

# THE THRILL

## WHAT YOU NEED

### Hoisin Barbecue Sauce

- 2 tbsp canola oil
- 2 large shallots, chopped
- 2 garlic cloves, chopped
- ½ cup hoisin sauce
- 2 tbsp ketchup
- 2 tbsp honey
- 2 tsp soy sauce
- 2 tsp fish sauce
- 1 tbsp rice wine vinegar

### Salmon Burgers

- 1½ lbs salmon, chopped
- 2 tbsp canola oil
- 4 hamburger buns, split
- Salt and pepper

### Slaw

- 2 tbsp canola oil
- ¼ cup sliced pickled ginger
- 2 garlic cloves, finely chopped
- ¼ head red cabbage, shredded
- ½ head Napa cabbage, shredded
- ¼ cup rice wine vinegar
- 2 tsp toasted sesame oil
- 3 tbsp chopped fresh cilantro

## MAKE IT

1. For sauce, heat oil in pan, add shallots and garlic, and cook until soft. Add remaining ingredients, stirring sauce until thick.
2. To form burgers, divide salmon into four ¾-inch-thick patties, each with a deep thumbprint in the middle. Season both sides of burgers with salt and pepper. Cover and chill in the fridge for at least 30 minutes.
3. Meanwhile, make slaw. Heat oil in sauté pan. Add ginger and garlic and cook until soft. Stir in cabbage and cook until slightly wilted. Remove from heat; add vinegar, sesame oil, and cilantro.
4. To prepare burgers, heat oil in a sauté pan or cast-iron skillet over grill. Cook until golden brown, about 3 minutes per side.
5. Place patties on buns, drizzle with sauce, and top with slaw and an optional pinch of ginger.

### Serves 4

Per burger: 600 calories, 52 g protein, 60 g carbs, 17 g fat

## Salmon Burger with Hoisin Barbecue Sauce, Pickled Ginger, and Napa Slaw



### BOBBY FLAY

*Bobby Flay's Burgers, Fries & Shakes*  
Clarkson Potter, \$25.95

With seven restaurants, eight books, and Food Network shows like the popular *Grill It!* to his credit, New York City-based chef Bobby Flay continues to find ways to make extraordinary recipes out of ordinary foods.





**THE LOBEL FAMILY**

*Lobel's Meat Bible*  
Chronicle Books, \$40

M. Lobel and Sons butcher shop has been an institution on Manhattan's Upper East Side since the 1840s.

**Korean-Style  
Barbecued Short Ribs**

**WHAT YOU NEED**

- ¾ cup soy sauce
- 3 tbspc Korean rice wine, semidry sake, or dry vermouth
- 2 tbspc fresh lemon juice
- 3 tbspc Asian sesame oil
- ½ cup dark brown sugar
- 3 large scallions, thinly sliced
- 3 garlic cloves, thinly sliced
- 1 heaping tbspc grated, peeled fresh ginger
- 2 star anise pods, broken into points
- ½ tsp ground black pepper
- 6 lbs meaty English-style short ribs (about 12 ribs; each 3 inches in length), or 4 lbs flanken-style short ribs, cut ¼ inch thick
- 2 tbspc sesame seeds

**MAKE IT**

1. Combine soy sauce, rice wine, lemon juice, sesame oil, brown sugar, scallion slices, garlic, ginger, star anise, and pepper in a 15-by-10-inch glass or ceramic baking dish, stirring to dissolve sugar.
2. Nestle short ribs in the marinade, coating both sides of each rib and spooning the mixture over tops of any exposed meat. Cover with plastic wrap and marinate for 1 to 2 hours at room temperature, turning meat once.
3. Make a medium-hot charcoal fire or preheat a gas grill to medium-high heat. Clean and lightly oil grates to prevent sticking. Grill short ribs for about 3 minutes per side for medium-rare, a bit longer for well. Transfer to serving plates, allow to rest for a couple of minutes (so meat is juicier) and eat.

**Serves 8**

Per serving: 630 calories, 80 g protein, 12 g carbs, 29 g fat

**OF THE GRILL**

TOSS YOUR CHARRED HOT DOGS AND SERVE UP A UNIQUE ALTERNATIVE, COURTESY OF THESE MF-APPROVED CHEFS—ALL OF WHOM HAVE NEW BOOKS IN STORES NOW



## WHAT YOU NEED

One 3- to 3½-lb chicken  
One 12-oz can beer

### Marinade

½ cup canola or vegetable oil  
½ cup water  
2 tbsp Worcestershire sauce  
2 tbsp soy sauce  
1 tbsp cider vinegar  
1 tbsp prepared yellow mustard  
1 tbsp brown sugar  
1 tbsp chili powder  
1 tbsp coarsely ground fresh black pepper  
1 tbsp kosher salt  
6 garlic cloves, minced  
1 sweet onion, coarsely chopped  
1 serrano chile pepper, sliced

### Glaze

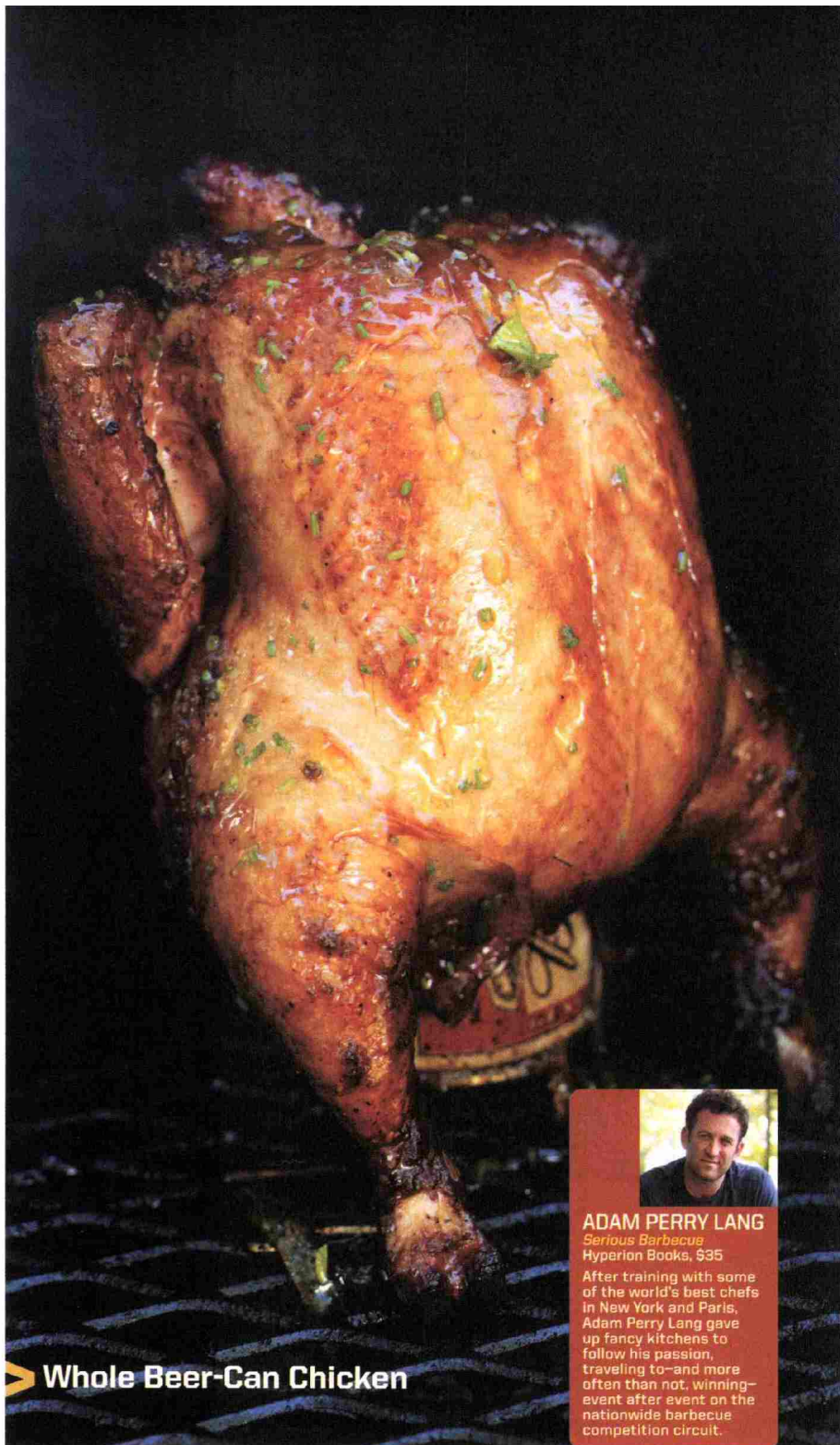
½ cup orange marmalade  
¼ cup honey  
2 tbsp cider vinegar  
1 tbsp lemon juice

## MAKE IT

1. Combine marinade ingredients in a blender and process until smooth.
2. Place chicken in a large resealable plastic bag. Add marinade, squeeze excess air from bag, and close. Roll bag to evenly coat meat and place in the fridge for 8 to 24 hours.
3. Preheat grill to medium-high heat (about 300°F).
4. Place glaze ingredients in a jar with a tight-fitting lid and shake to combine.
5. Remove chicken from bag and lightly pat dry. Open beer can and pour out (or drink) about an inch from the can.
6. Place the chicken on the grill, sitting directly over the can. You can also buy a "chicken sitter" to support the chicken and beer can and reduce the risk of your bird tipping over. Cook meat for around 1 hour and 15 minutes, or until the internal temperature registers 165°F in the thigh and 155°F in the breast.
7. Brush chicken with glaze. Place back on the grill and cook until internal temperature of the thigh is 175°F and the breast is 165°F, about 15 to 20 more minutes.
8. Remove chicken from grill and let rest upright in the stand for 30 minutes before cutting.

### Serves 4

Per serving: 610 calories, 35 g protein, 37 g carbs, 36 g fat



**ADAM PERRY LANG**  
*Serious Barbecue*  
Hyperion Books, \$35

After training with some of the world's best chefs in New York and Paris, Adam Perry Lang gave up fancy kitchens to follow his passion, travelling to—and more often than not, winning—event after event on the nationwide barbecue competition circuit.

## ▶ Whole Beer-Can Chicken

## WHAT YOU NEED

### Kebabs

- 2 lbs swordfish steaks, cut into 1½-inch cubes
  - 2 wred or yellow bell peppers, stemmed, seeded, and sliced into 1-inch pieces
  - 1 red onion, cut into ½-inch-thick lengthwise slices
  - 1 6-inch-long zucchini, halved lengthwise and cut into ½-inch-thick slices
  - 16 mushrooms, stems trimmed
  - 8 11- to 12-inch skewers
  - ⅓ cup extra-virgin olive oil
  - ¾ tsp salt
  - ½ tsp black pepper
- Mixed Herb Pesto  
(see the recipe that follows)

## MAKE IT

1. Preheat grill to high.
2. Assemble kebabs by dividing swordfish and vegetables evenly among skewers. Lightly brush all sides of each filled skewer with olive oil, then season with salt and pepper. Grill skewers 6 inches from heat until fish is just cooked through and vegetables are lightly browned, about 8 minutes.
3. Enjoy while hot, with a bit of the pesto drizzled all over.

### Mixed Herb Pesto

- 1 cup fresh basil leaves
- 1 cup fresh parsley leaves
- ½ cup fresh mint leaves
- ¼ cup fresh cilantro leaves
- ¼ cup chopped fresh chives
- ½ cup pine nuts, lightly toasted
- 4 garlic cloves, minced
- ½ cup grated Parmesan cheese
- 1 cup extra-virgin olive oil
- 2 tsp lemon juice
- 1 tsp salt
- ¼ tsp freshly ground black pepper

## MAKE IT

Combine basil, parsley, mint, cilantro, and chives in a food processor or blender and process until finely chopped. Add pine nuts, garlic, and Parmesan and, with the machine running, slowly add oil. Add remaining ingredients and pulse until combined. Transfer pesto to a glass bowl, and cover with plastic wrap, pressing wrap so that it sits directly on top of pesto. Set aside till ready to use. Save the extra pesto for other meals.

### Serves 4

Per serving: 870 calories, 59 g protein, 16 g carbs, 63 g fat



**Grilled Swordfish Kebabs**  
with Mixed Herb Pesto



### EMERIL LAGASSE

*Emeril at the Grill*  
HarperStudio, \$24.99

*Bam!* The world-renowned TV personality and chef/proprietor of 19 restaurants drew on childhood memories of backyard barbecues and family cookouts to create this recipe and many of the other well-seasoned dishes in his new book.