

202 – IN A HURRY

BASIL-GRILLED TUNA WITH ARUGULA SALAD

Source: HTG, pg. 302

Method: Direct

Serves: 4

Advance Preparation: 30 minutes to hours for marinating

4 tuna steaks (3/4 inch to 1 inch thick; 6 to 8 ounces each)

1 bunch fresh basil, washed and stemmed

4 cloves garlic, cut in half

3 strips lemon zest

Juice of 1 lemon (3 to 4 tablespoons)

1 tablespoon white vinegar

1 cup extra-virgin olive oil

1 teaspoon coarse salt

1 teaspoon black pepper

Arugula and Yellow Tomato Salad (recipe follows)

You'll also need:

1 cup wood chips (preferably oak; optional)

Trim any skin or dark or bloody spots off the tuna. Rinse the tuna under cold running water and blot dry with paper towels. Arrange the steaks in a nonreactive baking dish.

Combine the basil, garlic, lemon zest, lemon juice, vinegar, oil, salt, and pepper in a food processor or blender and puree until smooth. Pour this mixture over the tuna and let marinate in the refrigerator, covered, for 30 minutes to 2 hours, turning the tuna steaks several times.

Set up the grill for direct grilling and preheat to high. If using a gas grill, place the wood chips, if desired, in the smoker box or in a smoker pouch and preheat until you see smoke. When ready to cook, brush and oil the grill grate. If using a charcoal grill, toss the wood chips, if desired, on the coals. Drain the tuna steaks and arrange on the grill. Grill until cooked to taste, 2

to 3 minutes per side for rare, 4 to 6 minutes per side for medium, rotating the steaks 45 degrees after 2 minutes to create grill marks. The steaks should be nicely browned on the outside. Test for doneness using the poke test: A rare steak will be soft, a medium-rare steak will be gently yielding, and a medium steak will be firm. Transfer the steaks to plates or a platter and let rest for 3 minutes, then serve with the salad.

Sub-Recipe:
ARUGULA, ENDIVE, AND YELLOW TOMATO SALAD

Serves 4

1 large bunch arugula, washed, dried, and stemmed
1 pint yellow cherry tomatoes, halved (see Note)
3 tablespoons diced red onion
2 to 3 tablespoons fresh lemon juice
3 to 4 tablespoons extra-virgin olive oil
Coarse salt (kosher or sea) and freshly ground black pepper

1. Put the arugula in a medium-size bowl and chill, covered, until serving time.
2. Just before serving, add the tomatoes, onion, lemon juice, oil, and salt and pepper to the bowl. Gently toss to mix. Correct the seasoning, adding lemon juice, salt, or pepper to taste.
3. Transfer the salad to plates or a platter, preferably chilled.

Note: Yellow cherry tomatoes are sometimes available at gourmet shops or through www.melissas.com. If you can't find them, use red.

CHICKEN GRILLED UNDER BRICKS WITH TOMATO VINAIGRETTE

Source: How to Grill, pg. 246

Method: direct grilling

Serves: 4

2 large whole, boneless chicken breasts (12 to 16 ounces each), or 4 half breasts, (each half 6 to 8 ounces)

1 teaspoon coarse (kosher or sea) salt

1/2 to 1 teaspoon hot red pepper flakes

1 tablespoon chopped garlic

1 tablespoon chopped fresh rosemary

Juice of 1 lemon

1/4 cup extra-virgin olive oil

Tomato Vinaigrette (recipe follows)

You'll also need:

4 bricks, each wrapped in aluminum foil

Oak chunks for building the fire, or 2 cups wood chips (preferably oak), soaked for 1 hour in cold water to cover, then drained

1. If using whole breasts, cut each in half. Trim any sinews or excess fat off the chicken breasts and discard. Rinse the breasts under cold running water, then drain and blot dry with paper towels. Sprinkle the breasts on both sides with the salt, cracked black pepper, and hot red pepper flakes. Sprinkle the breasts with the garlic and rosemary, patting them on with your fingers.

Arrange the breasts in a nonreactive baking dish. Pour the lemon juice and oil over them and let marinate in the refrigerator, covered, for 30 minutes to 1 hour, turning several times.

2. Set up the grill for direct grilling and preheat to high. In the best of all worlds, you'd built your fire with oak chunks. Alternatively, use gas or charcoal, plus soaked wood chips for smoke. If using a gas grill, place all the wood chips in the smoker box or in a smoker pouch and preheat until you see smoke.

3. When ready to cook, brush and oil the grill grate. If using a charcoal grill, toss the wood chips on the coals. Arrange the chicken breasts on the hot grate, all facing the same direction, at a 45 degree angle to the bars of the grate. Place a brick on top of each. Grill the breasts until cooked, 4 to 6 minutes per side, rotating the breasts 90 degrees after 2 minutes on each side to create an attractive crosshatch of grill marks. To test for doneness, poke a breast in the thickest part with your finger. It should feel firm to the touch. Transfer the breasts to plates or a platter and serve at once.

Sub-Recipe:
TOMATO VINAIGRETTE

Yield: About 1 cup

2 tablespoons red wine vinegar
2 tablespoons hot water
1/2 teaspoon kosher salt, or more to taste
1/2 teaspoon freshly ground black pepper, or more to taste
1/2 cup extra-virgin olive oil
1 large shallot, finely minced
1 clove garlic, finely minced
1 ripe plum tomato, peeled, seeded, and finely diced

1. Combine the vinegar, water, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a small nonreactive bowl and whisk until the salt is dissolved. Add the oil in a thin, steady stream, whisking constantly to make an emulsified sauce. Whisk in the shallot, garlic, and tomato.

2. Adjust the seasoning if necessary. Let stand for at least 10 minutes (and up to 4 hours) before serving to allow the flavors to blend. Whisk again before serving, and adjust the seasoning as needed.

GRILLED ZUCCHINI AND YELLOW SQUASH WITH GREEK SPICES

Source: How to Grill, pg. 399

Method: Direct

Serves: 4 to 6

2 to 3 medium zucchini (about 1 pound in all)

2 to 3 medium yellow squash or more zucchini (about 1 pound in all)

1 to 2 cloves garlic, minced

1 teaspoon dried oregano

1 teaspoon dried mint

1/2 teaspoon hot red pepper flakes

Coarse salt and black pepper

3 tablespoons extra-virgin olive oil

Lemon wedges, for serving (optional)

You'll also need:

1 cup wood chips (optional; preferably oak, unsoaked)

Vegetable grate (optional)

Cut the zucchini and yellow squash lengthwise into 1/4 inch slices. Arrange on a platter or in a baking dish and sprinkle both sides with the garlic, oregano, mint, hot pepper flakes, and lots of salt and pepper. Drizzle 2 tablespoons oil over them, turning the slices several times to coat both sides. Let marinate for 15 minutes.

Set up the grill for direct grilling and preheat to high. If using a vegetable grate, preheat it as well. If using a gas grill, place the wood chips, if desired, in the smoker box or in a smoker pouch and preheat until you see smoke.

When ready to cook, if using a charcoal grill, toss the wood chips, if desired, on the coals. Arrange the zucchini and yellow squash slices on the hot grate and grill until nicely browned on both sides, 4 to 6 minutes per side, rotating the slices 90 degrees after 2 minutes on each side to create grillmarks.

Transfer to a platter. Drizzle the remaining 1 tablespoon of oil over the zucchini and yellow squash and garnish with lemon wedges, if using. Serve at once.

COCONUT-GRILLED PINEAPPLE

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

Method: direct grilling

Serves: 4 to 6

1 ripe golden pineapple

1 can (14 ounces) unsweetened coconut milk

1-1/2 cups turbinado sugar or granulated sugar

1 teaspoon ground cinnamon

Sprigs of fresh mint, for garnish

1 quart vanilla ice cream or frozen yogurt, for serving

1. Set up the grill for direct grilling and preheat to high.
2. Peel, slice, and core the pineapple. Shake the coconut milk well before opening the can. Pour it into a bowl. Put the cinnamon and sugar in a small bowl and stir with a fork or spoon to combine.
3. When ready to cook, brush and oil the grill grate. Brush each pineapple slice on both sides with coconut milk, and sprinkle, also on both sides, with the cinnamon and sugar mixture. Arrange the slices on the hot grate, and grill until nicely browned on both sides, 4 to 6 minutes per side. If a crosshatch of grill marks is desired, rotate each slice 60 degrees after 2 or 3 minutes on each side. Transfer the pineapple slices to plates or a platter for serving; top each slice with a scoop of vanilla ice cream and garnish with mint leaves.

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