

The A-Z Journal

Eating Better, Living Better with Barry Barbe from 129 ½ An American Jazz Grille and El Gato Azul

Summer is still here, and that means the grilling season is gonna be around a bit longer too. With the cooler evenings, it's a great time to create memorable and healthy dinners outside, under the stars in your expanded man cave.

Grilling out is also a great way to eat healthy dishes that are easy to prepare, and keep the kitchen feeling cool and clean.

When grilling out, I try to stick with leaner cuts of meat with less fat to avoid flame up, and better for you.

Top Sirloins, Flank Steaks, Chateau tenders or even thick slices of Pork Loin are great when paired with this simple, oil free marinade:

In a shallow pan, combine:

1 Cup Worcestershire
½ Cup Soy Sauce
¼ Cup Cooking Sherry
2 T Fresh Crushed Garlic
Pinch Red Pepper Flakes

Simply marinate the meat for 3- 5 minutes before grilling – and your ready to go.

Start your grill off on a high heat to sear meat, and lock the juices inside. Once both sides are seared, lower the temperature and close the lid to get a nice even temperature.

For a little added zest – try rubbing the beef with Fresh Garlic before grilling, or with a Roasted Garlic right after you have removed them from the grill.

Join us at 129 ½ An American Jazz Grille For great cooking A-Z
129 ½ N. Cortez

A-Z Journal from 129 ½ An American Jazz Grille

Great Seafood dishes that are great for you, don't have to be expensive. Here are two great dishes that you can prepare on a budget – creating an affordable luxury.

Grilled Ginger Salmon Salad

Salmon is a great source of Protein, and with no extra fat or oils added in the preparation – you can make a great tasting meal that is great for you.

First grill off 1 # of fresh or frozen Salmon that has been marinated in light soy sauce with pickle ginger juice.

Once the Salmon is grilled and chilled, crumble it into a stainless steel bowl, and add the following:

- 1 T Crushed Capers
- 1 Cup Diced Bok Choy or Celery
- 1 T Chopped Pickled Ginger, along with 2 T Ginger Juice
- 1 T Whole Grain Mustard
- 1 T Chopped Cilantro
- Zest of 1 Orange
- ¼ Julliened or Finely Diced Carrots

Combine and chill before serving over mixed Greens or on Grilled Ciabatta

Late Harvest Tomato and Cucumber Salad

For some reason, late harvest tomatoes just seem to taste better than those that are picked earlier in the season. Perhaps it's the anticipation of caring for them all summer long, protecting them from the Arizona heat – whatever the reason, they are great in this simple three step side dish.

1. Collect your Tomatoes, whether from the farmers market, grocery store, or your own back yard. Wash, and cut the tomatoes into a nice sized dice.
2. Do the same with Cucumbers, removing the seeds if they are large and wet, or use English Cucumbers, which do not need to be peeled, or seeded
3. Now, in a large bowl, whisk together - The Juice of Two Limes, pinch Salt and Pepper, and a ¼ Cup Chopped Cilantro
4. Now toss your Tomatoes and Cucumbers in your citrus juice dressing, and chill until service, but don't serve at an extremely low temperature.

For a simple variation, try adding:

Fresh Avocado

Steamed Shrimp

Jicama

Roasted Pablanno Peppers or Hominy

for a seasoning zip - try a dash of Cumin or Fresh Fennel

Grilled Fennel

You gotta luv grillin' out this time of year – it's the best time of year to be outside – cool evenings, clear skies and it's simply a great time to be in Prescott.

Grilled Fennel is a great way to add big and unique taste to any meal. Fennel is a perfect side dish, or garnish for grilled fish and poultry. And with it's subtle licourice Fennel adds a rustic flair to everyday dishes.

When purchasing Fennel – look for bulbs that are nice green with the thread tops still attached, and that the whites near the roots are free of bruises and excess dirt.

Trim off the base of the fennel, and trim the stalks about two inches above the bulb.

Cutting the bulb in half lengthwise, brush lightly w/ OO and lay cut side down to drain any excess oils.

Right before grilling, sprinkle the cut side of the fennel with a mix of Salt Pepper and Sugar and let sit for about five minutes.

When grilling, place the Fennel over a moderate heat, and turn occasionally to prevent burning.

Once the fennel has started to brown lightly, and soften, remove from the direct heat and let rest for about 30 seconds before slicing.

Now you can add the Grilled Fennel slices to Wilted Spinach, a Crisp Garden Salad, or serve alone with a wedge of lime of other citrus and cracked Pepper.

Fennel – another great way to spice up your summer from A-Z

Looking for an easy and affordable way to add a bit of Flair to your dinner table?

Look East.

Not Oklahoma. We're talkin' Way East. India, Thailand, and the Middle East, places that are known for delivering strong, vibrant flavors in small amounts.

Saffron – one of my favorites, while initially expensive, the amount used in most any dish is so small that a little truly goes a long way. To get the most from your saffron heat the threads in your oven for a few minutes, and then crumble them to further distribute the flavor.

Saffron is a great and easy way to add color and flavor to rice, soups or sauces – it's subtle, but distinct flavor is great when used with Chicken, Pork and Seafood.

Thai Chiles and Peppers – another great way to add a distinct bit of heat and flavor. Be sure to smell, taste your peppers to see how hot they are and remember Peppers store the majority of their heat in their seeds, so keep that in mind when deciding how hot you want your dish to be. If you're feeling adventuresome, try making a Mole Sauce - a dish that blends Chiles, Cinnamon and Chocolate.

Cumin – while largely known as a southwest flavoring – Cumin is found throughout Middle Eastern cooking and provides a spice punch to Stews, Chiles, Grilled Steaks and Salad Dressings.

Nutmeg – one of my all time favorites, is not just for Thanksgiving and Pumpkin Pie any more. Add Nutmeg to Cream Sauces, Tomato Soup, and whip cream for surprising results

So when looking for flavor – start at your local market and then look East.
