

Food

Tangy marinade goes with flank steak. E2

Readers come to rescue with lemon icebox pie. E2

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Chill out with cool shakes

Ice cream, milk are the usual ingredients, but icy concoction can feature so much more.

By Joanna Besser
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While burgers are always fun to dress up or down, what are really turning heads these days are innovative creamy and dreamy milkshakes. If you've dined at Flip, the mod West End burger joint, you might not remember which of the fancy burgers you ordered. But the odds are slim that you'd forget whether you sipped one of its funky liquid nitrogen-cooled Nutella and burnt marshmallow, Krüpy Kreme or spicy chocolate mole milkshakes. These innovative creations are the hit of the restaurant, surprising even Richard Blais, the creative director at Flip.

According to former "Top Chef" finalist Blais, the demand for the milkshakes far



Hot Plate

Show off with simple sauce

Easy-to-make coulis can dress up dish.

Pureed fresh fruit or vegetables add color and flavor.

By Meredith Ford Goldman
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Visits to local farmers markets will tell you: summertime is here. As we move deeper into hot summer months, fruits such as peaches and vegetables such as tomatoes (technically a fruit) will be abundant. Support local blueberry sales, if you can find them.)

Both those fruits, plus many others, are perfect for making coulis. Pronounced "koo-LEE," this puree of veggies or fruits is a classic French sauce that originated about 600 years ago as a strained gravy, according to Alan Davidson's foodie bible, "The Oxford Companion to Food."

When I taught baking and pastry arts at Johnson & Wales University in Providence, R.I., fruit coulis were all the rage on the plated desserts my students and I sent to student dining rooms. A fruit coulis, usual

From Market to Kitchen



In Season

"Sometimes on Saturdays, we must return to the field several times."

Bernese Cagle
Co-operator of Papa Albert's Market

By Deborah Geering For the AJC

It's still a bit early, but if you look, you can find local corn for the Fourth of July.

Up in Cherokee County, Albert Cagle started planting his corn when it was still chilly out. "We planted it earlier than we should have, but most of it survived," said his wife, Bernese Cagle. The enterprising couple operate Papa Albert's Market (down to dusk daily, 150 Stringer Road, Canton) and anchor the Cherokee Fresh Market (9 a.m. to noon Saturdays, 362 Stringer Road at Cagle's Dairy, Canton, www.cherokeefreshmarket.com).

The early sowing was part of a little experiment: Albert Cagle planted corn about every 10 days with the hopes of extending the harvest. So far, so good... except that the corn doesn't seem to be coming in in 10-day intervals. "Albert says it's the funniest thing, nature still takes over," Bernese said. "Some of it is going to mature faster."

Regardless, the Cagles still plan on having corn available for most of the summer, starting now. For the past three years, they have grown a bicolor variety that they got from a fellow farmer in Missouri. The sweet corn is perfect for Bernese's favorite summertime breakfast indulgence: homemade biscuits, sliced ripe tomatoes and creamed corn (served out from the cob, a splash of milk and a touch of butter, cooked in the microwave to eliminate the stovetop problem of corn sticking to the bottom of the pan).

The variety is very popular with their return customers, too. "Sometimes on Saturdays, we must return to the field several times," she said. "You can't get much fresher than that."

In now, locally

Asparagus, blackberries, blueberries, cabbage, carrots, corn, cucumbers, dill, dillseed, dillweed, eggplant, garlic, green beans, green onions, herbs, kale, leeks, lettuce, loganberries, okra, onions, peaches, peppers, potatoes, radishes, radishes, raspberries, shallots, Swiss chard, tomatoes, yellow squash, zucchini

Looking good

Michigan asparagus, New Jersey and California blackberries, California blueberries, California and Georgia cantaloupes, Washington cherries, California and Georgia corn, Georgia eggplant, Virginia and Caribbean green beans, Carolina and California greens, California honeydews, Virginia and Carolina squash, tomatoes, watermelon

Coming in

Washington apricots, Mexican asparagus, Florida avocados, Michigan blackberries, New Jersey and Oregon blueberries, Virginia corn, South Carolina cantaloupes, Michigan cucumbers, North Carolina eggplant, Michigan squash, Arkansas and Virginia tomatoes

Questionable

Georgia blackberries, Texas cantaloupe, Mexican honeydew, California raspberries and strawberries

Source: The Packer

5:30 Challenge 5 ingredients / 30 minutes



By Amy Jo Bailey joale@ajc.com
Photo: Kent S. Johnson kjohnson@ajc.com

Tonight's solution:
East-Meets-West
Marinated Flank Steak

To make the meat:
Potato salad and cucumber salad

By Joanne Besser
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While I was taught that a flank steak needs to marinate for a long time to be tasty and tender, I have found that even a short time in a strongly flavored soak is enough to impart flavor. What is most important for ensuring tenderness is not to cook the steak past medium-rare and to slice it very thinly across the grain. Follow these instructions and, you'll be guaranteed a succulent, delicious steak in no time at all.

This marinade is an East-meets-West combination. It uses ketchup as its primary ingredient and soy sauce and sesame oil as secondary flavorings. With these assertive flavors, a little goes a long way.

East-Meets-West Marinated Flank Steak

Serves 4

When grilling anything with a high sugar content (in this case ketchup), check frequently for flare-ups, and move the steak, if needed, if it finds touch to be the most accurate for testing doneness. The meat should have a bit of spring, but have some firmness. Use tongs, not a fork, to turn the steak, and gauge doneness by pressing gently with the tongs on the meat to judge how it is firming.

1/2 cup ketchup **2 tablespoons sesame oil**
3 tablespoons reduced-sodium soy sauce **2 garlic cloves, minced**
1 1/2- to 2-pound flank steak

In a ziplock bag or large bowl, combine ketchup, soy sauce, sesame oil and garlic. Add steak and press well to coat. Set aside for 10 minutes. Preheat the grill.

Place steak on the grill and scrape any extra marinade onto the grill. Cook for 9 to 14 minutes, turning once or twice. The meat should feel firm, with a bit of spring. Let rest for 5 minutes. Thinly slice the steak across the grain and serve.

Per serving: 342 calories (percent of calories from fat, 35); 29 grams protein, 7 grams carbohydrates, 1 gram fiber, 22 grams fat (3 grams saturated), 70 milligrams cholesterol, 790 milligrams sodium

Take the 5:30 Challenge. If you have a great-tasting, make-ahead recipe that uses no more than five ingredients and can be made in 30 minutes or less, let us (Joale, joale@ajc.com, and Amy, amy@ajc.com) know. You can win a special prize and your recipe will be featured in the same time, same place. Send recipes to 5:30 Challenge, The Atlanta Journal-Constitution, 260 Peachtree St. N.W., Atlanta, GA 30303. Or by e-mail to 530challenge@ajc.com.



By Amy Jo Bailey joale@ajc.com
Photo: Kent S. Johnson kjohnson@ajc.com

Grilled Corn Chow Chow

Hands on: 20 minutes **Total time:** 60 minutes, plus chilling overnight **Serves:** 12

Steve Jamison, executive chef at the Sheraton Atlanta hotel and its Fandango restaurant, serves his take on the classic relish/side salad with a Jack Daniel's-marinated grilled flank steak. You can find that sweet chili sauce in the Asian ingredients section of many grocery stores.

4 ears corn on the cob, husked
1 Vidalia or other sweet onion, thickly sliced
1 tablespoon vegetable oil
4 ounces (about 1 cup) green beans, cut into 1-inch pieces
1 pint grape tomatoes, halved
1 yellow or orange bell pepper,

cut julienne
4 green onions, sliced
1 small bunch parsley, chopped
2 tablespoons granulated sugar
2 tablespoons Thai sweet chili sauce
8 tablespoons cider vinegar
Salt and pepper to taste

Preheat the grill. Lightly brush the corn and onion slices with vegetable oil (or lightly coat with olive oil spray). Grill the corn and Vidalia onion on a hot grill until well marked. Remove from grill and set aside to cool until easily handled.

Meanwhile, bring a small pot of water to boil. Blanch the green beans until crisp-tender (about 1 minute) and then shock in cold water. Drain

Dear Food Goddess

"I'm looking for a lemon icebox pie recipe that appeared on the Eagle Brand Milk can in the 1940s or '50s. I have lost my recipe and hope some of your readers can supply me with one. Thanks!"

Jo Bailey
Holly Springs

When the goddess recently put out a bushel of reader requests, as expected the responses flowed like wine from a "char" wine pouch, especially for this recipe. Some disciples still had the original label in their recipe file. Others called their best resource: Mom.

Many, including Debbie Williamson of Monroe, found them in cookbooks from long ago. Williamson writes: "Please hold on to your chair so you don't fall out as you laugh yourself silly. This recipe came from one of my very first cookbooks, 'Barbie's Easy-as-Pie Cookbook,' circa 1964. "Among other amusing and antiquated instructions, it called for melting butter in a frying pan, beating eggs with a rotary beater and crushing whole graham crackers between wax paper with a rolling pin. The goddess feels like a Virginia Slims ad when she says, "We've come a long way baby!"

The dilemma with this type

Lemon Icebox Pie

Hands on: 20 minutes **Total time:** 2 hours or more **Serves:** 8

This makes a fairly shallow pie, so you don't need to build the sides of the crust too high. If you want a more dramatic meringue, double the number of egg whites. If making a crust from scratch, do as the goddess did and use the recipe on the back of the graham cracker cookie box. You can also use a store-bought crumb crust.

1 (8- or 9-inch) graham cracker crust, baked and cooled **condensed milk**
2 eggs, separated **1/2 cup freshly squeezed lemon juice**
(combination of pasteurized and regular) **1 teaspoon grated lemon zest**
1 (14-ounce) can sweetened **1/4 teaspoon cream of tartar**
1/4 cup granulated sugar

Preheat oven to 325 degrees. Prepare crust, if necessary. In a bowl, beat yolks. Add sweetened condensed milk, lemon juice and zest. Stir well to combine. Scrape into crust.

In a bowl, beat egg whites with cream of tartar until foamy. Gradually add sugar, beating until stiff, but not dry. Spread meringue on top of pie, carefully sealing to the edge of the crust. Bake for 10 to 15 minutes or until the meringue is golden. Cool and chill for at least 1 hour before serving. Refrigerate any leftovers.

Per serving: 356 calories (percent of calories from fat, 35); 7 grams protein, 14 grams carbohydrates, 1 gram fiber, 13 grams fat (3 grams saturated), 70 milligrams cholesterol, 80 milligrams sodium