

# Campfire Cookin'



*As this Gourmet Club year comes to an end,  
Let us celebrate with our cookin' friends.*

*To fully take part in this month's theme, we should prepare this meal over an open fire at the house of group member that has a fire pit or at your local favorite picnic spot such as Dxbow Park or Chester Woods Park*

## Sides

*Grilled Corn on the Cob  
Grilled Vegetable and Bread Salad*

## Main Dishes

*Lemon-Thyme Wood-Grilled Salmon  
Lone Star Steak with Potato Dinner*

## Desserts

*Homemade Graham Crackers & Marshmallows  
for Delicious S'mores  
Honey Glazed Grilled Pineapple  
topped with Vanilla Ice-Cream*

## Drinks

## **Grilled Corn on the Cob**

*Published July 1, 1995. Cooks Illustrated.com*

Why this recipe works:

When developing our grilled corn recipe, we found that corn cooked in its grassy husks consistently picked up the husks' pleasant, fermented, earthy smell. It was important to soak the ears for 30 minutes before grilling, which prevented them from drying out while cooking.

**Serves 4**

### ***Ingredients***

- 4 ears fresh yellow corn
- Butter

### ***Instructions***

1. Remove silk from the fresh ears of corn by pulling husks a little over half way down. Remove silk, rinsing under cool running water to wash away silk sticking to ear. Pull husks back up the ear of corn. Tie with a thin strip of husk or piece of kitchen twine. Soak in cold water to cover for at least 30 minutes.
2. Heat grill. When grill is hot, place silked and soaked ears of corn on grill rack. Grill over high heat, turning corn by quarter turns, until husks char, 15 to 20 minutes. Serve whole with butter, salt and pepper on the side.

<http://www.cooksillustrated.com/recipes/detail.asp?docid=5764>

## **Grilled Vegetable and Bread Salad**

*America's Test Kitchen Light & Healthy 2010*

Serves 4

### ***Notes***

A rustic round loaf, or a baguette sliced on the extreme bias, works best for this recipe. Be sure to use high quality bread.

### ***Ingredients***

3 tablespoons extra-virgin olive oil  
2 tablespoons chopped fresh basil  
4 teaspoons fresh lemon juice plus 1 teaspoon grated lemon zest  
1 teaspoon Dijon mustard  
1 garlic clove, minced  
Salt and pepper  
1 red onion, sliced into ½ inch thick rounds  
2 red bell peppers, stemmed, seeded, and quartered  
2 zucchini, halved lengthwise  
Vegetable oil spray  
6 ounces French or Italian bread, cut into 1-inch thick slices (see note)  
2 ounces goat cheese, crumbled (about ½ cup)

### ***Instructions***

1. Whisk the oil, basil, lemon juice, lemon zest, mustard, garlic, 1/8 teaspoon salt, and 1/8 teaspoon pepper together in a large bowl and set aside.
2. Thread the onion rounds, from side to side, onto two metal skewers. Lightly coat the onion, bell peppers, and zucchini with vegetable oil spray, and season with 1/8 teaspoon salt and 1/8 teaspoon pepper.
3. For a Charcoal Grill: Open the bottom grill vents completely. Light a large chimney starter half full with charcoal briquettes. When the coals are hot, spread them in an even layer over the grill. Set the cooking grate in place, cover and open the lid vents completely. Heat the grill until hot, about 5 minutes.
4. Clean and oil the cooking grate. Place the vegetables on one half of the grill and cook until spottily charred on both sides, 10 to 15 minutes, flipping them halfway through. Transfer the vegetables to a cutting board and remove the onions from the skewers.

5. While the vegetables cook, lightly coat the bread slices with vegetable oil spray and season with 1/8 teaspoon salt and 1/8 teaspoon pepper. Place the bread slices on the grill, opposite the vegetables, and cook until golden brown on both sides, about 4 minutes, flipping the slices halfway through. Transfer the bread to the cutting board with the vegetables.
6. Cut the vegetable into 1-inch pieces and the bread slices into 1 inch cubes. Add the vegetables and bread to the bowl with the vinaigrette and toss to coat. Divide the salad evenly among individual plates, sprinkle the cheese evenly over the salads, and serve.

### **Lemon-Thyme Wood-Grilled Salmon**

*America's Test Kitchen Light & Healthy 2010*

Serves 4

#### **Notes**

Why this recipe works:

To create the same flavor of cedar planks for our Lemon-Thyme Wood-Grilled Salmon (without having to mail-order them), we settled on wood chips (available in most hardware stores) and made individual aluminum foil trays to hold the chips and salmon. To prevent the salmon from sticking to the wood chips, we left the skin on, as it easily separated from the cooked fish.

Poking a few slits in the bottom of the foil allowed more heat to reach the wood chips, which caused them to release more of their woody but not overly smoky flavor.

Coating each fillet with a thin layer of Dijon mustard and a light sprinkling of fresh thyme, lemon zest, and granulated sugar produced a golden, mildly sweet exterior.

Aromatic woods such as cedar and alder give the most authentic flavor.

#### **Ingredients**

- 1 1/2 teaspoons sugar
- 2 teaspoons minced fresh thyme
- 1 1/2 teaspoons grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 skin-on salmon fillets, (each 6 to 8 ounces and 1 1/4 inches thick)
- 2 tablespoons Dijon mustard
- 2 cups wood chips, soaked for 15 minutes and drained

#### **Directions**

1. Combine sugar, thyme, lemon zest, salt, and pepper in small bowl. Pat salmon dry with paper towels. Brush flesh side of salmon with mustard and rub evenly with the sugar mixture. Use heavy-duty aluminum foil to make four 7 x 5-inch trays. Perforate bottom of each tray with the tip of a knife. Divide wood chips among trays and place salmon skin-side down on top of wood chips.
2. For a Charcoal Grill: Open the bottom grill vents completely. Light a large chimney starter filled full with charcoal briquettes. When the coals are hot, spread them in an even layer over the grill. Set the cooking grate in place, cover and heat the grill until hot, about 5 minutes.
3. Clean and oil the cooking grate. Place the trays on the grate. Cook until the sides of the salmon are opaque and the thickest part of the fillets are still just translucent, about 10-15 minutes.
4. Remove the trays from grill. Slide metal spatula between the skin and the flesh of salmon, transfer to platter, and serve.

### **Lone Star Steak and Potato Dinner**

*Main Courses 365 Cookbook*

#### **Ingredients:**

- 3 tablespoons olive oil
- 5 large garlic cloves, minced
- 1 teaspoon coarse black pepper
- 1/2 teaspoon ground allspice

1 teaspoon ground cumin  
½ teaspoon chili powder  
2 teaspoons dried oregano  
1 tablespoon cider vinegar  
4 boneless sirloin steaks, ¾ inch thick  
salt  
tomato salsa, for serving

**For the Potatoes:**

¼ cup vegetable oil  
1 onion, chopped  
1 teaspoon salt  
2 pounds potatoes, boiled and diced  
2-5 tablespoons chopped canned green chilies, to taste

**Directions:**

Heat the olive oil in a heavy skillet. When hot, add the garlic and cook, stirring often, until tender and just brown, about 3 minutes, do not let the garlic burn.

Transfer the garlic and oil to a shallow dish large enough to hold the steaks in one layer.

Add the pepper, allspice, cumin, chili powder oregano and vinegar to the garlic and stir to blend thoroughly. If necessary, add just enough water to obtain a moderately thick paste.

Add the steaks to the dish and turn to coat evenly on both sides with the spice mixture. Cover and let stand for 2 hours, or refrigerate the steaks overnight. (Bring the steaks to room temperature 30 minutes before cooking.)

For the potatoes, heat the oil in a large nonstick skillet. Add the onion and salt. Cook over medium heat until softened, about 5 minutes. Add the potatoes and chilies, Cook, stirring occasionally, until well browned, 15-20 minutes.

Season the steaks on both sides with salt to taste. Prepare the fire, and when the coals are glowing red and covered with grey ash, spread them in a single layer. Cook the steaks in the center of an oiled grill rack set about 5 inches above the coals for 1 minute per side to sear them. Move them away from the center and cook for 10-12 minutes, or longer for medium rare, turning once.

**Graham Crackers**

Recipe courtesy Alton Brown, 2008

**Ingredients**

- 8 3/8 ounces graham flour
- 1 7/8 ounces all-purpose flour
- 3 ounces dark brown sugar
- 3/4 teaspoon aluminum-free baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/8 teaspoon ground cinnamon
- 3 ounces unsalted butter, cut into 1/4-inch cubes and chilled
- 2 1/4 ounces molasses
- 1 1/2 ounces whole milk
- 1/2 teaspoon vanilla extract

**Directions**

Place both flours, sugar, baking powder, baking soda, salt and cinnamon into the bowl of a food processor and pulse several times to combine. Add the butter and pulse until the mixture resembles cornmeal. Add the molasses, milk and vanilla extract and process until the dough forms a ball, approximately 1 minute. Press the ball into a 1/2-inch thick disk, wrap in plastic wrap, and refrigerate for 30 minutes.

Preheat the oven to 350 degrees F.

Unwrap the chilled dough and place it onto a large piece of parchment paper and top with a second sheet of parchment paper. Roll the dough out until it is 1/8-inch thick. Slide the rolled dough and parchment paper onto a half sheet pan. Remove the top sheet of parchment paper and cut the dough, using a rolling pizza cutter into 2-inch square pieces, by making vertical and then horizontal cuts all the way across the dough. Trim off any excess. Using a fork, poke holes all over the top of the dough. Leave the crackers on the pan and bake on the middle rack of the oven for 25 minutes or until the edges just start to darken. Remove from the oven, set the sheet pan with the crackers on a cooling rack and allow to cool completely. Once completely cool, break into individual crackers and store in an airtight container for up to 2 weeks.

<http://www.foodnetwork.com/recipes/alton-brown/graham-crackers-recipe/index.html>

### **Homemade Marshmallows**

Recipe courtesy Alton Brown, 2007

#### **Ingredients**

- 3 packages unflavored gelatin
- 1 cup ice cold water, divided
- 12 ounces granulated sugar, approximately 1 1/2 cups
- 1 cup light corn syrup
- 1/4 teaspoon kosher salt
- 1 teaspoon vanilla extract
- 1/4 cup confectioners' sugar
- 1/4 cup cornstarch
- Nonstick spray

#### **Directions**

Place the gelatin into the bowl of a stand mixer along with 1/2 cup of the water. Have the whisk attachment standing by.

In a small saucepan combine the remaining 1/2 cup water, granulated sugar, corn syrup and salt. Place over medium high heat, cover and allow to cook for 3 to 4 minutes. Uncover, clip a candy thermometer onto the side of the pan and continue to cook until the mixture reaches 240 degrees F, approximately 7 to 8 minutes. Once the mixture reaches this temperature, immediately remove from the heat.

Turn the mixer on low speed and, while running, slowly pour the sugar syrup down the side of the bowl into the gelatin mixture. Once you have added all of the syrup, increase the speed to high. Continue to whip until the mixture becomes very thick and is lukewarm, approximately 12 to 15 minutes. Add the vanilla during the last minute of whipping. While the mixture is whipping prepare the pans as follows.

#### **For regular marshmallows:**

Combine the confectioners' sugar and cornstarch in a small bowl. Lightly spray a 13 by 9-inch metal baking pan with nonstick cooking spray. Add the sugar and cornstarch mixture and move around to completely coat the bottom and sides of the pan. Return the remaining mixture to the bowl for later use.

When ready, pour the mixture into the prepared pan, using a lightly oiled spatula for spreading evenly into the pan. Dust the top with enough of the remaining sugar and cornstarch mixture to lightly cover. Reserve the rest for later. Allow the marshmallows to sit uncovered for at least 4 hours and up to overnight.

Turn the marshmallows out onto a cutting board and cut into 1-inch squares using a pizza wheel dusted with the confectioners' sugar mixture. Once cut, lightly dust all sides of each marshmallow with the remaining mixture, using additional if necessary. Store in an airtight container for up to 3 weeks.

#### **For miniature marshmallows:**

Combine the confectioners' sugar and cornstarch in a small bowl. Line 4 half sheet pans with parchment paper, spray the paper with nonstick cooking spray and dust with the confectioners' sugar mixture.

Scoop the mixture into a piping bag fitted with a 1/2-inch round piping tip. Pipe the mixture onto the prepared sheet pans lengthwise, leaving about 1-inch between each strip. Sprinkle the tops with enough of the remaining cornstarch and sugar mixture to lightly cover. Let the strips set for 4 hours or up to overnight.

Cut into 1/2 inch pieces using a pizza wheel or scissors dusted with the confectioners' sugar mixture. Once cut, lightly dust all sides of each marshmallow with the remaining sugar mixture and store in an airtight container for up to a week.

<http://www.foodnetwork.com/recipes/alton-brown/homemade-marshmallows-recipe/index.html>

Buy some good quality **chocolate** to make the S'mores. Enjoy!

### **Honey Glazed Grilled Pineapple**

Recipe courtesy Melissa d'Arabian

#### **Ingredients**

- 1/2 cup honey
- Juice of 2 limes (depending on how juicy the limes are)
- 1 teaspoon ground cinnamon
- 1 pineapple, cut into 3/4-inch thick rings, core removed
- Vanilla ice cream

#### **Directions**

In a baking dish, mix together the honey, lime juice, and cinnamon. Place the pineapple slices in the glaze and let marinate 2 hours, turning occasionally.

Preheat a grill pan over medium heat.

Place the pineapple slices on the preheated grill. Grill on both sides until the glaze caramelizes and grill marks form, about 2 minutes per side.

To serve: Place the pineapple slices on individual plates and top with a scoop of ice cream.

Drizzle the remaining honey syrup over the top.

<http://www.foodnetwork.com/recipes/melissa-darabian/honey-glazed-grilled-pineapple-recipe/index.html>