



— Meat, Poultry  
& Seafood



# The Healthy Gourmet

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

You may enjoy red meats on occasion, but try to limit yourself to 2-4 servings per week. In order to make these meat treats extra special, do not eat fast-food burgers and sandwiches, but do take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil, fat, butter or margarine. Fat from the meat will render out during cooking, and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet. Pork should be cooked to the well-done stage, but not burned.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, I'm afraid there isn't much to be done about the marbling. Stay away from well-marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. Often we can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and, while you're at it, do the same to the amount of salt called for. Of course this trick does not work with deep-fried foods and such. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and cut into chunks if desired. Sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes, and you will have succulent, tender meat.

## HERBAL VINEGARS

Vinegar used to be looked at as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available...use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail. Also good to sprinkle on leafy greens or fresh vegetables.

# MEAT, POULTRY & SEAFOOD

## GRILLED RAINBOW TROUT (Or Baked)

Don Wilson

6 to 8 oz. Rainbow Trout fillets  
(DON'T REMOVE SKIN)  
Italian dressing

Lemon juice (fresh or  
concentrate)  
Seasonings of choice (opt.)

Spray cookie sheet with Pam. If fillets are frozen, thaw in refrigerator overnight (8 to 12 hours). Rinse fillets in cold running water; pat dry with paper towel. Place fillets in zip-lock bag large enough to hold fillets. Pour enough Italian dressing into zip-lock bags to thoroughly cover fillets. Add 1 teaspoon lemon juice (your preference) and your seasonings of choice, if any, and close bag. Gently shake bag until all fillets are coated with marinade, then place in refrigerator for 6 to 8 hours. Remove from bag, allowing excess marinade to drip off. Place on barbecue grill or greased cookie sheet for baking for 10 to 15 minutes, depending on choice of doneness. (Take a taste.) Garnish and serve with extras. Barbecue Grill: 10 to 15 minutes. Oven at 350° for 10 to 15 minutes. (Experiment; cook to your preference. Meat should flake when separated with fork.)

## POLISH PICKLED PORK CHOPS

Sue West

6 to 8 lean pork chops  
1/2 onion, chopped

3 lg. dill pickles, chopped

Brown pork chops lightly on both sides. Put into baking pan or large long casserole. Mix pickles, onions, 1 1/2 cups pickle juice and 1/2 cup water together. Pour over pork chops. Bake at 350° for 30 to 45 minutes.

## SHISH KABOBS

Carol Curran

1/2 c. soy sauce  
1/4 c. Worcestershire sauce  
1/4 c. lemon juice

1/4 c. brown sugar  
2 lg. onions, chopped  
Garlic (to taste)

Cut pork, chicken or beef into 1-inch strips or small pieces. Put on skewers. Marinate 24 hours. Grill over charcoal. Serve on beds of steamed rice. Will freeze well.

**GERMAN MEAT LOAF**

Phyllis Mescher

2 lbs. lean ground beef

Rib of celery

1/2 lg. onion

1/2 c. oatmeal

1 or 2 carrots

Grate carrots. Chop onion and celery fine. Add beef and other ingredients. Shape into long thick loaf. Bake in covered pan one hour at 350° to 375°. Serve in thick slices with pan juices.

1 T. prepared mustard

3/4 c. catsup

2 eggs

Salt &amp; pepper

**OVEN BARBECUE**

Phyllis Mescher

4 to 6-lb. roast

1 (10 1/4-oz.) can cream of mushroom soup

1 1/4 c. bottled barbecue sauce

1 env. regular dry onion soup mix

Serve on buns or rolls. (1) In roasting pan cover meat with soup. Pour barbecue sauce over soup. Sprinkle dry soup mix over meat. (2) Cover and bake roast in a 350° oven for about 2 hours or until tender enough to slice. (For shredded meat, cook about 3 hours or until very tender.) (3) Drain off fat; remove any bones from the meat. Slice or shred the meat and serve on buns. Spoon gravy from roaster over the meat in the sandwiches.

**PORK-KRAUT-APPLE SKILLET**

Phyllis Mescher

6 pork chops

2 med. onions, chopped

2 lg. apples, sliced

3 T. bacon drippings OR oil

1 (2 1/2-oz.) can sauerkraut

1/2 c. brown sugar (or 1/4 to taste)

In heavy skillet or Dutch oven brown chops in drippings. Add onions; cook several minutes. Mix sauerkraut with sliced apples. Add brown sugar and cook over low heat for 30 minutes or until chops are tender. Serves 6.

**HEAVENLY PORK CHOPS**

Phyllis Mescher

2 or 3 lbs. chops (chicken opt.)

1 whole lemon, cut up fine (rind included)

3/4 c. sugar

3/4 c. vinegar

1/4 c. Lea &amp; Perrins Worcestershire sauce

1/2 (1-lb.) btl. Heinz catsup

Salt (add as desired)

2 c. water

Marinate all night or cook very slowly most of the day. Sauce will become thick and rich, much like New Orleans area is famous for. This sauce is great to top baked potatoes.

**CHEEZ-IT CHICKEN**

Peggy Gannaway

8 pieces chicken  
1 box Cheez-It crackers

1½ c. milk  
Vegetable oil (for frying)

Heat oil for deep-frying. Crush crackers very fine. Wash chicken pieces; salt and pepper. Dip chicken in milk, then roll well in Cheez-It cracker crumbs. Deep-fry until brown. Serves 4.

**ITALIAN CHICKEN**

Donna Baker

Chicken breast fillets  
3 slightly beaten eggs  
Salt & pepper  
Oregano  
Parsley

Italian-seasoned bread  
crumbs  
Oil  
Romano cheese

Pound chicken; dip in egg. Mix bread crumbs. Season with salt and pepper, oregano and parsley together. Dip chicken in bread crumbs. Brown in hot oil for 2 minutes. Put in oven-bake dish. Sprinkle with Romano cheese. Bake at 350° for 5 minutes.

**CREAMED CHICKEN & BISCUITS**

Delisa Curran

6 T. butter  
6 T. flour  
1 tsp. salt  
1/8 tsp. pepper  
1½ c. seasoned chicken  
stock

1 c. milk  
1 c. cut-up stewed chicken  
2 c. flour  
3 tsp. baking powder  
1 tsp. salt  
1/4 c. Crisco

Melt butter. Blend in 6 tablespoons flour, 1 teaspoon salt and 1/8 teaspoon pepper over low heat until smooth and bubbly. Remove from heat; stir in 1½ cups well-seasoned chicken stock and 1 cup milk. Bring to a boil; boil one minute, stirring. Stir in gently 1 cup cut-up stewed chicken. Pour over biscuits. **Biscuits:** Sift together 2 cups flour, 3 teaspoons baking powder and 1 teaspoon salt. Cut in finely 1/4 cup Crisco. Stir in 1 cup milk. Bake at 450° for 10 to 12 minutes.

**HENS IN A BASKET**

Phyllis Mescher

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|-------------------------------|--|
| 2 Cornish hens (halved)       | 1 (10¾-oz.) can cream of mushroom soup |
| 1 c. uncooked instant rice    | 1 pkg. dry onion soup mix (opt.)       |
| 1 c. milk                     | 1 pkg. chicken stuffing mix            |
| 1 (4-oz.) can mushroom pieces |  |

Make stuffing on stove according to directions; set aside. Combine rice, milk, mushrooms and soup mix in bottom of baking dish. Lay Cornish hen halves on mixture. Put stuffing on top of Cornish hens. Bake at 350° for 1½ hours. Serves 4. Good with baked apples.

**TURKEY OR CHICKEN POT PIE**

Marjorie Robertson

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|------------------------|--------------------------------|
| Pastry for 2-crust pie | 3 c. turkey or chicken, cubed  |
| ½ c. onion             | 1 (10-oz.) pkg. peas & carrots |
| 6 T. butter            | ¼ c. chopped pimento           |

Cook onion in butter until tender, but not brown. Blend in flour and 1 teaspoon salt. Add broth. Cook and stir until thick and bubbly. Add remaining ingredients. Heat until bubbly. Place in pie shell. Seal with top crust. Bake at 375° for 35 to 40 minutes.

**BARBECUE CHICKEN**

Marjorie Robertson

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|---------------------------------|---|
| 1 (8-oz.) btl. Russian dressing | 8 oz. plum preserves OR apricot preserves |
| 1 pkg. onion soup mix           |   |

Mix ingredients together. Dip pieces of chicken in the mixture. Lay on shallow pan and bake at 275° for 2 hours.

**SURF 'N TURF**

Darla Dunn

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|----------------------------------|-----------------------|
| 2 T. butter                      | 1 T. chopped parsley  |
| ¼ tsp. garlic powder             | 6 lg. uncooked shrimp |
| 2 tenderloin steaks (4 oz. each) | 1 env. onion soup mix |
|                                  | 2 T. water            |

In medium skillet melt butter with garlic powder. Brown steaks 2 minutes on each side. Add parsley and soup mix blended with water. Add shrimp. Simmer, covered, turning shrimp and steak once, an additional four minutes or until done.