

What's Cookin': Talking about flatiron steak

Happy Canada Day! Hope you all are enjoying some well-deserved time off! Olivier and I and family are camping this summer— so perhaps we'll have camping recipes to share with you!

Lori Gysel & Gerry Kentner



should share the answer with all of you. The answer is "flatiron" is the name of the cut of meat. It is also known as a "Butler's steak" in the UK and an oyster blade steak in Australia. This steak is cross cut from the blade,

Olivier and I had the pleasure of dining out for a fantastic meal last week with some good friends that we don't get to spend nearly enough time with. It was one of those spectacular meals where the atmosphere is pleasant, the service is super, the wine list—delicious and the meal is to die for! One of the menu options was flatiron steak. This of course led to a conversation at the table; is flatiron a cut of meat or does the name refer to the way its prepared?
As flatiron steak seems to be becoming more popular on restaurant menus these days, I thought I

making it a top blade steak. Usually this section yields about four steaks—between 8-12 oz each. The steak is well marbled and to make it more appealing, in recent years, you will find that the steak has been cut lengthwise to make it even thinner. This is because the full steak is made up of two separate muscles and therefore has tough fascia in between. So, by creating a thinner steak, the butcher is also able to remove that tough fascia and create a very flavourful, tender steak— perfect for grilling.
Have fun and keep cooking!



Local artists to open exhibit this weekend

The Williams Mill Gallery presents *Eyeful IV*— a Parisian style art salon featuring the diverse work of the over 30 award-winning artists of the Williams Mill Visual Arts Centre and invited guest artists.

the diversity of fine art. There will be a fine art piece that you love. Yet, all the pieces have a commonality— their excellent quality. You can be assured of that. Whether a traditional landscape, a found art assemblage, a giant cat or a textural abstract— something in the show will appeal to your heart. From small treasures to large wonders, *Eyeful IV* has artwork that will be appreciated by both the first-time collector and the experienced one," said Mary Lou Brock, Williams Mill Gallery director.

This is the fourth year for this summer-long show— until Sept. 6. The opening reception will be held Saturday, July 3, 1-4 p.m.

Williams Mill Visual Arts Centre 515 Main St., Glen Williams. Summer gallery hours: Wed. - Fri. 12 - 5 p.m.; Sat. 11 a.m. - 5 p.m.; Sun. 12 - 5 p.m.
Info: 905-873-8203 or www.williamsmill.com

All year long, many of the region's most established, credentialed artists and artisans create in the studios of the Williams Mill— a historically significant complex of four buildings. *Eyeful IV* is a unique opportunity to glimpse the wealth of fine art created in the independent studios of the mill in just one exhibition.
"The joy of visiting a salon is

Skewered Sea Scallops with Chive Oil

Serves 6

Ingredients

- 24 sea scallops
- 6 skewers
- 1 bunch chives
- 1/2 cup olive oil
- coarse salt
- freshly ground black pepper



Method

Soak skewers in cold water for 30-60 minutes. Turn BBQ on to medium heat just before cooking. Make chive oil in a blender. Add 1/4 cup of the oil and one half of

the chives. Push chives down into blender and add remaining oil and chives. Puree until smooth, adding salt and pepper to taste. Chive oil can be anywhere from a runny oil

to a smooth paste, depending on the consistency you want.

Thread four scallops through and out sides of scallops onto six skewers. Pat scallops dry and sprinkle both sides with coarse salt and pepper.

Barbecue both sides to get a sear and just until cooked— approximately 3-5 minutes per side. You should feel some "give" to the scallops, they should not be firm when cooked.

Drizzle chive oil onto plate or onto scallops for presentation.

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