

GREAT GRILLING

Barbecuing: A Quintessential American Tradition

(NAPSA)—Next to baseball, nothing says summer like the sizzling sounds, enticing aromas, and mouth-watering flavors of barbecuing. In fact, according to a recent survey commissioned by Hormel Foods and conducted by Harris Interactive¹, 90 percent of respondents² agree that barbecues make them think of summer.

Where does America barbecue? According to the survey, 89 percent prefer to hold family barbecues in their backyards, compared with 3 percent who prefer a public park or picnic area. Barbecues are a great way to bring the family together, entertain friends and family and enjoy the summer nights—right in the backyard!

A few simple tips, courtesy of Hormel Foods, can make your next grill-out even easier:

• **Marinating musts:** Marinating meat adds flavor and tenderization before cooking. Every marinade should contain an acidic ingredient, such as vinegar or wine; an oil, such as olive or canola; and seasonings, such as herbs and spices. For a no-mess solution, try a pre-marinated variety of Hormel® Always Tender® pork.

• **Barbecue in bulk:** Got leftovers? No problem. Barbecue meals freeze well, and often become more flavorful when the sauce and spices are reheated at a later date. Once you have fired up the grill, cook as much as your pit can handle since your food will maintain its flavor for future meals. Then thaw, reheat and just add sauce for a



America stays in to grill out! Eighty-nine percent of barbecue enthusiasts prefer to fire up the grill in their own backyard.

delicious leftover treat.

• **Fire up a fast-cooking feast:** To spend more time with guests instead of the grill, choose a pre-cooked variety of barbecue meat, like *Lloyd's*® barbecue fully cooked ribs, which cuts cooking time to less than five minutes. Just heat and eat!

• **Deck out your deck:** Minimal meal preparation time gives you a chance to focus on the details. To make your barbecue spectacular, set the mood by hanging lanterns around the yard, blending a signature summertime cocktail and presenting the meal on brightly colored plates.

Now that the days are long and school is out, it's easy to step outside and cook dinner on the grill. A relaxing backyard barbecue dinner will melt the stress of the workday away. Your family will love the meal, and you'll love the convenience.

For simple recipe ideas, visit www.hormel.com.

¹ Harris Interactive® conducted the telephone survey for Hormel between May 12 and 15, 2006 among 1,042 U.S. adults ages 18 and over, of whom, 666 barbecue at least three times/year. Overall results were weighted for age, sex, race, and region and have a sampling error of plus or minus 3 percentage points at the 95 percent confidence interval.

² U.S. adults ages 18+ who barbecue at least three times per year.