

GREAT GRILLING

Master The Grill With Bold Taste

(NAPSA)—Connect with food and family at your next backyard cookout with surprising tips and bold recipes from Chef Adam Perry Lang.

Chef Perry Lang, best-selling author of the just-released “BBQ 25: The World’s Most Flavorful Recipes—Now Made Foolproof” (Harper Studio, ©2010) and owner of Daisy May’s BBQ USA in NYC and upcoming Barbecoa slated to open in London in October 2010, shares his grilling secrets and unique approach to grilling.

To impress guests with stand-out grilled fare, Chef Perry Lang suggests “3-D grilling.” When it comes to 3-D grilling, it is all about building bold flavors on the grill by consistently applying layers of flavor. Whether using a rub or salt and pepper, Chef Perry Lang recommends coating meat or fish with vegetable oil first, otherwise the seasoning will roll off. To enhance the overall flavor of the meal, serve side dishes with bold, southwest flavors that will complement your favorite grilled fare and have your friends and family asking for seconds.

“I began my career as a classically-trained French chef but now my passion and focus is grilling—particularly 3-D grilling—which is all about consistently applying layers of flavor before, during and after grilling,” says Perry Lang. “And you can’t forget flavor-packed sides. I find Bush’s® Grillin’ Beans® to stand up to the bold flavors in my favorite grilled foods and they help complete an all-around fantastic meal.”

Improve your skills at the grill with Chef Perry Lang’s 3-D grilling approach and try one of his original, crowd-pleasing recipes like Grilled Boneless Chicken Breast Crusted with Mexican Oregano and Chile Dressing.

To learn more about Chef Perry Lang’s grill tips and recipes to serve at your next grilling occasion, visit GrillingwithBeans.com.

Grilled Boneless Chicken Breast Crusted with Mexican Oregano and Chile Dressing

Serves: 6 to 8

Preparation Time:

15 to 20 minutes

Cook Time: 20 minutes



To impress guests with stand-out grilled fare, Chef Perry Lang suggests “3-D grilling.”

Seasoning Blend

- 1 tablespoon sea salt, kosher or other non-iodized salt
- Freshly ground black pepper
- 1 tablespoon chile powder

- 6 to 8 boneless, skinless chicken breasts (8- to 10-ounces)

Herb Paste

- ½ cup dried oregano, preferably Mexican
- 2 teaspoons chili flakes
- 1 tablespoon dried garlic
- 1 tablespoon dried onion

- 1 egg white, beaten
- 1 cup water

- 1 tablespoon butter
- 3 tablespoons vegetable oil

Chile Dressing

- ½ cup or 1 small red onion, finely chopped
- ¼ cup scallion, finely chopped, green and white parts
- 1 tablespoon jalapeño or serrano chili, finely chopped
- ¼ cup fresh-squeezed lime juice
- ¼ cup white wine vinegar
- 1 cup extra virgin olive oil
- ¼ cup cilantro leaves and stems, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper

- 1 can (21 ounces) BUSH’S® Black Bean Fiesta Grillin’ Beans®

Directions:

Combine the sea salt, black pepper and chili powder to make the seasoning blend. Season the chicken on both sides with seasoning.

Mix all of the ingredients for the herb paste. Create an egg wash by beating 1 egg white and combine with 1 cup of water. Dip the smooth side (top) of chicken breast in the egg wash and then coat by dipping in the herb paste.

Sauté the butter and oil in a large cast-iron skillet on top of grill over medium heat until it foams slightly. Add the chicken, herb side down, to pan. If your grill has a lid, close the lid and let cook for 5 minutes.

Flip the chicken over and cook for one more minute. Take the chicken pieces out of the skillet and place herb side on the medium-heat side of the grill. While the chicken is cooking, add all of the contents for the dressing and pulse in a blender until pureed with some chunks left.

Remove chicken from the grill when the juices run clear or the internal temperature reaches 165 degrees Fahrenheit.

To serve, pour the dressing on a platter and place the chicken on top.

Garnish with bunches of cilantro, fresh chiles and wedges of lime.

Serve with one can (21 ounces) BUSH’S® Black Bean Fiesta Grillin’ Beans®.

More Ways to Score Compliments at the Grill

1. Invest in a Great Grill Brush

A clean grill will allow for non-stick grilling. Work your grill before, during and after grilling, so your meat and fish will look sharp.

2. Lightly Oil Grill Surface

Use a clean kitchen towel you are willing to part with and lightly saturate it with vegetable oil. Use a set of tongs to quickly brush the grill surface with the towel.

3. Build Flavors and Re-season as you Grill

Baste with flavor-enhanced butter, oil and marinades (fresh or pre-boiled), and use a bundle of herbs to apply. Also re-season as you cook since grill bars tend to pull off spices and seasonings. 