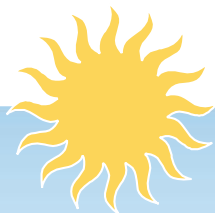


Make an Ordinary BBQ Extraordinary




Summer

BBQ

Recipes



Recipes complimentary of ucook.com

Cocktail

Cranberry Apple Spritzer



Ingredients

- 2 cups chilled dry white wine (or nonalcoholic wine) or apple juice
- 1 cup chilled cranberry-apple juice drink
- 1 cup chilled sparkling water

Preparation

Mix all ingredients. Serve over ice. Garnish with apple slices and fresh mint if desired.

Yield

Makes 6 servings, about 3/4



Main Dish

Marinated Grilled Chicken



Ingredients

- 4 large whole chicken breasts, skinned, boned, halved and butterflied
- Freshly ground black pepper to taste
- 6 tbsp extra-virgin olive oil combined with 6 tbsp regular olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp red wine vinegar
- 1/4 cup Dijon mustard
- 5 large cloves garlic, minced
- 1 tsp salt
- 3 tbsp chopped fresh basil leaves
- 1 tsp crumbled dried oregano
- Lots of freshly ground black pepper
- Peanut oil or olive oil, for brushing grill

Preparation

1) To marinate chicken: Rinse and pat dry each butterflied chicken piece and place in a glass dish. In a small bowl combine the remaining ingredients (except peanut oil) and pour over chicken, tossing with your hands to coat chicken thoroughly. Cover and marinate at least 30 minutes or overnight in the refrigerator.

2) To grill chicken: Preheat an outdoor or indoor grill until hot and lightly brush the grid with peanut oil or olive oil. Lift each piece of chicken out of marinade, allowing any excess marinade to drip off, but don't dry them. Place on the hot grill and cook until golden and cooked through but not dry, 3 to 4 minutes per side.

Yield

Makes 6 to 8 servings



Main
Dish

Beef and Pineapple Skewer



Ingredients

- 1 lb top sirloin steak
- 1/4 cup soy sauce
- 2 tsp brown sugar
- 1 clove of garlic, finely minced
- 1 tsp freshly grated ginger
- 1 tsp sesame or peanut oil
- 1 cup fresh pineapple, cut in cubes or one 8-1/4 oz. can, drained

Preparation

1) Cut the beef in bite-sized cubes (about 3/4" x 3/4"). Mix the remaining ingredients, except pineapple. Marinate the beef overnight, or for at least an hour. Remove from marinade. Reserve marinade.

2) Thread meat on skewers, alternating with pineapple cubes. If you use bamboo skewers, soak them in cold water for at least 20 minutes before using. Barbecue until meat is cooked to desired doneness. Baste with reserved marinade while cooking.

Yield

Makes 2 servings



Main Dish

Grilled Shrimp with Garlic Butter



Ingredients

- 2 lbs medium-size shrimp
- 1/2 cup (1/4 pound) butter or margarine
- 1/2 cup olive oil
- 3 cloves garlic, minced
- 3 tbsp minced parsley
- 3 tbsp lemon juice
- 1 tbsp Texas-style barbecue sauce
- Salsa Fresca

Preparation

1) Peel and devein shrimp. Skewer 8 - 10 shrimp close together on two parallel thin wooden skewers: put one skewer through the thick section of the shrimp, the other through the tail section to hold shrimp flat. Melt butter in pan. Add oil, garlic, and parsley. Heat just until bubbling, then remove sauce from heat, reserving some for dipping. Place skewered shrimp on greased grill approximately 6 inches above low glowing coals. Baste and turn until shrimp turn bright pink (approximately 6 minutes per side).

2) Arrange shrimp on a serving tray. Heat remaining garlic sauce to bubbling, then add lemon juice and barbecue sauce. Pour into individual serving containers for dipping.

Yield

Makes 4 to 6 servings



Creamy Potato Salad



Ingredients

- 1/2 cup Hellmann's/Best Foods light mayonnaise
- 1/4 cup Hellmann's/Best Foods low-fat mayonnaise
- 1/4 cup light sour cream
- 1 tbsp desired vinegar-tarragon, white or cider
- 1-1/2 tsp Dijon mustard
- 1/2 tsp dried parsley flakes
- 1/4 tsp dried thyme or 1 tsp finely chopped fresh thyme
- 2 tsp sugar
- 1 tsp salt
- 1/4 tsp freshly ground pepper or to taste
- 6 medium potatoes, peeled, cooked, and cubed (about 5 cups)
- 1 cup sliced celery
- 1/2 cup chopped onions
- 2 hard-cooked egg whites, chopped

Preparation

In a large bowl, combine the mayonnaises, sour cream, vinegar, mustard, parsley, thyme, sugar, salt, and pepper. Add the potatoes, celery, onions, and chopped egg whites, Toss to coat well. Cover and chill in the refrigerator until ready to serve.

Yield

Makes 8 servings



Pasta Salad with garden
vegetables

Ingredients

- 1/2 16-ounce package bow-tie macaroni
- 1/3 cup cider vinegar
- 1/4 cup olive or salad oil
- 1 tsp oregano
- 1 tsp salt
- 1/4 tsp crushed red pepper
- 6 green onions, minced
- 1/4 lb green beans
- 3 medium carrots, sliced
- 1/4 cup water
- 1 bunch broccoli, cut into 2" by 1 1/2" pieces
- 1 medium zucchini, sliced 1/2-inch thick
- 1 medium yellow straightneck squash, sliced 1/2-inch thick
- 1/4 lb sharp Cheddar cheese, cubed
- 1/4 lb Swiss cheese, cubed
- 1/2 pint cherry tomatoes

Preparation

- 1) Prepare macaroni conventionally as label directs; drain and set aside.
- 2) In large bowl, mix vinegar, oil, oregano, salt, crushed red pepper, and green onions.
- 3) In 12" by 8" baking dish, combine green beans, carrots, and water; cover and cook at HIGH (100% power) 6 to 8 minutes, stirring once. With slotted spoon, remove to bowl with dressing. Add broccoli to baking dish; cover and cook at HIGH 6 to 7 minutes, stirring once. Remove to bowl as above. Add zucchini and squash to baking dish; cover and cook at HIGH 3 to 4 minutes, stirring once. Remove to bowl. Add macaroni, cheese, and tomatoes to vegetable mixture in bowl; toss gently.

Yield

Makes 6 servings



Grilled Corn on the Cob



Ingredients

- 6 ears of fresh corn, husk on or 6 ears of frozen corn, husk on
- Butter or garlic olive oil

Preparation

Wrap the unopened corn in aluminum foil and place on top of your charcoal grill. Turn every 10 minutes for about 1/2 hour. Shuck and enjoy. I love garlic olive oil on mine, but butter and salt is more traditional.

If you use the corn that you froze in the husk, be sure and let it defrost completely before cooking.

Yield

Makes 6 servings



Fruit Salad Dressing



Ingredients

- 2/3 c sugar
- 2 tbsp flour
- 2 eggs, well beaten
- 1 c pineapple juice
- Juice of 1 lemon
- Juice of 1 orange
- 1/2 c whipped cream

Preparation

Combine sugar and flour. Add egg and fruit juices and mix until smooth. Cook over boiling water, stirring constantly, until thick. Cool. Fold in whipped cream.

Serve with sliced fresh fruit of your choice.

Yield

Makes 10 servings



Banana Split Pie



Ingredients

- 2 cups finely crushed cereal, plus additional for sprinkling
- 1/4 cup butter or margarine, melted
- 1/4 cup butter or margarine, softened
- 3 tbsp whipping cream
- 2 cups powdered sugar
- 2 tsp vanilla extract
- 1 banana
- One (8-ounce) can pineapple tidbits, well drained
- 1-1/2 cups thawed frozen whipped topping
- 1/2 cup chopped pecans
- 1/2 cup quartered drained maraschino cherries

Preparation

- 1) Combine the crushed cereal and melted butter; press into the bottom and up the sides of a 9-inch pie plate. Chill 1 hour, or until firm.
- 2) Beat the softened butter until creamy; beat in the whipping cream, powdered sugar, and vanilla until smooth. Spread in the piecrust. Slice the banana; chop the pineapple and pat dry with paper towels. Arrange on top of the creamed mixture and press down firmly. Spread the whipped topping over the pie; sprinkle with the pecans and cherries. Refrigerate for 3 hours; sprinkle with additional cereal. Store in the refrigerator.

Yield

One 9-inch pie

