

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: A Little Different and a Lot Delicious: Steak on the Grill

Incredibly Flavorful Spices:

Churrasco Style Steak with Chimichurri

2 LBs Sirloin cut into 2" chunks
1 Recipe *Churrasco-style Dry Rub*
1 Recipe *Chimichurri*
Grilled Bread for serving
Place the steak in a plastic zip bag and add $\frac{1}{4}$ - $\frac{1}{2}$ cup of the dry rub. Close the bag and massage to coat the meat. Leave in the frig 1 hour or up to overnight. Remove the steak from the frig for $\frac{1}{2}$ hour before grilling and load onto bamboo skewers. Preheat your grill on high, and cook over medium high heat until desired doneness. (For medium rare, cook for about 4 minutes per side). Serve on top of grilled crusty bread garnished with *Chimichurri*.

Churrasco-style Dry Rub
2 Tsp Each Salt and Pepper
2 TB Garlic Powder
2 TB Smoked Paprika
2 Tsp Ground Cumin
4 TB Dark Brown Sugar
Mix all the spices together in a bowl. Add the brown sugar and mix thoroughly.

Chimichurri

1 Cup Parsley, (Packed)
 $\frac{1}{2}$ Cup Extra Virgin Olive Oil
 $\frac{1}{2}$ Cup Cilantro, (Packed)
 $\frac{1}{3}$ Cup Red Wine Vinegar
2 Cloves Garlic, Peeled
 $\frac{3}{4}$ Tsp Red Pepper Flakes
 $\frac{1}{2}$ Tsp Cumin
 $\frac{1}{2}$ Tsp Salt

Combine all the ingredients in a food processor or blender and

blend well. Set aside for at least 2 hours before serving.

2 Kitchen Smidgen

Chimichurri is a green sauce which is also used as a marinade for grilled meat. It is originally from Argentina and Uruguay. Just like curry in India, each family has its own unique blend of ingredients. Chimichurri reflects influences from Argentina's and Uruguay's many cultures including Spanish and Italian.

3 Get Creative

Churrasco is a Portuguese and Spanish word for beef or grilled meat. A different cut of meat is the distinction for countries from Europe to Latin American to Africa that serve Churrasco. In Argentina and Brazil, this BBQ was traditionally served on the ranch each night for dinner, with a twice a year special event that invited the local community. Try hosting your own Churrasco inspired BBQ!

4 WINE of the Week

Tilia Malbac

Eastern Mendoza, Argentina

Costco- around \$11.00

Malbac, historically from France, has made a delicious home in Argentina. Deep purple Tilia offers not only a rich black cherry aroma and taste, but it is a fantastic value for such a flavorful BBQ partner.