

3 ways to grill for dad



At home, it's all been about food in this pandemic-time runup to Father's Day. So let's continue that theme – if you've been blessed with a little more time and headspace while in lockdown, this year might be the year to take the basting brush from Dad's hand and grill for him for once.

Restaurateurs, grocers and butchers across Long Island are offering barbecue kits that contain everything from the meat to the marinade. But if you're doing the shopping on your own for your June 21 bash, heed their advice.

"You can hurt the flavor of steak with too much spice – go for a little accent," says Rico Imperiale, a master butcher at Sons of a Butcher in Oceanside. Prime rib, for instance, requires little more than olive oil, salt, pepper and garlic, he says.

Remember that grilling is a fast process, says Vincent Olivieri, research and development chef at Uncle Giuseppe's Marketplace in Melville.

"High heat and bursting flames usually is an indicator that your food will cook

quickly," he says. "Plan ahead on what you're going to be grilling, and place items on the grill according to when you want to take them off."

For example, a thin burger is going to cook a lot quicker than a thick one, and vegetables, depending on their size or preparation, sometimes take longer than certain thin proteins, Olivieri says. "Chicken and pork usually take the longest on the grill, bone-in chicken and bone-in pork especially," he says.

Then, let your meat rest, says Francis Derby, chef at Prime in Huntington. Allow it to sit after cooking for half the amount of time it took to cook, he says. "If you cut your steak and there's a lot of red on the cutting board, it didn't rest," he says. "If you let it rest, it will stay in there and be juicier."

Here are three simple grilling recipes from the chefs that you (or Pop, if he insists) can try. —Valerie Kellogg

grilled whole lobster

From Vincent Olivieri, research and development chef at Uncle Giuseppe's Marketplace in Melville

Ingredients:

- 1.5- to 2-pound lobster (hard shell preferred)
- ½ pound butter
- 1 tablespoon chopped garlic
- 2 tablespoons chopped parsley
- 1 teaspoon Old Bay Seasoning
- 1 tablespoon neutral oil (canola or vegetable)
- Pinch of salt and pepper

For compound butter: Soften butter either in the microwave (only 30 seconds) or leave out on the counter. Once butter is softened, mix in chopped garlic, parsley and Old Bay. Season with salt if you'd

like. Once butter is set, put aside.

For grilled lobster: Ask your seafood monger to cut it in half. Preheat grill to high. Drizzle the inside with oil and season with salt and pepper. Place lobster cut side down on hot grill grates. Allow lobster to cook for four- to five minutes. Using tongs, see if meat gently releases from grates. If so, flip the lobster shell-side down and cook for another four- to five minutes before removing from heat. Shell should be bright red, and the meat should feel firm to the touch. Remove lobster from the grill and add dollops of compound butter wherever you like butter – on the tail, on the cracks of the claws, etc.

Suggested sides: Potato salad, grilled corn, vegetable kebabs



Vincent Olivieri

lolo chicken

From Francis Derby, chef at Prime in Huntington

Ingredients:

- 10 pieces of chicken (thighs, legs, breasts or a whole spatchcocked bird)
- 1 small red onion
- 1 lemon
- 1 orange
- 2 tablespoons salt
- ¼ teaspoon red pepper flake
- ¼ teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon allspice
- ¼ teaspoon cinnamon
- ½ teaspoon ginger powder
- 2 teaspoons coriander
- 1 teaspoon black pepper
- ¼ teaspoon clove
- ½ cup olive oil

To finish:

- ½ lemon for juice
- 2 tablespoons olive oil
- 1 teaspoon coarse sea salt

1. Slice onions and citrus as thin as possible.
2. Make spice mix and combine with salt.
3. Put chicken in a mixing bowl and toss with spice mix, olive oil, onions and citrus. Be sure to squeeze the citrus as you put it into the bowl to release the juices and flavor of the zest.
4. Marinate overnight or at least three hours.
5. Grill chicken till cooked through and finish with fresh squeezed lemon and olive oil.

Suggested sides: Salad made with local greens; grilled vegetables tossed together with lemon juice, sea salt and a simple salsa verde or pesto



Francis Derby

Ingredients:

Two steaks: flank, New York strip, rib eye or filet mignon

1/3 cup low-sodium soy sauce

1/3 cup red wine (not dry)

1/2 cup olive oil

1/4 cup Worcestershire sauce

2 teaspoons minced garlic

2 tablespoons of Italian seasoning

1 teaspoon black pepper

1/2 teaspoon sea salt

1/2 teaspoon onion powder

To finish (herb butter):

1/4 cup softened butter

2 tablespoons fresh chopped parsley

1/4 teaspoon minced garlic

1/4 teaspoon ground black pepper

1. Place all the ingredients in a bowl or Ziploc bag and mix to combine. Add the steaks to the marinade. Minimum is two hours.

2. Remove steak from marinade and broil, then grill as desired.

3. When steaks are cooked, finish with a dollop of herb butter on each steak.

4. Let steaks rest for at least five minutes before cutting and serving.

Suggested sides: Mesculin greens salad with fresh blueberries and/or dried cranberries, goat cheese, grape tomatoes and walnuts in a raspberry vinaigrette. Roasted baby red potatoes.

divine marinated steak

From Rico Imperiale, a master butcher at Sons of a Butcher in Oceanside and owner of Divine Caterers in Holbrook



Alessandro Imperiale

If your pandemic pantry is busting for space, here are suggestions from the chefs on what to do with common items that you may have hoarded in your zeal to keep the family fed.

"If you have instant potatoes, make it a little on the thick side. Add pepper, garlic and onions and then fry like potato pancakes. Put your favorite cheese on top with some sour cream."

—Rico Imperiale,
Sons of a Butcher in Oceanside
and Divine Caterers
in Holbrook



"We had a bunch of almond flour in our cabinet because we are trying to keep healthy and carb free. I needed a side dish one night for a piece of grilled fish. So I turned that almond flour into almond polenta using almond milk, almond flour, herbs and olive oil. It was a new one for me and came out great. Grain-free almond polenta – I'm sure this will make an appearance on our menu at some point in the future."

—Francis Derby,
Prime in Huntington

"If you've got macaroni in your pantry, whip up a quick mac salad with some good mayo, a couple splashes of vinegar (cider or white), sugar, salt, pepper and whatever vegetables you've got lying around. I like celery, carrot and red bell pepper.

And, of course, some sliced scallion."
—Vincent Olivieri, Uncle Giuseppe's Marketplace in Melville

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Go to Papa



Jen Gilroy

The Kilkenny Reuben (with corned beef, Swiss cheese and braised cabbage) is just one of the goodies in a Father's Day bundle from Fulton's Gate Irish Pub in Patchogue (\$59 by calling 631-289-1490). Dad will also get an O'Reilly Wrap, an appetizer combo, a \$20 gift certificate to the restaurant, a Fulton's T-shirt – and an iconic Guinness glass.

Father's Day is the busiest day of the year for the Laura Lee Fleet out of Captree, says Donna Delaney, co-owner. There are four trips fishing the Great South Bay and the Atlantic Ocean (and sometimes both) for fluke, striped bass and/or bluefish ranging from 3-1/2 hours to 5-1/2 hours. (\$45 per person to \$58 per person, including poles, bait and tackle, at <https://captree.com>)



James Carbone



The Wine Authority

Have your favorite photo of you and your father etched onto a bottle of wine or whiskey (he can hold on to it after he has imbibed). (From \$18.99 for wine to \$55.99 for liquor at The Wine Authority, Mt. Sinai, 631-928-9463)

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Julia Pane

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Compiled by Valerie Kellogg

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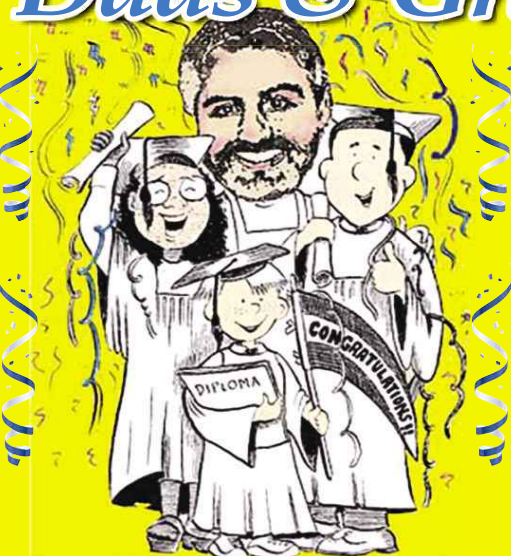
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Take Daddy-o for an LI cruise on wheels

This Father's Day, at least there is freedom on the roads. Here are some drives suggested by a tourism guru, a limo driver and a guy who works on classic cars.

'MEMORY LANE'

"Because we work on so many classic cars, we believe the best ride you can take is that trip down Memory Lane," says Tim Browner, owner of AutoMat Restoration and Customizing in Hicksville. "Crank up some classic rock 'n' roll music and cruise back with your dad to his old neighborhood, his old high school and his old stomping grounds. Sure, there are many beautiful scenic routes on Long Island, but none will make him feel as young and remind him of all those good times."

OCEAN PARKWAY

"Hop on the Ocean Parkway at Jones Beach and cruise down the 15-mile stretch taking in the beautiful surroundings with the bay on left and Atlantic Ocean on your right," suggests Maggie LaCasse, spokeswoman for the tourism bureau Discover Long Island. "End your ride at the Robert Moses State Park and hike to the Fire Island Lighthouse — the perfect combination of beach, nature hike and historic Long Island landmarks all in one trip."

THE WASHINGTON SPY TRAIL

"Head to Stony Brook and ride along Route 25A, the historic path that takes you back to the Revolutionary War, when Long Island was occupied by the British and an active spy network was under way to help General George Washington win the war," says LaCasse. "Drive by historic homes of spies, nature parks perfect to stretch your legs (Avalon Park) and swing by Stony Brook Village, where both shops and dining are now open for outdoor seating and shopping. End the tour with a socially distant kayak or paddle board session in Stony Brook Harbor."

THE GOLD COAST

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Newsday/Thomas A. Ferrara

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Compiled by Valerie Kellogg

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