

# COOK'S CORNER by Catherine Hannon

## Fire up THE GRILL!

Turn up the heat and get grilling.

### Top grilling tips.

- **HAVE THE RIGHT TOOLS** - Long sturdy tongs are a must for turning food and rearranging hot coals. Also have a spray water bottle for flare-ups, and an instant read thermometer.
- **CHECK YOUR TEMP** - Hold your hand three inches above the grate: if you can keep it there 2 to 3 seconds, it's high heat; 4 to 5 seconds means medium; 6 to 7 is low.
- **LOSE THE CHILL** - Bring big steaks and other big cuts to room temperature before grilling. They'll cook faster.
- **GET A GOOD SEAR** - When searing, leave the lid open and don't move the meat before a crust forms. Flip with tongs or a spatula, which won't pierce the meat and let juices escape.
- **GO LOW & SLOW** - For thick cuts and bone-in chicken, use indirect heat; arranging coals on one side of the grill and cook food on the other side, with the lid closed. For a gas grill, preheat on high then lower heat on one side, or turn it off.

## SHOP SMART!

Red-meat lovers, rejoice: these following budget-friendly steaks can make your meal. Grilled, sliced thin and finished with one of your favorite toppers. – **Sirloin, Skirt, Hanger and Flank Steak**

### **MEATLESS MAIN**

Planning a casual afternoon feast? This hearty vegetarian take on a beloved **NEW ORLEANS-STYLE SANDWICH** will win raves.

## **GRILLED RATATOUILLE MUFFALETTA**

**Serves 6 – Active time: 30 min. – Total time: 45 min.**

**Perfect for a picnic**

1 med. Eggplant, sliced into 1/2" rounds	1/2 C pitted mixed olives, such as Klamath or Cerignola
Coarse salt	2 pepperoncini, stemmed
1/2 C fresh parsley	1/4 C mayonnaise
1/2 C olive oil, plus more for grilling	4 small tomatoes, sliced into 1/2" rounds
1 med zucchini cut lengthwise 1/4" thick	1 jar roasted red peppers, patted dry
1 round loaf rustic bread, split horizontally and hollowed out	

1. In a colander, toss eggplant with 3/4 tsp. salt. Let stand 30 minutes
2. Meanwhile, in a food processor, pulse olives, pepperoncini, and parsley until very finely chopped. Transfer to small bowl and stir in mayonnaise.
3. Heat grill or grill pan to medium. Clean and lightly oil hot grill. Toss eggplant, tomatoes, zucchini and oil; season with salt. Grill, turning frequently, until tender and slightly charred, about 4 minutes for tomatoes and about 7 minutes for the eggplant and zucchini.
4. Spread bread with olive mixture. Assemble sandwich with peppers, eggplant, zucchini and tomatoes. Serve immediately or wrap in plastic and refrigerate for up to 4 hours.

Per serving: 511 cal. – 23 g fat – 65 g carbs – 7 g fiber

Source: Every Day Food