

## RECIPES

For the lover of fine quality meats, here are some meaty recipes from the elegant Lobel's of New York Butchershop Web site at [www.lobels.com](http://www.lobels.com). The restaurant also has produced a series of books about meat cookery, which are available on the Web site.

### STEAK WITH A SPICY MARINADE

Serves 6

- 6 (12 oz.) boneless rib steaks
- ½ cup soy sauce
- ¼ cup fresh lemon juice
- 2 tablespoons olive oil
- 2 teaspoons ground cumin
- 1 teaspoon cayenne pepper
- 2 scallions, sliced
- 1 jalapeno, seeded and sliced
- 1 clove garlic, minced
- Freshly ground black pepper to taste
- Vegetable oil cooking spray

Trim the outer fat, or ask the butcher to do so. Combine soy sauce, lemon juice, oil, cumin, cayenne, scallions, jalapeno, garlic and pepper in a glass or ceramic bowl. Put steaks in a glass or ceramic dish and pour marinade over the meat. Cover and marinate at room temperature for 30 minutes or refrigerate for as long as 2 hours. Turn meat once or twice and return to room temperature if refrigerated before grilling.

Prepare a charcoal or gas grill. Lightly spray the grill rack with vegetable oil cooking spray. The coals should be moderately hot to hot. Lift steak from the marinade. Discard marinade. Grill steak, covered, for 10 to 12 minutes. Turn and grill, covered, for 10 to 12 minutes longer for medium rare, or until it reaches desired degree of doneness. Let meat rest for a few minutes before carving. Transfer to a warmed serving platter.

### PORK TENDERLOIN MARINATED IN APPLE CIDER

Serves 6

- 3 pork tenderloins (each ¾ to 1 pound), trimmed
- 1 cup apple cider or apple juice
- 2 to 3 tablespoons raisins
- 2 tablespoons brown sugar
- ½ teaspoon cloves
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground mace
- ¼ teaspoon ground cardamom
- Freshly ground black pepper to taste
- Vegetable oil cooking spray

Combine cider, raisins, brown sugar, cloves, cinnamon, mace, cardamom and pepper in small saucepan and bring to boil over high heat. Reduce heat to medium and cook, stirring, for 4 or 5 minutes, or until flavors blend and raisins plump slightly. Remove from heat and let cool slightly.

Put tenderloins in a shallow glass or ceramic dish and pour marinade over them. Cover and set aside at room temperature for no longer than 30 minutes, or refrigerate for as long as 4 hours. If they have been refrigerated, let the tenderloins stand at room temperature for about 15 minutes before grilling.

Prepare a charcoal or gas grill. Lightly spray grill rack with vegetable oil cooking spray. The coals should be moderately hot to hot.

Lift tenderloins from marinade, reserving the marinade. Grill tenderloins for 14 to 17 minutes, turning with tongs once or twice and brushing with marinade during first 10 minutes of cooking.

Grill tenderloins until cooked through and internal temperature reaches 150 to 155 degrees. Let pork rest for about 10 minutes before slicing; temperature will rise to 160 degrees during resting period. Slice thinly and serve.

### MAHOGANY GLAZED CHICKEN

Serves 6

- 1 ½ cups dark beer
- ½ cup Worcestershire sauce
- 1 onion, sliced very thin
- 1 tablespoon Dijon mustard
- 1 tablespoon salt
- 2 teaspoons sweet paprika
- 2 chickens (fryers), 3 pounds each
- Vegetable oil cooking spray
- 1 tablespoon molasses

Combine beer, Worcestershire sauce, onion, mustard, salt and paprika in a small bowl, stirring well. Put chickens, breast side down, in a shallow glass or ceramic dish and pour marinade over them. Cover and refrigerate for 4 hours or overnight.

Prepare a charcoal or gas grill, arranging the coals for indirect cooking or lighting one side of the grill. Lightly spray the grill rack with vegetable oil cooking spray. Coals should be moderately hot.

Lift chicken from the marinade. Transfer marinade to a small saucepan. Place chickens over cooler part of the grill, cover and cook for 1 hour and 20 minutes to 1 hour and 30 minutes, or until the juices run clear when thigh meat is pierced with a fork or sharp knife. An instant-read

thermometer inserted in thickest part of thigh should register 165 degrees. Don't let thermometer touch the bone.

Add fresh coals to the fire as necessary to maintain a moderate, constant heat. If using a gas grill, adjust the burner furthest from the chicken to medium. Turn the chicken with tongs 3 or 4 times during grilling to brown evenly on all sides.

Meanwhile, bring the marinade to a boil over medium-high heat. Reduce heat and simmer for about 20 minutes until reduced to about 1 cup.

Add molasses, stir and cook for 5 minutes longer.

During the final 5 minutes of grilling, brush chicken with the marinade, turning chicken to crisp the skin on all sides. Let chickens sit for at least 10 minutes for the juices to collect.