



Margarita Steak

By Josie Ross

Summer is here, and it's time to turn on the grills and take the kitchen outside. One of the benefits of grilling is that it is a quick and simple cooking method; food comes off the grill in a matter of minutes, and needs very little to dress it up. I like to marinate meats or fish in a flavorful mixture of herbs and olive oil, with just a touch of wine or lemon juice. When it comes time to grill, I drain off the marinade, pat the food dry and sprinkle it with some salt and coarse ground pepper.

It's important to remember to clean the grill before you use it, and make sure that it is well oiled (so that food doesn't stick), place the food "presentation" side down first, wait a few minutes, then turn 90 degrees to create those classic, restaurant style grill marks. Looking for new ideas for summer entrees? Try a creative twist on two summer favorites: Margarita Steak. The marinade contains tequila, which leaves the steak moist and tasty.

4 x 10-12 oz. strip steaks
6 oz. Tequila
3 oz. light olive oil (extra virgin would be too strong here)
½ oz. coarse ground pepper
½ oz. lime zest
½ oz. orange zest
½ oz. garlic, crushed
1 teaspoon salt

In a large bowl, mix tequila, olive oil, pepper, zests, and garlic. Add steaks, turning to coat. Cover and chill for about an hour to infuse flavor- you can marinate the steaks for up to a day in the refrigerator if you'd like.

Preheat the grill to medium high.

Remove the steaks from the marinade, and pat dry. Sprinkle each steak with salt.

Place the steaks "presentation" side down- cook for 2-3 minutes. Turn 90 degrees for another 2 minutes. Flip the steaks and repeat for a total of about 15 minutes- depending on thickness of your steaks and preferred doneness (15 minutes will leave them medium rare).

Remove cooked steaks to a plate and allow them to rest for five minutes before slicing and serving.

Good accompaniments would be rice pilaf with a colorful mixture of sautéed bell peppers.