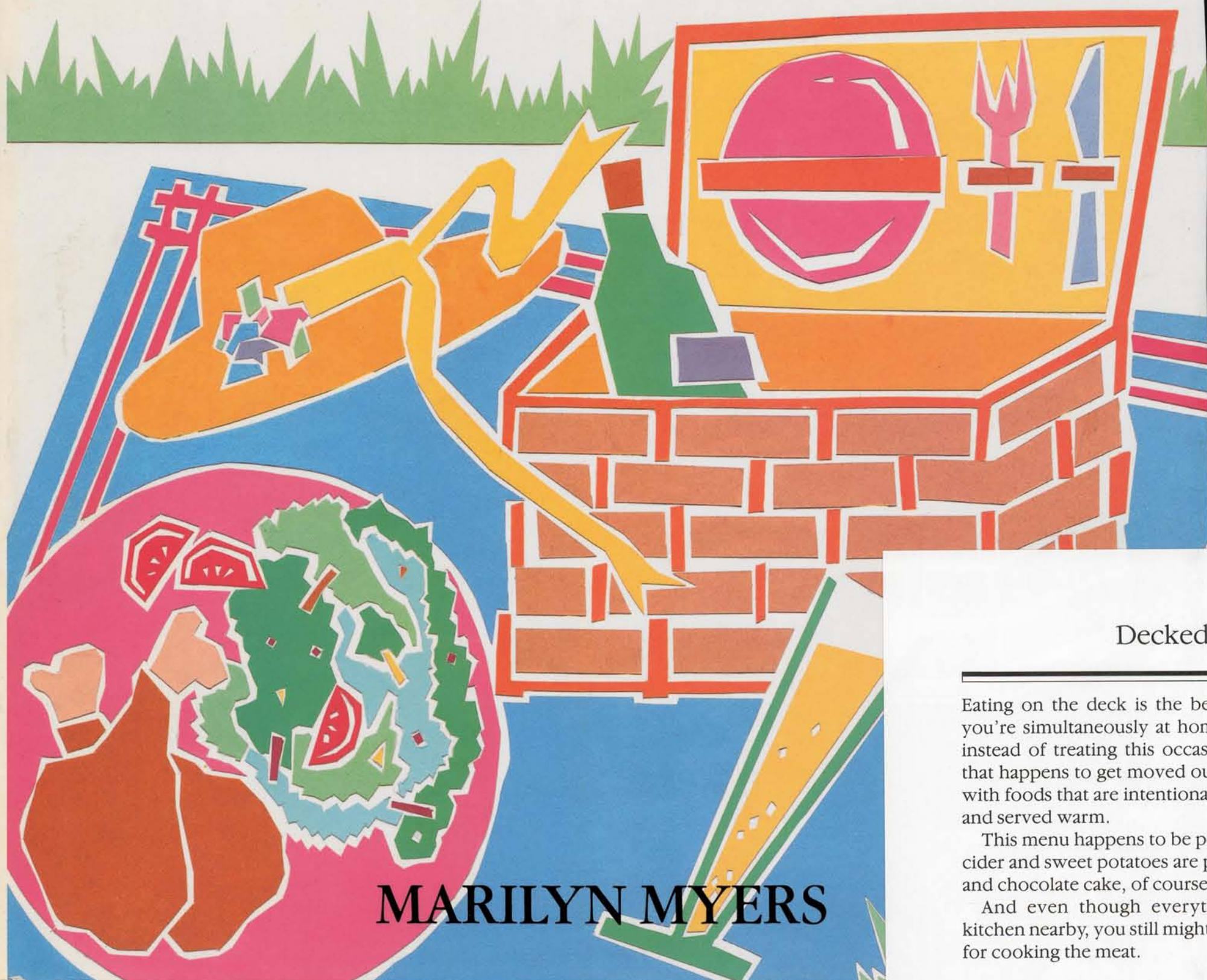


# PICNICS



MARILYN MYERS

## Book List, April 1, 1988

Myers, Marilyn. *Picnics*. Apr. 1988. 128p. col. illus. Running Press, \$19.95 (0-89471-583-6). Galley.

Anyone whose idea of a picnic is a hamper full of fried chicken, potato salad, bread-and-butter sandwiches, and a six-pack will be humbled by the elegant presentations and colorful photographs in this attractive book. Myers starts with the basics of proper preparation of foods to be transported to a picnic site, going to great lengths to debunk common myths (e.g., that mayonnaise is the most common source of food poisoning in al fresco dining). The author sagely inventories picnic basket necessities and recommends ways of making picnics more elegant affairs. One of the unique aspects of Myers' work is her grand variety of breakfast picnics, a perfect way to take advantage of a beach or woods before the daytime hordes' descent spoils nature's tranquility. Myers' recipes offer the cook no insurmountable challenges. Each recipe has a footnote on the best methods of transporting the food to the picnic site. Index. MK.

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## PICNICS: PART TWO

### Decked Out

Eating on the deck is the best of both worlds, since you're simultaneously at home and out of doors. But instead of treating this occasion like a normal dinner that happens to get moved outside, plan it like a picnic with foods that are intentionally done up ahead of time and served warm.

This menu happens to be perfect for fall, when apple cider and sweet potatoes are plentiful. The mushrooms and chocolate cake, of course, have no season.

And even though everything is handy with the kitchen nearby, you still might want to use a grill instead for cooking the meat.



Apple Glazed Pork Tenderloin\* or Barbecued Whole Pork Tenderloin\*

Sweet Potato Salad with Pineapple and Raisins\*

Rosy Marinated Mushrooms\*

Chocolate Malted Cake\*

Blush Wine

### Chocolate is for Lovers

No doubt a menu of all chocolate would be appropriate for any couple in love, but sanity has to take over at some point. Here chocolate makes a modest showing only at dessert. Don't be fooled, however. This isn't weak-kneed chocolate, and especially not when it's combined with raspberry jam and walnuts.

Leading up to this dramatic conclusion is an equally sensational main course of unique, forceful flavors. The sweet touch of basil and fennel in the green beans blends nicely with the sweet bell peppers in the rice salad, and both of those are held in check by the salmon with cucumber sauce.

The salmon should probably be stored in a cold spot—along with the wine—but the rest of the menu can be served warm.



Poached Salmon with Cucumber Sauce\*

Green Beans with Basil Dressing\*

Rice Salad with Red and Yellow Peppers\*

Chocolate Raspberry Bars with Walnuts\*

White Wine

## ENTRÉES

### Grilled Leg of Lamb

Fortunately, lamb is no longer a seasonal item. What used to be considered a spring delicacy is now available all through the year. And though the leg is most often served at home as a whole roast, it's also possible to remove the bone, flatten the leg, and take it on a picnic to cook on the grill. Have the butcher remove the bone for you, or do it yourself, following the directions below.

For even quicker cooking and easier serving, cut the major sections of the boned leg into thin slices and thread the meat on bamboo skewers before grilling.

1 leg of lamb, rump half (3 to 3½ pounds)

#### Marinade:

- 2 cups pineapple juice
- ½ cup fresh lemon juice (2 lemons)
- ½ cup mild-flavored boney
- 3 large garlic cloves, peeled and flattened
- 1 teaspoon ground ginger
- 1 teaspoon dry mustard
- 1 teaspoon salt

1. To butterfly the leg of lamb: Start by removing the long, flat aitchbone at the wide, rump end of this cut. Use a sharp boning or paring knife to make short incisions around the bone, cutting down into the meat—following the bone—until it is completely exposed. Sever the tendon connections at the socket where the aitchbone joins the leg bone and remove the aitchbone completely. With the fatty side of the leg on the work surface, cut through the natural muscle division, making an incision the length of the leg bone. Cut along both sides of the bone and then underneath to lift it out. Do not cut completely through the meat or there won't be anything to hold the separate muscles together.

2. To make the marinade: Combine all the ingredients in a large glass or enameled baking pan.

3. Place the meat in the marinade and refrigerate at least 24 hours, turning it over from time to time so both sides rest in the liquid.

4. Cook the leg over hot embers on a charcoal grill for about 45 minutes, or until the meat reaches an internal temperature of 135° F. for medium-rare or 140° F. for medium. Turn the meat over every 10 minutes so both sides cook evenly. Remove from the heat and let stand 10 minutes before carving.

Makes 10 to 12 servings

#### VARIATION

### Grilled Lamb on a Stick

Remove the aitchbone and leg bone as described above. Then separate the leg into its major muscle divisions. Place the meat in the freezer for 45 to 60 minutes or until it becomes fully chilled and firm, but not frozen. Thinly cut each section of meat into ¾-inch slices. Thread the meat onto bamboo skewers, weaving it in and out. Several pieces of meat can be placed on each stick. Marinate the skewered lamb at least 12 hours before grilling. Cooking time will be 5 to 10 minutes.



#### TRANSPORTATION TIP

Remove the lamb, either butterflied or on skewers, from the marinade before wrapping in foil or storing in a covered container for picnic portability. Pack it with other cold foods.

If serving the leg whole, take along a sharp knife. Be sure it is carefully wrapped and packed.

Naturally, you'll also remember the charcoal, lighter fluid, and grill.

## ENTRÉES

- APPLE-GLAZED PORK TENDERLOIN
- BARBECUED WHOLE PORK TENDERLOIN
- BABY BACK RIBS WITH BARBECUE SAUCE
- GRILLED BABY BACK RIBS
- ALMOND FRIED CHICKEN
- CURRIED CHICKEN SALAD WITH GRAPES
- ROASTED CHICKEN
- CHICKEN ROASTED ON A GRILL
- CHILI MOLÉ
- FLANK STEAK FLORENTINE
- GRILLED LEG OF LAMB
- GRILLED LAMB ON A STICK
- POACHED TUNA WITH CUCUMBER SAUCE
- CUCUMBER SOUP
- STUDY IN RED SHRIMP SALAD
- SALMON TERRINE WITH BAY SCALLOPS
- CREAMY CORKSCREW PASTA WITH SCALLOPS AND VEGETABLES
- CAESAR PASTA SALAD WITH TUNA
- ONION AND RICOTTA PIE
- JARLSBERG AND POTATO PIE

