



HHF News – August 2008

August heat is great for grilling meat!

What's been on your grill this summer? If you're getting tired of the same old burgers and dogs, stop in for some advice on great dry rubs to add special seasoning to any cut of meat. Try something new this weekend!

Weekend of Fire at Jungle Jim's

We had a great time August 2-3 at the Weekend of Fire down in Cincinnati at Jungle Jim's. This is the second year we've attended to taste new sauces and find a few special spicy gems to bring into the store later this fall. Check out Jon Passow's blog (www.thehotzoneonline.com) for more on the show and the Defcon wing eating competition.

<http://www.thehotzoneonline.com/2008/08/07/passow%e2%80%99s-weekend-of-fire-2008-trip-day-1-%e2%80%93-defcon-wings/#more-2817>

Visit our Blog - Bangkok Thai Cuisine Delivers True Thai Flavors... and Heat!

<http://heatandflavor.blogspot.com/>

One of those little strip malls on Mayfield is harboring a hidden Thai treasure. Read our review of Bangkok Thai Cuisine.

Events

Knife Sharpening ~~ Thursday, August 14, 3:00-6:00 p.m. – Heather's Heat & Flavor, Legacy Village, Lyndhurst – 216.291.3450 – Expert knife sharpener and instructor, Steve Bottorff, joins us **every second Thursday of the month**. Bring your favorite straight-edge, serrated knives and scissors to be sharpened while you wait! Fee varies by the size of the blade, starting at \$2 for a paring knife and \$5 for a chef knife. If you can't make it during that time, but are desperate for a sharpening, call the store ahead to arrange a time to drop-off and pick-up your knives.

5th Annual Taste of Legacy Village ~~ Sunday, August 24, Legacy Village , 12-5 p.m. This popular annual event features live music, entertainment and the opportunity to sample delicious fare from 16 of Legacy Village's fantastic restaurants and specialty food retailers, including Heather's Heat and Flavor! We have something special planned, so come on out and taste something truly tempting! Ticket packs are \$10 each and include 10 "Taste Dollars" redeemable for food samples ranging in price from 1-3 tickets. Tickets will be available for purchase at the Valet booth and in the Legacy Village Management Office. They will also be available on-site (cash only) during the event.

New & Featured Products

Salish Smoked Sea Salt ~~ This 100% naturally smoked sea salt has no artificial smoke, flavorings, or color added. Salish smoked sea salt starts with an organic pacific sea salt that is slowly smoked for 24 hours over exotic Alder hardwood. This time-consuming process leaves the salt with a dark brownish color and a strong smoky flavor. Absolutely no artificial flavors or colors added. Add a unique touch to salads, sandwiches, and especially grilled salmon. A perfect combination with all kinds of grilled or smoky flavored foods -- think BBQ!

Haiwa Kai Black Hawaiian Sea Salt ~~ Hiwa Kai is gathered on the Molokaï island in the Hawaii archipelago. Impregnated by the Pacific ocean's benefits, its satin-like texture brings a grain of slaty extravagance on your table. Its unusual black color is due to the activated carbon it contains.

Pink Himalayan Sea Salt ~~ You may already be familiar with our pure white fine grained Himalayan sea salt. This version is a lovely shade of light pink!

Organic Indian Chai Loose Leaf Tea ~~ Chai is an integral part of life in India and simply translates to 'Tea' in Hindi. Calling it 'Chai tea' is considered redundant. In India, 'Chaiwallahs' (tea vendors) are present at street corners brewing basic black tea with spices. Brew this tea with sugar and milk for an authentic Indian Chai drink.

500 Mile Chai ~~ The tale of '500 Mile Chai' originates from the many late night truck drivers stopping at small Chai stands (Dhabas) on the highway and asking for really strong, sweet Chai to help them drive long distances - 'for another 500 miles'.

Recipes

The weather has been grand for smokin' ribs. Here is how we do it in a Weber-style smoker.

Smokin' Ribs (in a Weber)

Buy one or more whole racks of ribs (St. Louis Style). Sprinkle lots of dry rub on both sides and ends, patting and slapping it firmly into place. Surface of meat should be lightly to completely (your preference) covered with a layer of rub. Wrap each rib in two layers of aluminum or plastic wrap and place in refrigerator for 1 to 24 hours.

Bank a small amount of coals on one side of the grill and let smoker warm up for 20-30 minutes. Stick a BBQ thermometer in the top or side of the grill and work the fire and vents to stabilize the temperature to 200-250 degrees. Hotter fires will significantly shorten cooking times and not allow slow-cooking of the meat.

Soak hickory, mesquite, cherry, apple or other wood chips in a bowl of water for 20 minutes or more and sprinkle small amounts on the coals every 45-60 minutes, or as often as desired. Don't over-smoke.

Partially fill a small pan with water and place above the banked coals. Fill as necessary during the cooking process (2 cups should be enough).

Place ribs away from the heat source, on the side opposite the banked coals. If you have two or more racks of ribs, use a rib rack purchased at your local hardware store, or "roll the ribs."

(Rolling The Rib – For maximizing room on your weber or kettle style grill when preparing St Louis Style ribs, stand ribs on their side bones perpendicular to the counter. Curve the ribs so that there is an overlap of 3 ribs and an inch of space between them (or enough space to fit your sauce brush in) push a bamboo skewer between the rib bones 2 ribs in and skewer the inner ribs, again 2 ribs in.)

Check your temps every 1-1½ hours and add some woodchips as necessary. Don't open the lid until you must. Turn the meat (and flip them over if you rolled them) to give each rib end or side equal time nearest the heat source.

When done, the meat should have a smoke ring and pull cleanly from the bone with a light tug. Test one, you are the cook go ahead!

Before serving, or for the last 10 minutes of cooking, lightly brush each rack with your favorite barbecue sauce.

Visit our store online – www.heatandflavor.com. If you have any trouble with the Web site, please let us know (e-mail service@heatandflavor.com or call one of our stores). Buy logo shirts and other fun stuff at www.cafepress.com/heatandflavor.

Have a Grillin' Great Month!

Heather Marks

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