

Cooking Light, August 2008

Grill Once, Eat Twice

Recipes and Text by Diane Morgan, author of Grill Every Day: 125 Fast-Track Recipes for Weeknights at the Grill

**Pairings:**

- Cedar-Planked Salmon with Barbecue Spice Rub/Grilled Salmon Tacos with Chipotle Sauce
- Portobello Mushroom Burgers with Grilled Onions and Red Peppers/Penne Pasta with Grilled Mushrooms, Peppers, and Onions
- Grilled Flank Steak with Chimichurri Sauce/Steak Panzanella
- Lemon-Grilled Chicken Breasts/Hearts of Romaine Caesar Salad with Sliced Grilled Chicken
- Lamb Steaks with Herbes de Provence/Greek-Style Lamb Pizza with Feta, Sweet Onions, and Pepperocini

**Text:**

While we often think of grilling as a summer weekend activity for backyard entertaining and casual family barbecues around the pool, it is just as much a cooking technique for quick weeknight meals. With the heat of summer warming up the kitchen, take your cooking outside all week long by firing up the grill once and cooking enough to eat twice – dinner for tonight plus enough food left over to reincarnate the extras into a second unique meal for another night.

The clever cook creates a **Cedar-Planked Salmon with Barbecue Spice Rub** for one meal and turns leftover salmon into **Grilled Salmon Tacos with Chipotle Sauce** as a quick and easy dinner another night. Similarly, vegetarian **Portobello Mushroom Burgers with Grilled Onions and Red Peppers** morphs into a pasta dish by chopping extra grilled mushrooms, peppers, and sweet onions and adding them to penne pasta. This gives the notion of leftovers a whole new meaning – beautifully crafted makeovers!

Grilling extra food while the coals or burners are hot requires little additional grilling time, yet puts you steps ahead for a second weeknight meal. The robust flavors from foods cooked over a live fire means less doctoring in the kitchen; a simple marinade, spice rub, or easy sauce turns a bland boneless chicken breast into a dazzling grilled entrée. For instance, a quick mix of garlic, olive oil, and lemon juice penetrates the meat and sizzles over an open flame for seared-in juiciness and caramelized flavor. Even when the **Lemon-Grilled Chicken Breasts** are chilled and then sliced a day later to top a zesty main-course **Hearts of Romaine Caesar Salad with Sliced Grilled Chicken**, the bold grill flavors come through, dazzling the palate without adding calories.

I call this “strategic summer cooking” – keep cool, relaxed, and sipping an iced beverage while maneuvering grill tongs, rather than fretting every night as to what’s for dinner. Keep in mind a few food safety guidelines, listed in our sidebar, while cooking outdoors, and you’ll be firing up the grill instead of turning on the stove for healthy weeknight meals.

### **Sidebar: Food Safety while Cooking Outdoors**

- Most of us grill in warm weather, so take precautions to keep food at safe temperatures.
- Never let uncooked food sit at room temperature for more than 1 hour.
- Use a separate platter to transport raw food, to avoid cross-contamination.
- Wash basting brushing that touched raw food before using them on grilled foods.
- Wash thermometers after you insert them in foods, whether raw or fully cooked, before re-inserting them to re-check the internal temperature of meat, seafood, or poultry.
- Promptly refrigerate grilled foods that have cooled and are leftovers.

## Recipes:

### Cedar-Planked Salmon with Barbecue Spice Rub

Purchase untreated cedar or alder planks or shingles from lumberyards or hardware stores and have them cut to size or cut them yourself. Alternatively, buy precut planks specifically for grilling at gourmet cookware stores. A plank can be reused if it isn't too charred or cracked. Let the plank cool, brush it clean with a grill brush, and store in a brown paper bag. Resoak it before using.

1 untreated cedar plank, about 15 by 7 by 3/8 inches  
1 (3-pound) skinless salmon fillet, pin bones removed  
1 tablespoon olive oil  
1 1/2 teaspoons kosher salt  
1 1/2 teaspoons dark brown sugar  
1 teaspoon ground cumin  
1 teaspoon dried thyme, crushed  
3/4 teaspoon coarsely ground black pepper  
3/4 teaspoon sweet paprika  
3/4 teaspoon chili powder  
1/4 teaspoon ground cinnamon

1. Place the plank in a large shallow pan or sink. Submerge the plank in cool water and weigh down with a can or heavy pot. Soak for at least 30 minutes, but preferably an hour or longer. (Soak all day if heading off to work).
2. Prepare a medium fire in a charcoal grill or preheat a gas grill on medium.
3. Blot the plank dry with paper towels. Arrange the salmon fillet on the plank, skin side down, folding the tail end under itself if the fillet is longer than the plank. Rub the flesh with olive oil.
4. Combine the remaining 8 ingredients in a small bowl, stirring well. Rub the top side of the salmon with the spice rub.
5. Put the planked salmon on the grill, cover, and cook until almost opaque throughout but still very moist, or an instant-read thermometer inserted into the center registers 125° to 130°F., about 15 minutes. Lift the plank from the grill using two wide spatulas or grill gloves.
6. Cut the fish crosswise into 4 (5-ounce) pieces, reserving the remaining salmon for tacos.

Yield: 4 servings (serving size: 5 ounces), plus 16 ounces reserved for salmon tacos

## **Menu 1**

Cedar-Planked Salmon with Barbecue Spice Rub

Grill-Roasted New Potatoes

Baby Spinach Salad with Julienne Red Onions, Toasted Sliced Almonds, and Wedges of

Summer Peaches with Store-Bought Raspberry Vinaigrette

## Grilled Salmon Tacos with Chipotle Sauce

With a stack of warm tortillas on a plate and bowlfuls of shredded cabbage, diced tomatoes, chipotle sauce, and sliced salmon arranged in the center of the table, make this a convivial, casual family supper where everyone assembles their own tacos.

### Chipotle Sauce:

3/4 cup reduced fat mayonnaise  
3 tablespoons buttermilk or light sour cream  
2 minced canned chipotle chiles in adobo sauce  
2 tablespoons minced fresh cilantro  
1/4 teaspoon kosher salt

### Tacos:

12 corn tortillas  
16 ounces cooked Cedar-Planked Salmon, cut crosswise into 12 thin strips  
5 cups cored and shredded green cabbage (about 8 ounces)  
3 green onions, including green tops, chopped  
3 tablespoons fresh lime juice  
2 ripe tomatoes, cored, halved crosswise, seeded, and cut into 1/4-inch dice

1. Preheat the oven to 250°.
2. Combine the chipotle sauce ingredients in a small serving bowl, stirring well.
3. Place the tortillas in a covered heatproof container or sealed aluminum foil packet. Place the salmon in a covered oven-to-table dish. Warm the tortillas and salmon in the oven for 15 minutes before serving.
4. Meanwhile, toss together the cabbage and green onions. Drizzle the lime juice over top. Toss to combine. Transfer to a serving bowl. Place the tomatoes in a small serving bowl.
5. When warm, transfer the tortillas to a warm serving plate.
6. Let each diner assemble his or her own tortilla. To assemble, spread a spoonful of sauce down the middle of a tortilla, arrange a strip of salmon on top, mound with some of the cabbage mixture, and garnish with some diced tomatoes.

Yield: 4 servings (serving size: 4 ounces salmon, 3 corn tortillas, 1 1/4 cups cabbage mixture, 1/4 cup diced tomato, and approximately 3 tablespoons chipotle sauce)

### Menu 2

Grilled Salmon Tacos with Chipotle Sauce

Summer Fruit Salad

Sliced Avocado or Corn on the Cob

## Portobello Mushroom Burgers with Grilled Onions and Red Peppers

Consider this recipe a great grilled vegetable stack tucked inside a bun. A smear of pesto mayonnaise completes this tasty vegetarian burger.

1 tablespoon store-bought basil pesto  
1/4 cup reduced fat mayonnaise  
6 portobello mushrooms  
2 medium sweet onions, such as Vidalia or Walla Walla, cut into four 1/2-inch thick slices  
3 medium red bell peppers, cored, quartered lengthwise, seeded and deribbed  
Olive oil flavored cooking spray  
Kosher salt  
Freshly ground black pepper  
1 1/2 tablespoons balsamic vinegar  
4 sesame-seed hamburger buns, split  
4 lettuce leaves

1. Prepare a hot fire in a charcoal grill or preheat a gas grill on high.
2. Combine the pesto and mayonnaise in a small bowl, mixing well.
3. Stem the mushrooms and wipe the caps clean with a damp paper towel. Arrange the mushrooms, onion slices, and quartered bell peppers in a single layer on one or two rimmed baking sheets. Spray generously on both sides with olive oil spray. Sprinkle with salt and pepper. Brush the gill side of the mushrooms with balsamic vinegar.
4. Oil the grill grate. Arrange the mushrooms, smooth side down, plus the onions and peppers directly over the hot fire and grill, uncovered, until grill marks appear, about 4 minutes. Turn the vegetables and grill until tender and seared with grill marks, about 3 minutes longer. (Use a combination of tongs and a long-handled spatula to turn the onion slices so they stay intact.) Transfer the vegetables to the baking sheets. Place the buns, cut side down, on the grill to toast them. Watch carefully, they'll be browned in a minute or so.
5. To serve, smear the bottom half of each bun with a rounded tablespoon of pesto mayonnaise. Top with a mushroom, a slice of onion, wedge of bell pepper, and a lettuce leaf. Serve immediately.

Yield: 4 servings (serving size: 1 hamburger bun, 1 portobello mushroom, 1 slice sweet onion, quarter of 1 bell pepper, 1 rounded tablespoon pesto mayonnaise, 1 lettuce leaf) Reserve 2 grilled mushrooms, 4 thick slices grilled sweet onion, and 8 wedges of grilled bell pepper for the pasta dinner.

### Menu 3

Portobello Mushroom Burgers with Grilled Onions and Red Peppers  
Store-Bought Baked Potato Chips  
Prepared Coleslaw  
Dill Pickles

## Penne Pasta with Grilled Mushrooms, Peppers, and Onions

A mixed grill of olive-oil brushed and seared vegetables turns into an easy weeknight meal when tossed with hot pasta, fresh herbs, and a delectable garnish of freshly grated Parmigiano-Reggiano cheese.

1 pound penne pasta  
1/4 cup extra-virgin olive oil, divided  
2 grilled portobello mushrooms, cut into 3/4-inch chunks  
4 slices grilled sweet onions, cut into chunks  
8 wedges grilled sweet red peppers, cut into 3/4-inch chunks  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1/4 cup coarsely chopped fresh flat-leaf parsley  
2 tablespoons coarsely chopped fresh basil  
1/3 cup (1 1/2 ounces) grated fresh Parmigiano-Reggiano cheese

1. Cook pasta according to package directions, omitting salt and fat; drain pasta.
2. Heat 1 tablespoon of the olive oil in a large nonstick skillet over medium heat. Add the mushrooms, onions, and peppers to pan. Sauté until heated through, about 4 minutes. Season with salt and pepper. Remove from heat.
3. Add cooked pasta, remaining olive oil, parsley, and basil, tossing gently to mix. Garnish with grated cheese. Serve immediately.

Yield: 8 servings (serving size 1 1/2 cups)

### Menu 4

Penne Pasta with Grilled Mushrooms, Peppers, and Onions  
Simple Green Salad or Heirloom Tomato Salad  
Baguette

## Grilled Flank Steak with Chimichurri Sauce

Pair garlic-rubbed, grilled flank steak with Chimichurri, a classic garlicky herb sauce from Argentina. The sauce is a cinch to make in a food processor; and save time by first mincing the garlic to rub on the steak in the food processor.

### Flank Steak:

- 1 (1 1/4- to 1 1/2-pound) flank steak, trimmed of fat
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons finely minced garlic
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

### Chimichurri Sauce:

- 1 large clove garlic
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon kosher salt
- 1/4 teaspoon sugar
- 1/2 cup packed fresh flat-leaf parsley leaves
- 2 tablespoons fresh lemon juice
- 1/4 cup extra-virgin olive oil

1. Prepare a hot fire in a charcoal grill or preheat a gas grill on high.
2. Remove the flank steak from the refrigerator 30 minutes before grilling. Place on a rimmed baking sheet. Combine the olive oil and garlic in a small bowl. Rub the steak on both sides with the garlic mixture. Season the steak on both sides with the salt and pepper.
3. Make the Chimichurri sauce while the grill is heating. Place the garlic, crushed red pepper, cumin, salt, and sugar in a food processor; process until minced. Add parsley and lemon juice; process until chopped. With machine running, pour oil through feed tube and process to form a sauce. Set aside.
4. Oil the grill grate. Place flank steak directly over the hot fire. Cover and grill until nicely seared on one side, about 6 minutes for medium-rare. Turn steak, cover grill, and cook 4 minutes longer, or until an instant-read thermometer registers 120°F for rare or 130°F for medium-rare.
5. Transfer steak to carving board and let rest for 5 minutes. Cut the meat across the grain into 1/4-inch thick slices. Arrange overlapping slices on warmed dinner plates, spoon any accumulated juices over top. Spoon a rounded tablespoonful of the Chimichurri sauce over the meat. Serve immediately.

Yield: 4 servings (3 ounces of meat and 1 1/2 tablespoons of sauce). Reserve 8- to 12-ounces of grilled flank steak for Steak Panzanella.

## Menu 5

- Grilled Flank Steak with Chimichurri Sauce
- Grill-Roasted Fingerling Potatoes or Black Bean Salad
- Steamed Summer Green Beans and Waxed Beans

## Steak Panzanella

Use reserved grilled flank steak to add robust flavor to a panzanella salad – a classic Italian summer bread salad chockfull of juicy tomatoes, crisp cucumber, fresh basil, and tender arugula.

- 1 pound stale ciabatta or other white artisan bread, crusts removed, cut into 1-inch cubes (about 8 cups)
- 5 medium, ripe, juicy tomatoes (2 pounds), cored and cut into 1-inch chunks, including juices
- 1 English cucumber, peel left intact, halved lengthwise, seeds scraped out with a spoon, cut into 1/2-inch pieces
- 1 cup thinly sliced red onion
- 1 cup jarred, roasted red bell peppers, julienned
- 1 large clove garlic, minced
- 3 tablespoons capers, rinsed and patted dry
- 1 cup lightly packed fresh basil leaves, coarsely chopped
- 1/3 cup sherry vinegar
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup extra-virgin olive oil
- 2 1/2 cups lightly packed small arugula leaves
- 8- to 12-ounces grilled flank steak, sliced crosswise into thin slices, then cut into 1-inch pieces

1. Preheat oven to 400°.
2. Spread the bread cubes on two rimmed baking sheets and toast in the oven until crisp on the surface, but not brown, about 8 minutes. Set aside.
3. Toss together the next 7 ingredients in a large bowl. Whisk together the vinegar, salt, pepper, and olive oil. Pour over the vegetables. Cover and set aside at room temperature for 1 hour.
4. Add the bread to the bowl; toss to allow the juices to soak into the bread.
5. When ready to serve, gently toss the salad with the arugula and steak, plus any accumulated meat juices. Pile the salad on dinner plates or in shallow bowls and serve immediately.

Yield: 8 servings (serving size: 2 cups).

### **Menu 6**

With bread, vegetables, herbs, and steak combined in this hearty main-course salad you really don't need any accompaniments. Follow this hearty summer bread salad with a bowlful of summer berries and a small scoop of palate-cleansing lemon sorbet.

## Steak Panzanella

Fresh Summer Berries and Lemon Sorbet for dessert

## Lemon-Grilled Chicken Breasts

By buying enough chicken breasts to grill and feed the family one night, and then reserving extra for a second night's meal is a clever and efficient way to cook once and eat deliciously twice.

1/4 cup extra-virgin olive oil  
3 tablespoons fresh lemon juice  
2 large cloves garlic, finely minced  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
7 (6-ounce) boneless, skinless chicken breasts

1. Prepare a medium-hot fire in a charcoal grill or preheat a gas grill on medium-high.
2. Combine the first 5 ingredients in a glass measuring cup. Place the chicken breasts in a heavy-duty, lock-top plastic bag. Pour the marinade over top, squeeze out the air and seal the bag. Marinate at room temperature while the grill heats.
3. Oil the grill grate. Place the chicken breast directly over the medium-hot fire and sear on one side, about 4 minutes. Turn and sear on the other side until the juices run clear when the thickest part of the breast is pierced with a knife, or an instant-read thermometer registers 165°F, about 4 minutes longer.
4. Serve immediately on warmed dinner plates.

Yield 4 servings (serving size: 1 chicken breast). Reserve 3 grilled chicken breasts for Hearts of Romaine Caesar Salad with Sliced Grilled Chicken.

### **Menu 7**

Lemon-Grilled Chicken Breasts  
Toasted Pine Nut Quick-Cooking Couscous  
Grilled Asparagus or Grilled Zucchini Spears

## Hearts of Romaine Caesar Salad with Sliced Grilled Chicken

Chop the romaine hearts if you prefer, but it's unique and fanciful to see canoe-shaped whole leaves piled high on a plate with sliced grilled chicken breasts scattered over top and coarse shavings of Parmesan scattered around. Make this a family-fun summer salad – finger lickin' good!

### Caesar Dressing:

- 1 very fresh medium-size egg in the shell
- 2 cloves garlic
- 2 oil-packed anchovy fillets, patted dry and chopped
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon fresh lemon juice
- 1/4 cup extra-virgin olive oil
- 1 tablespoon warm water
- 2 tablespoons freshly grated Parmigiano-Reggiano cheese

- 1 cup homemade or store-bought croutons
- 4 hearts of romaine lettuce, leaves separated and left whole
- 3 lemon-grilled chicken breasts, thinly sliced
- 1/4 cup freshly shredded or thinly shaved Parmigiano-Reggiano cheese, for garnish

1. Rinse the egg in warm water, and then set it in a mug. Add boiling water to cover and let stand for 1 minute. Immediately run cold water into the mug until the egg can easily be handled.
2. Place the next 4 ingredients in a food processor; mince the garlic and anchovies. Add the egg and lemon juice and process until thick, 1 minute. With the machine running, drizzle the oil and then the water through the feed tube in a thin steady stream until the dressing is emulsified. Add the cheese and pulse to combine.
3. Pour 2 tablespoons of the dressing in the bottom of an oversized bowl. Add the croutons and toss until evenly coated. Add the lettuce and remaining dressing and toss to coat the leaves. Divide among 4 dinner plates. Divide and arrange the chicken slices over top. Garnish with the cheese. Serve immediately.

Yield: 4 servings

### Menu 8

This is a meal on a plate – a main-course salad with lettuce, chicken, bread cubes, and cheese. Serve a crusty baguette, if desired. Finish the meal with slices melon and a splash of Prosecco.

Hearts of Romaine Caesar Salad with Sliced Grilled Chicken  
Crusty Baguette  
Sliced Cantaloupe with a Splash of Prosecco

## Lamb Steaks with Herbes de Provence

If you don't see lamb leg steaks at the meat counter, ask your butcher to cut 1-inch-thick steaks from the upper portion of the leg with a band saw. Called lamb *culottes* in France, they are amazing on the grill and much simpler to cook than a butterflied leg of lamb.

3 (9-ounce) lamb leg steaks, 1 inch thick  
2 tablespoons extra-virgin olive oil  
1 teaspoon kosher salt  
3/4 teaspoon freshly ground black pepper  
3 tablespoons *herbes de Provence*, finely crushed  
2 medium sweet onions, such as Vidalia or Walla Walla, cut into four 1/2-inch thick slices  
Olive oil flavored cooking spray

1. Prepare a hot fire in a charcoal grill or preheat a gas grill on high.
2. Remove the steaks from the refrigerator 30 minutes before grilling and place them on a large, rimmed baking sheet. Rub the steaks on both sides with olive oil and season with salt and pepper. Rub each steak on both sides with some of the *herbes de Provence*.
3. Arrange the onions in a single layer on a separate rimmed baking sheet. Spray generously on both sides with olive oil spray. Sprinkle lightly with salt and pepper.
4. Oil the grill grate. Place the steaks directly over the hot fire. Grill the steaks on one side, 4 minutes for rare or 6 minutes for medium-rare. Turn and cook for 4 minutes longer, or until an instant-read thermometer registers 120°F for rare or 130°F for medium-rare. Remove from grill and let rest for 5 minutes.
5. Grill the onions at the same time or grill while the steaks are resting. Arrange the onions directly over the hot fire and grill, uncovered, until grill marks appear, about 4 minutes. Turn and grill until tender and seared with grill marks, about 3 minutes longer. (Use a combination of tongs and a long-handled spatula to turn the onion slices so they stay intact.)
6. Slice 2 of the steaks crosswise into thin slices. Divide and arrange on four warmed dinner plates. Pour any accumulated juices over top. Place a slice of grilled onion on each plate. Serve immediately.

Yield: 4 servings (4 1/2 ounces of meat and 1 slice grilled onion). Reserve 4 grilled onion slices and 1 (9-ounce) grilled lamb steak for Greek-Style Lamb Pizza with Feta, Sweet Onions, and Pepperocini.

### Menu 9

Let the bright flavors of the herb-crusted lamb steaks mingle with a colorful but simply made rice pilaf that has been tossed at the last minute with quickly sautéed cherry tomato halves and diced zucchini. A slice of sweet onion rounds out the plate and accents the lamb with caramelized, seared grill flavor.

Lamb Steaks with Herbes de Provence

Grilled Sweet Onions

Rice Pilaf with Sautéed Cherry Tomatoes and Diced Zucchini

## Greek-Style Lamb Pizza with Feta, Sweet Onions, and Peperoncini

Leftover grilled lamb and sweet onions go Greek when used as a topping for this easy weeknight pizza.

- 1 (1-pound) Italian cheese-flavored thin pizza crust (such as Boboli)
- 1 packet tomato sauce (included with crust)
- 1 teaspoon dried oregano, crushed
- 1 (9-ounce) grilled lamb steak, sliced crosswise into thin slices, then cut into 1-inch pieces
- 3/4 cup thinly sliced red bell peppers
- 4 slices grilled sweet onions, halved and layers separated
- 1/3 cup crumbled reduced-fat feta cheese
- 2/3 cup (2 1/2 ounces) shredded part-skim, low-moisture mozzarella cheese
- 12 peperoncini, drained and thickly sliced

1. Position rack in center of oven. Preheat oven to 450°.
2. Combine the tomato sauce and oregano. Spread sauce evenly over crust, leaving a 1-inch border. Top with slices of lamb. Scatter the red peppers and onions evenly over top. Sprinkle with feta cheese and then top with mozzarella. Bake at 450° for 12 minutes or until cheese is bubbly and crust is crisp. Scatter the peperoncini over the pizza. Cut into 6 wedges and serve immediately.

Yield: 6 servings (serving size: 1 wedge)

### **Menu 10**

Greek-Style Lamb Pizza with Feta, Sweet Onions, and Peperoncini

Romaine Salad with Cucumbers, Kalamata Olives, and Cherry Tomatoes