

# Cooking School with Chef Cal

July 24, 2010



## BBQ

Many things come to mind when I think of Barbecuing. First off - no dishes to wash. With that said, there are a few tips that can make your barbecuing efforts a lot more rewarding and fun.

It's of utmost importance that your BBQ is properly prepared. The best meat and sauce in the world can't hide a soot-covered piece of charred animal flesh. So you will need to utilize one of your cookie sheets (understanding you will ruin it and your chocolate chip cookies will never again adorn this pan once you've confiscated and sacrificed it on the BBQ). Next, turn your BBQ on high and place the flat pan atop the heating elements (but over the grill still), and let it burn for 10 minutes on high. At this point, remove the pan carefully so you don't burn yourself, someone else or catch the back yard on fire. Next you will need to scrape the grill with a hard wire brush. Don't be cheap, go and buy one and designate it for the BBQ, they're only a couple bucks. Once you've brushed the grill free of any excess debris, you will need to wipe it with a clean towel and then spray it with pan coating. Be careful not to blow-up the can by getting the can too close to the fire, or you can chose to simply place some oil on a rag and oil the grill that way.

Now your grill is ready to cook, anything from the biggest roast to the most delicate thin seafood. The properly prepared grill is the beginning of a great barbecuing experience.

I will also generally not baste my barbecued items with sauce until they come off the grill to reduce the chance of soot on my foods. Also, always allow foods to rest 10 to 15 minutes before cutting or serving, so that the juices remain in the meats, and not on your plate or on the cutting board.

### RECIPES UTILIZED IN TODAY'S COURSES

#### Orange BBQ Sauce

1 Tbsp. olive oil  
1 tsp. chopped garlic  
2 Tbsp. chopped shallots  
½ cup beer  
2 cups BBQ sauce (any favorite of yours)  
1 orange

*Heat olive oil to medium hot in small saucepan. Sweat garlic and shallots. Deglaze with beer. Add BBQ sauce, all of juice and 1 Tbsp. of zest from orange. Reduce heat to low and allow to simmer for 30 minutes.*

#### BBQ Shrimp Quesadilla

½ lb. shrimp (size 41/50)  
1 Tbsp. extra virgin olive oil  
¼ tsp. kosher salt  
2 tsp. black pepper  
2 tsp. granulated garlic powder  
2 tsp. chili powder  
2 tsp. cumin  
2 tsp. onion powder  
1 tsp. dried thyme  
1 tsp. dried oregano  
2 8-inch flour tortillas  
1 cup Gouda cheese, grated  
1 green bell pepper, sliced and sautéed  
½ medium sized yellow onion, sliced and sautéed  
1 Tbsp. cilantro, chopped

*Coat shrimp with oil. Combine spices and season shrimp. Cook shrimp on grill over medium-heat, until cooked through. Take one tortilla, spread ½ of Gouda, bell pepper, shrimp and onion evenly. Top with remaining grated Gouda and cilantro and second tortilla. Heat on grill, evenly on both sides, until hot throughout.*

