



# Pep Up

## Your Picnic

Shish Kabobs

Charcoal Baked Potatoes Tossed Salad

Garlic Bread

Fresh Fruit and Cookies

Iced Tea

Coffee

### SHISH KABOBS

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 lb stew beef or chuck roast    | $\frac{1}{2}$ lb mushrooms |
| $1\frac{1}{2}$ t meat tenderizer | *1 c Barbecue Sauce        |
| 2 onions                         | Skewers                    |
| 2 green peppers                  |                            |

1. Cut meat into 1" pieces. Sprinkle tenderizer on meat and pierce with a fork. Let stand 1 hour.
2. Cut onions and peppers into 1" chunks.
3. Wash mushrooms and separate stems from caps.
4. Arrange food on skewers in the following order: a piece of meat, onion, green pepper, mushroom. Repeat until skewer is filled to 1" of end. Brush with Barbecue Sauce.
5. Cook over an outdoor fire or in the broiler. Turn skewer every few minutes, brushing with sauce. Takes approximately 20- 25 min.

\* Commercial Barbecue Sauce can be used.

### BARBECUE SAUCE

- |  |                          |
|--|--------------------------|
| $\frac{1}{2}$ c shortening or meat drippings | 2 T Worcestershire sauce |
| $\frac{1}{4}$ c chopped onion                | 1 t garlic salt          |
| $\frac{1}{2}$ c vinegar                      | $\frac{1}{4}$ c sugar    |
| $\frac{1}{2}$ c tomato puree or tomato paste | 1 c water                |
|  | $\frac{1}{2}$ t pepper   |
|  | 1 t salt                 |

1. Melt shortening, add onion and saute until tender.
2. Add remaining ingredients. Simmer 10 minutes.

### CHARCOAL BAKED POTATOES

Wrap potatoes in heavy aluminum foil and place in glowing coals of charcoal fire. Bake for about 1 hour or until a fork will easily pierce potato. Potatoes will be quite crusty on the outside. To bake in oven, use 400°F for about 1 hour.

## TOSSED SALAD

1. Into a large plastic bag break or tear any of the following salad greens or combination of greens:  
Iceberg lettuce      Curly endive      Boston lettuce  
Leafy garden lettuce      Watercress      Spinach leaves
2. Add your favorite vegetables:  
Tomatoes      Radishes      Green pepper  
Celery      Green onions      Cucumber
3. Just before serving, add dressing, tossing salad right in the bag. Serve crisp and cold.

## GARLIC BREAD

*Temp: 400°F    Time: 15 min.*

$\frac{1}{2}$  c butter or margarine  
 $\frac{1}{8}$  t garlic powder

1 long loaf French bread

1. Cream butter and garlic powder.
2. Slice bread diagonally almost through. Spread with butter mixture.
3. Wrap in aluminum foil. Heat in preheated oven.
4. Fold back foil and use as a basket from which to serve bread.

## PICNIC HINTS

Save insulated ice cream bags for packing sandwiches or small bowls of food to keep them either hot or cold.

Keep some matches in a small glass jar as a safety measure.

Insulate a large cardboard box with heavy layers of newspapers. Add one or two plastic bags filled with ice cubes. This makes an excellent container for meats and frozen foods. Ice Cubes can later be used for cold drinks.

Pack ice cream in dry ice. Unpack 30 min. before serving. Be sure to handle dry ice with heavy gloves or several thicknesses of heavy paper. Frozen foods packed in a freezer bag with dry ice will stay frozen for 48 hours.

Sandwiches with meat, fish or egg fillings should be kept cold.

Save cottage cheese cartons for salads. Chill salad thoroughly and pack in one of these cartons. Pack carton in an insulated bag. This will keep it chilled for  $1\frac{1}{2}$  to 2 hours.



### MACARONI AND CHEESE SALAD RING

4 oz elbow macaroni	2 T minced onion
$\frac{1}{4}$ c French dressing	2 T chopped parsley
2 c sieved cottage cheese	Salad greens
$\frac{1}{4}$ c diced pimiento	Sliced green olives
$\frac{1}{4}$ c diced green pepper	Radish roses

1. Cook macaroni in boiling salted water. Rinse with cold water and drain well.
2. Add French dressing, mix well and chill 30 minutes to marinate.
3. Add cottage cheese, pimiento, green pepper, onion, parsley and mix well.
4. Press mixture into a 9" ring mold. Chill several hours.
5. Unmold by loosening sides of mold with a knife. Turn out a bed of salad greens. Garnish top with sliced olives and arrange radishes around the mold. Serves 6.

### OX BLOOD CAKE

*Temp: 350°F Time: 1 hr.*

$\frac{3}{4}$ c cocoa	2 c sugar
2 t soda	2 eggs
1 t salt	$2\frac{1}{2}$ c all-purpose flour
$\frac{3}{4}$ c boiling water	1 c sour milk
$\frac{2}{3}$ c shortening	

1. Combine cocoa, soda, salt and water. Cool
2. Cream shortening and sugar. Add eggs.
3. Add flour alternately with milk.
4. Fold in cocoa mixture.
5. Pour batter into 13 x 9 x 2" greased pan. Bake in preheated oven.

### FUDGE FROSTING

$\frac{3}{4}$ c cream or top milk	2 egg yolks
2 $\frac{1}{4}$ c sugar	$4\frac{1}{2}$ t butter
$1\frac{1}{2}$ sqs. chocolate	$\frac{3}{4}$ t vanilla

1. Combine cream, sugar, chocolate and egg yolks. Stir thoroughly to dissolve sugar.
2. With a damp cloth wipe away any crystals which appear on the sides of the sauce pan. Cook slowly to 232°F or until the soft ball stage is reached. Add butter and vanilla. Cool to lukewarm or 110°F. Beat until thick enough to spread.