



Outdoor Grilling and Entertaining

Today's Featured Items and Recipes:

Spice Rubbed Barbecue Back Ribs, Mango Barbecue Sauce, Rustic Slaw with Celery Seed Dressing

Marinated & Grilled Scottish Salmon with Avocado Butter, Asparagus Salad

Brine and Barbecued Chicken, Grilled Portabella Mushrooms with Rosemary Bell Pepper Relish

30 Day Aged Angus Beef Flank Steak, Heirloom Potatoes, Tomato Horseradish Salsa Cruda

Asian Style Brined and Barbecued Pork Loins, Pineapple Pico de Gallo

Marinated & Grilled Shrimp in the Shell, Thai Mango Sweet Chili Sauce

Mixed Berry & Rhubarb Cobbler, Brown Sugar Streusel Topping

Outdoor Grilling and Entertaining

Grilled and broiled items should have a highly flavored exterior, smoky and slightly charred. Their interiors should be evenly moist and juicy.

Grilled foods are cooked by radiant heat from a source located below the food. They should have a smoky, slightly charred flavor resulting from the flaring of the juices and fats that are rendered out as the item cooks. The drippings that might have collected in a drip pan are actually reducing directly on the foods surface. This creates an intensely flavored exterior.

Hardwoods such as grapevines, mesquite, hickory, or apple are frequently used to introduce a special flavor. Branches of herbs may also be allowed to smolder on the fire to lend their distinct flavor.

Mise en Place

1. Assemble all ingredients and preparations used for grilling.

- * Meats, Fish, poultry, breads, vegetables, fruits, etc.
- * Oils for lubricating both the food and the grill's rods
- * Marinades
- * Seasonings, glazes, and flavorings

Foods should be of relatively even thickness and cut thinly enough to allow them to cook properly without excessive exterior charring. Cut them into the appropriate size. Trim away any fat, silver skin, and gristle from meats. Flatten meats and fish lightly to even their thickness, if appropriate. Some food are cut into chunks, thin strips or large dice and threaded on skewers.

The oil you select can be neutral in flavor. Or, depending on the type of item you are grilling, you may wish to incorporate a flavored oil to add a special taste.

Salt and fresh ground pepper are, of course, the mainstay seasoning. But, remember that marinades may be used to introduce additional flavor or moisture. Some marinades are also intended to improve the texture of foods that might otherwise become too soft to handle easily on the grill.

There are many ways to enhance the flavor, texture, and color of a grilled item. A protective coating of flavored butter or a glaze or barbecue sauce may be brushed on just before removing from the grill.

2. Assemble and prepare all equipment necessary for grilling.

Grills should be carefully maintained. The rods should be scoured or brushed well between using periods. Rub the rods lightly with a vegetable oil to season them before preheating the grill.

Remember it is best to establish temperature "zones" on the grill. Learn which area is the "hot" area and which is cool.

Method for Grilling

1. Be sure to wipe off excess oil from marinades.
2. Season the item with salt and pepper.
3. The best looking or the presentation side of the item always goes down on the grill first. Once the item is turned to the second side it should not usually be turned again.
4. To make hatch marks on a grill, gently work a spatula under the food and give it a quarter turn. Let it continue to cook on the first side another minute or two before turning the food completely over.
5. Whenever a barbecue sauce or a glaze is used, it is usually applied near the end of the cooking process in several thin coats rather than one thick coat.
6. Turn the food once to cook on the second side.
7. Since most foods cooked by grilling are relatively thin and tender, they should not require much more cooking time, once they have been turned. Thicker cuts or those that must be cooked to a higher internal doneness may need to move to the cooler portion of the grill, so that they don't develop a charred exterior. Or, they may be removed from the grill altogether and allowed to finish cooking in the oven.

Marinades

Marinades are intended to preserve to tenderize and to impart flavor to a food item.

The three components of a marinade are oils, acids, and aromatics (spices, herbs, and vegetables). Oils are primarily used to protect and preserve the foods, either as they marinate or during cooking. Acids, such as vinegar, yogurt, wine, and citrus juices, change the food's texture. In some cases, it will make foods firmer, as it happens when fish is marinated in lime juice to make crevice. In others it will break down connective fibers making foods seem more tender, as happens when beef is marinated in red wine for several days to make Sauerbraten.

There are four different types of marinades

* Oil and acid marinades

*Oil and aromatics

*Acid and aromatic marinades

*Dry Marinades and rubs

Marinade Recipes Asian-Style Marinade

Ingredients:

6	oz	Hoisin Sauce
3	oz	Sherry
3	oz	Sesame seed oil
2	oz	Rice wine vinegar
2	oz	Soy sauce
4		Garlic cloves, minced
1	Tb.	Ginger, minced
Pinch		Hot Cayenne Pepper

Method: Mix all ingredients together. Pour over the meat, poultry or fish. Refrigerate up to three hours.

Greek Marinade

Ingredients:

1	Cup	Olive oil
1/4	cup	Fresh squeezed lemon juice
3	cloves	Garlic, Minced
2	Tb	Dijon Mustard
2	Tb.	Dry Oregano
1	Tb	Fresh Thyme
2	Tb	Fresh Chopped parsley
1	tsp.	Fresh ground black pepper
1	Tb	Fresh chopped rosemary

Method: Mix all ingredients together and pour over lamb, beef, poultry, shrimp or fish and let stand in the refrigerator for up to 1 to 2 hours.

Barbecue Marinade

Ingredients:

1	cup	Vegetable oil
2	oz	Bourbon
1/2	cup	Cider vinegar
1	oz	Worcestershire sauce (Lee and Perrins)
1	Tb	Brown sugar
2	Tsp	Dry mustard

1	Tsp	Tabasco Sauce
1	Tb	Garlic minced
1	tsp.	Onion powder
2	Tb	Ketchup
1	tsp.	Powder chilies

Method" Mix all ingredients and pour over the meat or fish and let marinate for two hours or overnight.

Fish Marinade

Ingredients:

6	fluid oz	Olive oil
2	Fluid oz	Lemon, grapefruit, lime, or Tangerine juice
2	cloves	garlic, minced
1	tsp.	Salt
1	tsp.	Fresh ground pepper
1	Tb	Cilantro chopped

Method:

1. Mix all ingredients together and pour over fish and refrigerate for 30 minutes or up to 2 hours.

Wine marinade: Replace the citrus juice with dry white wine or vermouth. Substitute Shallots for the garlic.

Rosemary and Gin Marinade for Game Meats

Ingredients:

1	cup	Gin
1	cup	Dry vermouth
1		bay leave
8		Peppercorns
2	cups	Mirepoix
1	clove	garlic, minced
1	Tb	Fresh Rosemary, chopped

Method:

1. Combine ingredients. Pour over the game over night and refrigerate. This recipe is excellent for venison.

Glazes and Compound Butters

Glazes and butters are usually brushed on the item just prior of removing from the grill

Barbecue Glaze with Mango and Bourbon

Ingredients:

1	Tb	Vegetable oil
1	cup	Onions, diced
5	cloves	garlic
2	cups	Ketchup
1	cup	Chicken Broth
8	oz	Mango, diced
1/2	cup	Hoisin sauce
1/2	cup	Cider Vinegar

2	oz	Bourbon
2		Ancho chilies, seeded and chopped
2	Tb	Brown sugar
2	Tb	Lemon juice
1	Tb	Worcestershire sauce
1	tsp.	Lemon zest
1/2	tsp.	Old Bay seasoning
1/2	tsp.	Fresh ground pepper
Pinch		Cayenne Pepper

Method:

1. Heat the oil over medium-high heat. Add the onions and garlic and sauté for about 5 minutes, or until the onions are tender and have a sweet aroma.
2. Add the rest of the ingredients and simmer for 30 minutes.
3. Puree the barbecue sauce in a blender until smooth. It is ready for use, or it can be cooled and stored in the refrigerator until needed.

Mustard Honey Glaze with Fresh Thyme

Ingredients:

1	cup	Dijon Mustard
1/4	cup	Honey
1	Tb	Fresh Thyme
1/2	tsp.	Fresh ground black pepper
1/2	tsp.	Kosher salt
Few Drops		Worcestershire sauce

Method: Mix all ingredients Brush on meats, poultry and Game just prior of removing from the grill.

Avocado Butter with Cilantro

Ingredients:

1/2	cup	Whole unsalted butter, soften
1/3	cup	Ripe Avocado, mashed
1	Tb	Cilantro, chopped
1	tsp.	Garlic, minced
1	Tb	Lime juice
as needed		Salt and Pepper to taste

Method: Cream together all ingredients. Refrigerate until ready to use. You may also store it in the freezer for longer periods, up to two months.

Chive Garlic Butter

Ingredients:

1/2	cup	Whole unsalted butter
2	Tab	Fresh sliced chives
1	Tab	Lemon juice
as needed		Salt and Pepper to taste
1	Tb	Garlic, minced

pinch Cayenne pepper

Method: Cream together all the ingredients and store as above.

Maitre'd Hotel Butter **For Fish and Steaks**

Ingredients:

1	cup	Whole unsalted butter
1	Tb	Chopped Parsley
1	Tb	Chopped Dill
1	Tsp.	Chopped tarragon
1	Tb	Fresh squeezed lemon Juice
As needed		Salt and pepper to taste
1	tsp.	Dijon Mustard

Method: Mix all ingredients and store in the freezer.

Chili Butter

Ingredients:

2	tsp.	Chili powder
1/4	tsp.	Cumin
1/4	tsp.	Sweet Hungarian paprika
2	tsp.	Hot chili powder
1	tsp.	Oregano
Few drops		Worcestershire sauce
Few drops		Tabasco sauce
pinch		Garlic powder
pinch		Onion Powder
1/2	Lb	Butter, soften
as needed		Salt and Pepper to taste

Method:

Heat the chili powder, cumin, and paprika in a dry pan to release their flavors. Cool.

Combine the spices with the remaining ingredients.

Roasted Red Pepper Butter

Ingredients:

1/2	lb	Soft Butter
1/2	cup	Roasted red peppers, skin and seeds removed, minced
1/4	tsp.	Garlic, Minced
2	tsp.	Lemon Juice
As needed		Salt and Pepper

Method:

1. Blend all ingredients together.

Cracked Peppercorn-Burgundy Wine and Shallot Butter

Ingredients:

4	cups	Shallots, Minced
30	cloves	Garlic
3/4	cup	Mixed Peppercorns, toasted and cracked
12	cups	Burgundy wine
10	lb	Whole Unsalted butter
as needed		Salt and pepper to taste
1	cup	Chopped parsley

Method:

1. Place the wine, garlic, and the shallots in a pan and reduce until almost dry. Cool and add all other ingredients blend until smooth.

Relishes, Salsa's and Vinaigrettes

These items are used as an alternative to serving rich sauces with your grilled items.

It is much more appropriate to present a grilled item with a relish or a salsa than a heavy cream sauce.

Bell Pepper and Rosemary Relish

Ingredients:

1	cup	Mixed color bell peppers, small dice
1/2	cup	Tomato concasse'
1/4	cup	Minced Green onions
1	clove	Garlic, minced
1	tsp.	Chopped fresh rosemary or Basil
3/4	cup	Olive oil
1/4	cup	Balsamic Vinegar
As needed		Salt and pepper to taste

Method: Mix all ingredient together store in the refrigerator but serve at room temp.

Tomatillo Salsa

Ingredients:

1/2	Lb	Tomatillos, Husk removed, Small dice
3	Tb	Finely Minced red onions
1	Tb	Jalapeno Peppers, Seeded, Chopped fine
Juice of		1 Lime
3	Tb	Olive oil
1/3	cup	Chopped cilantro
as needed		Salt and pepper to taste
pinch		Sugar if Tomatillos are too sour
1/2	cup	Tomato Juice

Method: Mix all ingredients together

This salsa goes especially well with simple seafood, such as grilled shrimp, tuna or scallops. It is great with Shrimp cocktails or raw oysters.

Pineapple Salsa

Ingredients:

1	cup	Very ripe pineapple, peeled, cored and small dice
2	tsp.	Dark brown sugar
1	tsp.	Rice wine vinegar or white vinegar
1	Tbbs.	Jalapeno' peppers, seeded, minced
1/4	cup	Diced Red peppers
1/4	cup	Green Onions
Juice of 1		Lime
1	Tbbs.	Chopped Cilantro
As needed		Salt and pepper to taste
2	Tbbs.	Orange juice

Method:

1. Mix all ingredients together or you may cook this for longer storage.

Brine for Hot Smoked Chicken or Pork

Ingredients:

1	gal	Water
8	oz	Sugar
7	oz	Salt
1	Sachet	(Peppercorns, Thyme, Bay Leaf, Marjoram)

1 lb Mirepoix (Onions, celery, carrots, small dice)

Method:

1. Bring the water, salt, sugar and spices to a boil. Cool down completely.
2. Add vegetables.
3. Place chicken or pork in brine overnight for 24 hours.
4. Drain and let the roast dry for 1 hour.
5. Place in a hot smoker and cook until desired doneness

Quick and Easy Barbecue Spice Rub

Ingredients:

1	lb	Old Bay seasoning spice
1	lb	Brown sugar
2	Tbls.	Kosher salt
¼	cup	Paprika
2	Tbls.	Cumin
1	Tbls.	Thyme
½	teas.	White pepper, ground
2	Tbls.	Fresh minced garlic

Method:

1. Combine all of the spices and the garlic into a large bowl.
2. Mix thoroughly to combine and ensure that the moisture of the garlic is absorbed through the salts.
3. Store in airtight Ziploc bags and always mix before use.

Grilled Asparagus Salad with Tomato Vinaigrette

Ingredients:

2	Lbs	Fresh Asparagus, cleaned and picked
As needed		Olive oil
As needed		Salt and Pepper

Vinaigrette

1 ½	cups	Olive oil
½	cup	White Balsamic Vinegar
2 cloves		Garlic, minced
1	cup	Tomato concasse
¼	cup	Parsley, chopped
As needed		Salt
As needed		Fresh ground black pepper

1 Tbls Sugar

Method:

1. Brush the asparagus with olive oil and season with salt and pepper.
2. Place them on a char grill and grill on each side.
3. Let cool.
4. Arrange them attractively on a platter and top with the vinaigrette.

Asian Barbecue Sauce

Ingredients:

2	cups	Hoisin
2	cups	Barbecue sauce
1/2	cup	Dark Sesame Seed Oil
1/2	cup	Soy Sauce
2	Tbls	Lemon Grass, minced
2	Tbls	Garlic, minced
2	Tbls	Ginger, minced
2	Tbls	Chopped Cilantro
Juice of		1 Orange

Method:

1. Mix all together then combine with a hand blender or stick type immersion blender for best results.

Fiery Grilled Beef Salad

Ingredients:

Dressing

1/4	cup	Chopped cilantro
2	Tbls.	Chopped Serrano chilies (About 4)
3	cloves	Garlic, chopped
2	Tbls.	Palm sugar or granulated sugar
1 1/2	Tbls.	Thai fish sauce
to taste		Salt and white pepper
1/2	cup	Fresh lime juice

Salad Ingredients:

1	pound	Marinated Beef Steak in soy sauce and oil, Flank or Sirloin
1	large stalk trimmed to 4 inches and finely sliced.	Stalk of lemon grass, tough outer leaves removed, lower
1	Small	Red Onion, cut in half and finely sliced
1/2	lb	Small pickling cucumbers peeled and finely sliced
1		Tomato cut half and sliced thin
1/2	cup	Loosely packed fresh mint
as needed		Lettuce to line the platter

Method:

1. Combine all of the dressing ingredients in a blender and blend well.
2. Grill the steak on both sides until it is medium rare. Let it rest for 5 minutes.
3. Slice the steak crosswise into very thin slices.
4. Transfer the meat, with its juices, to a mixing bowl and toss with remaining ingredients. Add the dressing and toss to mix well.
5. Arrange on lettuce if desired and serve warm.

Mango Thai Chili Sauce**Ingredients:**

2	bottles	Mae Ploy sweet chili sauce
1	cups	Tomato product from can
2	each	Fresh mangos, diced
2	bunches	Green onions, minced
1	cup	Fresh cilantro, chopped
.5	cup	Key West lime juice
.25	cup	Sesame oil
2	Tbbs.	Soy sauce
3	Tbbs.	Fresh ginger, minced
6-8	stalks	Fresh lemongrass (optional), peeled and minced

Method:

1. Add all the ingredients and mix.
2. Season accordingly with lime juice, tomato product and soy sauce.

Dark Balsamic Vinaigrette**Ingredients:**

2	Tbbs	Dry Mustard
2	Tbbs	Mince garlic
2	Tbbs	Mince shallot
1/2	cup	Pesto
1/4	cup	Fresh rough chopped parsley
1	cup	Dark balsamic vinegar
3	cups	Blended olive oil
to taste		Salt and pepper
to taste		Honey

Method:

1. Emulsify

Yield: 1 quart

Basil-White Truffle Vinaigrette**Ingredients:**

2	each	Fresh garlic cloves, minced
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2	each	Fresh shallots, minced
2	teas	Dry powdered mustard
3	each	Egg yolks
1	cup	Golden balsamic vinegar
3	cups	Neutral salad oil
3	Tbls.	Pesto
¼	cup	Fresh chopped parsley, chives, thyme, and dill
To taste		Salt and pepper
To taste		Honey or granulated sugar
To taste		White truffle oil

Method:

1. Combine all ingredients, except oil, and mix until sugar is dissolved.
2. Slowly drizzle in oil while whisking constantly.
3. This will form a permanent emulsion.

Yield: 1 quart

Tomato Basil Sauce

Ingredients:

1	Cup	Olive oil, 100%
5	Cloves	Fresh garlic cloves
28	Oz	San Marzano whole peeled tomatoes, can
.25	Cup	Fresh cut basil
2	Tbls.	Fresh parsley, chopped
As needed		Salt (1 tsp.)
As needed		Pepper (.25 tsp.)

Method:

1. Crush the tomatoes by hand reserving all of the juices.
2. Heat the olive oil in heavy bottom sauce pan with the garlic. Cook until just golden.
3. Add the tomatoes, salt and pepper, then allow to simmer for about twenty minutes.
4. Add the fresh herbs after about 15 minutes.
5. Turn off the flame and adjust the seasoning as needed.
6. Over cooking the sauce can cause it to become bitter. Best made ahead of time to truly allow the flavors to marry.

Seasonal Rhubarb Cobblers

Yield: 14 cups

Ingredients:

5	#	Rhubarb, washed, peeled, diced
2	#	Sugar
1	cup	Whole Eggs
1	pinch	Salt
6	oz	High-Gluten Flour

2.5	#	Sugar
3	#	Butter
2.5	#	Pastry Flour
2.5	#	High-Gluten Flour

Method:

1. Crème the eggs with the sugar, salt and flour.
2. Combine then with the processed rhubarb, folding gently.
3. Place in cups for baking on parchment-lined sheet slightly mounded.
4. For the topping, dry blend the sugar and the flours.
5. Cut in the fat by hand until it becomes mealy.
6. Top with large crumbles of the streusel and bake at 350 F until the filling bubble and the topping is golden brown.