

Gerry gets creative with new recipes on the barbecue

Gerry is writing today...



Lori Gysel & Gerry Kentner

This week I may have re-invented the barbecue! Somehow, I have managed to make several new meals on the barbecue that I have never tried before. It's as though I have a whole new piece of equipment to cook on!

One night, I tried indirect cooking, by lighting up one side of the barbecue only. When the temperature reached a medium high heat, I put a foil pan on top of the coals on the side with no heat. On the grill above the pan, I cooked my marinated (boneless) chicken breasts for about 20 minutes. No sticking, no flare ups, no char marks, just gently cooked and browned (and moist!) chicken. Delicious. Cook with the lid down.

As Lori often writes, this week I marinated chicken breasts and steak by putting the ingredients in a large Ziploc bag, smoothing them around to coat thoroughly in the marinade, then refrigerated for several hours. When dinner-time comes, entrée is ready and well flavoured and seasoned.

Use your imagination and try all kinds of combinations for your marinade. You need an oil, an acid (vinegar,

citrus or wine) and flavourings. Good luck and enjoy how easy it is.

Another night, by my husband's suggestion, after harvesting several cherry tomatoes from our plant, I put one dozen tomatoes in a foil pie plate, single serving

size, drizzled some olive oil, salt and pepper and put on the barbecue to roast. I often roast these in the winter in the oven, but they were especially sweet and delicious, being home grown. They only take 5-10 minutes and you could add fresh garlic, parsley or basil for more flavour.

Have you made quesadillas on the barbecue? Well, just prepare as you would to cook in a pan or the oven, put the quesadilla on the barbecue grill over a medium heat and grill until the cheese melts. This only take a few minutes, then you can put the finished product on a cutting board and slice it up into wedges for your family or guests to enjoy. Serve with a little salsa or sour cream on the side.

Although I haven't tried this myself, I know that homemade pizzas can be made with soft flour tortillas and cooked on the barbecue as well. Just top with your favourite cheese, tomato

sauce, chopped herbs, vegetables— just about anything you have on hand. These also take only a few minutes to give you a crispy, tasty, quick supper.

Now that we are enjoying some sum-

mer heat, get out of the kitchen and get outside to enjoy it! Have fun and keep cooking!

Lori and Gerry can be reached at whatscookin@independentfreepress.com

Chili Dogs

Makes approximately eight chili dogs

Ingredients

- 8 jumbo hotdogs
- 8 large hot dog buns
- 1 lb lean ground beef
- 1 onion, chopped
- 2 ribs celery, chopped
- 1 green pepper, chopped
- 2 cloves garlic, minced
- 1 small can crushed tomatoes
- 1 small can black beans
- 1 Tbsp chili powder
- 1 tsp cumin
- (shredded cheese and sour cream for garnish)



Method

Place a medium-sized pot over medium-high heat. Add ground beef and cook until no longer pink. Add onion, celery, green pepper and garlic and cook for about 8 minutes.

Add crushed tomatoes, black beans chili powder and cumin.

Cook until vegetables are tender.

Use chili to top barbecued hotdogs and warm buns. Serve sour cream and shredded cheese on the side as toppings.

Cook's note: this chili will be quite thick, which works well for keeping it together on a hot dog. Also, you may spice it up more with Tabasco sauce or chopped jalapeno peppers— this version is very mild.

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