

School of Cooking

Martin's

Summer Grilling

Hosted by Chef Pete Pica

July 19, 2007

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Mediterranean Brined Shrimp

Yield: 6 Servings

Ingredients

8 cups ice water
1/3 cup kosher salt
1 cup dry white wine
6 Turkish bay leaves
1 lemon, chopped
1 lemon, cut into wedges
1/2 tsp whole black peppercorns
2 lbs uncooked large shrimp with shells; about 32 shrimp
3/4 cup extra virgin olive oil
4 garlic cloves, chopped
1 Ciabatta bread, sliced

Instructions

Stir 1 cup ice water 1/3 cup salt in small saucepan over high heat until salt dissolves, about 5 minutes. Transfer salt water to large bowl. Mix in wine, the bay leaves, chopped lemon, peppercorns, and remaining 7 cups water, then the shrimp. Chill at least 15 minutes and up to 1/2 hour. Meanwhile, prepare the grill (medium-high heat). Whisk oil and garlic in small bowl to blend.

Drain shrimp, rinse, and drain well. Using kitchen scissors, cut shells down center of back side and de-vein, leaving shells intact. Grill shrimp in shells until charred and just opaque, 3-4 minutes per side. Grill bread until beginning to brown, about 2 minutes per side. Transfer shrimp to another large bowl. Add half of garlic oil and toss to coat. Mound shrimp on a platter. Garnish with lemon wedges and serve the grilled bread and remaining garlic oil.

Bacon Wrapped Chimichuri Pork Skewers

Ingredients

Sauce:

2 cups fresh parsley leaves, packed

2 tbsp garlic, chopped

½ tsp ground black pepper

½ tsp red pepper flakes

¼ tsp salt

½ cup olive oil

¼ cup white wine vinegar

2tbsp water

Skewers:

2 pork tenderloins

12 bacon slices, thin sliced

Metal skewers

Instructions

Make the chimichurri first. Mince the parsley, garlic, and seasonings in a food processor. Add the oil, vinegar, and water. Process until blended. Reserve the sauce.

For Skewers:

Prepare the pork tenderloin by trimming off the silver skin and fat. Cut the cleaned tenderloin into 2" thick filets. Preheat the grill. Wrap the bacon strip around each filet, overlapping 1". Trim excess; save for another use. Thread 3-4 filets on each skewer; insert a second skewer for stability. Split the chimichurri sauce into two containers. Brush the pork with the chimichurri sauce from one of the containers. Reserve the other for serving with the pork. Grill the skewers, covered, for 4 minutes per side

(including bacon sides), baste before each turn. Cook for a total of 16 minutes or until the filets reach an internal temperature of 145°F. Serve with extra chimichurri sauce.

Grilled Thai Swordfish Wraps with Chile Garlic Sauce

Ingredients

2/3 cup sugar
1/2 cup water
1/2 cup rice wine vinegar
1 tbsp garlic, minced
1/2 tsp kosher salt
3 tbsp fresh lime juice
1 tbsp fish sauce, I recommend Three Crabs Brand
1/2 tsp red pepper flakes-on a platter for the wraps-
12 boston or bib lettuce leaves
3 oz dry rice vermicelli-prepared according to the package-
1 handful of cilantro sprigs
1 cup bean sprouts
1 lime, cut into wedges
6 leaves of fresh basil
1 cup cucumber, partially peeled, seeded, and sliced in half-
moons
For the fish:
1 tbsp brown sugar
2 tsp ground coriander
1 tsp black pepper
1 tsp ground mustard
1/2 tsp ground celery seed
1/2 tsp salt
2 swordfish filets
Olive oil

Instructions

Make the sauce first: Combine the sugar, water, vinegar, garlic, and salt in a sauce pan. Bring to a boil, reduce the heat and simmer until it coats the back of a spoon, about 3 minutes. Cool the sauce to room temperature, then stir in the remaining

ingredients. Chill until ready to serve. Prep all ingredients for the platter, as mentioned above, and place them on the platter and chill in the refrigerator.

For the sword fish:

Preheat the grill to high. Mix together the brown sugar and the spices. If you could only get them whole, place them all in a spice mill or a coffee grinder and pulse them until they are ground pretty fine. Rub the sword fish filets with the spice mixture. Then rub the fish with the olive oil. Grill the filets until they are finished. The internal temperature should be at 145°F when they are done. Remove the filets from the grill, peel off the skin, and cut each filet into strips. Place on the reserved platter. Serve the platter with a boat of sauce on the side. These are to be eaten like a taco, only you use the lettuce as the tortilla. Fill, drizzle and enjoy!

Margarita Shrimp Skewers

Ingredients

¼ cup Triple Sec
¼ cup Tequila
1 tsp grated lime rind
¼ cup fresh lime juice
2 tsp cumin
½ tsp salt
1/8 tsp cayenne
3 garlic cloves, minced
1 lb shrimp, de-veined (tails on)

Instructions

Mix first 8 ingredients in a shallow dish. Marinate shrimp for one hour. Place on skewers and grill until pink and cooked through.

Banana and Sweet Potato Mash

Ingredients

1 lb sweet potatoes, peeled, cut into 1" cubes (3 cups)
1 banana, peeled
½ cup fresh pineapple, diced
¼ cup orange juice
2 tbsp honey
1 tsp salt
1 tsp pepper

Instructions

Boil the sweet potatoes in a large pot of salted water until tender, about 12 minutes. Drain, then return them to the pot over medium heat to dry them out for 1-2 minutes. Transfer to a bowl and add the remaining ingredients. Mash until they are still a bit chunky. Season with the salt and pepper.