

YOU ASKED FOR IT! MORE LIGHTENED-UP RECIPES THAN EVER (P. 75)

DOUBLE  
ISSUE

# EVERY DAY

with RACHAEL RAY

# 100% grilling!

burgers  
pizza  
chicken  
steak  
ribs

**+** The Best Grill  
for YOU

## SUMMER HOT LIST

Faster Recipes!  
Cooler Parties!  
and more!

**SUPERMARKET  
CHEAT SHEET**

How to Save  
When to Splurge

**482**  
RECIPES,  
TIPS &  
TRICKS

4th of July  
**SPECIAL**  
Best Eats in  
Every State

feed a crowd  
without  
breaking a sweat



all-new  
**30-MINUTE  
MEALS**

IDAHO

one-on-one with...

inez  
jaca

Think you're a locavore?  
This fourth-generation rancher  
with premium supplier Niman  
Ranch gets her meat from  
right outside her door.

—H.E.



→ You and your husband take care of more than 3,000 cattle, so you understand meat on a whole different level than most. What would you tell the average consumer?

They should ask their meat departments about carrying natural brands; the goal of these companies is to produce the safest meat possible—and the most wholesome, tasty and tender. Also, certified black angus prime beef is available almost everywhere, and that's the best beef you can buy.

→ What's one of your favorite cooking methods?

Putting a big roast in a dutch oven, sprinkling it with a packet of italian salad seasoning and rubbing it with garlic. Then I pour a can of beer over it—we like Coors—and put it in the fridge. The next morning, it's ready to cook over the fire for lunch with beans and crusty bread.

→ If you don't have time to prep overnight, what meat is best for a quick meal?

Ground beef. It's so versatile: taco salads, enchiladas, stuffed peppers... Sometimes, if I know I'm going to be late and I have some roast left over, I'll cut that up and throw a salad together. Leftover roast is also nice for hot beef sandwiches, or cooked with red pimientos, onions and green peppers.

→ Living in Idaho, you must cook with plenty of potatoes, too. How do you typically prepare the potatoes part of the classic meat-and-potatoes combo?

I brown a little garlic in oil, then cook peeled, sliced circles of potatoes with fresh leeks and parsley until they're just tender, adding a bit of cornstarch to thicken it. I'll also add fresh peas or chunks of chorizo—you could almost make a whole meal of that!

Fluid  
Movements

Barbecues and frosty drinks go hand in hand. These states boast a few roadside beverages that have earned cult followings.

## SOUTH DAKOTA

Cruise the highways within 50 miles of Wall, South Dakota, and you could count more than a thousand roadside signs for **Wall Drug Store** [510 Main St., 605-279-2175]. What's all the fuss? The store, which takes up nearly a block of the tiny town, houses an old-fashioned soda shop where thirsty travelers plop down for fizzy shakes made with creamy soft-serve ice cream and homemade soda. Ask Barb behind the counter for the blackberry shake—she makes the berry syrup herself—and take it to go.

## OKLAHOMA

Highway road stops have nothing on this place: Folks rolling down Route 11 can pull right up to **de Vine Natural Artesian Water** [526 Flynn St., Alva], a well that spouts fresh, clean H<sub>2</sub>O right from the ground. Though the town is quiet and the well is situated on a resident's lawn, passersby line up in the summer to fill up empty bottles and bellies. Those in neighboring cities can also pick up a pre-bottled version (check [devinewater.com](http://devinewater.com) for shop locations).

## NEW HAMPSHIRE

Nothing says "summer" like lemonade—and Rye is home to the country's defending-champion stand. Taking home first prize in the **Best Lemonade Stand in America 2009** contest ([inc.com/lemonade/](http://inc.com/lemonade/)), Abby Suchocki and Allison Jodoin, both 11, and Lia Jodoin, 7, won props not only for their blend (1 cup lemon juice, 1 cup sugar and 6½ cups water, served over ice), but also for their clever idea: (Entrepreneurs, get out your notepads.) They mobilized their stand by placing it on an old wagon to tote it from neighborhood streets to the hot beach.

## Eat &amp; Run Grilled Vegetables

① **MAINE** Local foragers scour the forests for **wild mushrooms** and bring them to Sam Hayward, chef at Portland's Fore Street [288 Fore St., Portland, 207-775-2717]. He grills them over hardwood and bastes them with herb butter until they're crisp-edged and meaty (from \$11). ② **DELAWARE** Michael DiBianca, chef-owner of Moro Restaurant [1307 N. Scott St., Wilmington, 302-777-1800], loves the spring because it brings him spears of local **asparagus**, which he sprinkles with olive oil and blood orange juice before throwing on the grill and plating with grilled pear, phyllo-wrapped brie and a drizzle of 30-year-old balsamic vinegar (\$13). ③ **MICHIGAN** Chef Alex Young is a huge proponent of Anson Mills **grits** ("they smell like really good popcorn," he says). In this dish (\$18), he forms those grits into triangles, grills them over oak and and crowns them with fresh sautéed corn, raw-milk cheddar and roasted peppers from his (massive) backyard garden. Order a plate at Zingerman's Roadhouse [2501 Jackson Ave., Ann Arbor, 734-662-3663], the restaurant offshoot of the famous deli and specialty store.

