

Barbeque / Picnics

July 2010

We talked about eating safely at picnics. There is an attachment to this e-mail you will want to read – it includes all the topics discussed and has some very, very good suggestions. Be sure to keep the cold foods cold and the hot foods hot. One of the suggestions is when preparing brats on the grill, place an aluminum baking pan on the grill – put into the pan some butter, some sliced onions and some gluten-free beer. Then when your brats are cooked, place them into this “Brat Hot Tub” to stay hot until eating. Great idea!

Check our Recipes for: Creamy Lemon Raspberry Dessert which uses gluten-free pretzels as an ingredient. Sounds good – one to try this summer.

June 2009

Many good ideas were presented about Picnics and Grilling. The first one was how to transport all your picnic/potluck items. Use one of the “green” bags (like the blue Meijer bags) that so many stores and shops have available now. They are usually only 99 cents, and are very sturdy and carry a lot. Pack with all your picnic needs: paper plates, silverware, etc.

Some of the items good for grilling are shish kabobs, vegetables. If you purchase ready-made hamburger patties or turkey patties, be sure all the ingredients are gluten free! There are some pre-packaged ones out there that contain wheat. Some of the gluten-free grilling goodies are: Johnsonville Brats, Ball Park Hot Dogs. And there is a good meat market on Bridge Street called 20th Century Market. They are very knowledgeable on what meat items do not contain gluten and can help you a lot picking out what you need for your grilling out.

To marinate that steak, chicken, etc, we had several suggestions: La Choy Soy Sauce, Mrs. Dash’s grilling blends for chicken or steak, Weber Dry Rub Grill Creations, Spice Islands Grinder for Chicken, Saz’s BBQ sauces have some that are gluten free, Heinz has some of the Jack Daniels sauces that are gluten free. Also Sweet Baby Ray’s BBQ sauces are gluten free.

Salads? Ken’s has some salad dressings that are gluten free. And Hellman’s and Miracle Whip are gluten free ~ both would go well in that potato salad! And as for pasta salad, the Tinkyada brand of gluten free pasta hold up well in pasta salads. (If you like the Tinkyada brand, it can be purchased by the case at Health Hut on Monroe Avenue for a very good price!) Also we had a suggestion for a cold quinoa salad.

And while you are grilling, try grilled corn-on-the-cob! There is a grilling suggestion at yesyoucangrill.com to soak the corn in the husks for about an hour, then grill for about 15 minutes, turning it often.

You can use the trusty old “camping out” method: Chop up the meat, potatoes, any vegetables into small pieces and put them in a foil pouch – seal the pouch - and put it on the grill or in the campfire. This is a great idea when you are going to a cookout and want to bring your own food for safe eating. The foil pouch can go right on the grill with whatever everyone else has on the grill, and your food will not get contaminated.

Some ideas for chips: Lay’s and Lay’s STAX, Kettle brand potato chips, Funyuns. Try Funyuns in your green-bean casserole! And Quaker mini rice cakes can be used to make S’Mores. Also Knicknick brand makes a good tasting graham cracker to use for S’Mores. Hershey’s chocolate bars are gluten free. Try putting a slice of banana or strawberry into that S’More! There was a terrific idea for grilling bananas: Do not peel the banana, but poke a few holes in the skin and put in small pieces of chocolate thru the slits in the skin. Then grill the banana. Just peel and eat!. (Also the banana itself will not be contaminated by other foods on the grill this way.)