



Barbeques Come Out Of Hibernation - by Chef Brian Henry

- Regardless of what the weather report says winter is officially over.
- It is time to wake up our barbeques and canoes brining them out of hibernation for another season.
- At one time the fierce warring tribes of the Carib people inhabited most of the southern Caribbean. The word barbeque is a derivative of the Carib's word barbaquoa and the canoe comes from their word canoa.
- The northern Caribbean islands were home to the peaceful Arawak tribes. The Arawak's feared the Caribs as the Caribs would hop in their canoa's; capture some Arawak's and serve them up barbaquoa.
- Research does not reveal a Carib word for tailgate party, but this group of Amerindians were definitely on a role.
- There is something inexplicably tantalizing to one's taste buds when the gentle wafting aromas of a neighbour's BBQ find their way to our olfactory senses. It's instinctive the way we react to the smell of flesh cooking over an open flame. This is quite understandable seeing as this is one of the oldest documented cooking methods.
- The influence of cooking meats travelled north from the Caribbean to the Gulf of Mexico and made its way through Texas and spread into North American cuisine.
- I've included two recipes this week that are inspired by Argentinean influences. Argentina has the highest beef consumption rate per capita in the world at over 65 kg or 150 lbs. Both recipes work well together but can be utilized separately as they are strong enough to stand alone.
- The less expensive cuts of beef are often referred to as secondary cuts. These cuts are much more flavourful in my opinion but they do require a little bit of extra work. Simply one will need to marinate these cuts to tenderize them before they're to be grilled. These cuts include the sirloin tip, flank, inside round, outside round and eye of round. Marinades with an acidic ingredient like citrus juice, wine or vinegar will assist in breaking down the tough connective tissue known as collagen found in meat.
- Chimichurri Sauce is an Argentine condiment that is served with any grilled meats and is great by itself.

Ginger Lime Marinade

- One cup fresh squeezed lime juice
- Three quarters cup ketchup
- One half cup cider vinegar
- One quarter cup soy sauce
- One quarter cup olive oil
- Two tablespoons garlic, minced
- Four green onions, finely minced
- One tablespoon fresh ginger, minced
- One teaspoon ground cumin seed

Marinade will keep for 3-days covered and refrigerated. Allow your choice of meat to marinate for a maximum of 4 hours.

Chimichurri Sauce

- Three green onions
 - Two shallots
 - One half Jalapeno pepper seeded
 - One cup coarsely chopped cilantro
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- One half cup coarsely chopped parsley
 - One tbsp. dried oregano
 - One quarter tsp salt
 - Three quarters cup olive oil
 - One quarter cup red wine vinegar
 - Coarsely chop ingredients and process in food processor until smooth yet granular. With the motor running, incorporate oil and vinegar. Chimichurri will keep for 5 days covered in the refrigerator.
 - <http://www.chefbrianhenry.com>
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