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One Stop Shopping for Your Kitchen Accessories and Gourmet Foods

Saturday, June 23, 2007

Thrills at the Grill!

Cooking enthusiasts gathered outside of the Chef's Stop in Festus to learn grilling tricks and tips from Rick Griggs and Nick Christ, with Ruby Tuesday's. Griggs graduated in the top one percent of his class with a culinary degree from Sullivan University and impressed participants with his knowledge about flavor pairings and his willingness to experiment to create new and exciting meal ideas. The class, co-sponsored by the Missouri Beef Industry Council, focused on cooking beef on the grill; but the crowd was also impressed with appropriate accompaniments and side dishes like twice baked sweet potatoes, ham wrapped asparagus and a pineapple upside down cake.

According to workshop participant, John Boettger of Festus, "everything was extremely tasty... I'm definitely going to make the Beef Teriyaki Kabobs at home- they were so good and so easy." (recipe follows). Other on-the-the grill items included beef and spinach pinwheels, made with London Broil and an herb-crusted tenderloin. According to Dawn Thurnau of the Missouri Beef Industry Council, "Classes like these are great to help folks of all skill levels feel good about firing up the grill in the backyard."



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Beef Teriyaki Kabobs

1 lb. boneless sirloin steak (have your grocery store slice it really thin) 2 TBS apple juice 1 tsp dried ginger 1/3 cup water 1/3 cup soy sauce 1 TBS molasses 1 clove minced garlic

Combine all marinade ingredients and mix well in a large freezer bag. Partially freeze beef and thinly slice across the grain into long strips about 1/8 inch thick. Place steak strips in freezer bag with marinade for at least 30 minutes. On long skewers, thread the meat accordion style and place on a hot grill (350 degrees) and grill for about 8 minutes per side. Serve with Zesty Orange Sauce.



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Zesty Orange Sauce

2 medium oranges 1 TBS margarine or butter 1 TBS cornstarch 1 tsp honey ½ crushed beef bouillon cube

Finely shred 1 tsp orange peel. Peel and section one orange over a bowl to catch the juice and set aside. Squeeze juice from the remaining orange and add enough water to equal 2/3 cup. In a small sauce pan, stir in the juice mixture with the cornstarch and add margarine, honey and crushed bouillon. Cook until thick and bubbly- cook and stir 2 minutes more. Stir in orange sections and peel. Heat through until orange sections are tender and falling apart.