

All-Around Spicer-Upper

As a convenient flavoring for grilled or broiled meats, all-purpose barbecue sauce has no peer. Little other seasoning is necessary.

Beef stew is a familiar meal-in-a-dish that is turned into a gourmet's feast by adding barbecue sauce, any flavor. With plenty of vegetables in the stew, all you need to complete the menu is to toss some fresh garden greens with your favorite salad dressing and heat a loaf of French bread.

On especially busy summer days, prepare Savory Stuffed Cabbage early in the morning to reheat just before serving. In this case, the barbecue sauce is used as part of the braising liquid for the stuffed leaves and smoothly blends all the flavors.

Glamorous dishes can be made with the sauce, too. Shrimp and tuna creole is not only glamorous, but it can be prepared in less than 30 minutes. Served with rice, it's a good spur-of-the-moment "company" dish.

BARBECUE BEEF STEW

- 2 pounds boneless chuck, cut in 1 1/2-inch cubes
- 1/4 cup salad oil or meat drippings
- 1 1/2 cups water
- 1 cup all-purpose barbecue sauce
- 1 can (8 oz.) small whole onions
- 2 medium carrots, cut in 2-inch slices
- 1/2 teaspoon salt

Saute meat in oil in heavy saucepan or Dutch oven until evenly browned. Add water and barbecue sauce. Cover and simmer until meat is almost tender—about 1 hour and 15 minutes. Add onions, carrots, and salt. Continue cooking until carrots are tender—about 25 minutes.

Makes about 4 cups or 4 servings.

SAVORY STUFFED CABBAGE

- 6 medium or large cabbage leaves
- Salted water
- 1 egg, slightly beaten
- 1 teaspoon salt
- 1/4 cup finely chopped onion
- 1/2 cup milk
- 1/2 cup all-purpose barbecue sauce
- 1/2 pound ground beef
- 1/2 pound ground pork
- 3/4 cup hot prepared rice
- 2 tablespoons butter
- 1/2 cup water

Boil cabbage leaves in salted water for about 3 minutes; drain. Combine egg, salt, onion, milk, and 1/4 cup of the barbecue sauce; mix well. Add beef, pork, and rice; mix lightly. Place 1/2 cup of the meat mixture in center of each cabbage leaf. Fold sides and ends of leaves over meat mixture; secure with wooden picks. Saute in butter in a skillet about 5 minutes, or until golden on both sides. Add remaining barbecue sauce and the water. Cover and cook 40 minutes, basting twice during cooking. Cook, uncovered, 5 minutes longer. Makes 6 servings.

SHRIMP AND TUNA CREOLE

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 2 tablespoons butter
- 1 1/4 pounds shrimp, cleaned and cut lengthwise in half
- 1 can (16 oz.) tomatoes
- 1/2 cup all-purpose barbecue sauce
- 1 can (7 oz.) tuna, drained and flaked
- 1/2 cup chopped green pepper
- 1 tablespoon cornstarch
- 1/4 cup water
- 1 tablespoon chopped parsley
- 2 cups packaged pre-cooked rice

Saute onion and celery in butter in a large skillet until onion is tender but not browned. Add shrimp and saute, stirring frequently, until shrimp turns pink—about 3 minutes. Add tomatoes, barbecue sauce, tuna, and green pepper. Combine cornstarch and water; add to shrimp mixture. Bring to a boil. Reduce heat; simmer creole 5 minutes, stirring occasionally. Sprinkle with parsley. Prepare rice as directed on package. Serve creole over rice. Makes about 6 cups creole mixture or 6 servings.



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All in the Family

4 Best Times Of the Year

By Sarah Child



The morning after the mercury hit 91 degrees, our kindergarten-to-be and her almost age-three brother began one of their matutinal song fests, starting with "We wish you a Merry Christmas . . ."

Any incongruity presented by the muggy heat of another scorcher revving up seemed to escape them entirely.

They sing Christmas songs all year around maintaining steadfastly—even through bites of butter-drenched corn-on-the-cob, even when spending the whole beautifully hot day in their wading pool—that the winter holiday season is their favorite.

I am more fickle than they. Whatever season we happen to be in the midst of is my favorite—the exception being the last months of a hard winter that has worn out its welcome.

Summer—where the eye sees nothing but bounty. Rare fields break up the monotony of miles of cherry trees hanging heavy with their brilliant fruit. There are the rich stores of the fruit and vegetable stands. Best of all I love the hot nights, to shower and then in only the thin batiste of a nightgown to sit in the darkness on the front step, smell the lush greenness all around and sip from an icy can of beer, a drink which any

other time of the year I always think more suitable for shampooing one's hair.

And then it is fall. Most brilliant of all the seasons, the whole countryside is a stage setting of unbelievable splendor. Skies so blue your throat catches. Fields of orange pumpkins. Stands of purple blue grapes. In addition Autumn means both courtship and marriage to me making it an extra special season.

Winter and the flock of pheasants that frequent the woods behind our home make themselves present again. Cardinals perch in the bare white birch against the radiance of the snow giving such a precious glimpse of color in these bleak days.

Split pea soup simmering on a ham bone at the back of the stove, requests for hot chocolate before going to bed, the whistle of the winter wind and the whip of freezing snow as gusts undo all the driveway shoveling.

And then spring. Spring with a greenery so pale it is almost yellow. A freshness, a sweetness to the air. The front door stands open during the noon hours and bathes the normally dark room with light. The crocuses shoot up. The world is new and so am I.