

## GRILLING WITH THE SIMPSONS

### Lamb Chops:

18-20 Lamb Chops (Sams Club has these)

Marinade:     ½ cup Soy Sauce  
                  ¾ cup minced garlic  
                  1-2 T. minced ginger (as you like it)  
                  2 cups brown sugar  
                  ½ tsp. chili flakes  
                  ½ cup minced basil  
                  ½ cup minced parsley  
                  Salt to taste

Combine marinade ingredients, massage into meat for 5 minutes, Then let marinate 4-6 hours in the refrigerator. Broil to perfection (about 2-3 minutes per side for medium rare, or to you liking)

### Grilled Steak:

Use your favorite cut of steak and make sure you let it come to room temperature before cooking. Dr. Simpson prefers to salt and pepper only before cooking, but he will add a few dashes of Montreal meat seasoning if he wants to spice it up a little. This dry seasoning is wonderful on beef, chicken, pork, and especially in bloody mary's!!!! Get your grill hot before placing the meat. For medium rare, cook about 3-4 minutes and rotate a quarter turn (this makes beautiful grill marks on the steak) cooking another 3-4 minutes on this side before turning and repeating the same steps on the other side. Take the meat from the grill and let rest for about 15 minutes before cutting.

### Grilled Salmon:

Purchase fresh salmon and cut into serving size pieces. Marinate in a mixture of lemon/lime juice, tequila, and fresh cilantro for a few hours. Grill over medium heat for about 2-3 minutes on each side. We tend to overcook fish so don't be afraid. Serve the salmon with a fresh pico di gallo and fresh basil pesto.

### Grilling Vegetables

When the vegetables are fresh in the summer, you can grill almost anything, yellow squash, zucchini, eggplant, asparagus, any kind of garden peppers, tomatoes, onions, corn, and portabella mushrooms. You can also grill fruits to add to your favorite dessert. Pineapples, peaches, and figs are few of my favorites. Grilling vegetables is very easy and all you need is three simple ingredients: salt, pepper, and lots of olive oil. We recommend slicing your veggies lengthwise in about ¼ inch slices. Brush with olive oil, adding salt and pepper, grilling both sides until fork tender. Plate a variety of grilled vegetables on a platter, drizzle with olive oil, season, add a few fresh olives and you have the perfect anti-pasta platter.

\*When grilling eggplant, you must first peel the eggplant, then slice lengthwise, salt the slices and place them between paper towel and let sweat for about half an hour. This takes the bitterness out of the eggplant before grilling. You can make eggplant rollups by spreading your grilled eggplant slices with a mixture of goat cheese and your favorite herbs!!

\*Grilled tomatoes are especially good in the summer. Do not peel the tomatoes. The peel helps hold the tomato together while grilling. Beefsteak tomatoes work best because they are meatier.

\*Our favorite way to do onions on the grill is to first peel the outer paper and slice off each end. Core a small hole at the top and fill with a pat of butter and ½ beef bullion cube. Wrap tight with double tin foil and grill over med. heat for about 30-40 minutes. They will begin to caramelize and are wonderful. You can grill garlic in this same manner, don't peel, just cut the top portion off of a pod, drizzle with olive oil, wrap in foil and grill for 45 minutes to 1 hour. This is wonderful on grilled bread with goat cheese.

\*To grill corn on the cob you must first submerged the whole ears in water for about 30 minutes. This keeps the husks from burning while grilling. After they soak, peel the husk back, remove the silks, coat the corn with a mixture of butter and your favorite herbs, pull the husks back up tying with a loose piece of husk, and place on a med grill, turning a quarter turn about every 10 minutes until done—about 40 minutes. Eat as corn on the cob or cut off grilled corn and make a corn salsa to accompany any grilled meat!!

\*To grill your bread, slice French bread into about ½ inch slices, drizzle with olive oil and top with finely chopped herbs, grill both sides to satisfaction!!

\*Green beans grilled can add to your favorite grilled meat for a complete, mess free meal. I use the small thin green beans. You can use a cast iron skillet or a throw away tin pan. Toss the beans and sliced sweet onions with olive oil, salt and pepper, cook over a med to hot grill tossing frequently until beans begin to brown and are tender, add sliced almonds and cook for another few minutes. Before serving, top with goat cheese and leave on grill long enough for cheese to warm but not melt. You could also add mushrooms to this dish if you like.

#### Cleaning the grill:

Place a sheet of aluminum foil, shiny side down on a hot grill, closing the lid for about 10-15 minutes and presto, it burns off the grill and it is ready to go again. Before you begin cooking, dip an onion half in olive oil and rub on the grill and this will help keep things from sticking!!