

Cooking with Susanna's: Summer Classics



SUSANNE STEHR is the charming proprietor of Susanna's restaurant in Rosarito Beach

My all time favorite is the classic hamburger, but a half-chicken or ribeye steak come in a close second.

Whatever your family favorites are, there are simple ways to enhance their flavors and maybe create some new favorites. Adding prepared horseradish to your ground beef patties really liven up a burger. Basting your chicken on the grill with a butter combined with fresh squeezed lemon with peel, crushed fresh rosemary or honey can liven the chicken. Make sure to slow cook the butter with your chosen ingredient.

Grilled steaks, to me, are best left alone for the fabulous beef flavor. For less expensive cuts of meat, I would highly recommend a marinade for an hour or so. This is simple to do with an oil, plus a flavor like garlic,

shallot, wine, rosemary, balsamic vinegar or dijon mustard.

But before you shut off the grill or let the coals cool, grilled fruits make the best summer dessert. Paired with vanilla ice cream, grilled pineapple, strawberries, mango or peaches are a fabulous finish to a summer barbecue.

Juicy ripe peaches peak in August and a delicious way to enjoy them is on the grill.

Halve the peach and take out the pit. Pam-spray (or other cooking spray) both sides of the peach and coat in brown or raw sugar. Grill both sides a couple of minutes. In a sauté pan add 2 tbsp. margarine, 1 tbsp. brown sugar and slowly melt. Finish the peaches off in the sauté pan with the sugar & margarine sauce, add 2 oz peach liqueur

and flame. Remove from heat after 1 minute. Serve over vanilla ice cream and drizzle with the sauce

Aside from the Margarita, mint Mojitos are the perfect summer drink. It is a must to have fresh mint or forget about it. Susanna's garden is stocked with mint plants ready for the picking, but nowadays most supermarkets sell packets of fresh mint. With a mortar and pestle, grind about 6 large mint leaves with 4 packets or 4 tsp. of sugar in the raw, and a little mineral water. When ground, put into a glass filled with ice. Add 1 ½ oz Bacardi and an ounce or two of mineral water to top it off. Sweet but delicious and refreshing!