

# Main Dishes

## FOIL-PACKED GRILLED SWEET AND-SPICY CHICKEN WINGS

### INGREDIENTS:

- 1/4 CUP CHILI POWDER
- 1/4 CUP PACKED LIGHT BROWN SUGAR
- 1 TSP CHIPOTLE CHILI POWDER
- KOSHER SALT & FRESHLY GROUND BLACK PEPPER
- 4 LBS. AIR-CHILLED CHICKEN WINGS (ABOUT 24), SPLIT AT THE JOINT, WINGTIPS REMOVED AND DISCARDED
- 1/4 CUP VEGETABLE OIL
- 1/2 CUP FRESH CILANTRO, CHOPPED
- 1 LIME, CUT INTO WEDGES

### DIRECTIONS:

1. WHISK THE CHILI POWDER, SUGAR, CHIPOTLE POWDER, 1 TSP SALT AND 1/2 TSP PEPPER IN A MEDIUM BOWL TO MAKE A DRY SPICE RUB. PLACE THE WINGS IN A LARGE BOWL, TOSS WITH THE OIL, AND SPRINKLE WITH THE DRY SPICE RUB. TOSS THE WINGS TO EVENLY COAT, COVER WITH PLASTIC WRAP AND REFRIGERATE FOR 1-2 HOURS.
2. PREPARE A GRILL FOR HIGH HEAT
3. TEAR OFF FOUR 18X18 IN SHEETS OF HEAVY DUTY NON-STICK ALUMINUM FOIL. REMOVE THE WINGS FROM THE BOWL, MAKING SURE TO LEAVE ANY EXCESS LIQUID BEHIND. DIVIDE THE WINGS AMONG THE FOIL PIECES CENTERING THEM ON EACH PIECE IN A SINGLE LAYER. SPRINKLE THE WINGS WITH A GENEROUS PINCH OF SALT & PEPPER. BRING TWO OPPOSITE ENDS OF THE FOIL TOGETHER AND FOLD TWICE TO SEAL. GRILL OVER HIGH HEAT, TURNING ONCE, UNTIL THE WINGS ARE COOKED THROUGH, ABOUT 25 MINUTES. CAREFULLY OPEN THE PACKETS, SCATTER THE CILANTRO OVER THE TOPS AND SERVE WITH LIME WEDGES.

## BEST FLANK STEAK

### INGREDIENTS FOR MARINADE

- 1/3 CUP EVOO
- 1/4 CUP LOW-SODIUM SOY SAUCE
- 2 TBSP LIME (OR LEMON) JUICE
- 2 TBSP PACKED BROWN SUGAR

### INGREDIENTS FOR STEAK

- 2 LB. FLANK STEAK
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER

### DIRECTIONS:

1. IN A LARGE BOWL, WHISK TOGETHER OLIVE OIL, SOY SAUCE, LIME JUICE, AND BROWN SUGAR. ADD STEAK AND TOSS UNTIL COATED. MARINATE FOR AT LEAST 30 MINUTES, UP TO 2 HOURS
2. REMOVE STEAK FROM MARINADE AND PAT DRY WITH PAPER TOWELS. SEASON LIGHTLY WITH SALT AND PEPPER.
3. TO GRILL: PREHEAT THE GRILL TO MEDIUM-HIGH. PLACE STEAK ON GRILL AND COOK TO YOUR LIKING, ABOUT 6 MINUTES PER SIDE FOR MEDIUM-RARE.
4. TO BROIL: PREHEAT OVEN BROILER TO HIGH. PLACE STEAK ON A SHEET PAN AND COOK, TURNING ONCE HALFWAY THROUGH, UNTIL COOKED TO YOUR LIKING, ABOUT 6 MINUTES PER SIDE FOR MEDIUM-RARE. LET REST BEFORE SLICING AND SERVING

## CHICKEN BACON RANCH SKEWERS

### INGREDIENTS:

- 1 CUP RANCH DRESSING (PLUS MORE FOR DRIZZLING)
- JUICE OF 1/2 LEMON
- PINCH OF CAYENNE PEPPER
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1 LB. CHICKEN BREASTS, CUT INTO 1" CHUNKS
- 16 SLICES BACON
- 1 CUP CHERRY TOMATOES
- CHOPPED CHIVES, FOR GARNISH

### DIRECTIONS:

1. HEAT GRILL TO MEDIUM. IN A MEDIUM BOWL, STIR TOGETHER RANCH, LEMON JUICE, AND CAYENNE. SEASON WITH SALT AND PEPPER. ADD CHICKEN AND TOSS UNTIL COATED.
2. ASSEMBLE SKEWERS: START WITH A PIECE OF BACON. ADD A PIECE OF CHICKEN, THEN WEAVE BACON BACK OVER THE SKEWER. ADD A CHERRY TOMATO AND WEAVE BACON BACK OVER SKEWER. REPEAT, USING TWO PIECES OF BACON PER SKEWER. SEASON SKEWERS WITH SALT AND PEPPER.
3. LAY A PIECE OF FOIL DOWN ON GRILL AND ADD SKEWERS. GRILL, TURNING OCCASIONALLY, UNTIL CHICKEN IS NO LONGER PINK AND BACON IS COOKED THROUGH AND CRISPY, 8 MINUTES PER SIDE.
4. DRIZZLE SKEWERS WITH RANCH AND GARNISH WITH CHIVES.