



Menu du Jour

13 May 06

Grilled Beef Kabobs

Gourmet Rice

(Serves four)

Grilled Beef Kebobs

Although kebobs are traditionally made with meat and vegetables on the same skewers, I prefer to cook the meat separately as it has a different cooking time than the vegetables. Whichever way you choose, these make for a nice grilled entrée. If you use bamboo skewers, soak them in water for at least an hour.

- 1 1/2 pounds top round steak (also called London broil)
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons Worcestershire sauce
- 3 tablespoons canola oil
- 1/4 cup Tamari soy sauce
- 2 tablespoons Cackalacky® Spiced Mustard (or yellow mustard)
- 2 cloves garlic, finely minced (about 1 teaspoon)
- Coarse kosher salt and freshly ground black pepper, to taste
- 2 large green bell peppers cut into chunks
- 12 fresh white button mushrooms, cleaned and stems removed
- 12 cherry tomatoes
- 2 small yellow onions, peeled and quartered

Prepare the marinade by combining the lemon juice, Worcestershire, oil, soy sauce, mustard and garlic. Whisk well to incorporate. Season to taste with salt and black pepper. Pour marinade into a large resealable food-grade storage bag.

Trim the steak and cut the beef into 1-inch cubes; add to the marinade. Marinate, refrigerated, for at least 12 hours. Remove beef cubes from marinade, reserving marinade.

Thread alternate pieces of vegetables onto 4 metal or bamboo skewers. Thread the beef cubes onto 4 metal or bamboo skewers. Bring the marinade to a boil, reduce heat and simmer for 5 minutes.

Preheat the grill for medium-high direct cooking. Grill the vegetable skewers, basting with reheated marinade and turning the skewers often, for about 10 minutes. Grill the beef skewers in the same manner to the desired degree of doneness, about 6 minutes for medium-rare. Allow 5 to 10 minutes longer cooking time for medium-well.

(Chef's note: Cackalacky Spiced Mustard is available on-line at Cackalacky.com.)



Gourmet Rice

Any type of rice – white, Jasmine, brown or wild – could be used for this recipe.

- 1 cup uncooked medium grain rice
- 1 (4-ounce) can mushroom stems and pieces
- 2 tablespoons diced green onion
- 1/4 cup diced green bell pepper
- 1/4 cup unsalted butter
- 1 teaspoon dried parsley
- 1 1/2 teaspoons Season-All[®] or Spike[®]
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups reduced chicken stock

Drain the mushrooms, reserving the liquid.

In a medium saucepan over medium heat, cook the mushrooms, onions and green pepper in butter for 2 to 3 minutes. Add the parsley, Season-All[®] and pepper; cook for 5 minutes. Pour the rice into the saucepan; add reserved mushroom liquid and stock. Bring to a boil, reduce heat, cover and cook 20 to 25 minutes or until all the liquid is absorbed.

(Chef's note: Spike[®] is an all-natural seasoning blend available in most health food stores. It was created by gourmet nutritionist Gaylord Hauser and is a blend of 39 herbs, vegetables and exotic spices. Season-All[®] is a blend of spices and herbs that gives foods a savory flavor and mild heat.)



Cooking & Presentation



Rich Turkey Stock After Cooking 3 Hours



Beef Resting On The Cooler Part Of The Grill



Grilled Beef & Vegetables
Gourmet Rice
Mixed Field Greens with Poppy Seed Dressing