Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

## 1 Quick Recipe:

## Argentinean Grill

2 LBs Sirloin, Pork Loin or Chicken cut into 2" Pieces
1 Recipe *Churrasco-style Dry Rub*
1 Recipe *Chimichurri*
Grilled Bread and Tomato Slices

**Step One** Place the meat or poultry in a plastic bag and add ¼ – ½ of the dry rub. (Keep the rest of the bag of spices to season anything! Like the potatoes you see in the photo here.) Close the bag and massage to distribute the spices. Leave in the fridge 1 hour or up to overnight. Remove the bag from the fridge for 30 minutes before grilling.

**Step Two** Preheat your clean, well-oiled grill (or grill pan) on high, and cook over medium high heat until desired doneness. (For steak medium rare, cook for about 4 minutes per side). Serve on top of grilled crusty bread and a tomato slice – drizzled with *Chimichurri*.

**Churrasco-style Dry Rub**
2 Tsp Each SeaSalt and Pepper
2 TB Garlic Powder
2 TB Smoked Paprika
2 Tsp Ground Cumin
4 TB Dark Brown Sugar
Mix all the spices and brown sugar a small bowl.

**Chimichurri**
1 Cup Parsley, (Packed)
½ Cup Cilantro, (Packed)
½ Cup Extra Virgin Olive Oil
1/3 Cup Red Wine Vinegar
2 Cloves Garlic, Peeled
¾ Tsp Red Pepper Flakes
½ Tsp Cumin
½ Tsp Sea Salt
Combine the ingredients in a food processor or blender and puree. Tastes best after it rests for 30 minutes.

## 2 Kitchen Scoop

**Chimichurri** is a green sauce which is also used as a marinade for grilled meats. 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 Clever Idea

**Churrasco** is a Portuguese and Spanish word for beef or grilled meats. 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.

## 4 Cheers!

**Catena Malbec**
**Mendoza, Argentina**
**About $18**

Did you know that we might think about Malbec from Argentina, but its actually from France, and is still used there today in areas like Bordeaux and the Southwest. We love Malbec in the U.S. - its the 4th most popular wine here. This deep purple bottle from Catena offers not only a rich black cherry aroma and taste, but a fantastic value for such a flavorful grill partner.

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