



*Food
and
Wine*

Stirring It Up

*Fort Lauderdale Chefs Share Their Specialized
Knowledge in the Kitchen*

BY LYNN PEITHMAN STOCK



**CHEF
TOBY JOSEPH**

EXECUTIVE CHEF,
RIVERSIDE HOTEL

Spanish cuisine takes the spotlight during a special event before this year's Las Olas Wine and Food festival. On April 18, Chef Toby will prepare a five-course pairing menu, featuring gourmet Spanish-inspired tapas matched with a selection of Spanish wine. The event will be at 6 p.m. on April 18 as part of Wine Down Wednesday at Preston's Wine and Martini Bar inside Riverside Hotel.

Tickets are \$40 per person. For information or for reservations, call (954) 467-0045.



TOMATO CHORIZO BRUSCHETTA

- 2 chorizos, small, diced (remove wax from dried chorizo)
- $\frac{3}{4}$ cup olive oil
- 2 tablespoons chopped parsley
- 2 pints cherry tomatoes
- 4 cloves of garlic
- $\frac{1}{4}$ cup chopped red onions
- 1 baguette French bread, sliced and grilled
- 2 ounces Manchego cheese
- 1 tablespoon chopped basil
- 1 tablespoon sherry vinegar
- 2 ounces Spanish Serrano ham, shaved
- $\frac{1}{2}$ tablespoon sugar
- Salt and pepper, to taste

Preheat a sauté pan with 1 tablespoon of olive oil. Add red onions and chorizo and sauté on medium heat for 5 minutes. Set aside.

Toss whole cherry tomatoes in the olive oil, salt, pepper and sugar. Add to a baking pan and roast at 450 degrees for 30 minutes until the tomatoes blister and pop with a golden brown roasted color. After 15 minutes into the cooking time, add the cloves of garlic.

Once tomatoes are done, set aside to cool. Once cooled, add basil, parsley, oil, salt, pepper and sherry vinegar.

Arrange cheese, grilled baguette, shaved Serrano ham and tomato bruschetta on plate and serve at room temperature.

BLACKENED MAHI-MAHI WITH MANGO-PAPAYA SALSA

4 6- to 8-ounce mahi-
mahi fillets
Olive oil
Blackening seasoning or
similar
Salt and pepper

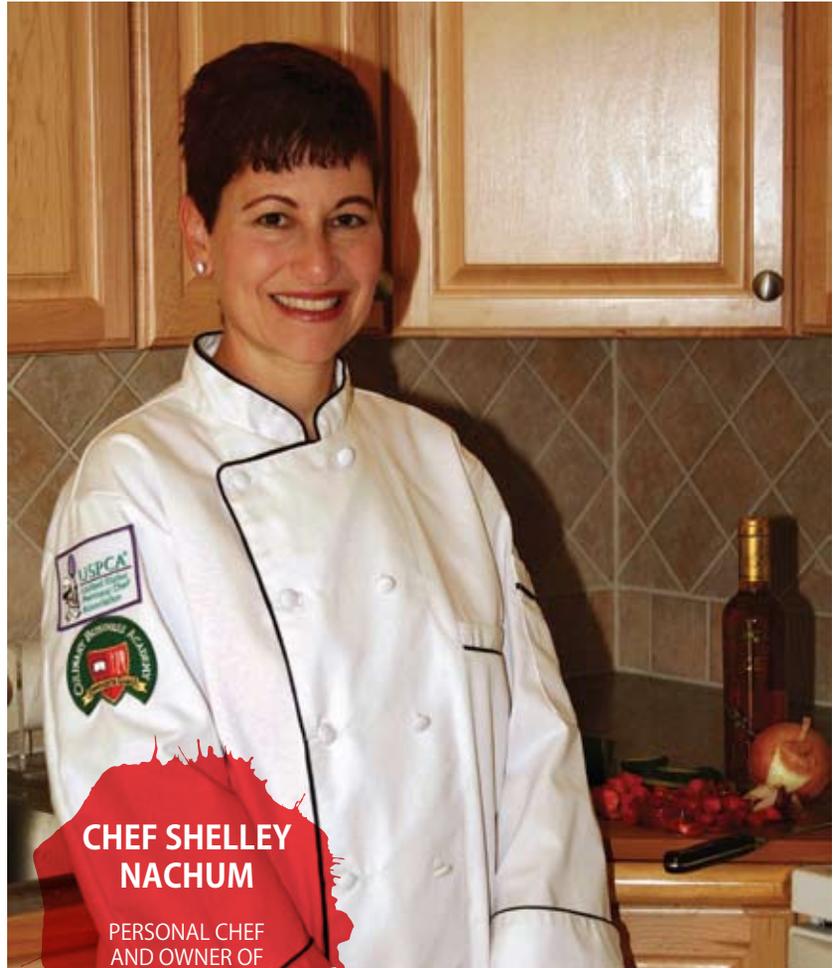
Rinse fillets with water and pat dry. Rub olive oil over top of fish. Sprinkle with seasoning, salt and pepper. Roast in 350 degree oven for approximately 20 minutes or until fish is flaky when fork is inserted.

MANGO-PAPAYA SALSA

Serve with fish. Makes 6 servings.

2 large red bell peppers,
but into ¼-inch pieces
1 mango, peeled, pitted,
cut into ¼-inch pieces
1 papaya, peeled,
seeded, cut into ¼-inch
pieces
1 cup finely chopped
fresh cilantro
½ small red onion, finely
diced
2 tablespoons fresh lime
juice
1 tablespoon olive oil
1 tablespoon rice vinegar
1 teaspoon finely
chopped garlic
¼ teaspoon cayenne
pepper

Combine ingredients in large bowl and stir to blend. Season salsa to taste with salt and pepper. (Can be prepared one day ahead.) Cover and refrigerate. Bring to room temperature before serving.



**CHEF SHELLEY
NACHUM**

PERSONAL CHEF
AND OWNER OF
SHORT ON THYME

Chef Shelley Nachum owns Short on Thyme, a personal chef service in Broward and Palm Beach counties. She has been following a gluten-free diet since August after her research revealed a possible connection between gluten and autoimmune disorders. She has Hashimoto's thyroid, an autoimmune disorder.

"Since I've been on the diet, I have noticed changes in my body and feel better. I've even lost 10 pounds without trying," she said. "However, it is not an easy diet and not recommended unless there's a medical reason." Chef Shelley said at home it's easy, but it's oftentimes challenging to find foods to eat when she's on the run. "I can really appreciate what people with celiac endure and would like to be able to cook nutritious food for them to make their lives easier."

Here is one of Chef Shelley's recipes, which she adapted from www.Epicurious.com for her own needs. She said the Mango-Papaya Salsa is especially delicious.

**SIX TIPS FOR
GLUTEN-FREE
COOKING**

1. Plan ahead; take a half or one day and make several gluten-free entrees and sides; portion, package and freeze so you can reheat during the week and not have to worry what to have each lunch and dinner, or when you're in a hurry.

2. Use only fresh ingredients as much as possible (for example, fresh Parmesan vs. canned; "fresh" gluten-free breadcrumbs vs. packaged). Limit the amount of processed foods and condiments.

3. Keep your pantry filled with staples such as gluten-free flour, brown rice, quinoa, millet, gluten-free pasta and oats, spices/seasonings, herbs, oils, gluten-free sauces (i.e., soy, teriyaki)

4. Eat lots of vegetables, gluten-free oatmeal, brown rice, and sweet potatoes to get fiber, since most gluten-free products do not have much fiber.

5. Use separate utensils and equipment (i.e., toaster, hand mixer, cutting boards) if your kitchen is not completely gluten free

6. If you're not sure something is gluten-free, contact the **manufacturer.**



**ROBYN
LINDARS**

"GRILL GIRL"

Robyn Lindars is the "Grill Girl" behind www.GrillGrrrl.com. Her focus is on healthy, simple and creative recipes on the grill. Robyn holds quarterly Women's Grilling Clinics as a way to encourage women to not be intimidated by the grill. Robyn and her grilling clinics were featured in the **Cooking Channel's** Foodography BBQ episode last summer.

GRILLED TENNESSEE HONEY LEMONADE

Makes one 64-ounce pitcher.

- 6 pounds lemons, cut in half**
- 1/2 cup water**
- 1/2 cup sugar**
- 1/2 cup honey**
- 2 rosemary sprigs (optional)**
- 1 cup Jack Daniels Tennessee Honey Whiskey**

Dip each half of the cut lemons in sugar and set aside on a tray to be grilled. Combine water, sugar and honey in a saucepan or disposable aluminum tray. Add a couple of sprigs of rosemary to the pan. Heat up your grill to medium-high heat. For additional rosemary flavor, throw a handful of rosemary sprigs on

the hot coals just before grilling. Grill the lemons cut-side down until nice grill marks appear (5 to 7 minutes). Remove the lemons and set aside to cool.

While grilling the lemons, place the saucepan with the honey syrup on the grill. Heat the syrup until the sugar and honey are fully dissolved, giving the rosemary time to infuse the syrup with flavor. Let the lemons cool then squeeze the juice into a pitcher by hand. Add syrup and water to taste, along with whiskey and ice. Stir well and serve.

Serve with a rosemary sprig as a swizzle stick and sliced grilled lemon wedges for garnish.

GRILL GRRRL'S GRILLING TIPS

While it's always grilling season in South Florida, the rest of the country launches into grilling season with Memorial Day weekend. Here are tips to ensure your next grilling adventure is a success.

- 1. Start with a clean grill.** Food will stick to leftover particles on the grates, so clean the grill well before putting food on.
- 2. Use cooking zones.** Create a “direct” and “indirect” cooking zone by pushing all charcoal to one side of the grill. On a gas grill, keep two burners on and two burners off. When grilling, if food chars too quickly or flare-ups occur, put food on “indirect” so it doesn't burn.
- 3. Oil your cooking surface.** Lightly oil cooking grates with olive oil or canola oil so food is less likely to stick to the grates, which will also make for better food presentation.
- 4. Don't press on the meat.** Pressing burgers with a spatula will squeeze all the juices out, making for a dry burger. The same goes for needless poking and prodding — this allows juices to escape from your meat.
- 5. When in doubt, rub or marinate.** Not sure how to season your meat? If it's not a high quality cut then be sure to use a rub or marinade for flavor/tenderizing beforehand. Prime and choice beef is best with a little olive oil, sea salt and fresh ground pepper.
- 6. Use a meat thermometer.** Instead of guessing when to pull the chicken off the grill, use a meat thermometer to identify the internal temp. If your meat has reached USDA temp guidelines, pull it off. The meat will continue to cook after you have taken it off the grill so keep this in mind when checking temps.
- 7. “Tent” your meat.** Don't go from grill to cutting board; meat needs to “rest” to reabsorb its juices. Tent your meat under foil for 10 minutes before serving.
- 8. Produce has a place on the grill.** You can grill a lot more than meat. Throw veggies and fruit on the grates for side dishes, salsas and even dessert. Grilled fruit + grilled pound cake slices and ice cream = tasty dessert.
- 9. Use quality ingredients.** Fresh herbs, artisanal cheeses and toasted/fresh ground spices add a lot of flavor to dishes without being overly complicated. A touch of grated sea salt and quality olive oil can make a dish.
- 10. Buy local.** If you buy locally you are using the best of the season and will therefore have a better cooking experience. This is also better for your health and the environment. 

BURTON DANOFF

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