

Choose the Ultimate BBQ Recipe and Win! See page 24

# BON APPÉTIT

JULY 2006

AMERICA'S FOOD AND ENTERTAINING MAGAZINE

## BBQ

### TRICKS FROM THE MASTERS

BEST-EVER STEAKS, RIBS, CHICKEN & SHRIMP

Make a Perfect Shortcake page 117

# 4<sup>TH</sup> OF JULY

## BURGERS ON THE GRILL

Taste the Smoke An Expert Pitmaster Tells All page 110



Andouille and Beef Burger with Blue Cheese page 68

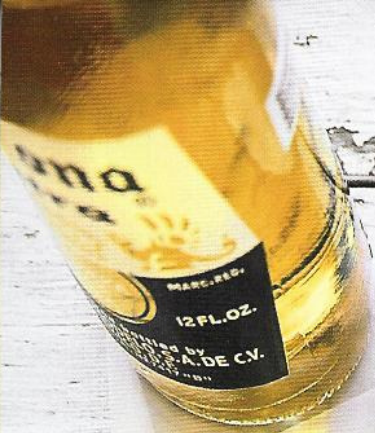
\$3.99  
CANADA \$4.99  
FOREIGN \$4.99



bonappetit.com

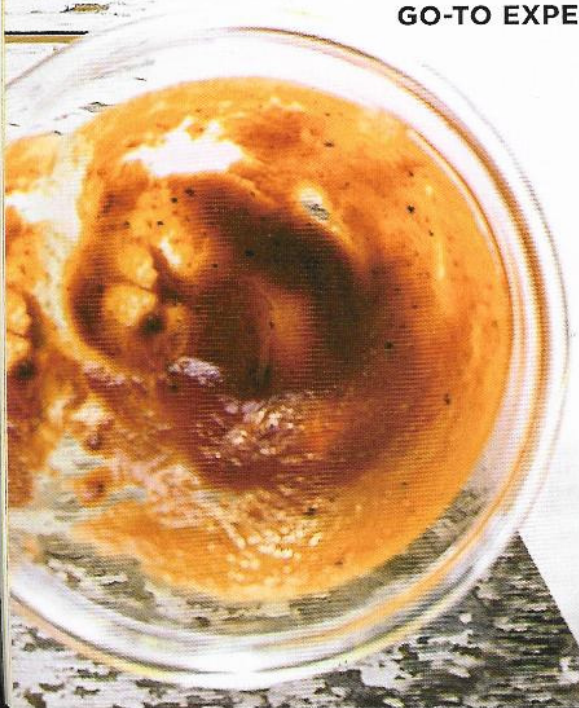
SUMMER VEGGIE PASTA & MORE FAST WEEKNIGHT DINNERS





# THE BBQ MASTERS

WHEN IT COMES TO THE MAIN EVENT—  
CHOPS, STEAKS, RIBS, OR OTHERWISE—THESE  
GO-TO EXPERTS ARE A SUMMERTIME DREAM TEAM



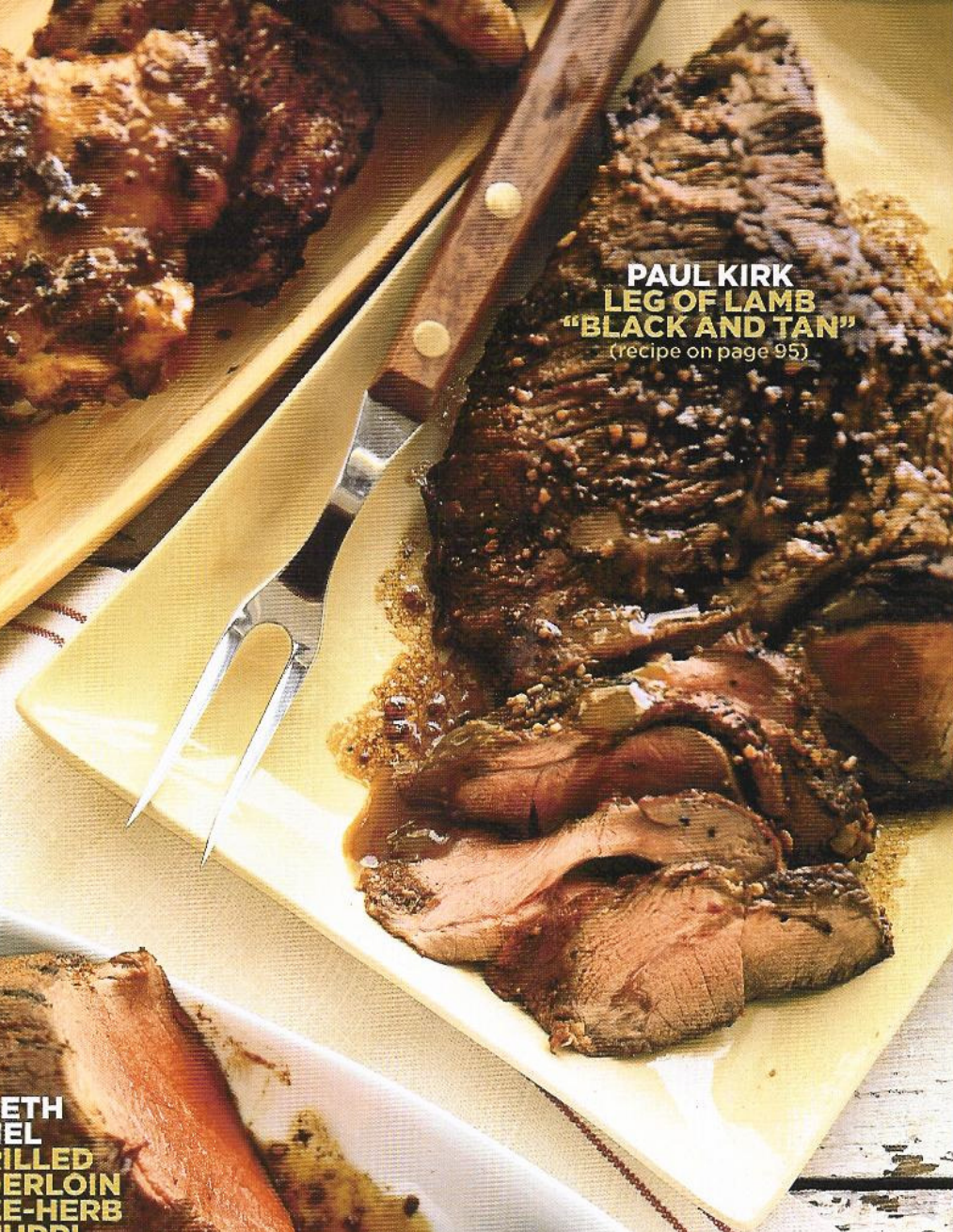
FOOD PHOTOGRAPHY BY MARK THOMAS



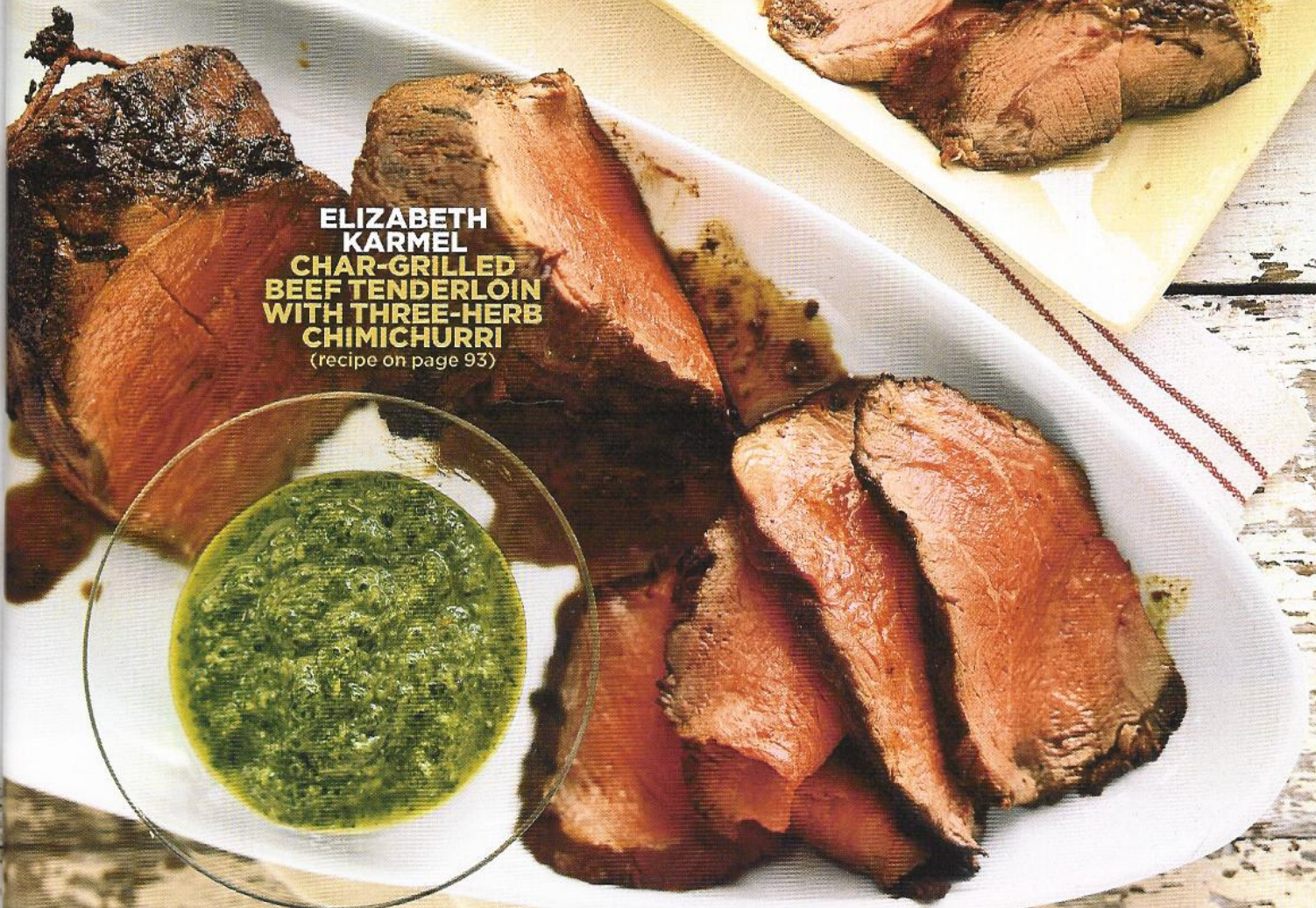




**KENNY  
CALLAGHAN**  
**SPICY CHIPOTLE  
GRILLED CHICKEN**  
(recipe on page 91)



**PAUL KIRK**  
**LEG OF LAMB**  
**"BLACK AND TAN"**  
(recipe on page 95)



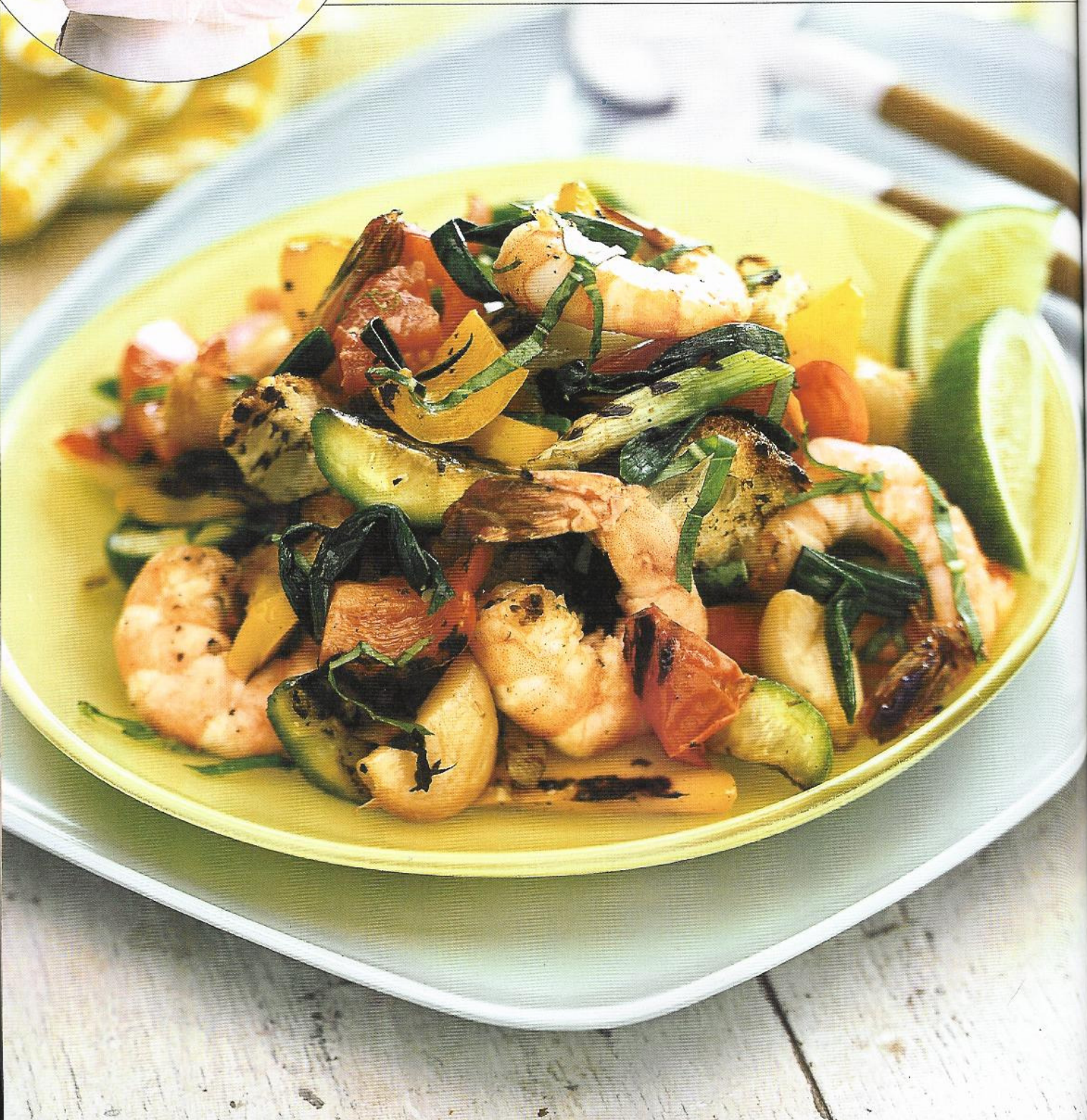
**ELIZABETH  
KARMEI**  
**CHAR-GRILLED  
BEEF TENDERLOIN  
WITH THREE-HERB  
CHIMICHURRI**  
(recipe on page 93)





## ELIZABETH KARMEL

**"HAVING GROWN UP IN NORTH CAROLINA, I'VE GOT BARBECUE IN MY BLOOD,"** says Karmel. It was practically a given, then, that she'd work in the grilling industry, which she did for years. But when she started noticing that she was often the only girl at the grill, Karmel took action: She moved into teaching and writing (most recently, *Taming the Flame*, a grilling cookbook) to get women to embrace grilling and barbecue as an everyday way to cook. But she has male students, too. "Men and women cook very differently on the grill," she observes. "Men are most interested in cooking meat, while women are more apt to experiment."



Portrait photography by Raymond Patrick; Fashion styling by Abby Johnson; Hair and makeup by Assumpta Clohessy/Susan Price Inc.; Fashion by Chico's

All of  
gasp  
onio  
turn  
2  
3/4  
1 1/2  
8  
2  
1  
1  
1 1/2  
2  
2  
1  
1  
Pr  
Se  
Pl  
of  
oli  
Pl  
ga  
30  
tab  
coa  
Com  
swe  
tab  
Arr



## ◀ Grilled Gazpacho Salad with Shrimp

All of the ingredients that make gazpacho so yummy—tomatoes, onions, cucumbers, and bell peppers—turn up in this main-course salad.

### 6 SERVINGS

- 2 medium heads of garlic, separated into cloves, peeled (about 24 cloves)
- ¾ cup olive oil, divided
- 1½ pounds uncooked large shrimp, deveined but with shells intact
- 8 firm plum tomatoes, halved lengthwise
- 2 bunches green onions; root ends trimmed, onions left whole
- 1 1-pound sweet onion (such as Vidalia or Maui), cut into ½-inch-thick slices
- 1 red bell pepper, quartered, cored
- 1 yellow bell pepper, quartered, cored
- 1½ large English hothouse cucumbers, peeled, halved lengthwise
- 2 6x3x1-inch slices country-style bread
- 2 cups grape tomatoes, halved (about 1 pint)
- ¼ cup red wine vinegar
- 1 teaspoon hot pepper sauce
- ½ cup thinly sliced fresh basil
- Lime wedges

Prepare barbecue (medium-high heat). Set aside 2 garlic cloves for bread slices. Place remaining garlic on double layer of heavy-duty foil; drizzle 3 tablespoons olive oil over. Fold up and seal packet. Place directly on grill rack and cook until garlic is very tender and golden, about 30 minutes. Open packet; cool garlic.

Toss shrimp (in shells) and 1 tablespoon oil in medium bowl to coat; sprinkle with salt and pepper. Combine plum tomatoes, green onions, sweet onion, both bell peppers, and 2 tablespoons oil in large bowl; toss to coat. Arrange cucumber halves and bread slices

on baking sheet; brush with 2 tablespoons oil. Sprinkle all vegetables with salt and pepper. Grill shrimp until just opaque, about 2½ minutes per side; transfer to another bowl and cool. Grill vegetables until crisp-tender, turning frequently, about 3 minutes for plum tomatoes and green onions, 5 minutes for cucumbers, and 15 minutes for sweet onion and bell peppers. Transfer to large rimmed baking sheet. Grill bread slices until just beginning to crisp and grill marks appear, about 2½ minutes per side. Rub bread with reserved garlic cloves, then discard garlic cloves.

Peel shrimp; transfer to large bowl. Cut all vegetables and bread into ½- to ¾-inch pieces; add to shrimp along with any accumulated juices. Stir in grilled garlic cloves and grape tomatoes. Whisk vinegar, hot pepper sauce, and remaining 4 tablespoons oil in small bowl; pour over salad and toss to coat. **DO AHEAD** Can be made 1½ hours ahead. Let stand at room temperature.

Stir thinly sliced basil into salad. Season salad to taste with salt and pepper. Serve with lime wedges.

### TEST-KITCHEN TIP

Look for deveined shrimp—fresh or frozen—with the shells still intact. They're easier to peel after grilling.

## Char-Grilled Beef Tenderloin with Three-Herb Chimichurri

### 8 TO 10 SERVINGS

#### SPICE RUB

- 2 tablespoons dark brown sugar
- 1 tablespoon sweet smoked paprika\*
- 1 tablespoon coarse kosher salt
- 1½ teaspoons chipotle chile powder or ancho chile powder
- 1 teaspoon ground black pepper

#### CHIMICHURRI SAUCE

- ¾ cup olive oil
- 3 tablespoons Sherry wine vinegar or red wine vinegar
- 3 tablespoons fresh lemon juice

- 3 garlic cloves, peeled
- 2 medium shallots, peeled, quartered
- 1 teaspoon fine sea salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon dried crushed red pepper
- 3 cups (packed) stemmed fresh parsley
- 2 cups (packed) stemmed fresh cilantro
- 1 cup (packed) stemmed fresh mint

#### BEEF TENDERLOIN

- 1 3½-pound beef tenderloin
- 2 tablespoons olive oil

**FOR SPICE RUB:** Combine all ingredients in small bowl. **DO AHEAD** Can be made 2 days ahead. Store airtight at room temperature.

**FOR CHIMICHURRI SAUCE:** Combine first 8 ingredients in blender; blend until almost smooth. Add ¼ of parsley, ¼ of cilantro, and ¼ of mint; blend until incorporated. Add remaining herbs in 3 more additions, pureeing until almost smooth after each addition. **DO AHEAD** Can be made 3 hours ahead. Cover; chill.

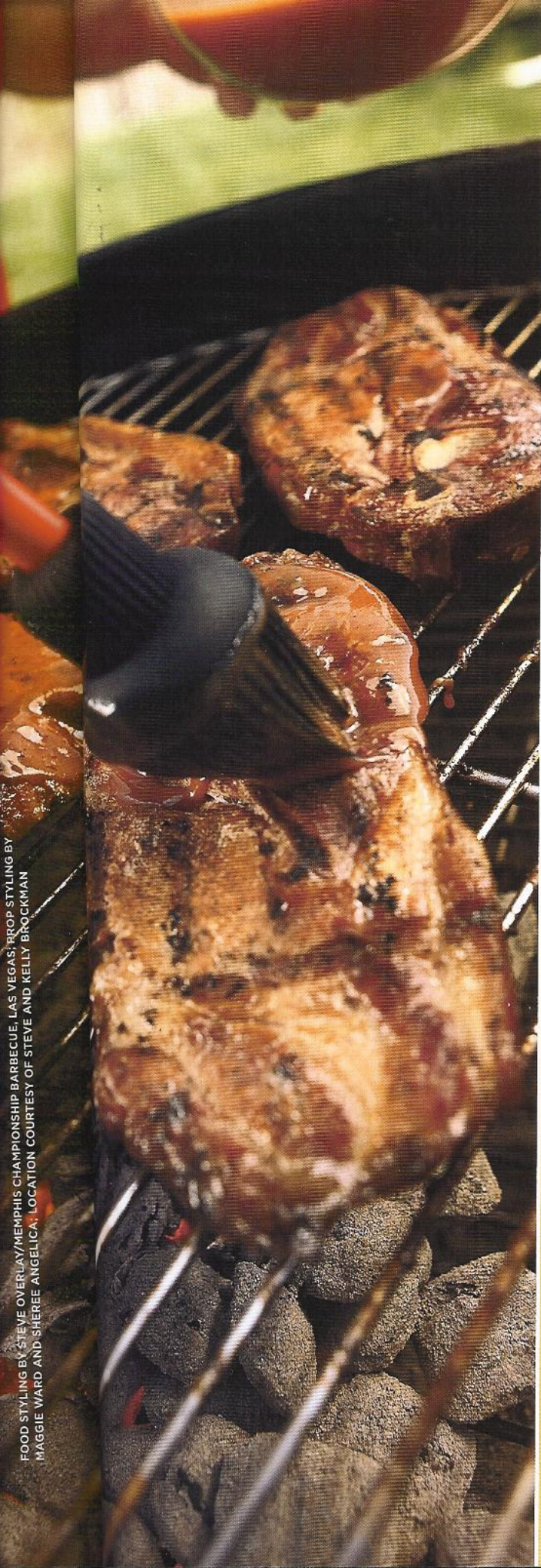
**FOR BEEF TENDERLOIN:** Let beef stand at room temperature 1 hour.

Prepare barbecue (high heat). Pat beef dry with paper towels; brush with oil. Sprinkle all over with spice rub, using all of mixture (coating will be thick). Place beef on grill; sear 2 minutes on each side. Reduce heat to medium-high. Grill uncovered until instant-read thermometer inserted into thickest part of beef registers 130°F for medium-rare, moving beef to cooler part of grill as needed to prevent burning, and turning occasionally, about 40 minutes. Transfer to platter; cover loosely with foil and let rest 15 minutes. Thinly slice beef crosswise. Serve with chimichurri sauce.

\*Available at specialty foods stores and from tienda.com. ➤



FOOD STYLING BY STEVE OVERLAY/MEMPHIS CHAMPIONSHIP BARBECUE, LAS VEGAS; PROP STYLING BY MAGGIE WARD AND SHEREE ANGELICA; LOCATION COURTESY OF STEVE AND KELLY BROCKMAN



## SIMPLY SMOKIN'

Mike Mills is a die-hard charcoal grill kind of guy. We didn't want the gas grill owners to miss out, so we've provided smoking how-tos for both charcoal and gas grills.

### 1 PREPARE THE GRILL, FOLLOWING THE INSTRUCTIONS FOR YOUR TYPE OF GRILL.

> **For charcoal grill:** Light 30 briquettes in charcoal chimney starter. Remove top rack from grill and place 1 disposable aluminum pan on 1 side of grill. When briquettes are ash gray, pour into bottom of grill on side opposite aluminum pan. Spread 2 cups drained wood chips over briquettes. Return rack to grill; close lid.

> **For 2-burner gas grill:** Remove rack and place 1 disposable aluminum pan over each burner. Pour 2 cups wood chips into 1 pan and light burner (medium-low to medium heat) under it. Return rack to grill; close lid.

> **For 3-burner gas grill:** Remove rack and place 1 disposable aluminum pan over each of 3 burners. Divide 2 cups wood chips between left and right pans (leave middle pan empty) and light burners (medium-low to medium heat) under filled pans. Return rack to grill; close lid.

**2 FOR ALL GRILLS:** When chips begin to smoke, place pork steaks on rack over empty aluminum pan. Close lid; insert thermometer into opening in lid.

**3 FOR ALL GRILLS:** Smoke pork 1½ hours. Turn pork over. Maintain grill's internal temperature between 225°F and 250°F by opening and closing vents, adjusting gas grill's burners, or adding more hot briquettes from chimney starter to charcoal grill.

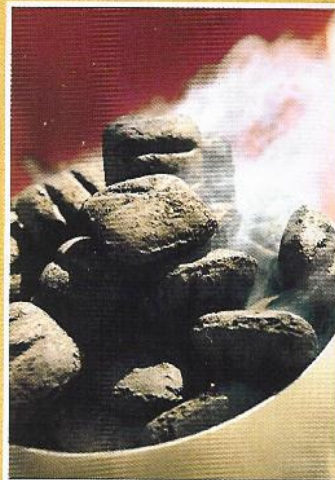
### 4 REFUEL, FOLLOWING THE INSTRUCTIONS FOR YOUR TYPE OF GRILL.

> **For charcoal grill:** Light 15 more briquettes in chimney starter, add to same side of grill, and spread remaining 2 cups wood chips over.

> **For 2-burner gas grill:** Pour remaining 2 cups wood chips in same pan.

> **For 3-burner gas grill:** Divide remaining 2 cups wood chips between same 2 pans.

**5 FOR ALL GRILLS:** Replace lid and maintain grill's internal temperature. Continue smoking until thermometer inserted horizontally into pork registers 160°F, turning occasionally, about 1½ hours longer. To continue, see "FOR FINAL GRILLING" (opposite). ■



*Mike Mills is the chef-owner of 17th Street Bar & Grill restaurants in southern Illinois and Memphis Championship Barbecue restaurants in Las Vegas. His cookbook is Peace, Love, and Barbecue.*