



Summer is here and with it, barbecue season!

During the summer I barbecue just about everything and I especially love to use skewers. Either for a simple appetizer or main course, threading meat, seafood, vegetables or fruit onto skewers and grilling them is easy and super tasty.

For this recipe I decided to use shrimp and some of the vibrant flavours of Thailand. Hot and sour, salty and sweet, Thai ingredients add great flair to any dish.

Available in just about any grocery store across Halton Hills, Asian ingredients are becoming more mainstream.

## Grilled shrimp skewers with Thai dipping sauce

### Ingredients

(makes 12)

- 24 raw shrimp, thawed, peeled and deveined
- 2 to 3 scallions, cut into 12 pieces, 3 to 4 cm long
- 2 garlic cloves, finely chopped
- 2 tsp fresh ginger, finely chopped
- 1 tsp Sriracha hot chili sauce (optional)

• 2 tbsp vegetable oil

Thai Dipping Sauce

- 1/3 cup Thai sweet chili sauce
- 1/2 lime, freshly squeezed
- 1/2 tsp ginger, finely chopped
- 1 tsp vegetable oil

### Method

Marinate the shrimp and scallion pieces with the garlic, ginger, Sriracha (if using), and oil, cover and refrigerate for 1 to 4 hours

Make the dipping sauce by whisking together all of the sauce ingredients (can be made a day ahead)

Heat the barbecue to medium, thread the shrimp and scallions onto the skewers, season with salt and grill for 2 to 3 minutes per side until the flesh



has turned opaque, serve with the Thai dipping sauce, enjoy!

NOTE: If using bamboo skewers, soak in hot water for about 30 minutes to help prevent burning.

Fresh exciting flavours are perfect for summer and chimichurri fits the bill!

Originating in Argentina, you will find the main ingredients for this lively sauce growing right outside in your garden and the rest in your pantry. The best way to enjoy chimichurri is with grilled beef. I decided to use flank steak and picked one up at my favourite butcher shop Pat's Prime Cuts and Deli in South Georgetown,

From personal experience, I can tell you that if he doesn't have what you are looking for in the display case, simply ask. Either Pat will have your request in the back, or he will happily place a special order to meet your needs.

## Flank steak with chimichurri sauce



### Ingredients

(serves 3 to 4)

- 1 flank steak (500g to 750g)
- 1/2 tsp ground coriander
- 1/5 tsp ground cumin
- 1/4 tsp garlic powder
- 1 tsp salt
- 1/4 tsp fresh ground pepper

### Chimichurri Sauce

- 1 cup fresh parsley, tightly packed
- 2 tbsp fresh oregano, tightly packed
- 1 to 2 garlic cloves
- 2 tbsp red wine vinegar
- 1/4 tsp chili flakes (optional)
- 1/3 cup olive oil
- Salt and pepper to taste

### Method

Toss all of the chimichurri ingredients, except for the oil, into a food processor (this can also be done by hand).

Turn the processor on and drizzle the oil in until the herbs and garlic are finely chopped, set aside (it is best to use the chimichurri sauce the same day as it is made).

Remove any excess fat or membrane from the flank steak and turn your barbecue on to high heat

In a small bowl, combine the ground coriander, ground cumin, garlic powder, salt and pepper and rub the mixture into both sides of the flank steak

Grill for 3 to 4 minutes per side for medium rare (5 to 6 minutes per side for medium), remove from the grill, allow to rest for a few minutes, cut the steak into thin slices and serve with the chimichurri sauce, enjoy!

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**\$50 OFF**

an initial consultation on any one of our services.

(Coupon expires September 30, 2011 and cannot be combined with any other offer.)