

GREAT GRILLING

Popular American Custom Stems From Ancient Carib Tradition

(NAPSA)—According to the Hearth, Patio & Barbecue Association, outdoor grilling is more popular than ever. In 2001, North Americans used more than 900,000 tons of charcoal briquettes, a figure which is even more impressive when one considers that the gas grill has overtaken the charcoal grill in popularity.

According to “culinary anthropologist” Robb Walsh, the word “barbecue” derives from the Spanish word *barbacoa*, which is a variation of the Arawak-Carib word *brabacol*.

“The part of barbecue history that fascinates me most is the association between barbecue and leisure time,” said Walsh. “Not only did they contribute the word barbecue to the English language, they also taught us the word ‘hammock.’ They might as well have invented summer weekends altogether.”

To mark National Barbecue Month, the test kitchens at Fleischmann’s Yeast unveil an exciting new recipe: Mustard Onion Sandwich Buns.

They’re a terrific complement to virtually any barbecued specialty: from burgers to brisket, pork and chicken. Even grilled seafood or Portabello mushrooms work well. Bespeckled with minced onion, these golden-brown buns are big on flavor—whole wheat goodness and tangy seasonings baked into and onto the bun. Mustard Onion Sandwich Buns are substantial buns with a tender “crumb.” The Dijon-style mustard and onion tastes are prominent.

Mustard Onion Sandwich Buns *Makes 12 Buns*

- 3 to 3½ cups all-purpose flour
- 2 cups whole wheat flour
- 2 envelopes Fleischmann’s RapidRise Yeast
- 1 Tbsp. instant minced



Whole wheat goodness and tangy dijon-style mustard and onion flavors are baked into these tender buns.

- onion
- 2 tsp. salt
- ¾ cup milk
- ½ cup water
- ½ cup butter or margarine
- ¼ cup honey
- 2 Tbsp. Dijon-style mustard
- 2 large eggs
- Instant minced onion

Egg Glaze:

- 1 egg
- 1 Tbsp. water

In a large bowl, combine 1 cup all-purpose flour, whole wheat flour, undissolved yeast, 1 Tbsp. onion and salt.

Heat milk, water, butter, honey and mustard until very warm (120° to 130°F). Gradually add to flour mixture.

Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to

make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough into 12 equal pieces; shape each into smooth ball. Place on greased baking sheet.

Flatten balls with hand to about 2½-inch rounds. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Brush tops with Egg Glaze; sprinkle with onion. Bake at 400°F for 15 minutes or until done. Remove from sheet; cool on wire rack.

Egg Glaze: In a small bowl, combine egg and water. Stir to blend.

For more delicious recipes and baking tips for both the beginner and experienced baker, visit the Fleischmann’s Yeast Web site, www.breadworld.com.