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# SUMMER BOUNTY

*Squeeze every drop from  
the season*



# 10 Steps to a Sensational Summer Barbecue

*Grilling guru David Guas shares his tips for a flippin' fabulous feast*

by SALLY KILBRIDGE

**A**uthor of “Grill Nation,” host of the Travel Channel’s “American Grilled,” and owner of the Bayou Bakery in Arlington, Virginia, David Guas was practically born with a pair of tongs in his hand. The New Orleans-raised chef inherited his knack for outdoor cooking from his Cuban dad, and is a passionate practitioner. “I hope people do not hesitate for a minute more and start grilling! I want home cooks and first-time grillers to understand how easy and rewarding it can be to grill at home. And, we have got to get rid of the misconception that grilling is a seasonal thing — I grill out in the snow!” Here’s how he does it.

**1 Get it hot, hot, hot** Whether you’re using a gas grill (the easiest type to fire up and use) or a charcoal model (a more work-intensive method that allows you to alter flavors with the type of wood or coal), you’ve got to get it hot. That takes 10 – 15 minutes for a gas grill; for charcoal, average time is about 25 – 30 minutes before cooking. And once you get it hot, says Guas, “Don’t be afraid of the flames. It’s okay to have some fire! It brings char and big flavor.”



*In “American Grilled,” David Guas traveled across the country challenging serious outdoor cooks in open-flame competitions.*

**2 Understand your protein** Guas says there are two basic grilling methods. One uses direct heat, in which food has direct contact with the heat source and is flipped once during cooking. These are foods that need 30 minutes or less on the grill: burgers, fish, and most types of steak. The other uses indirect heat,

in which the food is placed on the cooler side of the grill and doesn’t require turning. This is optimal for foods that take longer than 30 minutes, such as whole birds, ribs, and roasts.

According to Guas, “Every protein should be treated differently on the grill in order to achieve the best flavor. For example, pork tenderloin as well as other broad and wide

cuts of meat with a large surface area need the direct heat to get the right color. Then move it to indirect heat to smoke it and fully finish the cooking process.”

**3 Give your chicken some love** Guas says excellent grilled chicken depends on two things: heat source and basting. And here, he’s all about the kettle grill. “Wood chips are essential for flavor — oak, cherry, or hickory — and must burn way down on the coals before anything is put on the grates. Once the grill is prepared then place the thighs, wings, and breasts right on the heat, alternating basting and rearranging the birds on the grill. My father’s theory is when the juices are dripping down on the coals, the bird is thirsty, so keep giving it moisture.”

**4 Consider your marinade or rub** “Herbs and spice mixtures in the form of dry rubs and olive oil-based pastes not only flavor the food, but help form a savory, caramelized crust that holds in the juices and keeps it tender,” says Guas. However, there’s no such thing as a one-size-fits-all rub or marinade. “The flavor profile, cut of meat, and type of protein can all help inform what will best complement

the protein. Roasted cacao nibs finely ground in a food processor make a chocolaty steak rub. I prefer a bright sorghum syrup to a heavy, one-dimensional molasses as a complex glaze for beef ribs. And a fruit jam lends a rich, dark, wine-like flavor to a sauce for pork tenderloin.”

## 5 Master the burger

Guas has some hard-and-fast rules for his hamburgers.

- Keep meat cold prior to forming the burger patties.
- Avoid too much handling, as it can affect the texture of the meat.
- Keep the patties uniform in size by using the same measurement tool as a benchmark, such as an ice cream scoop. To form patties, use a burger press (available at most kitchen supply stores) or 2 pieces of plastic wrap to cover the burger, then slowly flatten with a small pot or pan. 4- to 5-oz. burgers (pressed thin and flat, approximately 1/2 inch thick) are an ideal size and shape, allowing the meat to

caramelize in its own fat and cook quickly.

• Season just before putting the patties on the grill. Use kosher salt, and add a little more than you normally would to bring out the flavor of the beef.

## 6 Simplify your veg prep

The secret to great grilled veggies? The prep. “For me, it has less to do with the vegetable and more to do with the preparation and process! For as long as I’ve been grilling, I have a simple method that can be applied to almost any vegetable you have on hand.” (Sizeable veggies, such as leeks, zucchini, and red onion, work best.) “Cut them in half, toss them with olive oil, salt and pepper, and grill them until they are soft, and slightly charred. A bonus step is to cut them into meaty chunks and toss them with balsamic vinegar or fresh herbs like parsley and rosemary.”

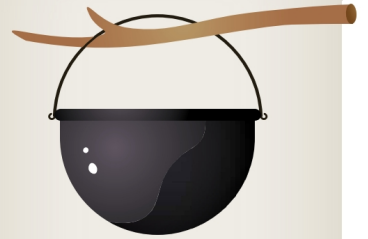
*Guas tops his turkey burgers with grilled mushrooms and sweet onions, goat cheese, spinach, tomatoes, and a tapenade-mayo mix.*

## 7 But forego most fruit

For many cooks, and particularly amateurs, Guas recommends thinking twice before putting fruit like peaches and pineapples on a grill. “It can be more trouble than it’s worth. Depending on the ripeness, the fruit can disintegrate. The grill also needs to be thoroughly cleaned beforehand so that the fruit doesn’t take on the flavor of whatever meat or fish was cooked before. And then you have to do another major grill cleanup when you’re done.”

## 8 Remember these secret ingredients

“No matter what protein, slightly charred citrus and some fresh herbs always brighten any grilled items.” Guas is particularly fervent about honey. “A few tablespoons of honey add an essential balance to whatever I might be grilling up. The acidity of other ingredients in a marinade needs toning down, and honey is the ideal mellowing agent. Honey seals in the meat’s own juices that begin to seep when the temperature’s high. Honey is also one hell of a binder and thickener when it comes to amping-up or sweetening sauces, marinades, dips, and dressings. My beef marinade recipe calls for a healthy dose of it, along with soy sauce, balsamic vinegar, fresh rosemary, green onions, and Dijon mustard. The soy sauce adds plenty of salt to season the meat, and the honey softens the intensity, giving it a balance with some sweetness.”



## Cauldron Cookery

David Guas loves all methods of outdoor grilling, but he truly rhapsodizes about his Cowboy Cauldron. “It is an amazing grill, and it has a dual purpose, because it’s also a fire pit that you can sit around with your family and friends. It becomes the centerpiece of your yard.”

Headquartered in Salt Lake City, the Cowboy Cauldron Company has shipped its iconic plate-steel wares to New Zealand, the Caribbean, and Brunei (the Sultan ordered nine). But while owner and founder Mike Bertelsen says his biggest client base lives within 100 miles of Wall Street, he claims Park City is “a great market for us, particularly given its small size.”

The cauldrons draw kudos for their quality (they’ll last a couple of generations), portability, ease of use, and sculptural shape, making them a favorite of landscape architects. The off-the-ground basin means you can tuck your feet underneath in winter, and prevents smoke from blowing directly in your face. And if you’re concerned about wildfire danger, fear not. “People worry about the tiny little sparks that come up in the heat column, but they cool quickly and don’t start fires. What starts fires are embers that jump or creep from ground fires.”

Bertelsen recalls driving up to his lake house in Scofield one weekend to host an evening of Mike’s Famous Ribs, and seeing a fire danger sign pointing to the “extreme” red area. He asked the local fire marshal to stop by and assess the situation. “He took a good look at my cauldron, saw how deep it was and how high it was suspended off the ground, and said, ‘Mike, I have one question. When’s dinner?’”







*Guas's tomato bruschetta: Brush both sides of sliced French bread with olive oil and grill 1 - 1 1/2 minutes per side. Toss together chopped tomatoes, thinly sliced sweet onion, torn basil, minced garlic, salt, and pepper, and serve over bread slices.*

## 9 Get back to basics

It may not be a cutting-edge culinary darling, but Guas's go-to make-ahead appetizer is pasta salad. "Pasta salad is always a tried-and-true crowd pleaser. Tortellini is versatile and pairs well with any variety of fresh vegetables. I like to finish it with a lemon shallot vinaigrette featuring lemon juice, minced shallot, olive oil, parsley, honey, and whole grain mustard."

## 10 Give dessert a Latin spin

"Summer is hot enough, so keep the oven off and the kitchen cool with cheesecake cups. I turn to my Cuban roots to bring extra flavor and my own personal twist to this non-bake dish by adding cajeta, a type of dulce de leche, a rich caramel sauce made from goat's milk. Cajeta is often jarred and can be found at many Latin markets. Drizzle directly over the cheesecake after it has fully set — rich and goeey, just a tablespoon (or two) is plenty!" ☺

## Posh Picnicking

Shortly after it opened in 2019, The Lodge at Blue Sky began scooping up awards like Billie Eilish at the Grammys. A big reason for its success is the staff's respect for their Park City surroundings. According to general manager Joe Ogdie, "Among the most exciting things about living in the mountains in summer are the discoveries that are made as you head into nature." One way the lodge shares that with their guests is with what Ogdie calls elevated picnics.

Executive chef Galen Zamarra likes to pack his picnics with variety. "Some favorites are a wedge salad with blue cheese dressing, a tomato salad with a basil seed vinaigrette, and an orzo salad with feta cheese and basil topped with grilled chicken skewers. We do a charcuterie sandwich with a fig jam and arugula, a cheese plate featuring a variety made here in Utah, and simple items from local farms like peaches and berries as they are in season.

For desserts we do things like cobblers or creme brulee."

If your stomach is rumbling, try your hand at Chef Zamarra's charcuterie sandwich.

### CHARCUTERIE SANDWICH

**Serves 1**

- 7" piece French baguette
- 2 ounces charcuterie meats, sliced very thin (serrano or prosciutto, salami, bresaola, mortadella)
- 1 1/2 Tbsp. fig jam
- 1 cup arugula
- 1 Tbsp. pickled onions, sliced thin
- 1 tsp. honey

Cut the baguette in half lengthwise and gently toast it. Spread the fig jam on the top and bottom piece of bread. Layer the various charcuterie meats over the jam on the bottom piece. Top with the arugula and pickled onions, and drizzle honey evenly over it all. Finish with top piece of bread and enjoy.



PHOTOS, FROM LEFT: JOHNNY AUTRY, GETTY IMAGES



# SUMMER FEAST FOR FRIENDS

*David Guas isn't just a grilling expert, as evidenced by the menu at his Bayou Bakery restaurant. Try pairing grilled pork chops with a punchy salsa, and finish with a make-ahead icebox pie.*

## HONEY AND WHOLE GRAIN MUSTARD GRILLED PORK CHOPS

**Serves 8**

### INGREDIENTS

1½ cup kosher salt  
1½ cup honey, wildflower or clover, divided  
2 cups hot water  
6 cups cold water  
8 12-14 ounce bone-in, double cut pork chops  
½ cup Zatarain's creole mustard (or any whole grain mustard)  
4 Tbsp. olive oil

### DIRECTIONS

Make a brine by placing the salt, 1 cup of honey, and 2 cups hot water in a large container, whisking until the salt and honey have dissolved into the water. Once mixed together, add 6 cups cold water and place pork chops into the mixture. Cover and refrigerate for 6 – 8 hours.

Light charcoal grill or preheat gas grill to 350°.

Remove pork from brine and rinse under cold water, then pat dry. Combine mustard, remaining honey and 2 Tbsp cold water in a small bowl.

Place the olive oil into a large cast iron skillet or pan (you may need 2 skillets). Place on grill grate and heat until hot. Add pork chops and sear 2 minutes. Turn pork chops and brush with mustard-honey mix, reserving remaining mixture. Close grill lid and cook for 15 – 20 minutes or until a meat thermometer inserted into the thickest portion registers 145°. Remove pork chops and place glazed side down on a cutting board.

Remove skillet from grill; add remaining mustard-honey mix and 2 Tbsp cold water. Cook, stirring with a wooden spoon to loosen browned bits from bottom of skillet, 1 – 2 minutes or until mixture thickens.

Cut the chops into 5 – 6 slices each, place the slices onto a plate in a fan-like shape, and brush or spoon glaze onto the pork.

## CHIPOTLE-MANGO SALSA

**Makes 2 cups**

### INGREDIENTS

1¼ cups peeled and chopped mango  
½ cup chopped red onion  
½ cup chopped red bell pepper  
½ cup fresh lime juice  
1 Tbsp. honey  
¼ cup chopped fresh cilantro

1 Tbsp. minced canned chipotle pepper in adobo sauce  
1 tsp. kosher salt  
¼ tsp. coarsely ground black pepper  
2 garlic cloves, minced

### DIRECTIONS

Stir together all ingredients in medium bowl. Cover and chill until ready to serve.

## LEMONY-LIMEY ICEBOX PIE

**Serves 8**

### CRUST INGREDIENTS

14 graham crackers  
¼ cup sugar  
¼ tsp. salt  
6 Tbsp. unsalted butter, melted and still warm

### FILLING INGREDIENTS

2 14-ounce cans condensed milk  
Zest from one lemon  
Zest from one lime  
½ cup plus 2 Tbsp. lemon juice (from 1 zested lemon and an additional 2 – 3 lemons)  
½ cup plus 2 Tbsp. lime juice (from 1 zested lime and an additional 2 – 3 limes)  
8 egg yolks

### DIRECTIONS

Heat the oven to 325°F.

Break the graham crackers into small pieces and place in a food processor along with the sugar and salt. Pulse 8 times, until the cracker crumbs are semi-fine (they shouldn't be powdery but not in large shards either) and the crackers and sugar are combined. Pour in the butter and pulse until it is blended in and the mixture holds its shape when you squeeze it, about twelve 1-second pulses. Transfer the crust to a 9-inch springform pan and push and press the crumb mixture into the bottom and two-thirds of the way up the sides. Use the bottom of a measuring cup to press the crust into place. Set aside.

Whisk the condensed milk with the lemon and lime juice and set aside. Whisk the lemon and lime zest with the egg yolks in a medium bowl until pale, 30 to 60 seconds, and then whisk in the juice-condensed milk mixture.

Place the springform pan on a rimmed baking sheet, pour the mixture into the crust, and carefully transfer the baking sheet to the oven. Bake until the center jiggles slightly, like soft-set custard, about 25 minutes. Remove from the oven and cool for 1 hour on a cooling rack. Loosely cover the pan with plastic wrap (be careful not to let the plastic wrap touch the top of the pie) and freeze for at least 6 hours or overnight.

