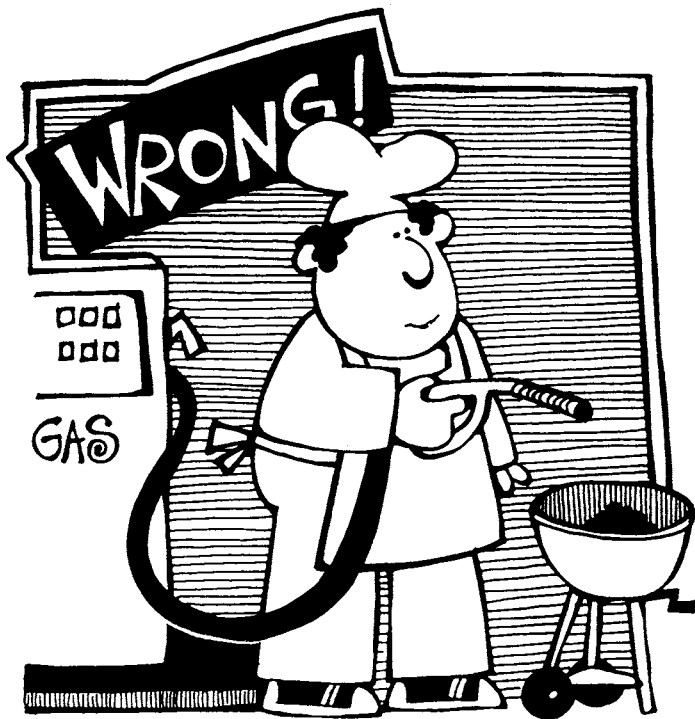
The Charcoal Fire

The charcoal briquette is lump charcoal that has been pulverized, mixed with a binder, and compressed to form the briquette. The charcoal briquette gives the most even, intense heat and will burn for a long period of time.

The price of the charcoal will depend upon the quality and quantity you buy and whether it is a self-lighting type.

Charcoal is hard to ignite. It can be ignited with paper and kindling, but the recommended method is to use charcoal lighter fluid. **Do not use kerosene or gasoline!** They are dangerous and will leave an oily residue on the charcoal that produces a black smoke when burned. Satisfactory electric charcoal starters are available for use with grills near an electrical outlet.

When you are first learning to build the fire, plan on starting it 45 minutes before you need the bed of coals. However, it is possible to get a good bed of coals in 15 minutes if you are experienced.



Fire-Building Equipment

To build your fire you will need:

- Charcoal—2 to 3 pounds is enough for the average size grill.
- Liquid or solid chemical fire starter—not gasoline or kerosene.
- Matches.
- Grill.
- Tongs to handle burning charcoal.
- Water sprinkler to cool fire and control flare-ups when fat drops in the fire and to put out coals when you are through cooking.
- A small shovel and a fire rake for handling the fire.
- Cans—choose empty coffee cans and lids.
- Heavy padded mittens or pot holders to handle hot food and equipment.

Procedure

1. Estimate the amount of charcoal to use by placing the briquettes about 1/2 inch apart over the grill area you are using.
2. After you have estimated the amount, pile the charcoal in a mound. Soak it with starter fluid and light the fire.
3. When the charcoal is covered with a gray-white ash, it is hot enough for cooking. Spread the coals over the area needed using tongs or a small garden rake. Be careful! The charcoal will not look hot, but it is. Charcoal that is spread out will burn from 45 minutes to an hour if the grill is not in a windy area.
4. If the fire is too hot, you can sprinkle the coals with a little water or move some of the coals to the side.

5. To make a fire hotter, knock the ashes off the burning charcoal.
6. When you have finished cooking, you can save the unburned charcoal by smothering it in a covered metal pail or bucket. If you do not plan to save the charcoal, use water to put the fire out. Put the used charcoal in the trash.

Safety Tips

- Charcoal starter fluid should not be added after the fire is started.
- Place grill away from a game area or other recreational areas.

The Wood Fire

Before building any outdoor fire, check state and local regulations. A fire permit may be required, especially during the spring and fall fire seasons.

Many camps are equipped with outdoor grills, so building a fire isn't too difficult, especially if the weather is good. However, some camps are not equipped with outdoor grills and rely on the imagination and fire-building skills of the campers.

Building a good wood fire is a real art and half the battle of learning how to be a good outdoor cook. It makes all the difference between serving a delicious meal with ease and burning one food while undercooking another. Whatever you do, don't make the mistake of beginning to cook before the fire is ready, because burned, uncooked food will be the result! White coals are the cue that cooking may begin.

If you plan to build a wood fire, ask an experienced adult to help you. You might also want to check the library for a good book on materials and techniques needed for building wood fires.

Choosing the Location

A wood fire can be built on sand, rocks, or dirt and should be built in a place that is protected from the wind if possible.

The ground should be cleared of twigs, leaves, moss, and grass to prevent smoldering. Never build a fire near the base of a tree or near enough to cause damage to the root system.

What to Remember

Remember, a good wood fire:

- Is built in a safe place—in the protection of a large rock or somewhere out of the wind.
- Should be no larger than necessary.
- Should be watched closely and kept under control at all times.
- Should be extinguished with water and dirt when no longer needed.

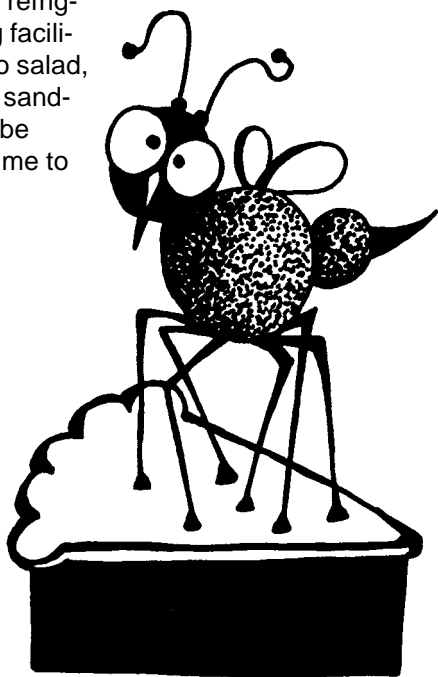
Equipment Checklist

- Barbecue grill.
- Charcoal briquettes.
- Matches.
- Charcoal lighter fluid.
- Sprinkler.
- Two sets of long-handled tongs, one to turn the meat and the other to use with the charcoal briquettes.
- Basting brush.
- Paper towels.
- Apron.
- Water.
- Damp cloth.
- Garbage bag.
- Bar of soap.
- Card table or TV tray.
- Heavy mitt or glove.
- Heavy-duty aluminum foil.

Meal Planning for a Cookout

1. Keep the menu simple and plan to have some grilled or barbecued foods. Have plenty—outdoor appetites are hearty.
2. Prepare foods that are easy to fix and not difficult to carry.
3. Check your meals for variety, just as you do those you have at home. Have something crisp, something colorful, and something sweet or tart. All foods should be attractive and look “good enough to eat.”
4. Keep foods covered until you want them. The glorious out-of-doors includes flies, ants, and dust.

If this is a carried meal, consider the limited refrigeration and cooking facilities. Items as potato salad, cream sauces, and sandwich spreads must be kept cold until it is time to eat.



Do-it-Yourself Party

Look at this menu and then plan the amount of food you will need, using the chart on page 10.

Hamburgers on Buns
or
Angels on Horseback
Relish Tray
Hash Brown Potatoes
Fresh Fruit
Milk or Lemonade

Hamburger Patties

3 lb ground beef
1/4 teaspoon pepper
2 1/2 teaspoons salt
2/3 cup milk
2/3 cup dry bread crumbs
1/3 cup onion, finely chopped

Mix all ingredients. Shape into 12 patties, 1/2 to 3/4 inch thick. If you are using a grill, grease it lightly before you start to prevent meat from sticking. If you are using a skillet, first grease it lightly, then heat the skillet.

Place hamburgers on the grill or in the skillet. Cook until browned (about 7 minutes) and no pink color remains in the center. Turn hamburgers, but do not pat to squeeze out the juice. Buns may be warmed by placing one half a bun open side down on the hamburger after turning. Yield: 12 (plan on two hamburgers per person).

Variations: For cheeseburgers, place slice of cheese on hamburgers after they are turned over, or make two thin patties, place cheese between them, and press edges of patties together. Grill.

Hash Brown Potatoes

5 tablespoons oil or shortening
6 potatoes
4 tablespoons flour
1 teaspoon salt

Boil potatoes in their skins. Skin and cut into 1/2-inch cubes. Place in a plastic bag for easy carrying. At the cookout:

1. Heat oil or shortening in skillet. While fat is heating, place flour in the bag with the potatoes and shake lightly until the potatoes are coated.
2. Put potatoes in skillet. Turn occasionally so all sides are evenly browned, turning one half the potatoes at a time. Shake salt evenly over potatoes before and after turning.
3. Let each person get his or her own serving from the skillet. The potatoes will stay warmer at the edge of the fire. Yield: 6 servings.

Angels on Horseback

Slit a pocket in a frankfurter just long enough to hide a strip of cheese $\frac{1}{4}$ inch wide and $2\frac{1}{2}$ inches long. Tuck the cheese in the frankfurter and wind a slice of bacon around it so pocket and cheese are entirely covered. Fasten the bacon with toothpicks at both ends. Grill until bacon is well done. Serve in a frankfurter bun.

Relish Tray

Fresh vegetables look great when attractively arranged on a tray or plate. At home before going to the picnic, trim, scrape or peel, and wash the carrots and celery. Cut carrots and celery into long strips and place in a clean plastic bag to keep them fresh. Remove any blemish spots from tomatoes and then wash the tomatoes. Peel the onions. Slice tomatoes and onions in thin rounds and place in clean plastic bags.

At the meal site, arrange carrots, celery, tomatoes, and onions on a tray. Add pickles from a jar.

Chilled Fruit

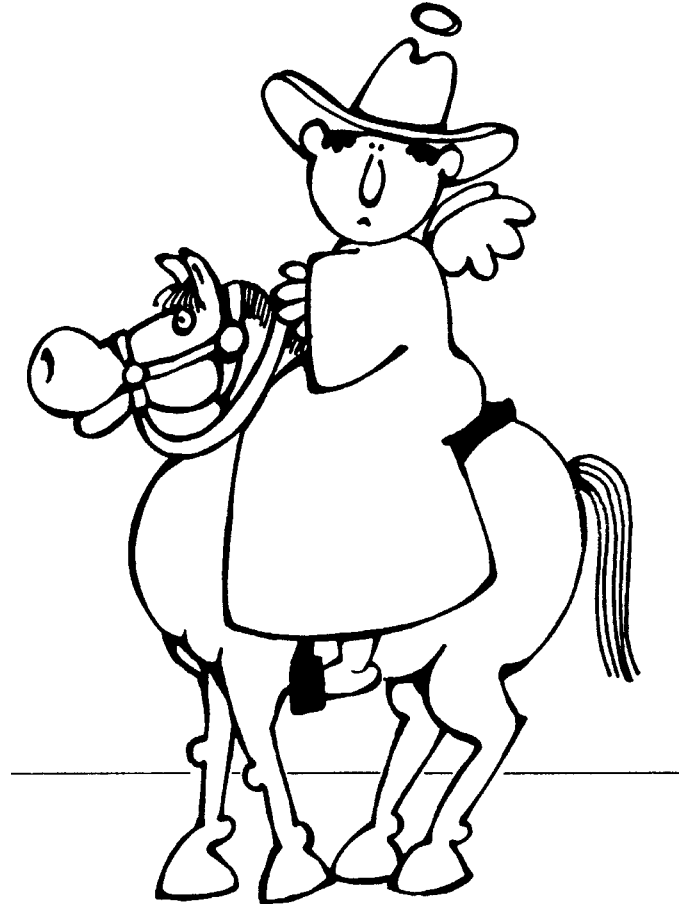
Select any fruit that is in season, such as berries, apples, bananas, or peaches.

Before you go: Put berries in a bowl. Cover with running water, wash, drain, and remove stems. Place berries in a large metal or plastic bowl and cover tightly or put in a plastic bag for carrying to the cookout.

At serving time: Let everyone serve themselves.

Beverage

Keep milk or lemonade in an ice chest or thermos until time to serve.



Assign the work for the meal to small groups. Here is an example.

Group 1	Group 2	Group 3
<ul style="list-style-type: none"> • Make the fire and keep it going until there is a good bed of coals. • Arrange table. 	<ul style="list-style-type: none"> • Grill hamburgers. • Slice onions and tomatoes. • Heat buns. 	<ul style="list-style-type: none"> • Fry potatoes. • Heat water for cleanup. • Prepare and arrange relish tray.

Include plans for cleanup.

Group 1	Group 2	Group 3
<ul style="list-style-type: none"> • Clean up grounds and put out fire. 	<ul style="list-style-type: none"> • Scrape. 	<ul style="list-style-type: none"> • Wash and dry dishes.

Menu Item	Food Needed	Amount for Six Servings	Equipment Needed
• Hamburgers on buns (2 per person)	• hamburger • salt and pepper	• 3 pounds of meat (4 servings per pound) salt and pepper in shakers	• skillet or grill • wide turner
	• buns	• 1 dozen	
• Hash brown potatoes	• potatoes, cooked • salt and pepper • fat • flour	• 6 medium • ½ teaspoon each • ½ to ¾ cup • 4 tablespoons	• sharp knife • large skillet • 2 wide turners • plastic bag for potatoes
• Relish tray	• onions • pickles • tomatoes • celery • carrots	• 2 large • 1 pint jar • 4 • 6 • 3	• tray
• Fruit	• fresh fruit	• 6 pieces or 6 ½-cup servings	• plastic bag • bowl (metal or wood) • serving spoon • serving dishes
• Milk or Lemonade	• milk • lemonade	• ½ gallon • ½ gallon	• cups • cups

Remember, you will also need paper plates, cutlery, and napkins for six persons as well as matches, wood or charcoal, lighter fluid, and a tablecloth.

Patio Dinner

Baked Fish in Foil
Lemon Wedges, Sliced Tomatoes, Pickles
Bundle of Potatoes
Hush Puppies
Milk or Iced Fruit Punch

The story goes that in the early days of big community fish fries, the dogs would whine and beg for fish when they smelled the delicious fragrance. So, the cooks would stir some water into the cornmeal into which they were dipping the fish, drop some of this moistened meal into the hot fat, brown it, and toss it to the dogs to "hush the puppies." Someone must have tasted this concoction and found it very good indeed, for since then, we have enjoyed hush puppies. You will find many recipes for hush puppies, some with onion, some without.

If your family has a favorite recipe, you might compare it with this one.



Hush Puppies

- 1½ cups self-rising cornmeal
- ½ cup flour
- 1 egg, beaten
- ¾ cup milk
- 1 tablespoon sugar
- 1 small onion, chopped fine

Sift all dry ingredients together. Add milk, beaten egg, and chopped onions. Drop by teaspoonfuls into hot, deep fat. Fry until golden brown. Turn to brown all sides, drain on paper towels, and serve while hot. Yield: 12 to 15 hush puppies.

Bundle of Potatoes

Place thick slices of peeled potatoes in a 10-inch square of lightly greased, heavy-duty aluminum foil. Season with salt and pepper; add 1 tablespoon of butter or margarine and a few slices of onion. Wrap the potatoes and seasonings tightly in the foil, twisting the ends. Bake on hot coals or on the grill for 45 minutes.

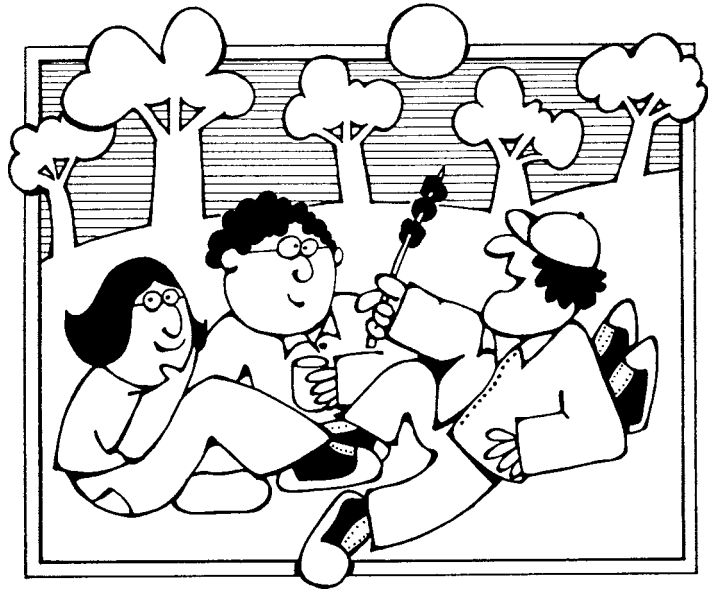
Whitefish in Foil

- 2 lb fish fillets, fresh or frozen
- 2 green peppers, sliced
- 2 onions, sliced
- ¼ cup butter or other fat, melted
- 2 tablespoons lemon juice
- 2 teaspoons salt
- 1 teaspoon paprika

Thaw fillets if frozen. Cut into serving-size portions. Cut 12-inch squares of heavy-duty aluminum foil and grease lightly. Place each portion of fish, skin side down, on one half of each square of foil. Top with green pepper and onion, divided evenly among fish portions. Combine remaining ingredients. Pour sauce over fish, using approximately 1 tablespoon for each portion. Fold other half of foil over fish and seal edges by making double folds in the foil.

Place fish packages on a barbecue grill about 5 inches from moderately hot coals. Cook for 45 minutes or until fish flakes easily when tested with a fork. To serve, cut a big crisscross in the top of each package and fold the foil back. Yield: 6 servings.

While the fish is cooking, arrange an attractive tray of lemon wedges, sliced tomatoes, and pickles. Set the table carefully. Have plenty of paper napkins. Fish and hush puppies require an extra paper napkin, just like fried chicken.



Supper on the Lawn

-
- Steak Teriyaki Kabobs
 - Corn on the Cob
 - Toasted French Bread with Garlic Butter
 - Baked Apples
 - Angel Food Cake
 - Milk or "Pinky"
-

Kabobs

A kabob is a meal on a stick. It is one of today's favorite forms of outdoor cookery. You might like to have each person construct and grill his or her own kabob.

Steak Teriyaki Kabobs

- 2 lb round beef steak, cubed
- 1½ teaspoons meat tenderizer
- 2 tablespoons soy sauce
- 2 tablespoons cooking oil
- 2 tablespoons orange or lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- 3 medium bell peppers, cut in 1/2-inch squares
- 2 cups cherry tomatoes or 3 medium tomatoes, cut in large wedges

Sprinkle beef with meat tenderizer. Pierce deeply with a fork. Let stand 15 minutes. Combine next five ingredients and pour over meat. Cover and marinate 1 hour. Thread skewers with meat and vegetables. Cook over hot coals for 10 to 15 minutes, turning and basting with marinade. Yield: 6 servings.

To Roast Corn

Corn can be roasted in the shuck, or it can be wrapped in heavy foil and roasted. To roast it in the shuck, pull shucks back and remove silks. Wash the ear of corn, push shucks back in place, and tie them shut with a strip of outer shuck.

Corn will require about 30 minutes to roast. Turn the ears so that all sides are near the coals from time to time.

Toasted French Bread with Garlic Butter

Use one small clove of garlic for each $\frac{1}{2}$ to 1 pound of soft butter. Mash garlic to a juicy pulp and mix it into the softened butter.

Allowing one loaf of French bread for every 10 people, slash the loaf of bread diagonally into $\frac{3}{4}$ - to 1-inch-wide slices, but do not cut through the bottom crust.

Lay the loaf on a piece of foil big enough to wrap it. Spread each slice of bread with the soft garlic butter. Spread any leftover butter on top of the loaf. Then wrap the foil around the loaf.

Put the loaf at the back of the grill over the coals to heat. If the coals are very hot, turn the loaf first onto one side and then the other to keep it from burning. Serve from the foil. Each person can pull off a slice.

Apples Baked in Foil

Plan on one apple per person. Wash and core the apples at home. Stuff centers with dates and nuts, 1 tablespoon brown sugar, or a combination of ingredients to suit your taste.

Place the apple in the center of a square of heavy-duty aluminum foil and bring the corners of the foil up and twist together, making sure all seams are sealed.

At the cookout, place the apples in a bed of ashes. Bake for about 20 minutes. When apples are done, remove from fire, pull foil away from the tops of the apples, and use the foil as the serving dish.

Angel Food Cake

- 1½ cups egg whites (about 12 egg whites)
- ¼ cup water
- ¼ teaspoon salt
- 1 teaspoon vanilla
- 1½ teaspoons cream of tartar
- 1½ cups sugar
- 1½ cups cake flour

Beat egg whites, water, salt, and vanilla until foamy. Add cream of tartar and beat until mixture stands in stiff peaks. Add 1 cup sugar, $\frac{1}{4}$ cup at a time, beating 25 strokes after each addition. Sift flour and remaining

$\frac{1}{2}$ cup of sugar together three times. Add $\frac{1}{4}$ of the flour-sugar mixture at a time to first mixture, blending 15 strokes after each addition. Do not overbeat; just blend until all flour is absorbed. Pour batter into ungreased 10-inch tube pan. Bake at 350°F for 40 minutes. Cool 1 hour. Remove from pan. Yield: 10 to 12 servings.

“Pinky”

- 1 cup orange juice
- ½ cup lemon juice
- ½ cup grape juice
- 2 cups water
- 4 tablespoons sugar (or less)
- 1 tray ice cubes

Combine sugar with juices and stir until dissolved. Add to water and ice cubes; mix well. Yield: 2 quarts.

Backyard Party

Barbecuing is probably the second oldest form of cookery in the world. The first food cooked was held on a stick and seared or broiled. Later, the caveman discovered the tantalizing flavor of herbs, roots, and berries crushed over the sizzling meats. Now we add these delicious flavors as we brush or baste the cooking meat with a barbecue sauce.

Barbecuing requires long, slow cooking. You can make a temporary grill using an oven rack set on concrete blocks. You can cook four to six half-chickens on one oven rack.



Plan a backyard party featuring barbecued chicken. Prepare the chicken and ask others to bring beans, coleslaw, rolls, and fresh fruit.

Barbecued Chicken
Baked Beans and Coleslaw
Hot Buttered Rolls
Cantaloupe or Fresh Fruit
Milk or Iced Tea

To prepare the chicken, cut in half lengthwise through the backbone. (Use broiler chickens weighing about 2 pounds each.) Brush the halves with the barbecue sauce and arrange them on the grill with the skin side up. Baste the chickens with sauce as they cook. Use a brush to baste; you will waste sauce if you use a spoon. Turn the chicken often, using tongs. If you use a fork, you will let the juices out, and the chicken will be dry rather than juicy-tender.

If you wear a clean pair of white canvas gloves, it will make basting the chicken easier and safer.

Thick Barbecue Sauce

(This sauce is good on frankfurters, hamburgers, chicken, and ribs.)

1/2 cup onions, chopped
2 tablespoons fat or oil
1/2 clove garlic, grated
2 tablespoons vinegar
1 tablespoon Worcestershire sauce
1/2 teaspoon chili powder
3/4 cup water
3/4 cup catsup
1/2 teaspoon salt
1/4 teaspoon pepper

Cook onions in fat or oil until lightly browned. Add remaining ingredients. Cover and simmer about 20 minutes. If sauce gets too thick, add a small amount of water. Use immediately or refrigerate in a covered container until needed. Yield: 1 1/2 cups.

Kentucky Barbecue Sauce

(This is a semi-hot sauce that is popular in Kentucky. It may be made hotter by using additional red pepper sauce.)

2 1/2 cups water
1 tablespoon sugar
2 1/2 teaspoons black pepper
2 tablespoons butter
1/4 cup vinegar
2 1/2 teaspoons salt
2 tablespoons Worcestershire sauce

1/4 cup onions, chopped
1 teaspoon powdered mustard
2 teaspoons chili powder
1/2 teaspoon hot pepper sauce
1 clove garlic, pressed or minced

Combine all ingredients and bring mixture to a rolling boil. Cover it and allow it to stand overnight to blend flavors. Keep it hot when basting. Yield: Sauce for 4 or 5 chickens.

Baked Beans

2 1-lb cans pork and beans in tomato sauce (4 cups)
1 tablespoon brown sugar
1 teaspoon dry mustard
3 slices bacon, chopped (optional)
1/2 cup catsup

Empty one can of beans into a 1 1/2-quart casserole; combine brown sugar and mustard and sprinkle half over beans. Top with the other can of beans and sprinkle with remaining brown sugar mixture, chopped bacon, and catsup. Bake uncovered in a slow oven (350°F) for 1 1/2 hours. Yield: 6 to 8 servings.

Cabbage Slaw with Lemon-Carrot Dressing

Wash one medium head of cabbage. Remove outer leaves. Cut cabbage in quarters, using a sharp knife, and shred. (A dull knife can bruise cabbage, causing loss of vitamin C.) Chill. Toss shredded cabbage with lemon-carrot dressing just before serving. Yield: 8 servings.

Lemon-Carrot Dressing

1 lemon (juice and grated rind)
1 cup carrots, grated
1 tablespoon sugar
1/4 cup water

Combine grated rind and juice of one lemon and grated carrots. Boil sugar and water to form a syrup. Cool. Add syrup to the lemon-carrot mixture. Chill.

Family Cookout

Fruit or Juice
Ham or Sausage
Hot Cakes
Butter
Syrup
Milk or Coffee

Ham

In a skillet, fry cooked, ready-to-eat ham 3 to 4 minutes on each side and uncooked ham 7 to 8 minutes on each side.

Or if you prefer, pan-broil the ham. For pan-broiling, use slices only $\frac{1}{2}$ inch thick. Rub the pan lightly with fat to keep meat from sticking. Put slices in the hot skillet. Brown first on one side, then the other. Continue pan-broiling, draining off fat as it accumulates.

Hot Cakes

Use a biscuit mix and add milk and egg on the spot, or make your own mix at home.

This recipe for sour milk hot cakes produces light, feathery, melt-in-your-mouth cakes that sweet milk can never quite match.

$2\frac{1}{2}$ cups all-purpose flour, sifted
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
 $\frac{1}{4}$ cup shortening
2 eggs
 $2\frac{1}{2}$ cups buttermilk or sour milk

Sift dry ingredients into a bowl. Cut in shortening until it looks like coarse meal. Put this mixture into a plastic bowl or bag to take to the cookout. For carrying the eggs and milk, break the eggs into a jar, add milk, mix, and cover with a tight lid. At the cookout, shake the jar of eggs and milk hard, then stir the egg-milk mixture into the dry ingredients.

Bake the cakes in a clean, heavy skillet or on a griddle. (If you are using a skillet, do not use the one in which you fried ham unless you wash it first, because the cakes will stick.) Grease the skillet or griddle lightly. It will be at the right temperature for cooking when a few drops of water "skitter," or dance, on it.

Drop the batter onto the skillet or griddle in little pools, using one spoonful for each hot cake. When the top of the hot cake is full of unbroken bubbles and the bottom is golden brown (go ahead and peek), turn it over and cook the other side.

Never squash hot cakes down with the turner! Serve them hot off the griddle. Yield: about 15 hot cakes, 4 inches in size.

Picnic Meals

Packing Picnic Foods

Picnics and summer go together, but hot weather can cause problems with food. When you plan a picnic menu, either plan for foods that don't have to be chilled or make sure that you keep the food cold.

Foods that must be kept cold are all meats (including cured meats); meat and egg sandwiches; meat salads; casseroles; and salad mixtures, such as potato, pea, bean, macaroni, rice, or egg salad. Cream cheese and cottage cheese should also be kept cold. To carry foods that must be kept cold, chill them thoroughly and then pack them in a cooler with ice. A frozen piece of meat wrapped in several thicknesses of newspaper will stay frozen for several hours when packed in ice in a cooler. Foods that don't need to be served cold can be heated on the grill at the picnic site.

If you don't plan to take a cooler and the foods will not be served within one to two hours, take peanut butter sandwiches, sandwiches made with aged cheese without salad dressing or mayonnaise, raw vegetables, fresh fruits, and cookies. Never take salad mixtures, meats, meat or egg sandwiches, meat salads, or casseroles unless you have a cooler. Cream pastries and cream pies should not be carried to a picnic, even in a cooler.

It is unwise to save leftover perishables from the picnic because they will have been out of the refrigerator for too many hours. Don't take a chance; keep food safe.

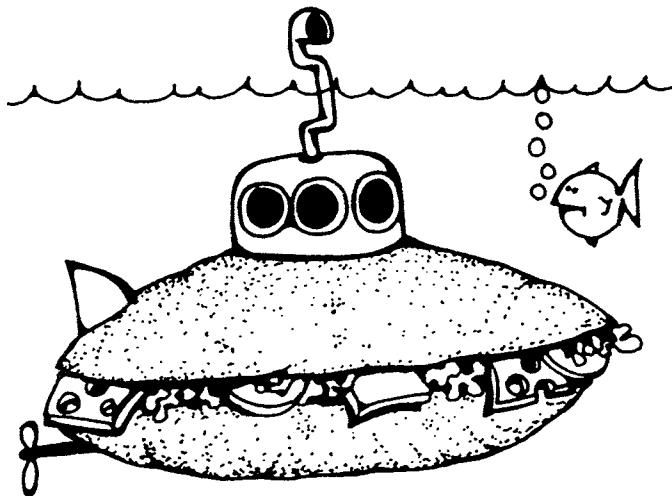
Plan the following picnic menu. Wrap the sandwich meats individually and pack the salad dressing, mustard, and other seasonings in separate jars in the cooler. Let everyone create their own submarine sandwiches.

Submarine Sandwiches
Potato Salad
Sliced Tomatoes and Cucumbers
Pineapple Banana Loaf
Milk or Iced Tea

Submarine Sandwiches

- Small French or Italian rolls
- Salami
- Boiled ham
- Bologna
- Sliced pickles
- American cheese
- Swiss cheese
- Salad dressing
- Mustard
- Lettuce

Spread sliced rolls with mustard or salad dressing and alternate slices of meat, cheese, lettuce, and pickles. Wrap each sandwich individually. If sandwiches are made before the picnic, take the lettuce in a separate package. The sandwiches will taste better if the lettuce is added at serving time.



Potato Salad

- 6 medium potatoes, boiled, peeled, and diced
- 3 hard-cooked eggs, chopped
- 1 teaspoon dry mustard
- 1½ teaspoons salt
- 2 tablespoons onion, finely chopped
- 2 tablespoons green pepper, chopped
- ¾ cup celery, finely chopped
- ¼ cup sweet pickle, chopped
- 1 tablespoon pimento, chopped
- ½ cup mayonnaise or salad dressing

Boil clean potatoes in their skins until just tender. Cool. Peel and chop. Cook eggs in the shell. Peel and chop and add to the potato. Set aside. In a separate container, combine other ingredients and mix thoroughly.

Pour this mixture over potatoes and eggs and mix gently. Chill several hours before serving. Variation: Substitute a 1-pound can of drained English peas or kidney beans for the potatoes. Yield: 6 servings.

Pineapple Banana Loaf

- 1 cup butter
- 1½ cups sugar
- 4 eggs
- 1 cup banana, mashed
- 4 cups all-purpose flour, sifted
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 cups crushed pineapple, undrained
- 1 cup flaked coconut

Cream butter and sugar. Add eggs. Mix in banana. Mix dry ingredients together and add to batter. Fold in pineapple and coconut. Pour into two greased 9-inch x 5-inch loaf pans. Bake at 350°F for 60 to 65 minutes or until done. Cool 5 minutes. Remove from pan. Yield: About 16 servings.

Rate Your Meals

Use this chart to rate the outdoor meals you have prepared and served. Write the title of each meal on the chart. Rate the meals by check marks.

- ✓✓✓✓ excellent
- ✓✓✓ good
- ✓✓ fair
- ✓ needs much improvement

Meals You Prepared	Attractive Meal Combination	Flavor of Meal	Adequate Amounts of Food	Food at Correct Temperature	Ease of Preparation	Right Kind of Equipment

What would you do to improve these meals?

Outdoor Meals

Name _____ School _____

Birth Date _____ County _____

A. Size and Scope of Project (List everything you have done in this project.)

Meals Planned and Prepared	Number of Times Prepared	Number of Servings	Comments
Picnics			
Outdoor Meals			
Backpacking			
Total			
All Individual Dishes Prepared in Meals Reported	Number of Times Prepared	Number of Servings	Comments
Meats			
Vegetables			
Salads			

(continued on next page)

Outdoor Meals (continued from previous page)

All Individual Dishes Prepared in Meals Reported	Number of Times Prepared	Number of Servings	Comments
Breads			
Desserts			
Total			
Leftover Foods Stored	Amount Stored	Storage Method	Comments

B. Activities (List any activity related to this project in which you participated, such as exhibits, demonstrations, and tours.)

C. Tell what you learned in the project (for example, learning how to select foods that can be safely carried to a picnic).

D. Awards and recognition (List awards and recognition you received in this project and indicate the level of recognition.)

E. How many times did you attend group meetings to work on your project? _____

F. If you helped others with this project, give the number of people you helped and what you did to help them.

G. Write a project story that tells what you did and learned in the project, including such information as how the project helped your family, who helped you with the project, and why food safety is so important in outdoor cookery.

Outdoor Meals

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