

# Memorial Day Reflections

Memorial Day started as an event to honor Union soldiers who had died during the American Civil War. It was inspired by the way people in the Southern states honored their dead. After World War I, it was extended to include all men and women who died in any war or military action.

How do you observe Memorial Day? Attend a parade – many towns have parades on Memorial Day and some events even conclude with a memorial service; decorate with flags; buy a poppy; participate in a National Moment of Remembrance for two minutes; thank a veteran.

As a time of remembrance and reflection, Memorial Day is also often a time when families and friends gather to share a meal. Cooking Corner this week suggests some recipes for your Memorial Day observances on May 29th.

## Salt and Pepper Grilled Shrimp

A simple but tasty way to serve grilled shrimp.

### Ingredients:

- 1-1/2 to 2 lbs. medium-large shrimp in shells
- 3 tablespoons fresh lime juice
- 3 teaspoons coarse salt, divided
- 3 teaspoons ground white pepper, divided
- 1 lime

Sprinkle fresh lime juice and 1 teaspoon of the salt and pepper on the shrimp. Cut the whole lime into 4 wedges. Combine remaining salt and pepper. On four plates, place 1 lime wedge and 1/2 teaspoon of the salt and pepper mixture in a mound next to each lime wedge; set aside. Grill shrimp in shells over medium-hot coals about 2 minutes per side or until pink. Serve on a platter so each person can peel and dip the shrimp into the lime (squeeze out some juice), then the salt and pepper mixture. 4 servings

## Grilled Oysters and Clams

Enjoy this easy, no pre-shuck way to serve oysters and clams in the shells, flavored with lime butter. Serves 6-8.

### Ingredients:

- 1-1/2 sticks butter
- 2 tablespoons fresh lime juice
- 2 tablespoons grated lime peel
- 18 fresh oysters in shells, scrubbed
- 18 fresh clams in shells, scrubbed

Melt butter in heavy saucepan over low heat. Whisk in lime juice and peel; season with salt and pepper. This may be prepared up to a day ahead, covered and refrigerated; before using, melt over low heat, whisking constantly. Preheat barbecue to medium-high heat. Place shellfish on barbecue and grill until shells open, turning occasionally, about 5 minutes (discard any that don't open). Transfer oysters and clams to a platter; drizzle with lime butter.

## Barbecued Pork Sandwiches

These sandwiches are a great way to feed a crowd; once meat is cooked, transfer to a crockpot to stay warm. Serve on buns, along with sides of coleslaw and baked beans, if desired. 10 servings.

### Ingredients:

- 1 boneless pork shoulder butt roast, 3 lbs.
- 1 medium onion, chopped
- 1 tablespoon butter
- 1 can (15 oz.) tomato puree
- 1/3 cup packed brown sugar
- 1/4 cup Worcestershire sauce
- 2 tablespoons lemon juice
- 10 hard rolls, split for serving

Place pork on a rack in roasting pan; bake, uncovered, at 350 degrees for 2 hours or until tender. In a Dutch oven, sauté onions in butter until tender. Stir in the tomato puree, brown sugar, Worcestershire sauce, and lemon juice; bring to a boil. Reduce heat and simmer, uncovered, for 30 minutes. Shred pork, add to sauce, and heat through. Serve on buns.

## Campers' Coleslaw

A no-fuss slaw, this dish is perfect for picnics and camp-site gatherings. 12 servings.

### Ingredients:

- 1 cup sugar
- 3/4 cup white vinegar
- 3/4 cup olive oil
- 1-1/2 teaspoons salt
- 1 teaspoon celery seed
- 1 medium head cabbage, shredded
- 1 onion, chopped
- 1 medium green or red pepper, chopped

In a small saucepan, combine sugar, vinegar, oil, salt, and celery seed. Bring to a boil; boil for 1-2 minutes until sugar is dissolved. Remove from heat and cool to room temperature. In a large bowl, combine the cabbage, onions, and peppers; add dressing and toss to coat. Refrigerate until chilled; serve with a slotted spoon.

## Coffee-Soy-Marinated Flank Steak

Coffee and soy pair with caramelized garlic and onions in this marinade for juicy flank steak. 6-8 servings.

### Ingredients:

- 4 tablespoons butter
- 8 cloves garlic, roughly chopped
- 1 onion, roughly chopped
- 1 cup strong coffee
- 3/4 cup lite soy sauce
- 1/4 cup Worcestershire sauce
- 3 tablespoons white vinegar
- 1 teaspoon red pepper chile flakes, or to taste
- 1/2 tablespoon dried oregano
- kosher salt, to taste
- 1 (2 lb.) flank steak

Melt butter in a large skillet over medium-high heat. Add garlic and onions; cook until slightly caramelized, 12-15 minutes and transfer to a large dish. Whisk in coffee, soy sauce, Worcestershire sauce, vinegar, chile flakes, oregano, and salt. Add steak to dish; cover with plastic wrap and refrigerate overnight or all day. Heat charcoal fire or gas grill. Remove steak from marinade and grill, turning once, until browned, about 10 minutes. Using a brush, baste with reserved marinade, turning as needed until cooked to desired doneness, 15-20 minutes total time for medium rare. Rest steak 10 minutes and slice thinly on the bias.

## Cooking Corner

with Nancy Adams



## Strawberry-Blueberry Flag Pie

Once pie has chilled and set up, decorate with lines of strawberry halves and some additional blueberries in the top left corner to resemble an American flag.

### Ingredients:

- 9-inch graham cracker crust
- 3 tablespoons light brown sugar
- 2 cups sour cream
- 1 egg, well beaten
- 2 tablespoon flour
- 2 cups blueberries, fresh or frozen
- fresh strawberries, halved
- 1/2 cup additional blueberries for decoration (if frozen, thaw and drain well on toweling to prevent 'bleeding')

Blend 3 tablespoons brown sugar and sour cream; mix in egg. Spread half of this mixture into pie shell. Mix 1/2 cup brown sugar and flour with blueberries and spoon over sour cream layer. Top with remaining sour cream mixture. Bake at 400 degrees for 10-15 minutes, but no longer. Refrigerate and chill at least 2-3 hours for pie to set-up.

## Lemon Milk Sherbet

For a fresh taste of spring anytime!

### Ingredients:

- 1-1/4 cups sugar
- 1/3 cup fresh lemon juice
- grated rind of 1 lemon
- 1/4 teaspoon lemon extract
- 1 pint milk

Combine sugar, lemon juice, rind and extract. Add milk and stir until sugar is dissolved. Pour into freezer tray and freeze until firm. Remove to a bowl and beat with an electric beater until light and creamy. Return to tray and allow to finish freezing. 4 servings.

*Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, PO Box 23, Hancock, NH 03449.*



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