

Grilled Strip Steaks:

Single serving estimate is 6 oz. per person

1. Preheat grill to high heat. Clean and oil the grates.
2. Sprinkle 2 to 3 tsp. of Doug's Double Secret Steak Rub on each side of the meat and let stand for 10 minutes or until the grill comes up to temperature.
3. Place each steak on the grill at a 45 degree angle to the grates.
4. Turn the heat down to medium and close the cover.
5. After 2 minutes turn the steaks 90 degrees and close the cover (still cooking on the same side). This will make those diamond shaped grill marks.
6. After another 2 minutes flip the steaks over and place at 45 degrees to the grates. Don't forget to close the cover.
7. Wait 2 minutes and turn the steaks 90 degrees.
8. Cook until desired doneness and remove from the heat. My preference is medium rare, so I take the steaks off when an instant read thermometer reaches 135 degrees. I do not recommend cooking steaks over 180 degrees.
9. Let the steaks rest loosely covered for 10 minutes before serving.

Side Dishes

The following recipes make 4 servings:

Baked Yams

1. Preheat oven to 375 degrees.
2. Clean 4 medium yams in water and thoroughly dry.
3. Lightly coat the yams with canola oil and a ¼ tsp. of kosher salt.
4. Wrap each yam in aluminum foil and pierce with a fork.
5. Place the yams in an oven safe dish and bake for 30 to 40 minutes or until the yams are tender.
6. Remove from the oven and let cool until the yams can be handled. Discard the foil and serve with butter, kosher salt and pepper to taste.

Mixed Greens Salad

1. In a large mixing bowl pour in ¼ to ½ cup of your favorite vinaigrette (my preference is Newman's Own Parmesan and Roasted Garlic Dressing).
2. Add approximately 12 cups of mixed field greens.
3. Add 1 cup of ripe grape tomatoes sliced in half.
4. Add 2 cups of sourdough croutons.
5. Add ½ cup of shredded carrots.
6. Mix everything together until the dressing coats the greens and the ingredients are evenly distributed.
7. Add fresh ground black pepper and table salt to taste.

Shopping List

Approx. 4 Servings:

- enough charcoal or propane for 45 minutes of cooking
- 1 jar of Doug's Double Secret Steak Rub
- (4) 1½ inch thick and nicely marbled strip steaks
- 4 medium yams
- (2) 6 oz. bags of triple washed mixed field greens
- 1 container of ripe grape tomatoes
- 1 package of shredded carrots
- 1 bag of sourdough croutons
- canola oil
- kosher salt
- black pepper
- salad dressing
- aluminum foil

Suggested Wine and Beer Pairings

Wine – Cabernet Sauvignon

Beer – Pale Ale

Grilled Cheeseburgers:

Single serving estimate is 6 oz. per person

1. Have your butcher grind together a 12 oz. chuck roast and a 12 oz. piece of sirloin. This will yield (4) 6 oz. patties.
2. Thoroughly mix 2 tsp. of Doug's Double Secret Steak Rub for each 6 oz. serving (2 tbs. plus 2 tsp. for the 24 oz. of ground beef listed above).
3. Preheat grill to high heat.
4. Form 6 oz. balls of ground beef.
5. Using a pie plate, press the ground beef into ½ inch thick patties.
6. Place the patties on the grill and cover.
7. After 2 minutes turn the patties over and cook until the internal temperature reaches at least 140 degrees.
8. Place the patties on a plate and put 2 slices of sharp cheddar cheese on each burger. Loosely cover for a few minutes to help melt the cheese.
9. Place the cheeseburger on a Vienna roll and serve with Dijon mustard and ketchup.

Side Dishes

The following recipes make 4 servings:

Roasted Potato Wedges

1. Preheat oven to 425 degrees.
2. Clean and thoroughly dry 4 medium russet potatoes.
3. Slice each potato, length wise, into 8 wedges.
4. Melt 1 stick of butter.
5. Place the sliced potatoes in a 15" x 10" baking dish, and coat with the melted butter.
6. Roast the potatoes in the oven for approximately 25 minutes or until tender. Be sure to turn the potatoes once or twice during cooking.
7. Remove the potatoes from the oven, sprinkle with kosher salt to taste and serve.

Grilled Vegetables

1. Preheat grill to high.
2. Slice 2 medium green zucchinis on the bias about ¼ inch thick.
3. Slice 1 large Mayan sweet onion into slices ½ inch thick.
4. Julienne 2 medium red bell peppers about ½ inch thick.
5. Place the cut vegetables in a large non-metallic bowl.
6. Add 2 tbs. canola oil, 2 tbs. balsamic vinegar, 1 tsp. kosher salt and ½ tsp. black pepper.
7. Mix the ingredients well and transfer to a grill basket on the grill.
8. Keep the grill covered turning the vegetables occasionally to prevent burning (Grill marks are good. Completely black vegetables are bad).
9. After 10 to 12 minutes transfer the vegetables to a clean bowl and serve. I use an oven glove to remove the grill basket and empty into the bowl at the grill. This way I won't get drippings all over a clean floor.

Shopping List

Approx. 4 Servings:

charcoal or propane for 45 minutes of cooking
12 oz. chuck and 12 oz. sirloin ground together
2 medium green zucchinis
2 medium red bell peppers
1 large Mayan sweet onion
4 medium to large russet potatoes
¼ lb. of butter
small block of sharp cheddar cheese
kosher salt
black pepper
canola oil

Suggested Wine and Beer Pairings

Wine – Old Vine Zinfandel

Beer – Amber or Pale Ale (Doug's recommendation – Sam Adams Light)