

# Barbecue summer board

Get ready to WOW your friends when they come over for your summer backyard BBQ, by preparing this amazing board created by our Executive chef Alejandro Velazquez Rodriguez – get your Instagram ready!

**Servings:** 4 people

**Prep Time:** 2 hours (approximately)

– the key in the preparation is to prepare as many of the steps as possible ahead of time while keeping the “grilling” steps at the end. That’s how the recipe order below has been structured.



## INGREDIENTS

### 1 ST-VINCENT FARM FLANK STEAK WITH CHIMICHURRI

#### CHIMICHURRI

- 125 ml (½ cup) finely chopped Italian parsley
- 125 ml (½ cup) olive oil
- 30 ml (2 tbsp) red wine vinegar
- 3 garlic cloves finely minced
- 1 or 2 small red chilies, finely chopped (If you like it spicy put 2, you could substitute by replacing with crushed red chili pepper flakes)
- 3 ml (¾ tsp) dried oregano
- 5 ml (1 tsp) coarse salt
- Freshly ground black pepper

#### FLANK STEAK

- 200 g (1/2 pound) flank steak certified Grass-Fed from St-Vincent Farm\*
- Salt and pepper
- Olive oil for brushing

\*<https://www.saint-vincentbio.com/>



### 2 ANCHO-MAPLE GLAZED TEMPEH WITH QUEBEC'S GROUND CHERRY SALSA

#### ANCHO-MAPLE GLAZE

- 3 ancho peppers
- 190 ml (¾ cup) maple apple cider vinegar
- 1 garlic clove
- 65 ml (¼ cup) canola oil
- Pinch of salt and freshly ground black pepper

#### TEMPEH

- 1 bloc of Knosh organic tempeh sliced in two equal parts

#### GROUND CHERRY SALSA

- 125 ml (½ cup) ground cherries, cut in halves or quarters
- 125 ml (½ cup) cherry tomatoes, cut in halves or quarters
- 30 ml (2 tbsp) red onion, minced
- 30 ml (2 tbsp) of cilantro, roughly cut
- 30 ml (2 tbsp) of lime juice
- 15 ml (1 tbsp) of jalapeno pepper, finely minced
- Pinch of salt
- Freshly ground black pepper

## PREPARATION

- 1- Chimichurri:** mix all ingredients in a bowl. Allow to sit for 5-10 min. to release all the flavors into the oil before using. Ideally, let it sit for more than 2 hours if time allows. Chimichurri can be prepared up to 24 hours in advance and refrigerated if needed.
- 2- Flank steak:** take it out of the refrigerator at least 10 to 15 min. prior to cooking to bring it to room temperature; this is very important to ensure that the meat cooks evenly and faster; reserve until grilling time. In the meantime, you can prepare the following recipes.
- 3- Ancho-maple glaze:** toast the ancho peppers in a pan on medium heat for about 1 min. turning on each side, then soak in hot water for 10 min. Once they are soft, devein them and take off the seeds, mix with all the other ingredients and blend until you get a smooth paste.
- 4- Ground cherry salsa:** mix all the ingredients together, reserve until service.



## INGREDIENTS

### 3 POTATO SKEWERS

- 9 baby potatoes
- 30 ml (2 tbsp) olive oil
- Pinch of salt
- Freshly ground black pepper

### 4 VEGGIE SKEWERS

- 1 small yellow zucchini
- 1 small green zucchini
- 12 cherry tomatoes
- 30 ml (2 tbsp), olive oil
- Pinch of salt
- Freshly ground black pepper

\*Add any other seasonal vegetables of your choice (ex: asparagus, mushrooms, green onions, etc.)

### 5 SUSTAINABLE CANADIAN SALMON WITH HOMEMADE ZA'ATAR

- 200 g (½ pound) sustainable salmon filet (preferably skin on)
- 30 ml (2 tbsp) of homemade Za'atar
- 1 lemon, cut in two halves

### HOMEMADE ZA'ATAR

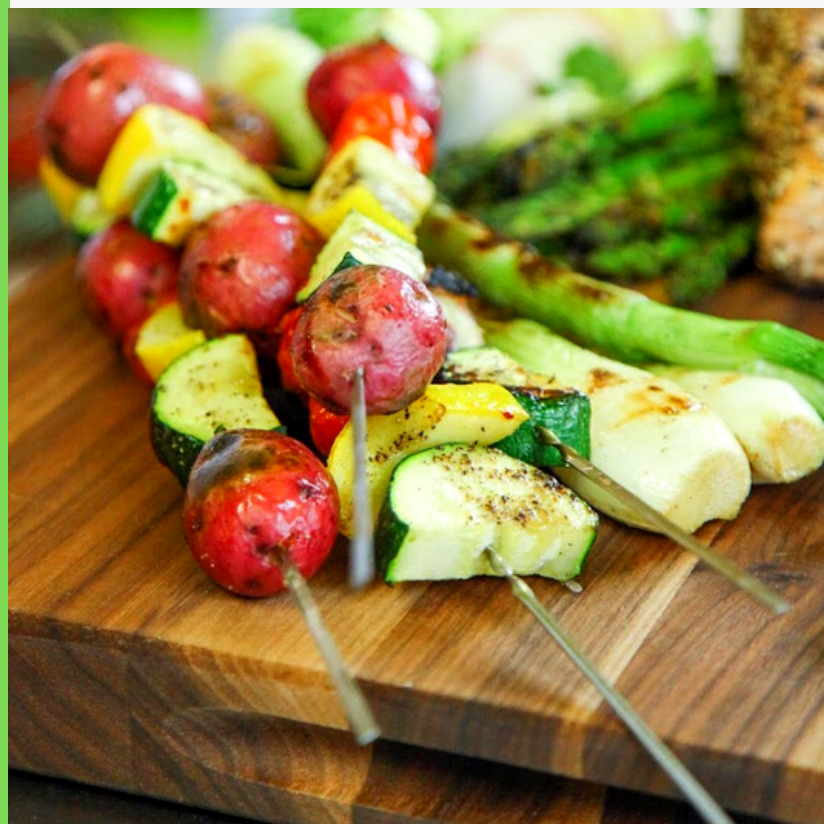
- 15 ml (1 tbsp) coriander seeds
- 15 ml (1 tbsp) fresh thyme (or dried thyme leaves if you prefer, half the quantity)
- 15 ml (1 tbsp) sumac
- 15 ml (1 tbsp) oregano
- 15 ml (1 tbsp) white sesame seeds
- 1 ml (¼ tsp) salt (pinch)

### 6 SALAD

- 1 chicory lettuce well washed and drained
- 6 radishes, sliced thinly
- 30 ml (2 tbsp) fresh herbs
- 30 ml (2 tbsp) fresh lemon juice
- 15 ml (1 tbsp) olive oil
- Pinch of salt
- Freshly ground black pepper

## PREPARATION

- 5- **Potato and veggie skewers:** precook the potatoes 20 min. in water or steam; rub the potatoes and the vegetables with olive oil and season with a pinch of salt and black pepper; arrange them on skewers. Proceed to rub them with olive oil and season them with salt and pepper. You can also add seasonal vegetables of your choice; simply rub them with olive oil, season with salt and pepper. Reserve until it's grilling time.
- 6- **Homemade Za'atar:** toast the coriander seeds in a pan on medium heat for about 2 min., then crush them well with a mortar or pulse with a spice grinder (or a coffee grinder), do the same with the thyme. Add the remaining ingredients and mix well.
- 7- **Rubbed salmon:** add 30 ml (2 tbsp) of Za'atar to your filet of fish, rub a little bit of olive oil on top of the spices and reserve until grilling time.
- 8- **Salad:** cut the lettuce in half, tear the fresh herbs with your hands, then place the lettuce on the board, garnishing with the radishes and fresh herbs on top. Finish with olive oil, lemon juice, salt and pepper.



## GRILLING AND ASSEMBLING

- 9- Flank steak:** generously season it with salt and pepper (a lot of salt falls when you cook on the grill; however, if you're cooking in a pan you have to salt less, because the salt will stay in your pan). After you seasoned the steak, rub it with olive oil as this will prevent the steak from sticking to the grill. Cook the steak for 6 min. on each side for medium rare or longer if you like your steak more cooked. A very important part of the cooking process is to let your steak rest once the cooking is done, this will ensure you get a juicy and tender steak. Let it rest on a plate away from the heat for at least 5 min., (ideally 8-10 min.; the larger the steak, the longer the resting time). You can cover it with aluminum foil to keep it warm. Once you are ready to assemble the board, , slice the steak thinly and place on the board. Place the chimichurri in a small bowl, next to the steak. Guests may serve themselves.
- 10- Tempeh:** cover the two tempeh "steaks" with 65 ml (¼ cup) of water and bake 15 min. in the oven at 350F. Baste the tempeh with the reserved glaze and grill on the BBQ for about 5 min. You can cook the tempeh entirely on the barbecue. The cooking time is about 15-20 min. Refrain from applying the glaze on the tempeh until the last 5 min. of cooking otherwise it will burn. Cut each "steak" in two triangles and place on the board.
- 11- Potato and veggie skewers:** grill the reserved potato and veggie skewers, as well as any other seasonal vegetable of your choice for 3 to 5 min. on each side and place on the board.
- 12- Rubbed salmon and grilled lemon:** grill the salmon filet skin side down first for about 3 min., then turn it over and cook for 3 more min. based on a filet of approximately 200g. This will result in a medium-rare grill. Grill the two halves of lemon for about 2 min., use them for presentation; setting the slices beside the fish, and squeeze lemon over the fish before eating it!
- 13- Now be creative and enjoy** assembling your board!



**Enjoy!**

Watch Chef Alejandro create this recipe in a step-by-step video!

"This recipe is intended to be cooked under appropriate conditions to ensure that all health and safety measures are respected. Exclusive outdoor cooking is recommended. For purposes of the production of this video capsule a controlled, industrial setting was used with ventilation compliance".