

The Camping Detective Outdoor Camping Recipes.

Recipe #2: Outdoor New York Strip with Sexy Quinoa (aka: The Grand Canyon Special)

Ingredients:

1 large extra thick – New York Strip Steak
1 toe – thinly sliced garlic
1 hand-full - finely chopped mushrooms
2 tbsp – chopped onion
2 tbsp – chopped red pepper (or, green pepper)
1 tbsp – chopped garlic
1 tbsp – chopped ginger
1 tbsp – chopped parsley
1-2 cups – pre-cooked quinoa
2 hands-full– mixed combo of Broccoli, Cauliflower & Brussel Sprouts

Spices used:

Lawry's Seasoning Salt & Red Chile Flakes or cayenne pepper, if you like the quinoa mixture hot!

Salads are optional:

A little bit of olive oil poured over any type salad with a dash of sea-salt is simple to prepare and refreshingly delicious with dinner.

Note: For the pan use either butter. (Always use real butter....not the plastic stuff. It's healthier.)

Preparation: (Overall cooking time – about 15 minutes)

1 – Fire up that portable propane camping grill or get a campfire going. (If grilling over a campfire...start earlier and get some good hot coals going. You don't want flames hitting the steak. Then follow the same directions as with the propane grill.)

2 – Preparing the Steak. Make 10-12 random cuts in one side of the steak and stick the garlic slices in those cuts. Season the steak with a little Lawry's salt on both sides. (Lawry's is good and....contains no MSG)

3 – Once the grill is hot. Set flame to low and place the steak on the grill. (Check the time.)

**Meanwhile.... Now is a great time to put a 1-2 inches of water in a pot and bring it to a boil...for the vegetables.*

4 - Put 1 tbsp butter and heat in "Teflon" frying pan until melted. Use medium heat or less, don't burn the butter!

5 - Add onion, ginger, garlic, parsley & red pepper to the pan. Simmer until those items are glazed over.

6 - Then add the mushrooms to the mixture. Stir with a spatula until mushrooms become well mixed with all other ingredients and mushrooms become glossy. Cover the pan with a lid for a couple minutes to speed up the process.

7 – (Check the time, at 5-6 minutes into the process) Add the vegetables to the pot of boiling water and cover.

8 - Once mixed & glossy then add the pre-prepared Quinoa to the mixture in the frying pan. Stir with a spatula until all ingredients are thoroughly mixed. Set your heat to low and cover the frying pan with a lid.

-You're doing great! Take a sip of your favorite beverage & relax for a second.-

9 – (Check the time, at about 7 minutes, **depending on the thickness of the steak and the temperature of the grill**, flip over the steak.) It should have a nice color and **not** be burned along the edges.

Important note: Once the steak is flipped it is best to move it to another part of the grill not directly over the flames. The juices dripping from the steak onto the fire will flare up and blacken the steak. Unfortunately, this creates nitrates which are...not good for you. Also, since the steak is the most expensive part of the meal, keep a watchful eye on it. If a lot of smoke comes from the grill....immediately relocate the steak on the grate. Same goes for the steak on the campfire....if you see the flames flare up immediately relocate the steak.

10 – (Check the time, at about 14 minutes.) Look at the steak. You should be able see juices pooling on the top of the steak. This means it's done! Do a quick check and make a cut in the steak's middle. It should be pink on the inside. Or, however you prefer to enjoy it!

11 – The quinoa mixture and the vegetables should also be done by now. (10-12 minutes total cooking time)

That's fast! Yum!

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