

YUMMY NORTHWEST

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DON'T BURN YOURSELF, SWEET THING

May was National BBQ Month, so you've probably already got that grill fired up. Is your mouth watering for luscious things dripping with barbecue sauce? Roasted veggies with a sprinkle of salt and balsamic vinegar? Hot corn on the cob smothered in butter?

What about grilled banana split sundaes? Warm, rum-soaked peaches? Pineapple upside down cake – in a can?

If you thought you could only use those hot coals to make s'mores for dessert, read on for some sophisticated and impressive goodies you can make right on the grill, outside or inside. And the s'mores? Think about them again, too, because our recipe has been updated.

There are no photos, because the photographer had her hands full with marshmallows and chocolate-covered graham crackers. That is, when those hands weren't sticky from the banana split sundaes. And it didn't help when the upside down cake was ready. Once you started, you couldn't stop eating that.

Thanks to the grillers and tasters at Joey's house in Bellevue, Wash., for helping put together this truly **Yummy** issue.

THE BEST THINGS COME IN CANS

The hit of the BBQ was an amazing cake that bakes in small cans on the grill. If 12 servings are too many, buy a Jiffy cake mix (I found mine at Fred Meyer) and make half. (Though I doubt you will have leftovers no matter how many you make.)



Raking through the right coals

Which charcoal is best? There are not any studies that take dessert items into consideration, but "Cook's Illustrated" (July & August, 2004) tested "delicate foods – chicken, fish and vegetables" and found the flavor "oddly bitter," "harsh" and "acrid" when using either the Match Light brand or lighter fluid. They concluded that "hardwood charcoal is the best choice for grilling [delicate foods] because it burns hot and fast, while slower burning briquettes are optimal for grill-roasting and barbecuing."

Something to laugh about

If grilling makes you tense, relax by sitting at the computer for a look at "Store Wars": www.storewars.org. Could food be any funnier if it tried?

If the directions seem intimidating, be assured that if your **Yummy** editor – who was working on an outdoor grill for the first time in her life – could do it, so can you! Try to get the flames low, but don't worry too much about how high the grill is or how hot the flames, just peek under the foil occasionally. This cake is done when it no longer looks raw in the middle. Any mistakes can be covered up with a nice scoop of ice cream.

I can't find any information on Girl Scout Troop 1064, but wherever the girls are today, I'll bet they are versatile cooks.

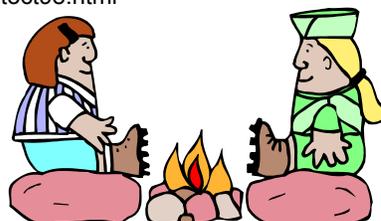
Upside Down in a Can Cake

Girl Scout Troop 1064 Craft of the Month (10/98)

White or yellow cake mix
Ingredients required for cake mix
12 pineapple slices
Brown sugar
Butter
12 pecans (optional)
12 six-ounce tuna or cat food cans

Follow directions on cake mix. Clean cans thoroughly and then grease them. Place a pineapple slice in the bottom of each can with a nut in the center of each pineapple ring. Sprinkle 1 tablespoon of brown sugar over pineapple and dot with 1 teaspoon of butter. Pour cake batter to about 1/2 inch from top of can and cover with foil. Place on a grill a few inches over fire and cook 10-15 minutes until done. Invert on a serving plate and wait 5 minutes before removing can.

<http://greenfield.fortunecity.com/swallowtail/106/craftoct98.html>



Sophisticated S'mores

Toast large marshmallows over a fire until as crisp and dark as you like. Have ready chocolate-covered graham crackers. (Mrs. Field's now makes a "decadent" brand.) Combine in sandwich form and eat quickly.

For a simple variation, just use marshmallows. As Chloe said, "Some of us are happy with a sharp stick and marshmallows; no graham crackers or chocolate are really necessary."



Grilled Banana Split Sundaes

A good idea that never got tried at the Yummy BBQ. Everyone was exhausted from grilling everything else for two hours and didn't care to see what bananas do on a grill. But for what it's worth, here is the recipe. If you are too tired or too hot to grill the bananas, do as we did and slice them raw, add ice cream and apply liberal amounts of chocolate sauce. BBQ participants unanimously agreed that chocolate sauce is a real pick-me-upper after a tough grilling.

For 4 people:

4 firm, but ripe, bananas, unpeeled
1 tablespoon sugar
1/2 teaspoon cinnamon
Vanilla ice cream
Chocolate Sauce
Coarsely chopped nuts, toasted
Whipped cream, optional
Strawberries, optional

Slice bananas in half lengthwise and crosswise so each banana yields 4 pieces. Set aside. Mix the sugar and cinnamon, sprinkle on cut sides of bananas. Let bananas sit for 5 minutes.

Place bananas cut-side down on a clean cooking grate over direct low heat. Cook for 2 minutes or until grill marks appear. Using a pair of long-handled tongs, turn over and let cook 5 more minutes or until the skin pulls away from the banana.

Remove skins and place 4 banana halves in the bottom of each serving bowl. Top each serving with 2 scoops of ice cream and chocolate. Sprinkle each with nuts, top

Dressed to Grill – Savvy recipes for girls who play with fire

Two Portland women, Karen Brooks and Diane Morgan, took time away from their BBQ to write this fun book that really is for women.

Not everything requires a grill – the Reason-to-Live Chocolate Cheesecake is a kitchen affair, for example – but complete menus center around outdoor fire.

Sweet things that do require matches include the Grilled Peaches in a Dark Rum Bath. Marinate peach halves in brown sugar and rum, and you don't really need anything else. But add grill marks and top with caramel ice cream and you have a reason to keep playing with fire. (See book for recipe.)

From the opening Spice Girls chapter – where seasonings are discussed with abandon – on through the Liquid Assets grand finale chapter – where Flaming Lips Party Punch and La Femme Margaritas await – this book provides complete guidance for grilling and celebrating womanhood.



with whipped cream and place a strawberry on top.

- adapted from Sara Moulton's recipe at www.foodnetwork.com

Grilled Caramelized Plantains

Instead of bananas use mini plantains – they are about three inches long and sweet. Slice them in half and roast over an open flame with the husk side down for about 15 minutes. For a sauce, gently boil Bailey's Irish Cream and Grand Marnier until it starts to caramelize, then add butter. Pour over the roasted peeled plantains and serve. Very yummy.

- D., Dallas, Tex.

Sweet Potato Salad

This sweet salad is worth including in your next BBQ and ranks right next to the desserts for flavor and satisfaction. Chloe made hers on the stove at home, but grilling the potatoes instead of boiling them would add zing and is worth a try. Or cut into fries and roast at 500 degrees for 10 minutes, then cut for salad.

1 1/2 pounds sweet potatoes, scrubbed
1 large apple, cored, peeled and cubed
1 large rib celery, chopped
1 tablespoon orange juice
1 tablespoon extra virgin olive oil
2 teaspoons apple cider vinegar
1 teaspoon sugar substitute (think "Splenda")
Pinch of salt

Place the sweet potatoes in a large saucepan and cover with water. Bring to a boil over medium heat and cook for 30 minutes or until tender. Drain and cool. Peel and cut into cubes. In a large bowl, combine the sweet potatoes, apple and celery. In a small bowl, whisk together the orange juice, oil, vinegar, sugar substitute and salt. Pour the mixture over the potato mixture and toss to coat. Cover and refrigerate. Serves 4.

- via Chloe from "The South Beach Diet Cookbook"

About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest. Online at www.tanglycottage.com/Yummy.

Contact the editor

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