

Seasonal Sensations from Ontario's Sommeliers

Grilled Picanha Beef and Shrimp

“We love cooking and making fabulous dinners - but not as much as we love eating and drinking and milking every drop of sunshine that we can get out of the summer days. Instead of spending hours over a meal we're just as happy to throw another shrimp on the barbie, and jump in the pool while waiting for it to cook. In summer, we enjoy simple grilling to create a meal our family and friends love.”

- The Wine Sisters, Sommeliers @TheWineSisters

Grilled Picanha Beef

INGREDIENTS:

- 2 lb picanha beef
- 2 tsp kosher salt
- 1 tsp coarsely ground black pepper
- Olive oil for coating

INSTRUCTIONS:

1. Dry meat with paper towel
2. Coat meat with olive oil and sprinkle with 1/2 tsp salt and 1/2 tsp pepper per side and massage in. Chill for up to 3 hours, removing from fridge for at least 30 minutes to come up to room temperature.
3. Heat the grill to high, and before cooking turn down one side to low.
4. Sear the beef over direct heat about 3 minutes per side for nice char and then move to indirect heat and continue cooking for another 4-5 minutes per side, until a thermometer reads 120 F for rare*. Remove from grill and let the meat rest for about 10-15 minutes (steak will increase to about med-rare).

*Adjust cooking time to your preferred colour.



**Pair with Ontario
Chardonnay
for seafood and spicy
Syrah for the beef**

The Wine Sisters suggest:
2011 Chateau Des Charmes
Chardonnay
2010 Muscedere Vineyard
Syrah

Grilled Shrimp

INGREDIENTS:

- 1lb medium shrimp
- Olive oil
- 2 cloves garlic, minced
- Pinch red pepper flakes (or to taste)
- 1/2 tsp kosher salt

INSTRUCTIONS:

1. With a pairing knife, devein shrimp. In a bowl large enough to comfortably fit all shrimp, mix oil, garlic, salt and pepper flakes.
2. Add shrimp tossing to coat, and let marinate at room temperature, tossing occasionally, for 30 minutes
3. Add to hot grill, brushing with marinade, until bright pink and opaque in centre, about 2 minutes per side. Transfer to a plate and drizzle with fresh lemon juice.

*Optional: supplement your meal with any delicious Ontario vegetable such as grilled corn.