

Midwest Living®

AS FEATURED

May/June 2006

HAUTE *off* *the* GRILL

Don't settle for ho-hum food this grill season. Update your charbroiled options with fresh recipes from Midwest experts and raise your backyard cooking experience to a new level.

Chefs from Chicago, Minneapolis and the Kansas City area stoke their fires for beef, bison, chicken, fish, veggies and even dessert, plus a noteworthy surprise meat loaf on the grill.

Written by DIANA MCMILLEN
Photographs by ROBERT JACOBS

FIRELAKE GRILL HOUSE

Executive Chef Paul Lynch blends the flavors of wood grilling with Minnesota ingredients to create a menu that brings diners and notoriety to this downtown, Minneapolis restaurant. Hickory, cherry, mesquite, pecan and walnut are some of the hardwoods that fuel the flames in the kitchen. The open kitchen adds visual and aromatic appeal, alongside such foods as smoked whitefish wrap for breakfast, strawberry and Brie salad with grilled greens for lunch or herb-rotisserie chicken for dinner (612/216-3473; www.firelakerestaurant.com).



Bacon-Wrapped
Bison Ribeyes
with Oven-Roasted
Fingerling Potatoes

Midwest Living

BACON-WRAPPED BISON RIBEYES

This bison specialty is a popular choice at FireLake Grill House & Cocktail Bar in downtown Minneapolis. Bison meat is redder than its beef counterpart, with a flavor similar to lean beef. Chef Paul Lynch says, Beef is a good substitute.

Prep: 25 minutes. Marinate: 2 to 4 hours.

Grill: 10 minutes. Roast: 25 minutes.

- 4 bison ribeye or beef tenderloin steaks, cut 1 inch thick (8 to 10 ounces each)
- ¼ cup soy sauce
- 2 tablespoons olive oil
- 2 tablespoons ketchup
- 2 teaspoons snipped fresh thyme
- 1 clove garlic, minced
- ¼ teaspoon dry mustard
- 4 teaspoons Montreal Steak Seasoning (McCormick) or your favorite steak spice rub
- 8 slices hickory-smoked bacon, partially cooked
- Oven-Roasted Fingerling Potatoes (recipe follows)
- Blue cheese dip or salad dressing
- 1 large green onion, cut into thin, bias-slices
- Fresh oregano or thyme sprigs (optional)
- Montreal Steak Seasoning (McCormick) or your favorite steak spice rub (optional)
- Fire Lake steak sauce or your favorite steak sauce

1. Trim sliver skin from bison. (If using beef, trim fat from steak). Place in a plastic bag set in a shallow dish.
2. For marinade: In a small bowl, mix soy sauce, olive oil, ketchup, snipped thyme, garlic and dry mustard. Pour over meat; seal bag. Turn to coat. Marinate in refrigerator 2 to 4 hours, turning bag occasionally. Drain meat, discarding marinade. Sprinkle the 4 teaspoons Montreal seasoning over meat; rub in with fingers. Wrap edge of each steak with 2 slices of partially cooked bacon, securing ends with wooden toothpicks.
3. For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals until desired doneness, turning once halfway through grilling. Allow 10 to 12 minutes for medium-rare (145°) or 12 to 15 minutes for medium (160°). (For a gas grill, preheat grill. Reduce heat to medium. Place steaks on grill rack over heat. Cover; grill as above.)
4. Serve steaks with the Oven-Roasted Fingerling Potatoes. Top potatoes with dip or dressing and green onions. If you like, garnish steaks with an herb sprig. Serve with additional Montreal seasoning, if you like, and steak sauce. Serves 4.

GRILLED CORN WITH CUMIN-LIME BUTTER

Slather as much flavored butter as you like onto grilled corn on the cob. At the FireLake Grill House and Cocktail Bar in Minneapolis, they soak the corn and husks before grilling to prevent burning.

Prep: 30 minutes. Grill: 25 minutes. Stand: 1 hour

- 6 fresh ears sweet corn with husks
- 2 quarts cold tap water
- 1 tablespoon coarse (kosher) salt
- Cumin-Lime Butter (recipe follows)

1. Carefully peel husks of corn to bottom of each ear without detaching. Remove and discard silks. Gently rinse corn. Carefully fold husks back around ears. Tie tops with 100-percent-cotton kitchen string to secure.
2. In a very large bowl or tub, combine cold water and salt, stirring until salt mostly dissolves. Place corn in the water (all ears need to be covered). Put a pan on top of corn to keep ears submerged for 1 hour before grilling. Drain corn; pat dry.
3. Grill corn on the rack of a covered grill directly over medium coals for 25 to 30 minutes, turning and rearranging with long-handled tongs three times, until kernels are tender.
4. To serve, remove the string from the corn; discard. Peel back husks. Serve with Cumin-Lime Butter.

Makes 6 servings.

Cumin-Lime Butter: In a small, cast-iron or heavy skillet, cook and stir 1 tablespoon cumin seeds over low heat 1 minute. Add 1 teaspoon salt and 2 teaspoons ground chipotle chile pepper. Cook and stir for 1 minute more or until seeds become fragrant and lightly colored. Remove from heat; shake skillet for 1 minute. Place cumin mixture in a spice or coffee grinder. Cover; pulse until ground. In a small bowl, mix 1 cup butter, softened, cumin mixture and 2 teaspoons grated lime peel. (Store any remaining butter in tightly covered container in refrigerator for up to 3 days.) Makes about 1 cup.

Nutrition facts per ear of corn with 1 tablespoon butter: 109 cal, 12 g fat, 32 mg chol, 208 mg sodium, 0 g carbo, 0 g fiber, 0 g pro.

Oven-Roasted Fingerling Potatoes: In a greased 9x9x2 inch baking pan, place 12 fingerling potatoes (small, long and finger-shape potatoes), halved or 12 tiny new potatoes, halved (about 1 pound). In a small bowl, combine 2 tablespoons herb oil or olive oil and 2 teaspoons Montreal Steak Seasoning. Drizzle over potatoes, tossing to coat. Bake in 450° oven for 25 to 30 minutes or until potatoes are tender and brown on the edges, stirring once. **Nutrition facts per serving:** 557 cal, 25 g fat, 160 mg chol, 1682 mg sodium, 21 g carbo, 2 g fiber, 58 g pro.
