

Sample Menu

If you want to have a good party, you've got to have good food!

Here are three ways to organize your food:

1. **Pot Luck** Every household is assigned to bring one dish. It can be an appetizer, salad, main dish, side dish, dessert or beverage. When organizing a "pot luck," keep a master list of food assignments. You will also need to keep track of the number of neighbors attending the party and the varieties of food dishes. Pot luck meals offer the greatest variety of dishes.
2. **Community Menu** Like a "dinner club", you may want to plan a menu and assign each household a specific food dish or beverage. It's a good idea to share the menu and recipes with your neighbors in advance. This method of organizing food works really well when planning a theme party.
3. **Cater It** Take up a collection and cater your party. Once you know how many neighbors to expect and how much you want to spend per person, all you have to do is place your order. The professionals do the rest.

BEST BLOCK PARTY SAMPLE MENU

Appetizers:

Guacamole and chips
Seven layer bean dip*

Salads:

Black eyed cabbage salad*
Pasta salad supreme*
Smashed potato salad*
Tossed green salad

Main Dishes:

BBQ Chicken*
Hamburgers
Hot dogs

Side Dishes:

Corn on the cobb
Grilled vegetables*
Cowboy baked beans
Garlic bread

Desserts:

BBQ'd Apple crisp a la mode*
Chocolate chip cookie bars
Watermelon

Block Party Kit: Recipes

SEVEN LAYER BEAN DIP

- 1 can refried beans
- 8 oz. container guacamole
- 8 oz. container sour cream
- 1/2 C. chopped black olives

Assemble layers in order given in bowl. Serve with chips.

BLACK EYED CABBAGE SALAD (good for a large group)

Combine:

- 1 head cabbage shredded or chopped (or 1/2 head each green and purple cabbage)
- 1 pkg. (1/2 C) slivered almonds, sautéed in butter (optional to sauté)
- 1/2 jar (1/8 C) poppy seeds

Toss above ingredients together in large salad bowl. When ready to serve, toss salad with dressing and 1/2 large container of Chow Mein Noodles

- Dressing: 1/2-Cup salad oil
- 6 Tbsp. rice vinegar
- 4 Tbsp. sugar
- 1 tsp. salt & pepper

Combine ingredients in jar and shake to mix well. (Do NOT dress salad until ready to serve).

Here are "extras" to add more crunch and texture: sliced green onions, diced green peppers, chopped celery, and sliced water chestnuts.

Substitutions:

For dressing: 8 oz. Bernstein's Lite Fantastic Oriental dressing

For chow mein noodles: crushed Top Ramen noodles (seasoning packet omitted)

CATT'S PASTA SALAD SUPREME

- 1 lb. Spiral pasta (multi-color red, green and white is pretty)
- 1/2 lb. Smoked ham or several strips of cooked bacon
- Small block of sharp cheddar cheese
- Small handful of parsley.
- 1 cup of mayonnaise

Boil pasta and drain; let cool. Chop up ham or crumble bacon. Chop up cheese into 1/4 inch squares. Chop up parsley.

Mix cooled pasta with mayonnaise (if needed add additional mayonnaise until all pasta is coated). Add all other ingredients and mixed thoroughly until all are coated. Add salt and pepper to taste. Keep refrigerated until ready to serve. Serves 8.

SMASHED POTATO SALAD

3 lbs. Idaho russet potatoes (Do not peel or slice potatoes)
Salt
3 large eggs, hard cooked
1/2 cup mayonnaise
2 Tbsp. spicy brown mustard
1 Tbsp. sugar
1 Tbsp. cider vinegar
1/2 tsp. black pepper
1/2 tsp. paprika
1/3 cup finely chopped sweet pickles
1/3 cup minced whole scallions
1/3 cup finely chopped fresh parsley, plus sprigs for garnish
2 Tbsp. (or more) chopped canned roasted red bell pepper

Place potatoes in large pot with enough cold water to cover generously and a large pinch of salt. Bring to boil, then lower heat slightly to prevent boiling over, and partially cover. Cook until tender (35-40 min. for medium potatoes or 45-55 min. for large ones). Drain and let cool to room temperature.

Peel and finely chop eggs in large bowl. Mash slightly with fork. Stir in mayonnaise, mustard, sugar, vinegar, pepper, paprika, sweet pickles, scallions, chopped parsley, bell pepper, and 2 tsps. salt. Cover and chill until needed.

Peel potatoes, cut into chunks and put in large bowl. Smash with fork or potato masher to a texture somewhere between mashed and chunky. Pour the dressing over the potatoes and stir until evenly blended. Cover and chill overnight. Serves 10-12.

BBQ'D APPLE CRISP A LA MODE

5-6 medium baking apples
3/4 cup brown sugar
3/4 cup quick cooking rolled oats
1/2 cup flour
1/2 cup margarine
1/2 tsp. cinnamon
1/2 tsp. nutmeg
Ice Cream

Peel apples. Slice and arrange in a greased 9 x 9-foil pan. Mix brown sugar, oatmeal, flour and margarine together until crumbly. Spread over apples. Place pan in center of cooking grill, cover and vent. (Coals should be pushed to outside of grill so food cooks indirectly and doesn't burn). Cook 35-40 minutes. Serve warm with ice cream.

BBQ SAUCE (simple, fattening and delicious)

1 cup ketchup
1 cup sugar
1 cup butter
1/2 cup mustard
Worcestershire and Tabasco to taste.

Stir together all ingredients over medium heat until blended. Use on anything you can BBQ.

BBQ SAUCE

1/4 cup vinegar
1/2 cup water
2 Tbsp. sugar
1/4 tsp. pepper
1 1/2 tsp. salt
1 thick lemon slice
1/4 tsp. cayenne pepper
1/4 cup margarine
1 Tbsp. prepared mustard
1 onion, sliced

Simmer the above ingredients for 20 minutes.

Then add:

1/2 cup catsup
1 1/2 tsp. liquid smoke
2 Tbsp. Worcestershire sauce

Bring to a boil and simmer for 2 minutes. Let cool. Dip chicken pieces in sauce and marinate overnight, if possible. Cover chicken with foil and bake for 45 minutes to 1 hour in 375-degree oven.

Place on BBQ to brown and baste with sauce. (Use sauce from oven, not sauce that chicken was marinated in.)

MARINADE

- 1/2 C soy sauce
- 1/4 C brown sugar
- 2 Tbsp. vegetable oil
- 1 tsp. ground ginger
- 1/2 tsp. dry mustard
- 2 garlic cloves, minced

Mix together and marinate chicken overnight. Cook over medium-high heat on BBQ (or gas grill).

GRILLED VEGETABLES

Thickly slice vegetables such as zucchini, bell peppers, onion, mushroom caps, etc. Baste with olive oil and minced garlic and season with your choice of herbs and spices. Grill and serve.

GRILLING TIPS

- ◆ Make sure your grill is clean. Clean with a wire brush or use a big wad of crumpled up aluminum foil.
- ◆ Start early. Charcoal briquettes will need 20-45 minutes before they are hot enough to cook over (about 75% white). A gas grill's lava rocks need about 10-15 minutes to preheat.
- ◆ If you use lighter fluid, let it soak into the briquettes before lighting the grill. Never add more lighter fluid once the fire is burning!
- ◆ If a barbecue recipe calls for direct heat, it means the food is cooked directly over the heat source. Direct heat is good for cooking thinner foods such as fish, beef, lamb and pork, and vegetables. If the recipe calls for indirect heat, this means the food is cooked off to the side of the heat source. Indirect heat is better for cooking poultry, larger cuts of meat or anything that requires longer, slower cooking. The heat surrounds the food and cooks it through without burning the outside.
- ◆ Clean up while the grill is warm so that stuck food comes off more easily.

FOOD SAFETY TIPS

- ❖ Poultry must be cooked thoroughly to be safe to eat. Cook poultry slowly and turn frequently. If it is convenient, poultry maybe precooked in the oven or microwaved, then finished on the grill. Grill poultry until internal temperature reaches 170 degrees for the breast, 185 degrees in the thigh.

- ❖ When grilling kebabs, remember - wood burns. Soak wooden skewers in water before threading on food.
- ❖ Don't save and reuse marinades. Discard and make a fresh batch for additional food. Also, stop basting foods with marinade at least 5 minutes before cooking time is up to insure that bacteria are destroyed.
- ❖ Avoid bacteria friendly temperatures. Bacteria thrive at temperatures between 40 and 140 degrees F. Thaw and marinate food in the refrigerator, not on the countertop.
- ❖ Perishable foods should be chilled thoroughly and served surrounded by ice or frozen gel packs to maintain food temperature at 40 degrees.