



Barbecue Basics



Taking Dinner Outdoors? Americans Get Their Grills On

(NAPSA)—While nearly everyone in America grills, not everyone is comfortable barbecuing more than the basics. Here's an approach to grilling you can "steak" your reputation on:

Neighborhood grocery stores can help make the outdoor cooking experience easier by providing everything a griller needs under one roof. The Great Grilling program at Safeway features recipes, tools and high-quality ingredients for families that want to create delicious meals on the grill, and their Rancher's Reserve beef is guaranteed tender. The recipes were developed in the test kitchens of Sunset magazine to make it easier for shoppers to grill up a meal on the spur of the moment.

Whether using a charcoal or gas grill, having the right accessories on hand makes for easy and safe grilling—and even easier cleanup. A wide spatula, extra-long tongs, a long-handled brush and a spray bottle with water are the foundation for a great griller's tool kit.

Direct-heat grilling is best for thin cuts of meat that cook quickly. It gets them nicely browned on the outside in the short time they take to get done in the middle. Here's a surefire recipe using direct-heat grilling:

Flank Steak with Green Olive-Jalapeño Tapenade

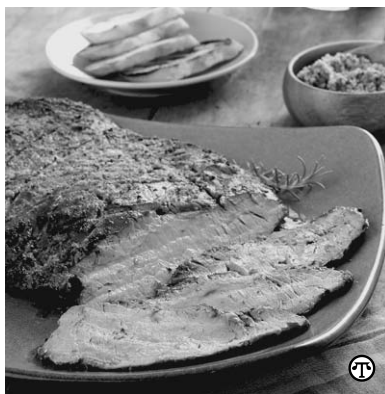
A Mediterranean-inspired tapenade is a flavorful addition to this tender flank steak.

Prep time: About 20 minutes

Grill time: 13 to 17 minutes, plus 5 minutes to rest off the grill

Makes: 4 servings

1 jar (4.5 oz.) Safeway Select



YOU CAN "STEAK" YOUR reputation on a "Great Grilling" program that offers tips and recipes for outdoor cooking.

Stuffed Jalapeño Olives, drained

2 garlic cloves, peeled

1 cup coarsely chopped

Italian parsley

2 tablespoons fresh

rosemary leaves

1 tablespoon grated lemon peel

¼ cup Safeway Select Verdi Olive Oil

1 Rancher's Reserve Flank Steak (about 1½ lb.)

1. Prepare barbecue grill and preheat for direct-heat cooking. For charcoal grill, before you put the grill over the hot coals, brush it with a medium coat of oil; for gas grill, when hot, brush grill with a medium coat of oil.

2. Rinse olives and drain well. Combine olives, garlic, parsley, rosemary, lemon peel and oil in a food processor and pulse until mixture forms a fine paste. Set aside ½ cup of the tapenade mixture for seasoning meat; reserve remainder for serving or another use.

3. Rinse flank steak and pat dry. With the tip of a sharp knife, make shallow diagonal cuts about 1 inch apart over one side of steak, then make cuts perpendicular to the first to create a diamond pattern. Repeat on other side of steak.

4. Spread ½ cup of the olive mixture on both sides of steak to coat evenly.

5. Lay steak on oiled grill over a solid bed of hot coals or high heat on a gas grill. Keep charcoal grill uncovered; close lid on gas grill. Cook steak until browned on the bottom (lift edge with tongs to check), 8 to 10 minutes. With tongs or a wide spatula, turn steak and continue to cook until done as desired, about 2 minutes longer for rare (red in center; cut to test) or 4 minutes longer for medium-rare (pink in center).

6. Transfer steak to a clean platter or rimmed carving board and let rest about 5 minutes, then cut in thin, slanting slices across the grain to serve. Offer remaining tapenade to add to the meat to taste.

Beverage suggestions: A spicy, plummy zinfandel; a hoppy, English-style pale ale; or peppermint iced tea.

Tools: Grater (for peel), strainer or colander, measuring cups and spoons, food processor, paper towels, sharp knife, spatula for spreading, heatproof brush for oiling grill, tongs or wide spatula, platter or rimmed carving board.

Safeway Inc. stores include Safeway, Vons, Pavilions, Carrs, Dominick's, Genuardi's, Randalls, and Tom Thumb. Additional grilling recipes, tips and techniques can be found online at www.safeway.com.

Note to Editors: In addition to Safeway stores, Safeway Inc. operates under the following grocery store names across the country: Safeway (Western United States, Maryland, Virginia and Washington, D.C.), Vons and Pavilions (Southern California), Randalls and Tom Thumb (Texas), Dominick's (Chicago) and Genuardi's (Philadelphia).