

GRILLING WITH TERIYAKI SAUCE

Courtesy by CM

Ingredients:

2 cups soy sauce
1 cup sugar
1 tablespoon molasses (optional)
1 oz dry sherry or bourbon
1 tablespoon freshly grated ginger
3 cloves garlic, grated
1 tsp Accent (optional)

Methods:

Combine ingredients except for ginger and garlic in a saucepan.

Cook over low heat, stirring until sugar has dissolved. Add ginger and garlic; cool.

This sauce can be used to baste or marinate chicken, spareribs, or mixed with hamburger. Marinate sirloin steak tips in bite-sized pieces for barbecued skewers. Use as a marinade for shish-ke-bab lamb; lace the skewer with quartered onions, bell peppers, teriyaki lamb and cherry tomatoes before barbecuing over white-hot coals.

Teriyaki Burgers:

Season hamburger with pepper, garlic powder or finely minced fresh garlic (omit salt) and freshly chopped parsley. Form hamburger into patties. Marinate burgers in teriyaki sauce for 10 minutes before grilling. Barbecue over medium flame or broil, turning once. Brush with teriyaki sauce. Serve on buttered, toasted/grilled buns with leaves of butter crunch lettuce, a few thinly sliced tomatoes and rings of Vidalia or sweet Spanish onions.

Teriyaki Steak Tips:

Thinly slice (2 inch strips X 1 inch) 3 lbs Sirloin steak tips. Thread beef onto skewers (can be done in advance and refrigerated). Dip skewers in teriyaki sauce or marinate for up to 1 hour. Broil or grill over high heat, basting with teriyaki sauce several times during the cooking.

Teriyaki Chicken:

Use chicken breast tenders or legs. Marinate chicken overnight in a Ziploc bag, shaking and turning occasionally to distribute evenly. Broil or grill over high heat, brushing with sauce occasionally until the final 10 minutes of cooking.

Teriyaki Steaks:

Marinate a tender steak cut for 20-30 minutes in teriyaki sauce. Broil or grill over white hot coals, turning once; brush both sides with sauce. Cook quickly over high heat. For less tender steak cuts, marinate overnight and cook slowly over a lower heat.

Teriyaki Fish:

Thicken teriyaki sauce by adding 1 tablespoon cornstarch and bringing to a boil; reduce heat and simmer for 15 minutes. Allow sauce to cool. Use to brush fish while on the barbecue.

Teriyaki Roast Beef:

Marinate a 3-5 lb beef roast overnight in sauce (refrigerated). Pour half of sauce into the bottom of roasting pan. Roast at 250-275F, basting occasionally with remaining sauce. Do not allow sauce in pan to burn, add water or wine if needed. Roast is done when it becomes tender and reaches 145-150F on meat thermometer.

Teriyaki Pork Spareribs:

Instead of using brown sugar, use granulated white sugar. Add pineapple juice to taste. Divide pork spareribs into 3 inch wide sections. Simmer in a large quantity of water for 20 minutes (do not boil). Barbecue ribs over medium-low heat, turning once or twice and basting with teriyaki sauce regularly until ribs are tender. The longer they cook at lower temperatures, the more tender they will become. During the final 15 minutes of cooking, spray ribs lightly with olive oil spray.