

# Tasty Recipes for You to Try



@ Home on The Range. A show about cooking, exclusively on EPlusTV cable channel 6. Visit [www.eplustv6.com](http://www.eplustv6.com) for schedule & more recipes.



## Spicy Southwest Chipotle Sauce

Recipe doubled for ease of preparation in blender

Shared by:  
Dr. Steve Hammond

### Ingredients:

- 1/2 C. red wine vinegar
- 4 cloves fresh garlic, chopped
- 4 chipotle chiles in adobo sauce, chopped
- 2 tsp. honey
- 1/2 tsp. kosher salt
- 1/2 tsp. fresh ground pepper
- 1/2 C. chopped cilantro leaves (I used cilantro paste, approx 2 tbsp)

### Directions:

1. Blend all ingredients in a blender until smooth.
2. Slowly drizzle 1 cup of canola oil while blending to emulsify. (To emulsify means to combine two liquids that normally do not combine easily, such as oil and vinegar. This is done by slowly adding one ingredient to another while whisking rapidly. This will disperse and suspend one liquid throughout the other.)
3. For best results, serve at room temperature. Great served over grilled pork tenderloin, flank steak or chicken.

### Grilling Tips:

Cooking is 50% chemistry and 50% imagination, so don't be afraid to experiment even if you have an occasional failure. And, with the inexpensive meat choices today, you can do a lot with just a few ingredients. The more simple you keep it, the less you'll have to remember. Whether you grill with charcoal or gas, you can achieve great tasting results by considering the following tips:

# Tasty Recipes for You to Try



**A. Finishing in the Oven.** To start, meat is grilled on the grill to about 75% of its desired serving temperature. The additional cooking follows in the oven. This gives the opportunity to grill hours or even days ahead of time. In the summer, cook small pork tenderloins approximately 30 to 45 minutes, depending on how many and how much time the hood of the grill is open (during basting, the temperature in the grill goes down). Cook half chickens for about 40 to 50 minutes or until the skin is nice and browned (Remember, it is not thoroughly cooked, so do not eat yet - eating underdone chicken can make you sick). If the meat is cold, it may take a little longer. I don't use a meat thermometer, I can usually tell by the texture of the meat when it's time to take it off. If the meat stands at room temperature more than 6 hours before finishing in the oven, I suggest refrigeration.

Once the meat is grilled, it is finished in the oven. Chicken can be put in a roasting pan covered with marinade in bottom. Wrap pork tenderloin in aluminum foil and put on a cookie sheet with a nice lip to avoid juice running over the edge. Set the oven temperature at 375 degrees. Cook chicken for 1 hour; pork tenderloin for 40 minutes. If you have refrigerated the meat, allow it to come to room temperature first, or add 5 minutes to the cooking time. Remove the pork and let it set for a few minutes before cutting. Have a gravy boat handy to catch the juice that has collected in the aluminum foil "boat". The chicken may fall apart getting it out of the roasting pan.

Finishing in the oven has several advantages. The person grilling can spend time with guests inside instead of running in and out checking his creation. The person grilling can enjoy his creation more if he/she isn't saturated with smoke. Most of our taste is actually related to our ability to smell. When our olfactory (smelling apparatus) is overwhelmed with a strong smell, we can't taste well. The griller can come in, take a shower, and breathe fresh air for a few hours, clearing the nose. He or she will enjoy the whole meal more. Finally the meat is better, I think. Oven finishing makes the half chicken meat very juicy and tender and always cooked thoroughly. The pork is also cooked thoroughly, but not overcooked. Don't be afraid of pork that is slightly pink (Never eat chicken that is undercooked). Overcooked pork is dry and chalky, this is tender and juicy. Beef tenderloin is especially awesome done this way. Trim the fat and leave a little fat on. Cook at 5 minutes a pound on hot grill, turning and basting with olive oil + cayenne pepper, every 5 minutes or so. Don't let it scorch. Once its done, wrap immediately with aluminum foil. This will need to be finished in the oven for 40 to 50 minutes at 375 degrees depending on whether you like it medium rare or medium (rare a little less). Always, let it rest for 10 minutes or so at room temperature before taking the aluminum foil off.

**B. Resting.** Any large piece of meat like pork or beef tenderloin and even individual steaks are better if you immediately wrap them in aluminum foil when they come off the grill. They continue to cook this way and the cooking is more even. Allow to stand for 5-10 minutes before serving.



# Tasty Recipes for You to Try



- C. Marinate.** To help tenderize and flavor your meat, marinate it with anything you like. I like Wickers® for chicken and Dales® for beef or pork. Marinating works best if you put the meat and marinade in a large zip top bag and marinate 30 minutes to 1 hour ahead of time but this is not critical. Dales is salty so no additional seasoning is necessary. Avoid sweet or tomato-based marinades. They will burn on the grill fire. If you like these, add them at the end of grilling.
- D. Baste.** Meats that contain little fat grill better basted with Olive Oil. I add a teaspoon of cayenne pepper to half a cup of olive oil. Most of this runs off, but the residual gives the outside of the meat just a little kick!
- E. Smoke.** To give meats a great smoky flavor, purchase a cast iron smoker box. You can find it at Lowes® or Home Depot®. Walmart® carries it in the summer. Just add dry wood chips and put directly on the burner of your gas grill. I used to be a charcoal snob, but this smoker box has made me a convert. I like gas because I can grill at a moment's notice (which sometimes is all I get!)

