

Cooking Corner

A Tasteful Partner For Your Barbecue

(NAPSA)—Here's food for thought: Most Americans love barbecue because it's quick, uncomplicated and great tasting. Yet many don't know just how sophisticated such an easy-to-make grilled meal can be. Garnishes such as sautéed mushrooms and tangy blue cheese can elevate a grilled steak from simple to sublime.

So can the right drink. "Barbecue is typically hearty fare with bold, spicy flavors. Accompanying wines should be full-bodied, with good structure and tannins," says Whole Foods Market wine expert Geof Ryan. "Dry red wines with a deep core of fruit stand up to and enhance the flame-roasted flavors of meat." He points out that full-bodied Spanish wines pair particularly well with steak, such as this recipe:



Blue cheese brings out delicious flavors in grilled red meat.

Grilled Marinated Steak with Mushrooms and Blue Cheese

- 3 tsp. organic extra virgin olive oil
- 2 tsp. balsamic vinegar
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- 2 New York strip steaks, 8 oz. each
- 8 oz. mushrooms, sliced
- 2 oz. blue cheese crumbles

In a small bowl, whisk together two tsp. of olive oil, balsamic vinegar, garlic, salt and pepper. Place steaks in a container just large enough to hold them. Pour olive oil mixture over steaks and rub in well over both sides. Allow steak to marinate in refrigerator for a minimum of 30 minutes or up to 2 hours. Grill

steaks for 5 minutes per side, until desired doneness.

While steaks are grilling, sauté mushrooms in one tsp. of olive oil with a pinch of salt over medium-high heat, stirring constantly for 5 minutes or until mushrooms have given up most of their liquid. Add blue cheese and stir to blend. If desired, season mushrooms with fresh-ground black pepper. When steaks are ready, smother with mushrooms and blue cheese. Serves four people.

Recipe courtesy of Whole Foods

When barbecuing, Ryan suggests seeking out Spanish varietals, such as Tempranillo, Monastrell or Garnacha.

For additional information, visit www.wholefoodsmarket.com or www.winesfromspainusa.com.