

Keeping BBQ Fun & Healthy!

With all of the things we remembered to be thankful for on Father's Day I hope we remembered to thank Dad for his ultimate contribution to the culinary arts...the family barbecue.

When you look out on the back patio and see Dad standing over the grill, usually with some type of embarrassing apron and hat on, you soon should realize there's really only one explanation as to why he is doing the barbecuing. He's been tricked into it. If you'll notice no matter how the food turns out, Mom is first to compliment the chef and remind him that he is...without a doubt...the "King of the Grill."

Well guys here's some ideas for you this summer and remember that ever since caveman times, when it comes to cooking over a fire..."you da' man!"

Grilled Potato & Veggie Medley

(serves 4)

8 medium size red potatoes
2 medium size Vidalia onions
2 large carrots
1 tablespoon dried oregano
2 teaspoons minced garlic
cold-pressed extra virgin olive oil

Start by thinly slicing your potatoes, onions and carrots (about 1/8th inch slices). Take your time and you will see that the thin slices really make a difference in getting great results. Place two 18 inch sheets of aluminum foil on top of each other and place your slices so they will stand on edge by shaping the foil into an open gutter shape. You want to alternate slices of onion, potato and carrot so you will get an even mix the length of your foil.

Before closing the foil, season the vegetables with your oregano and garlic, then liberally drizzle the whole thing with olive oil. Seal up your foil into a log shape and set aside. Prepare your grill for indirect "baking" by placing your veggies on the elevated back rack in the case of a gas grill and use only the front burner with the lid closed. Set your heat to medium high (+/- 375°F) and allow the veggies to cook for 45 minutes. Once they're done you can hold them in your conventional oven at the warm setting until you're ready to serve them.

If you are using a charcoal grill you will want to bank your coals to one side of the grill and place your veggies on the "cool" side of the grate. Put on your lid and proceed as you would with a gas grill. Controlling your heat is a bit more difficult so you'll want to be more careful about over or under cooking when using charcoal.

Once you have your veggies ready to go move on to your healthy entrée.

Grilled Salmon with Dill Cream Sauce

(serves 4)

2 lb. Fresh Salmon fillet with skin on
1 fresh lemon plus 4 thin slices

For Cream Sauce mix:

1/3-cup lowfat mayonnaise
1/3-cup lowfat sour cream
1/3-cup lowfat buttermilk
2/3 teaspoon dried dill
ground fresh black pepper to taste

Create an aluminum foil boat large enough to place the salmon fillet into, skin side down, and with edges folded up around the fillet about $\frac{3}{4}$ inch to keep sauce on salmon while cooking. The boat should be three or four layers of foil thick. Use the indirect cooking style we mentioned earlier, however on your gas grill set the rear flame on low. Set your front burner on medium high (+/- 375°F).

After placing your salmon into the boat, squeeze the juice of one fresh lemon directly on to the salmon then spoon the cream sauce mix evenly over the fillet. Top the salmon with 4 thin slices of lemon. Place the foil boat and salmon on to the elevated rack at the rear of your gas grill or onto the cool side of the grate on your charcoal grill which has been set for indirect cooking. Cover your grill.

Watch your clock on this dish as you do not want to over cook the salmon. When it is done it will be firm and slightly springy to the touch and the cream sauce will have taken on a golden color and will be bubbling around the edge of your fillet. Cooking time will be approximately 12 to 15 minutes. Times will vary according to the accuracy of your temperature and the thickness of your fillet.

A great final topper for your meal is Texas toast, which has been prepared on the barbecue right before dinner is served. Once you've wrapped up this feast it may be time to be thinking about a stint on the Food Network but get rid of that silly apron first!

Before my wine recommendations this week we've got a summer drink recipe that is really fun and gives you an opportunity to put some of your creative juices to good use. I was given this recipe in Miami for Limoncello, which is a traditional summer drink from Spain although versions of the same drink show up in Italy and elsewhere. It takes a while to make so you'll have to get at it soon if you want to enjoy it this season.

Limoncello

12 lemons (thick skin variety such as Meyer)
2 liters good quality, unflavored vodka

6 cups sugar
3 cups water

This drink can be made with any type of citrus but always be sure to get the best quality and freshest available. Put lemon peels or zest in a large glass container with a tight lid and add vodka. Place container aside and allow to stand for 4 weeks. Strain mixture to remove peels and place mixture into a decanter.

Mix sugar and water in a medium saucepan and bring to a boil. Reduce the heat and simmer for 3 minutes. Let cool before adding to the vodka mixture. Serve in small aperitif glasses or in highball glasses "over the rocks." Can be stored in the freezer for up to 1 year.

On the wine front, the master winemakers of Jean-Marie Mommessin in Southern France have produced some outstanding wines for the American market. These are extraordinary Vin de Pays (Country Wines) from the South of France that represent great values and superb quality. The three selections are:

- Chardonnay Vin de Pays D'Oc...the fresh fruit flavors of apple and Meyer lemons with a hint of vanilla and almond.
- Cabernet Sauvignon Vin de Pays D'Oc...an elegant blend of black current and spice flavors with a delicate hint of tannin stylized to give you the perfect red wine experience during the warm weather, and
- Merlot Vin de Pays D'Oc...a rich red wine with black cherry and blueberry flavors and a classic "Merlot" velvety finish.

All three of these wines have been priced to make them very attractive this summer and if you need help locating them just let us know. We always appreciate your calls and emails! Reach us at 888-288-0668 or on line at www.winedog.com. Cheers.