

Grilled Summer Tuna, Eggplant & Rib Eye STK Skewers

Ingredients:

1-pound tuna, cleaned, cut in strips **Note:** For the tuna, cut the slices approximately 1/4-inch thick, 3-4 inches and an inch wide, measurements don't need to be exact though.

For marinade:

Zest of 1 lime, plus one tablespoon of juice
Zest of 1 orange, plus one tablespoon of juice
1 teaspoon minced garlic
1 teaspoon minced ginger
2 tablespoons scallions, thinly sliced
1 cup soy sauce
1 teaspoon cilantro

For sweet soy sauce

1 part soy sauce
1 part sugar
Butter

For the spicy mustard:

1/2 cup whole-grain mustard
1 tablespoon Korean chili paste
1 teaspoon minced ginger

For the marinade: Mix all ingredients together. Put tuna in marinade for 10 to 15 minutes. Meanwhile, prepare the sauces.

For the sweet soy sauce: Heat soy sauce until it begins to boil. Whisk in sugar until all dissolved. Cook for a few minutes, careful not to let overflow. Finish with a spoonful of butter. Cool.

For the spicy mustard: Mix all of the ingredients together. (If too spicy or if you desire more heat, adjust the amount of chili paste.)

Note: You will need 6-inch bamboo skewers, which you should soak while fish is marinating. Place a piece of aluminum foil on edge of the grill where you will rest the ends of the skewers. This will prevent the bamboo skewers from burning.

Skewer fish pieces one per skewer and grill until desired temperature is achieved, about 1 to 2 minutes per side. Mix and dress all ingredients for the salad and serve with skewers and dipping sauce. Serve on a bed of chiffonade baby spinach, watermelon cubes and black sesame seeds; use a dressing of 1 part lemon juice to 2 parts olive oil.

Continued:

Japanese Eggplant Skewers

Note: You will need: 6-inch bamboo skewers, which you should soak while preparing the sweet miso glaze.

2-3 Japanese eggplant, cut into strips (**see directions)

For sweet miso glaze:

1/2 cup sake
1/2 cup mirin
1/4 cup sugar
1 cup white miso

Soak skewers in water while you are preparing the sauces. Slice eggplant into strips about 1/4-inch thick by 3 to 4 inches long and an inch wide; the measurements do not need to be exact. Then drizzle eggplant with olive oil and season with salt and pepper.

To prepare the sweet miso glaze:

Heat sake and mirin to burn off alcohol, then add remaining ingredients.

Note: Place a piece of aluminum foil on edge of the grill where you will rest the ends of the skewers. This will prevent the bamboo skewers from burning.

****Skewer eggplant pieces one per skewer, grill one side until eggplant begins to soften (about 2-4 minutes). Flip and brush top with the miso glaze. Finish cooking.**

Serve the skewers on a salad of frisee, diced strawberries, black sesame seeds, baby arugula (or mizuna if available); mix salad with 1 part lemon juice and 2 parts olive oil.

Recipe: Rib-eye Skewers

1 pound rib eye, cleaned of excess fat, sliced into thin strips about 3- to 4-inches long and an inch wide

For the marinade:

Zest of 1 lime
Zest of 1 orange
1 teaspoon minced garlic
1 teaspoon minced ginger
2 tablespoons scallions, thinly sliced
1 cup soy sauce

For sweet soy sauce:

1 part soy sauce
1 part sugar
For spicy mustard sauce:
1/2 cup whole-grain mustard

1 tablespoon Korean chili paste
1 teaspoon minced ginger

Preparation:

Combine all of the ingredients for the marinade; then marinate the rib eye for 10 to 30 minutes. Soak 6-inch bamboo skewers in water while meat is marinating and prepare the sweet soy and spicy mustard dipping sauces.

For the sweet soy sauce: Heat soy sauce until it begins to boil. Whisk in sugar until all dissolved. Cook for a few minutes, careful not to let overflow. Cool.

For the spicy mustard: Mix all of the ingredients together. (If too spicy or if you desire more heat, adjust the amount of chili paste.)

You will need 6-inch bamboo skewers, which you should soak while meat is marinating. Place a piece of aluminum foil on edge of the grill where you will rest the ends of the skewers. This will prevent the bamboo skewers from burning.

Skewer beef pieces one per skewer grill until desired temperature is achieved, about 2 to 3 minutes per side. Serve skewers on a bed of chiffonade baby spinach, julienne carrots and black sesame seeds dressed with 1 part lemon juice and 2 parts olive oil.