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# KING OF THE GRILL



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## “MARINADE”

Wine marinades are a concoction of acidity, herbs, spices and oil that bring amazing flavor to recipes. Whether you need a red wine marinade for steak or a white wine marinade for chicken, this guide will give you the basics to create delicious and easy marinade recipes.

### What’s in a marinade?

A marinade is a concoction of acid, oil, herb and spice. It’s designed to impart flavor and tenderize meat/seafood. There is an endless list of possible combinations.

### *Acid vs Enzyme Marinades*

Some marinades call for fruit juices such as papaya and pineapple that contain enzymes. These enzymes are the same compounds found in commercial tenderizers. There are two conflicting schools of thought: detractors of enzymes believe that they tenderize too quickly, not leaving enough time to impart flavor. This guide focuses on wine as a base.

ACID	FAT	SPICE	HERB & AROMATIC
Red Wine	Olive Oil	Salt	Rosemary
White Wine	Butter	Black Pepper	Thyme
Lemon Juice	Peanut Oil	Cumin	Shallots
Vinegar	Walnut Oil	Cayenne Pepper	Garlic
Worcestershire Sauce	Flax Oil	Onion Powder	Onions
Dijon Mustard	Sesame Oil	Paprika	Herbes de Provence
Honey	Grapeseed Oil	Chili Powder	Oregano
Agave		Mustard Powder	Parsley
Tomato Puree or Paste		White Pepper	Sage
Buttermilk		Red Pepper Flakes	Scallions
		Coriander	Ginger
		Allspice	Chiles
		Nutmeg	Cilantro
		Cinnamon	Horseradish
		Cloves	Wasabi
		Curry Paste or Powder	Bay Leaves
		Tandoori Paste or Powder	Carrots
		Red Pepper	Celery



## **THE ACID**

Vinegar, acidic fruit juices (like lemon), or wine are the acidic components in the marinade that tenderize meats. They also play an important part in imparting flavor. An example of a high acid wine is Champagne or a zesty white wine, a wine with less acidity includes Malbec and Viognier.

**TIP:** Use low or no-acid marinades when marinating overnight. Go with a low acid wine. Too much time on acid can turn the meat from tender to mushy.

## **THE FAT**

Beyond the staple EVOO (extra virgin olive oil) and butter, there are many other kinds of oils to consider such as sesame oil, peanut oil, grapeseed oil, etc. Each type of oil has a different flavor and smoke point which is something you'll want to consider when grilling.

## **HERBS & AROMATICS**

Your chosen herbs and aromatic vegetables will impart the floral, vegetal, earthy and even fruity characteristics into your meat.

**TIP:** "Zest" is the shaved skin of an orange, lemon or lime peel. An excellent way to impart these flavors is to take a carrot peeler to the outside of a clean piece of one of these fruits.

## **THE SPICE**

The yin to your herbal yang. Spices add heat, baking aromas and enhance umami flavors. Salt and pepper will always be your base, but there are many other choices to throw into the mix.



#### RECIPE GUIDE

- **ACID:** ½– 1 cup wine
- **FAT:** ¼ – ½ cup oil
- **HERBS:** ½ teaspoon – 2 teaspoons (for intensity)
- **SPICE:** ½ teaspoon – 2 tablespoons

Your acid plus your oil should be enough to immerse the meat easily in a zip locked bag. It depends on how big the cut of meat is, but usually you want the final result to equal about 1 cup, with half as much oil as acid. So a good measure would be 2:1 of acid:fat.

If you are planning on adding vinegar, lemon juice or Worcestershire sauce as well, you will only need ¼ of a cup. With something more pungent like Dijon mustard or overly-sweet like honey, then only 2 tablespoons are required.

For dried herbs and spices you'll need about ½ teaspoon, but up to 2 teaspoons if you want the herb to stand out. This also varies based on how pungent the herbs are, so always taste first and measure second. For fresh herbs, some are less pungent and may require up to ¼ cup.

***Time to get your meat ready.***

If you are dealing with a one inch or less thick cut of meat, it will be good to go as is. Otherwise, perforate the surface of the meat with a fork at 1-2 inch intervals to ensure the marinade can penetrate and impart flavors throughout.

<b>Meat</b>	<b>Marinating Time</b>
Brisket, Roast or Flank (beef)	Overnight
Rack of Lamb	Overnight
Whole Chicken	4+ hours
Steak (beef)	2-4 hours
Pork Chops, Lamb Chops	2-4 hours
Eggplant and Mushrooms	2-3 hours
Chicken Breast, Thigh or Legs	2+ hours
Tofu (extra-firm style)	1-2 hours
Stew (beef)	1-2 hours
Salmon Steak (or other fish)	30 minutes
Salmon Filets (or other fish)	15 minutes
Shellfish (lobster, crab etc)	5-10 minutes

## MIX IT

Wisk your acid, oil, dry herbs and spices in a non-reactive bowl, (ceramic, glass or stainless steel) until the components are well integrated and the salt is fully dissolved. Add the fresh herbs last, gently integrating them.

## BAG IT & TAG IT

Place your meat and marinade in an airtight zip lock bag or container and remove all the air you can. Mark the container with the time and date and store in the refrigerator to marinate.

## REST & FIRE

Remove the meat from the refrigerator and allow the temperature to approach room temperature. Fire it up and enjoy! Whatever your method of preparation, the meat should now be thoroughly tenderized and well-flavored.

Here are a few “do’s” and “don’ts” to keep in mind:

- **DO** bake, roast or sauté the dish in the marinade
- **DO** use the marinade as the base for a sauce **after it has been cooked.**
- **DO NOT** reuse marinade
- **DO NOT** let the meat sit out for more than 20 minutes to approach room temperature.
- **DO NOT** use marinade as a raw sauce unless you bring it to a full boil (food safety is key!)

## CHECKING THE MEAT

**Raw**



**Rare**



**Medium Rare**



**Medium**



**Well Done**



## GRILLING ROASTS AND THICK CUTS

### Ingredients

- 2 (2 inch thick) tomahawk ribeye steaks (whole rib bone still attached, or a rib roast)
- 4 teaspoons kosher salt
- 1 teaspoon fresh ground black pepper

### *Directions*

#### *1. Season the steaks*

At least an hour before cooking, sprinkle the meat evenly with the salt and pepper. This can be done as early as the night before; cover the steaks with plastic wrap and refrigerate, then take the steaks out when you start heating the grill.

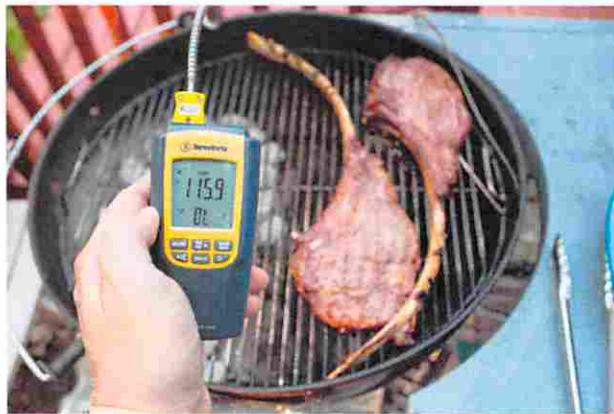
#### *2. Set the grill up for indirect high heat*

Set the grill up for indirect high heat; half the grill with direct high heat, and the other half with no heat. On my Weber kettle I light a full chimney starter of charcoal, wait for it to be mostly covered with gray ash, then shift it into a tight pile over half the grill, two to three coals deep. Then I put the grate on the grill and brush it clean.



### 3. Reverse sear the steaks

Put the steaks on the grill over indirect heat, away from the lit coals, with the bone side of the steaks facing the heat. Close the lid, and position the air holes directly over the steaks. Cook the steaks with the lid closed; after ten minutes, flip the steaks and swap them so the steak that was farther away from the heat is now closer. The steaks are ready for searing when they reach 115°F internal in the thickest part, about 20 minutes of indirect cooking. (115°F is medium rare. Cook to 105°F to 110°F for rare, 125°F for medium. Beyond that...buy a thinner steak.)



Move the meaty part of the steaks directly over the coals, with the bones hanging over the indirect heat part of the grill. Sear the steaks, flipping every minute or two, until they are browned and crusty, about 6 minutes. Move to a large (and I mean LARGE) serving platter.



#### 4. Carve and serve

Let the steaks rest for ten minutes, then show them to your guests. Put the steaks on a cutting board and run a sharp knife along the curve of the bone to carve the meat from the bone. Pass the bones around as an appetizer (anyone want a rib?) and then slice and serve the steaks.



### “BRINE”

#### *How brine works*

Moisture loss is inevitable when you cook any type of muscle fiber. Heat causes raw individual coiled proteins in the fibers to unwind—the technical term is denature—and then join together with one another, resulting in some shrinkage and moisture loss. (By the way, acids, salt, and even air can have the same denaturing effect on proteins as heat.) Normally, meat loses about 30 percent of its weight during cooking. But if you soak the meat in a brine first, you can reduce this moisture loss during cooking to as little as 15 percent.

Brining enhances juiciness in several ways. First of all, muscle fibers simply absorb liquid during the brining period. Some of this liquid gets lost during cooking, but since the meat is in a sense more juicy at the start of cooking, it ends up juicier. We can verify that brined meat and fish absorb liquid by weighing them before and after brining. Brined meats typically weigh six to eight percent more than they did before brining—clear proof of the water uptake.

Another way that brining increases juiciness is by dissolving some proteins. A mild salt solution can actually dissolve some of the proteins in muscle fibers, turning them from solid to liquid.

Of all the processes at work during brining, the most significant is salt's ability to denature proteins. The dissolved salt causes some of the proteins in muscle fibers to unwind and swell. As they unwind, the bonds that had held the protein unit together as a bundle break. Water from the brine binds directly to these proteins, but even more important, water gets trapped between these proteins when the meat cooks and the proteins bind together. Some of this would happen anyway just during cooking, but the brine unwinds more proteins and exposes more bonding sites. As long as you don't overcook the meat, which would cause protein bonds to tighten and squeeze out a lot of the trapped liquid, these natural juices will be retained.

### ***Brining basics***

How long to brine depends on the size and type of meat you've got. Larger meats like a whole turkey require much more time for the brine to do its thing. Small pieces of seafood like shrimp shouldn't sit in brine for more than half an hour. In fact, any meat that's brined for too long will dry out and start to taste salty as the salt ends up pulling liquid out of the muscle fibers. (Be sure not to brine meats that have already been brined before you buy them, such as "extra-tender" pork, which has been treated with sodium phosphate and water to make it juicier.)

#### **BRINING GUIDELINES**

Any lean, dry meat is an ideal candidate for brining; some of my favorites are shrimp, fish fillets, chicken pieces, whole chickens, and pork chops. Keep all meat and fish refrigerated during brining, rinse them well afterwards, and don't overcook them. If you need more liquid to completely submerge the meat, measure more and add it, along with the proportionate quantity of salt.

You can add dried herbs, such as thyme, oregano, or sage, to the brine or rub them directly on the meat for more flavor. You can also supplement or replace the water with another liquid, such as apple cider for a turkey or pork brine. Many brines include sugar, which is fine as a flavor enhancer.

The chart below gives salt concentration and brining time for various foods. Concentrations listed are for Fine kosher salt. For table salt, cut salt amounts by 1/2; for Coarse kosher salt, cut amounts by 1/4.

Meat or fish	Brine concentration	Brining time
Whole turkey	2 cups salt to 1 gallon water	12 to 24 hours
Turkey breast	½ cup salt to 1 quart water	4 to 6 hours
Pork chops	½ cup salt to 1 quart water	4 hours
Large whole chicken	1 cup salt to 2 quarts water	3 to 4 hours
Chicken pieces	½ cup salt to 1 quart water	2 hours (or 1 hour in a concentrated brine with 1 cup salt)
Cornish hens	1 cup salt to 2 quarts water	1 hour
Shrimp (1/2 pound extra-large shrimp, shells on)	½ cup salt to 1 pint ice water	30 minutes
Thin fish fillets	½ cup salt to 1 pint ice water	10 minutes

**It's vital to have a brine with the correct salt concentration**, especially for lengthy brining times. Small, thin pieces of meat like fish fillets or shrimp can withstand concentrated brine because they'll be immersed for only half an hour or less. But for longer brines, it is suggested to use 9.6 ounces of salt for every gallon of water. One cup of table salt per gallon of water would put you within range.

**If you're using kosher salt, you'll need to use more of it by volume.** This is because kosher salt has larger crystals and is bulkier than table salt. I actually prefer using kosher salt in brines because it dissolves much faster, and it comes in nice big cartons. Using Fine kosher salt, you'll need 2 cups per gallon of liquid. Coarse kosher salt is denser, and you only need 1-1/3 to 1-1/2 cups per gallon of liquid.

Any food-safe nonreactive container is fine for brining. For brining turkeys, I use a plastic turkey-cooking bag that will completely enclose the turkey; the meat needs to be completely submerged. I put the turkey in the bag and then set the whole thing in a large bowl. I add water to the bag with a measuring cup, keeping track of how much I've added. Then I add the correct amount of salt. If I'm brining a familiar turkey size and I know the approximate amount of salt, I just rub the salt directly on the turkey, inside and out, before adding the water. I put the bowl in the refrigerator (all meats should be refrigerated during brining) and let the meat soak for 12 to 24 hours. Discard the brine after use; for safety reasons, it should never be reused.



### “GRILLING FRUITS”

Fruit is perfect for the grill because it is so easy to prepare. Fruit is basically made up of water and sugar and by grilling it you can concentrate the flavors by reducing the water and caramelizing the natural sugars. The process is very simple. You need sliced fruit, water, and cooking oil

Hard fruits like apples, pears, and pineapples are the easiest to grill since they hold their shape and texture while cooking.

Softer fruits like peaches, nectarines, plums and mangoes will become soft and mushy if overcooked. You will need to be more attentive of these kinds of fruit. Either way, pick a fresh firm fruit that is just short of being perfectly ripe. You will want a fruit that is solid enough to hold together and maintain its texture on the grill.

With many fruits you can simply cut them in half. Split bananas lengthwise (leave the peel on to hold them together) and cut apples, pears and similar fruits down the middle and remove the seeds and core. Typically, with most fruits you can leave the peels on. This helps hold them together whether you eat the skin or not. Large fruits and citrus should be cut into slices to expose the flesh to the flame.

Once you have cut the fruit, soak it in water to maximize the amount of liquid inside the fruit so it stays juicy on the grill. Use enough cold water to completely

cover the fruit and add 1 teaspoon of lemon juice to each cup of water to preserve its color.

Let fruits soak in the lemon water for 20 to 30 minutes. If you need to, add ice to keep the water cold.

It is best to grill fruit over medium heat on a very clean cooking grate. Nothing will ruin the flavor of fruit like left over drippings from the last batch of hamburgers you made. So, make sure to clean the grate before using. To keep the fruit from sticking to the grill, lightly spray them with cooking oil or brush them with melted butter. Many oils, like olive oil have too strong of a flavor for fruit, so pick something that will compliment but not overpower it.

This basic process will give you flavorful grilled fruit that will be perfect for any course. To step up the flavor of the fruit, try adding spices to the water the fruit soaks in and increasing the soaking time. Simply throwing a stick of cinnamon into a bowl of soaking apples will enhance its flavor. You can also add spices like nutmeg, allspice, cloves, or ginger to the melted butter used to brush the fruit with. Since fruit is naturally high in sugar you won't typically need to add any. If you do want it sweeter you can dust the fruit with brown sugar, but be careful because sugars burn quickly.

To add an extra layer of depth to grilled fruit, try marinating them in a combination of your favorite spices and your favorite alcohols. A mixture of rum, brown sugar, cinnamon and nutmeg will make a truly fantastic set of pineapple slices perfect for topping with vanilla ice cream. Be careful when they hit the grill though, because the rum will cause a spectacular and immediate flare-up, something that is sure to impress the guests, but must be handled with care.

Grilled fruits have such a delicious flavor that you can add them to virtually any dish. Try grilling apple slices for your next apple pie. Or grill plums, puree them, and combine with tomato sauce and jalapenos for a fruit-based barbecue sauce. Let your imagination run wild and you'll find what a great addition grilled fruits can be.

## “GRILLING VEGETABLES”

Grilling vegetables is easy. The general rule is to cut the vegetables into pieces that will cook quickly and evenly. All pieces should be of consistent thickness and no more than about 3/4 to 1 inch thick. Soak vegetables in cold water for about 30 minutes before you grill them to keep them from drying out. Pat dry, then brush lightly with oil to prevent sticking.

Do not overcook and you'll have vegetables better than you thought possible. If you like grilling vegetables and want to try smaller things use a grilling basket to keep them out of the fire.

This list of specific vegetables will get you started.

**Asparagus:** Cut off ends. Soak in water for 30 minutes to an hour. Pat dry and brush with olive oil. Place on grill, turning every minute. Remove when tips start to turn brown. You can add some extra flavor to asparagus by mixing a little sesame oil in the olive oil before you brush them.

**Bell Peppers:** Cut through the middle of the pepper top to bottom. Remove stems, seeds and whitish ribs. Brush lightly with oil and grill for 2-3 minutes on each side

**Chili Peppers:** Brush with oil. Grill whole on each side, 2-3 minutes. To reduce the heat, cut off the stems and pull out the seeds.

**Corn on the cob:** Gently pull back the husks but don't remove. Remove the silk and cut off the very end. Soak in cold water for about 30 minutes. Dry and brush with butter. Fold the husks back down and tie or twist the ends. Place on grill for about 5 to 7 minutes. Turn to avoid burning.

**Eggplant:** Cut lengthwise for smaller eggplants or in disks top to bottom for larger eggplants. Soak in water for 30 minutes. Pat dry, brush with oil and grill 2-3 minutes.

**Garlic:** Take whole bulbs and cut off the root end. Brush with olive oil and place cut side down over on the top rack of your grill. Grill garlic bulbs for about 10 minutes or until the skin is brown.

**Mushrooms:** Rinse off any dirt and pat dry. Brush with oil and grill. 6-8 minutes for small mushrooms, 4-5 minutes. Use a grill basket for small mushrooms to prevent losing them to the flames between the grates.

**Onions:** Remove skin and cut horizontally about 1/2 inch thick. Brush with oil and grill 3-4 minutes.

**Potatoes:** There are many ways to grill potatoes. You can do them whole for a baked potato or cut into wedges, brush with olive oil, and grill until browned.

**Baked Potatoes:** Wash thoroughly and dry. Rub with oil. Wrap in aluminum foil and grill 35-40 minutes, turning occasionally

**Tomatoes:** Cut in half, top to bottom. Brush with a light coating of oil and grill cut side down 2-3 minutes.

**Zucchini and Small Squash:** Slice 1/2 inch thickness. Brush with oil and grill 2-3 minutes per side. Small squash can be cut down the middle and grilled in halves.



## RECIPES

### *CedarCreek Flank Steak Marinade*

- 1 cup red 2013 CedarCreek Estate “The Senator” Red Blend
- 1/2 cup olive oil
- 3 cloves garlic
- 5 cm sprig fresh rosemary
- 1/4 cup chopped basil leaves
- 2 teaspoons salt
- 1 teaspoon ground pepper
- Marinate using the time guide on page five

### *BBQ Sauce*

*This is an excellent base recipe that can be modified by adding your favorite ingredients to suit your taste. Taste your sauce after adding each additional ingredient. For example for pork ribs add a splash of your favorite bourbon. If you'd like a fruitier sauce, try adding mango puree. Have Fun!*

### **Ingredients**

- 2 cups ketchup
- 1 cup water
- 1/2 cup apple cider vinegar
- 5 tablespoons light brown sugar
- 5 tablespoons sugar
- 1/2 tablespoon fresh ground black pepper
- 1/2 tablespoon onion powder
- 1/2 tablespoon ground mustard
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce

### **Directions**

In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

### *Cedar Planked Salmon*

- 2 salmon fillets, skin on
- 2 cloves garlic, minced
- 1 thin lemon slice per fillet, cut in half
- 2 thin slices red onion, cut in half
- ¼ cup fresh dill
- 2 Tbsp dill, finely chopped
- Freshly ground black pepper to taste

1. Soak the cedar plank according to the instructions on the package. Just in case there aren't any – thin planks need about 30 minutes or so to soak through and 1” planks will need at least 1 hour, longer is better for the smoke factor.

2. Preheat the grill for 15 minutes. You want the heat at medium high. Place the planks on the grill and keep the temperature medium. Close the cover for another 15 minutes to really "smoke" them.

3. In the meantime prepare the salmon. Place the fillets skin side down on a platter or board ready to transfer to the cedar planks. Top with garlic, chopped dill, lemon & onion slices and pepper.

4. When the BBQ is smoking and the smell is awesome, it's time to place the prepared salmon fillets on the plank skin side down. Cover and continue to cook for 10 minutes or so. The fish will be done when it flakes easily and is warm in the center. If you pierce it with the tip of a knife, you want it juicy, not dried out.

5. Slide the salmon off the skin and onto a platter or plate and enjoy.

## ***“Breads”***

### ***Naan / Flatbread***

#### **INGREDIENTS**

- 1 cup (250 ml) lukewarm water
- 1 tablespoon (15 ml) honey
- 1 tablespoon (15 ml) olive oil
- 2 1/2 cups (675 ml) unbleached all-purpose flour
- 1/2 teaspoon (2.5 ml) instant yeast
- 1 teaspoon (5 ml) salt
- Melted butter

#### **PREPARATION**

1. In a bowl, combine the water, honey and oil.
2. With a stand mixer or food processor (use the kneading hook or plastic blade respectively), combine the flour, yeast and salt.
3. Add the water mixture and mix on medium speed or process until the dough forms a soft ball.
4. Transfer the dough to a floured surface and knead until smooth, about 5 minutes. Shape into a ball and place in a clean, lightly oiled bowl. Cover the bowl with a damp tea towel and set the bowl in a warm, humid location for about 1 hour.
5. Preheat the grill, setting the burners to high.
6. On a floured surface, divide the dough into 4 equal pieces. Shape each piece into an uneven disc about 20 cm (8 inches) across.
7. Grill the nans for about 1 minute per side. Brush with melted butter. Serve immediately with Indian food, grilled vegetables or meal salads.

Fester's Peppers in Oilver  
(smoked garlic powder  
smoked paprika)