

# COLESLAW,

Does your same old slaw need a refresh? Improvise an update.





# NEW TRICKS

No recipe required (but a terrific one included!) — Jennifer Danter

## Start here

Our Classic Coleslaw is a cinch to adapt for your own signature slaw. Or try one of our versions, at right. (Recipes on next page.)

## Buffalo Wing Slaw

Replace cabbage in Classic Coleslaw with sliced black kale. Add 1 stalk celery, sliced. Toss with Buffalo Wing Dressing and 1 cup (250 ml) shredded cooked chicken.

## Carolina Red Slaw

Use a box grater to grate ½ a green cabbage and 1 Vidalia or red onion (less if you prefer a milder taste). Toss with Carolina Red Slaw Dressing.

## Thai Slaw

Slice 1 medium napa cabbage. Sliver ½ a mango and ½ a red pepper. Toss with Thai Dressing and sprinkle with ¼ cup (60 ml) chopped roasted peanuts.

Photography Jim Norton



# Classic coleslaw

A two-step process ensures coleslaw that's tangy and fresh, with just a hint of creaminess to bind it together.

- 1 tbsp cider vinegar (15 ml)
- 1 tsp sugar (5 ml)
- 1 tsp sea salt (5 ml)
- ¼ head green cabbage, shredded
- ¼ head red cabbage, shredded
- 1 large carrot, shredded
- ½ sweet onion, thinly sliced
- ¼ cup mayonnaise (60 ml)
- 1 tbsp Dijon mustard (15 ml)

1. Combine vinegar with sugar and salt. Drizzle over cabbage, carrot, and onion and toss. Let sit for about 10 minutes, then place in a colander set over the sink and let drain for about 40 minutes.
2. Squeeze out excess liquid, then place in a bowl. Combine mayo and Dijon, then toss with coleslaw.

## MORE VARIATIONS

**Horseradish Slaw** Replace Dijon with 2 tbsp (30 ml) creamed horseradish. The heat will temper any bitterness if the cabbage is old.

**Scandinavian Slaw** Add chopped fresh dill and pinches of toasted caraway seeds. Splash with vodka.

*Tender, delicate Savoy*

## Say yes to these dressings

### Buffalo Wing

Replace ½ of the mayonnaise with sour cream. Add ¼ cup (60 ml) crumbled blue cheese and Frank's RedHot sauce to taste.

### Carolina Red Slaw

Replace mayo with ketchup or barbecue sauce. Add a splash of vinegar or hot sauce, if you like.

### Thai

Replace Dijon with Sriracha. Add 1 tsp (5 ml) ground ginger, 1 tsp (5 ml) fish sauce, and juice of ½ a lime.

## THE CABBAGE

Cabbage stored over winter has a stronger, more bitter taste than newly picked fall cabbage.

### Green

The classic, its thick, shiny leaves are crisp with a mildly sweet, yet assertive flavour.

### Red

Crunchier than green, with sweet-peppery notes.

### Savoy

Tender, wrinkly, easy to chop, with a more delicate flavour than green.

### Napa

Soft texture and mild taste. This cabbage soaks up other flavours.

### More options

Garnet-coloured radicchio or tangy endive add pleasantly bitter notes and crunch. Fennel gives celery-like texture with anise flavour and scent. Thinly sliced kohlrabi is a crunchy cross of broccoli and cabbage flavour, with a hint of

turnip. Vitamin-packed kale's tough, frilly leaves are surprisingly herbaceous. Black kale (a.k.a. dinosaur or lacinato kale) has a slightly sweeter, more delicate taste than the curly kind.

## THE CHOP

**By hand** Place a cored wedge of cabbage cut-side down. Thinly slice crosswise until it's difficult to handle. Rotate what's left so it's flat, then continue to slice. For easier eating, halve long shreds; for a finer texture, chop shreds into rice-sized pieces. Hand-cut cabbage stands up to thick, creamy dressings.

**By machine** A food processor's chopping blade makes long strips with a softer crunch than hand cut. Use the grating blade for soft, kfc-style slaw. (For small amounts, use a box grater; it's easier to clean.) Grated cabbage is best with vinaigrettes or light, creamy dressings.

## BURGERS: HIDE THE CHEESE, LOSE THE BUN

For a molten hit of gooey cheese, make a Minneapolis-style **Juicy Lucy burger**. Form two thin beef patties, then sandwich a quartered and stacked slice of processed—yes,

processed—Cheddar. Pinch the edges to seal before grilling or frying. Careful with the first bite—like fast-food coffee, contents are hot.

Or fancy up your burger by replacing

a boring bun with a simple **potato cake** (right). Grate russet, Yukon Gold, or sweet potatoes. Mix in one beaten egg per large potato, and season. Fry patty-sized mounds

over medium heat until golden on both sides. Top the meat with a fried egg and chopped tomatoes, pickles, and red onions. Get out the knives and forks. —Martin Zibauer





**WHEN IT'S THIN**  
Multi-flipping works best on thick steaks and chops, where you have time to build a flavourful brown exterior. And it needs a very hot grill to work properly. For skinny, quick-cooking cuts—anything less than 1" (2.5 cm)—it's better to go for some speedy sear marks using tried-and-true single-flip style.

**TWO TENDERLOINS**  
Both have medium-rare centres, but the single-flip steak on top has a lot of well-done meat, too. The multi-flip below is more consistently cooked through, with just a thin (and delicious) crust.



**THE MULTI-FLIP**  
With this method, the meat gets flipped every 30 to 60 seconds, building up a tasty brown crust, without any grill marks whatsoever.

When you use multiple flips, each surface of the steak makes multiple contacts with the hot grate, cooking through conduction. And because the top of the meat stays warm until the next turn, it's as if it were being heated from the top and the bottom at the same time. The upshot? Multi-flipping can cook meat faster.

With the single-flip method, one side of the meat, then the other, gets extremely hot for a relatively long period. This can create an overcooked outer layer as you wait for the centre to reach the desired doneness. And if you mistime the flip, the steak will be overdone before the second side is browned. By keeping each instance of grill contact relatively short, multi-flipping does away with the superheated and overcooked layer, achieving a more consistent level of doneness from top to bottom.

—David Zimmer

**GRILL  
GENIUS**

## You'll flip over this!

The commandment that steaks must only be flipped once is one of those funny "rules" that have been around for ages and are never questioned. It certainly worries novice grillers, as if more than one turn will somehow cause

bad juju with the space-time continuum. To be fair, the single-flip method works just fine and has produced billions of delicious steaks over the decades. But, according to many grilling experts, multiple

flips create better-tasting, more evenly cooked steaks.

**THE SINGLE FLIP**  
Traditional technique says leave a steak alone on the grill. (One 45° to 90° rotation for a cross-hatched

effect is permissible.) Once you've developed some good browning, a nice char, and some pretty grill marks, flip the meat, and grill until the steak is done to your taste and the second side is browned and marked.





## A splash of fine brine

It's got twang and versatility and, best of all, it's probably sitting in the fridge at this very moment. No need to scour gourmet shops and farmers' markets for this hipper-than-thou ingredient; just don't toss that pickle juice after you crunch down on the last baby dill.

Pickle juice's popularity was initially boosted in Brooklyn, where the bearded class took to the "pickleback"—a brine chaser that has a remarkable ability to erase the burn after a shot of whiskey. Sound bizarre? Surely, no worse than a dirty martini—the olive brine and vodka cocktail that soared in the 1990s. Strange or no, pickle juice is having a moment, piggybacking on the recent surge in canning and pickling seasonal local produce.

Now that the lid is finally off, a splash of pickle juice adds a hit of acidity and a pinch of salt to marinades, salad dressings, barbecue sauces and, yes, even cocktails. And, while the taxonomy of pickle brines could fill a book, here's a handy tip: "shelf" pickles always contain vinegar, whereas the "fresh" pickles in the refrigerator section are often vinegar free, relying instead on salt brine. Check the label to be certain, though.

An ounce of salt brine from a fresh pickle like a half-sour, for example, takes a Red Eye (beer and tomato juice) up a notch and adds a kick to just about Bloody everything.

Shelf pickle juice, meanwhile, is better for brining poultry or meat, adding umami to barbecue sauce, and making quick pickles. Finely sliced red onions, for example, only need about an hour in room-temperature brine to pickle. —Christine Simondo

*In Poland, pickle juice is a traditional hangover cure, possibly because it replaces lost salts. The jury's out as to whether or not it works, but a splash of mildly sweet brine from gourmet pickled onions added to chilled Polish vodka is a tasty attempt to beat the system.*

### WARSAW PACT

*In a mixing glass, stir 2 oz Wyborowa vodka and ½ oz pickled onion juice over ice. Strain into chilled glass and garnish with two pickled onions and a light spritz of lemon from a small wedge.*

### DIRTY PICKLE MARTINI

*In a mixing glass, stir well over ice: 1½ oz Broker's London Dry Gin, ½ oz dry vermouth, and 1 tsp (5 ml) mild shelf pickle juice (President's Choice Baby Dill works well). Strain into a chilled glass and garnish with a lemon twist.*





# Spicy chili bean bake

Until spring truly chases the cold away, you'll need some warming comfort food for the gang. This easy and satisfying one-pot bean dish is a lazy French cassoulet crossed with a Tex-Mex chili.

—Monda Rosenberg

- 1 tbsp vegetable oil (15 ml)
- 1 lb hot Italian sausage, about 5 (500 g)
- 1 onion, chopped
- 4 garlic cloves, finely chopped
- 1 can (19 oz/540 ml) whole tomatoes or 8 plum tomatoes
- 1 can (28 oz/796 ml) baked beans in tomato sauce
- 1 can (19 oz/540 ml) black beans, rinsed and drained
- 2 cups corn kernels, rinsed and drained (500 ml)
- 2 tsp finely chopped chipotle pepper in adobo sauce (10 ml)
- 1 tbsp chili powder (15 ml)
- 2 tsp ground cumin (10 ml)
- 1 tsp dried leaf oregano (5 ml)
- 2 cubanella peppers, roughly chopped
- ½ cup chopped cilantro (125 ml)

1. Heat oil in a large, ovenproof pan or Dutch oven over medium heat. Brown sausages, then remove to a cutting board. Preheat oven to 350°F (180°C).
2. Add onion and garlic to fat in pan. Reduce heat to medium low. Stir often until tender, about 10 minutes, scraping up brown bits. Add oil if needed. Pour in juice from canned tomatoes, then roughly break up tomatoes and add. (Or cut plum tomatoes into chunks and add with ½ cup/125 ml water.) Slice each sausage into 4 or 5 pieces and add to pan with baked beans, black beans, corn, chipotle, and seasonings.
3. Cover and bake 40 minutes. Stir in peppers and cilantro; cover and bake about 20 minutes more. Garnish with cilantro. Keeps well in the fridge for up to 4 days. MAKES 14 cups (3.5 L).

## LE CROCK, M'SIEUR

Yes, sir, you can use your slow cooker. Prep sausages, onion, and garlic as above. Place in slow cooker with remaining ingredients except cubanelles and cilantro. Cook on high for 3 hours. Add peppers and cilantro and cook 20 minutes more.

## THE HEAT OF THE MOMENT

After a long, long winter, we crave the tongue-peeling, sweat-inducing spice of a trip to Jamaica. Time to warm up to our favourite jerk seasonings.



### Walkerswood

The jar says “Hot and Spicy” and it does not lie. A well-balanced paste; with scotch-bonnet heat tempered by sweet and tart ingredients.



### Wonder Chuck

Savoury and aromatic, with soy sauce underscoring bright allspice and coriander flavours. Like Walkerswood, it's on the salty side.



### PC Memories of Montego Bay

The heat builds slowly in this pourable marinade—overall, it's milder and more tangy than the others. —Martin Zibauer



## CRUST ISSUES

We like store-bought fresh pizza dough for its convenience and homemade look and taste, but if you have time, making dough from scratch is a satisfying activity. Blipp the pizza cutter to get Jo Lusted's dough recipe, from her latest cookbook, *Dish Do-Over*.

Parbaked supermarket crusts are too machine-made to fool anyone. A better, fuss-free crust shortcut is a 10" (25 cm) flour tortilla. Preheat the barbecue with a cast-iron frying pan in it. Once the pan is good and hot, oil the surface lightly, using a paper towel and tongs. Working quickly, place a tortilla in the pan and spread with sauce, cheese, and toppings (don't overload). Close the lid. Peek after a couple of minutes. After the cheese melts, but before the thin crust burns, use a burger flipper to remove the pizza. Once you get into a rhythm, it's easy to keep the grilled pizzas coming.

Photography  
Edward Pond

Danielle's  
**BARBECUED CHICKEN PIZZA**  
Spread crust with a thin layer of your favourite barbecue sauce. Top with caramelized onions, shredded leftover chicken, and pieces of goat cheese.





Jo's  
**MEDITERRANEAN  
ZUCCHINI PIZZA**  
Sprinkle crust with grated  
mozzarella and top with  
grilled zucchini, grilled  
cherry tomatoes,  
and crumbled feta.  
Garnish with  
fresh mint.

# GRAND PIES

**HOT!  
ITEM**

A light char on the crust, a kiss of smoke, and blistering-hot toppings—they all make the grilled pizza an irresistible treat. Three Cottage Life food stars—*BBQ Crawl*'s Danielle Dimovski, *Dining INNvasion*'s Victor Barry, and cooking expert Jo Lusted—share their favourite combos



What does Victor Barry, one of Canada's top chefs, like to dip his pizza crusts in? Renée's Caesar Dressing spiked with sriracha sauce. Try it!

**Victor's PROSCIUTTO BREAKFAST PIZZA**  
 Spread a thin layer of tomato sauce on a thin crust. Crack an egg overtop. When pizza comes off the grill, quickly dress it with arugula, prosciutto, shaved Parmigiano-Reggiano, and a drizzle of olive oil.

## TRIP TO HAWAII

Through the ports of ancient Yemen, the flavours of Africa and India spread into the Arabian Peninsula. Hawaii, the country's assertive and peppery spice blend, continued to travel in modern times, when Yeminite Jews brought it to Israel and made it a familiar seasoning in soups, in vegetable and rice dishes, and on kebabs. At the cottage, we like it as a grilling rub for chicken and lamb.

In a spice grinder or with a mortar and pestle, grind 4 tsp (20 ml) cumin seeds; 1 tbsp (15 ml) each of peppercorns, cardamom pods, and coriander seeds; 2 tsp (10 ml) each caraway seeds and salt; and 1/2 tsp (2 ml) whole cloves. Stir in 2 tsp (10 ml) each of turmeric and onion powder. Makes about 1/2 cup (125 ml).

—Martin Zibauer

FOOD STYLING: DAVID GRENIER, PROP STYLING: LAURA BRANSON

**Jo's BLUE CHEESE POTATO PIZZA**  
 Spread sour cream on crust. Top with sliced leftover baked potato, slivered red onion, crumbled blue cheese, and fresh rosemary.

**Danielle's PESTO SHRIMP PIZZA**  
 Slather crust with store-bought pesto. Top with roasted red peppers, cooked and peeled shrimp, and chunks of fresh mozzarella. After pizza is grilled, scatter frisée lettuce overtop and drizzle on flavoured olive oil.

## A pizza good advice

The secret is all in the flip. Preheat a lightly oiled grill to medium high. Slide an *undressed* crust onto the grate. Cook, lid down, for about 1-3 minutes, using tongs or a spatula to check crust occasionally for doneness and to rotate for even cooking. Once a crust is golden brown on the bottom, and the top starts to blister, flip it—*grilled-side up*—onto a cookie sheet or cutting board. Add toppings, then transfer pizzas back to the grill. Cook, lid closed, for about 2 minutes, until the cheese bubbles and the bottom of the crust is brown and lightly charred.

- An uneven crust cooks unevenly. Use a rolling pin, unless you're skilled at hand-stretching dough.
- Raw toppings don't have enough time on the grill to cook thoroughly—use precooked meat only.
- Since you're dressing the *cooked* side of a grilled crust, toppings need a thin layer of sauce or cheese underneath to stick. But don't over-sauce or you'll have a soggy pizza.
- An upside-down cookie sheet—or a non-stick, rimless one—is great for sliding dough onto the grill.—Jo Lusted



Blipp the breakfast pizza to learn how Danielle Dimovski infuses olive oil with garlic, tomatoes, and thyme





# Days of wine and rosés

There's no need to blush when you crack open the pink. Once shunned by hard-core red-wine snobs, rosé has undergone a remarkable image transformation as we learn what most Europeans have always known: dry rosé wines are refreshing, food friendly, and perfect for easy summer drinking. New World wine producers are, in turn, increasingly moving away from old-school sweet, pink wines to sophisticated and subtle blush wines ideal for an afternoon refresher. —Christine Sismondo



## ON THE DOCK

Smooth, coral-coloured Marqués de Cáceres Rosado is the picture of dockside summer drinking, with its balance of citrus, berries, spice, and floral notes. It will work with food but is also excellent all on its own, making it the perfect companion for spending a lazy, sun-soaked afternoon on the waterfront.

## WITH A STEAK

Crisp, fresh, and clean, Muga Rosé is a no-brainer when you need to pair wine with grilled pork or chicken — it can even hold its own against a lean New York strip. Hailing from Spain's La Rioja region, Muga is a consistent producer of food-friendly, lightly acidic, dry wines. With its light salmon colour, green-apple nose, and piquant orange accents, this *rosado* is no exception.

## IN A SANGRIA

As we might expect from a wine with an exclamation point in its name, Kim Crawford Pansy! Rosé is bright, bold, and out to have a good time. Its strawberry bubble-gum colour and forthright aromas announce its heavy cherry and strawberry overtones. The fact that it's not exactly subtle makes it an ideal base for a fruity sangria with a splash of soda and garnished with fresh berries.

## AT THE PARTY

A celebration falls flat without bubbles. But, for a change of pace, instead of reaching for the fallback Prosecco, mark the occasion with Codorníu Selecció Raventos Rosé Cava. Practically a revelatory experience liable to convert the most stalwart sparkling-white fans, this baby-pink wine has a light strawberry aroma, a grapey backbone, robust bubbles, and barely a hint of sugar.

## IN A PINCH

For days when there isn't enough time to hunt down the vintages, Beringer White Zinfandel is solid, reliable, and available just about everywhere. With its melon and citrus flavours, it's admittedly slightly sweeter than the more trendy dry pinks, but this Napa Valley bestseller is a consistent crowd-pleaser and an excellent last-minute choice.



Time for sangria on the rocks! Blip the strawberry for food stylist David Grenier's recipe



**“Miami” ribs**

a.k.a. “flanken” or “Korean” ribs, are beef short ribs sliced across the bone by your butcher. A little liquid smoke makes these ribs taste like you used a smoker, without actually needing one.

## Smoky Miami ribs

Nothing says summer like smoky, southern-style beef ribs. Big, bold flavour, finger-licking goodness, and fall-off-the-bone texture make Miami ribs casual crowd-pleasers.

2 tsp garlic salt (10 ml)  
2 tsp onion salt (10 ml)  
1 tbsp salt (15 ml)  
1 tbsp celery salt (15 ml)  
1 tbsp ground black pepper (15 ml)  
4 tsp Worcestershire sauce (20 ml)  
2 tbsp liquid smoke (30 ml)  
¼ cup soy sauce (60 ml)  
4 lbs Miami beef ribs (about 2 kg)

1. In a large bowl, combine all ingredients except ribs. Add ribs, toss, and rub marinade into the meat. Cover and refrigerate for 3 hours.
2. In a roasting pan, stack 2 pieces of 48" by 12" (120 cm by 30 cm) aluminum foil. Place the meat on the foil and pour marinade otop.
3. Make small, tight, overlapping folds along the edges of the foil to form a tightly sealed packet. Bake in a 250°F (120°C) oven for about 6 hours.
4. Remove roasting pan from oven. Let packet rest, unopened, for 20 minutes. Open packet and cut ribs between bones for individual riblets.
5. Meanwhile, preheat barbecue to medium high (375°F-450°F/190°C-230°C). Brush riblets with your favourite barbecue sauce and grill for 2 minutes per side. SERVES 6-8.—Carolyn Evans Hammond



### LIQUID SMOKE SHOCKER!

When N.Y.C. chef David Chang drips liquid smoke into his signature eggs-and-caviar, barbecue purists clutch their pearls in horror. Liquid smoke, long reviled as a heavy-handed, uncouth bully, is showing up in respectable recipes these days. Use it with restraint in chili, baked beans, pulled pork, and onion soup. While barbecue sauces can stand up to liquid smoke, add a dash at a time to mayo (for burgers and potato salad), cream soups, or cheese sauces—it easily overpowers delicate flavours.—M.Z.





## WHEN JUMBO SHRIMP MAKES SENSE

Keeping shrimp tender starts at the store. Large shrimp are harder to overcook. Size descriptions on bags of frozen shrimp vary widely—one company’s “super-jumbo” is another’s “colossal.” Ignore labels and look for the count—which is the number of shrimp in a pound. Shrimp range from 61-70 count, which are almost invisible, to 4-6 count (also called “U10” for “under 10 count”), which are the size of small lobster tails and have jewellery store prices.

The best size for grilling?  
Shrimp with a count of

**16-35**

## Packed tight, packed right

I call them shrimp. Other people call them prawns. Research done by the Cottage Life Office of Semantic Analysis (CLOSA) says we are both correct. Research done by cottagers indicates that both are delicious, a respite for taste buds tired of burgers and wurst.

Because they are small and delicate, shrimp cook very quickly. A few minutes is all they need to go from translucent rawness to opaque edibility. But the grill-crustacean relationship is such a brief and non-searing romance that shrimp often don’t pick up any succulent notes of smoke and char. More cooking is not the solution; it only produces overdone shrimp with the texture of an art eraser.

Immense 4-6 count shrimp can be individually grilled, either whole or butterflied. But the best way to cook smaller shrimp

is to pack them together on skewers. It seems counterintuitive, but this group therapy protects part of the shrimp from direct heat and preserves moisture. It will let you attain a bit of sear and grilled flavour without overcooking. Thread one skewer with shrimp, alternating head and tail, then thread in a second skewer to form a “shrimp ladder.” Press the shrimp snugly together on the skewers.

If the shrimp have been marinated, wipe off any excess liquid. Grill shrimp over direct, high heat for 2-3 minutes, until they get some char and start to turn opaque. Flip the shrimp and cook for an additional 2-3 minutes, until all the flesh is fully opaque. If you’re using a sauce or glaze, apply it during the last minute of cooking.—David Zimmer



Introducing the  
**Cottage Life**  
 WEEKEND COLLECTION

To create our new line of grilling & entertaining products, we teamed up with several food experts to bring you a blend of classic, contemporary and exotic flavours. One thing they all have in common is superb taste, and all are inspired by great weekends at the cottage.

For our full line and a list of retail partners, please visit [cottagelife.com/collection](http://cottagelife.com/collection)



**Smokey Mountain Steak Spice** the perfect seasoning for the perfect steak.

**Hot Tip**

Allow steaks to reach room temperature and season with a small amount of oil and a generous amount of spice.

Relax and refresh with our **Tomato & Basil Salsa**



## Stalk options

Yesterday there was nothing but bare dirt. Today your rhubarb plant is ankle high. Tomorrow it will be up to your knees. Even if you don't grow it yourself, farmers' markets and roadside stands are teeming with fresh rhubarb, ready to be cooked in all the usual ways: in pies and tarts and crumbles, muffins and coffee cakes, jams and chutneys.

But how about an *unusual* way? How about grilling rhubarb? A little smoke, a little char, and just enough sweetness to bring out the flavour. An oiled grill basket keeps chunks of rhubarb from falling through the grates, while they soften and caramelize over high heat.

### RHUBARB SPINACH SALAD

In a bowl, toss 3" lengths of fresh rhubarb with equal amounts of balsamic vinegar and maple syrup. Grill rhubarb (save the maple-balsamic mixture) for about 5 minutes, tossing until lightly browned. Remove and chop into chunks to top a spinach salad, along with some crumbled goat cheese and slivered almonds. Whisk olive oil into the reserved maple-balsamic along with salt and pepper for an easy and delicious dressing.

### RHUBARB SALSA

Sprinkle 3" pieces of rhubarb with a few spoonfuls of sugar and let sit for 10 to 15 minutes or until the sugar dissolves and coats the stalks. Grill for about 5 minutes, or until browned and softened, then remove and chop coarsely. Chop jalapeno peppers, cilantro, and red onion—amounts to taste. Toss with rhubarb, a dash of salt, and a bit more sugar if needed. Spoon salsa onto ricotta-topped grilled French bread or serve with grilled chicken breasts or salmon fillets.

### RHUBARB AND STRAWBERRIES

Hull fresh strawberries and cut the large ones in half. Toss with 3" pieces of rhubarb, a bit of brown sugar, a splash of bourbon, and a dash of vanilla extract. Remove strawberries and rhubarb from liquid and grill for about 5 minutes, until just softened. Return to the bowl with the bourbon-sugar mixture, and stir in chopped fresh mint. Serve over vanilla ice cream for dessert or Greek yogurt for breakfast. — Evelyn Raab



Evelyn Raab developed these enticing grilled rhubarb recipes so early in the season, she had to order in a 10 lb box. Blipp the photo to see what she did with the extras



## Family Style

If your kids like seafood, this crowd-feeding Frogmore Stew is a meal they'll love. They can eat a little or a lot and pick out the bits they want, and no one will give them grief about table manners.

# AFTERS

Dinner's on the table. For real! Dig into our no-plates, no-cutlery, one-pot summertime feast

— Ann Vanderhoof







Photography Edward Pond





## FOR MORE THAN JUST TURKEYS

Turkey-fryer kits are great for outdoor cooking even if you have no intention of submerging the Thanksgiving bird in a vat of oil. Available at many big-box home stores, they include a burner and, usually, a strainer basket (which you'll need). Just hook up the burner to a propane tank for making Frogmore Stew and other seafood boils (lobster, anyone?), cooking a party's worth of corn, frying fish and chips for a crowd, or even making jam. Who knows—you might even come around to deep-frying a turkey. —A.V.

FOOD STYLING: RUTH GANGBAR. PROP STYLING: CATHERINE D'HERTY. FRYER COURTESY CANADIAN TIRE

## Frogmore Stew

Just ignore the name. Really. No frogs are harmed in its making, and it's not a stew. (Who wants *that* in summer?) Rather, it's a feed-a-crowd Happy Meal for all ages that doesn't—not kidding here—require plates or cutlery.

I first tried it in South Carolina's Low Country (it's also called "Low-Country Boil")—a big pot of sausage, corn, shell-on shrimp, chicken, potatoes, and clams was upended onto a newspaper-covered table. We dug in, dipping the bits in melted butter. Afterwards, our hosts just rolled up the newspaper. Cleanup done.

In theory, you could cook Frogmore Stew in a stockpot on the stove, turning the cottage into a steam bath. Much better to do it authentically—outdoors.

No need for precision with the ingredients either. More kids? Add chicken. Mussels or clams in the market? Use them, and go lighter on the shrimp. (Or not.) Just don't forget the paper towels. This is fine food—but it ain't fine dining.

For the pot  
**1-2 bottles of beer (optional)**  
**½-1 cup shrimp-and-crab-boil seasoning, such as Old Bay, Zatarain's, or homemade (125-250 ml; see Tip)**

For each person  
**¼ lb smoked kielbasa or other smoked sausage, cut in chunks (125 g)**  
**1 skinless chicken drumstick or thigh**  
**3-4 small new potatoes**  
**1 ear of corn, husked and cut in thirds**  
**½ lb shell-on large shrimp (21-25 count) (250 g)**  
**6-8 clams or mussels (optional; if including, reduce quantity of shrimp as desired)**  
**Melted butter for dipping**


1. Pour enough water and beer (if using) into a turkey-fryer pot to reach the bottom of the strainer basket. Cover and bring to a boil.

2. Layer ingredients in the basket in the following order, sprinkling each layer liberally with seasoning and steaming (with cover on) for the specified time before adding the next layer:

- kielbasa, 3-5 minutes
- chicken and potatoes, 12-15 minutes
- corn, 3-5 minutes
- shrimp, 2 minutes
- clams or mussels (if using), 5 minutes (If not including optional shellfish, cook shrimp for 4-6 minutes.)

3. When shrimp are just opaque and clams or mussels are open, remove strainer basket, allow to drain briefly, and tip contents onto a table covered with several layers of butcher paper or newspaper. Serve with melted butter.

**TIP** To feed eight, you'll need about ½ cup (125 ml) seasoning. For larger groups add up to another half-cup of seasoning.

 Blipp the melted butter to get our own Seafood-Boil Seasoning recipe







Ouch!  
\$60+ for primo porterhouse  
(but \$20 for family-friendly  
sirloin, on p. 112).

GREAT  
STEAKS

To put swagger in your presentation, cut a juggernaut steak into thick, macho slices, then reconstruct in its original form. For a bone-in cut like a T-bone, trim the meat from the bone in large pieces, slice, then reassemble the works on a platter. You will be looked upon as a god.

## Splurge on porterhouse

The Moby Dick that haunts the dreams of serious carnivores looks something like this: a thick, bone-in behemoth of a beef steak, seared deep brown on the outside and flecked with delicious spices. A lobe of this gently sweating showstopper has been cut away to reveal its medium-rare interior, remarkably uniform from top to bottom. It's a picture of perfection, except for one problem: hefty steaks might be easy to obtain—in exchange for money—but cooking them to a charred yet uniform doneness is another matter.

Steaks less than an inch thick are usually cooked with the direct-sear method followed by indirect baking. It's tried

and true. Thicker steaks up to about 1½" are good candidates for a newer method that uses multiple flips over direct high heat. But for truly colossal cuts, suitable for sharing with a group, these methods can fall short. The problem is that when you cook a steak in the 1½" (4 cm) plus category, it takes so long for the centre to reach the desired doneness that the rest of the meat—from crust to centre—ends up being various shades of overdone, from weak pink to grey.

Reverse searing is a way to cook thick steaks (and roasts) so they're charred on the outside, with a consistently uniform interior. Season the steaks and set

up your grill as if you were going to do some low-and-slow smoking, with the temperature in the cooking chamber at 200°F–230°F (95°C–110°C). Use indirect cooking to bring the meat within about 10°F (5°C) of your target temperature, monitoring it carefully with an accurate digital thermometer. For a medium-rare steak, shoot for a final internal temperature of 130°F–135°F (55°C–57°C), so cook indirectly until the meat reaches 120°F–125°F (49°C–52°C).

Now sear. Remove the steak from the grate, and crank up the grill for direct, high-heat cooking. Brown the meat on both sides, using that thermometer to check your progress. When you hit your desired doneness, remove the steak and let it rest briefly.—David Zimmer



Blip the steak to watch food stylist David Grenier demonstrate how to slice and plate a porterhouse, just as you see in your favourite magazine

FOOD STYLING: DAVID GRENIER, PROP STYLING: LAURA BRANSON



### RUFUS TEAGUE TOUCH O' HEAT

Our grilling guy, David Zimmer, is a big fan of Rufus Teague sauces. "Some other sauces overdo the fake smoke, but Rufus Teague has good flavour and the right balance of sweetness and tang."

### HP SAUCE

"There's a bottle in my fridge right now," says food stylist and cottager Ruth Gangbar. "It's got that salty, savoury kick, and there's always someone at the table who won't eat a steak without it."

### MONKEY GLAND SAUCE

Relax, monkeys, it's just a name—like Frogmore Stew. Food editor Martin Zibauer perks up steak and other grilled meats with this easy-to-make South African sauce, which has a gingery bite and a rich, fruity tang.

- 1 tbsp vegetable oil (15 ml)
- 1/2 medium onion, diced
- 2 tbsp chopped ginger (30 ml)
- 2 cloves garlic, finely chopped
- 2 tbsp tomato paste (30 ml)
- 1/2-1 tsp hot sauce (2-5 ml)
- 2 tsp soy sauce (10 ml)
- 2 tbsp Worcestershire sauce (30 ml)
- 3 tbsp mustard (45 ml)
- 4 tbsp chutney (preferably Major Grey's) (60 ml)
- 1 cup red wine (250 ml)
- 1 cup low-sodium beef broth (250 ml)

### BBQ DIVA STEAK SAUCE

Danielle Dimovski, competitive barbecue champion and host of *BBQ Crawl* on the Cottage Life channel, sauces her steak "to the next level of awesome!" by mixing 1 cup (250 ml) HP Sauce with 1/4 cup (60 ml) French dressing and 1/4 cup (60 ml) diced and sautéed onions. Fuss-free and delicious—that's why the diva is a champ.

1. In a large saucepan, heat oil over medium heat. Sauté onion, ginger, and garlic until softened. Add tomato paste and cook, stirring, for about 1 minute.
2. Add remaining ingredients. Bring to a boil and simmer, stirring occasionally, until reduced by half, about 15 minutes. Makes 1 1/2 cups (375 ml).

GREAT STEAKS

## Shake it on

Tired of food snobs who only put salt and pepper on steak? Haters gonna hate, but if you like steak sauce, these experts say you should never bottle up your feelings.



Skills refresher: blip the bottles for Ruth Gangbar's onion-sautéing how-to



## SAN MIGUEL MARINADE

1 cup chopped cilantro (250 ml)  
4 cloves garlic, minced  
1 large shallot or 4 green onions, finely chopped  
1 jalapeno pepper, or 1 chipotle pepper drained from adobo sauce, seeded and chopped  
2 tsp cumin seeds, toasted and ground (10 ml)  
1 tbsp soy sauce (15 ml)  
1 tsp dried oregano (5 ml)  
¼ cup fresh lime juice (60 ml)  
¼ cup tequila (60 ml)  
¼ cup olive oil (60 ml)  
In a medium bowl, combine ingredients. Makes about 2 cups (500 ml).



**GREAT STEAKS**

## Save with sirloin

For weekends when a magnificent porterhouse steak is beyond the budget, a gorgeously marbled beef sirloin offers good value for feeding a crowd. Since this zesty marinade reminds me of sunny winter holidays in Mexico, I like grilled peppers and tomatoes as tasty sides.—Jane Rodmell

2-2½ lbs sirloin steak, 1½"/4 cm thick (1-1.25 kg)

San Miguel Marinade (see above)

1 tsp olive oil (5 ml)

Salt and freshly ground pepper

½ cup chopped cilantro (125 ml)

1. Place steak and marinade in a heavy-duty, resealable plastic bag. Refrigerate 12-24 hours, turning bag over once or twice while steak is marinating.

2. Remove steak from marinade and pat dry with paper towels. Rub each side of steak with a little olive oil and salt.

3. Grill using the reverse-sear method (see p. 108).

4. When steak is cooked to the doneness you prefer, remove it to a cutting board, season lightly, and let rest for 5 minutes. Cut in generous slices across the grain, garnish with chopped cilantro, and serve with grilled peppers and tomatoes.

SERVES 6-8.

## SUMMER'S FAVOURITE THIRST QUENCHER

Even if life hasn't given you any lemons, it's still nice to sip a glass of lemonade. When buying commercial lemonades — bottled or frozen — there's a wide range, from overly sweet to bland and insipid. So we did a lemonade taste test, and here are our favourites.

### Cartons/ bottles

**First Place** Simply Lemonade is as advertised — a straightforward, thirst-quenching, relatively dry crowd-pleaser.

**Runner-Up** President's Choice Lemonade, for its tart flavour profile.

### Frozen concentrate

**First Place** Minute Maid frozen concentrate has a slightly more robust colour and bigger kick than the others.

**Runner-Up** No Name is, at least, not cloyingly sweet. —Christine Sismondo





# Cottage Life

WEEKEND COLLECTION

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## Green kryptonite

A little plastic tube of wasabi paste—green Japanese-style horseradish—first entered my fridge after a dinner of barely seared tuna. There it languished...until I tired of seeing it, began experimenting, and discovered that its sinus-clearing rush and pungent flavour can add zing to a lot more than raw fish. (You can use powdered wasabi for these, too; just mix it first with a little water to form a paste.)

Wasabi loses its punch quickly when exposed to air or heat (which explains why my attempts at roasted wasabi almonds lacked any oomph); tightly cover and refrigerate anything containing wasabi if you're not serving it immediately.—Ann Vanderhoof

### WASABI BUTTER FOR STEAK

Combine  $\frac{1}{4}$  cup (60 ml) soft butter,  $1\frac{1}{2}$ –2 tbsp (22–30 ml) wasabi, and 1 heaping tsp (5 ml) finely chopped chives or green onion. Shape into a log, wrap well in plastic, and chill. Serve slices on hot-off-the-grill steak (amazing!) or salmon, or toss with roasted potatoes.



Blip the spoon for more ideas for  
using the wasabi in your fridge

### WASABI CAESAR

Instead of Tabasco, use a generous  $\frac{1}{2}$  tsp (2 ml) wasabi per drink, blending it thoroughly with the vodka before adding the rest of the ingredients.

### WASABI HUMMUS

Stir  $1\frac{1}{2}$ –2 tsp (7–10 ml) wasabi into 1 cup (250 ml) plain hummus.

### WASABI VINAIGRETTE

Mix 2 tbsp (30 ml) rice vinegar; 1 tbsp (15 ml) each lime juice, olive oil, sesame oil, and chopped cilantro; 1 tsp (5 ml) each wasabi and minced garlic; and a pinch each of sugar and salt. Toss with thinly sliced cucumbers, grilled asparagus, or strips of roasted peppers.

### WASABI MAYO

Combine 1 tbsp (15 ml) wasabi with 1 cup (250 ml) mayonnaise. It's great alongside grilled or fried fish, spread on a fish-wich, or as a dip for grilled asparagus.

### WASABI MASHED POTATOES

Mash potatoes with butter and milk or cream to taste, then stir in 1 tsp (5 ml) wasabi for each pound (500 g) uncooked potatoes.