



chocolate



salmon

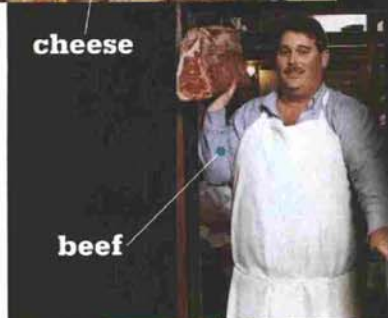


cheese

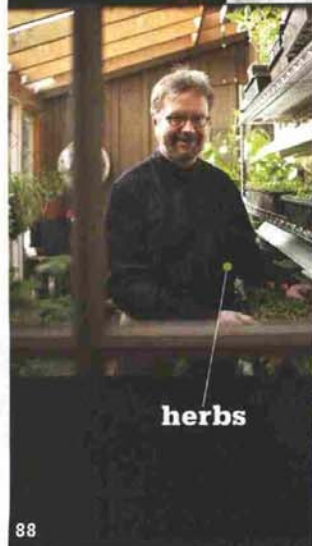
eat your heart out

BY TERI TSANG BARRETT

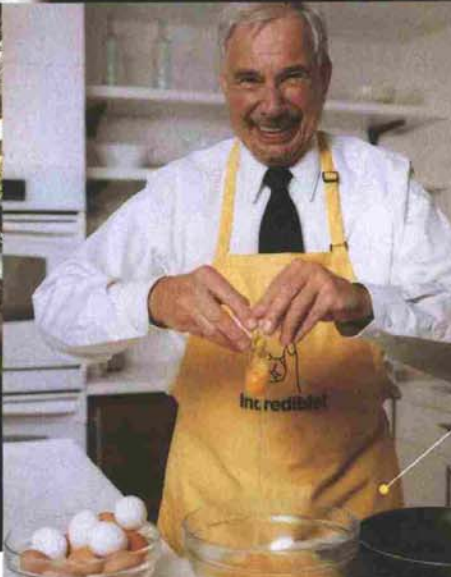
GREAT COOKS SHARE ONE THING: **PASSION**. THE SEVEN PEOPLE YOU'RE ABOUT TO MEET HAVE IT IN SPADES, EACH DEVOTING HIS OR HER LIFE TO JUST ONE INGREDIENT. FROM GROUND BEEF TO CHOCOLATE, ODDS ARE YOU'VE GOT THESE **EVERYDAY FOODS** IN YOUR FRIDGE AND PANTRY—BUT OUR INSIDERS WILL SHOW YOU HOW TO USE THEM IN FUN, FRESH WAYS. READ ON AS FLAVORS ARE EXPLORED, **SECRETS ARE REVEALED** AND NEW MEMORIES ARE CREATED RIGHT IN YOUR KITCHEN.



beef



herbs



eggs



berries

THE OBSESSION **ground beef**

"Ground beef makes me nostalgic for summertime with my family. My dad would come home from work with freshly ground beef for burgers on the grill."

mark's top secrets

IF YOU'RE NOT SURE WHICH GROUND BEEF TO SELECT, GO WITH CHUCK. "It'll work in any recipe," Mark says, "and has the most flavor and moisture." Sirloin, on the other hand, tends to be leaner. You can ask your butcher to blend the two if you want a juicy yet less fatty meal.

GROUND BEEF SHOULD NEVER COME TO ROOM TEMPERATURE—WHETHER AT HOME OR IN THE STORE. Pick it up just before hitting the checkout line; the package should feel cold.

LEAVE YOUR BEEF ALONE. "When people mold their beef into patties or meatloaf, they just keep molding and molding!" says Mark. "The more you handle it, the tougher the meat." And step away from the spatula. "When I see people pressing down on a burger with that, it's like, 'Oh, my God, stop right there; you're squeezing all the juices out!'"

WHO Mark Lobel

WHAT Butcher and co-owner, Lobel's

WHERE New York City

Mark and beef go way back. His great-great-grandfather was a cattle farmer in 1840s Austria, and Lobel's, his family's New York City shop, has been open for 60 years. "It's rare that a family can be in business for as long as we have and still like each other!" says Mark, a fifth-generation butcher who works alongside his father, brother and cousin. His two young sons are already strapping on aprons of their own. "I went with my father to work when I was a kid, too. I tell them what he used to tell me: 'Just listen and watch.' You can learn so much."

Grilled Meatloaf

SERVES 6 **PREP 20 MIN** **GRILL 1 HR**

For Uncle Leon's Burger-Furter, a Lobel family favorite, go to rachaelaymag.com/may.

1½ cups Italian-style breadcrumbs
½ cup half-and-half
2 tablespoons grated onion
2 cloves garlic, finely chopped
½ teaspoon dried oregano
½ teaspoon dried thyme

Salt and pepper

1½ pounds ground beef sirloin

1½ pounds ground beef chuck

Cooking spray

1. Preheat a grill to medium. In a large bowl, stir together the breadcrumbs, half-and-half, onion, garlic, oregano, thyme, ½ teaspoon salt and ¼ teaspoon pepper. Add the beef sirloin and chuck and mix until just combined.
2. Stack two 2-foot-long sheets of heavy-duty foil. Coat the top sheet with cooking spray. Place the meat mixture on top and shape into a 5-by-8-inch rectangular loaf. Fold up the sides of the top foil sheet to make a sturdy package. Turn the package a half-turn and fold in the sides of the bottom foil sheet to seal the meatloaf.
3. Place the package on the grill, cover and grill for 35 minutes; turn the package over and grill until the meatloaf is firm to the touch, about 25 minutes more. Let rest for 5 minutes, then unwrap and let stand for another 5 minutes before slicing.

