

Here's the rub, the sauce and the marinades

With the Fourth of July just around the corner, there's no better time to share some of my favorite and unusual recipes for the grill. Following are some interesting ways to surprise your family and friends at a cookout this summer. I thought I would start by shining with a Michigan's Best



Collin Brown Here are the basic definitions of barbecue, grilling and smoking. ■ Barbecuing uses an indirect heat source that produces smoke and heat to cook the meat over longer periods of time.

■ Grilling involves cooking over direct heat and turning the meat frequently. This method is better for smaller cuts of meat.

■ Smoking produces distinctly different tasting meat, as well as a different texture. Smoking is the preferred method for cooking larger pieces of meat, such as brisket, turkey, roasting chicken or pork roast.

Here are tips for preparing the grill:

Clean the grill before each use by either raising the temperature to a level where any food particles are burned off, or by scraping off any residue with a wire brush.

Begin building your fire with a base of charcoal. The charcoal may be soaked in lighter fluid to begin the burning process, but allow the charcoal to burn for a minimum of 30-40 minutes to burn off the petroleum products before you start cooking.

If your grill is large enough, stack pieces of wood on top of the charcoals. If not, combine wood chips with the charcoal instead. I prefer to add the woodchips once the coals are hot so as to capture the smoky flavors quickly.

The temperature of your grill should be about 350° to 400° F. Use the "hand/palm" method: you should be able to hold your hand one inch above the grill's surface for approximately 4-5 seconds. When you have a steady source of heat, you may begin grilling.

Before placing your meat on the grill, coat the bars with a cooking oil to prevent sticking. Turn the meat and baste frequently with marinade to prevent drying out.

Keep a careful watch of the meat. It's easy to move from "perfect" to "overdone" very quickly! Always serve the meat immediately; it may continue to cook after being removed from the grill and thus dry out.

The following recipes include a few rubs, marinades and basting sauces for you to try. Enjoy!

SPICY PORK RUB

- 2 tablespoons sugar
- 2 tablespoons fresh ground black pepper
- 2 tablespoons paprika
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon nutmeg
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sage
- 1/2 teaspoon oregano

(This rub is for use with yellow mustard.) Combine dry ingredients in a bowl. With a pastry brush, coat the pork with a light covering of yellow mustard. Coat pork with the dry rub mixture.

Cover and refrigerate for up to 15 hours.

BEEF RUB

- 2 tablespoons salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon thyme
- 1 teaspoon ground bay leaf
- 1 teaspoon freshly ground black pepper

Combine all ingredients. Use as a seasoning.

PINEAPPLE MARINADE

- 1 cup fresh pineapple juice
- 1/2 cup turbinado sugar (also known as Sugar in the Raw,

brown sugar can be used as a substitute.)

- 1 tablespoon white vinegar
- 1 tablespoon soy sauce
- 1 tablespoon salt

Combine all ingredients. Marinate meat for 2-4 hours. Best on ribs or chicken.

COCONUT AND LEMON GRASS MARINADE

- 1 cup fresh coconut milk
- 1 stick lemon grass, finely chopped
- 1 teaspoon red chili pepper flakes
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger root, chopped
- 1/2 cup cilantro, chopped
- 1 sprig fresh mint, finely chopped
- 1 medium red onion, finely chopped
- 1/2 cup salt and pepper to taste

Combine all ingredients. Marinate the fish or meat for 4-6 hours. One of my favorites for fish or shrimp. It also works well for lobster, chicken or pork.

BEER BARBECUE SAUCE

- 1 cup warm beer
- 1 cup ketchup
- 1/2 cup white wine vinegar
- 1/2 cup Worcestershire sauce
- 1 tablespoon onion powder
- 1 teaspoon dry yellow mustard
- 1/2 cup brown sugar
- 1/2 cup onion, finely chopped
- Zest of one lemon

Combine all ingredients but the onion and lemon zest in a saucepan.

Bring to a boil and simmer for 10 minutes.

Add the onion and lemon zest and simmer for 5 minutes. Blend the mixture in a food processor or blender.

APPLE BUTTER BARBECUE SAUCE

- 1 quart apple butter
- 1/2 cup apple juice
- 1/2 cup apple cider vinegar
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dry mustard mixed with 1 tablespoon apple juice salt and pepper to taste

Combine all ingredients in a saucepan.

Simmer until well blended.

Adjust the sweet/tart balance by adding apple juice or apple cider vinegar as needed. Great on pork or chicken.

COFFEE BARBECUE SAUCE

- 1 cup strong coffee
- 1 cup Worcestershire sauce
- 1/2 cup ketchup
- 1/2 cup vinegar
- 1/2 cup brown sugar
- 1 tablespoon chili powder
- 2 cups onion, chopped
- 6 cloves garlic, crushed
- 2 tablespoons salt

Combine all ingredients in a saucepan. Simmer for 25 minutes.

MAPLE PLUM GLAZE

- 2 cups red plum jam
- 1/2 cup maple syrup
- 1/2 cup cider vinegar
- 1 tablespoon lemon zest, grated
- 1 tablespoon fresh lemon juice
- 1 tablespoon dry mustard
- 1/2 tablespoon fresh ground black pepper

Combine the ingredients and bring to a boil in a large saucepan over medium-high heat.

Immediately reduce heat to medium-low.

Simmer for 25 minutes, stirring often, until it becomes thick and bubbly.

Remove from heat and cool completely. Chill until ready for use. Use as a serving sauce with chicken, pork or turkey.

Chef Collin Brown is Executive Chef of the Townsend Hotel in Birmingham.

Brown studied culinary arts at the Glasgow College of Food Technology and has won an impressive array of awards, including the Scottish Chef of the Year, and was a member of the Scottish Olympic team, which won seven gold medals, six silver medals and four bronze medals in Frankfurt, Marled and the father of four children. Brown and his family reside in Auburn Hills. He welcomes comments and questions from readers. You can e-mail him at www.chef@townsendhotel.com.

TASTE CALENDAR

Nanny's Kitchen
Lian Halpin, owner of the New England Seafood Company, will instruct a seafood grilling cooking class 7 p.m. Thursday, June 26, at Nanny's Kitchen, 304 East Street in Rochester. Cost is \$45. Bring a folding lawn chair because the class will be held outside to register, visit Nanny's or the web site at www.nannyskitchen.com or call (248) 651-1627.

Wright Watchers
Chef Tim Cirka will conduct cooking demonstrations throughout the month of June for Wright Watchers, including the following dates and locations: 7 p.m., Thursday, June 26 at the Wright Watchers Center, Northwoods Shopping Center, 30935 North Woodward, Birmingham. The demonstrations are free and the public is invited. Call 1-(888)-3-FLORINE for information.

Wine and Food Festival

Nearly 20 Michigan wineries showcasing more than 100 varieties of fine wine, along with cooking demonstrations, wine seminars and live entertainment take center stage at the 2003 Michigan Wine and Food Festival June 27-29 at Meadow Brook in Rochester Hills. Here is a schedule of seminars: Rick Michels, chef at Olive Thanks Bakery of Rochester, discusses the preparation of blueberry cream cheese friter tart with butter streusel topping, 5 p.m., Friday, June 27; David Creighton, Michigan Grape and Wine Industry Council, on "How to be a Wine Taster," 6 and 8 p.m., Friday, June 27; Mario Etemad, certified executive chef, Palace Sports & Entertainment of Auburn Hills, Portuguese style grilled pork, chorizo sausage, baby clams and fresh tomatoes with Yukon gold potatoes on a bed of wild spinach, 7 p.m., Friday, June 27; and Randy Smith, chef at Plum Hollow Country Club of Southfield and Fall Daddy's Restaurant in Oxford, Getting Crazy with Mushrooms at 9 p.m. On Saturday, June 28, Randy Emert, certified executive chef and executive chef at Great Oaks Country Club in Rochester, will discuss chilled soups (see related story on Taste front) at 1 p.m. Creighton will discuss wine tasting at 2 p.m.

chef Ted Teeler of P.F.Chang's China Bistro at the Somerset Collection in Troy will discuss stir-fried spicy eggplant, served with Chang's chicken in a soothing lettuce wrap at 3 p.m. Creighton returns at 4 p.m. and later at 6 p.m. to discuss great summer wines, then at 5 p.m. Chef Kipp Bourdeau of the Bistro Bourdeau in Auburn Hills will talk about fish dough and spinach fritas, with mushroom and chicken stuffed shrimp with John Jonsa of Market's Five Wine discusses how to wine taste at 6 p.m. and at 7 p.m. Felix Famin, chef and host of Felix's Family Adventures on the Food Network, demonstrates his African Durian stuffed shrimp with Kachumburi slaw On Sunday, June 29, Sous chef Jeff Evans of Steve & Rocky's Now demonstrates yellow fin tuna with sesame hoisin glaze and crispy ginger and carrots at 1 p.m., then at 2 p.m. Creighton discusses how to be a wine taster. At 3 p.m. chef Frank Turner of More's - A Michigan Bistro in Birmingham Farms demonstrates a confit of duck leg salad, savory morel and ramp bread pudding, trout, lavender infused grilled stone dressing.

Healthy cooking

Valerie Wilson (Macro Vell) will instruct healthy cooking classes this summer. She will appear at A Taste of Summer, 11 a.m.-3 p.m. Saturday, June 28 at Whole Foods, 1424 Walton Blvd., Rochester Hills. Guests can purchase an autographed copy of Wilson's cookbook, Perceptions in Healthy Cooking and taste some dishes. She will host a pot luck picnic in Hines Park 2-5 p.m. Saturday, July 26. Admission is \$5 for guests who bring a dish to share or \$10 without a dish. Guests are asked to bring foods that are sugar-free, dairy-free and meat-free! Learn how to prepare your favorite Chinese foods at Chinese Food 2003 taught 6-9 p.m. Wednesday, July 30, at 30551 Kraviter, Apt 3c, Garden City, MI 48135. Class fee is \$25. Wilson will also offer a four week beginning cooking series in September. All classes must be prepaid. Call (134) 261-2856 or visit macrovell.com for information.

CLARIFICATION

The Taste section in Thursday, June 19 edition of the Observer and Eccentric Newspapers published photos of cherry pie and cherry salsa that were inadvertently placed on the wrong recipes.

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