

Outdoor Cooking: Modern Lift

Cooking outdoors has been an American tradition for the past 10,000 years.

The first All-American Cookout, it is observed by the American Gas Association, was held by the Indians who migrated to this continent more than 100 centuries ago.

The reason for cookouts 10,000 years ago was simple. There just wasn't any indoors.

Today, however, as the nation strives to preserve its natural resources from being overwhelmed, cookouts become an ever more popular way for

people to enjoy the great outdoors.

Millions of modern-day Americans are participating in the pleasure of eating outdoors (and more are being added to these numbers each year) in their own backyards as well as on picnics and while on fishing, hunting and camping trips.

Cooking with Gas

What modern home today is complete without provision for a cookout on the patio?

Although outdoor cooking has been with us for centuries, methods changed little from those used in primitive times, until recent years.

Where the Indians used hardwood fire, so too have many latter day outdoor chefs. The first outdoor chefs used flint to ignite their fires. Until recently the only improvement over the flint was a match.

All of this has changed with the introduction of the gas-fired outdoor grill — a model that can be permanently set up in the backyard, or one that can be taken afield.

The gas grill eliminates the need for any fuel other than gas. The one in the backyard may be hooked up to the gas line that serves the home. The model that goes afield is operated by natural LP gas fed directly to its burners.

Many gas grills also have pilot lights similar to those on modern kitchen ranges for instant ignition of fire.

Simple to Clean

In addition to these modern convenience improvements, gas

grills have the ability to begin cooking after a warmup period of less than five minutes, says AGA, which also claims cooking on a gas grill is better than other methods.

The primary reason is even, infra-red radiant heat, it is explained. The heat is produced when ceramic or fire-brick briquets are heated by the gas fire producing an intense, even heat to provide the infra-red waves that create the searing action associated with grilled meat, fowl and fish.

The briquets are permanent and can be cleaned simply by closing the grill cover and turning the heat dial to the high position for 10 to 15 minutes.

The briquets also eliminate the problem of removing ashes from the grill after each use.



More families are finding the great outdoors right in their own backyards. The outdoor living center, equipped with the latest equipment, like the gas grill pictured above, is fast becoming one of the most popular places to entertain both youngsters and grownups.

Baked Lake Whitefish

Trout fishermen on Montana streams sometimes curse the bothersome whitefish as they seek their fairer game, but the whitefish of the northern lake country are another "kettle of fish."

Long sought after for their delicate, sweet-mellied flavor, lake whitefish are now being rated as top gamefish by fly-fishermen and other light-tackle enthusiasts.

And — steaming hot, delectable whitefish, cooked in a savory sauce, can be served in 20 minutes after it is first placed in the oven.

- 1 1/2 pounds whitefish fillet
 - 1 1/2 teaspoons dried tarragon
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - tablespoons butter or margarine
 - 1 10- or 12-ounce bottle 7-Up
- Preheat oven to 400° F. Place fish in a greased, shallow bak-

ing dish. Sprinkle fish with tarragon, salt and pepper and dot with butter. Pour 7-Up over fish. Bake 20 minutes or until fish flakes with a fork. Baste once or twice during baking with remaining beverage. Makes 4 servings.

Remember Salt Tablets
Essential in every camper's first aid kit, buffered salt tablets should be taken to replace body salts lost through perspiration and to prevent illness caused by excessive heat.

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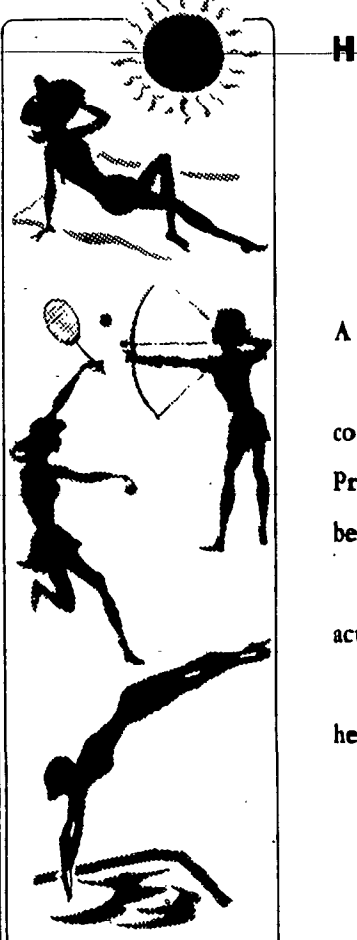
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