

Kitchen Window®

for the passionate cook . . . and those who aspire to be

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Shrimp Skewered on Rosemary Branches as pictured in *Bobby Flay's Boy Meets Grill*, Hyperion 1999 (See review on page 8)

Cooking In The Backyard

If you're one of the lucky ones who has an all-weather Viking or DCS grill, you've probably been grilling all year. If not, it's time to wheel the grill out of the garage and get started! Long, long ago, the outdoor kitchen was the only way. Now, cooks are being enticed by new tools and appliances. State of the art equipment is no longer being locked up inside.

In these pages you will find a grilling primer as well as great information on creating the complete outdoor kitchen. And, for those of you that are bored with the same old grilled franks and are up to a new challenge; check out our information on sausage and sausage making. Chef Scott's recipe for bratwurst is sure to inspire you!

We've also included many gift ideas to make your Father's Day shopping easier. If your dad is a passionate cook or a butcher, baker or barbecue maker, Kitchen Window should be your first stop!

**If you're fascinated by fish and seduced by seafood, you'll love our July issue!
Baked, boiled, cured, fried, grilled, planked, poached, smoked....Check it out!**

In the Spotlight: Sausage Making & Grilling

Each month our Department Managers select products to highlight that relate to the topic of our current issue. Some products will assist you in implementing the recipes and ideas in this issue and some are highlighted to expand your knowledge of the topic.

This month our focus is Sausage Making and Grilling. Here are the recommendations from...

Hilary in General Merchandise

Cooking meat can be tricky. Rare, medium, raw, burnt: everyone has their preference. The degree of doneness is important for flavor, texture, and food safety. You can always test the doneness of meat with the palm of your hand; but... Right. You need a meat thermometer. Two types of meat thermometers have proven to us at Kitchen Window to be excellent products. Both the Taylor Roast/Yeast Thermometer and the Remote Check probe thermometer are easy to read and accurate.

The Taylor Roast/Yeast Thermometer is an alcohol-based thermometer (similar to those old mercury thermometers). You place the thermometer in the meat when it goes in the oven or on the grill, and leave it there. The read is large and clear, no guessing. Along with numbers, this thermometer gives you meat/poultry type guides. For example, a pork roast is done when the line rises to pork. Super easy.



Taylor Roast & Yeast Thermometer \$11.95

The Remote Check probe thermometer is a gadget-ier gadget. This thermometer is digital and "smart." You program the thermometer, telling it which kind of meat you're cooking and the degree of doneness you desire. A probe is placed in the meat when you start cooking and the read goes where you go. You can wander up to 100 feet away and when the meat reaches proper temperature, or when it has been the programmed amount of time, the remote will sound. Now you can mingle at your own barbeque.



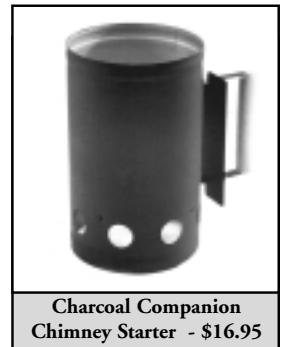
Maverick Remote Check Probe Thermometer - \$69.99

Brooke In Cookware

Most dads enjoy grilling and some even enjoy it all year long. Why not support your dad's hobby by giving him a few great grilling tools for Father's Day? You never know, you might even benefit from it! Kitchen Window has a wide variety of tools that dad is sure to love.

Charcoal Companion has developed two creative solutions to the all too familiar problems with kabobs. Have you ever tried to serve straight skewers on a round plate? The Circle Kabob (4 for \$10.95) is not only convenient; it looks great on a plate. The Kabob Basket (\$11.95), another great invention, entirely encases a kabob. It holds everything together and allows you to turn it easily for even cooking. No tasty morsels will be lost in the coals!

Another great product from Charcoal Companion is The Chimney Starter. It is great for the dad who is a purist, a die-hard charcoal grill fan. The Chimney Starter is safe for the environment, it lights the charcoal without lighter fluid, it holds up to 5 pounds of charcoal and it's ready to use in 15 minutes.



Charcoal Companion Chimney Starter - \$16.95

Have you ever lost half of your perfectly cut vegetables through the grill grate? Or, worse yet, had a piece of delicate fish disintegrate and disappear into the coals? Oscarware has the solution: the grill topper. A grill topper is a perforated pan that contains smaller more delicate ingredients and still allows the grill flavor to come through.



Oscarware Grill Toppers \$16.95 - \$21.95

The manageable size and porcelain surface make for easy clean-up; they can even be put in the dishwasher. Oscarware grill toppers are available in four sizes including a wok and pizza pan.

Stop by Kitchen Window to see these great grilling products and many, many more!

Melanie in Bakeware

Pâté is making a comeback as an appetizer or first course. I've had it recently at a couple of dinner parties and was pleasantly reminded of how good it was. Traditionally, pâté can be satiny-smooth and spreadable or, like country pâté, coarsely textured. It can be made from a finely ground or chunky mixture of meats such as pork, veal, liver, ham, fish poultry, game or vegetables. So even if you're not fond of liver, there are many delicious options for you!

We carry a few varieties of pâté terrines at Kitchen Window. Each unique design is made from a different material and has a specific intended purpose.

Emile Henry has designed a small covered dish appropriate to bake and serve in. All Emile Henry pieces are made with the very unique clay from the French region of Burgundy. The clay is famous for its even and gentle baking properties. This pâté terrine is petite and perfect for making smaller portions and serving liver pâté.



Emile Henry Pâté Terrine - \$31.95

The very traditional rectangular tinned-steel pâté mold with pins at opposite corners offers the perfect solution for pâté that requires unmolding. Similar to a springform pan, the bottom and sides are removable. This is the most desirable pan in which to prepare a pâté en croute, a pastry covered pâté. This would not be a good choice for a recipe that requires the mold to be placed in a water bath, as it is not completely sealed.



Matfer Pâté Mold- \$55.95

Le Creuset's beautiful lidded pâté terrine is made out of enameled cast iron and has a 1.5 quart capacity. The non-reactive, even heating properties of this pan make it suitable for preparing most types of pâté. It is available in blue, white and red and,



Le Creuset Pâté Terrine Reg. \$140.00 Sale \$99.99

as with all Le Creuset pieces, it makes a stunning table presentation. This pan would be the perfect choice to make a colorful layered vegetable terrine if you are having a large party.

If you're looking for an in-between size, try our French porcelain terrine by Revol. It will make plenty of pâté for a medium sized party as well as a nice loaf of banana bread for more casual occasions.



Revol Pâté Terrine - \$69.95

Stephen in Electrics

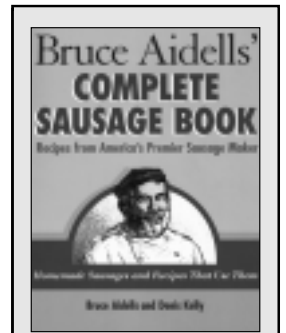
Looking to make homemade sausage, meatloaf or Hamburger? How about soups, stews, salsa or baby food? The high-quality VillaWare Power Grinder is the tool for your kitchen. Its 320 watt motor grinds through meat, cheese, nuts, fruits and vegetables with ease.



VillaWare Power Grinder - \$139.00

The machine features all steel junction parts from the motor drive to the feed screw and a die cast #5 head with a 2 1/8" diameter cutting blade. After grinding, the unit can be set up to function as a sausage stuffing machine with the included sausage funnel. Stainless steel fine, medium and coarse cutting dies are included. Operation is especially convenient with a motor reverse switch to relieve jamming. Whether it's fresh game or fresh vegetables, The VillaWare Power Grinder is a great tool for any Kitchen!

Need Recipes for your new Power Grinder? Bruce Aidells' Complete Sausage Book has long been regarded as the "bible" for homemade sausage recipes. This book will provide information on everything you need to know about preparing sausage from equipment, casing varieties, safe handling, techniques as well as a plethora of sausage recipes. From the classic Sheboygan Brats to Minnesota Potato Sausage, Bruce Aidells' Complete Sausage Book will ensure that you get the most out of your Food Grinder.



Bruce Aidells' Complete Sausage Book \$21.95

The Outdoor Kitchen

The outdoor kitchen is quickly becoming one of the hottest trends in cooking. In our house, the kitchen is where the party begins and ends. Everyone always gathers around the food. Now, imagine being able to take that experience outside to enjoy the sunset and spend an evening sharing great food with your friends and family. Outdoor cooking and entertaining is an easy and casual way to throw a party. With the growing popularity of portable outdoor heaters, fire pits and chimineas, outdoor kitchens are moving into full three season usage.

The centerpiece to any outdoor kitchen is the grill. Just as the right cookware and appliances in your kitchen makes all of the difference in creating fabulous results; so does the right equipment outdoors. Even heating and quick temperature control is critical in any cooking process. Today's new high-end grills combine high output cooking power for quick searing with fabulous grease management systems, powerful rotisseries, and large capacity smoker boxes for the ultimate grilled flavor.

The grills can be mounted on stainless steel carts or built into elaborate islands. Built-in islands provide preparation counters, storage areas, and can be outfitted with warming drawers, extra burners, and refrigerators. Everything a chef needs can now be on your deck or patio.

It may be hard to believe that a grill can really make that much difference but that is what people were saying about All-Clad Cookware and stovetop cooking 10 years ago. Many people are frustrated with their grill and believe it is too much work to get good results. They are forced to put up with hot spots, cold spots, uneven cooking, flare ups, burnt food, peeling paint and regular repairs. By choosing the right cooking tool, all of these problems can be solved. Kitchen Window now offers complete outdoor kitchen options from Viking and DCS.

Grills from Viking and DCS offer commercial type cooking power. They feature 25,000 BTU stainless steel grill burners that produce intense searing heat evenly across the entire grilling surface. The rotisserie systems consist of a 15,000 BTU infrared rear burner, a heavy duty rotisserie motor capable of turning up to 50 lbs of food, a 1/2" stainless steel rotisserie rod and two heavy duty rotisserie forks mounted on ball-bearing support that provides smooth rotation. The smoker systems accommodate wood chips or chunks. The trays have their own

heat source and can be adjusted for maximum smoking performance. All of the grills come with a push-button electronic ignition powered by a 9-volt battery to provide consistent and continuous spark for easy grill lighting.

The grills are constructed from thick sheets of rugged, heavy-duty stainless steel. In fact, the grill bodies are so durable they carry a lifetime limited warranty on all of the stainless steel components including burners. The hood is constructed with a double

wall. This extra insulation keeps the heat inside and provides for a cooler surface.

Here in Minnesota, we only get a few short months to relax outdoors. Why not make the most of them? Cooking outside not only provides us with fresh air, sunshine and stars, it also makes for less clean-up, automatic ventilation and extra delicious flavor. If you like to entertain, think about setting up or upgrading your own outdoor kitchen. Here at Kitchen Window we have all of the right tools to get you started. So, shake off your jackets and kick off your boots and get OUT into the kitchen!



The Viking Outdoor Kitchen

by Doug Huemoeller

Smoking

Smoking chips

Grilling with smoking chips can add more flavor and a richer dimension to food. Each type of wood adds a distinctive flavor to any dish. Smoking chips or chunks can be used on gas or charcoal grills. Soak the chips in water for at least 30 minutes. For charcoal, place the chips on the coals and begin grilling. For gas, place the chips in a metal smoker box. Place the smoker box on top of the grill grate as the grill heats up. Add chips as needed during the grilling process.

Wood

Alder
 Apple
 Cedar
 Grapevine
 Hickory
 Lilac
 Mesquite
 Oak (Red is best)

Flavor

Delicate, slightly sweet
 Slightly sweet, fruity, smoky
 Medium strong, sweet, pine
 Slightly sweet, fruity, smoky
 Pungent, smoky, bacon like
 Light, subtle floral hint
 Strong earthy, smoky flavor
 Heavy smoke flavor

Use with

Fish, pork, poultry, game birds, salmon
 Beef, pork, ham, poultry, game birds
 Salmon
 Good for all meats
 Most meat, especially pork & ribs, can be overpowering
 Good for lamb and seafood
 Most meat, better for beef, can be overpowering, avoid fish
 Good for red meat, pork, sausage, and game

Smoking

Most smoking today has progressed to a form of SMOKE ROASTING as opposed to curing. Its purpose is to impart flavor not preserve. Smoke is generated by a heat source, charcoal, gas, electricity, or wood. In smoke-cooking the smoky flavor comes from hardwoods, each of which produces a slightly different flavor. Greenwood burns at a higher temperature and for a longer time than aged wood. It also provides more smoke. Be sure to avoid chemical igniters!



For Dad's Who Love to Cook

At Kitchen Window you're sure to find the perfect gift for Father's Day!

Kitchen Window has gifts that every Dad will enjoy, whether he's a beginning cook, a grilling guru or a gourmet chef. Check out our ideas below!

Under \$25.00

Cast Iron Mortar & Pestle
 Beer Stein Set
 BBQ Apron
 New or Specialty Cookbook
 Cedar Grilling Planks

\$25.00 - \$50.00

Salt or Pepper Mill
 BBQ Tool Set
 Pizza Stone
 Atlas Pasta Maker
 Soda Siphon or Whipped Cream Dispenser
 Bamboo Cutting/Serving Board

\$50.00 - \$75.00

Bodum Cast Iron Wok
 Le Creuset Grill Pan
 Set of Riedel Wine Glasses
 Cameron's Stovetop Smoker Set
 Kershaw or Global Knife

\$75.00 and Up

Le Creuset Stock Pot
 Bamix Immersion Blender
 Le Creuset Lever Model Wine Opener
 Solis Espresso Machine
 Waring Malt Maker or Bar Blender
 Cuisinart Grind-n-Brew Coffee Maker

Still Undecided?

How about a Kitchen Window Gift Certificate for our Store or Culinary School? They are available in any amount.

Pick up a copy of our Gift Giving Guide at our store for more fabulous ideas.

The Whole Hog

From the breakfast table to the State Fair, sausage is one of the perfect foods. It is portable, versatile, and delicious. In its early days, sausage was made almost exclusively from the hog; pork is still the meat used most in sausage. In fact, there are as many types of sausage as there are sausage eaters, a blend of flavorings and meat or fish to suit everyone's taste. Even vegetarians can enjoy sausages made from soy protein or even vegetables or cheese.

As with most food histories, what we know of early sausage making comes from Europe. In the 5th century BCE, in China, the hog was domesticated. Its use as livestock spread quickly through the Near East and into Europe. In ancient and classical times, we know that sausage was consumed. Homer and Aristophanes both wrote about it in their works. In France and Italy, sausage making is a 2,000 year old tradition, its experts considered masters of a culinary art. Charcuterie in France is the formal art of the preparation of sausage, along with other cured meats.

Sausage making was "invented" as a way to use and preserve the meat that cannot be consumed fresh at slaughter. It has only been since the early 19th century that meat has been as widely available as it is. Until then, meat was a food for the wealthy, and the wealthy were few in numbers. With butchering came a natural surplus of meat. A butchered hog can provide up to 127 pounds of meat. Before refrigeration, something had to be done to keep all that meat from going bad.

It was also in the interest of economy that sausage was made. The tougher cuts of the hog, along with the organs, head, and blood, were less desirable than the most tender parts; but they were still edible and flavor-

ful. Throwing them out would have been a great waste. These bits were chopped up, mixed with fat, salt, and spices to improve their texture as well as to preserve them for later consumption.

Large ceramic pots were sometimes used to create and store sausage. A layer of fat was poured over the top to seal it. Kept in a cool place, this pot could be dipped into as needed. This type of sausage was raw, or fresh, cooked before serving. Fresh sausage stored in this manner could be kept for a few weeks and was not portable.

In order to lengthen the life of sausage, casings were used. Intestines, and sometimes bladder, were cleaned and stuffed with the chopped meat mixture, tied off and separated into smaller portions. To further lengthen its life, cased sausage was dried. This type of sausage could last for several weeks in a cool food cellar.

Sausage stuffed into casing proved not only convenient for storage, but for portability as well. Meat, while sometimes scarce, has always been praised as an essential, nourishing food. During the Middle Ages, as people began to move around, the safety and readiness of food became greater issues. For merchants and explorers, smoked or dried sausage links became a staple. These had been cured with salt and spices, killing any harmful bacteria, and sometimes smoked over a fire. They did not require cooking and could last for several weeks, and sometimes months.

Every cuisine features sausage as an important ingredient or food. The variety changes as the types of meats and flavorings change from region to region. In America, we might think of sausage as an all-American food; it's even associated with our national pastime.



Sausage on the Grill as pictured in *Bruce Aidell's Complete Sausage Book*, Ten Speed Press 2000

by Hilary Lord

But, as it is around the world, sausage in America is a reflection of the landscape and history of its region. Most of the sausage on our tables came with European settlers 400 years ago. Andouille, chorizo, bratwurst, salami, even bologna, are imports, associated with regions of America settled by the countries of their origins. Flavors of sausages range from sweet to savory to spicy. Garlic is used to flavor linguica, a Portuguese and Brazilian sausage, while the French crépinette is flavored with truffles. And while pork is still the meat used most often in sausage, there are links out there made from buffalo, chicken, beef, lamb, and fish.

Today sausage is readily available, fresh, dried, or frozen. From pepperoni to Braunschweiger, every grocer carries some variety of sausage. Of course, along with the good comes the not so good. Many casings are artificial now, made from collagen and some plastics. Chemical preservatives and artificial flavorings are often used in place of salt and spices. As importantly, there is less flavor in the prepackaged, over-processed bologna and frozen breakfast sausage in today's markets.

There are good sausages out there; and they aren't hard to find. Many butchers and grocers make their own fresh sausage, with natural casings, on site. Artisan dry sausages are also available, if you know where to look. Below is a list of some good quality and tasty sausages and where to find them.

Sources

- *John Pflupsen - Owner of Everett's Foods*
- *John Jaksa - Meat Department Manager of Wedge Co-op*
- *Kavan Donohue - Kramarczuk's Sausage Company*
- *History of Food - Maguelonne Toussaint-Samat (Anthea Bell, trans.)*
- *Bruce Aidells' Complete Sausage Book - Bruce Aidells and Denis Kelly*
- *www.journalofantiques.com*

Sausage Sources

Everett's Foods

1833 E 38th St., Mpls. 612/729-6626

Everett's is a family owned market that has been in business for 48 years.

- Polish or Hot Polish Sausage, made with a mixture of beef and pork, stuffed into a hog casing.
- German style, coarse grind, all-beef wiener, stuffed into a sheep casing.
Fine grind wiener, made with a mixture of beef and pork, stuffed into a sheep casing.
- Bratwurst made with a mixture of beef and pork, stuffed into a hog casing.
- Ring bologna made with a mixture of pork and beef, stuffed into a beef casing.

Wedge Co-op

2105 Lyndale Av. S, Mpls. 612/871-3993

The Wedge uses all organically produced, free-ranging hormone and antibiotic-free meats to create 19 varieties of sausage. They use hog casings for all of their sausages. Below is a list of their most popular sausages.

- Lamb with mint and garlic.
- Chicken with spinach and feta cheese.
- Chicken with sun-dried tomato and basil.
- Chicken with chipotle and garlic.
- Pork chorizo.

Kramarczuk's Sausage Company

215 Hennepin Av. E, Northeast Mpls. 612/379-3018

Kramarczuk's is a historic, family owned deli and bakery in Northeast Minneapolis. They offer a large variety of Eastern European sausages, all stuffed into hog casings.

- Polish Sausage, made with pork and garlic.
- Ukrainian Sausage, made with coarsely ground pork and a lot of garlic.
- Kishka, made with beef blood and buckwheat.
- Swedish Potato, made with pork and potato.

Boy Meets Grill

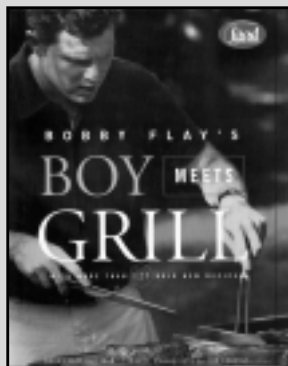
Now that we've finally had a few warm sunny days after a pretty cool spring, Minnesotans are stoking up their grills. The tempting aroma of burgers on the Weber is wafting through the air, a sure sign that summer is near.

If you like to use your grill for more than burgers, you're sure to enjoy and be inspired by Bobby Flays popular book *Boy Meets Grill*. If you watch the Food Network or the CBS morning news program, you've probably seen Bobby Flay in action! Flay is the owner and chef of two top New York restaurants: Mesa Grill and Bolo. He's a young chef with a pretty bold style and many creative and delicious recipes to share with us. His book *Boy Meets Grill* is no exception.

Flay offers advice about the never-ending debate: gas vs. charcoal. Ultimately, all of the recipes can be cooked on either type of grill; the choice is yours. All of the recipes that I tested were prepared on a charcoal grill, my preference.

For a great accompaniment to any outdoor feast, especially grilled burgers, try Flays Mesa Grill Potato Salad. The special additions, chipotle peppers in adobo sauce, jalapeño peppers, cilantro and lime juice, give it a definite Southwest flair. If you like spicy; this is the recipe for you! And, if you have a sensitive palate, you can easily back off on the cayenne and jalapeños and add only one tablespoon of the chipotles.

Another great dish is the Grilled Asparagus Risotto with White Truffle Oil. This recipe required a bit more time and planning to prepare, because I chose to make my own vegetable stock. The stock recipe was fairly simple and quite tasty; definitely better than store-bought! The risotto was a bit time consuming, but very delicious. My one word of caution is to use the truffle oil sparingly; it can be very overpowering. You might even want to add it drop-by-drop and do a taste test between each addition.



Bobby Flay's Boy Meets Grill \$32.50

*Review by
Melanie Miller*

My favorite recipe from the book so far is the Cedar Plank-Grilled Salmon with Yellow Pepper Saffron Sauce. In fact, it is the best salmon that I have ever tasted! The salmon is infused with both the aroma and the flavor of the cedar and it remains quite succulent. It's delicious even without the sauce. The method is quite simple. Place a seasoned filet of salmon on a pre-soaked cedar plank. Although not always necessary, this recipe requires you to wrap foil around the fish and plank. Place it in the grill. Cooking times vary depending on how hot the grill is, how thick the fish is and what degree of doneness you prefer. Count on 20 - 30 minutes.

The food that I prepared from this book was delicious, although time consuming. Luckily, Flay includes many quick-to-prepare recipes too. Give the burgers and grilled flatbreads (pizza) a try! And, if you're in need of some inspiration, flip through the appetizing photographs; they'll make your mouth water. If you have a passion for grilling, this book is for you. And, don't forget about dad, he might like it too!

The Fussy Professor

Dear Fussy - My husband and I are hosting a family feast on Father's Day. I really like my dad and I'm excited about the family getting together. What I'm not excited about, is the feast. Almost everything is prepared on an outdoor charcoal grill. And, while I love the sausage that my husband Richard makes, Aunt Marilyn's grilled eggplant, and Uncle Jack's mushroom and zucchini side dish; I dread eating the entrée: Whole Grilled Turkey. Dick was up to the same thing last year and tried to convince me that the turkey was done when it was still pink! In fact, he offered to let me slice off my own slices from his already cooked portions and continue to cook them until they were "done". After about ten minutes, my slices were beginning to look like bacon. And then they began to dry out. It appears that no amount of cooking on this outdoor contraption will make the turkey safe. It stays pink. Fussy, is pink turkey really safe? -Grendel.

Dear Grendel - Pink turkey can, indeed, be unsafe! And while color is an indicator in doneness, temperature is vastly more important. Oven-roasted turkey that is still pink when pulled from the oven should be put back in the oven and cooked until the joints are loose, the juices run clear, and the pink is gone. This usually happens when the internal temperature is about 170° F. On the grill, however, smoke can prevent the turkey from changing color indefinitely. Although you could have continued to cook your pink "bacon" pieces until they turned a satisfying shade of brown, I doubt that you would have been satisfied with the result. Turkey is done when its internal temperature is about 170°. The pink color in grilled turkey comes from high levels of myoglobin reacting with the smoke. Grendel, relax; you can safely eat Richard's bird. -Fussy

Grilling 101

by *Carl Antholz*

I remember catching salmon off the Mendocino coast in September 1968. I remember making a redwood driftwood fire at Gassy Gate beach. I remember gathering Alder branches thick with leaves, from the riverbank just above the beach. I remember placing the Alder branches on the now-white coals. I remember placing the whole fish (about 25 pounds), on the thick nest of Alder. What I can't remember is a better tasting salmon.

We plucked it from the fire with forked twigs of alder, fashioned with a pocket knife while we waited for the fish to cook, and placed it on a second bed of cold fresh alder leaves. We used the pocket knife again to cut into the fish along the dorsal line. Then we used our hands to pull the fish off the bones. I then remembered Chef Ken Wolf's "introduction to grilling" speech delivered when I was in cooking school: "Man has come a long way in cooking. The Caveman put the meat directly on the fire. Now we have metal to separate the meat from the fire. Now there is less ash in the finished product." Chef Wolf's not very subtle jab was made in 1982. This is when grilling was mainly done on a charcoal grill and the Weber kettle grill was considered high tech. Today, we have gas grills and ranges that are sophisticated enough to reproduce an inside kitchen outdoors. We have, indeed, come a long way. But, just in case you'd like to cook over a charcoal fire, like I do, I'd like to introduce you to the basics. Let's start by defining our terms.

Safety - Prepare the Grilling Area

- All a 20-foot perimeter around the grill.
- Remove any flammable debris prior to firing the charcoal

- Have an ABC extinguisher on site in an obvious location.
- Restrict Access to the Grilling Area. Make a 10-foot boundary recognizable kitchen.
- No kids, no fools and no pets are allowed into the kitchen.

General Charcoal Lighting Instructions

1. Make a mound of hardwood charcoal under your grill
2. Place a loaded charcoal chimney

Grilling Glossary

Barbecue - A method of slow-cooking meat over low temperature hardwood coals either in a pit or on a spit. This is definitely not Grilling.

Briquette - A block of compressed charcoal dust, or sawdust and wood chips used for fuel Commercial Charcoal Briquette - Compressed petroleum/coal dust product.

Charcoal Lighter Fluid - Low flash-point petroleum based fuel used to soak charcoal before lighting.

Charcoal Chimney - Windproof vertical chamber used to light a small amount of charcoal, which in turn is used to light the main reservoir of charcoal in a grill.

Grill - A metal grate set over hot coals or other heat source, which separates food from the heat source.

Grilling - The act of cooking food on a grill. This is definitely not Barbeque.

Hardwood Charcoal - A non-volatile residue obtained when organic matter, (hardwood), is heated in the absence of air (a charcoal kiln). The resulting product is mostly pure carbon, and delivers more heat per volume than burning wood.

3. Gently mix the hot chimney coals among the cold grill coals and wait until all are fully ignited.
4. Spread them as you wish, but wait for the first signs of a white ash to form on the charcoal before testing the temperature.

A hot fire can be measured by the 3-3 method. Hold your hand over the fire 3 inches above the grill and start counting. If you need to remove your hand by the count of three, you have a hot fire. This is a great temperature for grilling food that requires minimal cooking. That, of course, includes most grilled food.

Technique 1 - Move the Food to Control the Cooking

- Build a fire that has both a hot and cool side. (side to side movement)
- Elevate and Lower food in conductive cookware. (vertical movement)

Technique 2 - Change the Fire to Control the Cooking

- Have a Smokey Joe, or small kettle-style grill for cooking fresh charcoal. It can be added with tongs, to increase the heat in the main cooker whenever necessary.
- Have a Spray bottle of water ready to douse flame-ups, or lower the fire's heat.

Essential Equipment

- Grill Toppers (Grilling Grids, Grilling Woks, Shaker Baskets, and Smoker Boxes)
- Metal-bristle Grill-Cleaning brush
- Spray Bottle (water)
- Conductive Cookware for Temperature Control (I use All-Clad)

Featured Culinary Instructor

Tobie Nidetz

Tobie Nidetz is a 30-plus year veteran of the hospitality industry. In his current work as a restaurant consultant, he helps restaurant owners and operators develop menus, design kitchens, and train staff.



What kinds of classes do you teach at Kitchen Window?

I teach a wide variety of classes ranging from the basics of stocks and soups to my Improv Cook class which empowers people to cook without recipes. I am the unofficial grilling expert for Kitchen Window and teach many classes on this topic.

What are some of the highlights of your culinary career?

Besides owning my own restaurant at one point, I would say a major highlight was cooking for both Julia Child and Paul Bocuse (on separate occasions).

What do you most enjoy about teaching cooking classes?

I love the interaction with the students. I especially enjoy seeing the light go on in someone's eyes when they have grasped a concept or technique.

What is your fondest food memory as a child?

I remember spending weekends cooking with Mom and Dad. They were both very good cooks, and they would spend the weekends preparing food for the week because they both worked. They entertained a lot too, and helping them cook for parties was always fun.

If you were stranded on a desert island, what five ingredients would you most want to have at your disposal?

I could make whatever I found on the island taste good as long as I had salt, sugar, pepper, olive oil, and garlic.

What is your favorite kitchen tool? My favorite tool is my 12" French knife given to me by the chef I served my apprenticeship with. It's not only essential, but I feel connected to the long history of chefs before me whenever I use it.

What is your favorite restaurant to go to for a special occasion? Oceanaire, Goodfellows or Manny's

What is your favorite restaurant for a casual meal out? Seafood Palace or El Mariachi

Culinary Assistant of the Month

Mary Ostroum

Mary Ostroum has been a Culinary Assistant since March 2002. This summer she's teaching her first class as a Kitchen Window instructor, Grilling Get Together for Women on Tuesday, July 22. She has been grilling competitively since 2001.



What keeps you busy when you're not volunteering at Kitchen Window?

I spend a lot of time trying out new recipes for my grilling and bbq contests. I really look forward to the time spent on my boat and I enjoy cooking for guests on cruises and doing shrimp boils on the beach.

What is the most interesting dish or complete meal you've ever cooked?

As a member of the Duluth Power Squadron, I was asked to cook my current competition recipe of bourbon marinated steak and sweet potatoes for 60. The event took place on a peninsula on Lake Superior with no running water and limited power. Ice and Everything had to be shipped in. All the comforts such as counter space, sinks, etc. were non-existent. The meal went surprisingly well and I'm still amazed we managed to keep 60 sweet potatoes hot and turn out that many steaks so fast!

What is your favorite restaurant to go to for a special occasion?

My three favorites in town are the Pickled Parrot, Chino Latino, and Copeland's.

What is your favorite kitchen tool?

My Wüsthof Trident knives. Good knives make all the difference. I even put a set on my boat and carry the portable Wüsthof collection to competitions and picnics.

What do you consider to be three of the world's most wonderful ingredients?

Seafood, cheese and chocolate. It seems like any recipe that includes one of these ingredients is a winner.

Join Us for a Summer Grilling Class

Mary's Grilling Get Together for Women

Whether you're a novice griller or looking to perfect your grilling skills, this class is for you. Mary began grilling competitively in 2001, and she loves helping other women learn the basic techniques they need to grill with confidence for family and friends. Our "everything on the grill" menu will introduce you to a number of grilling methods. *Visit our website for this complete class description & menu.*

Check out our other Summer grilling classes on page 12.

Chef Scott's Recipe Box

Bursting with Bratwurst

by *Scott Rosenbaum*

There is nothing in the world better than a Brat fresh off the grill served on a hard roll with a generous spoon of mustard and some charcoal grilled onions. Or is there? How about a homemade brat grilled to perfection. You might say: "Sounds like a lot of work to me!" Well, not so much. I love to play with my food, but I do have limits. Stuffing sausage casings is one of those limits. What follows is a recipe for fabulous brats that you may choose to stuff into casings or not. Of course good flavor is the most important detail. I assure you, it has all of that!

Backyard Bratwurst

Ingredients

- 1 1/2 lb Lean pork butt, cut into 1 inch cubes
- 1 lb Veal Shoulder, cut into 1 inch cubes
- 1/4 lb Pork Fat, cut into 1 inch cubes
- 1 t Ground Allspice
- 1 t Crushed Caraway seeds
- 1 t Ground Mace
- 1/2 t Ground Ginger
- 1 t Freshly Ground White Pepper
- 1 1/2 Salt, or to taste

Method

1. Grind the pork, veal and pork fat separately through the fine blade of the grinder.
2. Mix the ground meats and grind again. Or, ask the butcher to do these steps for you.
3. Add the remaining ingredients to the meat mixture and mix thoroughly.
4. At this point, you may choose to stuff the bratwurst into three feet of small hog casing and twist sausage at 5 inch intervals. Alternately, you may choose to shape the meat into sausage shapes by hand or simply shape the meat into patties.
5. The sausages may be refrigerated for up to two days. Although not necessary, the standing time allows flavors to blend and mellow.
6. The brats may be pan fried, but grilling would be my method of choice. If you are grilling sausages with casings pierce the casings with a knife tip before grilling to prevent bursting. If you are grilling hand shaped sausage, consider placing the sausages in the freezer for about 10 minutes before moving to the hot grill. Grill sausages without casings on a grill topper that has smaller holes. These sausages will be a bit more delicate than their tougher skinned cousins. Patties may be treated like any burger, however a topper may be a safer bet. Yield: 2 1/2 lbs

All that is left at this point is to invite in some friends, grill some red onion slices, pick up some brew and get out your favorite mustard. Just remember to eat well and have fun!!!



Spring Into Summer With Something New!

The Cooking School & Event Center has unveiled our four new Spring/Summer Menu selections available during our private events. One of our most popular menus has guests enjoying a **Three Cheese Focaccia with Sundried Tomatoes, Fresh Basil and Garlic appetizer**. After they enjoy their appetizer, guests begin their culinary adventure by preparing a **Warm Arugula and Smoked Treccioni Salad**. Entrée plates include **Champagne Rosemary Chicken Breast** accompanied by **Leek and Tomato Haricot Vert**. Guests also have fun creating homemade fettuccini noodles for their **Pasta Prima Donna**, and finish the evening with a scrumptious **Polenta Basil Pear Cake, Frangelico Whipped Cream** all atop a fabulous **Apple Cider Reduction Sauce**.

Contact Molly at 612.824.4417 ext. 105 to plan your next Company Function, Holiday Party, or Client Entertainment Event. If you think this menu looks good, wait until you see the other fabulous menus we offer!

Month Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<i>Taste of Success Private Event</i> 6 p.m.	<i>Taste of Success Private Event</i> 11 a.m. <i>Taste of Success Private Event</i> 6 p.m.	Culinary Night at ASID Showcase Home 5 & 7 p.m.	5	6	7
<i>Private Kid's Birthday Party</i> 6 p.m.	#1040 Grilling and Smoking Your Way Into Summer 6 p.m.	#1041 Meet the Chef: Vincent/ A Restaurant 6 p.m.	<i>Taste of Success Private Event</i> 6 p.m.	#1042 Rolled Sushi Favorites 6 p.m.	#1043 Father's Day Weekend Grilling Party 6:30 p.m.	#1044 Breakfast with Dad - A Special Father's Day Weekend Event 10 a.m.
Father's Day 15	#1045 Summer on the Rue Cler 6 p.m.	#1046 Pasta Making 6 p.m.	#1047 Meet the Chef: The Bayport Cookery 6 p.m.	<i>Taste of Success Private Event</i> 6 p.m.	#1048 Pizza Party on the Grill 6:30 p.m.	#1049 Carl's Magic Bus Tour 1 A Variety of Ethnic Markets - 10 a.m. <i>Taste of Success Private Event</i> 6 p.m.
22	#1050 Outdoor Gourmet 6 p.m.	#1051 Thai Barbecue 6 p.m.	<i>Taste of Success Private Event</i> 4 p.m.	26	#1052 All About Beer - A Beer Lover's Dinner 6:30 p.m.	#1053 Carl's Magic Bus Tour 2 Hidden Gems Ethnic Tour 10 a.m.
29	#1054 Sizzling Summer Appetizers 6 p.m.	30				

For Current Class Availability Please Visit www.kitchenwindow.com

Kitchen Window's Summer Grilling Classes

Grilling and Smoking

Your Way Into Summer

Tobie Nidetz Demonstration \$60.00
#1040 Monday, June 9, 6:00 - 9:00 p.m.

Father's Day Weekend

Grilling Party

Tobie Nidetz Demo./Beer \$70.00
#1043 Friday, June 13, 6:30 - 9:30 p.m.

Pizza Party on the Grill

Scott Rosenbaum Demo./Some Participation/Beer \$65.00
#1048 Fri., June 20, 6:30 - 9:30 p.m.

Thai Barbecue

Joe Surisook Demonstration \$60.00
#1051 Tues., June 24, 6:00 - 9:00 p.m.

Fish and Seafood on the Grill

Rick Kimmes Demonstration \$70.00
#1057 Wed., July 16, 6:00 - 9:00 p.m.

Mediterranean Summer Grilling

Ron Haxton and Scott Rosenbaum Demonstration \$65.00
#1061 Mon., July 21, 6:00 - 9:00 p.m.

Grilling Get Together for Women

Mary Ostroum Demonstration \$60.00
#1062 Tues., July 22, 6:00 - 9:00 p.m.

For complete class descriptions and registration information, visit our website at www.kitchenwindow.com.

From Our Editor

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We would like to hear from you!

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