

Barbecuing Is New Hobby and Anyone Can Take Part

By Mary Meade

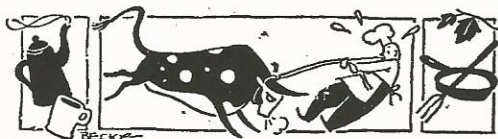
[Copyright: 1950: By the Chicago Tribune]

This whole country has gone barbecue happy. From east to west, north to south, barbecue spits revolve, chickens or spareribs sizzle and brown as they are brushed again and again with a spicy sauce. Families with big yards and money to spend are building "barbecues" to entertain guests out of doors. Families with no yards at all do their barbecuing in the oven. At least two range manufacturers that I know of have gone so far as to manufacture ovens with revolving barbecue spit attachments, big enough to take a huge chunk of beef or a sizable turkey.

Many a restaurant and drive-in eatery is making a reputation for barbecued beef sandwiches. The meat needn't actually be barbecued for these truck drivers' delights. Roast or pot roast beef can be sliced, sandwiched, and lavishly doused with barbecue sauce, and it tastes every bit as good as meat actually barbecued and lovingly basted every few minutes with sauce.

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Out west where the buffalo haven't roamed in a long time, the natives sometimes barbecue a steer in a specially prepared pit. You and I needn't wrestle with anything quite so rugged. But a leg of lamb, a plump chicken, a chunk of beef may be "barbecued" at home any



time. If there's no outdoor fireplace or grill, the oven will do, and the roasting meat can be brushed with sauce every 15 minutes while it is in the oven.

The important thing, other than the constant low temperature [325 degrees] you want for your meat, is the sauce. There are sweet and spicy sauces, sweet and hot sauces, tart sauces, some that burn all the way down and bring tears to your eyes. The hotter, the better, many barbecue addicts think.

Most of those who like it hot are men, I find. A woman's palate is gentler, or could be she knows she doesn't look so pretty choking over a mouthful of undiluted fire.

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These barbecue sauces are highly seasoned but not hot. If you like hot sauce, reach for the cayenne pepper or tabasco sauce, but don't blame it all upon me if your barbecue guests scream for water to quench that fire! [Tell them water won't do it, but garlic bread will.]

LAZY J RANCH BARBECUE SAUCE

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| 2 cloves garlic, minced | 1 cup butter or oil |
| 1 medium onion, minced | ½ cup catsup |
| 1 tablespoon prepared mustard | 1 teaspoon or more chili powder |
| 2 tablespoons horseradish | ½ teaspoon black pepper |
| 1 tablespoon minced parsley | ¼ cup sugar |
| 3 cups water | Salt, tabasco sauce as needed |
| ¾ cup lemon juice | |

Simmer ingredients together for an hour and use to baste lamb, beef, chicken, or fish.

BARBECUE SAUCE FOR SPARERIBS

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| ¾ cup butter, margarine, or oil | 2 tablespoons prepared mustard |
| 2 medium onions, chopped | 1 teaspoon salt |
| 1 cup catsup | 1 teaspoon chili powder |
| ¼ cup vinegar | ¼ teaspoon black pepper |
| ¾ cup molasses, brown sugar, or hoey | |

Fry onions in fat and add other ingredients. Simmer 5 minutes and then use to baste roasting spareribs.

BARBECUE SAUCE WITH SOY

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| 1 medium onion, minced | ½ cup catsup |
| 2 cloves garlic, minced | 3 teaspoons salt |
| 1 cup lemon juice and vinegar | 2 teaspoons dry mustard |
| ¼ cup worcestershire sauce | 2 tablespoons butter |
| ¼ cup brown sugar or sirup | 2 tablespoons or more soy sauce |

Combine ingredients and simmer 10 minutes. Use to baste spareribs, beef, chicken, or turkey.

Here's a recipe for barbecued chicken from Bill Magee's "Western Barbecue" cookbook, [Murray and Gee, Inc., \$3].

BARBECUED CHICKEN

"Be sure the chicken is fat for this type of cooking. Rub thoroly both inside and out with bacon grease. Then run two skewers from the rear up by the wings and out by the neck without piercing the breast. Truss the wings and the legs to the skewers.

"Place the chicken over very slow coals and watch particularly carefully at first that it does not become too hot, or the skin will shrivel and crack and permit the meat to dry out. Baste frequently either with plain bacon grease or vegetable fat, or with olive oil to



which has been added a little garlic and oregano to taste. The basting should be quite frequent and the bird should be turned often.

"Midway during the cooking be sure to place about a tablespoonful of the grease or basting sauce inside the fowl, spreading it thoroly with a swab. If the chicken is cooking properly there will be no breaks in the skin during the entire process, which ordinarily takes about 2 hours. Test for tenderness with ice pick or sharp stick.

"Salt just before taking off the fire and add fresh ground pepper just before serving."