

Ginger Beef Mini Skewers

Cal Stamenov, chef at the Bernardus Lodge in Carmel Valley, California, gave us this recipe for little beef skewers cooked so fast that the meat stays tender and juicy despite its thinness.

PREP AND COOK TIME: 40 minutes, plus 8 hours for marinating

MAKES: 18 to 20 miniature (4- to 4½-inch) skewers

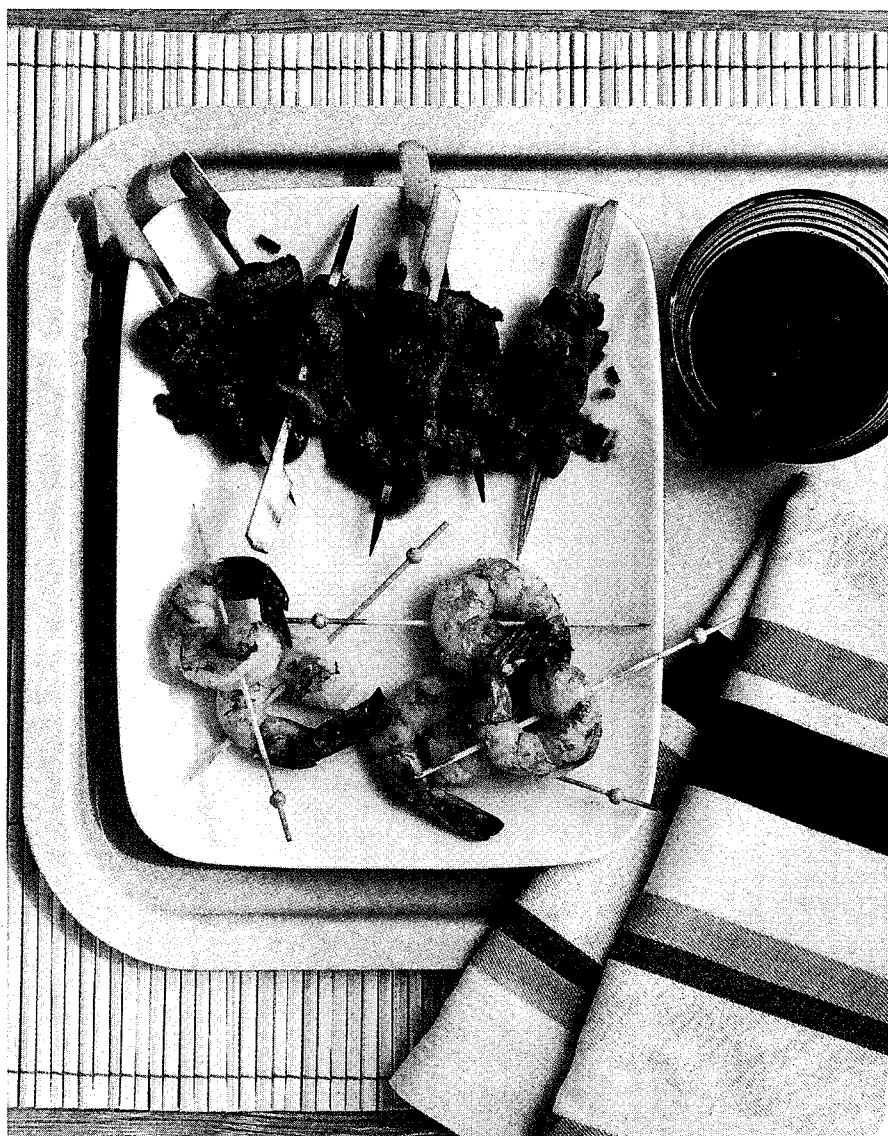
NOTES: Soak the skewers in water a few hours before using so they won't splinter or burn. See "Grill Tools," page 122, for more info on mini skewers.

- ¾ pound beef tenderloin
- 1 tablespoon thinly sliced ginger, plus 1 tablespoon finely grated ginger
- ½ head garlic, cloves peeled and thinly sliced, plus 1 tablespoon finely grated garlic
- 2 thinly sliced spring onions
- ½ cup extra-virgin olive oil
- 2 tablespoons seasoned rice vinegar
- ¼ cup soy sauce
- Salt and pepper
- 4 to 6 chives, thinly sliced

1. Slice the tenderloin into ½-inch-thick slices and lightly pound each with the flat side of a meat pounder until about ¼ inch thick. Each piece should be rectangular (about 1½ by 2½ inches); trim off any raggedy bits for another use, such as a stir-fry. Stir together sliced ginger, sliced garlic, spring onions, and olive oil in a bowl. Add beef, toss to coat, cover, and marinate in the refrigerator at least 8 hours.

2. Prepare a charcoal or gas grill for high heat (you can hold your hand at grill level only 2 to 3 seconds).

3. Meanwhile, whisk together grated ginger, grated garlic, rice vinegar, and soy sauce in a small bowl. Thread beef slices onto soaked skewers (see notes) and season with salt and pepper.



4. Brush the grill with vegetable oil. If using coals, mound to one side to reach about 4 inches below the grill. Lay skewers on grill; close lid on gas grill.

5. Grill skewers just until seared, turning once, about 30 seconds per side. Serve skewers drizzled with ginger sauce and garnished with chives.

Per skewer: 66 Cal., 74% (49 Cal.) from fat; 3.3 g protein; 5.4 g fat (1.4 g sat.); 1.2 g carbo (0.1 g fiber); 255 mg sodium; 10 mg chol.

VARIATION: Ginger Shrimp Mini Skewers. Follow preceding recipe for ginger beef mini skewers, but substitute 24 large shrimp, peeled (leave tails on) and

deveined, for the beef, and reduce the marinating time to ½ hour and up to 2. Grill the shrimp until just opaque, about 1 minute per side, and omit the chives. Makes 24 skewers.

Per skewer: 35 Cal., 66% (23 Cal.) from fat; 2.3 g protein; 2.5 g fat (0.4 g sat.); 1.1 g carbo (0.1 g fiber); 211 mg sodium; 15 mg chol.

Juicy Grilled Chicken Breasts

The crunchy skin on the moist, tender meat comes from a final toasting over direct heat.

PREP AND COOK TIME: 45 minutes, plus 2 hours salting

MAKES: 4 servings

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