

Summer Surf & Turf On the Grill

June 2011

Menu:

Scallop & Scallion Skewers with
Lemon-Ginger Glaze

Pepper Rubbed Steak with
Feta Salsa Verde

Grilled Eggplant and Fresh Mozzarella
Layered Salad with Charred Tomato Vinaigrette

Sweet Cream Biscuits with
Grilled Pineapple & Raspberries

Wines:

Curtis Heritage Blanc, Santa Barbara
Sables d'Azur Rose, France
Brovida Cordara Muscato D'Asti, Italy



Scallop & Scallion Skewers with Lemon-Ginger Glaze

makes 4 skewers

- 12 large sea scallops, cleaned and muscle remove
- 3 scallions, cut into 1-inch lengths (green & white parts)
- 1 tsp lemon zest
- 1 garlic clove, grated
- 1/2 tsp grated ginger
- 1/4 cup olive oil
- salt and pepper
- 4 small bamboo skewers, (4-6 inches)

***** Preparation ******

Heat a grill pan over high heat.

Pat the scallops dry and thread onto a small bamboo skewer with a piece of the scallion between each scallop -- use three scallops per skewer. Season both side very well with salt and pepper.

In a bowl mix together the lemon zest, garlic, ginger and olive oil.

Brush a little of the mixture onto the scallops and grill about 3 minutes on each side until marked and JUST cooked through.

Drizzle with a little more of the oil mixture just before serving.



Pepper Rubbed Steak with Feta Salsa Verde

serves about 6

For the steak:

1 2 lb flank steak
1 tsp ground black pepper
1 tsp salt
1 tsp smooth dijon
olive oil, as needed

For the sauce:

5 scallions, whites and greens, finely chopped
1/2 cup chopped parsley
1/3 cup chopped mint
1 clove garlic, grated
1/4 cup capers, chopped
1/2 cup crumbled feta
1 tsp lemon zest
olive oil, as needed

***** Preparation ******

For the steak

Preheat the oven to 400 degrees.

Preheat a grill or outdoor grill pan.

Pat the steak very dry.

Stir together the pepper, salt, dijon and enough oil to create a thick paste. Rub the steak with the paste. Place the steak on the hot grill and leave in one place until well-marked. Flip and grill until well-marked on the second side. Remove and place on a baking sheet. Roast for 10 minutes until medium. Remove and let rest, covered, for 5 minutes.

For the sauce:

Combine all of the sauce ingredients in a bowl and stir together. Add olive oil to moisten. Season with salt and pepper as needed.

To serve, slice the steak into thin slices against the grain and top with some of the salsa verde.



Grilled Eggplant & Fresh Mozzarella Layered Salad with Charred Tomato Vinaigrette

served 8-10

for the vinaigrette:

5 roma tomatoes, halved and seeded

1/2 cup olive oil

1/3 cup red wine vinegar

2 peeled garlic cloves

1/2 cup basil leaves

1 tsp salt

1 tsp ground black pepper

for the salad:

2-3 Italian eggplant, sliced into 1/2-inch thick slices

olive oil

1 10-oz log fresh mozzarella, cut into thin slices

salt and pepper

***** Preparation ******

For the vinaigrette:

Heat a grill pan over high heat.

Toss the halved tomatoes with olive oil and grill until charred on the skin side only.

Combine the tomatoes with all of the vinaigrette ingredients in a blender. Blend until smooth. Taste and season with more salt and pepper as needed. Set aside at room temperature.

For the salad:

Toss the eggplant slices generously with olive oil. Grill until well-charred on both sides.

To build the salad, layer the grilled eggplant with slices of fresh mozzarella -- season with salt and pepper as you go.

Serve drizzled with the tomato vinaigrette.



Sweet Cream Biscuits with Grilled Pineapple & Raspberries

serves 8

for the biscuits:

2 cups all-purpose flour
1 tbl baking powder
1/2 tsp salt
1/4 cup sugar
1 stick unsalted butter, cold, cut into small pieces
1 cup heavy cream
raw sugar, for sprinkling

for the filling:

1/2 large pineapple
vegetable oil
2 cups fresh raspberries
1/4 cup honey, plus more as needed
1 1/2 cups heavy cream
1/4 cup powdered sugar

*** Preparation ****

For the biscuits:

Preheat oven to 400 degrees.

In a large bowl, whisk together the flour, baking powder, salt and sugar. Add the butter and use your hands to rub the mixture together until the butter is in small pieces and the flour resembles moist sand. Stir in the cold cream. Dough should be too moist to roll out but firm enough to scoop.

Scoop the dough into 8 mounds on a parchment-lined baking sheet. Sprinkle with a bit of sugar and refrigerate for 15 minutes.

Bake for 12-15 minutes or until golden and fluffy. Remove and let cool slightly before serving.

For the filling:

Heat a grill pan over high heat.

Peel the pineapple and cut into 1-inch thick slices. Brush with vegetable oil and place on the grill. Grill on both sides until well marked. Remove and chop the grilled pineapple into small pieces. Combine with the raspberries and honey and toss -- the berries will break down slightly and the honey will melt onto the warm pineapple.

Whip the cream to soft peaks with the powdered sugar.

Serve the biscuits cut open and filled with plenty of fruit and a dollop of cream.