

# Cavalier Cooking 101: Summer Grilling

## **Teriyaki Beef Kabobs**

2 lbs Beef top sirloin  
3-4 Bell Peppers (any color)  
2 Yellow Onions  
Crimini Mushrooms  
(aka baby portabella)  
Soy sauce  
Sweet soy sauce  
McCormick Montreal Steak Rub  
Sesame Oil  
Olive Oil  
Garlic  
Ginger



## **Directions**

Preheat grill to 450 degrees. Soak wooden skewers in water to prevent them from burning.

Cut beef into cubes and add steak rub so each cube is lightly coated. Add equal parts soy sauce and sweet soy sauce so that marinade is just covering beef. Add enough olive oil to coat cubes. Add a drizzle (or about 2 tablespoons) of sesame oil.

Mince garlic and ginger (about 2-3 tablespoons of each) and add to marinade. Let beef sit in the fridge for at least 1 hour and maximum overnight.

Cut bell peppers and yellow onion into same size as beef cubes. Create kabob by alternating beef, pepper, onion, and mushroom.

Oil grill and place kabobs on. Leave kabob alone for about 3 minutes or until grill marks are seen. Baste with marinade and continue to baste for 7-9 minutes. Remove and serve.

## **Mediterranean Chicken Kabobs**

2 lbs Chicken thighs  
Lemon Juice  
Dried Oregano  
Fresh rosemary  
Ground cumin  
Salt and black pepper  
Red pepper flakes  
Garlic  
Olive Oil



## Directions

Preheat grill to 450 degrees. Soak wooden skewers in water to prevent them from burning.

Trim fat off chicken thighs and cut into cubes. Add about 2 tablespoons of salt and black pepper. Add about 3-4 tablespoons of dried oregano, fresh rosemary, and ground cumin. Add red pepper flakes to desired spiciness.

Mince garlic (2-3 tablespoons) and add to mixture. Add 2 cups of lemon juice and enough olive oil to coat chicken. Let chicken marinate for at least 1 hour and maximum overnight.

Oil grill and place kabobs on. Leave kabob alone for about 3 minutes or until grill marks are seen. Baste with marinade and continue to baste for 8-10 minutes. Remove and serve.

## Tzatziki Sauce

2 containers of Greek yogurt  
2 cucumbers  
Salt and pepper  
Mint  
Dill  
Lemon juice



## Directions

Shred cucumbers using cheese grater and finely mince mint and dill. Combine with yogurt. Add about 2 tablespoons of lemon juice and salt and pepper to taste. Chill and serve cold over chicken kabobs.

## Grilled fruit with Ice cream

Pineapple  
Peaches  
Vanilla Ice Cream  
Bowl of cold water  
2 tablespoons of lemon juice



## Directions

Preheat grill to 450 degrees. Make sure grill is clean of all residues.

Slice pineapples into spears, removing the core. Halve peaches and remove the pit. Soak fruit in cold water for 15-30 minutes with 2 tablespoons of lemon juice.

Lightly oil grill and place fruit on grill. Place peaches flesh side up. To create crosshatch grill marks, turn slightly after first diagonal grill marks have been made. Once grill marks have been obtained, remove, chop into smaller pieces, and serve with vanilla ice cream.