

rachael ray every day



BLT
Lobster Roll

THIS IS HOW WE

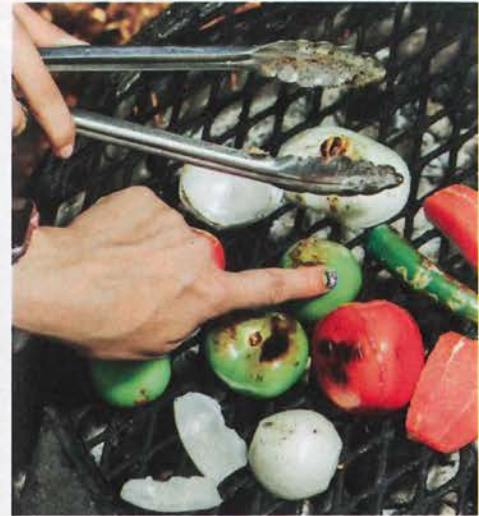
ROLL

**5 WAYS
TO HAVE
FUN ON A
HOT DOG BUN!**

**A GAZILLION ICE CREAM IDEAS
HOW TO #WIN AT THE FARMERS' MARKET
+ HAPPY BIRTHDAY, RACH!**



For Claudette (left), grilling is a team effort. Her kids, James and Hailey, pitch in to char the veggies for the salsa (below) and cook the steak over the coals (bottom).



THE FAMILY THAT GRILLS TOGETHER...

SAN DIEGO CHEF
CLAUDETTE ZEPEDA-WILKINS
 TEACHES HER KIDS HOW TO
 COOK WITH FIRE. BY KENDALL WENAAS

Growing up in a restaurant family, Claudette Zepeda-Wilkins was in the kitchen before she could walk. But she's not pressuring her two kids—James, 15, and Hailey, 12—to cook. “I don’t push it because I don’t want them to think cooking is a chore,” says the two-time *Top Chef* contestant and executive chef at the newly opened El Jardín in San Diego. “I’ll tell them what we’re going to eat and ask if they want to help.” Depending on the day and their moods (because: teen and tween), one or both will lend a hand. Calm, analytical James is big on accuracy, while Hailey is all about speed. “She’s my tough girl,” says Claudette. “She just rolls up her sleeves and gets at it.” Since Claudette prefers almost everything with a bit of char, the trio does a lot of cooking outside. (Jeremy, Claudette’s husband, is happy to leave the grilling to the professional—and her sous chefs.) “The kids are really good with the grill,” Claudette says. “I got them longer tongs so they don’t have to put their arms too close to the fire.” Dinner is often classic Mexican food similar to what Claudette grew up with, like carne asada. “It’s like the best comfort food,” she says. “The kids love it, too. We skip the utensils and go straight for the tortillas.”



Serving the steak and fixings family-style (top) lets everyone build their tacos exactly how they like 'em. James pitches in by grinding up the salsa ingredients in a molcajete (right), the Mexican version of a mortar and pestle. Making the salsa by hand helps you control the texture.



Garlicky Carne Asada

SERVES 4 TO 6 | ACTIVE: 30 MIN
TOTAL: 4½ HR

- 1 cup finely chopped garlic (about 2 large heads)
 - ½ cup finely chopped fresh cilantro (about 2 bunches)
 - ¾ cup fresh orange juice
 - ½ cup grapeseed or vegetable oil
 - 3 tbsp. chili powder
 - 3 tbsp. ground cumin
 - 3 tbsp. kosher salt
 - 2 tbsp. ground black pepper
 - 2 lb. skirt steak, cut in half
- Charred Tomatillo & Orange Salsa (see recipe)
Corn tortillas, charred on grill, for serving

1. In a large bowl, whisk the garlic, cilantro, orange juice, oil, chili powder, cumin, salt, and pepper. Add the steak. Turn until coated. Cover and chill, turning often, for 4 hours.
2. Heat a grill to medium-high. Grill the steak until charred in spots, about 4 minutes per side for medium-rare. (If it chars too quickly, move the steak to a cooler part of the grill.) Transfer to a cutting board. Let rest for 10 minutes. Slice the steak thinly against the grain. Serve with the salsa and tortillas.

Charred Tomatillo & Orange Salsa

MAKES 2 CUPS | ACTIVE: 30 MIN
TOTAL: 30 MIN

Grilling the veggies gives this salsa a deeper flavor and a hint of smokiness. Charring the orange balances out its sweetness.

- 2 tomatillos, husked and rinsed
- 1 large Roma tomato
- 1 small onion, halved
- ½ orange, peeled and halved
- 1 small serrano chile
- 2 tsp. grapeseed or vegetable oil
- 2 tbsp. finely chopped fresh cilantro
- 1 lime, juiced (about 2 tbsp.)

Heat a grill to medium-high. In a large bowl, toss the tomatillos, tomato, onion, orange quarters, chile, and oil. Grill until charred in spots, 5 to 8 minutes for the orange quarters and chile and 8 to 10 minutes for the tomatillos, tomato, and onion. Transfer to a cutting board. Coarsely chop. Transfer to a food processor and pulse to desired consistency. Pour into a bowl. Mix in the cilantro and lime juice. Let cool. Season the salsa with salt.



“ I WANT MY KIDS TO LEARN HOW TO COOK FOR THEIR FAMILY AND TO BE SELF-SUFFICIENT—TO BE ABLE TO SURVIVE ON AN OFF-RAMEN DIET,” SAYS CLAUDETTE. “THEY LIKE TO GRILL BECAUSE THEY FEEL LIKE, ‘OK, SHE’S LETTING ME DO THE BIG-KID THINGS.’”

Grilled-Pineapple Hibiscus Mockarita

MAKES 4 | ACTIVE: 20 MIN
TOTAL: 20 MIN

This pink drink is fun for adults and kids!

- 1/2 fresh pineapple (10 oz.), peeled and cut into 1-inch-thick rounds, then cut into half-moons
- Vegetable oil, for brushing
- 2 hibiscus tea bags
- 1 cup pineapple soda (such as Jarritos or Fanta)
- 2 limes, juiced (about 1/4 cup)
- 1 lemon, juiced (about 1/4 cup)
- 1/4 cup sugar
- 5 lime wheels
- Ice cubes

1. Heat a grill to high. Brush the pineapple slices with oil. Grill until charred in spots, about 2 minutes per side. Cut one piece into 4 wedges and reserve for garnish.
2. In a small bowl, mix the tea bags with 1/2 cup boiling water. Let steep for 3 minutes. Discard the tea bags. Let the tea cool.
3. In a blender, puree the grilled pineapple and 1/2 cup water. Strain into a medium bowl or pitcher, pressing on the solids in the strainer. Stir in the tea, soda, lime juice, and lemon juice.
4. Pour the sugar onto a small plate. Rub 1 lime wheel around the rims of 4 tall glasses. Dip the rims in the sugar. Fill the glasses with ice and the mockarita. Garnish with the lime wheels and pineapple wedges.

As any mom of teens will tell you, sometimes you have to use a little muscle to get your group hug (above). Hailey grills the pineapple (right) for tonight's hibiscus mocktail (below).



Yum-o! For more mealtime fun, check out Yum-o!, Rach's nonprofit organization (yum-o.org). You'll find recipes, ideas for improving food in schools, and stories about people who are changing the way America eats. How cool is that?!