

Everything for the **CHEF!** Summer

A summer full of barbecues!

Your neighbour's barbecued steaks smell so good and your friends' are so savoury. Why aren't you able to do the same? Too raw, too dry, burnt, stuck... if your grilled meats are leaving you hungry, it is time to review your technique so that you too can fully savour your summer.

PREPARE

- Choose thick pieces of meat.
- Lightly oil your grill before using it.
- Marinate your meat for at least 4 hours, or longer for beef and pork. Use half a cup of marinade per one pound of meat.
- Remove the fat from the meat to avoid flare-ups.
- Don't salt the meat; salted meats are dryer.

GRILL

- Wait until the grill is very hot before you place your meat on it.
- Baste the meat often during cooking.
- Only turn the meat over once, using a spatula or tongs instead of a fork.
- Set meat aside temporarily when there are flames.
- Use a meat thermometer to help control the cooking. Certain meats cook better over hot flames, whereas others need to be placed further away from the hot coals.

SERVE

- Never place cooked foods in plates that were used for raw meats.
- Avoid leaving meat out for very long without wrapping it in aluminum foil to retain its heat and juices.

Your butcher can inform you on the particularities of each type of meat; don't hesitate to ask for advice so that you can cook it to perfection. Your friends and neighbours will then be begging for your supper invitations this summer!



You only need to know a few simple tricks to successfully grill to perfection!

FEATURED RECIPE

MARINATED FLANK STEAK

Direct/Medium

For the marinade:

- 1/2 cup olive oil
- 1/3 cup soy sauce
- 1/4 cup red wine vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1 clove garlic, minced
- 1/4 teaspoon freshly ground black pepper

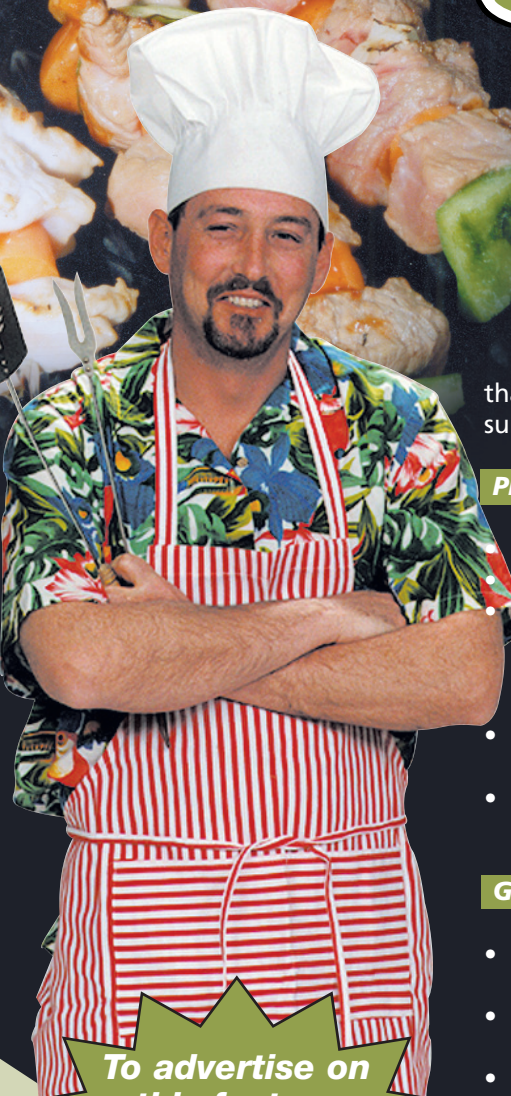
1 flank steak, about 1-1/2 lbs. (0.68kg) and 3/4" thick

To make the marinade: Combine marinade ingredients in a shallow, non-metal container. Place steak in marinade turning to coat completely. Marinate covered in the refrigerator for at least 4 hours or overnight.

Remove steak from marinade and discard the marinade. Allow the steak to stand at room temperature for 20 to 30 minutes before grilling. Grill over Direct Medium heat until medium rare, 8 to 10 minutes, turning once halfway through grilling time. Cut steak diagonally across the grain into thin slices before serving.

Makes 4 servings.

Recipe courtesy of WEBER/Applby Systems



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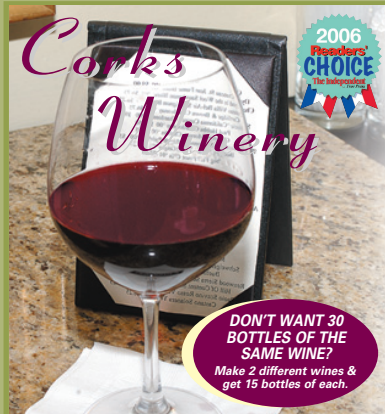
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