

Grilled Skirt Steak with Smoky Eggplant Chutney

"Fire Meets Its Match: Spices,"

By John Willoughby and Chris Schlesinger

The New York Times, August 12, 2012

Total Time: 25 minutes

Yield: 4 servings

Ingredients

2 tablespoons olive oil
1 tablespoon minced fresh ginger
1 tablespoon minced garlic
1 tablespoon cracked coriander seed
1 tablespoon cracked cumin seed
1 tablespoon mustard seeds
1 tablespoon chile powder
1 teaspoon crushed cinnamon stick
Kosher salt to taste
2 pounds skirt steak, cut into four 8-ounce portions
Smoky eggplant chutney (see recipe)

Preparation

1. Build a fire in your grill; when the coals are covered with gray ash and the temperature is medium-hot (you can hold your hand 5 inches above the coals for 3 to 4 seconds) you are ready to cook. (For a gas grill, turn all burners to high, lower cover and heat for 15 minutes, then turn burners to medium-high.)
2. Meanwhile, heat the oil in a medium sauté pan over medium heat until hot but not smoking. Add the ginger and garlic and sauté, stirring occasionally, for 1 minute. Add the coriander, cumin, mustard, chile powder and cinnamon and cook, stirring, until the spices just begin to darken and you can smell their aromas strongly, about 2 minutes. Remove from heat.
3. When the spice mixture has cooled slightly, sprinkle the steak generously with salt, then rub all over with the mixture, pressing gently so it adheres.
4. Put the steak on the grill directly over the heat and cook for 4 to 5 minutes a side for medium-rare. Remove from heat, slice thinly against the grain and serve, accompanied by smoky eggplant chutney if desired.

Smoky Eggplant Chutney

Total Time: 25 minutes

Yield: about 1-1/4 cups

Ingredients

1 eggplant, cut lengthwise into 3/4-inch planks
2 tablespoons olive oil
Kosher salt and black pepper to taste
2 tablespoons vegetable oil
1/2 red onion, roughly chopped

3 tablespoons brown sugar
¼ cup cider vinegar
⅓ cup chopped fresh cilantro

Preparation

1. Rub the eggplant with the olive oil and sprinkle generously with salt and pepper. Grill over medium-high heat until golden brown, 3 to 4 minutes a side. Remove from heat and cut into medium dice.
2. In a skillet, heat the vegetable oil over medium-high heat until hot but not smoking. Add the onion and cook, stirring occasionally, until slightly colored, 6 to 8 minutes. Add the eggplant, sugar, vinegar and salt and pepper to taste and cook, stirring frequently, for 3 minutes. Add cilantro and serve.