

Memorial Day BBQ

With Memorial Day coming at the end of the month I thought I would include a great yet simple meal that can be prepared on the grill.

That meal will consist of well seasoned steak or other cut of beef, grilled vegetables, and seasoned baked potatoes.

To begin with let's prepare the marinade for the meat, you will need;

- Flat container slightly larger that will allow your meat to lay flat, or large zip lock bag.
- ½ cup of olive oil
- 1/3 cup soy sauce
- 1/4 cup Worchester Sauce
- 1/3 cup lemon juice
- 3 tbsp dried basil
- 1 ½ tbsp fresh chopped garlic
- 1 ½ Tbsp of dried parsley
- 1 tsp ground black or white pepper
- Optional ¼ tsp of hot pepper sauce

Mix together and place in blender for 30 seconds on high. Pour over meat or into a zip lock bag and add meat. Refrigerate for minimum 8 hours, overnight is best.

To prepare your baked potatoes, wash them and while still wet thoroughly coat them with large crystal sea salt and wrap in tin foil. The potatoes generally take about 45 minutes to an hour to cook.

Special kicked up sour cream for the baked potatoes is very simple.

Simply mix;

- 1 cup of sour cream
- ½ tsp of garlic powder
- 2 tbsp of dried minced onions
- ¼ tsp of black pepper
- ¼ tsp of Lawry's Seasoned Salt

Mix together thoroughly and refrigerate, overnight is best. When you are ready to serve, cut your baked potatoes in half, pinching the halves together to loosen the potato up. Then drop a spoonful of your kicked up sour cream into the center and watch it melt and run throughout the potato!!

Cut your choice of vegetables up so they are about the same thickness but into larger pieces. I use a blend of;

- Carrots
- Celery
- Red bell pepper
- Zucchini
- Red onion
- Parsnips

You can substitute anything you like, and quantities you like.

Pour ½ cup of olive oil in a large zip lock bag and add vegetables until you coat them. Remove them from the bag and place them on a large sheet of tin foil,(you may need 2 pieces together) keeping them close together, sprinkle with garlic powder, Lawry's seasoned salt and black pepper. Close the foil around the vegetable.

The vegetables will take about ½ the time the potatoes take to cook and not directly over the heat.

Pull this BBQ off and you will earn your BBQ Chef Badge!! The family will be so thankful!