

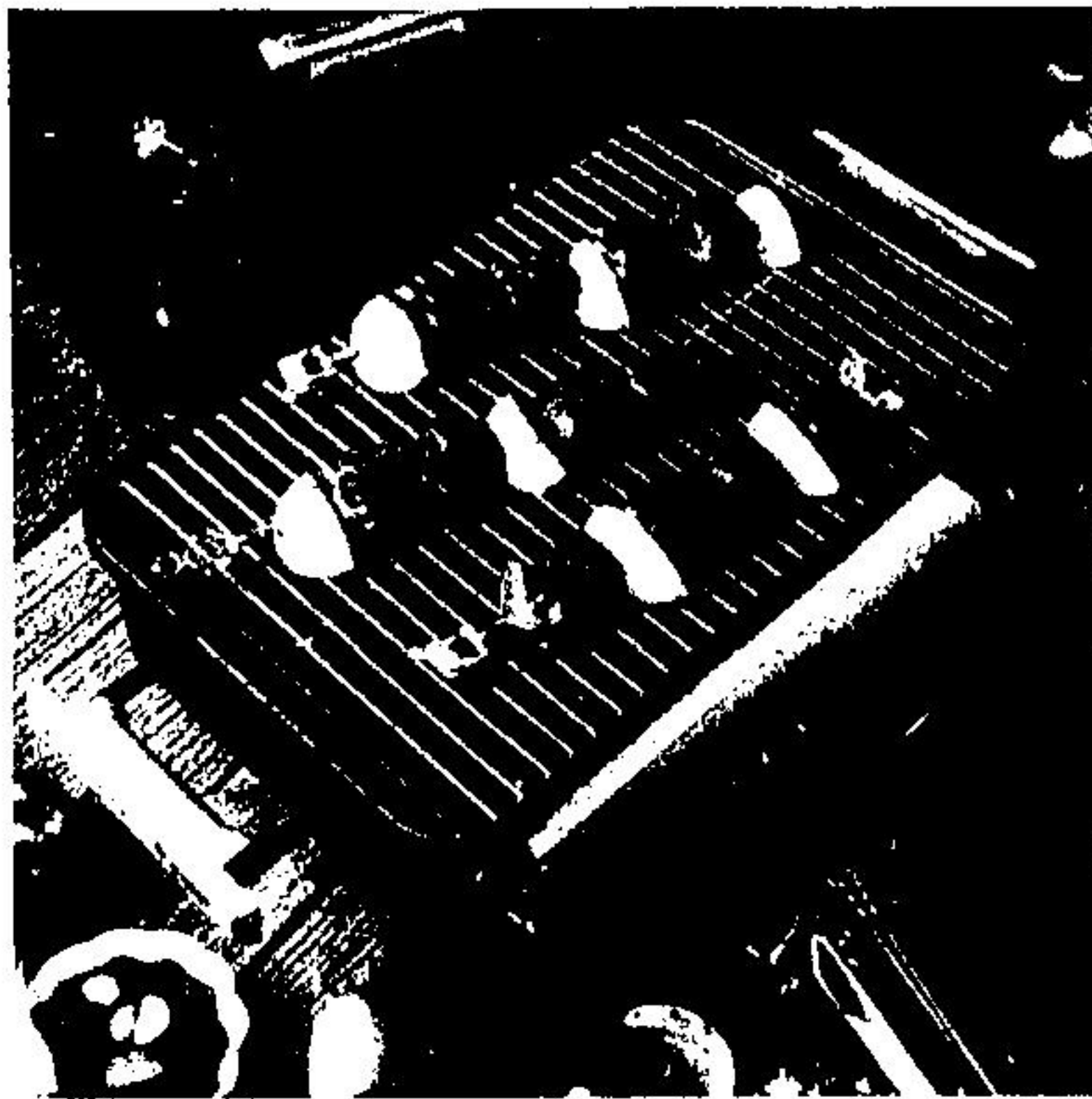
Culinary Outlook

Give kabobs an Oriental flavor

By Aileen Claire
NEA Food Editor

The idea to use a skewer to grill meat has been traced to the mountain people of the Caucasus. The technique of preparing meats, fish or vegetables over an outdoor fire is still simple, whether the heat source is charcoal or gas or electric briquets.

Not only does marinating the meat ensure it will be tender, it also adds a very special flavor. Teriyaki kabobs feature an Oriental seasoning based upon soy sauce, sugar and sherry. Use this marinade for mini-kabobs for cocktail appetizers, as well as to season the larger cubes for a main course.



STEAK on a skewer is perfect for the grill.

TERIYAKI KABOBS

- 1/2 cup salad oil
- 3 cloves garlic, peeled
- 1/4 teaspoon dry mustard
- 1/4 cup soy sauce
- 1 teaspoon curry powder
- 2 tablespoons Worcestershire sauce
- 2 tablespoons vinegar
- 1 cup sherry or apple juice
- 1/4 cup sugar
- 2 pounds sirloin steak, cut in 1 1/2-inch cubes
- 3 onions, quartered
- 3 green peppers, cut in 1-inch squares

Prepare one layer of sparsely spaced charcoal to provide heat that is not too intense.

Combine first 9 ingredients; mix well. Put steak in a flat non-metal container; pour marinade mixture over it, stir, and turn meat to coat

meat completely. Cover; refrigerate overnight. When ready to grill, blanch onions and peppers in boiling water for 2 minutes, if desired. Alternate steak, onions and green pepper on skewers. Place kabobs on cooking grill. Cook approximately 15 minutes or until meat is done according to taste. Baste with remaining marinade while cooking. Turn kabobs occasionally to cook evenly. This kitchen-tested recipe makes 6 to 8 kabobs.

Dessert is easy to fix

By Aileen Claire
NEA Food Editor

A layered dessert of rice, butterscotch pudding and chocolate syrup, enriched with a whipped cream topping, makes a fantastic dessert. It is simple to put together, but looks as though you've spent hours preparing it.

Serve Rice Royale in clear glass — in elegant goblets, wine glasses or a simple kitchen glass — so family or guests get the full impact of the layered design as they savor the dessert's rich flavor.

RICE ROYALE

- 1 package (3 1/2 ounces) butterscotch pudding and pie-filling mix
- 2 teaspoons instant coffee
- 2 cups milk
- 2 cups cooked rice
- 1 envelope (1 1/2 ounces) whipped topping mix, prepared, divided
- Chocolate syrup, homemade or bottled
- Chopped nuts (optional)

Combine pudding mix, instant coffee, and milk. Cook and stir over medium heat until mixture comes to a full boil. Add cooked rice; cool. Fold in 1 cup whipped topping; chill. Then, in clear glasses, alternate layers of rice pudding and chocolate syrup. Top each serving with remaining whipped topping. Chill at least one hour before serving. Garnish with chopped nuts, if desired. This kitchen-tested recipe makes 6 servings.

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COOK'S CORNER

If you try to be a "label reader", grocery shopping is a real challenge. The supermarket shelves spill over

with products listing dozens of ingredients. Additives are listed as well — but many consumers don't know why they've been added or what their function is in products.

A number of food additives protect the vitamins in certain foods, for instance. Others preserve products such as bread and crackers, so that they can be safely transported and stored without any refrigeration. Certain additives enhance the flavor or appearance of foods.

Salt in commercial foods plays two roles; it is both a preservative and a flavor enhancer. But many consumers are interested in cutting back on their salt intake. Thus they are making more of their own foods — soups and sauces, for example.

For consumers concerned about their salt intake, a healthy alternative is now available. Half Salt is an iodized salt that contains half the sodium of table salt, yet it has just as much flavor and good taste. It can be added to many recipes or sprinkled on at the table. This new product allows you and your family to cut back on salt, without sacrificing taste.

Barbecue season is now here. Succulent ribs or chicken grilled over open coals and brushed liberally with a tangy barbecue sauce is a great Canadian favorite. But many commercial sauces are high in sodium. One popular brand contains 2152 mg per cup!

Try substituting Half Salt in the following barbecue sauce recipe, and

you'll see how convenient — and delicious — it is to moderate your sodium intake without giving up flavor.

Hot Barbecue Sauce

- 2 tbsp instant onion
- 1/4 tsp instant minced garlic
- 2 tbsp water
- 2 tbsp vegetable oil
- 1 cup homemade chicken broth
- 1 can (7 1/2 oz/213 mL) tomato sauce
- (5 1/2 oz/156 mL) tomato paste
- 3 tbsp vinegar
- 2 tbsp dark brown sugar
- 2 tbsp parsley flakes
- 1/4 tsp Windsor Half Salt
- 1/4 tsp ground red pepper

Mix onion and garlic with water; let stand for 10 minutes. In a medium saucepan, heat oil. Add onion and garlic; cook for 4 minutes, or until golden. Remove from heat. Add remaining ingredients. Simmer, uncovered, for 15 minutes, stirring occasionally. Use as a basting sauce for chicken, pork chops, spare ribs or fish. Makes about 2 1/4 cups.

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