

BBQ Beef Tenderloin for a crowd, BBQ Chicken Breast and Florentine Rice

Ted Reader's BBQ Seasoning

- 1/2 c paprika
- 1/4 c chili powder
- 3 T sea salt
- 2 T each ground coriander, garlic powder, sugar, mild Indian curry powder, dry hot mustard powder
- 1 T each dried basil, dried thyme, ground cumin, cayenne, freshly ground black pepper

Mix all ingredients and store in a tightly sealed jar in a cool dry place. Makes about 2 1/4 cups.

BBQ Beef Tenderloin for a crowd

- 1 whole beef tenderloin
- 1 T olive oil
- 1/4 c **Ted Reader's BBQ Seasoning**

A few hours before cooking, rub roast with oil, then **Ted Reader's BBQ seasoning**.

Remove roast from fridge 1 hour before grilling.

Preheat BBQ grill for 5 minutes on high.

Place the tenderloin on the grill and cook with lid down until the roast temperature reaches 120F – about 12-15 minutes.

Transfer to cutting board and tent loosely with tin foil for 20 minutes. The temperature of the roast will rise 5 degrees while resting.

Slice with an electric knife or a sharp knife to make half-inch even slices.

Serve **BBQ Beef Tenderloin** with a silky sauce made of 2/3 cup of mayonnaise, a tablespoon of white horseradish and a teaspoon of Dijon mustard. Serves 18-20.

BBQ Chicken Breast

- whole chicken breast, skin on, bone in

BBQ Seasoning Marinade

- 3 T **Ted Reader's BBQ Seasoning**
- 2 T each olive oil, red wine vinegar
- 2 cloves garlic, minced
- 1/2 t sea salt
- freshly ground black pepper

A few hours before cooking, mix all marinade ingredients, then coat the chicken with half the marinade. Save the remainder of the marinade to brush on the chicken while barbecuing.

Preheat BBQ grill for 5 minutes on high.

Place the chicken breast side up on the grill and cook, with lid down, until the temperature of the chicken reaches 165F (about 30 minutes), flipping and basting with marinade at half time. Remove from grill, cover loosely and let it rest 5-10 minutes. Serves 4. Serve with **Florentine Rice** and green salad.

Florentine Rice

- 1 dry shallot, minced
- 1-2 T butter
- 1 c short grain rice
- 3 c chicken or vegetable stock
- 1 T olive oil
- 2 cloves garlic, minced
- 16 oz spinach, chopped
- 1 t Herbamare salt
- 1/4 t freshly ground black pepper
- 2 t lemon juice

In a medium sized pot, heat the butter, then add the shallot and cook for 3 minutes, stirring occasionally. Add rice and cook, stirring

occasionally for 3 minutes. Add 1 2/3 cups of the chicken stock and simmer for 15 minutes. Continue mixing in stock 1/2 cup at a time until the rice is cooked through.

In a large pan, heat olive oil on medium, then add garlic and cook for 1 minute, stirring. Add spinach, salt, pepper and lemon juice and cook for 2 minutes, stirring. Add spinach to rice. Serves 4-6.

Jittery Cook