

The Everyday Gourmet

How to Master Outdoor Cooking

Bill Briwa, Chef-Instructor
Patrick Clark, Chef-Instructor
The Culinary Institute of America



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Bill Briwa, C.E.C., C.H.E.

Chef-Instructor
The Culinary Institute of America
at Greystone

A 1980 graduate of The Culinary Institute of America (CIA), Chef Bill Briwa has worked in the hospitality industry for more than 30 years and is a Certified Executive Chef and Certified Hospitality Educator. In California's Napa Valley, he was the resident chef for The Hess Collection winery, owned and operated his own bistro, and worked at Thomas Keller's

award-winning restaurant The French Laundry. He was also the executive chef for The Wine Spectator Restaurant at the CIA at Greystone and served as an officer on the board of the St. Helena Farmers' Market. As culinary chair of the 2004 Napa Valley Wine Auction, Chef Briwa helped raise more than five million dollars for local charities. In addition to his work as a chef, he has been both a baker and pastry chef. His writing on food and wine, olive oil, and cooking has been featured locally and in *Fine Cooking*, *Mise en Place*, and *Sunset*, as well as in the trade publications *Flavor & the Menu* and *Practical Winery & Vineyard Journal*.

As a Chef-Instructor at the CIA, Chef Briwa has developed curricula and has taught cooking, flavor dynamics, gastronomy, and food-and-wine pairing full time for the past 18 years. He has traveled to both teach and study cooking across the United States; in China, Mexico, South and Central America, and Europe; and around the Mediterranean. In addition, he is part of the Industry Services Group at the CIA and works closely with a broad range of corporate clients to help them identify and realize their culinary goals.

Chef Briwa has been a speaker at many professional conferences. He takes part in the Healthy Kitchens, Healthy Lives conference held each year at the CIA. The conference is copresented by the Harvard School of Public Health and the CIA. Chef Briwa has collaborated with Dr. Connie Guttersen, an instructor at the CIA and author of *The Sonoma Diet*, on numerous presentations on nutrition and cooking, including a course on the science of healthy cooking produced by The Great Courses. In 2003, Chef Briwa was a judge for the American Cheese Society, and in



2005, he presented on gastronomy at the annual conference of the International Association of Culinary Professionals. In 2005, 2006, and 2007, he presented at the International Foodservice Manufacturers Association's Chain Operators Exchange conference, and in 2008 and 2009, he spoke at the National Restaurant Association Show in Chicago. Chef Briwa is an olive oil enthusiast; he presented at Beyond Extra Virgin IV, a conference on superpremium olive oil, in Verona, Italy.

Over the last 35 years of cooking and teaching, Chef Briwa has taken one short two-year break from the stove to become a puppeteer. He lives in Yountville, California, with his wife and a border collie—both of whom think highly of his cooking.

Chef Briwa is the instructor for five other offerings in The Great Courses' *Everyday Gourmet* series: *Rediscovering the Lost Art of Cooking*, *Making Healthy Food Taste Great*, *Making Great Meals in Less Time*, *Essential Secrets of Spices in Cooking*, and *The Joy of Mediterranean Cooking*. ■



Patrick Clark, C.H.E.

Chef-Instructor
The Culinary Institute of America
at Greystone

A 1993 graduate of the California Culinary Academy (now called Le Cordon Bleu College of Culinary Arts), Chef Patrick Clark brought strong industry experience in high-end, high-volume dining to his 2007 appointment at The Culinary Institute of America (CIA). Chef Clark came to the CIA from Sutro's restaurant in San Francisco's historic Cliff House, where he won

accolades for his farm-fresh, California-coastal cuisine.

Chef Clark served as executive chef for the California Café restaurant group in Palo Alto, California, and the Santa Barbara Grill in Cupertino, California; both positions allowed him to bring his culinary passion for seasonal, local, and organic foods to the table. Chef Clark also has extensive experience in opening private clubs and luxury hotels. As a member of the 1992 Chaîne des Rôtisseurs Culinary Team USA, Chef Clark was the only apprentice to compete on a team that received 26 medals in the International Culinary Olympics in Frankfurt, Germany.

As a Chef-Instructor at the CIA, Chef Clark has developed curricula and has taught a wide range of culinary topics, including garde-manger techniques, modernist cooking, modern banquets, and breakfast and lunch. He has traveled to teach and study cuisines across the United States and in Mexico, the Mediterranean, and Europe.

Chef Clark has been a presenting chef at numerous conferences at the CIA and elsewhere, including the Healthy Kitchen, Healthy Lives conference held each year at the CIA. In 2013, Chef Clark was a presenter at the annual Worlds of Flavor conference, and in 2014, he presented at the first reThink Food conference, which is copresented by MIT Media Lab and the CIA.

Chef Clark is an amateur winemaker and gentleman farmer. He lives in Saint Helena, California, with his wife and two Rhodesian ridgebacks. ■



Table of Contents

LESSON GUIDES

LESSON 1

The Art of Grilling..... 1

LESSON 2

Grilled Vegetable Starters and Salads..... 9

LESSON 3

Flatbreads and Pizza on the Grill 17

LESSON 4

Grilling Seafood..... 24

LESSON 5

Mediterranean-Style Grilling..... 32

LESSON 6

Grilling Poultry 43

LESSON 7

Latin American-Style Grilling..... 52

LESSON 8

Grilling Lamb and Beef..... 62

LESSON 9

Asian-Style Grilling 72

LESSON 10

Grilling Veggie Savories and Sides 80

LESSON 11

The American Tradition of Barbecue 88

LESSON 12

Entertaining—Grilling for a Group 98

Table of Contents

SUPPLEMENTAL MATERIAL

Bibliography.....	107
Recipe List.....	110
Photographic Credits	113

Note to the Home Chef

The ingredient lists provided in this guidebook are for general reference only. Chefs Briwa and Clark frequently substitute or add ingredients as they cook and encourage you to do the same. The key to becoming a great chef is to learn about your ingredients and how they change in the process of cooking, to taste your food frequently as you develop a dish, and to be courageous enough to experiment in the kitchen.



The Art of Grilling

Lesson 1

Cooked food is safer to eat and, some say, easier to digest and even tastier than uncooked food. Cooking over live fire is so basic, so elemental, that it speaks to all of us—especially in the summer when we want to be outside. In this course, you will learn all about grilling at home. In addition to learning about various grilling traditions and recipes from around the world, you'll learn about grilling equipment and techniques.

Grilling Tools

Grill Brush

When you're grilling, clean the grill with a grill brush. Use it to brush off any foods that don't burn off the grill. Once the grill is clean, dip a rolled-up rag into a small amount of oil and wipe the bars. This keeps food from sticking to the grill and removes any soot or dirt that might be on the grill.

Spare Towels or Rags

Towels or rags are tremendous assets to have on hand so that you can mop up any mess.

Meat Thermometer

Determining doneness is important when cooking meat. You might want to invest in a meat thermometer; a digital one will make your life very easy. If you want to cook your steak medium, for example, make sure that it reaches a temperature of about 135 degrees.

Unbreakable, Disposable Containers

Consider unbreakable, disposable containers. Glass containers could break and scatter in your food.

Water

Stay hydrated. Water is a great choice. But make sure that the container you're drinking out of is not breakable.

Grilling over Wood

There are many different kinds of wood that you can use to make fire for your grill. Oak is very dense, and it burns for a long time and consistently. There are other woods that are less dense, and while they catch fire quickly, they don't burn for very long. There are woods that give a tremendous amount of smoke that is aggressive, such as mesquite and hickory, which are great for barbecuing. Nut woods give a softer smoke, and not much of it. Fruitwoods, such as applewood, give off a sweet smoke.



Selection of Seasoning

Keep a selection of seasoning, including salt and pepper, by your grill so that you don't have to run inside for anything. Also bring some lemons and oil.

Clean Plates

The rookie mistake in grilling is to bring your food from the kitchen on a plate, grill it, and then put it back on the same plate. This is especially bad if you're working with protein, because then you set the stage for cross-contamination. Always have a clean plate to put your cooked food on.

Other Disposables

Other disposables to have on hand include latex gloves, which are great if you don't have the wherewithal to wash your hands at the grill; foil; and ziplock bags.

Fire Extinguisher

Because you're working with live fire, keep a fire extinguisher next to the grill. If you don't have a fire extinguisher, perhaps keep a bucket of water, or even a bucket of dirt, nearby. Also pay attention to what's around your grill—don't set your grill up right next to a can of gas or a pile of leaves. Instead, clean the area around your grill so that you won't inadvertently set fire to something.

Bus Tub or Tray

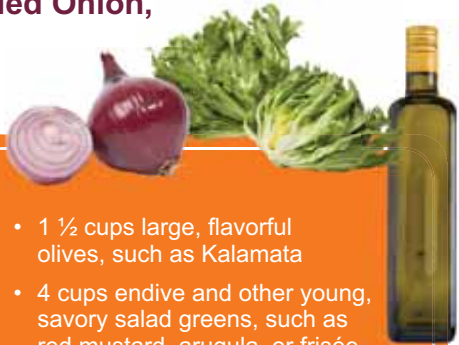
Keep a bus tub or tray near your grill to make gathering and transporting dirty dishes and utensils easier.

Ember-Roasted Beet, Grilled Onion, and Goat Cheese Salad

Ingredients

Yield: 10 portions

- 4 lbs golden baby beets, trimmed
- extra-virgin olive oil, as needed
- salt, as needed
- ground black pepper, as needed
- 3 lbs red onion
- 1 ½ cups large, flavorful olives, such as Kalamata
- 4 cups endive and other young, savory salad greens, such as red mustard, arugula, or frisée
- 8 oz aged California goat cheese
- good-quality balsamic vinegar, as needed



To make this salad, start by grilling red endive and red onions. Remove the core section from the bottom of the endive and place the leaves in a bowl. Add some sliced red onion to the bowl. Season with salt and pepper. Then, coat the vegetables with extra-virgin olive oil, which serves as both a flavoring agent and a lubricating agent. Fat is an excellent conductor of heat, so by putting a layer of fat on the vegetables, it enables the heat to transfer into the food more efficiently.

Next, put the vegetables on a hot grill. You want to get some grill marks on the vegetables. Press them down onto the grill to ensure even caramelization, which is the process of heat affecting the sugars in food. When grilling with live fire, you have to constantly manage the grill by adding more fuel to it; otherwise, you will be in the middle of cooking and have no fire.

Wash the golden beets and put them directly into the coals, or the embers that have been created by the live fire. By transferring the heat from the coals into the beets, you're utilizing a direct form of heat transfer. The result is something that is not all that pretty but tastes delicious. The roasting of the outside of the beets forms a crust that you want to break down with a towel and some water. Peel back the crust to reveal the color of the golden beet underneath.

Once the beets are peeled, check on your vegetables on the grill, turning them over when necessary. The endives will cook pretty quickly, because they're delicate, but the onions will take longer. Rotate the vegetables 45 degrees to obtain crosshatched grill marks. This method also transfers heat and cooks food more evenly.



While the vegetables finish grilling, cut the beets into wedges. Then, start assembling the salad on a platter. Sprinkle a mixture of greens onto the platter, along with the sliced beets. Next, pull the endive off the grill and add it to the platter. When the onions are done grilling, garnish the salad with the onions' rings. Crumble some fresh goat cheese on top. Add some Kalamata olives. Finally, dress the salad with extra-virgin olive oil and aged balsamic vinegar.

Grilled Asparagus and Grilled Steak Salad with Hoisin Vinaigrette

Ingredients

Yield: 6 portions

- 1 Tbs black peppercorns
- 2 tsp coriander seeds
- 2 tsp fennel seeds
- 1 tsp salt
- pure olive oil, as needed
- 1 lb skirt steak
- 1 lb large asparagus
- 3 cups mizuna or other sturdy salad greens
- 1 tsp salt
- ¼ tsp ground black pepper
- 2 navel oranges, supremes
- 2 scallions, cut thin on a bias

Hoisin vinaigrette

Yield: ¼ cup

- 3 Tbs hoisin sauce
- 2 tsp soy sauce
- 1 tsp Dijon mustard
- 2 Tbs sherry vinegar
- 1 clove garlic, minced
- 2 tsp ginger, minced
- 2 Tbs olive oil
- ½ tsp sesame oil
- 3–4 Tbs water or vegetable stock
- 1 tsp salt
- ¼ tsp ground black pepper



Skirt steak is a thin steak that is sort of chewy and firm but has delicious flavor and cooks relatively quickly. It is used in fajitas, as well as served on its own. To make this dish, you're going to pair it with some asparagus in an Asian-style preparation.

Start with a dry rub, which is a mixture of spices that usually includes salt. The salt flavors the meat, but it also kills the bacteria that live on the surface of meat. Dry rubs flavor the meat without adding any moisture to it. To make the dry rub, combine salt, black pepper, fennel seed, and coriander seed. Sprinkle it on the skirt steak, and then rub it into the meat.



Lubricate the grill with oil before adding your dry-rubbed meat onto it. The sizzle you hear means that the water is being expelled from the meat very quickly.

Coat the asparagus with olive oil, salt, and pepper. Then, place each piece of asparagus on the grill in a line, but at an angle to the grates so that they don't fall between them into the fire.

The skirt steak will cook pretty quickly. Pull up the corner of the steak to see the grill marks. Once the grill marks develop, rotate the steak 45 degrees for evenness of cooking and crosshatching.

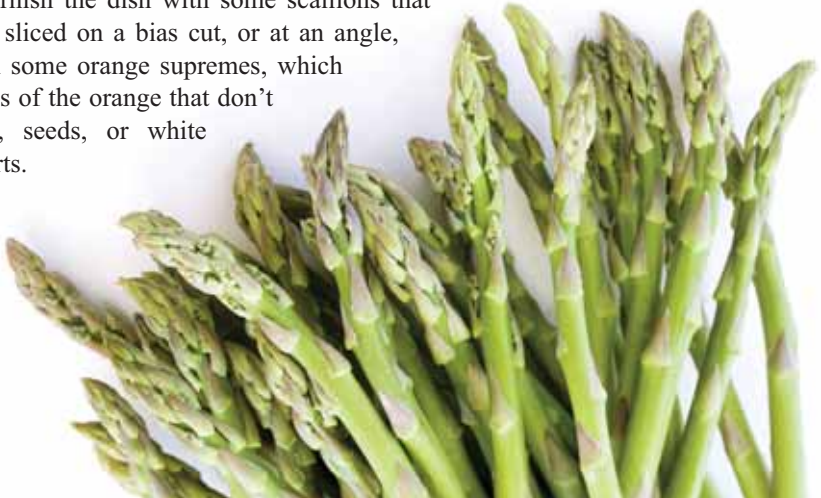
Once the asparagus start to crisp up, roll them with your hand. (If you're not used to sticking your hand over hot fire, dip your hand in some water first to cool it off.) The goal is to get the whole surface of the asparagus exposed to the heat of the grill grates. They will pick up some color from the grill. They will also soften. When the asparagus are done cooking, use tongs to pick them up off the grill.

Touch the skirt steak with your finger; you're looking for resistance on its surface. Skirt steak tastes best when it's cooked well done or medium rare. Once it is, move it over to a cool part of the grill and let it rest for a minute. Skirt steak, being a fairly thin piece of meat, doesn't require a lot of resting.

In the meantime, start to arrange the asparagus on a platter with some sturdy salad greens. Display them in the center, keeping the tips of the bottoms together while fanning out the stalks to cover the expanse of the plate. Then, slice the skirt steak and add the slices to the plate.

The hoisin vinaigrette consists of hoisin sauce, which is an Asian-style sweet-and-sour barbecue sauce, as well as soy sauce, Dijon mustard, sherry vinegar, fresh garlic, ginger, olive oil, sesame oil, water or vegetable stock, salt, and pepper. Drizzle the vinaigrette on top of both the asparagus and the meat.

Finally, garnish the dish with some scallions that have been sliced on a bias cut, or at an angle, along with some orange supremes, which are sections of the orange that don't have skin, seeds, or white interior parts.



Steak with Compound Butter

Ingredients

Yield: 6 portions

- 6 New York strip steaks, cut 1–1 ½ inches thick
- ⅛ cup olive oil
- salt and black pepper, to taste
- 4 oz mushrooms
- ¼ cup butter, softened
- ½ tsp salt
- ¼ tsp fresh ground pepper
- 1 Tbs parsley, finely chopped
- 1 Tbs lemon juice
- 2 cloves garlic, minced, optional



A New York steak is a big steak, so it will take much longer to cook than a skirt steak. Preseason the steak with salt and pepper so that the meat starts absorbing the flavors of the seasonings before you cook it. It also starts the process of drying out the meat. Salt is a drying agent that pulls the water out of the meat, which is about 70 percent water. When we're cooking, we're trying to take the water out of the meat, firming up the flesh of the steak so that it's more palatable and tasty.

After preseasoning the steak, place it directly onto a hot spot on your grill. You don't need to oil the steak because it already has a rim of fat on it. You want to sear the outside of it, forming a crust. Once a crust forms, the water just beneath the surface of the crust begins to boil. The heat begins to penetrate the meat, because heat naturally goes from a higher concentration to a lower concentration.

With a fatty piece of meat, look out for flare-ups. The fat turns into a liquid and then drops down into the coals, at which point it ignites and causes a flame, which gives off volatile chemicals that you don't want in your food. It also results in black soot that makes your food unattractive.

As the steak cooks, and as the crust forms, two different reactions are occurring. The first reaction is caramelization, which occurs when you apply high heat to sugars. Those sugars brown, transforming the color and the flavor of the sugars. Sugar is in everything, including meat and vegetables. The other reaction is called the Maillard reaction, which is a much more complex reaction that involves both sugars, or carbohydrates, and amino acids, or proteins. It creates the browned, roasted flavors that are expected in meat.

Once some grill marks have developed and a crust has formed, rotate the steak 45 degrees to create crosshatching. Keep it in the same hot zone it's been cooking in.

While the steak is cooking, grill the mushrooms that will go on top of it. King trumpet mushrooms have an earthy, meaty quality that makes them a great meat substitute, in addition to being a great meat accompaniment. Season the mushrooms with salt and pepper. Coat the outside of the mushrooms with olive oil. Mushrooms are like sponges; they'll take as much oil as you put on them. They'll continue to absorb it. The olive oil will add flavor and fat to the mushrooms. Put the mushrooms on the grill at an angle, and organize them in a row to help you keep track of which ones you've turned over or crossed.

Once the steak has been cooked to medium-rare temperature, move it over to the edge of the grill, where it's cool, and let it rest for a moment. As it rests, the activity in the water slows down. As you pull the meat off the grill, the water activity is still moving very rapidly within the steak, and if you were to cut into it right away, a lot of moisture would escape from the meat. The purpose of resting is to let the water activity slow down so that when you cut into the steak, it won't lose as much moisture.

Compound butter is butter with flavorings added to it—in this case, a mixture of herbs and garlic. Put a few tabs of the compound butter on top of the steak as it rests, during which time the butter will start to melt.

Once the steak is fully rested, you can slice it. At this point, the compound butter should not be fully melted. As you cut into the steak, you want the butter to fall into the cracks of the steak. Serve with the grilled mushrooms.



Grilled Vegetable Starters and Salads

Lesson 2

In this lesson, you are going to explore four different recipes that use the grill to create great vegetable starters and salads. These recipes include a salad featuring pancetta-wrapped endive, a nontraditional Caesar salad, a salad with grilled fruit, and a starter made with a common North African dressing. All of these dishes can be made at home on a charcoal grill, which adds a smoky, caramelized flavor—in addition to beautiful grill marks—to these delicious dishes.

Grilled Radicchio with Tomato *Concassé* and Pulled Parsley Salad

Ingredients

Yield: 8 portions

Grilled potato and endive

- 4 heads endive
- 8 slices pancetta, sliced very thin
- salt and pepper, to taste
- 12 oz medium fingerling potatoes
- 2 Tbs olive oil

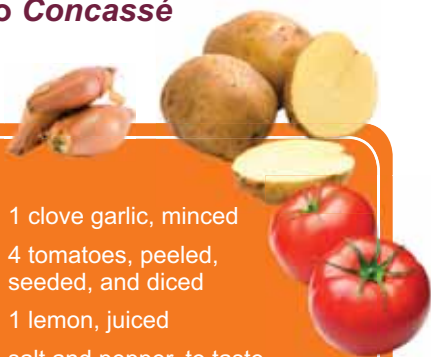
Tomato *concassé*

- 2 Tbs olive oil
- 1 Tbs shallots, minced

- 1 clove garlic, minced
- 4 tomatoes, peeled, seeded, and diced
- 1 lemon, juiced
- salt and pepper, to taste

Parsley salad

- 1 bunch curly parsley
- 2 Tbs extra-virgin olive oil
- salt and pepper, to taste
- ½ cup Parmesan cheese, grated



To make this salad, start by cutting the endive in half, and then shave the core. You can use a mixture of both red and white endive for color. Then, wrap the endive with pancetta, which is pork belly that has been cured with salt but not smoked. (Bacon, on the other hand, is pork belly that is cured with salt and smoked.) Roll the pancetta around the endive just to cover it gently. It's fatty, so it sticks together. It takes about five or six slices to encapsulate the endive. Press down on the pancetta to help it stick.



Brush the pancetta-wrapped endive liberally with oil, which helps to keep the pancetta from sticking on the grill and acts as a conductor of heat. You want the high heat to render the pancetta down and make it crispy. Place the endive on the grill.

Next, cut some steamed fingerling potatoes in half, so that the widest area of the surface is open on the flat side. Then, lay them on a cutting board and gently run a skewer, while twisting, through each potato. You want them to be on a flat surface when you skewer them so that when they are placed on the grill, they get even grill marks and even caramelization. Add the potatoes to the grill.

The salad dressing contains tomato *concassé*, which involves removing the skin and seeds of the tomato to be left with the pulp. To make tomato *concassé*, cut out the core of the tomatoes and blanch the tomatoes in boiling water. Once you see the skin start to split, remove the tomatoes from the boiling water and place them in ice water, which stops the cooking process. This makes the tomatoes easy to peel; the skin just falls off.

Cut the tomatoes in half laterally, and squeeze the seeds out. Some of the juice comes out as well. Uniformly dice up the pulp that remains. Then, add the diced tomatoes to a bowl.

Check on the endive and potatoes that are on the grill. Rotate them 90 degrees for even cooking and to get crosshatched grill marks. Press down on them gently for caramelization and flavor development.

The next ingredients of the tomato *conçassé* are garlic and shallots. Mince the garlic, or you can use the back of your knife to crush it and then chop it into a very fine paste. Add the garlic to the bowl. Cut the shallots uniformly before adding them to the bowl.

Then, squeeze some fresh lemon juice through cheesecloth into the bowl. Also add a fruity extra-virgin olive oil. Mix everything together, letting the flavors steep.

The last component in this dish is a salad of fresh parsley leaves. Remove the stems from the parsley. Dress the leaves with some extra-virgin olive oil and salt and pepper. Gently toss until the olive oil coats the parsley leaves.

Once the pancetta on the endive is crisp and the potatoes have been sufficiently warmed up on the grill, you are ready to move them to a plate. The parsley salad serves as a fresh, delicate vegetable garnish. Top the parsley salad with Parmesan cheese. Finally, spoon the tomato *conçassé* onto the plate.

Grilled Caesar-Style Salad

Ingredients

Yield: 8 portions

- 12 heads Little Gem lettuce
- 2 oz Parmesan cheese, shaved
- 2 cups croutons, grilled



Caramelized Lemon and Anchovy Dressing

Ingredients

Yield: 20 portions

- 1 cup commercial mayonnaise
- 1 ½ cup extra-virgin olive oil
- 1 tin anchovies
- 6 cloves garlic
- 1 Tbs red wine vinegar
- 2 tsp Dijon mustard
- 2 caramelized lemons, juice of
- salt and black pepper, to taste



To make an untraditional version of Caesar salad, start by putting a lemon on the grill, to get some caramelization and develop the flavor. Cut a lemon in half, and coat it with oil to promote heat conductivity. You don't want the lemon to steam; you want it to caramelize and brown. Find the hot spot on your



grill and place the lemon on the grill. The sizzle you hear is the sound of the water shooting out of the lemon, immediately boiling the water on the surface.

Little Gem lettuce is a cross between romaine lettuce and butter lettuce. An individual head is a perfect-sized portion for an individual. Peel off any outer wilted leaves and discard. Then, split the head down the center to expose the tender, yellowish leaves on the inside. Discard the core piece; it's not very palatable. Shave the core off, keeping the leaves together in one piece.

Brush the lettuce with oil. Then, season it with salt and pepper before placing it on the grill. Find a hot spot, probably next to the lemon. You don't really want to cook the lettuce; you just want to wilt it slightly. You want to see a little char on the outer leaves, but you want it to still have a crunchy core.

Next, lightly butter some bread and put it on the grill. Find a slightly cooler spot than the spot where the lemon and lettuce are. You want to toast it, not burn it.

While the lemon, lettuce, and bread are cooking on the grill, make the Caesar dressing. Start off with some commercial mayonnaise. If you're ambitious enough, you can make your own mayonnaise. Add about a half of a teaspoon of chopped garlic for a little over a cup of mayonnaise. Then, add Dijon mustard and anchovy paste. Also add a few drops of red wine vinegar as the acid component.

Check on the lemon, lettuce, and bread on the grill, and move them to hotter or cooler parts of the grill as necessary. Once the lemon shows signs of caramelization, remove it from the grill. Wrap half of it in cheesecloth to hold the seeds in, and squeeze that caramelized, smoky lemon juice into the Caesar dressing. Add salt and pepper, and then mix everything together.

Put the dressing in a large mixing bowl, adding more olive oil as needed to moisten it up. Once the lettuce is crisp from the grill, remove it from the grill and add it to the bowl. Move it around in the dressing to coat it.

When the bread is sufficiently toasted, remove it from the grill and cut it into smaller pieces. These croutons add a nice little crunch to the Caesar salad. Finally, shave slices of Parmesan cheese on top of the salad and sprinkle a few drops of olive oil.

Grilled Pear Salad with Blue Cheese and Bitter Greens

Ingredients

Yield: 8 portions

- 4 Bartlett pears, ripe
- 2 Tbs clarified butter or walnut oil
- salt and pepper, to taste
- 1 Tbs Agave nectar or sugar
- ¼ cup walnut oil
- ¼ cup French extra-virgin olive oil
- 2 Tbs white wine vinegar
- 1 Tbs tarragon, freshly chopped
- salt and pepper, to taste
- 12 cups bitter greens, such as frisée and radicchio
- ¼ lb blue cheese, crumbled or sliced
- 1 bunch chives, minced
- ½ cup walnuts, toasted



This salad involves grilling fruit—specifically, Bartlett pears. This fairly firm fleshy fruit lends itself nicely to the heat on the grill. First, split the pears in half. Then, place the flat part of both pears down on a cutting board and cut them again in half so that you have quarters. Next, cut out the seed section, also making a flat spot where the pears will go on the grill and hold their positions. The flat spot will allow for some nice grill marks, caramelization, and Maillard reaction.

Coat the pears with oil, and sprinkle some salt on the face of the pears to enhance the natural sugar in the fruit. Once you find the hot spot on your grill,

place the pears on the grill in a row. You will hear them sizzle. They will take about seven to eight minutes to cook.

While the pears are cooking, start to assemble the salad. Start with some bitter greens, such as frisée and radicchio. With frisée, start with the whole head, shave off the outer leaves, and then cut the hearts up. With radicchio, use a cut called chiffonade, which involves cutting the head into quarters and then cutting the quarters into thin, leafy slices.

Cutting walnuts on a cutting board can be problematic because they tend to fly all over the place. Instead, lay some toasted walnuts on a cutting board and cover them with a clean kitchen towel. Then, just a few rolls in different directions with a rolling pin will break up the walnuts into small uniform pieces that you can use in the salad.

A simple vinaigrette consists of one part acid to three parts oil. Start with some walnut oil, olive oil, and white wine vinegar. Add some agave nectar, which is a sweet component. When you have bitter greens, it's difficult to season properly. The bitterness is enhanced by certain sweet elements, and a combination of salt, sugar, and acid tames the bitter greens.

Mix the vinaigrette, drizzling in some fresh tarragon. Add salt and pepper. Next, cut some chives into small batons. Slice the ends off so that they're all uniform, and then cut them at about a 30-degree angle so that the mini batons are about a quarter of an inch long.



Once the color of the outside of the pears changes, meaning that there is some caramelization, turn them over. Once both sides of the pears are caramelized, remove them from the grill.

Combine all of the salad ingredients into a bowl, and toss the salad with just enough dressing to dampen the greens. Garnish with blue cheese.

Fatima's Tiered Potato Salad

Ingredients

Yield: 6 portions

Potato Salad

- 3 Roma tomatoes, cut into 12 thick slices
- 2 Spanish onions, cut into 6 slices
- 6 boiled Yukon potatoes, peeled and cut into 6 thick slices each
- 2 beets, sliced into 12 thin slices
- 2 zucchini, cut into 12 slices
- 1–2 radishes/cucumbers, 12 slices
- 2 green peppers, long and thin, sliced into 12 rings
- 4 eggs, hard-boiled, shelled, and cut in thirds crossways

Chermoula dressing

- $\frac{3}{4}$ cup olive oil
- 3 Tbs lemon juice or vinegar
- 1 Tbs garlic, finely chopped
- 3 Tbs parsley, finely chopped
- 1 Tbs cilantro, finely chopped
- $\frac{1}{4}$ tsp paprika
- $\frac{1}{4}$ tsp ground cumin
- 1 tsp salt
- $\frac{1}{4}$ tsp ground black pepper



To make Fatima's tiered potato salad, start with an array of sliced vegetables—including tomatoes, beets, potatoes, zucchini, onions, and bell peppers—on the grill, turning them and brushing them with additional olive oil, which they were marinated in prior to cooking. After the vegetables are roasted, remove them from the grill.

To make *chermoula* dressing, which is a common vinaigrette in North Africa, start with some freshly chopped cilantro and parsley, along with a substantial amount of extra-virgin olive oil. Then, add finely chopped or crushed garlic. Next, add paprika, cumin, and lemon juice, which is often used as a substitute for vinegar in Muslim communities in North Africa. Stir the dressing. Add salt and pepper as desired.

To build this tiered salad, layer and stack the vegetables on a plate. But don't make it look too contrived; you want it to seem somewhat natural and rustic. Artfully place the vegetables on the plate.

The garnishes are hard-boiled eggs and radishes. Cut the eggs into wedges, with the yoke intact if possible. Arrange them on the plate with the vegetables, trying to make them look random, which really means placing them quite precisely. Then, drizzle the *chermoula* dressing on top, making sure to get some on all of the vegetables. Then, add sliced radishes on top, along with the slices of onions and peppers.



Flatbreads and Pizza on the Grill

Lesson 3

In this lesson, you will start thinking about your grill as a big toaster. You will learn how to make crostini, which are thinner, crustier versions of bruschetta that tend to be cooked longer. Specifically, you will learn how to make one crostini that is topped with tomatoes and another one that is topped with white bean puree and sautéed shellfish—both made on the grill. Then, you will learn how to make pizza on the grill and how to turn leftover bread into a tasty treat.

Catalan Toasts

Ingredients

Yield: 6 portions

- 1 large tomato, ripe
- 6 baguettes, diagonally sliced
- 1 garlic clove
- 2 Tbs extra-virgin olive oil
- salt and pepper, to taste
- 6 thin slices Serrano ham, optional
- 1 Tbs parsley, coarsely chopped



In Catalonia, it is customary to grill bread until it's toasted and then top it with tomatoes. To make Catalan toasts, find a spot on your grill that is not too hot, and place some sliced bread on it. Stay attentive, because you don't want the bread to burn. Once the slices are browned, turn them over and brown the other side.

Once both sides are golden, pull each slice of bread off the grill and move them to a cutting board. Create garlic bread by rubbing garlic into the coarse surface of the bread. Then, slice a ripe tomato in half. Using the bread as a grater, rub the tomato into the bread. Periodically give the tomato a squeeze so that the seeds and juice come out. Little by little, the tomato disappears into the surface of the bread, and the surface of the bread begins to soften.

Next, anoint each slice of bread with some olive oil. You can brush the olive oil on top if you'd like. The better the olive oil is, the better the toast will be. Finally, sprinkle salt on top, along with some coarsely chopped parsley. If you prefer, you can also mound Serrano ham on top.



Crostini with White Beans, Seafood, Garlic, and Wild Fennel

Ingredients

Yield: 16 crostini

- ½ recipe Tuscan-style white beans (recipe follows)
- ¼–½ cup white bean cooking liquid, as needed
- ⅓ cup olive oil
- salt and pepper, to taste
- 16 ¼-inch baguette slices
- 2 Tbs olive oil
- ½ tsp thyme, chopped
- ½ tsp garlic, minced
- salt and pepper, to taste
- ¾ lb calamari
- ¾ lb shrimp
- 1 tsp fennel seed, wild, ground
- 2 tsp garlic, minced
- 3 Tbs olive oil
- ½ lemon zest from 1 lemon
- 1 pinch pepper flakes
- 2 tomatoes, *concassé*
- 2 Tbs parsley, chopped
- ½ lemon juice from 1 lemon



Tuscan-Style Beans

Ingredients

Yield: 8 portions

- 1 lb dried white beans, cannellini
- ⅓ cup extra-virgin olive oil
- 2–3 Tbs fresh sage (or 6-inch branch fresh rosemary)
- 2 bay leaves
- ½ tsp red pepper flakes
- 1 tsp salt
- cracked black pepper, to taste



To make this seafood-topped crostini, find a spot on the grill that is not too hot, and toast some sliced bread on it. While the bread is toasting, prepare the seafood, which includes calamari and shrimp that has been marinated with olive oil, ground fennel seed, lemon zest, pepper flakes, and garlic. Cut the calamari into rings, or buy it that way; cut the shrimp in half lengthwise, and then in half again.

Because there is a lot of olive oil in the marinade, you can just drop the seafood into a hot cast-iron pan. The seafood is cut so small that it will cook very quickly. You want the shrimp to turn pink and the calamari to firm up. Season with salt.

Check on the bread. When it is browned, take it off the grill.

When the seafood is almost all the way cooked, add some tomato *conçassé*. As soon as the tomato is added, pull the pan off the heat. Add some lemon juice and parsley.

Now you can start to build your crostini, each of which will have bread on the bottom, white bean puree in the middle, and seafood on top. You can either make the white bean puree or buy white bean hummus, or even spicy hummus, at the store. Spread a dollop of the white bean puree on each piece of toast before topping it with a mound of the shrimp and calamari.



Grilled Pizzas

Ingredients

Yield: 8 mini pizzas

- 5 oz pizza dough
- ¼ cup flour
- 3 Tbs flavorful sauces
- 2–4 cups raw or precooked toppings
- 2–4 Tbs flavorful garnishes



Pizza Dough

Ingredients

Yield: 1 pound

- 2 cups flour
- 1 Tbs dry yeast
- ½ tsp salt
- 2 Tbs olive oil
- 1 cup warm water



One of the secrets of a really good pizza is a hot pizza oven, but instead of a hot pizza oven, you can use a hot grill to make a hybrid pizza that begins with pizza dough. You can buy frozen pizza dough from the store and place it in your fridge the day before you need it. Or you can make the dough yourself.

To make the dough, start with some flour in a food processor. Add some instant yeast (which does not need to be proofed ahead—you just add it to the mixture). Then, add water. Pulse the food processor a few times just to mix the yeast into the flour and water. Then, add salt, which controls the yeast and assists in the development of the dough. Continue to pulse the food processor. After about a minute, the dough will begin the process of forming a ball in the food processor. Before you remove the dough from the food processor, add oil to the dough, allowing it to coat the dough.

Place the dough on a floured surface. Knead the dough once or twice, working the oil into the dough. At this point, the dough is already developed; it should be supple. Put the dough into a bowl with a little bit of oil to coat it. Let the dough rise for about an hour and a half, until it has doubled in size. Then, you punch the dough down. When you poke the dough, if the indentation stays there, you are ready to make pizza.

With flour on your surface, round the dough into small pieces, and roll each one out using a rolling pin. If the dough sticks to the rolling pin or surface, add flour and keep moving the dough. Roll from the center to the outside of the dough; don't roll back and forth, because if you do, you're kneading the dough more. Roll the dough



Charcoal Safety

When grilling with charcoal, be careful not to leave the grill unattended for any length of time. The charcoal might throw a spark or two, which can lead to a dangerous and unwanted fire. Keep your charcoal stored away from the grill—because it can ignite by a spark from the grill—and keep the area around your grill clear.



until it's about an eighth of an inch thick. The heat of the fire is relatively hot, and if the dough is any thicker, it might burn. To stretch the dough out more, put it over the back of your hands with your fingers extended.

Once the dough is thin enough, lay the back end of the dough on the grill and then slip your hands out from underneath it. It will take about a minute and a half to cook on the first side. The grill is moderate to hot, and you'll see some signs of cooking fairly quickly. Where the dough is touching the bars, it will blister a little bit, which is a good sign. But if you notice big bubbles, almost like you're making pita bread, pop the bubbles so that the dough folds back onto itself.

While the dough is on the grill, assemble your toppings and sauce. For example, you can make olive tapenade—which consists of olives, capers, and anchovies—and use it as your sauce. You can use arugula, cherry tomatoes, and mozzarella as toppings.

Lift up the edge of the dough from the grill to check for browning. Once the dough has some deep browning on the first side, flip it over. What gives the dough its flavor is the char that develops on the edge of the dough. If you discover that your fire is not quite hot enough to produce char on the dough, you can manipulate the coals. Knock off the ashes to allow new air to get to the fire. The flush of heat that results translates into faster browning.

Because the dough has been on the grill for the amount of time it took to brown the first side, it is already hot, so the second side will cook in about half the time. If the first side cooked for a minute and a half, the second side should cook for only about 45 seconds. So, as soon as you flip the pizza to the second side, spread a spoonful of the tapenade over the dough as if it were the sauce on your pizza.

Once the second side is browned, pull the pizza off the grill and onto a plate. The dough should now be cooked all the way through. Then, top it with a salad of arugula, mozzarella, and cherry tomatoes tossed with red wine vinaigrette, salt, and pepper. Sprinkle some Parmesan cheese on top.

For a Mediterranean approach, you can spread hummus on the dough and top it with a Greek salad consisting of feta cheese, olives, tomatoes, capers, cucumbers, and arugula.

To make a breakfast pizza, spread pesto on the dough and top it with an arugula salad that contains scrambled eggs, shredded prosciutto, vinaigrette dressing, salt, pepper, and Parmesan cheese.

Pan con Chocolate

Ingredients

Yield: 6 portions

- 8 oz dark chocolate, 64 percent, coarsely chopped
- 6 crusty bread slices
- 3 Tbs extra-virgin olive oil, for drizzling
- *fleur de sel*, to taste



If you have a few dying embers in the grill and you have a sweet tooth, you can grill some leftover bread from your meal to make a Spanish treat. If your fire is not quite hot enough to brown the bread the way you want it, take a paper plate and fan the embers to bring them back to life.

Grill the bread on the first side (for only about 30 seconds), and then when you flip it over, sprinkle some chopped dark chocolate on top and let it melt into the bread while the second side toasts (for only about 20 seconds). Then, drizzle a good-quality extra-virgin olive oil, along with a little bit of salt, on top. The freshness and vitality of the olive oil makes the chocolate come alive.

As an alternative, consider topping the grilled bread with your favorite cannoli filling, perhaps consisting of ricotta cheese, dried fruit, chocolate, and nuts. Or consider using mascarpone cheese flavored with vanilla and sugar and topped with sliced ripe peaches.



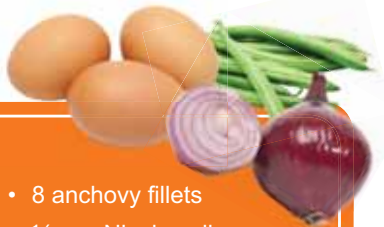
Grilling Seafood

Lesson 4

Fish are designed to make their way through water—which really isn't that difficult. Land animals have a much higher bone structure and much more connective tissue, both of which make them more unctuous and moist. But with fish, we don't have that benefit. So, it's really easy to take a nice piece of fish and turn it into a bad piece of fish. The goal of this lesson is to teach you how to not do that. In this lesson, you will learn how to make four separate dishes that feature tuna, halibut, shrimp, and oysters.



Niçoise Salad with Grilled Tuna



Ingredients

Yield: about 8 portions

- ¼ lb haricot vert, stem ends removed
- ¼ red onion, sliced with the grain
- ½ lb “B” bliss potatoes
- 1 oz Italian flat-leaf parsley
- 1 lb mesclun lettuce
- 16 cherry tomatoes
- 4 eggs, hard-boiled and peeled
- 8 anchovy fillets
- ¼ cup Niçoise olives
- ¼ cup picholine olives
- 8 tuna steaks, portioned 4 oz each
- olive oil, as needed
- salt and large-ground black pepper, to taste

Roasted Tomato and Saffron Vinaigrette

Ingredients

Yield: 3 cups

- 4 Roma tomatoes, roasted and peeled
- 2 Tbs shallots, minced
- 2 cloves garlic, minced
- 1 Tbs Dijon mustard
- ¼ cup champagne vinegar
- 1 orange, juiced and zested
- ¼–½ tsp saffron, in 1 oz water
- ¾ cup French extra-virgin olive oil
- 1 tsp oregano, chopped
- 1 Tbs capers, chopped
- caper brine from a jar of capers, to taste
- coarse salt, to taste
- freshly ground black pepper, to taste
- pepper flakes (optional), to taste



To make this salad that is common in Nice in the south of France, start with a prime piece of tuna cut in a manner called blocking, which involves cutting into uniform rectangular sections, or blocks. Brush the tuna with olive oil to keep it from sticking to the grill, and place the pieces of tuna on the grill, which should be oiled as well. Don't season the tuna at this point, because this preparation requires delicate herbs and spices that might burn if cooked.

Also place some tomatoes on the grill. While they are cooking, start to make the dressing for the salad, which is a saffron Dijon vinaigrette that contains chopped capers, dried oregano, champagne vinegar flavored with saffron,

caper brine, fresh orange juice, Dijon mustard, minced shallots, minced garlic, and red pepper flakes. Add all of these ingredients to a bowl.

Check on the tuna. To create crosshatching, gently lift the tuna off the grill and rotate it. Once the tomatoes are bubbling, take them off the grill.

The goal is to sear the outside of the tuna without cooking it through all the way. You want it to be rare in the center, but you also want it to have a little crust on the outside on both sides. Once the crust develops on the first side, flip it over.

Mix the vinaigrette. Add salt and freshly ground pepper. Slowly add olive oil while you whisk the mixture. In total, add about three parts of oil to one part of acid, which is the basic recipe for a vinaigrette.

Grilling Fish

One of the most common mistakes people make with grilling fish is trying to move it too soon. Make sure to place your fish on a very hot part of the grill. When you see a semitranslucent line along the bottom of the fish, it means that it is forming a crust. And if you want to verify that, you can use a spatula to gently lift it up to see that it's not sticking to the grill.



completely, but you do want the skin to break a little so that some of the tomato juice ends up in the salad.

For the salad, use mesclun greens, which include a variety of lettuces, such as red oak leaf and frisée. Season the greens with salt and pepper, and then add slivered red onions; blanched haricot verts cooked in salted, boiling water; and precooked red potatoes.

Check on the tuna again. It's done when it's rare on the edges but has a caramelized crust on top and bottom. Rest it on a plate for a minute to cool off.

Drizzle a little bit of the dressing onto the salad and toss everything together, making sure that all of the ingredients are fully coated. Next, add the roasted tomatoes and lightly toss them into the salad. You don't want the tomatoes to break down

Put a piece of plastic wrap on a cutting board. Spread a mixture of herbs and seasonings—including salt, black pepper, and Italian parsley—over the plastic wrap. This is the coating for the tuna. Put a little olive oil on the top of the fish to help the spice mixture stick. Roll the tuna in the spices to capture them on the outside. Wrap the tuna very tightly in the plastic wrap.

Place the salad gently on a plate. As a garnish, cut some eggs into wedges and add them to salad. Also top the salad with Niçoise olives, white anchovies (also called *boquerones*), and picholine olives.

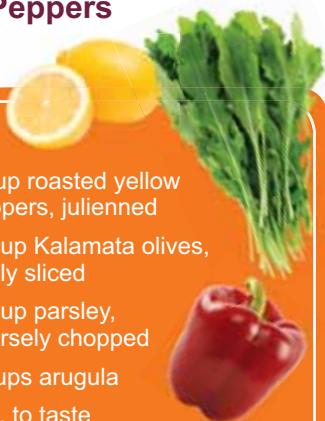
When you sear tuna, the edges become sort of crumbly, so use the plastic wrap to hold the tuna together while you slice right through the plastic wrap. Then, remove the plastic wrap, making sure to remove all of it. All of the herbs remain on the edge of the tuna. Finally, add the sliced tuna to the salad.

Grilled Halibut Wrapped in Grape Leaves with *Ladolemono* and Marinated Peppers

Ingredients

Yield: 6 each

- 6 halibut fillets, 3 oz each
- 12 large grape leaves
- 3 Tbs lemon, juiced and zested
- ½ cup extra-virgin olive oil, plus additional for brushing the fish
- ¼ cup garlic, very thinly sliced
- 1 cup onions, julienned
- 1 cup roasted red pepper, julienned
- 1 cup roasted yellow peppers, julienned
- ¼ cup Kalamata olives, thinly sliced
- ½ cup parsley, coarsely chopped
- 3 cups arugula
- salt, to taste
- black peppercorns, to taste
- 1 baguette



Ladolemono

Ingredients

Yield: ½ cup

- ½ cup olive oil
- 1 lemon, juiced (about 2 Tbs) and zested
- 1 tsp fresh oregano
- 1 clove garlic, minced
- salt and freshly ground black pepper, to taste



This recipe features fresh halibut and grape leaves. Brush some olive oil onto the fish, and add salt, pepper, and fresh lemon zest. Do this on both sides of the fish. Lay the fish, with its presentation side up, on the grape leaf, and fold the fish into the leaf like a little package. Then, brush the grape leaf with a little oil as well. Put this package on the grill. The package will protect the delicate



flesh of the fish, which is easy to damage on the grill, and it will steam the fish inside, which will also be flavored by the grape leaf.

Softly wilt Spanish onion and garlic with some olive oil. Then, add fresh red and yellow roasted peppers, Kalamata olives, and freshly chopped parsley.

Gas Grills

Gas grills are great for cooking seafood. They don't give off too much wood or smoke flavor. They also offer even heat, and they are very convenient.

To make the garlic and lemon vinaigrette, mix chopped garlic, lemon zest, lemon juice, and fresh oregano in a pan with some extra-virgin olive oil. Add salt and black pepper.

Once the halibut is just about done, add some slices of bread to the grill to toast them.

Start to assemble the salad by laying some arugula on a plate. Spoon some of the vinaigrette over the salad, and then gently toss it to coat evenly. Add a few pieces of the toasted bread.

When the halibut is done, remove it from the grill and peel back the grape leaf it was folded in. Place the halibut on the edge of the salad plate.

Grilled Shrimp with *Sangrita*

For this dish, before putting the shrimp on the grill, make a simple marinade by mixing red pepper flakes, chopped garlic, chopped parsley, freshly cut cilantro, white wine, and extra-virgin olive oil. Then, add some salt and pepper.

Ingredients

Yield: 6 portions

- 1 lb shrimp, large (16/20 count), peeled and deveined
- 2 medium avocados, firm and ripe, peeled and cut into ½-inch cubes or fans

Marinade

- ¼ cup olive oil
- 2 tsp garlic, finely chopped
- 1 Tbs parsley, finely chopped
- ¼ tsp red pepper flakes
- 2 Tbs dry white wine
- cilantro sprigs, as needed
- salt and pepper, to taste

Sangrita

- 2 cups tomato juice
- ¼ cup fresh orange juice
- 1 Tbs fresh lime or lemon juice
- 1 Tbs brown sugar
- Worcestershire sauce, preferably white, to taste
- olive brine from a jar of green olives, to taste
- hot sauce, to taste
- salt and freshly ground black pepper, to taste



Lay some peeled and deveined shrimp flat on a cutting board. Run two skewers through the shrimp, because they tend to spin on only one skewer. Two skewers will keep them flat so that when you flip them over, they will have even grill marks on both sides. Put the shrimp on a platter and cover them with the marinade for about an hour.

After they are marinated, put the shrimp on the grill. While they are cooking, make a sauce for the shrimp called *sangrita*, which means “a little blood” in Spanish. It is a mixture of fruit juices, with some aromatics and spices. To make this sauce, combine Worcestershire sauce, brown sugar, Tabasco, fresh lime juice, olive brine, fresh tomato juice, and fresh orange juice. In Spain, *sangrita* would be made as a beverage with tequila, so as an homage to the tradition, you can also add white (*blanco*) tequila if you’d like.

Check on the shrimp. Once they are cooked, which you can tell from the texture, take them off the grill. One of the signs that shrimp is overcooked is when it curls up into a small, tight ball.

Put the skewered shrimp on a plate. Twist the skewers slightly, and they should come out clean. If you were to just pull the skewer out, you might tear the flesh of the shrimp. Top the shrimp with the *sangrita*. Uniformly dice some avocado to add to the plate.



Grilled Oysters with Spicy Garlic-Herb Butter

Ingredients

Yield: 6 servings

- 36 oysters, washed and scrubbed

Spicy garlic-herb butter

- ½ cup butter (room temperature)
- 1 Tbs scallions/shallots, minced
- ¼ cup parsley

- 1 Tbs Worcestershire sauce
- 2 cloves garlic, finely minced
- ¾ Tbs lemon juice
- 1 tsp lemon zest
- 1 ½ tsp kosher salt
- 2 tsp Tabasco sauce



Grilling oysters gives you the opportunity to cook them while still maintaining the integrity of the oysters. Put some oysters on the grill—in their shells, which act like mini-ovens, allowing them to steam in their own juices.

Once the oysters are bubbling, meaning that the juices inside have steamed the meat on the inside of the oysters, you can remove them from the grill. Grilling oysters not only makes them taste great, but it also makes the oysters a lot easier to open. Trying to open a raw oyster can be a cumbersome exercise, if you don't know what you're doing. But with grilled oysters, you can just pop the shell off with an oyster knife.

Once the oysters are opened, add a small amount of compound butter to each oyster, and let it melt into the oyster. You can place the oysters back on the grill for about 45 seconds if they're not hot enough to melt the butter.

Put some rock salt on a plate as a bed to hold the oysters up—so that they don't fall over and spill all the juice or sauce.



Mediterranean-Style Grilling

Lesson 5

The focus of this lesson is on three sauces from the Mediterranean that are incredibly versatile: *muhammara*, *mutabbal* (more commonly known as baba ghanoush), and *cacik* (more commonly known as *tzatziki*). Having these sauces on hand when you make grilled vegetables, fish, chicken, or steak is invaluable. In this lesson, you will also learn how to make a Sicilian-style beefsteak, a shepherd's salad, a Turkish grilled eggplant sandwich, and lamb kabobs with a Turkish spice mix.

Sicilian-Style Beefsteak

Ingredients

Yield: 4 portions

- 3 Tbs extra-virgin olive oil
- 1 garlic clove, crushed
- 2 large tomatoes, *concassé*
- 6 oz black olives, pitted and chopped
- ½ celery stalk
- 1 green chile, finely chopped
- 2 Tbs capers, rinsed
- ¼ cup oregano, chopped
- salt and pepper, to taste
- 2 lbs New York strip steak, about 10 oz each



To make a steak that tastes like it comes from the Mediterranean, start by grilling a New York strip steak. When it is cooked to medium rare, take it off the grill and let it rest for a while. This allows the juices that are under pressure and pressing out in the hot meat to relax and go back to where they belong. If you were to cut the steak right after removing it from the grill, the juices would spill from the steak and be lost.

To make a Sicilian sauce to go with the grilled steak, start with a cast-iron pan over live fire on a grill. Add some olive oil to the pan, along with some crushed garlic. Once the pan is sizzling, add some celery, which takes a little bit of time to cook and goes in before other vegetables. Chop up a chile pepper and add it to the pan.

When cooking over a live fire on a grill, be careful with garlic. Leave it in big pieces so that you can easily pluck it out if it burns. Burnt garlic becomes bitter



very quickly, so pay special attention to the garlic. Once you can smell the garlic, you know that the browning is not far off.

One of the challenges with cooking over live fire on a grill is that you don't have the luxury of turning a knob up and down. So, cutting garlic into large chunks so that it can be easily removed if it burns is a good strategy. Another good strategy is to create zones so that you can move the food to a cooler or hotter part of the grill while cooking as needed.

Next, peel and dice up some tomatoes. Also add some capers. When you season the sauce later, recognize that capers are very salty, and if you don't exercise care, you can over-season this dish. Add another salty ingredient, black olives. Finally, add some chopped oregano. With a rustic preparation like this one, you can leave your herbs in bigger pieces than you normally would.

Cook these vegetables in the pan until the flavors mingle together. You want the celery to get a little tender, and you want the tomatoes to begin to fall apart into a very simple sauce. To make the sauce richer, add more oil. Taste the sauce to determine whether it needs any extra salt. It's mostly pepper that you want to add, but also remember that there is already a chile pepper in the sauce.

The steak has had a chance to rest and can be sliced. Any juice that comes off the steak should be added to the sauce—don't waste it. As the meat cooked on the grill, some of the juices dribbled off, along with some of the seasoning. So, you might need to add a little salt to the meat. Finally, spoon the sauce on top of the sliced meat.



Mechouia Salad

Ingredients

Yield: 50 pieces

- 3 tomatoes, roasted
- 1 ½ onions, roasted in the skin, then peeled
- 1 head garlic, roasted
- 1 cup green peppers, roasted, peeled, seeded, diced ¼ inch
- 1 ½ cups red peppers, roasted, peeled, seeded, diced ¼ inch
- 1 cup yellow peppers, roasted, peeled, seeded, diced ¼ inch
- ½ cup poblano pepper, roasted, peeled, seeded, diced ¼ inch
- 2 Tbs jalapeño pepper, roasted, peeled, seeded, diced ¼ inch
- 6 Tbs extra-virgin olive oil
- salt, to taste
- freshly ground black pepper, to taste



In Tunisia, a shepherd's salad, known as *mechouia*, is made with all different kinds of vegetables—including tomatoes, onions, garlic, and peppers—that are roasted in the dying embers of a fire and then steamed until their peels loosen. Then, they're chopped and seasoned.

Place the vegetables on the grill until they are blistered black on the outside. Similarly, roast a whole head of garlic and an onion. Onions are firmer and fuller, so you might need to bury them in the embers until they are soft and caramelized. You can also cook onions on the top rack of the grill. Some of the vegetables might also need to be steamed to soften up their peels.



Once the vegetables are cool, peel away the worst of the black parts of the skins so that you can work with what remains. The peels should come off relatively easily. Although you might want to, don't rinse the vegetables in the sink after peeling them, because all of the roasted, smoky flavor of the embers will be lost down the drain.

Next, cut the vegetables into smaller chunks. Mix the vegetables in a bowl. Season with salt and pepper, if desired. Drizzle some olive oil on top. This salad is often flavored with capers and olives, so add them if you'd like. You might also want to add some fresh herbs and squeezed lemon juice.

Aleppo-Style Red Pepper and Walnut Dip (*Muhammara*)

Ingredients

Yield: 6 portions

- 1 ½ lbs red bell peppers
- ½ cup walnuts, shelled and ground
- 3 Tbs quality bread crumbs or sesame cracker crumbs
- 1 lemon, juiced (or more, to taste)
- 4 tsp pomegranate molasses (preferably Cortas brand, available at Middle Eastern grocery stores)
- ¼ tsp red chile paste (or more, to taste)
- ¼ tsp salt
- ¼ tsp ground cumin
- 1 Tbs olive oil



There is a rich tradition in the Mediterranean of nut-enriched sauces, such as pesto, romesco, and *muhammara*. *Muhammara* is a sauce from the eastern Mediterranean, and its name translates roughly into “brick colored,” or “brick red.” It gets part of its color from roasted red peppers. Walnuts are also added.

Roast some red peppers on a grill, and then peel them. Making this sauce involves grinding everything up in a food processor, beginning with the roasted red peppers and walnuts. To season the sauce, add some hot chile paste—but don't overdo it, because this sauce is not known for being fiery hot. Then, add some toasted cumin, lemon juice, and bread to absorb any of the excess moisture in the sauce. Turn on the food processor.

Vinegar versus Lemon Juice

The regions of the Mediterranean that don't use alcohol for religious reasons don't use vinegar. Without vinegar, lemon juice is used to make food sour.



Next, add salt and pomegranate molasses, which has a sweet-sour flavor that defines this dip. Finally, to lend some richness, emulsify the dip with olive oil. Taste it to determine whether it needs more salt.

Baba Ghanoush (*Mutabbal*)

Ingredients

Yield: about 1 ½ quarts

- 6 eggplants, large
- 1 cup sesame tahini paste
- 3 garlic cloves, minced
- 2 lemons, juice of
- salt, ground black pepper, and Tabasco, to taste
- 4 oz pure olive oil, not extra-virgin
- ½ cup yogurt (if needed for thinning)



Hummus is a dip or sauce made with chickpeas, tahini, and garlic. Baba ghanoush is similar to hummus, except that instead of chickpeas, it uses eggplant. It is either called baba ghanoush or *mutabbal*, depending on where in the Mediterranean it comes from.

To make baba ghanoush, roast some eggplant over the embers of a grill until it is completely cooked and soft. It should collapse. Once you remove it from the



grill, shake off any dust, and cut it in half with a sharp knife. Scrape the pulp from the shell into a bowl.

Next, add tahini, which is sesame seed paste. Also add garlic, pepper, and salt. Lemon juice is added to brighten up the sauce and cut through the richness of the tahini. Stir the ingredients, breaking up any big chunks. Taste the sauce to determine whether it needs more seasoning. Enrich it with oil.

You can also add grilled lemons, which give up their juices more readily than uncooked lemons. If you like herbs, add some cilantro.

Tzatziki (Cacik)

Ingredients

Yield: 6 portions

- 1 cup plain yogurt, thick
- ½ cup cucumber, peeled and seeded, diced small
- 1 Tbs lemon juice
- ½ tsp cayenne, ground
- 2 Tbs cilantro, chopped



- 2 Tbs mint, chopped
- kosher salt, to taste



The sauce known as *tzatziki*—or *cacik*, depending on where in the Mediterranean it comes from—is made from yogurt and cucumbers. Preferably, the yogurt used to make it is thick Greek yogurt. In a bowl, dress the yogurt and diced cucumbers with some cayenne, lemon juice, chopped mint, and chopped cilantro. Season with salt. Some people also add dill, especially when making *tzatziki*, which is the Greek version of this sauce.

Turkish Grilled Eggplant Sandwich

Ingredients

Yield: 6 portions

- 12 slices eggplant, peeled and cut 1 inch thick (approximately 1 large eggplant)
- ½ cup olive oil
- 1 Tbs garlic, finely minced
- 1 Tbs ground cumin seed, toasted
- 2 Tbs lemon juice
- salt and pepper, to taste



- 6 pita bread rounds
- 24 mint leaves

This sandwich features eggplant. Brush some thick-sliced eggplant with garlic oil, which is olive oil with garlic chopped into it, and lemon juice. Then,

sprinkle salt and pepper on both sides of the eggplant, along with some toasted and ground cumin.

Place the eggplant on the grill until it browns. Be careful not to undercook it, because if you do, it will be chewy. Make sure that it is very tender before removing it from the grill.

Make sure to have available the standard sandwich toppings, such as ripe tomatoes and lettuce. You can also top your sandwich with chopped mint leaves, which make a refreshing addition to a vegetable sandwich like this one. You can also roast other vegetables, including red peppers and chiles, and you can cut them up to be used as part of the sandwich.

Once the eggplant is browned and completely cooked, start to assemble your sandwich. Try spreading some *tzatziki* and *muhammara* inside some pita bread. Think of them as ketchup and mayonnaise with a Greek or Turkish passport. Then, add the tomato, lettuce, roasted vegetables, eggplant, and mint on top. You can even add steak to the sandwich. In addition to *tzatziki* and *muhammara*, baba ghanoush is a great spread to use on this sandwich.

Sweet versus Lean Food on the Grill

Be cautious when you put things on the grill. Every grill has a different temperature, and while you can evaluate the heat with your hand, there is no better way to check the amount of heat that your food is getting than simply seeing how the food is responding to the heat. Sweet food browns quickly; lean food that doesn't have a lot of sugar in it browns slowly.





Lamb Kabobs

Ingredients

Yield: 6 portions

- 2 Tbs olive oil
- 4 garlic cloves, minced
- ½ tsp freshly ground black pepper
- salt, to taste



- 1 lb leg of lamb meat for skewers, or rack of lamb cut into 8 chops

Turkish *Baharat* Spice Mix for Lamb

Ingredients

Yield: ½ cup

- 1 Tbs cinnamon, ground
 - 1 Tbs nutmeg, ground
 - 1 Tbs cumin, ground
 - 1 Tbs coriander seed, ground
 - 2 Tbs mint, sieved, dried
 - 2 Tbs oregano, sieved, dried
 - 2 Tbs black pepper, ground
 - 4 bay leaves, ground in a spice or coffee grinder
- 1 tsp fennel, ground
 - 1 tsp allspice, ground
 - 1 tsp cloves, ground
 - 1 Tbs mustard seeds, ground



The Mediterranean is known for kabobs. Shish kabobs are very popular, but there are many different varieties of kabobs. To make basic lamb kabobs, start with leg of lamb that has been cut into one-inch cubes and marinated in salt, pepper, olive oil, and garlic. Put the marinated lamb on skewers on the grill.

You can flavor the lamb in many different ways. One option is to flavor the lamb as if it were coming from Turkey. There is a delicious Turkish spice mix for all kinds of meat—and even vegetables—called *baharat*, which is composed of cinnamon, nutmeg, cumin, coriander, mint, oregano, black pepper, bay leaves, fennel, allspice, cloves, and mustard. Stir all of these spices together, and add the mixture to both sides of the lamb kabobs before putting them on skewers on the grill. Use foil to protect the ends of the skewers so that they don't burn.

One way you might find this lamb in Greece is with marjoram and lemon juice. You can also skewer the lamb on branches of rosemary. Chop some extra rosemary and some thyme, and add salt and pepper to this mixture. Roll the lamb in the spice mixture. The rosemary skewer will flavor the meat from the inside as it cooks.





Grilling Poultry

Lesson 6

When people think about poultry, they tend to think about chickens. But quail, duck, geese, and turkeys are all members of the poultry family as well. In this lesson, you will learn how to make dishes that feature different types of poultry—specifically, chicken, quail, and turkey. In addition, you will learn how to make a versatile dry rub that can be used on all types of poultry, a salsa that tastes great on top of quail, and a three-grain salad and an apricot chutney that can accompany a holiday turkey.

Barbecued Chicken

Ingredients

Yield: 4 portions

- 2 whole chickens, 2 ½–3 ½ lbs each
- 2 Tbs salt
- 1 cup barbecue rub



Chicken Dry Rub

Ingredients

Yield: ¼ cup

- 1 Tbs paprika
- 1 Tbs garlic powder
- 1 Tbs kosher salt
- 1 Tbs brown sugar
- 1 tsp sage
- 1 tsp black pepper
- 1 tsp oregano
- ½ tsp cayenne
- ½ tsp coriander
- ½ tsp cumin



This barbecue dry rub can be used across the board with all poultry. It consists of a bunch of different colorful and aromatic spices, including cayenne pepper, sage, garlic powder, coriander, black pepper, paprika, oregano, cumin, and brown sugar. Combine all of these spices, along with salt, in a bowl, stirring and mixing well. Put the spice rub in a ziplock bag.

Barbecue Sauce

Ingredients

Yield: 1 quart

- 12 oz orange juice concentrate
- 12 oz prepared chile sauce
- 5 oz molasses
- 3 oz soy sauce
- 2 oz prepared mustard
- ½ tsp garlic powder
- 2 oz lemon juice
- chicken stock, as needed



Next, take some chicken thighs and legs, and with a knife, slash across the middle of them, right down to the bone. This is going to allow the heat to penetrate down to the bone, and the thighs and legs will cook quicker than they would otherwise. This is also going to allow the dry rub to get into the flesh of the chicken, as opposed to being on the outside, drawing the flavors and the salting capabilities into the meat.

Then, insert the meat into the ziplock bag of spices and close the bag before shaking it up, making sure that the meat is evenly coated with the dry rub. Refrigerate the bag for at least four hours and up to about 12 hours.

Once they have been marinated, place the pieces of chicken on a hot spot on the grill. Cook them until they get some markings on the outside, along with some caramelization. After about six or seven minutes, right before they are completely cooked, generously glaze the thighs and legs with some barbecue sauce.

Once the chicken thighs and legs have sauce on them, if they stay in one place on the grill for any length of time, the sauce is going to burn. But if you keep them moving regularly, after about two to three minutes, the sauce is going to caramelize and form a crust on the outside.

Grilled Quail with Sausage and Polenta

Ingredients

Yield: 8 portions

- ½ cup olive oil
- 1 Tbs lemon juice
- 2 cloves garlic, crushed
- salt and pepper, to taste
- 12 thyme branches
- 8 sage branches
- 2 bay leaves
- 8 quail, semi-boneless
- 8 sweet Italian sausages





Basic Polenta

Ingredients

Yield: 8 portions

- 1 ½ cups polenta
- 6 cups chicken stock or water
- ½ cup heavy cream
- ⅓ cup Parmesan cheese, grated
- salt, to taste
- freshly ground pepper, to taste



Salsa Verde

Ingredients

Yield: 8 portions

- 1 cup Italian parsley leaves, chopped
- 1 garlic clove, minced
- 2 Tbs capers, chopped
- 1 Tbs caper liquid
- ½ cup extra-virgin olive oil
- 3 anchovy fillets, minced
- 1 pinch crushed red pepper flakes
- salt and pepper, to taste
- 1–2 Tbs lemon juice



This dish features quail as the protein. Start by making the marinade for the quail, which includes crushed garlic cloves, fresh bay leaves, fresh thyme sprigs, fresh lemon juice, extra-virgin olive oil, and sage leaves and stems.



Combine all of the ingredients into a ziplock bag. Add a generous amount of salt and some pepper.

For this recipe, use semi-boneless quail. The bones still exist in the wings and legs, but all the bones in the breast and body have been removed. Quail are very delicate and cook very quickly, and they have a distinct gamy bird flavor.

Place the quail in the marinade. Close the bag, and roll the quail around in the marinade, allowing the flavors to blend together. Put the bag in the refrigerator for about an hour or two, depending on the size of the birds.

Cut some Italian sausages in half and brush them with oil. Place them on the grill with the flat side down, which will result in even grill marks.

Polenta is coarse-grain cornmeal that is frequently cooked with water or stock to hydrate the grains. Once the polenta is cooked, it can be served as a soft polenta, which is similar to a porridge or pudding, or it can be served as a firm polenta. The ratio for a firm polenta, which will be used in this dish, is about four parts of liquid to one part of polenta.

Once you cook and then form the firm polenta in a pan, put it on the grill. You want to grill it to get some grill marks on it. Make sure not to move it too soon because that's what causes the crust on the bottom to tear.

Add the marinated quail to a hot spot on the grill. Lay them out so that the breast—the presentation side—goes down first. Because the breast is the flattest surface, it produces the best-looking grill marks. Pat the quail dry lightly with a paper towel to get the excess moisture off the surface.

The condiment for this dish is a classic sauce that is used frequently in both Spain and Italy. It is called *salsa verde*, which means “green sauce.” It uses a number of flavorful ingredients and lots of fresh herbs, including minced garlic, fresh chopped capers, the pickling liquid that the capers are stored in, chopped anchovies, red pepper flakes, fresh lemon juice, and fresh chopped parsley. Combine these ingredients, adding freshly ground black pepper, salt, and olive oil.

Check on the sausages, polenta, and quail on the grill. Flip the polenta when you see golden-brown grill marks on the bottom. Rotate the quail to create crossed grill marks on the bottom. Then, turn the quail over for an extra few minutes. They should plump up when they are cooked. The sausages should be fully cooked.

Plate the food starting with the polenta. Then, add the sausage and quail, with *salsa verde* on top.



Barbecued Whole Turkey

Ingredients

Yield: 6 portions

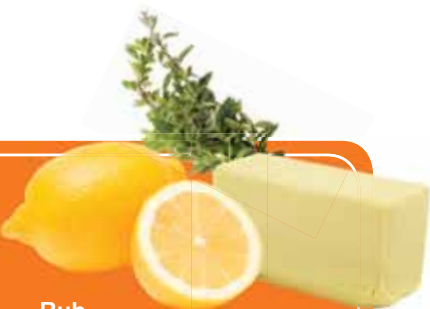
- 1 10-lb turkey
- 4 oz butter, room temperature
- salt and freshly cracked black pepper, to taste

Stuffing

- 1 lemon, halved
- 4 cloves garlic, crushed
- parsley stems, green onion tops, or other herbs, as desired
- salt, as needed

Rub

- $\frac{1}{4}$ cup olive oil
- 2 Tbs minced garlic
- 2 Tbs thyme, dried
- 2 Tbs brown sugar
- 2 tsp cumin, ground
- salt and freshly cracked black pepper, to taste



Three-Grain Salad

Ingredients


Yield: 6–8 portions, or 3–4 cups

- 
- 1 cup Italian farro or soft-wheat berries, soaked in 1 ½ cups of water for 2 hours
 - 6 cups vegetable broth, clear white chicken stock, or water
 - ½ cup extra-virgin olive oil (or more, to taste)
 - ¼ cup fresh lemon juice (or more, to taste)
 - 1 cup green lentils
 - 1 medium English cucumber, peeled and diced
 - 1 bunch scallions, sliced on the diagonal
 - ¼ cup yellow onion, minced
 - ¼ cup fresh basil, parsley, or mint, minced
 - 1 cup water
 - 1 cup wild rice, rubbed with 1 tsp olive oil
 - salt, to taste
 - freshly ground black or white pepper, to taste
 - 1 tsp hot red pepper flakes (optional)

Apricot Chutney with Nigella Seeds

Ingredients

Yield: 3 cups

- 
- ½ lb dried apricots
 - ⅓ cup + 1 Tbs white vinegar
 - ¼ cup sugar
 - 1 ½ oz jaggery
 - 1 tsp nigella seeds
 - 1 tsp cayenne pepper
 - 3–4 whole cloves
 - 1 cinnamon stick or cassia (1-inch piece)
 - 5 whole black peppercorns
 - ½ tsp ground cinnamon

This dish takes a nontraditional look at a holiday classic—turkey. Traditionally, turkeys are roasted in the oven. And as they roast in the oven, they are surrounded by skin that has a lot of fat in it. That fat renders down, turning into liquid fat. It bastes the bird. The fat liquefies and goes into the meat. And a lot of that fat ends up in the bottom of the roasting pan, which is then turned back into gravy to remedy the fact that the turkey is overcooked and dry. To minimize the process of extracting the juices and then putting them back over the top of the turkey, you can cook the turkey in a barbecue grill.



Before you stuff the turkey, sprinkle salt all around the inside of the cavity so that it coats the whole inside. Salt is going to enhance the flavor of the turkey. Then, stuff the cavity with some herbs, such as parsley stems, thyme, and sage. Also add some cloves of garlic and lemon halves. All of these ingredients will steam and mix with the juices inside, flavoring the bird from the inside out.

The goal for the outside of the turkey is a crispy skin and a golden-brown exterior. In addition to the fat content in the turkey skin, add some pats of cold butter underneath the skin. That additional fat in the form of butter is going to increase the moisture content of the turkey. Stay up high on the bird with the butter because gravity will draw the fat down into the remaining parts of the bird.

Next, sprinkle a dry rub on the outside of the turkey, massaging it into the bird. The dry rub will season the outside, and the salt in it will help dry out the skin and help form the crust that will result in a crispy skin. It also acts as an antibacterial step; the spices and salt kill any bacteria that may exist on the surface area of the bird while it's cooking for an extended period of time.

Cook the turkey in a barbecue grill. Start with a hot bed of coals, and place a drip pan in the center of the grill underneath the grate. Put the turkey in the center the grill. Then, sprinkle a few wet wood chips on each side on top of the hot coals. As those become dry wood chips, they're going to generate smoke, which is going to create a great flavor in this turkey. Put the lid on the grill, and check the temperature after a few minutes to make sure it's appropriate.

After an hour and a half, check on the turkey. The skin should be starting to get some color on it from the heat and smoke. You can baste the bird with some of the juices from the bird, which contain herbs, to soften the skin back up a little. It'll eventually get crispy again, but the liquid will keep it from burning. In addition to the juices from the bird, you can use apple juice if you'd like more flavor. Also add a few more wet wood chips to get more smoke flavor.

Once the skin is crispy on the outside, the turkey should be fully cooked and ready to carve. Serve with three-grain salad and apricot chutney.

Using a Dry Rub versus Brining Poultry

As opposed to using a dry rub, another option that many people use with poultry is brining, which involves placing the poultry in a solution of saltwater and seasonings. Brining utilizes salt through osmosis. The salt in the water moves through semipermeable membranes to create equilibrium. The result is seasoned liquid inside the poultry. An advantage of this method is that the seasoned poultry will have a higher water content in it than it did before by about 10 to 15 percent, so the poultry ends up with more juice in it than it would have had if it had been cooked traditionally.

Latin American— Style Grilling

Lesson 7

In this lesson, we're going to take our grilling to Latin America. You will learn how to make a simple but full-flavored marinade called mojo that you can use to make a piece of skirt steak taste like it came from the Caribbean islands. You will also learn how to make jerk chicken, which is common in Jamaica. In fact, you can try the jerk technique on fish or shrimp. Finally, you will learn how to cook fish in a style used in the Yucatán—inside banana leaves on the grill.

Orange Mojo–Grilled Skirt Steaks

Ingredients

Yield: 4–6 portions

- 6 8-oz skirt steaks, lightly pounded
- ½ cup orange mojo
- kosher salt and freshly ground pepper, to taste

Orange mojo

- 1 cup olive oil
- 4 Tbs garlic, minced
- 1 Scotch bonnet pepper, diced, or 1 jalapeño, diced
- 2 Tbs toasted and ground cumin
- 2 Tbs toasted and ground coriander
- 1 cup fresh-squeezed orange juice
- 1 Tbs sherry vinegar
- ⅛ cup fresh cilantro, chopped
- ⅛ cup fresh Italian parsley, chopped
- 1 tsp kosher salt
- ½ tsp fresh toasted and ground black pepper



The star of this dish is a marinade called mojo. To make it, put some oil and garlic in a hot pan. Add a jalapeño pepper, or if you like it even spicier, you can use a habanero or spicier chile.

You want to cook the garlic so that the flavor comes out. You can allow a slight amount of browning, but be careful about burning garlic because it becomes bitter very quickly. Oil helps to distribute the heat evenly to the garlic.



Add coriander and cumin to the pan, allowing them to sweat in the oil so that the flavors develop. Oil is a great vehicle for flavor, especially in spices like these two that have resins in them. Cumin offers a deep, earthy flavor, and coriander offers a citrusy flavor. If at any point the pan looks dry, add more oil.

Next, deglaze the pan with orange juice. Let it cook down a little bit. The orange juice contains sugar, which allows more effective browning.

Toward the end of the cooking, add parsley and cilantro to the pan. Stir the herbs in, and season the contents of the pan with salt and pepper, if desired. Finally, add sherry vinegar and more olive oil.

Put the mojo into a bowl to cool before you use it as a marinade. Do not put a hot marinade over a piece of meat. If you do, you end up cooking the meat in the hot marinade. Once the mojo cools, add the

Measuring Meat Doneness

To tell when meat is done cooking, relax your hand and poke yourself in the heel of your palm, and your relaxed palm will feel like raw meat. If you touch your thumb to your first finger, your palm firms up almost imperceptibly, and it goes from feeling like raw meat to rare meat. If you touch your thumb to your middle finger—do not press, just touch it—your palm firms up again, and that's what medium meat feels like. If you touch your thumb to your ring finger, your palm feels like medium-well meat. If you touch your thumb to your little finger, your palm is very firm, and that's what well-done meat feels like.

meat and marinade to a ziplock bag. A thin piece of meat like a skirt steak could marinate in the mojo for about an hour. Because the marinade has acid in it, you have to be careful about how long you marinate the meat. Acid can cook the meat initially and then make it feel mushy, almost like ceviche.

After the skirt steaks have marinated, place them on the grill. After they have cooked on one side, flip them over. After about 20 to 30 minutes, or when the steaks are cooked to whatever level of doneness you prefer, pull them off the grill. Let them rest for a short time. The thinner the meat is, the less thermal mass it has, and the less inclined it is to hold on to heat for a long time.

When you look at a piece of skirt steak, it's fairly easy to see where the grain is—it runs directly across the steak. If you cut with the grain, the grains (or fibers) of the meat are almost like little rubber bands left in long pieces. If, on the other hand, you cut across the grain, you cut those rubber bands, or fibers, into smaller pieces, which are much more tender to eat. If you want the meat to look larger than it is, you can cut the meat on an angle, or a bias.

Drizzle the mojo on top of the meat. Be careful that you don't use the mojo that was used as a marinade; that needs to be discarded because it had raw meat in it. Serve along with some vegetables for a simple meal that tastes like it came from the Caribbean.

Jerk Chicken

Ingredients

Yield: about 16 pieces

- 3–4 lbs chicken thighs and drumsticks
- 8 scallions, cut into 1-inch pieces
- 4 jalapeños, seeded and chopped, or 1–2 habaneros
- 2 Tbs white vinegar, distilled
- 1 Tbs allspice, ground
- 4 cloves garlic, chopped
- 2 tsp thyme, dried
- 1 tsp salt
- ½ tsp pepper
- ¼ tsp cayenne pepper
- ¼ cup oil
- 12 lime wedges




Jerk is a specialty in the Caribbean around Jamaica. The original jerk was a preparation where you took a piece of meat—for example, chicken or fish—and rubbed an assertive spice mixture on it as a preservative. Then, you cooked the meat for a long time over a slow, smoky fire, which also had a preservative effect.



Savory Watermelon and Pineapple Salad

Ingredients

Yield: 4–8 portions

- 
- 3 cups large watermelon chunks, seeded
 - 3 cups large pineapple chunks
 - ½ red onion, thinly sliced
 - 2 Tbs chopped fresh parsley or cilantro
 - 1 serrano or jalapeño pepper, seeded and minced
 - 2 limes, juiced
 - salt, to taste

To make jerk chicken, start by cutting through some chicken thighs and drumsticks almost all the way down to the bone, or even all the way down to the bone. This allows for the penetration of the marinade.

To make the marinade, combine some scallions, thyme, cayenne pepper, and garlic. Add salt and pepper if desired. Also add either scotch bonnets or habaneros, which are extremely hot peppers. You can tone them down by simply opening the chile and cutting out the ribs and the seeds, which gets rid of about 80 percent of the heat of the chile. Finally, add some oil and vinegar. Use a blender to mix everything together.

Pour the marinade into a ziplock bag and add the chicken. Rub the marinade into the meat using gloved hands. Allow the chicken to marinate for about two to four hours in the refrigerator.

Once it is marinated, place the chicken on the grill to crisp up the skin. You want the skin to be golden, so place the chicken on the grill with the skin side down. After about four or five minutes, or once the skin has crisped up and is golden, turn the chicken over.

For the remainder of the cooking, cook the chicken slowly, as if it were in an oven. On a gas grill, you can create an oven by turning the heat off on one side of the grill, moving the chicken over to that side, and then putting a lid on top. Leave some smoldering wood chips under the lid for the entire time the chicken is cooking. The wood chips will lend some authentic smoky flavor to the jerk chicken.

Some grill lids have a thermometer that will tell you what the temperature inside is. You want the temperature to be around 400 degrees, with no heat under the chicken. Adjust the gas to maintain the temperature that you want. The chicken should take somewhere between 30 and 40 minutes to cook all the way through. The skin will crisp up, and when it's done, it will have the smoky flavor of traditional jerk.

Once it's done cooking, put the jerk chicken on a plate. Some people like to enjoy jerk with lime juice squeezed on top, so garnish the plate with lime wedges.

To accompany the chicken, make a salad that would be typical in the Caribbean islands. This salad lends freshness and vitality to the rich, smoky, meaty jerk chicken. It provides balance in the meal. To make this fruit salad, start with pineapple and watermelon. Add some chopped parsley or cilantro, along with a minced chile pepper, such as a serrano. Also add some red onions. As a dressing, squeeze lime juice on top of the fruit mixture, and sprinkle with salt. Marinate the salad for about 20 to 30 minutes in the refrigerator before serving.

Yucatecan Grilled Fish Tacos

Ingredients

Yield: 6–8 portions

- 1/3 cup achiote seasoning paste (recipe follows)
- 3 Tbs fresh sour orange or lime juice
- 1 1/2 lbs skinless fish fillets (such as sea bass, snapper, grouper, halibut, or mahimahi), cut into 4 pieces
- 1 banana leaf, a piece at least 2 feet long, 10 to 12 inches wide, plus extra for garnish
- 12–16 corn tortillas
- 1 cup roasted tomato-jalapeño salsa (recipe follows)





Achiote Seasoning Paste (*Adobo de Achiote*)

Ingredients

Yield: $\frac{1}{3}$ cup

- 2 Tbs achiote seeds
- 2 tsp allspice, whole or freshly ground
- 1 tsp black pepper, whole or freshly ground
- 1 $\frac{1}{2}$ tsp dried oregano, preferably Mexican
- 3 Tbs cider vinegar



- 6 garlic cloves, peeled
- 1 tsp salt

Pickled Red Onions

Ingredients

Yield: 1 cup

- 1 red onion, small, peeled and sliced $\frac{1}{8}$ -inch thick
- $\frac{1}{4}$ tsp black peppercorns
- $\frac{1}{4}$ tsp cumin seeds
- $\frac{1}{2}$ tsp dried oregano, preferably Mexican



- 2 garlic cloves, peeled and halved
- $\frac{1}{4}$ tsp salt
- $\frac{1}{3}$ cup cider vinegar

Roasted Tomato-Jalapeño Salsa (*Salsa de Molcajete*)

Ingredients

Yield: 2 cups

- 1 lb red, ripe tomatoes (2 medium-large round or 6 to 8 plum)
- 2 fresh jalapeño chiles, large
- 3 garlic cloves, unpeeled
- ½ tsp salt
- ½ white onion, small, finely chopped
- ⅓ cup chopped cilantro, loosely packed
- 1 ½ tsp cider vinegar (optional)



There is a delicious dish called *cochinita pibil* in the Yucatán that is a specially marinated suckling pig wrapped in banana leaves and then baked in a pit barbecue. *Cochinita* is the suckling pig; *pibil* is the marinade.

This dish applies some of those ideas to fish. The marinade starts with annatto seed, which is used in America as a food additive, but it is a seasoning in the Yucatán. The seed is hard to grind up and make smooth, but you can buy it pre-ground and mixed with herbs, garlic, and vinegar. This is called achiote paste.

Traditionally, achiote paste is thinned out with sour orange juice, but because that can be very difficult to find, you can also use lime juice, or even white vinegar. Once a thin, brothy consistency develops, it's ready to be used to marinate some fish, such as halibut or snapper.





Wrap the fish in a banana leaf, and then add the marinade. The banana leaf will contain the marinade so that it can flavor the fish. If you don't have a banana leaf, you can use foil instead, or you could just marinate the fish and put it on the grill. When you work with a banana leaf, put it over the heat of the grill until it turns shiny. That's the cell structure breaking down, and it releases some oils, making the leaf easy to fold.

After filling the banana leaf with the fish and marinade, fold the ends of the banana leaf up and over the fish. Use a tie made from a banana leaf to close the packet you've created. Once it's all wrapped up, it can go on the grill. You might consider flipping it top to bottom halfway through the cooking.

It's very difficult to tell how long the fish wrapped in a banana leaf will take to cook, but for each inch of thickness, you can expect about 10 minutes of cooking time over a moderate-heat grill. Of course, you can open the banana leaf to see if the fish is cooked. It will be moist. Once the fish flakes apart easily, transfer the packet to a plate. Serve with extra marinade.

There are two traditional garnishes that are served with *cochinita pibil*, and also with anything with a *pibil* marinade. One of them is pickled red onions. To make them, slice some red onions and put them into a pot of vinegar, just enough to barely cover them, along with oregano, cumin, cloves, peppercorns, and salt. You bring them up to a boil. The pickled red onions will last in your refrigerator for months.

Another traditional garnish is a salsa that is made on the grill or over the fire. All of the ingredients for the salsa are roasted, including tomatoes, onions, chiles, and garlic. Then, these ingredients go into a mortar and pestle and are pounded into a delicious salsa. Alternatively, you can pulse the ingredients a few times in a food processor. The salsa is seasoned with salt and cilantro. Some people also add cider vinegar.

You can either make tortillas or buy them, but either way, warm them up on the grill before serving them with the fish and garnishes.



Grilling Lamb and Beef

Lesson 8

In this lesson, you will explore recipes that use different cuts of meat, including hanger steak, flat iron steak, teres major, and chuck tender—all of which are great pieces of meat that are affordable. Specifically, you will learn how to make a marinated Thai-style hanger steak, a dry-rubbed flat iron steak, and a marinated teres major with coal-roasted potatoes. You will also learn how to make a Mediterranean lamb burger with *tzatziki* sauce and a hoisin-glazed pork tenderloin with grilled Napa cabbage.

Thai-Style Marinated Hanger Steak

Ingredients

- 3 lbs hanger steak

Marinade

Yield: 2 cups (enough for 3 lbs meat or 12 portions)

- ½ cup Nam (fish sauce)
- 4 Tbs peanut or canola oil
- 4 Tbs lime juice, fresh-squeezed
- 4 Tbs garlic, finely chopped
- 3 Tbs galangal (or ginger), finely chopped
- 4 Tbs palm sugar
- 3 stalks lemongrass (white part only), finely chopped
- ½ cup cilantro, coarsely chopped, with roots
- 2 heads romaine lettuce, cut into bite-size pieces
- juice from the steak
- 2 tsp Thai bird chiles, sliced thin
- ¼ bunch cilantro sprigs
- ¼ bunch mint leaves
- peanuts, toasted, to taste



This Thai-style recipe incorporates only a small amount of meat and a lot of vegetables and fragrant herbs and spices. Start by making the marinade. In a ziplock bag, combine some lemongrass, chopped cilantro leaves, freshly chopped ginger, palm sugar, minced garlic, peanut oil, fresh lime juice, and fish sauce. Fish sauce is a fermented salting agent that is frequently used in Southeast Asian cultures, and is very flavorful and fragrant.

Place some hanger steak in the bag with the marinade, close it up, and put it in the refrigerator overnight. Once the meat has been marinated, set it on some paper towels to get some of the excess water off the surface. Next, lay the steak in a hot spot on the grill. Use mesquite charcoal for high heat and a flavorful, fragrant aroma.



Note from the Chefs: Value Cuts

In this lesson, we want to draw your attention to a selection of beef cuts known professionally as “value cuts” for the simple reason that they represent great value. A number of years ago, the beef industry was only too aware of the fact that consumers were clamoring for a limited selection of familiar and tender cuts that represent about 40 percent of the meat available from the entire animal: New York strip, fillet, T-bone, porterhouse, rib eye, and prime rib. With the popularity of these cuts, availability decreased and price increased.

In response to this, the beef industry took a good look at the remaining 60 percent of the available meat from any given animal in an attempt to identify tender cuts that previously had been overlooked by butchers and consumers alike. The cuts that they found, tested, and ultimately marketed represent great value, great availability, and great flavor. The three that we chose to share with you are the flat iron steak, the hanger steak, and the teres major.

- The flat iron steak is a cut from the shoulder beneath the blade bone. Tender when sliced thin and richly marbled, this cut has a tough piece of connective tissue that separates it in half, but this tough tissue is most often removed by the butcher before it is sold.
- The hanger steak is an internal muscle that controls the diaphragm. Another name for it is butcher’s tender, because often butchers would keep this for themselves; after all, each animal only has two portions of this delicious piece of meat. Be sure that you slice this cut across the grain when eating.
- The teres major, or the petit tender, is a cut from the chuck, or the shoulder. It is similar in shape to the beef fillet, but it is about a quarter of the size. The similarity doesn’t end there, because after the fillet, the teres major is the most tender and leanest cut on the animal.

Search for these cuts and you will be rewarded with great-tasting grilled meats that don’t bust your budget the way fillet or strip steak might.

At the beginning of the cooking process, you will hear the steak sizzling, which is the water being forced out from the heat. You want to cook the hanger steak so that it is rare on the inside. If your steak is pretty thick, it might cook for about seven to eight minutes.

Once the steak is done cooking on the grill, let it rest for about three or four minutes before cutting into it. If you were to cut into the steak as soon as you pulled it off the grill, you would lose a lot of water, because at that time the water molecules are moving very rapidly. Resting allows the water activity to slow down.

While the steak is resting, add some romaine lettuce to a bowl. Cut some spicy chiles into small pieces. As the steak rests, it probably still will create a pool of juice, which you can capture to use as salad dressing. Combine the chiles and juice, and then add them to the bowl of lettuce.

Once the steak is rested, you can slice it. Then, add the slices to the salad and gently mix it—just enough to coat the lettuce leaves with the beef juices. When you're ready to serve, place a substantial amount of greens on the plate, highlighting the meat as well. Garnish with fresh sprigs of cilantro and mint. Finally, add some toasted peanuts on top for crunch.

Steak from the Yucatán (*Recado para Bistec*)

Ingredients

- 3 lbs flat iron steak

Dry Rub

Yield: ½ cup

- ¼ cup black peppercorns
- 2 Tbs whole allspice
- 2 ½ inches cinnamon stick
- 1 tsp cumin seed
- 1 ½ Tbs Mexican oregano
- 2 heads garlic, roasted
- salt, to taste



To make this dry rub, combine allspice, cumin seed, whole black peppercorns, dried oregano, garlic, and cinnamon sticks. Toast and then grind the mixture in a spice grinder. Add some salt, and then put the dry rub directly on a flat iron



steak, infusing the flavors of the ingredients into the meat. The salt also starts to denature the proteins and dry out the surface of the meat.

Next, place the meat on the grill. Oiling the grill before you put anything on it keeps the food from sticking to the grill. When the meat is cooked to medium rare, take it off the grill and let it rest before cutting it.

With a flat iron steak, which is an elongated muscle, the muscle fibers run in specific directions—called the grain of the meat. Before cutting, make sure that you identify the grain and that you are not cutting with the grain, because that makes the meat chewy. Instead, cut against the grain.

Marinated Teres Major

Ingredients

- 4 lbs teres major
- 5 bay leaves, crushed
- 6 thyme sprigs, coarsely chopped
- 6 tarragon sprigs, coarsely chopped
- 2 cups extra-virgin olive oil
- salt, to taste

Marinade

Yield: 1 pint

- 3 Tbs cracked black peppercorns



This marinade for teres major, or chuck tender, starts with some fresh herbs, including thyme, tarragon, and bay leaves. Also add dried peppercorns, olive oil, and salt. Put the marinade in a ziplock bag, and then add the meat.

Once the meat has been marinated, remove the meat from the bag and place it on some paper towels to get the excess fat off of it. If you put a really oily marinated item directly on the grill, it's very likely that you will get a flare-up of fire on the grill.

While the steak is cooking, make some potatoes to go along with it. Start with some marble potatoes, which are small, delicate potatoes that come in various colors. Lay out a sheet of aluminum foil, and place the potatoes on it, along with a few cloves of garlic and a sprig of rosemary for flavoring. Then, add some salt and pepper and a generous amount of olive oil.

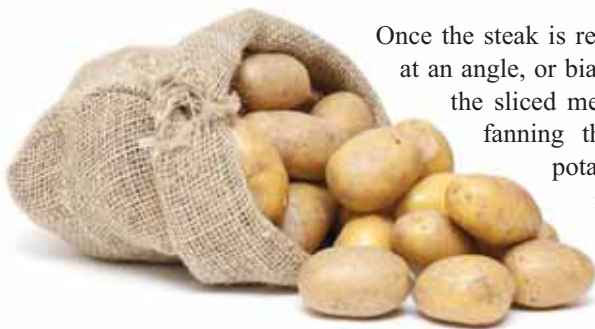
Fold the foil into a little pouch, making sure that the contents are fully encapsulated, because you don't want anything escaping. You want to trap the oil and flavorings in the pouch, as well as the steam from the potatoes, which is what will cook the potatoes. Use another sheet of foil to seal the pouch, if



necessary. Another reason that you want to make sure that the pouch is sealed well is because you are going to cook it directly in the coals while the meat is grilling above.

Rotate the meat 45 degrees to get even grill marks and even cooking. Cook the meat for about another seven to eight minutes. The most effective way to determine doneness is with a digital thermometer. Check the meat from the side, but go directly into the center of the steak with the thermometer. At about 125 degrees, take the meat off the grill and allow it to rest for a few minutes.

Check on the potatoes that you put into the coals. After about 15 minutes, gently peel the foil back—using tongs if it’s too hot for your fingers—to make sure that the potatoes are soft and cooked. The contact with the coals and the aluminum foil generates hot spots that cause brown, even charred, areas on the potatoes that are really great for flavor development. Put the potatoes on a plate.



Once the steak is rested, cut it against the grain at an angle, or bias. Use your knife to transfer the sliced meat in sequence to the plate, fanning the meat slices around the potatoes to expose the medium-rare center of the meat.

Greek-Style Hamburger (*Bifteki*)

Ingredients

Yield: 6 portions

- 1 ¾ lb lamb/ground chuck
- 2 tsp garlic, chopped
- 1 ½ tsp dry Greek oregano
- 2 Tbs parsley, chopped
- 5 Tbs grated feta cheese
- 3 slices white bread, soaked in ½ cup milk, broken up until milk is absorbed
- ¼ cup onion, finely diced, cooked until soft, then cooled
- 1 egg
- salt and pepper, to taste
- 1 ½ Tbs sugar
- 4 Tbs sherry vinegar
- ¼ tsp sumac
- 3 red onions, peeled and julienned
- 1 beefsteak tomato, halved, then thinly sliced into half moons
- 2 cups romaine, washed and dried, chiffonade
- 6 brioche buns
- 1 ¼ cups *tzatziki*
- 2–3 Tbs extra-virgin olive oil



This hamburger recipe uses lamb as the meat, and the flavors of the Mediterranean are used in the preparation of the burger. But the most interesting thing about this burger is that the cheese component is inside the burger, instead of on top.

Start by soaking some bread in milk to soften the bread, which will become a binder for the burgers. Then, add some onions that have been sweated to a bowl. When you sweat something, you want to extract the water from it to concentrate the flavors of the sugars. You don't want to get color on it, like you want with caramelization. Next, add some minced garlic, dry oregano, and fresh parsley to the bowl. Then, add an egg, which will help bind everything together. Finally, add a generous amount of feta cheese.

Mix some ground lamb with the milk-soaked bread, using it as a binder. Season the mixture with salt and pepper, keeping in mind that the feta cheese is somewhat salty on its own. Use your hands to make sure that all of the ingredients are thoroughly mixed. Then, form patties, and refrigerate them for a few hours to solidify the ingredients.

When you are ready to grill the patties, put some oil on them to help keep them from sticking to the grill. Oil the grill as well. Dust some additional salt on the patties, if desired. Place them on the grill.



While the burgers are cooking, combine some julienned onions, which are cut laterally into half-moon shapes about an eighth of an inch wide; sumac, which is a Middle Eastern berry; and sugar, which counteracts the acidity of the onions. Add sherry vinegar to this mixture. This is a form of quick pickling that is used to soften and flavor the onion at the same time. This process takes about an hour to transform the onions. After about an hour, you will notice that the color has changed and that the onions are soft.

Place some brioche buns directly on the grill to toast them. Rotate the burgers 45 degrees to get some nice grill marks on them—but make sure not to move them too soon. As the patties sit on the grill, they will form a crust, and you can tell just by lifting the corner of the corner of each patty that it's not sticking to the grill. Also be sure to flip the burgers over when they reach your desired doneness.

While the burgers are cooking, shred some romaine lettuce and slice a tomato for toppings. *Tzatziki*, which is a mixture of yogurt and cucumbers, can be used as a condiment instead of the traditional mayonnaise or ketchup.

Take the burgers and buns off the grill. On a plate, assemble your burgers. For moisture, spread some *tzatziki* on the bottom bun, and then place the burger on top of the sauce. Top the burger with shredded lettuce, tomato slices, and pickled onions.

Hoisin-Glazed Pork Tenderloin

Ingredients

- 4 lbs pork tenderloin

Marinade

Yield: 2 cups

- 10 oz hoisin sauce
- 1 Tbs sesame oil
- 1 Tbs soy sauce
- 1 Tbs rice wine vinegar
- 1 Tbs chile garlic sauce

- 1 oz ginger, finely chopped
- ½ bunch scallions, minced
- ¼ bunch cilantro, finely chopped

Grilled cabbage

- 1 head Napa cabbage
- sesame oil, to taste
- salt, to taste
- black sesame seeds, to taste



Pork tenderloin is a relatively lean cut of meat. There's very little connective tissue and very little fat, so you want to treat it delicately. Place some plastic



wrap on the counter and pound the pork with the flat side of a tenderizing hammer. Flatten the meat by pounding and pushing, and pounding and pulling, at the same time so that you're also stretching the meat into a uniform thickness.

For the marinade, start with some hoisin sauce. Add some chile garlic paste, rice wine vinegar, soy sauce, sesame oil, fresh ginger, chopped cilantro, and chopped scallions. Mix these ingredients together in a bowl. Then, pour some of the marinade onto a plate and place the pork tenderloin in the marinade, coating it fairly thickly. Spoon some additional marinade on top of the pork. Oil the grill a little before placing the pork loin on the grill.

As an accompaniment to the pork tenderloin, grill some Napa cabbage, which is a leafy green that has a subtle cabbage flavor. Dress a wedge of it with some sesame oil before placing it on the grill. Also add some salt. The cabbage should develop some color.

Rotate the pork tenderloin to get some grill marks on it. You want the pork to develop some char on the outside of it before taking it off the grill. Garnish this dish with black sesame seeds.

Asian-Style Grilling

Lesson 9

In this lesson, you will learn how to make several Asian-style dishes, three of which involve placing meat on dampened skewers before cooking them on the grill. First, you will learn how to make beef *satay* with peanut sauce from Thailand. The second skewered dish is chicken yakitori from Japan. The third skewered food is lemongrass pork from Vietnam. Finally, you will learn how to make Korean-style grilled short ribs served in lettuce cups with a simple scallion salad.

Beef Satay with Spicy Peanut Sauce

Ingredients

Yield: 4 portions

- 1 tsp fish sauce
- 1 tsp sugar
- 1 tsp curry powder
- ½ tsp turmeric, ground
- 1 tsp garlic, minced
- 1 pinch coriander, ground
- 1 pinch cumin, ground
- salt and pepper, to taste
- 2 Tbs coconut milk, optional
- 2 Tbs vegetable oil
- 1 ½ lbs chuck tender or top blade roast
- bamboo skewers, soaked in hot water for 30 minutes



Spicy Peanut Sauce

Ingredients

Yield: 1 ½ cups

- 1 Tbs vegetable oil
- 1 tsp red curry paste
- ½ tsp ground turmeric
- ½ cup creamy peanut butter
- ½ cup unsweetened coconut milk
- ½ cup water
- 2 tsp fish sauce
- 1 tsp fresh lemon juice
- sugar, to taste



Spicy Thai Cucumber Salad

Ingredients

Yield: 4 portions

Dressing

- ¼ cup rice wine vinegar
- ¼ cup sugar
- ½ tsp salt

Salad

- 2 cucumbers, cut lengthwise
- ½ onion, chopped
- 10 mint leaves, chopped
- 1 red chile, sliced
- 6 cilantro sprigs, chopped
- 2 Tbs peanuts, roasted and chopped
- 1 Tbs shallots, fried



To make this Thai dish, start by making a marinade for the meat. In a bowl, combine curry powder, turmeric, cumin, coriander, garlic, fish sauce, and sugar. Stir the ingredients together with a little bit of oil. The fish sauce contains plenty of salt, so you might not need to season it with salt, but you could add some pepper.

Pound some fairly tender beef. Then, score it and rough it up with a knife so that it has more surface area, absorbs the marinade more readily, and crisps up more easily. Thread the meat through skewers, and turn the meat in the marinade. You also can use a brush to help. You can let the meat marinate for anywhere from four hours to overnight in the refrigerator.

When you are ready to cook the meat, put the skewered meat on a hot grill. Keep the edge of the stick away from the heat so that the stick doesn't catch fire and burn.

While the meat is cooking, make a peanut sauce for the beef. There are variations on this sauce, but the essential ingredients are peanut butter, coconut milk, curry paste, and fish sauce.

Sweet and Savory

Adding sugar to savory food distinguishes Southeast Asian food from other types of food. While some cultures relegate sweetness to the end of the meal with dessert, in cultures that don't drink wine with their food, sweetness makes its way into the rest of the meal.

Also make a cucumber salad, which is pretty typical to serve with *satays*. Start by topping some sliced cucumbers with some rice wine vinegar. Then, add sugar. Also add thinly sliced chiles, cilantro, mint, and onion. Stir the salad together. Season with salt.

Check on the skewered beef. If the meat is browned, turn the skewers over.

When you're ready to serve this dish, start by laying some of the cucumber salad on a plate. Some people like to squeeze a little

lemon juice on top. Once the meat is done cooking, pull the meat off the grill and stack it on top of the salad. Garnish the dish with chopped peanuts and thinly sliced fried shallots. If you have some peanut sauce left over, put it on the side of the plate in case extra sauce is desired.

Yakitori

Ingredients

Yield: 4 portions

- ⅓ lb chicken livers (optional)
- 2 lbs chicken leg meat, boneless and skinless
- 8 bell peppers, small
- 5 onions, long
- ground *sansho* pepper, to taste
- seven-spice mixture (*shichimi togarashi*), to taste



Yakitori Sauce

Ingredients

Yield: 3 ⅓ cups

- 1 chicken leg bone
- 1 ¼ cups sake
- ½ cup + 2 Tbs mirin
- 5 ½ oz rock sugar
- 2 cups dark soy sauce
- 3 Tbs tamari sauce or soy sauce





Yakitori is various food items that are skewered and grilled over live fire and served just as they come off the grill. To make this dish, start with chicken thigh meat that has been skewered on dampened skewers. Add onions and peppers to the skewers. Drizzle on some oil, to keep the food from sticking to the grill. Sprinkle with salt and add the skewers to the grill, leaving the edges of the sticks off the grill so that they don't burn.

Yakitori sauce is a combination of soy sauce, mirin, sake, and sugar that results in a delicious mix of savory, sweet, and salty flavors. As the sauce simmers, chicken bones are added to the sauce to lend their flavor.

Check on the meat on the grill, turning it when it needs to be turned. Just before the meat is ready to come off the grill, dip it into the yakitori sauce to season and glaze it, and then put it back on the grill. Because there is sugar in the sauce, be careful that you don't let the meat burn. When the meat is done cooking, take the skewers off the grill and put them onto a plate.

If you want to add an extra bit of spiciness to the dish, garnish the skewered meat with *shichimi togarashi*, which translates as "seven spice" and contains chiles, black and white sesame, seaweed, and orange zest. If desired, sprinkle the skewered meat with *sansho* pepper.

Grilled Lemongrass Pork with Chile-Lime Sauce

Ingredients

Yield: 4 portions

- 4 pork chops, ¼-inch thick
- ½ cup chile-lime sauce (recipe on page 77)

Marinade

- 1 tsp garlic, minced
- ¼ cup shallots, minced
- ¼ cup lemongrass, minced

- 1 ½ Tbs fish sauce
- 1 Tbs soy sauce
- 2 Tbs sugar
- 2 Tbs caramel sauce
- 2 Tbs vegetable oil
- 1 tsp shrimp paste, optional
- 1 tsp salt
- ½ tsp black pepper, ground



Chile-Lime Sauce (*Nuoc Cham*)

Ingredients

Yield: 1 cup

- 2 Tbs rice wine vinegar
- 2 Tbs lime juice
- ¼ cup fish sauce
- 2 Tbs sugar
- 1 garlic clove, minced
- 1–2 red chiles, seeded, minced
- 1 Tbs carrots, shredded,
1 ½ inches



To make lemongrass pork, start by making a marinade for the meat that contains fish sauce, sugar, finely minced lemongrass, shallots, garlic, soy sauce, caramel sauce, oil, and salt and pepper. Stir everything together.

Pound some pork tenderloin slightly so that it's tender, and rough up the outside of the meat by passing your knife over it to make sure that it takes the marinade well. Spoon the marinade over the pork, and place the meat on skewers that have been soaked. The meat could sit in the marinade for an hour or two while your fire gets hot.

Once the grill is ready, put the skewers on the grill. Because there is a lot of sweetness in the marinade, keep your eye on the outside of the meat because it will brown very quickly. If you find that it is browning too quickly, add more of the marinade onto the meat; the moisture will bring the surface temperature down, buying you more time on the grill. If you see a lot of gray smoke, that may be the sugar first browning and then burning. Make sure that the sticks extend over the edge of the grill so that they don't burn.

Turn the skewers when the side touching the grill is cooked. What you want to see is a lacquered glaze. But don't add any of the raw marinade onto the meat in the last minute of cooking. You want to give it a chance to cook so that it is safe to eat, because it had raw pork in it.

Grilled Beef Ribs in Lettuce Packages (Bulgogi Style)

This dish comes from Korea, where short ribs are grilled, as opposed to braised—cooked slowly in a moist environment. Short ribs can be a little tough, so in Korea they cut the tough fibers of the meat very thinly to make the meat more tender.

The marinade for the short ribs starts with rice wine vinegar and oil. Then, add some ginger, garlic, sugar, chopped scallions, sesame, and Korean chile paste. While Korean chile paste is spicy, there is also some sweetness to it, so it's



Ingredients

Yield: 10 portions

Marinade

- 1 Tbs sesame seeds, toasted, smashed (or 1 ½ tsp sesame oil)
- 3 Tbs ginger, minced
- 2 Tbs garlic, minced
- ½ cup scallions, minced
- 1 Tbs vegetable oil (omit if using sesame oil)
- 2 Tbs rice vinegar
- 1 Tbs sugar
- 1 Tbs Korean red pepper paste (*gochujang*)

- 2 lbs beef ribs (prepared *galbi* style—cut thin across the grain; this will have to be done by a butcher, because it requires a band saw)

Scallion salad

- ¼ tsp sesame oil
- ½ tsp sesame seeds, toasted, smashed
- 6 scallions, cut thinly on a bias
- 1 tsp soy sauce (or a pinch of salt)

Lettuce packages

- 20 butter lettuce leaves/cups, washed and trimmed

not overwhelmingly spicy. Stir the ingredients together. Rub the marinade into the meat. After preheating and oiling the grill, lay the meat on the grill over a hot fire. Cook until colored on both sides and still juicy—about two to three minutes per side.

Marinades

Marinades serve many different functions, including tenderizing and preserving meat. If a marinade has acid in it, then it can even make your grilled food safer. There are some compounds that come from grilling that aren't good for you, and those compounds disappear almost entirely with an acidic marinade.



Turn the meat if it starts to brown too quickly, even though it might not be cooked all the way; once you turn it away from the heat, it will stop browning so quickly. You can turn it multiple times to get the desired browning and doneness. Cook the meat medium well; you want to see a lot of caramelization of the marinade and browning of the meat.

After you take the meat off the grill, cut it from the bone and into bite-size pieces. If the meat is not quite done, you can easily return it to the grill until it is done to your liking. Place the grilled meat into lettuce cups. Garnish each cup with scallion salad.

Grilling Veggie Savories and Sides

Lesson 10

In this lesson, you will learn how to grill a variety of vegetables. You will learn how to grill vegetables and top them with three garnishes that are quick and easy to make, creating Italian-style vegetables with tomatoes and mozzarella cheese, French-inspired vegetables with a tarragon and mustard cream, and Greek vegetables with feta and dill. For a light meal, pair any of these vegetable options with shirred eggs cooked in a pepper shell. You will also learn how to make a few side items on the grill: Mexican grilled corn and grilled Swiss chard. Finally, you will learn how to make a Portobello mushroom burger.

Grilled Vegetables

Ingredients

Yield: 6 portions

- ¼ cup extra-virgin olive oil
- 2 garlic cloves, minced
- 1 Tbs thyme, chopped fresh
- salt and pepper, to taste
- 1 lb asparagus, tough ends trimmed
- 8 oz mushrooms
- 12 oz summer squash, trimmed and halved
- 2 onions, peeled and sliced ¼-inch thick
- 9 Yukon Gold potatoes, cooked and halved
- ½ lemon
- 1 tsp parsley, chopped



Before grilling a variety of vegetables, you must first decide whether each vegetable is tender enough to grill from its raw state. If not, figure out how you'll need to prepare the vegetable—to make them unnaturally tender—by blanching or poaching them first so that you can finish cooking them on the grill later.

To make this simple variety of grilled vegetables, place asparagus, mushrooms, squash, onions, and potatoes on a grill after basting them with a marinade of olive oil, lemon juice, garlic, thyme, and parsley. The marinade not only adds flavor to the vegetables but also helps them not stick to the grill.



Evaluate the heat of the fire by holding your hand over the grill. If you can keep your hand in the same spot over the grill for only a few seconds before moving it to avoid getting burned, then that is a hot part of the fire. If you can keep your hand over a particular spot of the grill for about five seconds, that's a moderate fire. If you can keep your hand in one area for longer than five seconds, then it is a delicate fire.

You need a pretty hot fire if you have small, tender vegetables. If you have larger, tougher vegetables, the fire needs to be a little less intense. When you're cooking vegetables, keep in mind that many of them contain a lot of sugar. The more sugar or starch the vegetables contain, the faster they will brown.

Once the vegetables start to brown, season them with salt and pepper. Turn them over once they have developed grill marks. Then, put some of the marinade on the second side of the vegetables. Remove them from the grill when they are done cooking.

Arrange the vegetables on a plate. Garnish with more parsley, if desired.

Alternatively, you could make three distinct garnitures, one inspired by Italy, one inspired by Greece, and one inspired by France.

To transform the vegetables into Italian vegetables, sprinkle some cherry tomatoes on top, along with some fresh mozzarella cheese. The heat of the vegetables will soften the cheese. Top with pine nuts, basil leaves cut into large ribbons, and Parmesan cheese. Serve with a side of balsamic vinegar.

To make Greek vegetables, sprinkle some feta cheese, dill, and a squeeze of lemon juice on top.

Finally, to create French-inspired vegetables, add some lemon juice to cream, which causes the cream to thicken, almost to the consistency of sour cream. Flavor the cream with mustard and dill, and season it with salt and pepper.





Shirred Eggs from the Grill

Ingredients

Yield: 8 portions

- 4 red peppers
- 8 eggs
- 1 cup cream or crème fraîche
- 1 cup Gruyère cheese, grated
- ½ cup parsley, chopped
- 1 tsp salt
- ¼ tsp black pepper, freshly ground



Shirred eggs are often baked in a dish, but you can make your own dish out of a pepper and use the grill instead. Find a pepper that has some flat sides on it, because, ultimately, you want it to sit on the grill. Then, with a sharp knife, cut the pepper in half. With a paring knife, clean away the membrane on the inside, along with the seeds, and create a small boat.

Put a piece of foil on the grill. Then, make some small collars out of foil. In each of the collars, put a piece of pepper. On the bottom of each pepper, add some finely grated Gruyère cheese. If you'd like, you can even add a leaf of basil, or some crumbled bacon, or a sage leaf to the bottom of each pepper. Then, add an egg to each of the half pepper shells. Season with salt and pepper. Finally, top the egg with crème fraîche, or cream if you have that instead, before placing the peppers on the grill.

It will take a while for the eggs to cook in their pepper shells, so the way to ensure that they cook more readily is to create a little oven. Turn a stainless steel bowl upside down on top of the peppers on the grill. The peppers will cook underneath the bowl with the heat coming from below, like an oven.

After about 15 minutes, remove the bowl from the grill, keeping in mind that it is very hot. If the whites of the eggs are set and the yolk is still slightly liquid, they are done cooking and you can remove them from the grill. Sprinkle with chopped parsley before serving.

Mexican Grilled Corn (*Elote Asado*)

Ingredients

Yield: 8 ears

- 8 ears of yellow corn
- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{2}$ tsp cumin, optional
- $\frac{3}{4}$ cup Cotija cheese, crumbled
- 3 limes, cut in wedges
- 2 Tbs cilantro, chopped
hot sauce/chile powder, optional, to taste



When buying corn, buy the best corn you can, with full kernels. Yellow corn tends to have a fuller corn flavor, while white corn tends to be a little sweeter. Hybridized versions have both yellow and white kernels.

Start by shucking the corn. Pull the husks back, but leave them on, almost like a handle. Then, roll the corn in mayonnaise, which flavors the corn and makes



it a little sticky. Next, season the corn with cumin, making sure to coat all sides of the corn. Roll the corn in Cotija cheese, which is a crumbly, aged, salty Mexican cheese that lends a savory flavor to this preparation. Sprinkle with cilantro and either chile powder or hot sauce, if desired. Squeeze lime juice on top.

Then, place the corn directly onto the grill, allowing it to char. The corn can sit pretty much unattended on the grill until you're ready to eat it. Once the corn is fully cooked, take it off the grill and plate it.

Grilled Swiss Chard

Ingredients

Yield: 8 portions

- 2 bunches Swiss chard, coarse stems removed
- 2 Tbs extra-virgin olive oil
- 2 cloves garlic, chopped
- 1 Tbs red wine vinegar, optional
- salt and pepper, to taste



To make this side dish, start with a bowl of Swiss chard. With a knife, cut the ribs out of the Swiss chard, because they tend to be tough. Sprinkle with olive oil. Season with chopped garlic, salt, and pepper (or pepper flakes). Use tongs to toss the leaves, coating them with the oil. Be careful to not use too much seasoning on the leaves, because when they cook, they will melt down into a much smaller quantity.



Place the leaves onto the grill. Initially, they will begin to wilt. Then, in spots, over a hotter fire, they will begin to char, resulting in a smoky flavor. Turn the lettuce periodically. It only takes about 45 seconds to cook.

Once you see charring, take the lettuce off the grill and put it in a bowl. Evaluate the seasonings, adjusting them as necessary before serving.

Grilled Portobello Mushroom Burger

Ingredients

Yield: 10 portions

- 10 portobello mushrooms, stems and gills removed
- 10 hamburger buns

Marinade

- 1 Tbs Dijon mustard
- ½ cup olive oil
- 2 cloves garlic, minced
- 1 ½ tsp fresh thyme, minced
- 1 ½ tsp fresh sage, minced
- 2 Tbs soy sauce, optional

- 1 oz sherry vinegar
- 1 ½ tsp Tabasco sauce
- salt and black pepper, to taste

Toppings

- 6 oz cheddar cheese, sliced
- ½ cup mayonnaise
- mustard and ketchup, to taste
- 2 tomatoes, sliced
- 5 lettuce leaves
- 3 avocados, sliced



To make Portobello mushroom burgers, start by making a marinade for the mushrooms composed of sage, thyme, mustard, garlic, oil, vinegar, and hot sauce. Before marinating the mushrooms, scrape the gills out if you prefer brighter-looking mushrooms to dark, inky mushrooms. A Portobello mushroom is an overgrown, or mature, cremini mushroom. As mushrooms mature, the gills tend to become darker.



Once they have been marinated, grill the Portobello mushrooms. Once they are cooked to your liking, treat the mushrooms the same way you would treat a hamburger—by putting them on a bun and topping them with cheese, tomatoes, lettuce, mayonnaise, ketchup, avocado slices, and any other toppings you desire.



The American Tradition of Barbecue

Lesson 11

In this lesson, you will learn all about barbecue, which got its start in the Caribbean, where meats were rubbed heavily with a spice mix and then were cooked slowly over a smoky fire. Eventually, this tradition made its way up from the Caribbean to the Carolinas. Today, the rich tradition of barbecue morphs from region to region. The cuts of meat that are used for barbecue—including brisket, baby back ribs, spare ribs, and pork butt—are all heavily marbled, tough cuts. Barbecue is a low, slow cooking technique that allows these meats to gently become tender.

Types of Barbecue Sauce

In North Carolina, barbecue sauce is typically a vinegar-based sauce with tomato. To make this type of barbecue sauce, start with apple cider vinegar. Add sweetness in the forms of brown sugar and molasses. Then, add garlic powder, salt, pepper flakes, hot sauce, and Worcestershire sauce.

If you wanted to stop at this step and use what you've combined so far as a sauce, you certainly could. It's powerful, but the flavor is balanced. Some people would periodically use this sauce—often called a mop—to baste their pork. Just mop the sauce on top to keep the meat moist and to flavor the meat while it cooks. But if you wanted to turn this into a true North Carolina barbecue sauce, add some ketchup.

In South Carolina, they have a fondness for mustard in their barbecue sauces. Instead of a dark sugar like molasses, they use white sugar, and instead of ketchup, they add yellow mustard.

In Tennessee, they have an interesting sauce called a white sauce. In this kind of sauce, instead of mustard or ketchup, mayonnaise is used, and the dark sugars are replaced with something a little lighter.

In Kansas City, they love sauces that are sweet and tomato-based. Because they cook a lot of ribs, which don't cook for as long as brisket or pork butt, they can make a sauce that's slightly thicker, so more ketchup, as well as a lot more sugar, is added.

In Texas, they eat a lot of brisket, which cooks for a long time, so they use a thinner, tomato-based sauce. Texas barbecue sauces are influenced by spices from Mexico, such as cumin and chiles.

In Kentucky, many barbecue sauces contain bourbon and brown sugar.

Consider buying commercial barbecue sauce, tasting it, and then deciding if you like the way it tastes as is or if you'd rather change it.

You might have some blackberries or blueberries in your refrigerator, and you can make a blackberry or blueberry barbecue sauce simply by cooking the berries in the barbecue sauce. If you have a bottle of root beer that is slightly flat and you don't want to drink it anymore, you could reduce it down and add it to the sauce for sweetness and spice. You might even have some Asian products, such as sweet Thai chile sauce, ponzu sauce, or katsu sauce, and you can add any of these to commercial barbecue sauce to create your own signature sauce.

Barbecued Beef Brisket

Ingredients

- 1 brisket, trimmed

Basic barbecue dry rub

- ½ cup paprika
- ¼ cup dark brown sugar
- ¼ cup sugar
- 4 ½ Tbs ground cumin
- 4 ¼ Tbs chile powder
- ½ tsp cayenne pepper, optional
- 2 Tbs ground black pepper
- 1 ½ Tbs salt



Dry Rubs versus Marinades

In barbecue, dry rubs are typically used instead of marinades. Marinades are often used to marinate meat as a flavoring agent, but with barbecue, you don't want to use marinades because they typically contain acid, which prohibits browning.

Dry rubs allow you to achieve a few different results that are helpful in barbecue. With barbecue, you want a crust, called a bark, to form across the meat that traps all the juices in. Dry rubs draw the moisture out of the surface of the meat, creating the crust while flavoring the meat. Furthermore, dry rubs—especially heavily salted ones—prevent bacterial growth, which is a concern when you're cooking meat for a long period of time.

To make a traditional dry rub for brisket, combine chile powder, cumin, kosher salt, brown sugar, white sugar, black pepper, cayenne, and paprika in a bowl. Make sure that you mix all of these ingredients well, especially because you are working with strong flavors, different colors, and different textures. You will know when the ingredients are fully mixed when the mixture is homogeneous in color.

Beef brisket is a fairly tough cut of meat with lots of connective tissue. If you were to throw a piece of brisket on the grill and cook it until it was medium rare, it would be practically inedible. That's why it's cooked slowly at a moderate temperature range, which breaks down connective tissue, allowing it to turn into liquid gelatin. This process moistens the meat instead of drying it.

Rub the beef brisket with the spice mixture, making sure to not only rub it into the surface of the meat, but also try to get the rub in any cuts or perforations in the meat.

Once the meat is rubbed, cook it at a low temperature for a long time in a barbecue

grill that has heat sources on both sides but not directly under the meat. This keeps the heat away from the meat directly and brings the heat up and around in the barrel and traps it like an oven. It could take about 10 to 12 hours for brisket to be fully cooked. You want a crust, or bark, to develop on the brisket.

Once the brisket is fully cooked and ready to be cut into slices, make sure to cut it against the grain.

As an alternative to the basic barbecue dry rub (recipe on page 89), try the following dry rub recipe.





Coffee and Chocolate Dry Rub

Ingredients

- ¼ cup coffee grounds
- ¼ cup chile powder
- ¼ cup brown sugar
- ⅛ cup salt
- ⅛ cup cocoa powder
- ⅛ cup paprika
- 1 Tbs garlic powder
- 1 Tbs dry mustard
- 1 Tbs allspice
- 1 Tbs cumin



Pork Butt

Ingredients

- 4-lb boneless roast
- basic barbecue dry rub (recipe on page 89), or dry rub of your choice
- barbecue sauce of your choice, to taste



Pork butt comes from a piece of the shoulder of the animal, and there's a fairly large piece of bone in that shoulder piece that needs to be removed. This means that a lot more surface area is going to be exposed to the rub, which is why



pork butt is so flavorful. Because it is a shoulder, it has just as many connective tissues as the brisket. Similarly, you want to cook the pork butt at a low temperature and for a long time to break down the connective tissue, which leads to moistened meat.

Once the pork butt is well rubbed, place it in the barbecue grill and close the lid. It could take about five hours for pork butt to be fully cooked. For flavor development, add some wood chips that have been soaked in water to the hot coals. Soaking the wood chips in water delays the process of them starting to smoke, because they have to evaporate the water out of them first. This helps to keep some moisture trapped inside the dome as well. If the smoke begins to subside later in the cooking process, you can always add a few more soaked wood chips.

Once the pork butt is fully cooked, instead of slicing it, you want to shred it to create pulled pork. Use one fork to hold the meat in place while you shred the meat with another fork. You want to mix in the outer crust, in addition to the fatty pieces, with the shredded meat. Often, the shredded pork is served as a sandwich, but it can also be served as it is. For a traditional Carolina flavor profile, toss some vinegary barbecue sauce into the pulled pork.

Smoke

Smoke is an interesting phenomenon. Smoke is basically a bunch of particulate matter—esters and volatile compounds—that are trapped in a gas. When barbecuing, you want the gas to surround and penetrate the meat for flavor development. What results is a delicious smoke ring on the inside of the meat near the surface.

When you put meat in a smoker, evaluating the proper range of humidity and temperature inside the smoker is critical. If the environment is too hot, the meat gets too dry. At that point, a crust will form on the outside, and the volatile compounds will not be able to penetrate into the meat. If there is too much moisture in the environment, then the water gets heated up on the surface of the meat, causing the volatile compounds to get trapped in the water and roll off the meat.

Outdoor Pork Baby Back Ribs

Ingredients

- 2 slabs baby back ribs (about 3 lbs each)
- basic barbecue dry rub (recipe on page 89), or dry rub of your choice



- barbecue sauce of your choice, to taste



Ribs have a particularly tough piece of connective tissue on the inside. When you're cooking ribs, peel that membrane off, because it's very chewy and doesn't break down like many other types of connective tissue. Baby back ribs are from the loin of the animal.

Put some dry rub on both sides of the baby back ribs. These are a much smaller piece of meat than the beef brisket or pork butt, so they're not going to take nearly as long to cook. Also, use a lower temperature for the ribs. Add wood chips to the grill for flavoring.

Barbecue: Low and Slow

With barbecue, you will be cooking anywhere from 2 to up to 12 hours, depending on the meat you're cooking and the temperature you're cooking at. It's important to monitor the progress of the meat throughout. Some barbecue grills have a thermometer that can help you determine when the meat is done cooking.

With ribs, the meat constricts, and the bone will stick out. At that point, you should be able to push the meat right off the bone with your finger. You can either cook the ribs to completion on the grill, waiting until the bone starts to become exposed, or you can wrap them in aluminum foil and steam them in their own juices either on the grill or in an oven. Before they are fully cooked, brush a traditional barbecue sauce on them.

Cut the baby back ribs right between the bones. The meat should fall off the bones if it's tender enough.

Spare Ribs

Ingredients

- 2 slabs of 1 ½ lbs each
- basic barbecue dry rub (recipe on page 89), or dry rub of your choice
- barbecue sauce of your choice, to taste



Spare ribs are dramatically larger than—and not quite as tender as—baby back ribs. After removing the membrane from the inside of the ribs, rub them with a dry rub. Then, put them in the smoker and close the lid. Once they are fully cooked, cut the spare ribs right between the bones, keeping the skin intact.

Coleslaw

Ingredients

Yield: 6 portions

- 3 ¾ weight oz sour cream
- 3 ½ weight oz mayonnaise
- 1 ¼ fluid oz cider vinegar
- 2 tsp dry mustard
- 1 weight oz sugar
- 1 tsp celery seed
- salt, to taste
- ground black pepper, to taste
- 1 lb green cabbage, shredded
- 3 ½ weight oz carrots, shredded



As a side item for your barbecued meat, make a traditional coleslaw by combining all of the ingredients. You want it to be sort of soupy and soft, so make it ahead of time, letting the acid in the dressing break down the cellulose structure of the cabbage.

Boston Baked Beans

Another typical side item for barbecued meat is baked beans. They are a sweet accompaniment for a traditional barbecue meal.

Soak the beans in cold water overnight and drain the liquid. Cook the beans in cold water with the onions and garlic until tender. Drain the cooked beans and reserve the cooking liquid.



Ingredients

Yield: 8 portions

- 3 oz slab salt pork (or 4 slices bacon)
- 2 Tbs apple cider vinegar
- ⅓ cup ketchup
- 1 lb dried pea or navy beans, soaked overnight
- 1 quart water
- 1 cup onion, small, diced medium
- 3 garlic cloves, minced
- 1 Tbs dry mustard
- ⅓ cup molasses
- ¼ cup brown sugar
- 1 bay leaf
- 1 cup tomatoes, diced
- ½ tsp salt
- ¼ tsp cracked black pepper
- 2 cups reserved bean cooking liquid

While the beans are cooking, mince the salt pork and render down until crisp and golden brown. Add the apple cider vinegar and ketchup. Then, add the remaining ingredients.

Finally, add the beans and simmer until reduced. Season and adjust the consistency with the reserved cooking liquid as necessary.



Entertaining—Grilling for a Group

Lesson 12

Throughout this course, you have learned about various ingredients and techniques from around the world. In this final lesson, the goal is to take everything that you have learned and cobble it together to create the menu for a dinner party. First, you will learn how to make three hors d'oeuvres: smoked potatoes with scallion mayonnaise, grilled pancetta-wrapped prawns with lime and cilantro, and small packages of radicchio with smoked mozzarella inside and a drizzle of balsamic vinegar. Then, you will learn how to make two entrées: butterflied leg of lamb and cedar-planked salmon. You also will learn how to make a side of roasted butternut squash and tomatoes. Finally, you will learn how to make a simple dessert out of grilled fruit.

Smoked Potatoes with Scallion Mayonnaise

Ingredients

Yield: 12 portions

Scallion mayonnaise

- 1 cup mayonnaise
- 1 Tbs lime juice
- 1 Tbs soy sauce
- 2 tsp garlic, minced
- ½ cup scallions, thinly chopped

Potatoes

- 2 lbs small Yukon Gold potatoes
- 1 tsp kosher salt
- freshly ground pepper, to taste
- 1 Tbs oil



To make this hors d'oeuvre, start by cooking some Yukon Gold potatoes. Coat them with olive oil, sprinkle them with salt and pepper, and then roast them in the oven until they are tender. To determine doneness, pierce them with a knife, and the knife should easily come out.

Once the potatoes are roasted, set up a barbecue grill with indirect heat, along with a few cups of alderwood chips that have been soaked for an hour, and smoke the potatoes for about 40 minutes over a slow fire.

Serve the potatoes with a mayonnaise-based sauce. To make the sauce, add garlic, scallions, and soy sauce to some mayonnaise to lend a savory flavor to



it. Stir the ingredients together, and taste it to evaluate the flavor. Add some lime juice to brighten up the sauce.

Grilled Prawns Wrapped in Pancetta with Lime and Cilantro



Ingredients

Yield: 20 portions

- 2 lbs prawns, 16/20
- 1 lb pancetta, sliced on a slicer as thin as possible
- 40 bamboo skewers, soaked
- 2 limes, juiced
- ¼ cup cilantro, chopped
- 1 tsp salt
- ¼ tsp ground black pepper

This hors d'oeuvre involves wrapping prawns in pancetta to flavor them as they cook together. To start, peel the shell off of the prawns, leaving the tail on as a handle, and clean them, making sure that the intestines are removed. Then, wrap each prawn in a very thin slice of pancetta, which is unsmoked bacon.

Next, put the pancetta-wrapped prawns on skewers, and place them over a relatively hot part of the grill. They should sizzle as soon as they hit the grill. Make sure that the ends of the skewers aren't over the fire, because you don't want them to catch fire.

Once the prawns brown on the first side—after only a few minutes—turn them over. If the fire is hot, that should be enough time to crisp up the pancetta. Season them with salt and pepper, if desired.



Once the prawns are opaque all the way through at the thickest point, then you can take them off the grill. Remove the skewers by twisting and tugging, and then discard them. Put them on a plate in a position that makes their tails, or handles, easy to reach.

The dressing for the shrimp is very simple. It's cilantro and lime juice, and don't be shy with either.

Grilled Radicchio with Smoked Mozzarella and Balsamic Vinegar

Ingredients

Yield: 8 portions

- 1 head radicchio
- 8 oz smoked mozzarella
- 2 Tbs extra-virgin olive oil
- sea salt, to taste
- black pepper, freshly ground, to taste
- 1 tsp good-quality balsamic vinegar



Radicchio is a bitter green, but you can cook it to get rid of some of its bitterness. To make it more interesting, this appetizer involves putting a small piece of smoked mozzarella inside the radicchio and skewering the whole thing to contain the cheese.

The goal is to grill the cheese-stuffed radicchio until it develops some char on the outside, but you want the cheese inside to just soften. You don't want the cheese to melt so much that it runs out everywhere.

After coating the radicchio with oil on the outside and seasoning with salt and pepper, place the skewers on the grill. After about a minute, you will see some charring and softening of the radicchio. Flip the skewers onto their other sides. Once both sides of the radicchio are slightly charred, remove the skewers from the grill.

A simple but delicious dressing for this appetizer is some thick, syrupy, good-quality balsamic vinegar.

Butterflied Leg of Lamb with Fennel, Lavender, and Cracked Pepper

To make this entrée, start with a butterflied leg of lamb. The technique of butterflying creates pieces of meat that are of uniform thickness, which is



Ingredients

Yield: Enough for 10 lbs of meat

- 2 Tbs black peppercorns
- 4 Tbs fennel seed
- 2 Tbs lavender buds
- salt, to taste
- 8 cloves garlic, minced
- olive oil, as needed
- 1 leg of lamb, butterflied

Herb brush

- $\frac{1}{3}$ cup red wine vinegar
- $\frac{2}{3}$ cup olive oil
- 1 Tbs brown sugar
- 4 sprigs sage
- 4 sprigs rosemary
- 4 sprigs parsley



what you want when grilling, and it also increases the surface area of the meat, offering more ability to impart flavor through rubs and spices.

Create a dry rub of cracked black pepper, ground fennel seed, and lavender. The combination of fennel seed, which has a licorice flavor to it, and lavender, which has a subtle floral tone to it, works to counteract the gamy flavor that is associated with lamb. Mix all of the ingredients together well.

Put on some gloves before massaging some oil into the lamb, along with some chopped garlic, making sure to get the mixture into all of the folds of the meat to maximize the flavor. Then, start dusting the lamb with the dry rub,

massaging it into the meat. Then, add a lot of salt, which not only offers flavor but also serves as an antibacterial agent.

Set up your grill with charcoal on both sides but not in the center. Place the lamb—with the fat side up—in the open section in the center, which allows you to cook the meat with slow, radiant heat. The heat comes up from the sides, and it will become trapped, like an oven.

As the lamb cooks, baste it with red wine vinegar, olive oil, and brown sugar using an herb brush with a mixture of sage, rosemary, and parsley. This added liquid keeps the exterior of the lamb from burning and also flavors it with the resinous oils from the herbs.

Once the lamb is done cooking, remove it from the grill and let it rest before cutting into it. If you were to immediately cut into the lamb while its water activity was still moving rapidly, it would lose a lot of delicious juice.

Roasted Butternut Squash and Tomatoes

Ingredients

Yield: 8 portions

- 1 butternut squash, peeled, seeded, and diced 1 inch per side
- 4 tomatoes, diced
- salt and pepper, to taste
- 4 branches fresh sage
- 2 oz butter
- 2 Tbs chopped parsley
- ¼ cup Parmesan





To make this vegetable preparation, lay some butternut squash and garden tomatoes on top of some fresh sage branches and butter on a sheet of aluminum foil.

Season the ingredients with salt and black pepper, and encapsulate them with a second sheet of aluminum foil folded on top. The goal is to roast the butternut squash, trapping the juices in the foil.

Place the small foil packages over coals on the barbecue grill. You could also roast them directly on the coals, especially if you're lacking space on the top of the grill.

Once the vegetables caramelize and become tender, remove the foil package from the grill. The tomatoes should have broken down, and the butter should have turned into a liquid broth, or gravy, in the bottom. Empty the contents into a bowl so that you don't lose any of the juices that developed in the cooking process. Sprinkle with chopped parsley and Parmesan cheese.

Cedar-Planked Salmon

Ingredients

Yield: 8 servings

- 3 lbs salmon fillet
- 1 Tbs salt
- 1 tsp ground black pepper
- 2 cedar planks, soaked overnight



To make this dish, soak some cedar planks in water overnight. Then, place some good-quality salmon, such as wild king salmon, on a wet plank. Season it with salt and pepper.

Put the salmon, on the plank, inside the grill. The heat underneath the plank is going to start to dry out the cedar wood. The plank will sizzle, which is the sound of water being forced out of the wood. As the cedar dries on the bottom, it's going to start to burn. As it starts to burn, it's going to start to generate smoke in the cavity of the grill, and that flavor will permeate the surface of the salmon. In addition, the flavor of the cedar is going to be drawn out of the wood and into the part of the salmon that is touching the cedar.

After about 20 minutes, check on the salmon. The surface of the fish should develop a darker mahogany hue, which is from the smoke. Remove it from the grill and serve.



Grilled Pineapple and Bananas with *Cajeta Envinada*

Ingredients

Yield: 8 portions

Cajeta

- 1 can condensed milk
- ¼ cup dark rum
- ½ cup cream
- ¼ tsp salt

Grilled fruit

- 1 pineapple, peeled, cored, and cut into spears
- 3 firm bananas, peeled and cut into quarters
- 2 Tbs canola oil



Grilled fruit makes for a simple but delicious dessert. Start with some pineapple and banana. Cut the pineapple into spears. Choose a banana that is just a little green, because you want it to be firm before cooking it, and then cut it in half. Brush the fruit with canola oil to keep it from sticking to the grill.

Place the fruit on a part of the grill that is hot, but not overly hot. Lay the banana with its cut surface down. Once the sugar in the fruit causes the outside to caramelize, remove the fruit from the grill.

Cajeta, also called *dulce de leche*, is a caramelized milk product. Traditionally, it's made with goat's milk, but it tastes great with cow's milk as well. To make it, place a can of sweetened condensed milk in a pot of water. Boil it for three hours, making sure that the can stays covered with liquid for the entire time. It doesn't have to boil hard; you can turn it down to a simmer. When you take the can out of the water, let it cool before you open it because the contents will be under pressure and you could burn yourself. When you open it, you will discover a delicious caramel sauce.

Envinada is *cajeta* with wine or alcohol added. Once you have made *cajeta*, add some dark rum, cream, and salt to it, and this becomes a sauce for the grilled fruit.



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Recipe List

Lesson 1

Ember-Roasted Beet, Grilled Onion, and Goat Cheese Salad.....	2
Grilled Asparagus and Grilled Steak Salad with Hoisin Vinaigrette	4
Steak with Compound Butter	7

Lesson 2

Grilled Radicchio with Tomato <i>Concassé</i> and Pulled Parsley Salad.....	9
Grilled Caesar-Style Salad	11
Caramelized Lemon and Anchovy Dressing	11
Grilled Pear Salad with Blue Cheese and Bitter Greens.....	13
Fatima's Tiered Potato Salad	15

Lesson 3

Catalan Toasts	17
Crostini with White Beans, Seafood, Garlic, and Wild Fennel	18
Tuscan-Style Beans	18
Grilled Pizzas	20
Pizza Dough.....	20
<i>Pan con Chocolate</i>	23

Lesson 4

Niçoise Salad with Grilled Tuna	25
Roasted Tomato and Saffron Vinaigrette	25
Grilled Halibut Wrapped in Grape Leaves with <i>Ladolemono</i> and Marinated Peppers.....	27
<i>Ladolemono</i>	27
Grilled Shrimp with <i>Sangrita</i>	28
Grilled Oysters with Spicy Garlic-Herb Butter	31

Lesson 5

Sicilian-Style Beefsteak	32
<i>Mechouia</i> Salad.....	34
Aleppo-Style Red Pepper and Walnut Dip (<i>Muhammara</i>).....	35
Baba Ghanoush (<i>Mutabbal</i>).....	36
<i>Tzatziki (Cacik)</i>	37
Turkish Grilled Eggplant Sandwich	38
Lamb Kabobs	40
Turkish <i>Baharat</i> Spice Mix for Lamb	41

Lesson 6

Barbecued Chicken	43
Chicken Dry Rub	43
Barbecue Sauce	44
Grilled Quail with Sausage and Polenta	44
Basic Polenta.....	45
<i>Salsa Verde</i>	45
Barbecued Whole Turkey.....	48
Three-Grain Salad.....	49
Apricot Chutney with Nigella Seeds	49

Lesson 7

Orange Mojo—Grilled Skirt Steaks	52
Jerk Chicken.....	54
Savory Watermelon and Pineapple Salad	56
Yucatecan Grilled Fish Tacos.....	57
Achiote Seasoning Paste (<i>Adobo de Achiote</i>).....	58
Pickled Red Onions.....	58
Roasted Tomato-Jalapeño Salsa (<i>Salsa de Molcajete</i>)	59

Lesson 8

Thai-Style Marinated Hanger Steak.....	62
Steak from the Yucatán (<i>Recado para Bistec</i>).....	65
Marinated Teres Major.....	66
Greek-Style Hamburger (<i>Bifteki</i>)	68
Hoisin-Glazed Pork Tenderloin.....	70

Lesson 9

Beef <i>Satay</i> with Spicy Peanut Sauce.....	72
Spicy Peanut Sauce	73
Spicy Thai Cucumber Salad.....	73
Yakitori.....	74
Yakitori Sauce	74
Grilled Lemongrass Pork with Chile-Lime Sauce	76
Chile-Lime Sauce (<i>Nuoc Cham</i>).....	77
Grilled Beef Ribs in Lettuce Packages (Bulgogi Style).....	77



Lesson 10

Grilled Vegetables	80
Shirred Eggs from the Grill.....	83
Mexican Grilled Corn (<i>Elote Asado</i>).....	84
Grilled Swiss Chard	85
Grilled Portobello Mushroom Burger	86

Lesson 11

Barbecued Beef Brisket	89
Coffee and Chocolate Dry Rub...	91
Pork Butt	91
Outdoor Pork Baby Back Ribs....	93
Spare Ribs	95
Coleslaw.....	95
Boston Baked Beans	95

Lesson 12

Smoked Potatoes with Scallion Mayonnaise.....	98
Grilled Prawns Wrapped in Pancetta with Lime and Cilantro.....	100
Grilled Radicchio with Smoked Mozzarella and Balsamic Vinegar	101
Butterflied Leg of Lamb with Fennel, Lavender, and Cracked Pepper	101
Roasted Butternut Squash and Tomatoes	103
Cedar-Planked Salmon.....	104
Grilled Pineapple and Bananas with <i>Cajeta Envinada</i>	106



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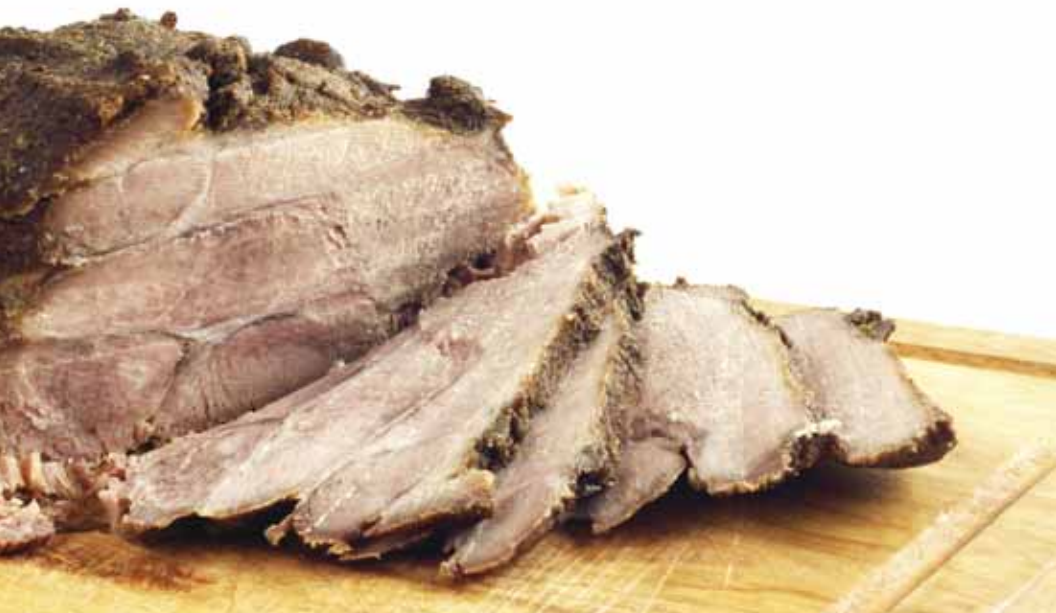
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