

Culinary Outlook

Best on the barbeque

The best taste on the barbeque is still beef. Although tender steaks and burgers are the most popular items barbequed, there are many other cuts of beef well suited to cooking over the coals. Here are some roasting, marinating and burger tips for delicious summer grilling.

STEAKS AND ROASTS

Most of the steaks in today's retail meat counter are boneless — just right for barbecuing. Medium and less tender steaks are often more flavourful than tender steaks, but require marinating to improve tenderness.

Cooking a roast on a BBQ rotisserie not only keeps the heat out of the kitchen, but is ideal for feeding a crowd.

ROASTING TIPS

— Choose an evenly shaped, boneless roast such as a rolled rib, rump, sirloin tip or eye of the round. It should have some outer fat to provide moistness and prevent it from drying out.

— Marinate or season as desired. Insert rotisserie rod lengthwise through the centre of the roast and check the balance. Tighten the holding forks, inserted at right angles to each other.

— As cooking time will vary with the temperature of the barbeque and the type and size of roast, a meat thermometer is a good investment. Insert into centre of roast, away from fat or the spit and cook to desired degree of doneness — rare — 140°F (60°C); medium — 160°F (70°C) or well done — 170°F (75°C). Remove and let meat rest 15 minutes before carving.

— Place a drip pan below and slightly in front of roast to catch drips.

— Keep a spray bottle and barbeque equipment handy.

MARINATING TIPS

— A marinade is a mixture used to soak meat in before grilling — to tenderize and to add flavour.

— A marinade generally consists of an acidic ingredient such as wine, vinegar, soy sauce, citrus juices, beer, mustard or yogurt, oil and seasonings. The acidic element helps to soften the connective tissue. The oil helps to lubricate and adheres the marinade to the meat. The seasonings provide additional flavour.

— Avoid salt in a marinade as it draws out essential moisture to keep meat juicy and tender. Salt meat only after grilling.

— Use a non-metallic dish that fits the beef snugly, or a heavy, leakproof plastic bag — squeeze out excess air and seal.

— Refrigerate and turn occasionally to expose all areas of meat to the marinade.

— The larger the piece of meat or the less tender it is, the longer the marinating time should be. Marinate strips or cubes 3 to 6 hours and steaks and roasts 12 to 48 hours in the refrigerator.

— The marinade can be used to baste food during grilling to add moisture and flavour.

RED WINE MARINADE

Any cut of beef will be improved with this marinade.

- 1 cup (250 ml) dry red wine
- ¼ cup (50 mL) red wine vinegar
- ½ cup (50 mL) oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tsp (5 mL) dried rosemary leaves
- ½ tsp (2 mL) freshly ground black pepper

Combine and whisk together.

CAJUN SPICE MIX

A wonderful mixture to rub on roasts or steaks before grilling. Store extra in an airtight container for future use.

- ¼ cup (50 mL) paprika
- 1 Tbsp (15 mL) salt
- 1 Tbsp (15 mL) cayenne pepper
- 1 Tbsp (15 mL) dried minced onion
- 1 Tbsp (15 mL) garlic powder
- 1 tsp (5 mL) fennel seed
- 1 tsp (5 mL) ground cumin
- ½ tsp (2 mL) dried thyme
- ½ tsp (2 mL) ground coriander
- ½ tsp (2 mL) dried marjoram

Blend together all seasonings.

Recipe adapted from "The New Look of Beef" by Kathleen Crowley

BURGERS

Contrary to common belief, regular ground beef does not shrink much more than medium or lean ground beef. Studies have shown that cooking loss in ground beef is not significantly affected by the fat level.* Burgers with more fat only appear to lose more weight during cooking since liquid fat remains in the pan after cooking. Most of the weight loss in lean ground beef is water loss which evaporates and is not as obvious.

Taste tests indicate that hamburgers containing 16% fat were significantly tougher than patties with 24-28% fat.** In Canada, lean ground beef has no more than 17% fat, medium-23% fat and regular-30% fat.

- * Dr. E. Gullet, University of Guelph
- ** Department of Agriculture, Beltsville, Maryland

Speak to manager

If neighbors are still having problems with noise from drive-through speakers at Wendy's Restaurant on Guelph Street, Georgetown, they're invited to contact the new store manager, Kirby Edgar.

Monday night, councillors praised the efforts of the restaurant to reduce amplification problems which were disturbing neighbors. They also directed their site plan review committee to review applications for other drive-through services so similar problems can be avoided.

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Photo Tips

by Peter Moss

Have you ever wondered just why the photographs in National Geographic look so tack sharp? Well, putting aside that the magazine utilizes some of the best photographers in the business and sends them to some of the most exotic locations on the planet the third principle ingredient just happens to be the type of film that they, (the photographers) shoot with. The big surprise, and this is where we all fit in, is that the film is, slide film. Usually 25, 64, and 100 I.S.O. and sometimes 200 and 400 I.S.O. But essentially exactly the same film that you and I would shoot with.

Why slide film? Well the primary reason is that slide film is much sharper than colour negative film of similar speed. Slide film is also much easier for the magazine printer to make high grade separations from in order to make a printed page. How does this affect us you say? Well consider that, if you have invested a substantial amount of dollars on camera bodies, lenses, tripods, bags and related accessories not to mention all the time spent in the field and studying your technique don't you owe it to yourself to record your images on the best possible medium. This is where a slide film rather than a colour negative film comes into play. Because of the technical structure of a slide film wherein the grain is packed much more tightly together the resulting recorded image will reproduce that much sharper. In fact if you were to go out and shoot the same subject matter, particularly in nature, which we have been discussing the last few weeks, first with colour negative film and then with a slide film the resulting difference can and usually always is dramatically startling.

Slide film is usually always slower than colour negative film and therefore requires a longer exposure than you are perhaps accustomed to but once you have exposed several rolls you will get the hang of it rather quickly. Your tripod and cable release are a big boost here.

Another important tip in working with slide film is this: because a slide film renders a positive image rather than a negative, from which a positive paper print will be made, it (the film) will obtain its greatest colour saturation by being UNDEREXPOSED just slightly. Not a lot, just a touch! It will depend of course upon the lighting you are working in but a general rule of thumb is to work about a ½ a stop under. This is not a hard and fast rule; it really will depend upon many factors lighting apart and in fact there are numerous situations where you will have to shoot on the overexposed side of your reading. Most all shots you see in most all magazines have been exposed on slide film.

In answer to that long and quiet but anticipated groan that I can hear: No, you do not have to go out and purchase a projector, screen and other accessory paraphenalia. Why? Many working photographers file their slide work in archival polyethylene sheets (pages), that protect the finished product and can be stored on simple hangers in file cabinet or bound in an oversized three ring binder, for very convenient storage.



Peter G. Moss Photography

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