



Great Grilling FOR LESS

Tips For A Blowout Barbecue On A Budget

With spring around the corner, it's time to dust off the grill (if you put it away, that is) and showcase your skills with an early start to one of America's favorite family pastimes — charcoal grilling. An outdoor cookout is an inexpensive way to gather family and friends for great-tasting barbecue that celebrates the start of warmer weather.

Whether it's a quick meal fired up for the family, or a big backyard cookout for the whole neighborhood, grilling gives you the flexibility to prepare delicious food that feeds a crowd without spending a fortune. Try these cash-saving tips:

- Ribs, whether beef or pork, are an inexpensive, yet popular star of any cookout. "The secret to any rib is to cook it low and slow so you get tender meat and great flavor," says Chris Lilly, owner of Big Bob Gibson Bar-B-Q in Decatur, Ala. and six-time Memphis in May champion.

- Expensive cuts of meat tend to get a lot of attention — but you can create a great meal with a cut that costs less. Try grilling chicken wings instead of chicken breasts, or go with flank steak for a different beef option.

- Nothing says a backyard barbecue like a hot dog — try taking this staple to the next level by topping with flavorful fixings right from the charcoal grill, such as onions, peppers or a spicy corn relish.

- Hamburgers are the most popular food to hit the grill for very good reasons — everyone loves them and they are inexpensive to prepare. These days, burgers seem to be getting bigger and badder, but grilling veteran Lilly recommends keeping it simple. To achieve burger perfection, choose fresh ground beef and handle it as little as possible. That means flipping just once while cooking!

- Choosing the right charcoal is key to any cookout. This spring, Kingsford charcoal has improved its briquet formula to make it better than ever. America's top-selling charcoal now features deeper, wider and longer grooves to catch the flame more quickly and burn longer, making your bag of charcoal last longer.

For more tips, recipes and instructional videos inspired by new Kingsford briquets, visit Kingsford.com.

Feature courtesy of Family Features.com

Expert Grilling Tips To Kickstart The Season

- Your grill may be a little rusty from the off-season, so before you begin cooking, make sure it's in competition-level condition. Scrub the grate with a stiff wire grill brush to remove any residual food and always discard any ashes in the grill before cooking to ensure your meal absorbs the maximum amount of flavor.

- Find the perfect spot in the backyard to set up the grill. Grills should always be positioned in a flat area, such as a patio or designated lawn space and should never be used in covered areas.

- Build the right fire by using different briquet arrangements depending on what you're grilling. Thinner pieces of meat respond best to high-temperature, direct-heat grilling, so spread the coals

out evenly across the grate. Thicker pieces of meat cook perfectly without burning the outside with a two-zone fire. Stack briquets to one side of the grate to create high and low temperature zones. Begin cooking directly over the coals until the outside of the meat has reached the desired doneness; then move the meat to the low temperature zone to finish cooking.

- Choosing the right charcoal is key to any cookout and can save you time and money. A bag of quality charcoal will last longer, so you can enjoy more cookouts and more great-tasting barbecue. This spring, Kingsford charcoal has improved its briquet formula to make it better than ever. America's top-selling charcoal now features deeper, wider and longer grooves, allowing it to light easier, heat faster and burn just as long as before.

Pepper and Herb Crusted Flank Steak

Created by
Champion Pitmaster
Chris Lilly



Champion Pitmaster Chris Lilly

Expert's note: The flank steak is one of the most overworked muscles of all cuts of beef. If prepared wrong, it is the toughest. If prepared right, it is one of the best-tasting charcoal-grilled foods. Try using this versatile cut of beef as a topping for salads, a filling for quesadillas, or as a signature entrée. Some fresh herbs, a quick grill, and KC Masterpiece on the side will make this steak explode with flavor.

Makes: 6 servings
Prep time: 15 minutes, plus 2 to 12 hours for marinade
Cook time: 10 minutes

- 2 flank steaks, approximately 2 pounds each
- 1/4 cup thyme, freshly minced
- 2 tablespoons tarragon, freshly minced
- 2 tablespoons black pepper, coarsely ground
- 1 tablespoon rosemary, freshly minced
- 4 cloves garlic, finely minced
- 2 teaspoons salt
- 2 teaspoons brown sugar
- 2 teaspoons extra virgin olive oil
- 2 teaspoons soy sauce
- 1 teaspoon crushed red pepper

Add all seasonings together in a small bowl and mix well, forming a coarse paste. Spread paste evenly over both sides of each flank steak. Wrap each flank steak individually with plastic cling wrap and refrigerate for 2 to 12 hours.

Build a charcoal fire for direct grilling. Grill steaks directly over coals (approximately 450° to 500°F)



for 5 minutes on each side. Internal temperature of steak should reach 140° to 150°F for medium rare to medium doneness.

For optimum tenderness, cut flank steaks across the grain into 1/4-inch slices and serve.

Grilled Chicken Wings

Serves: 4
Prep time: 10 minutes
Cook time: 1 1/2 to 2 hours

- 4 tablespoons granulated garlic
- 2 teaspoons red pepper
- 1 teaspoon salt
- 1 pound chicken wings
- 1 1/2 cups Hidden Valley Original Ranch dressing
- 2 cups KC Masterpiece Original Barbecue Sauce

Light grill using Kingsford Charcoal with Sure Fire Grooves. Mix garlic, red pepper and salt; rub onto wings. Pour ranch dressing into food storage bag; add wings. Shake bag to coat wings.

Remove wings from bag; place on aluminum foil, fold into cooking pockets and seal tightly. Place pockets on main grill rack for about an hour and a half. Remove wings from pockets and finish directly on grill over moderate flame. Turn every two minutes until wings develop a crust.

Baste wings with barbecue sauce. Serve warm.

Fluid Intake Vital For Healthy Kids

BY SHARON GUTHMILLER
Extension Educator



SHARON GUTHMILLER

It is a good idea to take time to be aware of the importance of fluid intake in our bodies as we move into the seasons of warm days. During exercise or athletic events thirst is not always a reliable gauge of fluid needs.

The best approach is to go into the event with adequate fluid intake.

Water balance in children involved in sports or physical activities is a special concern. Children have lower sweating capacity and less tolerance for hot temperatures. They need frequent fluid intake in order to regulate body temperatures. A water bottle or ready water supply should be handy during all sports activities. Base this selection on your need for extra calories/and or additional nutrients.

Under special circumstances, fluid intake and output should be more carefully monitored. Children have lower sweating capacity than adults. They tolerate high temperature less efficiently. It is important to remember that younger children also take longer than adults to adjust to warm weather following cool winter temperatures. It is especially important to watch fluid intakes during the adjustment time. Frequent vomiting and severe diarrhea in infants and young children quickly can lead to water dehydration.

Older folks may be at increased risk for dehydration because their thirst mechanism may not be as efficient as at younger ages. The influence of disease are other factors that affect fluid intake and water balance. For both the young and the old, encourage water intake often.

The combination of hot, humid temperature and physical activity places outdoor workers at special risk for water balance. Anyone who works or plays hard outside, especially in hot weather needs to keep water handy.

Of all nutritional concerns for athletes, the most critical is adequate water intake. The athlete's immediate need for water is to control body temperature and to cool working muscles. Lack of water, above all other nutrients, has the ability to hinder performance and lead to serious complications.

For example, fluid loss of 2 to 3 percent of body weight by sweating impairs performance. Fluid losses of 7 to 10 percent of body weight result in heat stroke and death.

Two to three percent fluid loss in a 150 pound individual

Food Safety Training

Food Safety Recertification training will be held at the Yankton County Extension Office, May 4. Registration begins at 12:15 pm with class beginning at 12:30 pm. Pre-registration is required—just call the Yankton County Extension Office 605-665-3387 and let us know you plan to attend.

Recertification requires a 4-hour time commitment. Classes will end at 4:30 pm. There is a fee for attending the training. This recertification is approved by the South Dakota Department of Health for individuals who desire food safety recertification. Contact Sharon for further information.

represents three to four and a half pounds of body weight or one and a half to two quarts lost water. Marathon runners and other long distance athletes may lose up to three quarts (or six pounds) of sweat per hour. To prevent dehydration during exercise, athletes should drink fluids before, during and after activity.

Even exercise in cold weather results in sweat production and requires adequate fluid replacement. Although electrolytes such as sodium also are lost through perspiration, the immediate need is for water alone. In most circumstances sodium and other electrolytes can be replaced after exercise. Seasonings (especially salt) on foods at regular meals usually will do the trick. Cool water between 40-50°F is best. Plain water is best. Sugar and electrolytes in fluids may slow emptying from the stomach.

Don't depend on thirst. Drink ahead of your thirst. Drink water before a sporting or activity event. Two cups of water about two hours before an event is about right. Follow this with one cup of water about 15 minutes before the event. Sip water during an event (1/3 to 3/4 cup every 10-20 minutes).

The body cannot absorb more than about one cup every 20 minutes. Weigh before and after a sporting event or heavy workout. After the event replace two cups water for every one pound lost. Water plays an important role in major body functions.

Even though solid food is a source of water, additional water from drinking fluids is needed. Besides plain water, juices, milk or other beverages boost fluid intake. You have a choice whether your fluid is simply water or an energy-rich beverage that may or may not contain other nutrients. (Source: NebGuide: University of Nebraska-Lincoln Extension)

Thought: When you think you have made your mark on the world, watch out for the guys with the erasers.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

Pederson 60th Anniversary

Kenneth G. and Geraldine (Bonertz) Pederson, 908 E. 17th Street, Yankton, SD 57078, will celebrate their 60th wedding anniversary on Monday, April 19, 2010. Their sons, Gary, Stewart and Kevin, their wives and grandchildren invite all friends and relatives to join in their celebration with a card shower to honor this special event and wish them a Happy Anniversary. The family requests no gifts. The couple has five grandchildren and two great-grandchildren.

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