

Less traditional grilled foods still delicious

While cabbage might not be the first food people think of when they think of grilling, that does not mean cabbage and the foods that fall under the cabbage umbrella cannot be grilled. Bok choy is part of the cabbage family and tastes excellent when grilled. If grilled bok choy appeals to your taste buds, consider firing up the grill and preparing the following recipe for “Blackened Beef with Thai Chile Noodles and Baby Bok Choy” from Karen Adler and Judith Fertig’s “The Gardener & The Grill” (Running Press).

Blackened Beef with Thai Chile Noodles and Baby Bok Choy

Serves 4

Thai Chile Noodles

- 1/4 cup olive oil
- 1 tablespoon chile oil (available at Asian markets), optional
- 1/4 cup seasoned rice vinegar
- 2 tablespoons chopped fresh mint leaves
- 2 tablespoons chopped fresh cilantro leaves
- 1 small chile pepper of your choice, seeded and minced
- 1 garlic clove, minced
- 8 ounces rice noodles or linguine, cooked according to package directions
- 1/4 cup chopped, roasted peanuts

Bok Choy and Steak

- 2 teaspoons toasted sesame oil
- 2 tablespoons vegetable oil
- 8 whole baby bok choy or 2 large heads bok choy, cut into quarters
- 1-12-ounce steak, 1 1/2-inch-thick boneless top sirloin steak
- 2 tablespoons Red Hot Blackened Seasoning (see below)
- Fine kosher or sea salt to taste

To make the noodles, combine the olive oil, chile oil, vinegar, herbs, chile, and garlic in a large bowl. Toss the cooked noodles with the dressing. Sprinkle on the peanuts and toss again. Set aside.

Prepare a hot fire in your grill.

Combine the sesame and

vegetable oils in a small bowl. Brush the bok choy with this mixture, then the steak. Sprinkle the Blackened Seasoning on the beef.

Grill the steak for 3 1/2 to 4 minutes per side for medium-rare (130 F), or 5 minutes per side for medium (140 F). Grill the bok choy for 2 to 3 minutes per

side, turning once, or until you have good grill marks and the vegetables have begun to soften.

Slice the steak thinly. Place a serving of noodles in 4 bowls and top with the steak and bok choy. Serve immediately.

Red Hot Blackened Seasoning

Makes about 1 1/4 cups

- 1/2 cup paprika
- 3 tablespoons garlic salt
- 2 tablespoons granulated onion
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1-1/2 teaspoons dried thyme
- 1-1/2 tablespoons black pepper
- 1-1/2 tablespoons white pepper
- 1 tablespoon cayenne pepper

Combine all of the ingredients in a glass jar and cover with a tight-fitting lid. Shake to blend. This keeps for several months in the pantry.



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