

STRATEGIST

BEST BETS 72
HOW PORN CAUSES BREAKUPS 73

THE
S

AT'S NEW IN NAPA..... 78
CATSKILLS IN TRIBECA... 80

Patricio Sandoval's
grilled red snapper in
adobo (page 46).

SUMMER
FOOD
2005

The Whole World on
Your Grill... 45

Sizzling Gear... 64

A Griller
Gets Grilled... 66

THE WHOLE WORLD ON YOUR GRILL

In a city of a thousand cuisines, why stop at steak?

BY GILLIAN DUFFY

PHOTOGRAPHS BY MITCHELL FEINBERG

WE THINK of grilling as an all-American pursuit. It's a perfectly charming thought, conjuring images of fat Weber grills spilling over with glistening porterhouses, barbecued chicken, and hot dogs. The thing is, man has been grilling since he discovered fire, and just about every culture since has seared one thing or another over an open flame. Nowhere will you find a more diverse collection of fire-cooked foods than in New York. To celebrate the city's embarrassment of grilling riches, we asked seven of the most renowned ethnic chefs in town—Mercadito's Patricio Sandoval (Mexican), Onera's Michael Psilakis (Greek), Masa's Masa Takayama (Japanese), Rickshaw Dumpling Bar's Anita Lo (Chinese), Kittichai's Ian Chalermkittichai (Thai), Una Pizza Napoletana's Anthony Mangieri (Italian), and Devi's Suvir Saran (Indian)—to design a complete summer menu, starring a main course cooked on the grill, plus a perfectly matched side, dessert, and drink. We sifted through the latest grilling gear with extreme prejudice to offer a selection of only the best gadgets. And so that you might sharpen your own barbecuing skills, we asked an avid West Village griller to allow Food Network star and grill master Bobby Flay to observe—and critique—his grilling technique. How did our test subject do? As you'll see, we've come a long way since man discovered fire.



PATRICIO SANDOVAL, MERCADITO

MEXICAN

MENU: Grilled red snapper in adobo, napa- and red-cabbage salad, Grandma Sandoval's flan

Patricio Sandoval practically grew up in his father's Acapulco restaurant and worked for a while at his brother Richard's, Maya, so it only makes sense that he'd open his own restaurant one day. At Mercadito in the East Village (with a second branch debuting soon on Seventh Avenue South), Sandoval cooks the market foods he loved as a child. He still grills fish the way he ate it on the beach every Sunday—marinated in a smoky guajillo-chile-fired adobo, with a crunchy cabbage salad on the side for a bit of textural contrast. The light, fluffy flan recipe comes from another great cook in the family: Grandma.

ON THE GRILL

GRILLED RED SNAPPER MARINATED IN ADOBO

Adobo marinade

- 3 ounces guajillo chiles, stems removed
- ½ Spanish onion, halved
- 3 cloves garlic
- ½ small cinnamon stick
- 1 bay leaf
- Salt to taste
- Mayonnaise for marinade:
- 2 egg yolks
- ¾ cup oil (75 percent canola, 25 percent olive oil)
- Juice of 1 lemon

- 2 teaspoons white vinegar
- Salt and freshly ground black pepper, to taste

Grilled red snapper

- 4-pound American red snapper or 3 baby red snappers, cleaned and gills removed
- Salt and freshly ground black pepper, to taste
- Canola oil for drizzling

Adobo marinade

Place all adobo ingredients, except salt and mayonnaise ingredients, in a saucepan. Add 1 quart hot water to cover the chiles and bring to a boil. Simmer for 30 minutes or until the chiles are very soft, then strain, reserving the water.

Transfer these ingredients to a blender with a little of the reserved water, adding more as needed, until a thick but smooth paste forms, taking care not to add too much water. Season with salt and pass through a fine

strainer. Reserve ¼ cup of the adobo for cabbage salad.

To prepare the mayonnaise, place the egg yolks in a food processor and pulse. With the motor running, slowly pour the oil in a steady stream until emulsified. Add lemon juice and vinegar and pulse until incorporated. Season with salt and pepper.

To marinate fish

Dry the fish with a paper towel, and season both sides with salt and pepper. Coat the fish with mayonnaise to make a base for the adobo to stick to the fish, then cover the fish completely with the adobo paste, making sure you get a bright orange sauce all over the fish. Set in refrigerator and marinate for 24 hours.

Grilling

Make sure the grill is clean and oiled before placing the fish on the grill (to avoid sticking). Lightly drizzle the fish with oil, and set on a hot grill. After 2 minutes, close the lid and cook for 3 to 5 minutes, occasionally brushing the fish with the adobo marinade. Carefully turn the fish over and cook for another 5 to 7 minutes with the lid closed. If using smaller fish, reduce cooking time. Serve with corn tortillas. Serves 6.

ON THE SIDE

NAPA- AND RED-CABBAGE SALAD

Guajillo vinaigrette

- 2 tablespoons lemon juice
- ¼ cup adobo (reserved from the fish marinade)
- Pulp from ¼ tomato, seeds removed (optional)
- ¾ cup plus 2 tablespoons canola oil
- Salt, to taste

Place lemon juice, adobo, and tomato in a blender, and, with the motor running, slowly add the oil in a steady stream until the vinaigrette emulsifies. Season with salt.

Salad

- 2 cups finely shredded napa cabbage (use mandoline if available)
- 1 cup finely shredded red cabbage
- 2 cups diced tomatoes
- 1½ cups finely diced white onion
- 1 cup chopped cilantro
- 3 avocados, cut into ½-inch dice
- 3 tablespoons lemon juice
- Salt and freshly ground black pepper, to taste

Place all ingredients in a bowl and toss with the guajillo vinaigrette. Season with salt and pepper. Serves 6.

TO DRINK

To match the kick of his food, Sandoval likes a cool but spicy chelada: Salt the rim of a highball glass, fill it with ice and Modelo Especial beer, and finish with an ounce of lime juice, two drops of Tabasco, and two drops of Worcestershire sauce.

WHERE TO SHOP

Kitchen Market
(218 Eighth Ave.,
nr. 21st St.;
212-243-4433).
All things
Mexican,
including the
largest selection
of chile
products on the
East Coast.





FOR DESSERT

GRANDMA SANDOVAL'S FLAN

- 1/4 cup sugar
- 3 eggs, separated
- 7 ounces condensed milk
- 7 ounces evaporated milk
- 1 vanilla bean, seeds scraped
- 1 teaspoon vanilla extract

Bring 1/4 cup water and the sugar to a boil in a saucepan. Reduce heat to medium and cook until the caramel reaches a light amber color. Divide the caramel into 6 6-ounce ramekins, making sure the bottom of the ramekin is covered with the caramel.

Preheat the oven to 350.

Place egg yolks, condensed and evaporated milk, vanilla-bean seeds, and vanilla extract in a blender, and blend until smooth. Whip egg whites in a large bowl until soft peaks form, then slowly add the egg-yolk mixture to the whites and fold until combined. Fill the ramekins to the rim, and place in a baking pan. Add hot

water to come halfway up the sides of the ramekins. Cover the ramekins with foil and bake for 25 minutes. Remove the foil and cook for a further 10 to 15 minutes, or until the custards are barely set in the middle.

Remove the ramekins from the pan and allow to cool, before placing them in the refrigerator for a few hours. When they are ready to serve, invert each ramekin onto individual plates. Serves 6.