

On our desk: '*Lobel's Meat Bible*'

by the FOODday staff

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## WHAT'S ON OUR DESK

*Lobel's Meat Bible* Stanley, Evan, Mark and David Lobel; Chronicle Books; \$40; 320 pages In a nutshell: Despite all of our vegetarians and vegans, Portland still is a *meat*-loving town, and this complete guide to what's in the butcher case is perfect for home cooks and backyard barbecue enthusiasts who don't know their tri-tips from their T-bones. Chapters are broken down by the type of *meat* (beef, chicken, lamb, etc.), with detailed explanations of different cuts and recipes for what to do with them. Fire up the grill! It's grilling season, so dig into recipes for Korean-style barbecued short ribs, pork tenderloin kebabs with herbs and bacon, and grilled ground lamb skewers. Flexing its muscle: Because it's written by real New York City butchers, there's plenty of expertise, particularly when it comes to less familiar types of *meat*, like boar and ostrich, or offal. Where's the beef? And because it's written by real butchers, not all of the writing jumps off the page. -- Grant Butler **WHAT WE'RE LOVING**

I was skeptical when Bravo announced that it was launching a summertime spinoff to its awesome reality series "Top Chef," featuring seasoned chefs cooking for charity. Would "Top Chef Masters" be great or would it diminish the franchise, like the roughly 35 different flavors of "Law & Order" that litter the TV schedule? The happy surprise is it's even better and more focused than the original. Because these are pros, a lot of the dishes look incredible, and when talented chefs like Rick Bayless and Wylie Dufresne make mistakes, home cooks can take comfort. The guest roster is delicious, with folks like the creators of "Lost" and the always hilarious Neil Patrick Harris dropping by. And it's about to get really juicy: Once the preliminaries are done, six finalists will square off to win \$100,000 for their favorite good cause. My fingers are crossed for L.A. chef Suzanne Tracht, who shows lots of confidence and is competing for a community food bank.

New episodes air at 10 p.m. Wednesdays (or at 7 p.m. on Bravo's HD channel), with marathons of previous episodes airing each week. --Grant Butler **MARKET DISCOVERIES**

What's fresh at area farmers markets, and how to make the most of the bounty:

Buffalo What I found: Normally when I hit the farmers markets, I'm looking for fresh produce -- and chocolate chip cookies. But there are all sorts of interesting fish and *meat* to be found, too, and Pine Mountain Ranch from Bend offers some of the most eclectic choices, including buffalo, elk and yak. I've tried and enjoyed ground buffalo many times -- it makes lean and flavorful burgers -- but I've never tried steaks. At \$15.99, the chateaubriand wasn't cheap, and since it was frozen, it would take a couple of days to thaw. Would it live up to the anticipation? What I did with it: The Pine Mountain vendor wrote a simple marinade recipe on the white butcher paper -- merlot, olive oil and rosemary -- and recommended grilling over charcoal. Since I don't have a grill, I found a recipe online for a sear-roast method using a cast-iron skillet, with a tangy horseradish-butter sauce. Combining the two recipes produced a wonderfully tender, medium-rare chateaubriand, the perfect size for sharing. Why you should try it: Because it's so lean -- a 4-ounce portion has just over 2.5 grams of fat, compared with 10.5 grams for a similar cut of beef -- you're getting most of your calories from protein. And it has a higher concentration of iron than other *meats*. -- Grant Butler **Marinated Buffalo Chateaubriand With Horseradish-Butter Sauce Makes 2 servings**

Marinade:

1/2 cup merlot or other medium-bodied red wine

1/4 cup olive oil

1 tablespoon finely chopped fresh rosemary

Chateaubriand:

1 1-pound buffalo chateaubriand

Kosher salt and freshly ground black pepper

1 tablespoon peanut oil or other vegetable oil with a high smoke point

4 tablespoons unsalted butter

2 tablespoons drained, bottled horseradish (not creamed)

1 teaspoon Worcestershire sauce

To make marinade: In a small bowl, whisk together the wine, olive oil and rosemary. Transfer marinade to a 1-gallon, self-sealing plastic bag. Add chateaubriand to marinade and seal bag, forcing out any air so that the *meat* is fully surrounded by marinade. Refrigerate for at least 8 hours or overnight.

Preheat oven to 300 degrees. Remove chateaubriand from marinade and pat dry with paper towels (it's OK if bits of rosemary cling to the *meat*). Season generously with salt and pepper.

Place a large, well-seasoned cast-iron skillet over medium-high heat until hot. Add oil and heat until hot but not smoking. Sear chateaubriand for 5 minutes on each side for medium-rare, 6 minutes for medium.

Transfer skillet to the preheated oven and allow *meat* to finish cooking for 8 minutes.

Remove chateaubriand from oven and place on a cutting board. Tent loosely with aluminum foil, and allow *meat* to rest for 5 minutes.

Meanwhile, place skillet on the stove (off the heat) and allow to cool slightly for about 2 minutes. Add butter and horseradish, using a wooden spoon to scrape up any browned bits from the pan. Stir in Worcestershire sauce.

Slice chateaubriand against the grain of the *meat*, into 1/4-inch-thick slices. Fan out slices on a serving platter, and drizzle generously with horseradish-butter sauce.

—Adapted from Pine Mountain Ranch and High Plains Bison PER SERVING:

calories: 526 (61% from fat); protein: 46.7 grams; total fat: 35.7 grams; saturated fat: 17.1 grams; cholesterol: 165.4 mg; sodium: 202 mg; carbohydrate: 2.3 grams; dietary fiber: 0.5 gram FOOD TIP

Bringing a full pot of water to a boil to cook just a few ears of corn is a pain. But there's a faster way: Microwave unhusked ears on high for two minutes per ear of corn. After cooking, cool two minutes before removing the husks and silks.

## DID YOU KNOW?

There's a botanical difference between herbs and spices. Spices are plant buds, bark, roots, berries and seeds, while herbs are the leaves.

## WEB SITE OF THE WEEK

It's midsummer, the time when all those shouts of "School's out!" have turned into moans of "I'm bored." A surefire way to keep your kids occupied, and cross something off your to-do list at the same time, is to let them help you cook. Sure, it'll be messier and take longer than cooking without them, but it teaches them so many important lessons — from cooking skills to nutrition, math and science. To get the ball rolling, check out

[www.spatulatta.com](http://www.spatulatta.com) with your kids; you'll find more than 350 cooking videos featuring kids as the cooks. Each video is paired with one or more recipes, so if your child sees something tasty you can print out the recipe and give it a go. The site also features food-related craft projects and educational "Remote Reporter" videos of kids doing fun things like visiting farms or grinding cinnamon at a spice shop. Eating sustainably

Michael Pollan promotes his precepts Author of "The Omnivore's Dilemma" and, more recently, "In Defense of Food," Michael Pollan writes in support of healthful, natural foods and against corporate farms and highly processed edibles.

Pollan appears in the new movie "Food Inc.," which, as one critic said, "does for the supermarket what 'Jaws' did for the beach."

Here are the seven precepts Pollan promotes:

1. Don't eat anything your great-grandmother wouldn't recognize as food — yogurt tubes, for example.
2. Don't eat anything with more than five ingredients, or ingredients you can't pronounce.
3. Stay out of the middle of the supermarket; shop on the perimeter, where real food tends to be located.
4. Don't eat anything that won't eventually rot (e.g., Twinkies). Honey might be the only exception.
5. Always leave the table a little hungry.
6. Enjoy meals with the people you love.
7. Don't buy food where you buy your gasoline.

— McClatchy Newspapers Plunge into pinot

FOODday's Martha Holmberg takes you inside IPNC Every July pinot experts and fans from around the world converge in McMinnville to obsess on our favorite grape. This year FOODday editor Martha Holmberg and wine columnist Katherine Cole will be among the obsessed at the International Pinot Noir Celebration (IPNC) July 24–26. Share their experiences through blog postings and tweets from the field. Check out

[foodday.com](http://foodday.com) to read their posts, and follow Martha at [twitter.com/marthaholmberg](https://twitter.com/marthaholmberg). "I feel a recipe is only a theme, which an intelligent cook can play each time with a variation." — Madame Benoit

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