

# Great Grilling

## Jazz Up Your Next Outdoor Party

by LouAna® Chef Patrick Mould (NAPSA)—According to the Hearth, Patio & Barbecue Association, 56 percent of U.S. grill owners cook out year-round.

Hamburgers, hot dogs, steak and chicken will always remain grilling staples. Now here's a recipe that's bound to impress your friends and make them say "Wow!"

### Grilled Beef Kabobs in a Roasted Garlic Tarragon Sauce

- 2 pounds tenderloin beef
- 2 medium onions, quartered
- 2 green bell peppers, quartered
- ½ cup balsamic vinegar
- ¼ cup Dijon mustard
- 2 tbsp. garlic, minced
- 2 tbsp. black pepper
- 1 tbsp. salt
- 2 cups LouAna Peanut Oil
- 4 thick-cut slices of tomato
- Wooden skewers

#### Sauce:

- 2 tsp. LouAna Peanut Oil
- 1 tbsp. garlic, minced
- ¾ cup beef broth
- 3 tbsp. fresh tarragon, minced
- 8 tbsp. chilled butter

Cube beef into 2-inch by 2-inch chunks. Alternate ½ pound beef cubes with ¼ onion and bell pepper onto a wooden skewer. Repeat process until 4 kabobs are skewered. Place kabobs in shallow pan and make marinade. In a bowl, whip together mustard, garlic, vinegar, and season with salt and black pepper. Slowly pour in LouAna Peanut Oil while whipping constantly until all the oil is incorporated. Reserve a small amount of dressing for later use. Coat beef kabobs with dressing, refrigerate and allow kabobs to marinate two hours up to overnight. Fire up



Try grilling kabobs at your next party.

the grill and cook kabobs to desired doneness. Coat tomato slices with remaining dressing and towards the end of the cooking process, grill tomatoes until just heated. For the sauce, heat 2 teaspoons of peanut oil, add garlic and cook over medium-low heat until garlic is browned but not burnt. Add broth and tarragon. Bring to boil, reduce heat and simmer until the broth is reduced by half. Lower the flames as low as it'll go and swirl in fresh tarragon and butter. Simmer until butter is melted. Top beef kabobs with sauce and garnish with grilled tomato slices. Serves 4.

• LouAna® Chef Patrick Mould is the owner of the Louisiana School of Cooking and the author of "Recipes from a Chef." He is also vice-president of culinary for Barton Springs Grill in Houston, TX. He has appeared on NBC's "Today Show," ABC's "Good Morning America," and on hundreds of TV and radio shows across the United States. For more information and additional recipes, visit [www.louana.com](http://www.louana.com).