GRILLING CLASS 5/24/08

Meat is muscle. Muscle fibers p. 51

Packets of protein surrounded by connective tissue.

Flavor and toughness go together.

The amount of water is what makes the meat tender. P. 46

Fat & Marbling

Stimulates saliva flow

Ratings:

Prime, Choice, Good (Extra Lean)

Ground chuck better tasting than extra lean

In the US all beef is raised to be Choice

Prime Dry Aged – cooks much faster due to the lack of moisture

Pork – 12% water
Beef – 60% water
Poultry- 65% water
Fish – 70% water

Tenderloin:

End – tougher, more flavor
Center – more tender, less flavor

Surface – smooth

Short ribs are the end of rib roast

Can't know what sirloin will be like – varies tremendously

Strip Steak more reliable piece of sirloin

Flank steak – the original London Broil. Now, anything that looks like flank steak can be called London Broil

Grilling & Barbecuing:

Cook filets at high heat, low heat to finish

Fuels

Direct Grilling: Gas, Charcoal, and/or Wood

Gas grill with top down partially steams food.

Wood is a high heat than gas, better browning, better flavor

Wild Mushroom Stuffed Rosemary Burgers

The Grill

Gas: Direct heat – medium -high (425 to 450°F)
Clean oiled grate

Charcoal: Direct heat – light ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Wood: Direct heat – light ash
12" x 12" 3-inch to 4-inch deep bed
Clean oiled grate set 2 inches above fire

Makes 2 servings

1/8 ounce dried wild mushrooms (such as porcini, cepes, morels and /or chanterelles)
1/4 cup hot water
1 teaspoon olive oil
1 tablespoon finely chopped onion
1 ounce inexpensive "wild" mushrooms (such as oyster, Crimini and/or shiitake), sliced
1/2 teaspoon minced garlic, about 12 cloves
1/2 teaspoon fresh rosemary leaves, finely chopped
1 tablespoon red wine
1/2 teaspoons balsamic vinegar
2 teaspoons chopped flat-leaf parsley
Kosher salt to taste
Freshly ground black pepper to taste
12 ounces ground beef, 85% lean
Oil for coating grill grate
2 flatbread rolls, such as ciabatta, split

Heat the grill as directed above.

In a small bowl soak the dried wild mushrooms in the water for 20 minutes until tender. Lift the mushrooms from the soaking liquid; don't discard the liquid. Finely chop the mushrooms; set aside.

In a large skillet over medium-high heat, heat the oil. Add the onion and sauté until tender and lightly browned. Add the sliced "wild" mushrooms and sauté about 4 minutes, until tender. Add the garlic and rosemary and cook another minute. Add the wine, soaked mushrooms and mushroom-soaking liquid, being careful to leave behind any sediment at the bottom of the bowl. Boil until the liquid is almost all gone. Stir in the balsamic vinegar, parsley and season to taste with the salt and pepper; cool.

In a bowl using your hands, mix the beef, salt and pepper until well blended; do not over mix. Using a light touch, form into 4 patties no more than 1/2-inch thick.

Put a portion of the mushroom mixture in the center of 2 of the patties; top with the remaining patties and press together, taking care to seal the edges well. Refrigerate the burgers until the grill is ready.

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Brush the grill grate and coat with oil. Put the burgers on the grill, cover and cook for 9 minutes, flipping after 5 minutes for medium done (150°F - slightly pink). Add a minute per side for well done (160°F).

To toast the buns, put them cut sides down directly over the fire for the last minute of cooking.

If serving the burgers directly from the grill, serve on buns. If the burgers will sit, even for a few minutes, keep the buns and burgers separate until just before eating.

Smoked Gouda and Bacon Burgers

The Grill
Gas: Direct heat – medium -high (425 to 450°F)
Clean oiled grate

Charcoal: Direct heat – light ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Wood: Direct heat – light ash
12" x 12" 3-inch to 4-inch deep bed
Clean oiled grate set 2 inches above fire

Makes 2

1 thick strip bacon, finely chopped
12 ounces ground beef chuck, 85% lean
1 tablespoon chopped flat leaf parsley
1 ounce smoked gouda, shredded
2 tablespoons finely diced red onion
Kosher salt to taste
Freshly ground black pepper to taste
1 teaspoon Worcestershire sauce
1 tablespoon cold water
Oil for coating grill grate
2 hamburger buns, split

Heat the grill as directed above.

In a skillet over medium heat, cook the bacon until crisp; remove with a slotted spatula onto paper towels to drain.

In a bowl using your hands, mix the beef, parsley, cheese, onion, salt, pepper, Worcestershire sauce, water and cooked bacon until well blended; do not over mix. Using a light touch, form into 2 patties no more than 1-inch thick. Refrigerate the burgers until the grill is ready.

Brush the grill grate and coat with oil. Put the burgers on the grill, cover and cook for 7 minutes, turning after about 4 minutes for medium done (150°F - slightly pink). Add a minute per side for well done (160°F).

To toast the buns, put them cut sides down directly over the fire for the last minute of cooking.

If serving the burgers directly from the grill, serve on buns. If the burgers will sit, even for a few minutes, keep the buns and burgers separate until just before eating.

Vietnamese Beef Satay Basted with Basil Butter

The Grill
Gas: Direct heat – medium -high (425 to 450°F)
Clean oiled grate

Charcoal: Direct heat – light ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Makes 2 servings

3/4 pounds boneless beef short rib
1/4 cup pineapple juice
6 tablespoons Vietnamese Dipping Sauce, divided (recipe below)
1 tablespoon salted butter
1/4 cup (about 10) chopped basil leaves, preferably Thai basil

Heat the grill as directed above.

Put the bamboo skewers in the roasting pan and add enough water to cover.

Cut the beef into 1/4-inch thick slices (about 12 slices). Toss with the pineapple juice and 3 tablespoons dipping sauce in a bowl. Cover and refrigerate for 30 minutes to 1 hour. Reserve 3 tablespoons dipping sauce for serving.

Arrange 2 beef slices on each skewer, threading the skewer through the length of each slice 2 to 3 times to secure it so that it is as flat as possible. Wrap a piece of foil around the exposed end of each skewer.

Put the prepared skewers on the hot grate and grill covered until browned on one side, about 2 minutes. Turn and brush with a thin layer of the remaining dipping sauce; grill 2 minutes. Turn and brush with more sauce; grill 1 minute. Turn and grill 1 minute more. Transfer to a serving plate.

As soon as the beef is done cooking, melt the butter in a small skillet. Add the basil leaves and stir a few seconds until wilted. Brush onto the beef. Serve 3 skewers per person with reserved dipping sauce.

Vietnamese Dipping Sauce

Makes about 1/2 cup

3 tablespoons lime juice
3 tablespoons Thai fish sauce (Nam Pla)
2 tablespoons water
2 teaspoons rice wine vinegar
1/2 clove garlic, minced
1/2 hot chili pepper, such as bird chili, habanero, cayenne, Scotch Bonnet
3 tablespoons finely shredded carrot

In a bowl, mix all ingredients to combine.

Rib-eye Steak with Rub

The Grill
Gas: Direct heat – high (500°F)
Clean oiled grate on lowest setting

Charcoal: Direct heat – red hot
12" X 12" charcoal bed (about 3 dozen coals) with high and low heat areas
Clean oiled grate on lowest setting

Wood: Direct heat – red hot
12" X 12" bed with 4-inch deep area for high heat and 2-inch area for low heat
Clean oiled grate set 2 inches above fire

Makes 2 servings

2 boneless center-cut rib-eye steaks, 10 to 12 ounces each and 1 to 1 1/2 inches thick
1 tablespoon rub (your choice – recipes below)
1 tablespoon olive oil
Oil for coating grill grate

Heat the grill as directed above.
Trim the fat on the steaks to about 1/4 inch. Pat the steaks dry and scatter the rub over the steaks. Let rest at room temperature for 20 to 30 minutes.

Brush the grill grate and coat with oil. Rub the olive oil all over the steaks. Put the steaks on the grill over high heat and cook until darkly crusted, 3 to 5 minutes per side. Reduce the heat to medium-low (on a gas grill) or move the steaks to the low heat area (on a charcoal or wood grill), cover and grill another 8 to 12 minutes for medium-rare to medium done (135° to 140°F on an instant read thermometer). Transfer to a platter, loosely cover with foil and let rest for 5 minutes before slicing.

Fragrant Chili Rub

Makes 1/4 to 1/3 cup

1 tablespoon Kosher salt
1 tablespoon paprika
1/2 tablespoon dark brown sugar
1/2 tablespoon ancho chili powder
1 teaspoon chipotle chili powder
1/4 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper

Provencal Herb Rub

Makes 1/4 to 1/3 cup

1 tablespoon fennel seed, crushed
1 teaspoon dried thyme
1 teaspoon dried rosemary, crushed
2 teaspoons garlic salt
1 teaspoon freshly ground black pepper
1 teaspoon dried orange peel
2 tablespoons dried basil
1/2 teaspoon kosher salt

Cajun Blackening Rub

Makes 1/4 to 1/3 cup

1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon ground cayenne pepper
1/2 teaspoon mustard powder
3/4 teaspoon freshly ground white pepper
3/4 teaspoon freshly ground black pepper
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1 tablespoon sweet paprika
1 tablespoon kosher salt

Bedouin Rub

Makes 1/4 to 1/3 cup

2 tablespoons coarsely ground black pepper
1 tablespoon caraway seed
1 teaspoon ground cardamom
1/2 teaspoon saffron threads
1 teaspoon ground turmeric
2 teaspoons kosher salt
2 teaspoons granulated sugar

For any of the rub recipes, mix all the ingredients together. Store at room temperature.

Scotch Steak in the Coals

The Grill
Charcoal: Direct heat – red hot
12" X 12" lump charcoal bed (2 to 3 dozen pieces of lump charcoal, not briquettes)
No grill grate

Wood: Direct heat – red hot
12" X 12" 4-inch deep bed
No grill grate

Makes 2 servings

2 boneless strip steaks, each 10 to 12 ounces and about 1 inch thick
1/4 cup Scotch, preferably a peaty Scotch, like Laphroig
Kosher salt to taste
Freshly ground black pepper to taste
2 ounces Stilton or other blue cheese, crumbled
2 tablespoons butter, softened

Heat the grill as directed above.

Trim the fat on the steaks to about 1/4 inch. Put the steaks and Scotch in a large freezer-weight zipper-lock bag, seal and refrigerate for at least 2 hours or up to 6 hours, turning occasionally.

Remove the steaks from the Scotch and pat dry. Sprinkle the salt and pepper all over the steaks, patting it in with your fingers. Let the meat warm up as you heat the grill.

Leave the grill grate off the grill so that the coals are accessible. Spread the coals to create a somewhat flat bed in the center where you will put the steak. Blow the ashes off the coals with a leaf blower or hair dryer.

Grill the steaks directly on the flat bed of coals until nicely crusted, about 3 to 5 minutes per side for medium-rare to medium done (135°F to 140°). Remove to plates or a platter with tongs and pick off any loose ash. Let the meat rest off the heat, loosely covered with foil, for 5 minutes.

Mix together the cheese and butter. Melt about a tablespoon of Stilton butter over each steak.

Jamaican Jerk Lamb Steak

The Grill
Gas: Direct heat – medium-high (450°F)
Clean oiled grate

Charcoal: Direct heat – light ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Wood: Direct heat – light ash
12" x 12" 3-inch to 4-inch deep bed
Clean oiled grate set 2 inches above fire

Makes 2 servings

1 cup Jerk Wet Paste (recipe below)
2 lamb leg steaks, each 8 to 10 ounces and 3/4 to 1 inch thick
1 tablespoon vegetable oil
Oil for coating grill grate

Heat the grill as directed above.

Spread the jerk paste all over the lamb steaks and put in a shallow baking dish. Cover and refrigerate for at least 2 hours or overnight.

Bring the lamb to room temperature before grilling, about 45 minutes.

Brush the grill grate and coat with oil. Put the steaks on the grill, cover and cook for 3 to 5 minutes per side for medium-rare to medium (130°F to 145° on an instant read thermometer). Brush both sides of the steaks with the oil when you flip them. If your grill has a temperature gauge it should stay around 450°F.

Remove the steaks to a platter or plates, cover loosely with foil and let rest 5 minutes before serving.

Jerk Wet Paste

Makes a little more than 1 cup

4 scallions, roots trimmed, coarsely chopped
3 Scotch bonnet peppers, seeded and coarsely chopped
2 cloves garlic, chopped
1 tablespoon chopped fresh ginger
3 tablespoons fresh thyme leaves
3 tablespoons packed dark brown sugar
1 teaspoon ground allspice
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground coriander
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

2 tablespoons vegetable oil
1 tablespoon soy sauce
1 tablespoon lime juice
1/2 tablespoon dark rum

Put the scallions, Scotch bonnet pepper, garlic, ginger, thyme, brown sugar, allspice, cinnamon, nutmeg, coriander, salt and black pepper in a food processor. Process to a rough paste, about 20 seconds. Add the oil, soy sauce, lime juice and rum and process to a loose paste, about 20 seconds. Scrape down the sides of the food processor bowl if necessary. Refrigerate in an airtight container for up to 3 months.

Pesto-Rolled Beef Tenderloin with Roasted Pepper Rouille

The Grill
Gas: Direct heat – medium-high (400 to 450°F)
Clean oiled grate

Charcoal: Direct heat – light ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Wood: Direct heat – light ash
12" x 12" 3-inch to 4-inch deep bed
Clean oiled grate set 2 inches above fire

Makes 3 to 4 servings

For the beef
1/2 red bell pepper
1/2 chile pepper, jalapeno, serrano, etc.
1 clove garlic, minced
1 anchovy fillet, finely chopped
2 tablespoons finely chopped parsley
1/3 cup fresh breadcrumbs
1 tablespoon extra-virgin olive oil
Kosher salt to taste
Freshly ground black pepper to taste
1 trimmed beef tenderloin butt-end, about 1 pound
Oil for coating the grill grate

For the pesto
2 ounces (about 2 cups) fresh basil leaves
2 cloves garlic, chopped
1 tablespoon pine nuts
1/4 cup extra-virgin olive oil
1/4 teaspoon kosher salt or more to taste
1/4 teaspoon freshly ground black pepper

Heat the grill as directed above.

Put the peppers on the grill, skin-side down. Cook covered 8 to 10 minutes, until the pepper skin chars. When charred, wrap in foil or put in a covered bowl until cool enough to handle, about 10 minutes.

Meanwhile prepare the pesto by chopping the basil, garlic and pine nuts in a food processor until finely chopped. Add the olive oil and process in pulses to a smooth paste. Season with salt and pepper; set aside.

To make a hole down the center of the tenderloin that you can stuff, position the butchers steel at the thicker end of the tenderloin and push it through until its tip comes out the other side. Remove the steel. Insert the knife into the hole made by the steel several times, making short slits to enlarge the hole.

Peel the peppers and discard the stem, core and seeds. Dice finely and combine with the garlic, anchovy, parsley, breadcrumbs, salt and pepper in a bowl.

Stand the tenderloin on end and spoon the pepper mixture into the hole, packing it down with the steel or wooden spoon handle. When about half of the stuffing is in the meat, turn the tenderloin over and fill the hole from the other side.

Put the beef on a sheet of plastic wrap and rub the exterior with 1/3 of the pesto. Wrap in the plastic and set aside for 10 minutes.

Brush the grill grate and coat with oil. Put the tenderloin on the grill, cover and cook until browned on all four sides, about 5 minutes per side. Check the temperature with an instantread thermometer inserted into the thicker end; it should register 120°F, for medium-rare. If your grill has a temperature gauge it should stay around 400°F.

Rest for about 5 minutes; slice into 1/2-inch-thick slices and serve with the remaining pesto.

Note
If you want to cook the tenderloin more than medium-rare, turn off a burner and move the meat out of direct heat. Cook for 10 minutes more and check the internal temperature (130°F for medium, 140°F or higher for well-done)

Dinosaur Ribs

The Grill

Gas: Indirect heat – medium-high (350 to 375°F)

- 3 or 4 burner grill – middle burner(s) off
- 2-burner grill – 1 side off

Clean oiled grate

Charcoal: Indirect heat – medium light ash

Split charcoal bed (about 2 dozen coals per side)
20 replacement coals
Heavy-duty drip pan set between banks of charcoal
Clean oiled grate on medium setting

Makes 2 servings

4 beef back ribs, about 10 ounces each
2 tablespoons Cajun Blackening Rub (recipe below)
1 teaspoon garlic-flavored oil
3/4 cup Steakhouse Glaze (recipe below)
1 to 2 teaspoons ground chipotle chile
Oil for coating grill grate

Heat the grill as directed above.

Rub the ribs with the Cajun rub; set aside for about 20 minutes. Coat with the garlic-flavored oil.

Mix the glaze and chipotle; set aside.

Brush the grill grate and coat with oil. Put the ribs on the grill away from the heat, cover the grill and cook until you can pierce the meat of one of the thickest ribs easily with a fork, about 30 minutes, turning once after 10 minutes. Baste with half the glaze and turn several times during the last 10 minutes of cooking. You should be able to pierce the meat of one of the thickest ribs with a fork.

Remove the ribs to a large serving platter.

Steakhouse Glaze

Makes about 3/4 cup

1/2 cup A-1 steak sauce
1 tablespoon brown mustard
1 tablespoon garlic oil
2 tablespoons ketchup

Mix all ingredients to combine.

Spicy Indonesian Beef and Grill-Toasted Coconut Salad

The Grill
Gas: Direct heat – medium-high (400 to 450°F)
Clean oiled grate on lowest setting

Charcoal: Direct heat – medium ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Wood: Direct heat – medium ash
12" X 12" 3-inch deep bed
Clean oiled grate set 4 inches above fire

Makes 4 servings

For the steak and coconut
1 1/2 cups Javanese Coconut Brine (recipe below)
1 pound flank steak
1 medium coconut
3 tablespoons peanut oil or canola oil, divided
1 teaspoon kosher salt
Oil for coating grill grate

For the dressing and salad
2 tablespoons rice vinegar
1 1/2 tablespoons sugar
2 tablespoons coconut water, reserved from fresh coconut above
2 tablespoons peanut oil or canola oil
1 garlic clove, crushed
1/2 teaspoon Sriracha hot sauce or other spicy hot sauce
1/4 teaspoon kosher salt
1/2 head Boston or Bibb lettuce, separated into leaves
1/2 English cucumber, thinly sliced
1/2 cup thinly sliced sweet onion, such as Vidalia
1 tablespoon chopped fresh cilantro, optional

For the steak and coconut: Set aside 2 tablespoons of the coconut brine and refrigerate. Put the remaining coconut brine in a gallon-size zipper-lock bag. Poke the flank steak all over with a fork or skewer to create holes. Add the steak to the gallon-size bag, press out the air, seal and massage the liquid gently into the meat. Refrigerate for 2 to 4 hours.

Crack the coconut and shave the meat into strips. (See note.) Reserve the coconut water. You should have about 2 cups of strips. Toss the coconut strips in a bowl with 1 tablespoon of the oil.

Remove the steak from the brine and discard the brine. Pat the steak dry with paper towels and rub all over with the remaining oil. Sprinkle all over with the salt. Let the steak come to room temperature before grilling, at least 30 minutes.

Heat the grill as directed above.

Brush the grill grate and coat with oil. Grill the coconut strips in a grill skillet or vegetable grill tray until lightly browned in spots, 10 to 15 minutes. Meanwhile, grill the steak directly over the heat for 8 to 10 minutes per side for medium-rare to medium done (130°F. to 140°F.), basting a few times with the reserved brine.

Allow the steak to rest, loosely covered with foil, for 10 minutes before slicing. Cut against the grain in thin diagonal slices.

For the dressing and salad: Whisk together the rice vinegar, sugar, reserved coconut water, oil, garlic, hot sauce and salt.

Line a platter or plates with the lettuce, cucumber and onion. Drizzle with half of the dressing. Arrange the sliced steak and coconut strips on top. Drizzle with the remaining half of the dressing and garnish with the cilantro, if using.

Note
Techniques to Cracking a Coconut
Use a hammer (or the back of a cleaver) to drive a clean screwdriver through the dark "eyes" of the coconut. Drain the liquid coconut "water" out the holes into a bowl. Taste the coconut water. If it tastes sweet, it is fine. If it tastes sour, the coconut is rotten and should be discarded. Set aside 3 tablespoons coconut water for the dressing and refrigerate or freeze the rest (add coconut water to drinks or rice cooking liquid for a subtle coconut flavor).

Hammer the coconut shell all around its middle until it cracks and breaks in half. Put the halves in a kitchen towel and hammer each into about 6 pieces. Use the screwdriver to separate any brown shell stuck to the white coconut meat on each piece.

Use a vegetable peeler to trim the thinner brown skin from the coconut meat. Reserve half of the trimmed coconut meat for another use (refrigerate for up to 2 days or freeze for up to 6 months). Use the vegetable peeler to shave thin, wide strips of coconut from each piece of the remaining coconut meat.

Javanese Coconut Brine

Makes about 1 1/2 cups

1 cup coconut milk, canned or fresh (see note)
1/3 cup water
1 tablespoon kosher salt
2 teaspoons kelp or other seaweed granules
2 teaspoons soy sauce
1 teaspoon ground lemongrass
1 teaspoon Sriracha hot pepper sauce, or other spicy pepper sauce
1 teaspoon onion powder
Juice of 1 lime
1 garlic clove, minced

Combine the ingredients in a zipper-lock bag; seal and shake until the salt and sugar dissolve, about 30 seconds.

Put the bag in a bowl just large enough to hold it snuggly. Open the bag and add the meat. Seal the zipper, leaving about an inch open; push on the bag to release any trapped air through the opening and close the zipper completely. Massage the liquid gently into the meat and refrigerate for the suggested time.

Note

To make fresh coconut milk grind the skinned meat of 1 coconut in a food processor with 1 cup boiling water until it turns into pulp. Combine with 2 cups water and squeeze the pulp until the water turns opaque, about 100 squeezes. Strain out the solids.

Bedouin Leg of Lamb on a Spit

The Grill

Gas: Indirect heat – medium (325 to 350°F)

- 3-burner grill – middle burner off
- 2-burner grill – 1 side off

Grate removed

Rotisserie set-up

Charcoal: Indirect heat – medium ash

Split charcoal bed (about 2 dozen coals per side)

20 replacement coals

Heavy-duty drip pan set between banks of charcoal

Grate removed

Rotisserie set-up

Makes 4 to 6 servings

1 (about 2 pounds) boneless leg of lamb
1/4 cup Bedouin Rub (recipe below)
3 tablespoons extra-virgin olive oil
1 cup Preserved Lemon Relish (recipe below)

Scatter the dry marinade all over the meat, patting it in with your fingers. Cover loosely and let stand at room temperature for 1 to 2 hours.

Heat the grill as directed above.

Slide the lamb leg onto the skewer of the rotisserie set-up. Secure according to rotisserie directions.

Put the skewered lamb into the rotisserie assembly. The lamb should be suspended away from direct heat and turn freely as the rotisserie rotates. Cover the grill and cook until an instant read thermometer inserted into the thickest part of the leg registers about 125°F for medium-rare or 135°F for medium, about 1 hour total. Brush the lamb with the olive oil every 15 minutes or so. If your grill has an external thermometer it should stay around 350°F.

Remove the rotisserie lamb to a large serving platter, cover loosely with foil and let rest for 10 to 15 minutes. Remove the skewers.

Carve the lamb (see below) and serve with the lemon relish.

Note

You could serve the lamb without the lemon relish, but we like its tart, salty counterpoint. To make a pan sauce instead, spoon off almost all of the fat from the drip pan then scrape the remaining contents of the drip pan into a small saucepan. Bring to a boil and add about 1/2 cup red wine and 1/2 cup chicken stock. Boil until the liquid is reduced to about 3/4 cup. (Once the liquid boils, it also helps to pour the hot liquid into the drip pan and scrape the drip pan thoroughly. This deglazes extra flavor from the drip pan. Pour the contents back into the saucepan. If you know ahead of time that you'll be making a pan sauce, you could replace the aluminum foil drip pan with a shallow roasting pan that you can boil liquids in.)

Preserved Lemon Relish

Makes about 1 cup

2 preserved lemons, coarsely chopped, seeds discarded
1/2 cup coriander leaves and stems
4 cloves garlic, coarsely chopped
4 tablespoons olive oil

In a food processor, process all the ingredients until finely chopped.

Apple Bourbon Brined Venison Steaks

The Grill
Gas: Direct heat – medium-high (400 to 450°F)
Clean oiled grate

Charcoal: Direct heat – light ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Wood: Direct heat – light ash
12" x 12" 3-inch to 4-inch deep bed
Clean oiled grate set 2 inches above fire

Makes 2 servings

1/2 cup apple cider
1/4 cup bourbon
1/4 cup water
1 tablespoon kosher salt
1/2 tablespoon cracked black peppercorns
1/2 tablespoon dried thyme
1 teaspoon crushed dried rosemary
1 pound venison leg steak, about 3/4 inch thick
2 tablespoons hazelnut or walnut oil
Oil for coating grill grate

Combine the cider, bourbon, water, salt, peppercorns, thyme and rosemary in a gallon zipper-lock bag; seal and shake until the salt dissolves, about 30 seconds.

Place the bag in a bowl just large enough to hold it snuggly. Open the bag and add the venison. Seal the zipper, leaving about an inch open; push on the bag to release any trapped air through the opening and close the zipper completely. Massage the liquid gently into the meat and refrigerate for at least 2 hours, no more than 6 hours.

Heat the grill as directed above.

Remove the venison from the marinade and discard the marinade. Pat the surface of the venison dry and coat with hazelnut oil.

Brush the grill grate and coat with oil. Put the venison on the grill, cover and cook until an instant read thermometer inserted into the meat registers between 130°F and 140°F, about 6 minutes per side. If your grill has an external temperature gauge it should stay around 450°F.

Horseradish Flank Steak with Balsamic Beurre Noir

The Grill
Gas: Direct heat – medium-high (400 to 450°F)
Clean oiled grate on lowest setting

Charcoal: Direct heat – medium ash
12" X 12" charcoal bed (about 3 dozen coals)
Clean oiled grate on lowest setting

Wood: Direct heat – medium ash
12" X 12" 3-inch deep bed
Clean oiled grate set 4 inches above fire

Makes 2 servings

1/2 cup Horseradish Vodka Infusion (recipe below)
1 tablespoon olive oil
1 flank steak (about 12 ounces)
Kosher salt to taste
Freshly ground black pepper to taste
Oil for coating grill grate
1/2 stick butter, preferably unsalted
1 1/2 tablespoons balsamic vinegar
1 tablespoon minced fresh parsley

Put the horseradish infusion and oil in a gallon-size zipper-lock bag. Seal and shake to combine. Pour out 2 tablespoons into a small zipper-lock bag or bowl, seal or cover and refrigerate.

Poke the flank steak all over with a fork or skewer to create holes. Add the steak to the gallon-size bag, press out the air, seal and massage the liquid gently into the meat. Refrigerate for at least 2 hours.

Heat the grill as directed above.

Remove the steak from the marinade and discard the marinade. Pat the steak dry with paper towels and sprinkle all over with the salt and pepper; rest 15 to 30 minutes.

Brush and oil the grill grate. Grill the steak for 6 to 8 minutes per side for medium-rare to medium done (130°F. to 140°F.), basting a few times with the reserved marinade.

Allow the steak to rest, loosely covered with foil, for 5 minutes before slicing. Cut against the grain in thin diagonal slices.

As the steak cooks, in a small sauté pan over medium heat melt the butter. When the butter foams, reduce the heat to medium-low and cook 5 to 7 minutes, until it turns from yellow to medium brown but not black. Watch the butter carefully and do not let it become black or burnt. Pour the brown butter into a small heatproof bowl, leaving the sediment in the pan. Raise the heat to medium and pour the balsamic vinegar into the pan, swirling it in the pan and letting it boil down to about half its volume. Remove from the heat and pour the browned butter back into the pan to combine.

Sprinkle the sliced steak with the parsley and drizzle with the balsamic brown butter.

Horseradish Vodka Infusion

Makes about 1/2 cup

1/2 lemon
2 tablespoons grated horseradish, prepared or fresh
1/2 cup vodka
1/2 fresh jalapeño pepper, stem removed, chopped
1 tablespoon kosher salt
1/2 medium onion, thinly sliced

Grate the zest from the lemon with a fine-toothed grater. Trim the white pith from the fruit and slice the lemon in thin rounds.

Combine the lemon zest, lemon slices and remaining ingredients in a gallon zipper-lock bag; seal and shake.

Put the bag in a bowl just large enough to hold it snuggly. Open the bag and add the meat. Seal the zipper, leaving about an inch open; push on the bag to release any trapped air through the opening and close the zipper completely. Massage the liquid gently into the meat and refrigerate for the suggested marinating time.

Herbed Prime Rib with Horseradish Yorkshire Pudding

The Grill

Gas: Indirect heat – medium (325 to 350°F)

- 3-burner grill – middle burner off
- 2-burner grill – 1 side off

Clean oiled grate

Charcoal: Indirect heat – medium ash

Split charcoal bed (about 2 dozen coals per side)
30 replacement coals
Heavy-duty drip pan set between banks of charcoal
Clean oiled grate on middle setting

Makes 4 to 6 servings

For the beef

1 two-bone prime rib roast of beef
1/4 cup chopped herbs (rosemary, parsley, oregano, thyme and/or basil)
4 cloves garlic, minced
1 tablespoon extra-virgin olive oil
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper

For the pudding

4 eggs, large or extra-large
1 3/4 cups milk
1 1/3 cups flour
1 tablespoon freshly grated horseradish or jarred horseradish, drained
1/4 cup drippings from beef
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper

Heat the grill as directed above.

To prepare the beef: Ask your butcher to cut the meat from the bone along the ribs, but leave it attached at its widest end, or do this yourself.

In a small bowl, mix the herbs, garlic, oil, salt and pepper and rub all over the meat, including the underside where it is sitting on the bones.

Put the roast, bone side down, on a large rimmed sheet pan and put on the grill away from the heat, cover the grill and cook for about 30 minutes. Check the drippings in the pan; there should be about 1/4 cup. Remove the pan and return the beef to the grill away from the heat. Cover the grill and continue cooking until an instant read thermometer inserted into the thickest part registers about 130°F for medium rare, about 45 more minutes. If your grill has a temperature gauge it should stay around 350°F.

To prepare the pudding: Just before the beef is finished cooking, in a bowl, combine all of the ingredients for the Yorkshire pudding and stir just until combined.

Remove the beef to a large carving board and keep warm. Return the sheet pan to the grill; cover and heat for a minute or two. Add the pudding batter, spreading to cover the pan; cover and cook until puffed and browned at the edges, for about 15 minutes.

Slice the roast and cut the pudding into 8 to 12 pieces; serve.

Grilled Peking Duck

The Grill

Gas: Indirect heat – medium-high (350 to 375°F)

- 3-burner grill – middle burner off
- 2-burner grill – 1 side off

Clean oiled grate

Charcoal: Indirect heat – medium ash

Split charcoal bed (about 2 dozen coals per side)
Heavy-duty drip pan set between banks of charcoal
Clean oiled grate on middle setting

Wood: indirect heat – medium ash

12" X 12" 3-inch deep bed
Clean oiled grate set 4 inches above fire

Makes 3 servings

1 (about 4 1/2 pounds) Long Island duckling, visible fat removed
1 cup Peking Crackle (recipe below)
2 scallions, trimmed and finely sliced
12 crepes (recipe below)
3 tablespoons hoisin sauce

Extend the plunger of the bicycle pump and insert the needle just under the skin at the neck end of the duck. Depress the plunger and the skin around the needle will puff up. Continue to pump air under the duck skin in the same way until the skin has been separated from the meat all over the breast and legs.

Heat a kettle of water to boiling. Put the duck, breast-side up, in a strainer set in a sink. Pour the boiling water over the duck. Hook a chopstick under the wings of the duck to hold them away from the body. Tie a string around the neck and hang the duck by the string over a sink or a large drip pan. Put an electric fan in front of the duck and blow air directly on it for about an hour to dry the skin.

Brush the duck with half of the Peking crackle and dry for another hour. While the duck is drying prepare the crepes; see recipe

Heat the grill as directed above.

Put the duck, breast-side up, on a rack set in the disposable roasting pan. Put the pan on the grill away from the heat, cover the grill and cook until an instant read thermometer inserted into the thickest part of the breast registers 165°F, about 1 hour, basting with the remaining glaze halfway through. If your grill has an external thermometer it should stay around 375°F during that time.

Remove the duck to a cutting board. Carve as you would a chicken. Lift the skin from the meat and cut into strips. Cut the meat into large bite-size chunks. Arrange the meat on a platter scattered with scallions and strips of crisp skin. Serve with hoisin sauce and crepes for rolling.

Peking Crackle

Makes about 1 cup

6 tablespoons hoisin sauce
6 tablespoons honey
2 garlic cloves, crushed
2 teaspoons Chinese chili paste with garlic
2 teaspoons toasted sesame oil
1 teaspoon salt

Mix to combine all the ingredients.

Crepes

Makes about 12 crepes

3/4 cup flour
3/4 cup water
1/8 teaspoon salt
3 eggs
Spray oil for coating pan

In a bowl, mix the flour, water and salt with a whisk until smooth. Beat in the eggs, one at a time; set aside for at least 20 minutes.

Heat a small non-stick skillet over medium-high heat until very hot. Spray very lightly with oil. Make crepes in the hot skillet by pouring a few tablespoons of batter into the skillet. Swirl to cover the bottom of the skillet and pour the excess batter back in the bowl. Cook for about 30 seconds; the edges of the crepe will dry and it will be set across the surface. Flip the crepe and cook for 5 or 10 seconds. Slip onto a plate and make another crepe. Don't spray the skillet with more oil until the crepes start to stick slightly, after about 6 crepes. Keep covered until ready to serve.