

School of Cooking

Martin's

Essentials of Cooking-Summer Grilling

Hosted by Chef Scott Rossen

June 26, 2008

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Mixed Grill Salad

Yield: 4 servings

Ingredients

For Vinaigrette:

- 1 egg
- 1 ¼ cup vegetable oil
- 1 cup grilled sweet onion chopped
- 1 tbsp fresh parsley
- 1 tsp Dijon mustard
- 1 ½ tbsp sugar
- ¼ tsp salt
- 1 tbsp garlic chopped
- 4 oz white wine vinegar

For Salad:

- 2-Bags field greens
- 4- 8-12ct shrimp
- 4- 2-3 oz tenderloin medallions
- 1- 8-10oz chicken breast

For Meat Rub:

- (Blackening Spice)
- 3 parts paprika
- 3 parts salt

- 1 part cayenne pepper
- 1 part ground white pepper
- 1 part ground black pepper
- 1 part Italian seasoning blend
- 1 part garlic powder
- 1 part onion powder

Instructions

For Vinaigrette, place all ingredients in blender and blend until mixture becomes creamy and starts to thicken. Meanwhile make sure your grill is nice and hot then rub all of your meats with the rub mixture. Then place chicken breast on grill and grill on both sides until about 2 minutes before it is done then add your shrimp and tenderloin medallions and grill on each side until cooked through. Set aside and let cool slightly. While meats are cooling, slightly toss field greens with the prepared dressing and plate. Then place tenderloin in middle with shrimp on each side. Cut chicken into 8 strips and place two strips on the opposite side of the shrimp.

Sweet & Spicy Bourbon BBQ Ribs

Serves: 4 people

2 racks baby back ribs, 1 ½ - 2 lbs each

Ingredients

For Rub:

- 2 tsp kosher salt
- ¼ cup packed brown sugar
- 1 tsp granulated garlic
- 2 tsp cayenne pepper
- 1 tsp ground black pepper

For Sauce:

- 1 tbsp olive oil
- 1 tsp granulated garlic
- 1 tsp cayenne pepper
- 1 tsp ground cumin
- 2/3-cup ketchup
- 1/3-cup bourbon
- 2 tbsp soy sauce
- 2 tbsp red wine vinegar
- ¼ cup packed brown sugar
- ¼ tsp ground black pepper
- 1/8-tsp mesquite liquid smoke

Instructions

To make sauce, heat medium sauce pan over medium heat and warm oil. Then add garlic, cayenne, and cumin and cook for 30 seconds. Add remaining ingredients and whisk together. Heat and reduce to a simmer for at least 5 minutes. To make rub, combine all ingredients in small bowl and mix thoroughly. For ribs, take out of refrigerator and remove thin membrane off the back of the ribs. Then rub them down with rub on both sides and let set for 20 –30 minutes. Place ribs on grill over indirect heat and grill on both sides for 1 ½ to 2 hours or until meat is tender and pulls away from the bone. Grill temperature should be around 300 degrees. About ½ an hour before taking ribs off, start basting both sides with BBQ sauce. Once ribs are tender place on tray and foil wrap them tight and let rest for 30 minutes. Then serve and enjoy.

Mixed Grilled Vegetables

Serves: 4-8 people

Ingredients

2 medium zucchini
2 medium yellow squash
½ medium red onion
1 medium red pepper
2 tablespoons olive oil
1 tablespoon chopped garlic
S and P to taste

Instructions

Start by cutting squash and zucchini in half length wise. Then cut top and bottom of red pepper off and cut all four sides off to make 6 flat sides. Finally, cut red onion in thick rings. Then toss all vegetables with olive oil, garlic and salt and pepper. Place on hot grill and let cook for 1-2 minutes until nice grill marks are left then turn over and cook the other side the same. Take off grill and cut into bite size pieces and remix together.

Grill Glazed Sweet Potato

Yield: 4-8 servings

Ingredients

4- Large sweet potatoes peeled and cut into 1/2 inch bias slices
1/2 cup fresh lime juice
1/2 cup canola oil
4 tablespoons honey
1 teaspoon kosher salt
1/2 teaspoon black pepper

Instructions

Mix all ingredients together except potatoes then toss potatoes with 1/4 of the glaze mixture. Place potatoes on hot grill and grill while glazing periodically until potatoes are tender for about 12-18 minutes.

Grilled Pineapple Delight

Yield: 8 servings

Ingredients

1 ripe pineapple
1 cup brown sugar
1 quart vanilla ice cream
1/2 cup toasted walnuts
1 cup strawberry sauce
1 cup chocolate sauce
1 cup whipped topping

Instructions

Peel and cut pineapple into 1/2-3/4" rings taking out center. Then sprinkle each with brown sugar and grill on each side on hot grill. Let cool slightly then transfer to ice cream bowls and place 1 scoop of ice cream on top followed by chocolate and strawberry sauce, then whipped topping and topped with toasted walnuts.