

Add sizzle to your steak

By **LINDA GASSENHEIMER**
Tribune News Service

Add a little extra flavor to simple grilled steak. Small pockets made in the meat are filled with a tasty mixture of garlic, shallots, parsley and breadcrumbs.

Grilling corn on the cob in their husk gives a smoky flavor to the corn.

The steak and corn can be made inside on a stovetop grill. Or you can use a skillet for the steak and place the corn under the broiler.

Open a bag of washed, ready-to-eat salad to serve with the meal.

Helpful Hints

- Shallots are a mild-flavored member of the onion family. You can use onion instead. Be sure to cook them until transparent.
- You can use any type of quick-cooking steak.

Countdown

- Soak corn.
- Prepare all ingredients.
- Stuff steak.
- Start corn on the grill.
- Add steak.
- Complete recipe.

Shopping List

- To buy: 3/4 pound grass-fed strip steak, 1

large shallot, 1 bunch parsley, 4 ears corn on the cob in their husks, 1 can olive oil spray and 1 container panko breadcrumbs.

- Staples: garlic, butter, salt and black peppercorns.

STUFFED STEAK

Recipe by Linda Gassenheimer

- Olive oil spray**
- 1 garlic clove crushed**
- 1/2 cup diced shallots**
- 1/4 cup chopped parsley**
- 2 tablespoons panko bread crumbs**
- Salt and freshly ground black pepper**
- 3/4 pound grass fed strip steak (about 1 1/2-inch thick)**

Preheat grill to medium high. Heat a skillet over medium-high heat and spray with olive oil spray. Add the garlic and shallots. Sauté 1 to 2 minutes. Remove to a mixing bowl. Add the parsley and breadcrumbs to the bowl. Mix the ingredients together. Add salt and pepper to taste. Remove visible fat from steak and make slits about 1 inch apart on each side to form pockets for the stuffing. The slits should be about 1/2-inch deep and cover the width of the steak. With the tip of a knife or a small spoon stuff the stuffing into the steak. Reserve



Linda Gassenheimer-TNS

Stuffed steak and grilled corn on the cob.

remaining stuffing. Spray the steak on both sides with olive oil spray and place on a hot grill 4 to 5 minutes. Turn and grill 4 to 5 minutes. A meat thermometer should read 125 degrees for rare, 145 degrees for medium rare. Grill a little longer if needed. Remove to a cutting board and let rest. Sauté the remaining stuffing in the skillet used to sauté the garlic and shallots. Cut the steak into slices and divide between two dinner plates. Spoon the sautéed stuffing on top.

Yield 2 servings.

Per serving: 261 calories (24.7% from fat), 7.2 g fat (2 g saturated), 3.1 g monounsaturated, 96 mg cholesterol, 41.1 g protein, 9.8 g carbohydrates, 0.6 g fiber, 152 mg sodium.

GRILLED CORN ON THE COB

Recipe by Linda Gassenheimer

- 4 ears corn in their husks**
- 2 tablespoons butter**
- Salt and freshly ground black pepper**

Pull husks down to their base, leaving them attached to the base. Remove the silk. Pull husks back into place. Place the corn in a large bowl or deep roasting pan. Fill the pan with water and soak the corn for 10 minutes. Place the corn on the heated grill for 10 minutes, turning over after 5 minutes, or until husks are charred. Pull the husks back again and place them on two dinner plates. Spread with butter and salt and pepper to taste.

Yield 2 servings.

Per serving: 256 calories (48% from fat), 13.6 g fat (7.5 g saturated), 3.9 g monounsaturated, 31 mg cholesterol, 5.9 g protein, 34.3 g carbohydrates, 4.8 g fiber, 145 mg sodium.

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CROSSWORD PUZZLER

ACROSS

- Kissin' kin
- Injury results
- Cat's coat
- Future fish
- Parting word
- Before, to poets
- Cortes foe
- Cul-de-sac (2 wds.)
- Necklace part
- Rural elec. provider
- Not far
- Waned
- Lowered the exchange rate
- Sapporo sport
- Munched on
- Bag
- Cosmonaut space lab
- Pull
- Parody
- Playful mammal

DOWN

- July sign
- Seep
- Sweater letter
- Marsupial pocket
- S&L offering
- Lend a hand
- Borscht veggie
- Urbane
- Lawyer's charge

Answer to Previous Puzzle

H	O	N	E	D	E	L	I	R	O	T
A	B	O	V	E	N	O	N	O	W	E
L	I	B	E	L	Y	U	L	A	L	S
		S	P	C	A	U	P	S	E	T
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I	L	E		A	I	L		C	L	I
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S	T	E		D	U	B		S	T	O

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10 Coffee server
11 Sunset color
16 Ferber or Best
18 Smidgens
22 Urban trains

23 First cousin's mom
24 Rises up on the hind legs
26 Work shirkers
27 Discharge
28 Rowboat
29 "The Banana Boat Song" (hyph.)
30 "L'—, c'est moi"
31 Volcano fissure
32 "Darn!"
36 Spacewalk, to NASA
39 Salt away
41 Auction site
43 Snags a dogie
46 Withered
48 Just in case
49 "My Way" composer
50 Pronounced
51 In favor of
52 Novelist — Tolstoy
53 Moon or eye
54 Jones' partner
55 That girl
58 Yvette's "of"

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