

PRIMAL GRILL – RECIPES

3. MAKE NO MIS-STEAK

Tubac T-Bone
Korean Rib-Eyes
Argentinean Filet Mignon

TUBAC T-BONE

**Source: Adapted from The Barbecue Bible by Steven Raichlen
(Workman, 2008)**

Method: Direct grilling

Serves: 4

For the rub:

2 teaspoons ground ancho chili powder
2 teaspoons coarse salt
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon garlic powder
1 teaspoon freshly ground black pepper
1 teaspoon mustard powder

4 12-ounce T-bone steaks (each at least 1-1/4 inches thick and 12 to 14 ounces)

1/2 cup best quality extra virgin olive oil
4 jalapenos, thinly sliced (do not seed)
4 cloves garlic, peeled and thinly sliced
1/2 cup fresh cilantro leaves, chopped

You'll also need:

1 cup mesquite chips or chunks, soaked in water to cover for 1 hour, then drained

In a small bowl, combine the chili powder, salt, oregano, cumin, garlic powder, black pepper, and mustard powder.

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Set up your grill for direct grilling and preheat to high. Toss the mesquite chips on the coals or put them in your grill's smoker box.

Season the steaks generously on both sides with the rub. Brush and oil the grill grate. Arrange the steak on the grate placing it on a diagonal to the bars. Grill for about 3 - 4 minutes, then rotate the steak a quarter turn to create an attractive crosshatch of grill marks; grill for 1 to 2 minutes more. Turn the steak over and grill for about 3 minutes, then rotate a quarter turn and finish cooking to the desired doneness. The internal temperature when read on an instant read meat thermometer should be 140 to 145 degrees F for medium-rare.

Transfer the steaks to a warm platter or plate and keep warm.

Meanwhile, heat the olive oil almost to smoking in frying pan on the grill's side burner. (If you don't have a side burner, do this on your kitchen stovetop.) Add the jalapenos, garlic, and cilantro and cook until fragrant and just beginning to brown, 2 minutes. Spoon this mixture over the steaks and serve at once.

KOREAN SESAME-GRILLED RIB-EYES

Source: Adapted from Barbecue Bible by Steven Raichlen (Workman, 2008)

Method: Direct grilling

Serves: 2 to 3

Advance Preparation: 1 to 2 hours for marinating the steaks

For the beef and marinade:

4 boneless rib-eye steaks, each about 1/4 inch thick

1/2 cup soy sauce

1/3 cup sugar

3 tablespoons sake, rice wine, or sherry

2 tablespoons Asian (dark) sesame oil

8 cloves garlic, thinly sliced

4 scallions, both white and green parts, trimmed and minced

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2 tablespoons sesame seeds, toasted
1/2 teaspoon freshly ground black pepper

For serving:

Grilled scallions
Grilled cloves of garlic (skewer on toothpicks)
Romaine lettuce leaves
Small bowls of Korean chile paste (*toejang*)
Korean pickled cabbage (*kimchi*)
Asian Pear Dipping Sauce (optional; see recipe below)

Combine all the ingredients for the marinade in a small bowl and whisk until the sugar is dissolved. Arrange steaks in one layer in a baking dish. Pour the marinade over them, cover, and refrigerate for 1 to 2 hours.

Preheat the grill to high. When ready to cook, oil the grill grate.

Remove the steaks from the marinade and drain. (Discard the marinade.) Put the steaks on the hot grate and grill, turning with tongs, 1 to 2 minutes per side for medium rare. Transfer the meat to a cutting board and let rest for 2 minutes. Slice across the grain.

To eat, fold meat and any or all of the condiments above into a lettuce leaf. Serve with dipping sauce if desired.

ASIAN PEAR DIPPING SAUCE

Makes about 1-3/4 cups

1/2 cup soy sauce
1/2 cup sake or dry sherry
1/4 cup sugar
1 Asian pear, peeled, cored, and finely chopped
4 scallions, both white and green parts, trimmed and finely chopped
1/4 cup finely chopped onion
2 tablespoons sesame seeds, toasted

Combine all the ingredients in a medium-size bowl and stir until thoroughly mixed and the sugar is dissolved. Divide the sauce among as many small

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bowls as there are people so each person has his or her own for dipping.
Serve immediately.

ARGENTINEAN BEEF TENDERLOIN (CHURRASCO) WITH WET AND DRY CHIMICHURRI

Source: Adapted from *How to Grill* by Steven Raichlen (Workman Publishing, 2001)

Method: Direct grilling

Serves: 4

Advance Preparation: 30 minutes to 1 hour for curing the steak

For the dry chimichurri rub:

- 1 tablespoon coarse salt (kosher or sea)
- 1 tablespoon dried oregano
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon hot red pepper flakes

For the wet chimichurri sauce:

- 1/2 packed cup washed, stemmed, fresh flat-leafed parsley leaves
- 1/2 packed cup washed, stemmed, fresh cilantro leaves
- 1/4 packed cup washed, stemmed, fresh mint leaves
- 3 cloves garlic, coarsely chopped
- 1/2 teaspoon coarse salt (kosher or sea), or more to taste
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon hot red pepper flakes, or more to taste
- 1/2 cup extra-virgin olive oil
- 2-1/2 tablespoons distilled white vinegar, or more to taste
- 1-1/2 tablespoons cold water

For the beef:

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1 beef tenderloin, trimmed (about 1-1/2 to 2 pounds total), cut into steaks about 3/4 inch thick

Make the dry chimichurri rub: In a small nonreactive bowl, combine the salt, oregano, pepper, garlic powder, and red pepper flakes. Whisk to mix.

Make the wet chimichurri sauce: Combine the parsley, cilantro, mint, and garlic in a food processor and finely chop. Add the salt, black pepper, and hot pepper flakes, and process to blend. Add the oil, vinegar, and water and continue processing to make a thick sauce. Taste for seasoning, adding salt or vinegar as necessary; the wet chimichurri should be highly seasoned. Serve within a few hours as the sauce will lose its color and vibrancy as it sits.

Sprinkle the tenderloin with the dry chimichurri rub (use your fingertips to massage the rub into the meat), and cure the beef, covered, in the refrigerator for 30 minutes to 1 hour.

Set up the grill for direct grilling and preheat to high.

Arrange the meat on the hot grate and grill until cooked to taste, turning with tongs as needed, about 30 minutes in all for medium-rare. (To test for doneness, insert an instant-read meat thermometer into the thickest part of the tenderloin; the internal temperature should be about 145 degrees for medium-rare.) Remove the meat to a cutting board and let rest for 3 to 5 minutes. Carve across the grain.

Ladle the wet chimichurri sauce onto plates or a platter, place the beef slices on top, and serve immediately with Argentinean Grilled Eggplant (recipe below) if desired.

ARGENTINEAN GRILLED EGGPLANT

Source: Barbecue Bible by Steven Raichlen (Workman, 1998)

Method: Direct grilling

Serves: 6

3 eggplants, cut into rounds

3 tablespoons olive oil

3 teaspoons dried oregano

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2 teaspoons sweet or hot paprika

Coarse salt (kosher or sea) and freshly ground black pepper to taste

Preheat the grill to high.

Put the olive oil in a small bowl. Brush the oil over the cut sides of the eggplants.

When ready to cook, arrange the eggplants on the hot grate and sprinkle with half the oregano, half the paprika, and salt and pepper to taste. Grill until nicely browned, 2 to 3 minutes.

Turn the eggplants with tongs and sprinkle the remaining oregano and paprika as well as salt and pepper to taste over them. Continue grilling the eggplants until they are soft. Serve immediately.