

A Taste of Summer

Chef Terry Mullin



Carved Watermelon Parisienne

- 1 Watermelon
 - 1 Cantaloupe
 - Honey Dew Melon
1. Cut Watermelon into a shape such as a boat, basket, etc.
 2. Using a melon ball scoop, make balls of all the fruit meat and place inside the watermelon. Serve.







Quesadillas on the Grill

- Chicken breast
 - Peppers
 - Onion
 - Cheese
 - Tortilla shells
1. Season Chicken breasts with your favorite seasonings such as chipotle rub. Grill until done.
 2. Place peppers and onions on the grill and cook till tender approximately 3-5 minutes. Slice into strips
 3. Lay tortilla on grill. Sprinkle with cheese then top with meat and peppers. Fold in half, cut into wedges and serve.



Fresh Greens with Raspberry Vinaigrette

- 1c. raspberry vinegar
- 1/2 tsp. salt
- 1/2 tsp. pepper, fresh ground
- 8 tsp. sugar
- 4 garlic cloves, finely chopped
- 4 tsp. Worcestershire sauce
- 2 tbsp. Dijon mustard

Mix all ingredients together. Pour over fresh greens. Makes 1 cup. Keep in refrigerator in container with tight fitting lid.



Thai Chicken Sticks (Satay)

Ingredients:

- 1 pound boneless skinless chicken breast or chicken tenderloins
- 1/3 cup soy sauce
- 2 tablespoons fresh lime juice
- 2 cloves garlic, minced
- 1 teaspoon grated gingerroot
- 3/4 teaspoon red pepper flakes
- 2 tablespoons water
- 3/4 cup canned unsweetened coconut milk
- 1 tablespoon creamy peanut butter
- 4 green onions with tops, cut into 1-inch pieces



Method:

1. Cut chicken crosswise into 3/8-inch-wide strips; place in shallow dish.
2. Combine soy sauce, lime juice, garlic, ginger and red pepper flakes in small bowl. Reserve 3 tablespoons mixture; cover and refrigerate. Add water to remaining mixture. Pour over chicken; toss to coat well. Cover; marinate in refrigerator at least 30 minutes or up to 2 hours, stirring mixture occasionally.
3. Soak 8 (10- to 12-inch) bamboo skewers 20 minutes in cold water to prevent them from burning; drain.
4. Meanwhile, for peanut sauce, combine coconut milk, 3 tablespoons reserved soy sauce mixture and peanut butter in small saucepan. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and simmer, uncovered, 2 to 4 minutes or until sauce thickens. Keep warm.
5. Drain chicken; reserve marinade. Weave 3 to 4 chicken strips accordion-style onto each skewer, alternating with green onion pieces. Brush chicken and onions with reserved marinade.
6. Place skewers on grid. Grill skewers 6 to 8 minutes or until chicken is no longer pink, turning halfway through grilling time. Serve with warm peanut sauce for dipping.

Teriyaki Beef Strips

- 1/2 c. soy sauce
 - 1/2 c. brown sugar
 - 1/4 c. sesame oil
 - 1/4 c. water
 - Ginger to taste
 - Garlic to taste
 - 1/2 c. sesame seeds (opt.)
 - 1-2 flank steaks
1. Cut meat in thin slices against the grain.
 2. Mix first 7 ingredients and marinate meat in mixture about 3 to 6 hours.
 3. After marinating is complete, put meat on wooden skewers and grill.



Acorn Squash w/Spiced Pecan Butter

Butter:

1/4 cup unsalted butter at room temperature
1/3 cup chopped pecans
1 T. maple syrup
1/2 tsp. cinnamon
1/4 tsp. ground ginger
1/2 tsp kosher salt
1/4 tsp ground pepper

For the Squash:

2 acorn squashes, 1 1/2-2 pounds each
2 tsp oil, preferably olive
Salt, Pepper



1. Mix all ingredients for the butter in a small bowl, mixing well.
2. Cut the squash in half lengthwise. Remove the seeds with a spoon. Lightly brush the exposed flesh with the olive oil. Season with salt and pepper.
3. Put the squash halves, cut sides down, on the cooking grate and grill indirectly over high heat until grill marks are clearly visible, about 30 minutes.
4. Turn the squash halves cut sides up. Spread the exposed flesh with the pecan butter. Continue grilling indirectly over high heat until the flesh is tender, 20-30 minutes. Serve warm.

Grilled Asparagus Spears

- 1 pound asparagus
- 4 tablespoons olive oil
- 1 tsp salt
- Melted butter
- Fresh Lemon



1. Look for firm asparagus stalks with deep green or purplish tips. Also check the bottom of the spears. If they are dried up, chances are they have been sitting around for too long. Trim off the tough bottom of the spear by grasping each end and bending it gently until it snaps at its natural point of tenderness—usually two thirds of the way down the spear. If the spear is less than 6-inches long, chances are it has already been trimmed for you. Then take a vegetable peeler and peel off the outer skin of the lower half of the remaining stalk.
2. Place asparagus on a plate. Drizzle oil over top and turn spears until they are coated. Sprinkle with salt (this may seem like a lot) and turn again.
3. Grill asparagus for 5 minutes over Direct Medium heat. Each minute or so, roll each spear 1/4 turn. Asparagus should begin to brown in spots (indicating that its natural sugars are caramelizing) but should not be allowed to char. Remove from grill and serve immediately (eating spears with your fingers enhances the experience).
4. For a lemon flavor, simply melt butter with fresh squeezed lemon juice and dip asparagus in this light summery sauce.

Pineapple Maraschino Boats

- Maraschino Cherries
- Fresh Pineapples
- Frill Picks - (toothpicks with multicolored plastic decorative topping)



Cut Fresh Pineapple into quarters lengthwise.

1. Cut meat away from skin and then cut like slices of bread every 1/2 inch to form a triangle.
2. Use a frill pick and a cherry to top each triangle.

Homemade Ice Cream ~ for 4 or 6 qt maker

- 4 cups sugar
 - 6 egg yolks
 - 2 oz. vanilla extract
 - 1 pt. heavy cream
 - 1 pt. half and half cream
 - 6 egg whites
 - milk
 - rock salt, 2-3 cups
 - ice, preferably shaved or small cubes
1. Add ingredients in mixing bowl and then add enough milk to make a paste and beat until smooth
 2. add to above mixture and continue to mix until all sugar crystals are dissolved.
 3. Pour mixture into canister of ice cream maker
 4. Whip whites until frothy and add to top of mixture in ice cream canister
 5. Add milk to bring mixture to fill line on canister
 6. Start electric mixer or hand crank. Layer ice then salt 2-3 times to fill area between the canister and the ice cream maker. Be sure water that melts does not go above the lid and spill into the canister.
 7. When ice cream is frozen, remove the lid, remove the beater, replace the lid and cover everything with blanket or towels. Keep in packed ice for 1/2 hour to help harden the ice cream.



Rubs, Marinades, Flavored Butters

Rubs & Marinades Rubs and Marinades are great ways to add flavor or tenderize your favorite cuts of meat.

1. Rubs - A blend of herbs, peppers, spices or seasonings that are blended to add flavor to steaks and roasts by coating the surface of the meat with the mixture. RUBS ARE A GREAT WAY TO ADD FLAVOR AND AVOID FAT.

Rubs can consist of dry ingredients, or some include oil, crushed garlic or other liquids that cause the rub to be a paste. Rubs can be applied to the surface of the meat just before grilling or roasting, or applied several hours in advance and refrigerated until cooked.

2. Marinades - A highly seasoned liquid used to add flavor and tenderize less tender cuts.

Marinades usually consist of liquid ingredients such as fruit or vegetable juices, wine, water or oil in combination with seasonings and herbs. A tenderizing marinade must contain an acidic ingredient such as lemon juice, yogurt, wine or vinegar or a natural tenderizing enzyme found in fresh papaya, ginger, pineapple and figs. Allow $\frac{1}{4}$ to $\frac{1}{2}$ cup marinade for each 1 to 2 pounds of meat. Always marinate in the refrigerator - never at room temperature. Marinating may be done in a plastic bag or glass dish. Beef must be marinated at least six hours for tenderization to take place. Turn or stir the meat occasionally to allow even exposure to the marinade. For flavor, marinate 15 minutes or as long as 2 hours. Leftover marinade should be discarded. For Rub & Marinade recipes, see the [Recipe Book](#).

COMPOSED BUTTERS GREAT FOR ALL GRILLED FOODS

Each of these composed butters is excellent on grilled foods such as fish and poultry, pork or other meats, even vegetables – whatever appeals to your taste. Just put a slice of chilled composed butter on top of the food as it comes hot off the grill. The butter will melt and spread its flavor over the food.

Each listing of recipe ingredients (except the first listing for dill-caper butter, which is complete as written) is meant to be beaten into ONE POUND of softened, unsalted butter. The finished composition may then be rolled into a log, wrapped in plastic wrap, or simply packed into a crock or small dish and tightly covered – then refrigerated until needed.

DILL-CAPER BUTTER: (tasty as a sandwich spread on pumpernickel, under sliced smoked salmon - or to top grilled fish) Blend into 1 stick of butter: 2 tablespoons chopped fresh dill, 1 tablespoon drained capers - chopped.

BASIL-LEMON

4 tablespoons, fresh chopped basil leaves
1 tablespoon, minced garlic
4 tablespoons, fresh lemon juice (about one lemon's worth)
salt and fresh cracked black pepper to taste

GINGER-SCALLION

4 tablespoons, chopped scallions
2 tablespoons, minced fresh ginger root
1 tablespoon, rice vinegar
salt and fresh cracked black pepper to taste

HOT CHILE-CILANTRO

4 tablespoons, chopped fresh cilantro
2 tablespoons, minced fresh red Serrano chiles
(or substitute chiles of your choice)
2 tablespoons, fresh lime juice (about the juice of one lime)
salt and fresh cracked black pepper to taste

ROSEMARY-GARLIC-BLACK PEPPER

3 tablespoons, rosemary "needles" – lightly crushed
1 tablespoon, minced garlic
2 tablespoons, freshly cracked black pepper
salt to taste

HONEY-SAGE-RAISIN

3 tablespoons, chopped fresh sage leaves
4 tablespoons, honey
1/4 cup, raisins
salt and fresh cracked black pepper to taste

CHILE

3 tablespoons, chile powder
1 tablespoon, ground cumin
3 dashes, Tabasco sauce (or other hot sauce)
2 tablespoons, tequila

salt and fresh cracked black pepper to taste

SESAME

4 tablespoons, sesame seeds – toasted*

2 tablespoons, dark sesame oil

2 tablespoons, finely chopped scallions

[*Cook's Note: toast sesame seeds in a single layer on a cookie sheet, in a 350 degree oven (preheated) for about 25 minutes. Stir occasionally. Allow seeds to cool before adding to softened butter.]

*General Cook's Note: all above recipes will benefit from standing to develop flavor. Taste after standing to correct seasoning. Remember that flavors will be more intense at room temperature than when chilled, so taste for seasonings at room temperature. Always wrap well! Refrigerate to store butters and cream cheeses (well wrapped) for up to 2 weeks. Butters may be frozen for up to 2 months. Infused honeys (without butter added) may be stored at room temperature.

Serve at all spreads room temperature for best flavor. Butters and cream cheeses may be served in pots - also may be formed into logs (about 1" in diameter - chill slightly first, roll up in plastic wrap) and sliced after chilling into disks for serving, or serve the formed "logs" whole on a pretty dish, and invite guests to slice their own. Alternatively, form the butters, using melon baller, into balls for individual servings.