

Beef on the Grill

June 2010

Menu:

Rosemary-Maple Grilled Steak Skewers
With Creamy Onion Horseradish Sauce

Steak Nicoise Salad
With Haricot Vert, Tomatoes, Eggs and Olive Vinaigrette

Chipotle-Molasses BBQ Brisket

Roasted Red Potatoes with Blue Cheese Butter and Mint



Rosemary-Maple Grilled Steak Skewers with Creamy Onion Horseradish Sauce

serves 4-6 people

for the steak:

- 4 NY strip steak, cut 1 1/2 inches thick
- 1 tbl chopped rosemary
- 2 tbl maple syrup
- 2 tbl Dijon mustard
- 2 tbl olive oil
- 1 tsp salt

for the sauce:

- 1 tbl butter
- 2 cups diced white onion
- 1/2 cup sour cream
- 1/3 cup prepared horseradish
- 1/4 cup grainy Dijon mustard

*** Preparation ****

For the steak:

Heat a grill pan or outdoor grill until very hot. Cut the steak into 1 1/2-inch cubes.

Mix together the rosemary, maple, dijon, olive oil and salt. Toss the meat in the mixture. Grill the chunks of meat until marked on all sides and medium in the center. Remove and skewer to serve.

For the sauce:

Heat a skillet over medium-high heat. Add the butter. When melted, add the onions. Cook until caramelized -- about 20 minutes. Remove and let cool. Mix with the sour cream, horseradish and dijon. Season with salt and pepper.

Serve sauce on the side of the skewers for dipping.

Steak Nicoise Salad with Haricot Vert, Tomatoes, Egg and Olive Vinaigrette

serves 4-6 people

for the salad:

1 tbl dried thyme
1 tbl minced garlic
olive oil
1 1/2 lbs skirt steak
salt and pepper
4 eggs
1 lb haricot vert (French greenbeans)
16 oz salad greens
4 cups halved baby tomatoes

for the vinaigrette:

1/2 cup pitted kalamata olives
1 tbl fresh thyme leaves
1 tbl dijon
1/4 cup white white vinegar
1 tbl honey
3/4 cup olive oil

***** Preparation ******

For the salad:

Heat a grill pan over high heat or an outdoor grill. Mix together the thyme, garlic and enough olive oil to create a paste. Season the steak very well with salt and pepper and then rub with the garlic mixture. Place on the grill and leave undisturbed for about 5 minutes or until the steak is very well marked. Flip and mark the other side. Remove and let rest for 10 minutes. If you prefer your steak more well-done, place in a 400 degree oven for 10 minutes and then let rest for 10 minutes. Meanwhile, place the eggs in a medium pot and bring to a boil. Let cook for 10 minutes. While the water is boiling, drop in the green beans and cook for a couple minutes until bright green. Remove the beans with a slotted spoon and rinse in cold water. After the eggs have cooked for 10 minutes, pour out the water and let very cold water run over the eggs for 5 minutes. Peel the eggs and slice or chop. Arrange the salad greens, cooked green beans, tomatoes and eggs on a serving platter. Cut the cooled steak on the bias very thinly and add to the platter.

For the vinaigrette:

Combine all the ingredients in a blender and blend until smooth. Season with salt and pepper as needed. Drizzle vinaigrette over the salad before serving.

Chipotle-Molasses BBQ Brisket

serves 8-10

for the brisket:

1 (3 1/2 - 4 lbs) brisket
olive oil
salt and pepper
1/2 cup garlic cloves
1 white onion, chopped
2 carrots, chopped
3 bay leaves
1 cup red wine
4 cups beef stock
2 tbl apple cider vinegar

for the sauce:

2 bacon, slices, left in large pieces
1/2 cup finely diced white onion
4 sprigs fresh thyme
1 tbl hot smoked paprika
2 tbl ground cumin
1 tbl dijon mustard
2.5 cups ketchup
1 tbl chopped chipotles
1/4 cup molasses
1/4 cup apple cider vinegar

***** Preparation ******

For the brisket:

Let the brisket come to room temperature for 20-30 minutes. Heat a grill pan or outdoor grill until VERY hot. Rub the brisket with olive oil and plenty of salt and pepper. Place on the grill and leave undisturbed for 5 minutes -- until a nice crust develops. Turn and leave another 5 minutes. Meanwhile, heat a large Dutch oven over medium-high heat and drizzle with olive oil. Add the onions, garlic cloves (left whole!) and carrots. Let cook for 5 minutes until beginning to soften. Add the bay leaves, wine, stock and vinegar. Bring to a simmer. Gently lower the meat into the pot -- liquid should JUST cover -- make sure liquid is simmering and cover with a lid. Cook for 2 hours until very tender.

For the sauce:

While the brisket is braising, heat a saucepan over medium heat and add the strips of bacon. Let cool until browned and fat has rendered. Remove bacon and set aside. Add the onions and cook until tender. Add all remaining ingredients and simmer for 10 minutes. Set aside and let come to room temperature. To serve, cut or shred the brisket and toss with BBQ sauce. Place on a hot grill for a couple minutes to caramelize the sauce onto the meat. Serve immediately with bread.



Roasted Red Potatoes with Blue Cheese Butter and Chopped Mint

serves 6-8

3-4 lbs red potatoes, cut into 1/2-inch rounds

olive oil

salt and pepper

5 tablespoons butter, at room temperature

1/2 cup crumbled gorgonzola

1 lemon, zested

1/4 cup chopped fresh mint

***** Preparation ******

Preheat oven to 400 degrees.

Rinse the potatoes in cold water and pat dry. Toss with plenty of olive oil, salt and pepper. Roast for about 20 minutes or until golden brown.

In a small food processor, combine the butter, cheese and lemon zest. Process until combined.

Remove potatoes from oven and top with scoops of the butter and chopped mint.