

Extension

Seasonal Eating Whitney Danhof, Extension Agent

Fair Food at Home
July 2013

Mid-Summer marks the beginning of fair season. Our Bedford County Fair is one of the first of the season and this year it is a little later than usual, opening on July 29 and running through August 3. One of the pleasures of the fair is fair food. It's the joy of eating food off a stick or fried anything from pickles to candy bars. But there's also seasonal produce items. At the state fair we always go by and get a roasted ear of corn, dripping in butter. It's the sweetest corn with a smoky roasted flavor and it's divine. Another use of seasonal produce is in the homemade ice cream. You'll find flavors like fresh peach and raspberry when our county fair is going on and it's the perfect thing to cool down while enjoying your favorite events. In the main dish realm we have sausages and sandwiches with peppers and onions or kebabs off the grill or rotisserie with meat and vegetables.

One of my favorite items to eat at the fair is the Italian sausage smothered with peppers and onions. At our county fair the Middle Tennessee Beef Producer's Association sells ribeye sandwiches. So in honor of these two favorites this month, I decided to make a marinated ribeye sandwich with grilled peppers and onions. What a great dish for grilling out in the middle of summer. We are just starting to see the peppers come in at the farmers markets and you can use whatever colors you can find. The onions have been in for a while and what a great change from the winter onions this year. I'm not sure what happened but the onions this winter were very soft and unpredictable. I had several that had brown spoiled layers in them. So I am happy to see the firm, fresh onions.



Marinate your meat separately from your produce, whether you are making this sandwich or doing kebabs. Pour half of the marinade in one zip top bag with the meat and half in another with the veggies. This prevents your veggies from becoming saturated with the juices from the raw meat. Also, if you need to baste or make a sauce, you can use the marinade from the veggies.

The marinade for this sandwich is great for any beef. If you just want to grill a steak, this is a flavorful but not overpowering marinade. I used ribeye steak for my sandwich which is very tender and full of flavor (but also a little pricey). You could also use a flank steak, being sure to cut it across the grain when done or a sirloin steak.

The final key to this sandwich is the bread. I used a take and bake artisan bread called Telera Sandwich Rolls which were not too thick with a slightly crunchy yet chewy crust and soft interior.

So kick off the fair season with some outdoor grilling and be sure to drop by the county fair later this month!

For more ideas on using seasonal produce, visit the Bedford County Extension website (<https://utextension.tennessee.edu/bedford>) and click on Seasonal Eating. The Seasonal Eating Cooking Demonstration on Fair Food will be on Wednesday, July 24 at 12:00 noon at the Extension Office. Please note that this is one week later than usual. Call the Office at 684-5971 to sign up and bring \$7.00 to class to cover the samples.

Marinated Steak Sandwiches with Grilled Peppers and Onions

- 1 cup chopped onion
- 1 cup red wine, sherry or beef broth
- 3/4 cup soy sauce
- 1/4 cup olive oil
- 6 cloves garlic, pressed and divided
- 1 1/2 teaspoons dry mustard
- 1 1/2 teaspoons ground ginger
- 1 1/2 pounds boneless beef rib eye steaks (or flank or sirloin)
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 onion, sliced
- 4 tablespoons butter, softened
- 1/8 teaspoon black pepper
- 4 sandwich rolls, split

In a medium bowl, whisk together the chopped onion, wine, soy sauce, olive oil, 4 cloves of garlic, mustard and ginger. Pour half into a gallon zip top bag and add the steak. Pour the remaining half in another zip top bag and add the peppers and sliced onion. Place in the refrigerator and let marinate for at least 4 hours to overnight. Remove the steak from the bag and grill over medium heat for 6-7 minutes on each side, or until meat reaches the desired doneness. Cover with foil and let rest. Meanwhile remove the vegetables to a grill basket or a disposable foil pan with holes in the bottom and grill until tender, about 10 minutes. In a small bowl combine the remaining 2 cloves of garlic with the butter and pepper. Spread onto the cut sides of the rolls and grill until toasted. Slice the meat thinly and layer on rolls topped with vegetables.