Grill Recipe Suggestion

continued

FAJITAS

1-1/2 lb. flank steak or boned chicken breasts
2 tbs. oil
½ cup limejuice
½ tsp. salt
½ tsp. celery salt
¼ tsp. garlic powder
½ tsp. pepper
¼ tsp. oregano

¹/₄ tsp. cumin

Flour tortillas lemon

Pound flank steak to ¼ inch thickness or flatten chicken breasts. Mix oil, lime juice and seasonings in a zip lock bag. Add meat and shake bag to coat the meat. Refrigerate overnight or at least 6 to 8 hours. Wrap tortillas in foil. Remove meat from marinade. Cook on a preheated gas grill for 5 to 8 minutes on each side. While meat is cooking, heat tortillas on grill. Slice meat across grain in thin slices. Place on hot platter. Squeeze lemon juice over. Wrap meat and any of the following toppings in tortillas: chopped tomatoes, guacamole, sour cream, taco sauce.

BEEF AND LAMB KABOBS

1/2 lb. boneless sirloin or beef cut into 1"

Serve 4

cubes ¹/₂ lb. boneless loin of lamb cut into 1" cubes 2/3 c. water, divided 1/4 c. chopped onion 2 tbs. soy sauce 1/4 c. vegetable oil, divided 1 tbs. dark brown sugar 1 tbs. fresh lemon juice 2 cloves garlic, minced 1/4 tsp. ground cumin 1/4 tsp. ground coriander 1/4 tsp. ground turmeric 1/8 tsp. ground red pepper 1/8 tsp. ground ginger 1 red pepper cut into chunks 1 large banana, cut into chunks 8 small mushrooms 1/3 c. smooth peanut butter In blender, process 1/3 c. water, onion, soy sauce, 2 tsp. oil and the next 8 ingredients until smooth. Pour over meat cubes and marinate about 4 hours, turning occasionally. Drain and reserve marinade. Onto to four 12" skewers alternately thread meat, pepper, banana and mushrooms. Preheat grill. Brush the kabobs with oil. Grill 7-8 minutes each side.

Bring marinade to boil on the side burner in a saucepan. Add remaining 1/3 c. water and peanut butter. Stir to blend. Heat through. If sauce gets too thick, add 1 tbs. water. Serve sauce with kabobs.

EGGPLANT CAVIAR

1 large eggplant
2 tbs. olive oil
2 tbs. wine vinegar
2 tbs. finely chopped onion
½ clove garlic, minced
1 medium tomato, chopped salt and pepper
Roast eggplant on gas grill over medium flame, turning occasionally until thoroughly cooked. This may take
30 minutes. Remove from grill and cool for handling. Strip off the skin and chop eggplant finely. Add all the seasonings. Chill thoroughly and serve on toast.

CHICKEN TANDOORI STYLE

8 large chicken thighs or drumsticks 1 c. plain nonfat yogurt 1/2 c. lemon juice 2 tsp. salt 1/2 tsp. cayenne 1/2 tsp. black pepper 1/2 tsp. crushed garlic 1/2 tsp. grated ginger 1 tbs. corn oil Combine all the ingredients in a large mixing bowl and marinate the chicken for 8 hours in the refrigerator. Drain the chicken and spread on the spit running the rod on the fleshier side of the bone. Roast using the rotisserie burner. Cook on medium high heat for 40 minutes basting occasionally with the remainder of the marinade mixture. Serve with sliced onions and lemon wedges.

SPARE RIBS

Marinade: 1 c. soy sauce 1/2 c. honey 1/2 c. vinegar 1/2 c. dry sherry 2 tsp. chopped garlic 2 tsp. sugar 1 c. water 1 chicken bouillon cube 1 can beer for basting sauce Marinade ribs for 3 hours. Use marinade for basting by adding beer to it. Place pan under the ribs and baste frequently. To cook ribs select lean, meaty ribs and accordion pleat them with your spit. Slide four prong meat hook down the length of spit and tighten. At the beginning of the rack and to its center, penetrate the second rib with the pointed end of the spit and push it between the meat. Skip a couple and continue the process until the entire rack is accordion pleated. Fasten the second meat hook into the rack. Turn your rotisserie burner on high. Roast for 50 minutes or until done.

PORK ROAST

Apple cider vinegar basting sauce: 1 c. apple cider vinegar 6 oz. water 1/2 stick butter Salt, pepper, parsley and garlic seasoning 2 oz. lemon juice 10 lbs. pork roast Time: 1-1/2 hours to 2 hours Bring pork to room temperature before placing it on the spit rod. Place on the rod and test for balance. Light rotisserie burner. Turn control knob to high. Use the above basting sauce for rotissing.

TURKEY

12 lb. turkey Beer basting sauce: 1 can beer 12 oz. water 1 stick butter 1 tsp. salt 1 tsp. pepper 1/2 tsp. garlic flakes 1 tsp. parsley Thaw the bird completely. Wash inside out. Securely tie the legs and wings. Light rotisserie burner. Turn to high. Combine all the ingredients for basting sauce in a shallow pan. Place it under the turkey 15 to 20 minutes. Cook for approximately 3 hours. The basting sauce combined with turkey drippings makes a delicious gravy.