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Thrill of the Grill

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By Sandy Thorn Clark

Pour It In – Maple Syrup add sweetness to flank steak marinade and barbeque sauce

For Swap Shop readers who keep pleading for more grilling recipes, we offer two--robust Spicy Sweet Sausage and Peppers and teriyaki-inspired Asian Flank Steak --- with a surprise ingredient: organic maple syrup.

Maple Syrup is also in a Coombs Family Farms recipe for Maple Chipotle Barbeque Sauce, perfect to add pizzazz to your outdoor menu. For C.S. of Cicero, we offer an elegant No-Crust Raisin Pie recipe sure to please her father.

To make one cup of Maple Chipotle Barbeque Sauce: In a blender, combine 3 large chipotle chiles in adobo sauce, ¼ cup tomato ketchup, ¼ cup organic maple syrup, 1 cup chicken broth, and 1/8 teaspoon ground all-spice.

In a medium saucepan, heat ¼ cup olive oil until hot but not smoking. Add 1 tablespoon onion (minced) and 2 large garlic cloves (smashed, peeled, and minced); cook 5 minutes until golden. Add chipotle mixture; season with salt and pepper to taste, and cook over low heat until thickened (about 15 minutes). Stir in 1 tablespoon freshly squeezed lemon juice and allow to cool.

Asian Flank Steak

- 1 cup prepared teriyaki marinade
- 1/2 cup chopped onions
- 1/3 cup organic maple syrup
- 1/3 cup fresh orange juice
- 1 tablespoon sesame oil
- 1 large clove garlic, smashed, peeled and minced
- Pepper, to taste

2 pound beef flank or skirt steak

Fresh rosemary sprigs, for garnish

Prepare grill. Mix marinade, onions, syrup, orange juice, sesame oil, garlic and peppers in large bowl. Lightly score flank steak with knife. Place steak in shallow baking dish and pour ½ cup marinade over, reserving ½ cup. Cover with plastic wrap and refrigerate for at least one hour, turning once.

Remove steak from marinade, discard marinade. Grill steak over medium coals for about 15 minutes, turning once. Baste occasionally with reserved marinade. Place remaining basting marinade in small



Press Room



saucepan; keep on low heat and reduce. Serve steak with sauce; garnish with fresh rosemary sprigs. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING: 515 CALORIES, 17g fat, 6g SATURATED FAT, 95mg CHOLESTEROL, 34g CARBOHYDRATES, 51g PROTEIN, 1412mg SODIUM, 0g FIBER

Spicy Sweet Sausage and Peppers

- 1 tablespoon olive oil
- 1 large green pepper, chopped in ½-inch pieces
- 1 large red pepper, chopped in ½-inch pieces
- 1 small yellow onion, chopped in ¼-inch pieces
- 3 tablespoons balsamic vinegar
- 2 tablespoons organic maple syrup
- ½ teaspoon dried crushed red chiles (or more to taste)
- 4 pork or chicken sausages (preferably hot Italian)
- 4 submarine or large hot dog buns
- 2 tablespoons butter

Prepare grill. Mix olive oil, green and red peppers, onion, vinegar, syrup and crushed red chiles in large bowl to coat peppers and onions well. Grill mixture on an oiled rack, above coals, until just tender. Meanwhile, prick sausages with fork and grill on medium to low heat until just cooked through; remove. Spread butter on inside of buns; toast until golden. Insert sausage in each bun; cover with pepper-onion mixture. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING: 500 CALORIES, 27g FAT, 10g SATURATED FAT, 109mg CHOLESTEROL, 34g CARBOHYDRATES, 27g PROTEIN, 1421mg SODIUM, 3g FIBER



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