

## **PRIMAL GRILL – RECIPES**

### **12. TAILGATING: GAME’S ON!**

Lemon-Soy Sirloin  
Buffa-que Shrimp  
Chili-Beer Chicken Wings

#### **FILIPINO-STYLE SIRLOIN WITH PICO DE GALLO**

**Source: adapted from Raichlen’s Indoor Grilling by Steven Raichlen  
(Workman Publishing, 2004)**

**Method: Direct grilling**

**Yield: Serves 4**

**Advance Preparation: 6 to 12 hours for marinating the steak**

2 medium lemons  
1 cup soy sauce  
1/2 cup distilled white vinegar  
1/2 cup vegetable oil  
1 medium onion, finely chopped  
3 cloves garlic, finely chopped  
3 bay leaves, crumbled  
1 tablespoon coriander seed  
1 teaspoon black pepper  
One bottom sirloin (2-1/2 to 3 pounds)  
Pico de Gallo (recipe follows)

Rinse the lemons. Cut each in half and squeeze out the juice with a citrus press. Place the lemon juice in a large nonreactive mixing bowl. Cut the rind of one lemon into 1/4-inch dice and add it to the juice. Add the soy sauce, vinegar, oil, onion, garlic, bay leaves, coriander seed, and pepper and whisk to mix. Set aside half of the lemon juice mixture to use as a sauce.

Spread half of the remaining lemon juice mixture in the bottom of a nonreactive baking dish just large enough to hold the meat. Place the meat on top and spread the other half of the lemon juice mixture over it. Let marinate, covered and refrigerated, for at least 8 hours.

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When ready to cook, drain the meat, scraping off most of the marinade with a rubber spatula.

Set up the grill for direct grilling using a two-zone fire. When ready to cook, brush and oil the grill grate. Place the roast over the medium-high zone of the grill and grill until cooked to taste, about 10 minutes per side for medium-rare. If the meat starts browning too quickly, move it to the medium zone. To test for doneness, insert an instant-read meat thermometer through the side of the tri-tip. The internal temperature should be 140 to 145 degrees F for medium-rare.

Transfer the meat to a cutting board or platter or plates and let rest for 5 minutes, then thinly slice it crosswise across the grain. Spoon the reserved sauce over the roast and serve at once with the Pico de Gallo.

### **PICO DE GALLO**

**Makes about 2 cups**

2 ripe, red tomatoes, finely chopped  
2 to 6 serrano or jalapeno chilies, seeded and finely chopped (for a hotter salsa, leave seeds in)  
1/2 medium white onion, finely chopped  
1 clove garlic, minced  
1/2 cup finely chopped fresh cilantro  
2 tablespoons fresh lime juice, or to taste  
1 tablespoon vegetable oil  
1/2 teaspoon salt, or to taste

In a mixing bowl, combine the tomatoes, chilies, onion, garlic, cilantro, lime juice, oil, and salt and toss gently. Correct the seasoning, adding lime juice or salt to taste.

### **GRILLED BREAD WITH BLACK SESAME SEEDS AND SCALLIONS**

**Source: Recipe by Steven Raichlen**

**Method: Direct grilling**

**Serves: 8**

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1 loaf French bread (20 to 24 inches long)  
1/2 cup best quality extra virgin olive oil  
3 to 4 scallions, trimmed, white and green parts thinly sliced  
1/4 cup black sesame seeds (or substitute white)  
Coarse salt (kosher or sea) to taste

Cut the bread on the diagonal into 1/2-inch slices. Arrange on a tray or baking sheet.

Combine the olive oil and scallions in a small bowl. Brush the bread slices (one side only) with the oil/scallion mixture. Sprinkle the slices with the sesame seeds and salt.

Set up the grill for direct grilling (medium-high), leaving a “safety” zone in case of flare-ups.

When ready to cook, place the bread oiled-side down on the grill grate and grill until golden brown, 1 to 2 minutes. Turn with tongs and grill the other side. Don't take your eyes off the grill for a second as oiled bread can burn quickly. If it starts to burn, use tongs to move the slices to the cooler area of the grill. Remove from the grill and serve at once.

## **BUFFA-QUE SHRIMP**

**Source: Adapted from BBQ USA by Steven Raichlen (Workman Publishing, 2003)**

**Method: Direct grilling**

**Makes about 32 pieces, serving 8 as an appetizer**

**Advance Preparation: 30 minutes to 1 hour for marinating the shrimp**

For the shrimp and marinade:

24 jumbo shrimp (about 2 pounds), shelled and deveined  
1/2 cup fresh lemon juice  
1/4 cup vegetable oil  
2 tablespoons Worcestershire sauce

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4 cloves garlic, minced  
2 teaspoons coarse salt (kosher or sea)  
1 teaspoon freshly ground black pepper

For the mop sauce:

8 tablespoons (1 stick) salted butter  
1/2 cup Louisiana-style hot sauce, such as Frank's or Crystal, or your favorite hot sauce

For serving:

Maytag Blue Cheese Sauce (recipe follows)  
Celery sticks  
Sliced French bread or garlic bread

### **You'll also need:**

8 8-inch bamboo skewers, soaked in water 1 hour to cover, then drained; a grill shield or a piece of aluminum foil as wide as the grill, and folded in thirds lengthwise (to protect the ends of the skewers); or a vegetable grilling grate

Rinse the shrimp under cold running water, then blot dry with paper towels.

Make the marinade: Whisk together the lemon juice, oil, Worcestershire sauce, garlic, salt, and pepper in a large nonreactive mixing bowl. Stir in the shrimp and let marinate in the refrigerator, covered, for 30 minutes to 1 hour. (Alternatively, put shrimp and marinade in a large resealable plastic bag.)

Make the mop sauce: Just before setting up the grill, melt the butter in a small saucepan over medium heat and stir in the hot sauce. Reserve 1/2 of the sauce for serving.

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

When ready to cook, drain the marinade off the shrimp and discard the marinade. Thread three shrimp on each skewer, inserting it near the head and tail ends so that the shrimp curls like the letter "C". Brush and oil the

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grill grate. Position the grill shield or the aluminum foil shield toward the front edge of the grill. Arrange the skewered shrimp on the hot grate so that the shrimp are over the fire but the exposed ends of the skewers are on top of the shield to keep them from burning. (If using a vegetable grill grate, preheat the grate and arrange shrimp in it.)

Grill the shrimp until just cooked through, about 2 minutes per side. Mop the shrimp with 1/2 of the mop sauce. When done, the shrimp will turn a pinkish white and feel firm to the touch.

To serve, unskewer the shrimp, place in a large bowl, and pour the reserved mop sauce over them. Toss gently. Serve with Maytag Blue Cheese Sauce, celery sticks, and crusty bread.

### **Maytag Blue Cheese Sauce**

**Makes about 2-1/2 cups**

4 ounces Maytag Blue cheese, near room temperature  
1 cup mayonnaise (preferably Hellmann's)  
1/2 cup sour cream  
1 tablespoon distilled white vinegar  
1/4 cup minced onion  
1/2 teaspoon freshly ground black pepper  
Coarse salt (kosher or sea; optional)

Press the blue cheese through a sieve into a nonreactive mixing bowl or mash with a fork. Whisk in the mayonnaise, sour cream, vinegar, onion, and pepper. It's unlikely you'll need salt (the cheese is quite salty already), but taste for seasoning and add a little if necessary. The blue cheese sauce will keep in the refrigerator, for several days.

## **CHILI-BEER HOT WINGS**

**Source: Steven Raichlen**

**Method: Direct grilling**

**Makes about 32 pieces, serving 8 as an appetizer**

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**Advance Preparation: 30 minutes to 1 hour for marinating the shrimp**

For the wings and marinade:

- 12 whole chicken wings (about 2 pounds)
- 2 cups wheat beer
- 2 teaspoons coarse salt (kosher or sea)
- 1 teaspoon freshly ground black pepper
- 1 teaspoon sweet paprika
- 1 teaspoon chili powder
- 1/2 teaspoon celery seed
- 1 tablespoon extra virgin olive oil
- 1/2 cup Thai sweet chili sauce (a good brand is Mae Ploy, available in the ethnic section of larger supermarkets)
- 1/4 cup chopped pistachios (optional)
- 1/4 cup chopped peanuts (optional)

### **You'll also need:**

- 1-1/2 cups smoking wood chips or chunks

Rinse the chicken wings under cold running water and blot dry with paper towels. Cut the tips off the wings and discard them (or leave the tips on if you don't mind munching a morsel that's mostly skin and bones). Cut each wing into 2 pieces through the joint. Place the wings in a large nonreactive bowl or resealable plastic bag and add the beer. Let the wings marinate for 12 to 24 hours; the longer they marinate, the more pronounced the beer flavor will be.

Place the salt, pepper, paprika, chili powder, and celery seed in a small bowl and whisk to mix. Set the rub aside.

Drain the wings in a colander and blot them dry with paper towels; discard the beer. Place the wings in a mixing bowl. Add the rub and toss to coat the wings evenly. Add the olive oil and toss well to mix.

Set up the grill for indirect grilling and preheat to medium. If using a gas grill, place all the wood chips or chunks in the smoker box or in a smoker pouch and run the grill on high until you see smoke; then reduce the heat to medium. If using a charcoal grill, place a large drip pan in the center, preheat

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the grill to medium, then toss all of the wood chips or chunks on the coals.

When ready to cook, brush and oil the grate. Place the wings in the center of the hot grate, over the drip pan and away from the heat, and cover the grill. Cook the wings, turning periodically, until the skin is golden brown and crisp, and the meat is cooked through, 30 to 40 minutes. During the last 5 minutes of cooking time, brush the wings with the Thai chili sauce and sizzle on both sides. To test for doneness, make a tiny cut in the thickest part of one of the larger wing halves. There should be no trace of red at the bone.

Transfer the wings to a clean shallow serving bowl or platter. Sprinkle the chopped pistachios and peanuts over the wings, if desired, and serve at once. You'll want to provide plenty of napkins to your guests.