

## **Teriyaki Steak and Vegetable Kabobs**

Prep Time: 30 minutes

Grilling Time: 20 minutes

Number of servings: 4 servings, 2 kabobs each

### **All You Need:**

1 lb (500 g) strip loin steak, 1-inch (2.5 cm) thick

1/3 cup (82 mL) Club House La Grille\* 30 Minutes Teriyaki Marinade

1 sweet red pepper

1 green pepper

1 medium zucchini

1 medium red onion

2 tbsp (30 mL) Billy Bee\* honey mustard

2 tbsp (30 mL) olive oil

2 tbsp (30 mL) lemon juice

### **All You Do:**

Cut meat into 24 one-inch (2.5 cm) cubes. Combine meat with Teriyaki marinade. Mix well to thoroughly coat meat. Let stand 30 minutes. Cut peppers, zucchini and red onion into one-inch (2.5 cm) pieces. On each skewer thread 3 meat cubes, 1 zucchini, 1 onion and 2 pepper pieces.

Whisk mustard, olive oil and lemon juice together until blended.

Place kabobs on grill over medium heat. Cover and grill 15 to 20 minutes turning and brushing vegetables with mustard mixture about 4 times, until meat is desired doneness.

### **Tips:**

Replace beef with pork.

Try other vegetables such as mushrooms and eggplant.

## **Herb and Garlic Shrimp Kabobs**

Number of servings: 4 appetizer servings

### **All You Need:**

3 tbsp (45 mL) Club House La Grille\* 30 Minutes Herb and Garlic Marinade  
12 jumbo shrimp, shell removed, except tail

### **All You Do:**

Combine marinade and shrimp in plastic bag. Leave 30-60 minutes. Thread 3 shrimp on each of 4 skewers.

Grill or broil 2 to 3 minutes on each side or until shrimp are just turning pink and are tender and juicy.

### **Tips:**

Replace some or all of shrimp with large scallops.

Serve with lemon or lime wedges.

These are also delicious cold.

If using wooden skewers soak them in water 2 hours to prevent burning.

## **Southwest Chipotle Steak**

Prep Time: 30 minutes

Grilling Time: 15 minutes

Number of servings: 4 servings

### **All You Need:**

¼ cup (62 mL) Club House La Grille\* 30 Minutes Southwest Chipotle Marinade

4 beef fillets, about 4 oz (125g) each

### **All You Do:**

Spread marinade over both sides of meat. Let stand 30 minutes.

Cover and grill over medium heat, turning once for 10 to 15 minutes or to desired doneness. Let stand 5 minutes before serving.

### **Tips:**

Try other steaks such as strip loin.

Try the marinade on pork chops, pork tenderloin or chicken breasts.

## **Side Bar on BBQ Tips from McCormick Canada Executive Chef, Michael Cloutier, C.C.C**

As summer is upon us, so is one of Canada's favourite ways to cook beef, chicken, pork and fish – on the BBQ.

McCormick Canada's Executive Chef , Michael Cloutier, C.C.C., has a number of tips to help make the BBQ experience more satisfying.

- Salt just before the meat is put on the BBQ, but only on the side that will be placed on the heat. Just before the protein is flipped over, apply salt to the other side. Chef Michael's theory is that salt pulls some of the moisture to the surface and that surface has some protein extracts and natural sugars that now become caramelized - leaving a wonderful flavour.
- For steak or shrimp, that require little cooking time, high heat should be used. High heat locks-in the juices. This is mostly for meat served medium rare or less with a total cook time of about 12 minutes.
- If meat needs to be cooked longer to obtain safe internal temperatures, the temperature should be turned down, or BBQers risk dehydrating the remaining moisture from the protein and the end result will be dry and tough meat.
- Knowing one's BBQ and its hot and cold spots is crucial.
- Poking or puncturing meat products on the BBQ should be avoided at all costs. Piercing the meat makes a hole in the sealed crust that is created from the heat of the BBQ and allows juices to escape. If possible, gently turn the protein with a pair of tongs to ensure this does not occur.
- Flip only once. When raw meat is placed on the BBQ, moisture is forced to the other side of the meat. This is sometimes seen when juices pool on the uncooked side of the protein. Flipping drives some of the juices back into the meat, towards the center, keeping the product moist. But if there are multiple flips, more moisture is lost in the long run. Flipping once maximizes moisture retention.