

SLEMCO

POWER

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CHILL WITH THE GRILL

Unleashing your
inner grillmaster
PAGE 4

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SLEMCO members in northwest Lafayette Parish are now reaping the benefits of the newly completed and energized U. J. Gajan substation, located between SLEMCO's headquarters and Vatican. To accommodate the rapidly growing electricity needs of the Carencro/Vatican/Duson area, SLEMCO invested \$4.24 million in this substation.

Planning for the new 40-megawatt substation got underway after extreme cold temperatures during the winters of 2012 and 2013 strained the limits of our system in that area, already heavily loaded with consumers and demands for power.

The new station is dedicated to U. J. Gajan, longtime CEO and general man-



SLEMCO CFO Katherine Domingue turns the switch to energize our new U. J. Gajan substation.

er, who served the SLEMCO membership for 41 years before his retirement in 1980 (Lucky Account Number 3306240000). ●

PAPERLESS BILLING IS MERELY A CLICK AWAY

Saying goodbye to paper is easy once you've signed up for E-Bill. With SLEMCO's Electronic Bill Presentation and Payment program (E-Bill), you can view and even pay your electric bills anytime online, safely and conveniently.

Signing up is the first step and registering for E-Bill couldn't be easier. Go to the SLEMCO website at www.slemco.com and click on the E-Bill shortcut located on the top-right.

After signing up, new or existing users can click the "Discontinue Mailing My Printed Statements" checkbox and say goodbye to their paper bills.

But paperless billing and the option of paying your bill electronically are not the only advantage of registering.

Once you sign up for E-bill you can also view your electric history to see if you are using about the same electricity as last year or if those conservation efforts you've made recently are paying

off. Do you want to know if you've used more power this summer or last? Do you need to know what your electric usage may be next month, based on last year's usage?

Even if you're not interested in paperless billing right now, sign up for SLEMCO's E-Bill program anyway for convenient access to your usage and billing history.

More and more SLEMCO customers are discovering that eliminating paper bills and paying your SLEMCO bill through E-Bill is quick, convenient and safe. All of your account information is displayed through a secured server, so you don't have to worry about identity theft (Lucky Account Number 1116548000).

Give paperless billing a try to see how you like it. If you don't, you can opt back in to paper. Even so, with your E-Bill registration, you can still view your billing information anytime you want to. ●



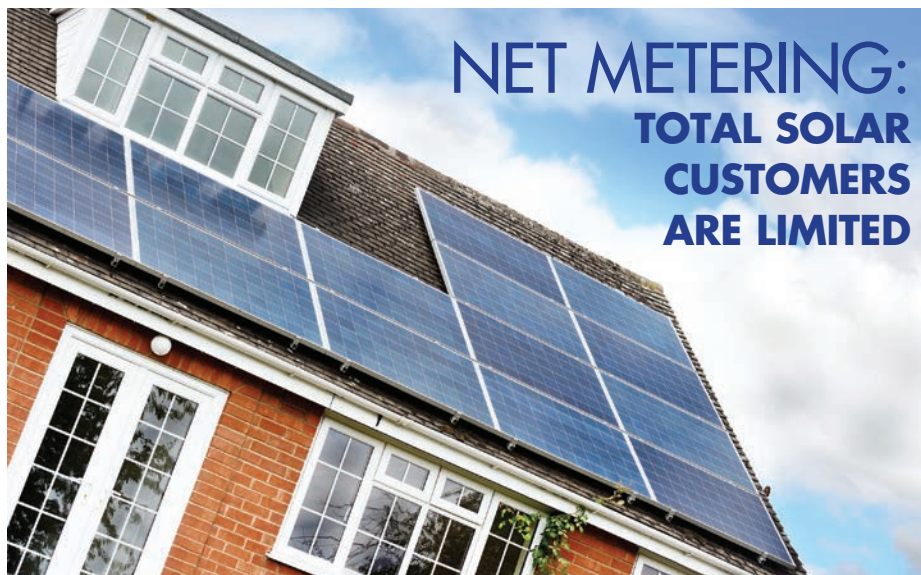
NOTIFY SLEMCO WHEN WORKING NEAR HIGH VOLTAGE LINES

To promote worker and public safety, the Louisiana legislature has adopted rules for those who work near overhead power lines. Specifically, Louisiana law (LRS 45: 141 - 146) prohibits unauthorized persons from working—including moving any equipment—within 10 feet of any high voltage overhead electric utility line.

If any unauthorized person intends to work within 10 feet of any high voltage overhead electric utility line, the person responsible for the work must notify the owner or operator of the high voltage overhead electric utility line not less than 48 hours prior to commencing work.

Work shall be performed only after satisfactory mutual arrangements have been completed between the owner or operator of the high voltage overhead electric utility line and the person responsible for the work (Lucky Account Number 1044077502).

To notify SLEMCO that you intend to work within 10 feet of one of our high voltage overhead electric utility lines, please call 896-5384 or 896-5551. ●



Stock © Rob Hyrons

Net metering is a billing system that allows SLEMCO customers who are using rooftop solar panels and other small-scale, on-site power sources known as distributed generation (DG) to be accurately billed for electric service (Lucky Account Number 2408052001).

Current Louisiana Public Service Commission net metering rules cap the number of customers using solar power that electric utilities must accept at 0.5 percent. SLEMCO has now reached 75 percent of that 0.5 percent cap. Once 100 percent of that cap has been reached, LPSC net-metering rules allow electric providers to stop accepting applications. ●



MASTER THE GRILL FOR EASIER, TASTIER MEALS

Stock © Lisovskaya Natalia

BY MARY LAURENT

Healthy, fun, delicious and cleanup's a breeze—that's grilling! Whether you worship a charcoal pit or a gas grill, there's something relaxing about tossing a great cut of meat on the pit, cooking outdoors and chilling while you wait, that never fails to please.

When I was a little girl, I loved watching my father barbecue. Although we always called it barbecuing, it was grilling. Dad loved to watch hamburgers, hot dogs and pork chops sizzling on the pit—the modern trend of grilled veggies or fruit were certainly not part of his world. We had a little pit for small batches and a huge barrel pit that he'd load up with chicken when the whole family came over.

Dad was a diehard charcoal man. One of my special memories is the wonderful smell of all that smoky charcoal goodness on muggy summer afternoons after he'd come home from work. He'd send me in to fetch something he needed and, just when I'd walk in from the steamy outside into that enticing air conditioning, I'd get an intoxicating whiff of grill smoke mixed with the blast of cool air and the mouth-watering smell of baked beans or fresh corn simmering on the stove inside the house. It makes me smile just thinking about it.

Now that I am in charge of my own pit, that still happens, though I'm definitely a gas grill girl: no mess, no fuss, and supper on the table in no time flat. I'm still a beginner, though, so I

love to collect tips from experienced grill masters.

"Never be afraid to learn by making mistakes," advised one of them, Rock Lasserre of St. Martinville, who learned by watching his grilling mentor, his father.

Rock and his wife, Marcelle Bienvenu, chef-instructor at the John Folse Culinary School at Nicholls State University in Thibodaux and food columnist with the New Orleans-based *Times-Picayune*, graciously agreed to share a thing or two about grilling with *SLEMCO Power's* readers. Rock says he merely dabbles in food and cooking while Marcelle pursues it with a passion.

What an understatement! She's authored several cookbooks of her own that are as much a pleasure to read as to cook from. When

you finish reading one of Marcelle's cookbooks, you personally know her entire family. In *Who's Your Mama, Are You Catholic, and Can You Make a Roux?*, the title alone offers Louisiana newcomers a hint of what "getting to know you" means Southwest Louisiana style.

So, one recent afternoon with a menu of grilled romaine lettuce, shrimp, flank steak, rib eye, stuffed filet mignon and peaches, I set out to learn all I could (Lucky Account Number 4501435000).

"Grilling is fast food, barbecue is slow food," Rock explained. "It's a lot of trouble to use charcoal if you are grilling. But if we're going to barbecue, we use the big old pit for meats like ribs,



Photo by P. C. Piazza

chicken halves, brisket or whole turkey.”

Rock and Marcelle enjoy grilling vegetables and fruit that are in season whenever they cook on their back patio. They are big into marinades and rubs, each with its own distinct recipe (Lucky Account Number 1203138000).

“But recipes are only a map,” advises Marcelle. “If you want to go a different route, go right ahead.” And there are all sorts of ways to make create your own rubs, marinades and even salad dressings. A simple Internet search will bring up many you can choose from or adapt.

“Salad dressings are so easy to make,” she continued. “For a vinaigrette, I use 3 parts olive oil to 1 1/2 parts acid. And always use fresh herbs. You can turn a \$5 dish into a \$25 dish with fresh herbs and oils.” With entire stores on the Web and in some cities dedicated to nothing but oils and vinegars, have fun experimenting with different flavors to see what tingles your taste buds.

One of my biggest struggles when grilling is telling when the meat is done without cutting into it and losing all its delicious juices. Who wants to spend top dollar on a beautiful steak only to overcook it into a semblance of shoe leather because you’ve misjudged the cooking time?

Rock indicates he has developed a sixth sense for the perfect moment to take the meat off the grill. “It’s a power that I have,” he jokes. “Really, it’s all intuition and practice. The more you practice, the better you get.”

Marcelle has a technique of gently pressing her fingers on the meat while it’s cooking to sense, with practice, what rare, medium or well done meat feels like.

For the less talented among us, there are a wide variety of meat thermometers to help determine when the steaks are done.

I recently purchased a few “button” thermometers at a local kitchen shop. I seared steaks on both sides, then inserted one into each steak, watching carefully until the desired doneness appeared in the button. The thermometers worked perfectly and, for extra flavor, I brushed both sides with butter while the meat was cooking.

I intend to continue practicing my grilling right through fall. It’s fun to experiment and it always makes for a memorable evening when you come home from work and cook supper on the grill, leaving no pots to wash. The kids and I will get to visit, and I’ll get to continue my quest to perfect my grilling intuition. ●



Photo by P.C. Piazza



Photo by P.C. Piazza

Marcelle Bienvenu and Rock Lasserre grill on their patio. See pages 10–11 for some recipes you can try.



Photo by P.C. Piazza

GRILLING SECRETS

- According to Kingsford Charcoal, **direct heat grilling is a high heat method best used for thin cuts** of meat that cook quickly. **Indirect heat is best for thicker cuts** of meat (think chicken or ribs) to cook them low and slow after first searing them over direct heat.
- **Preheat your grill 15 to 25 minutes** ahead of putting the meat on. This will get the grill surface to the right temperature for searing and will kill any bacteria on the grill.
- **While preheating, brush off the grill surface with a wire brush** to clean it. Do the same thing once you finish cooking.
- **Oil your grill** to prevent lean meat from sticking. Use a pair of tongs and a paper towel soaked in vegetable oil.
- **Use a “chimney starter”** with charcoal pits to easily start your fire.
- **A quality meat thermometer** will let you know when your meat has reached appropriate temperatures for food safety and doneness.
- **Keep a squirt bottle of water handy** for flare-ups.
- **Rest cooked meat for about five minutes** before cutting or slicing to let the natural juices settle back into the meat.
- **Use a grill pan** for delicate meats and vegetables. Coat vegetables lightly with olive oil before grilling.
- **Apply rubs gently** to avoid damaging meat fibers.
- **Never flatten burgers on the grill:** you will lose all the juices.
- **When seasoning and preparing steaks** for the grill, dry them first, season and then lightly oil them before cooking.

EASY EXERCISES

FOR COUCH POTATOES AND WORKER BEES

Based on a recent survey, nearly 50 percent of the nation's adults are slackers in the exercise department.

You're probably sitting down as you read this. Too bad: the more time you spend sitting, the greater your risk of serious illness. But adding a little exercise to your routine is probably easier than you think.

Can't exercise at work? Then *deskercise*. Our lack of movement is the problem.

If you're a typical office worker bee, you spend much of your day chained to your desk. Experts recommend standing for at least five minutes after every half- or full-hour of sitting. Stand for phone calls or, if you have a private office, walk around your office while on your cell phone.

Taking short walks throughout the day will be good for your body and help your mind stay fresh and alert. Here's a tip: try a brisk 10-minute walk instead of a coffee break. Swinging your arms makes this exercise even more effective.

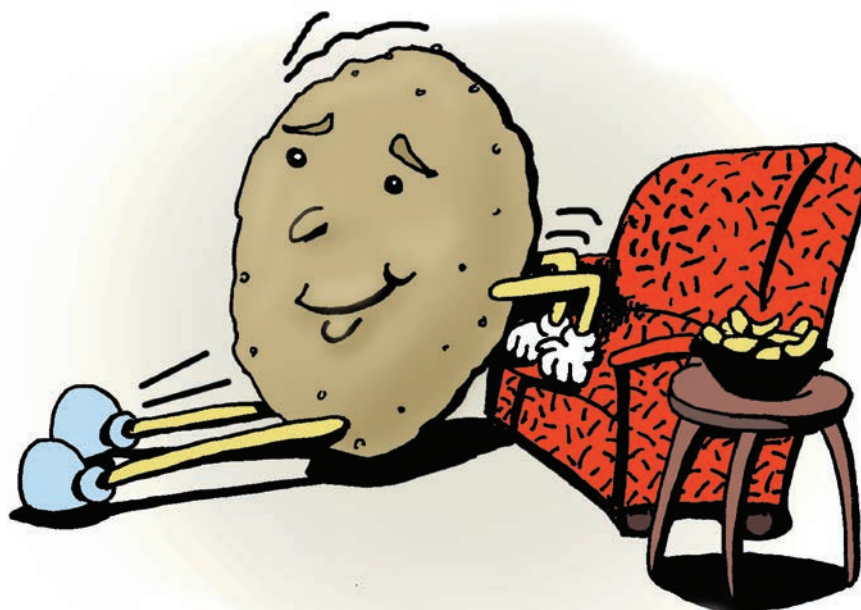
Carpal tunnel syndrome is the bane of keyboard workers. But a simple stretch repeated throughout the day will help. Standing up at your desk with arms straight, put your palms down on the desk with your fingers pointed toward you. Lower your body slowly until you feel your muscles and tendons stretch, holding the position for 15 seconds.

Here are a few other easy to remember deskercises.

- Start with neck stretches, slowly tilting your head toward one shoulder, holding the position for 10 seconds, then repeat on the other side. Remember that exercise like this shouldn't hurt. Take it slowly and if something hurts, try an exercise that is more comfortable.

- Either sitting or standing, you can bend forward at the waist and bring your chest toward your thighs to stretch those tight back muscles.

- Next, while standing in front of your chair, sit—then stand—10 times.



Illustrations by Anne Darrach

Repeat three times a day, particularly if your work ties you to your desk.

- How about a deskercise pushup? If you have a solid wall, desk or even a large, heavy file cabinet, lean against it from a standing position with your feet a foot or two back, then push yourself away 10 times. This is another exercise you could repeat three times a day.

OK, so now your office deskercise program is in place. But if you're like too many of us, after sitting at your desk all day you'll plop down on the couch for some evening TV. Why not use those annoying commercial breaks to exercise?

- What's your favorite way of loung-

ing on the couch? If you're a sitter, twist your torso side to side for the length of a commercial (Lucky Account Number 4502872000). If lying down, squeeze your thigh muscles for a 10 count, relax and repeat. Add a couple leg lifts for your abdominal muscles, then turn onto your side for side lifts to strengthen your hips.

- For a great stretch while lying on your back, slowly bring one knee up to your chest, pulling with your arms. Hold for a 10-second count then slowly release. Repeat with your other leg until you've done two complete sets.

- Couch dips are great for your arms. While sitting on the edge of the couch (or a chair) with hands on the edge on either side of you, push your feet out to raise yourself, keeping knees bent at a 90 degree angle. With your elbows bent and pointing behind you, lower yourself as far as comfortable, hold, then push up again. Ten repetitions should do it. Loosen up after you finish by circling your fists in the air, like a boxer working a punching bag.

Following these tips will help keep the typical worker bee or couch potato healthier and your body a little happier, whether you're buzzing around the office or relaxing at home.



UNITED STATES DEPARTMENT OF AGRICULTURE RURAL UTILITIES SERVICE STATEMENT OF NON-DISCRIMINATION

The Southwest Louisiana Electric Membership Corporation (SLEMCO) has filed with the Federal Government a Compliance Assurance in which it assures the Rural Utilities Service that it will comply fully with all requirements of Title VI of the Civil Rights Act of 1964, all requirements of Section 504 of the Rehabilitation Act of 1973, as amended, all requirements of the Age Discrimination Act of 1975, as amended, and all requirements of the rules and regulations of the U.S. Department of Agriculture to the end that no person in the United States shall, on the ground of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program (not all prohibited bases apply to all programs), be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination in the conduct of its program or the operation of its facilities.

Under this Assurance, and in accordance with Federal Law, this organization is committed not to discriminate against any person on the ground of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental



status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program (not all prohibited bases apply to all programs), in its policies and practices relating to applications for service or any other policies and practices relating to treatment of beneficiaries and participants including employment, rates, conditions and extension of service, admission or access to or use of any of its facilities, attendance at and participation in any meetings of beneficiaries and participants or the exercise of any rights of such beneficiaries and participants in the conduct of the operations of this organization. The person in this organization responsible for coordinating the non-discrimination compliance efforts of this organization is Mrs. Katherine Domingue.

This institution is an equal opportunity provider and employer.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442, or email at program.intake@usda.gov.

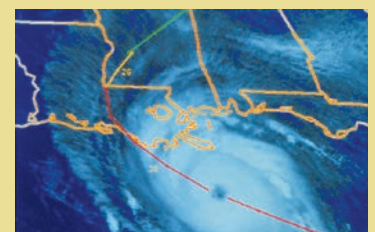


WEB UPDATES FOR WEATHER EMERGENCIES

During severe weather, such as hurricanes, you can count on SLEMCO to keep you updated on the status of repairs in your service area (Lucky Account Number 2314143100).

SLEMCO customers who evacuate will be able to watch the home page of www.slemco.com for a special Emergency News link.

Clicking this Emergency News link will take you to the latest news on SLEMCO power restoration.



LUCKY NUMBER WINNERS

Two SLEMCO members found their account numbers hidden in the July/August issue of *SLEMCO Power*. They were **Frank Solis** of St. Martinville and **Edmund Antie** of Carencro.

Eight others missed out on a credit. Those members were **Mary J. Upshaw** of Abbeville, **Cornelio Quevedo** of Abbeville, **Marc R. Yost** of Lafayette, **Amy B. Ramos** of Broussard, **Frederick**



G. Throdasta of Opelousas, **Mark L. Zimmerman** of Breau Bridge, **Charles E. Worley** of Youngsville and **Gracie Villemarette** of Youngsville.

Ten more SLEMCO account numbers are hidden in this issue. Look for yours (Lucky Account Number 4500107000). If you find it, call Mrs. Gayle Babin at SLEMCO at 896-2504. If you are a winner, she'll credit \$10 to your account.

A PRIVATE RETREAT FOR YOUR HOME



1
SIMPLY BEAUTIFUL
A sunroom is the perfect spot to catch the morning's rays with a cup of coffee or to relax when the afternoon winds down. This room's natural palette features large bamboo rods with tassle-tied canvas drapes over lace sheers, letting the sun in and reducing glare while adding elegance and privacy.

2
SWEET SECLUSION
A clever tip to add privacy to a bedroom wing is installing doors in the hallway. Beautiful old doors from a flea market or antique shop will add appeal through their details and old-world craftsmanship (Lucky Account Number 2062618203).

3
BREEZE IN, RAIN OUT
For a comfortable, livable screen porch with fine furniture it's essential to keep out rain. Build a solid knee wall below screen inserts and add deep overhangs outside. Don't forget wall outlets for reading lamps. Ceiling fans will extend the room's usefulness during our months of high temperatures.

CARVE OUT A SPACE TO RELAX AND UNWIND AT THE END OF YOUR DAY



4 OUTDOOR PARADISE

Unwind in your own idyllic garden wonderland. After a long day, an outdoor refuge soothes with sounds of birds and running water. A flagstone patio this beautiful makes a great spot for a party, when you feel like sharing.

5 BEDROOM RETREAT

If your day is hectic, then evening should include a moment of calm. A restful bedroom is the perfect sanctuary. Include a comfortable settee so you can stretch out and relax with a favorite book before bedtime.

6 OUTBACK GETAWAY

Escape without packing a bag by setting up an outbuilding tailored to your needs. Turn a backyard shed into a writer's retreat, hobby room or even an office. It can do double duty as a guest house or an even a guys' clubhouse for enjoying TV sports without disturbing the rest of the family.

Text: Anne Darrah
Photos: P.C. Piazza



These recipes come from Marcelle Bienvenu, a food writer, teacher and author of cookbooks including *Who's Your Mama, Are You Catholic*, and *Can You Make a Roux?*; *Cajun Cooking for*

Beginners, and *No Baloney on My Boat*. They can all be purchased through her website: www.marcellebienvendu.com

Grilled Vegetable Kabobs

- 3 small zucchini (about 1 lb.) cut diagonally into 1/2-inch pieces
- 4 small yellow squash (about 1 lb.) cut diagonally into 1/2-inch pieces
- 1 large red onion, cut into 1-inch pieces
- 2 large red bell peppers, cut into 1-inch pieces
- 2 large green bell peppers, cut into 1-inch pieces
- 1 (12 oz.) bottle Italian salad dressing
- 2 tsp. Creole or Cajun seasoning mix

Thread the vegetables alternately on bamboo skewers. Put the kabobs in a large shallow bowl and add the salad dressing. Refrigerate for at least two hours, turning them once or twice to marinate evenly in the dressing.

Drain off the salad dressing and season the vegetables with Creole seasoning mix. Grill the kabobs over a medium-hot fire, with the lid closed, for 8 to 10 minutes. Turn the kabobs, close the lid and cook until the vegetables are just slightly soft, about 5 minutes. Yield: about 14 kabobs

Stuffed Filet Mignon

- 5 tbsp. olive oil
- 1/4 cup minced bell peppers
- 1/4 cup minced onions
- 2 filet mignons (about 8 oz. each)
- 1/4 cup cream cheese seasoned with coarsely ground fresh black pepper, minced garlic, a pinch of dill, a few dashes of Tabasco sauce and a tsp. of Creole mustard
- 1 tbsp. soy sauce
- 1/2 tsp. coarsely ground black pepper

Heat 2 tablespoons of the olive oil in a skillet over medium heat. Add the bell peppers and onions and cook, stirring, until they are slightly wilted, about 2 minutes. Combine the vegetables with the seasoned cream cheese and set aside.

Using a sharp knife, cut a pocket into the side of the filets about 2-inches long and 1 1/2-inch deep, and stuff the steaks with the cream cheese mixture. Close and secure with toothpicks.

Rub the steaks well with a tablespoon of the olive oil, the soy sauce and the black pepper. Heat the remaining 2 tablespoons of olive oil in a heavy skillet over medium-high heat. Cook the filets 3 to 4 minutes on each side depending on how you like your steaks or you can grill them on an outdoor grill. Yield: 2 servings

Grilled Flank with Guacamole

- 1/4 cup olive oil
- 3 tbsp. fresh lime juice, divided
- 2 tbsp. soy sauce
- 3 tbsp. chopped fresh cilantro leaves, divided
- 1 medium-size yellow onion, thinly sliced
- 1 tbsp. chopped garlic
- 2 tbsp. chopped pickled jalapeño peppers, divided
- Salt and freshly ground black pepper to taste
- 1 flank steak, about 1 1/2 lbs.
- 2 tbsp. chopped green onions (green and white parts)
- 2 medium-size Haas avocados, peeled, pitted and diced
- 1 medium tomato, diced
- Sour cream

Combine oil, 2 tablespoons of the lime juice, soy sauce, 2 tablespoons of the cilantro, yellow onion, garlic and 1 tablespoon of the jalapeños in a large shallow dish. Season with salt and pepper. Place flank in the marinade, cover and refrigerate for 3 to 6 hours, turning it once or twice.

Prepare the grill. Remove the flank from the marinade. Grill the steak for 5 to 7 minutes, depending on desired done-

ness, on each side.

Meanwhile, combine green onions, avocados, tomatoes, remaining lime juice and remaining jalapeños in a small bowl and mix gently. Season with salt and black pepper.

When ready to serve, slice the meat across the grain into thin strips. Serve with guacamole and garnish with sour cream. Yield: 4 servings

Shrimp and Vegetable Kabobs

- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 2 tbsp. chopped fresh basil or 1 1/2 teaspoons dried basil
- 2 tbsp. minced garlic
- 1/2 tsp. salt
- 1/2 tsp. cayenne
- 1/4 tsp. freshly ground black pepper
- Pinch of sugar
- 2 lbs. large shrimp, peeled and deveined (leave the tails on)
- 2 medium-size zucchini, cut into 1-inch chunks



Shrimp and Vegetable Kabobs

Combine the olive oil, vinegar, basil, minced garlic, salt, cayenne, black pepper and sugar in a large bowl and stir to mix well. Add the shrimp and toss to coat evenly. Cover and refrigerate for 30 minutes. Remove the shrimp from the marinade and reserve any of the marinade left in the bowl.

Thread the shrimp and chunks of

zucchini alternately on skewers. Put the skewers on the grill (if you prefer, the kabobs can be arranged in a wire grill rack or basket). Grill, turning them several times and brushing them with the reserved marinade for 6 to 8 minutes, or until the shrimp turn pink. Yield: 4 to 6 servings

Note: Soak bamboo skewers in water for at least 30 minutes before using. It's best to use two skewers for each kabob.

Perfectly Grilled Rib Eye

1 rib eye steak, 10 to 12 oz.

Olive oil

Salt and freshly ground black pepper

Cajun Garlic Power Sauce

Soy sauce

Your favorite hot sauce

Garlic powder

Worcestershire sauce

Rub the steak generously with olive oil. Season with salt and pepper and any or all of the suggested seasonings. With the heel of your hand, gently press the seasonings into the steak and set aside to marinate for at least 30 minutes.

Prepare the grill. Grill steaks to desired doneness, about 6 minutes per side for medium-rare.

The steak is good on its own, but you can certainly top with a mixture of melted butter with chopped parsley or bearnaise sauce. Yield: 1 serving

Note from Marcella: This is where you can be creative. Some people are purists and want nothing more than salt and freshly ground pepper to season their steaks. I, on the other hand, like to jazz up my rib eye.

Grilled Romaine Lettuce Salad with Caesar Vinaigrette

CITRUS CAESAR VINAIGRETTE:

1 garlic clove, mashed

1 tbsp. grated lemon zest

3 tbsp. fresh lemon juice

2 tbsp. anchovy paste

1 tbsp. white balsamic vinegar

2/3 cup extra virgin olive oil

Place all ingredients in a pint jar with a lid. Secure the lid, then shake to blend. Store, covered, in the refrigerator for up to a week.

SALAD:

2 heads Romaine lettuce

Extra virgin olive oil for brushing

1/2 cup blue cheese crumbles or feta crumbles

Preheat the grill to medium-high. Rinse lettuce, pat dry and cut each head in half lengthwise. Brush the surface with olive oil and grill for 4 to 5 minutes, turning occasionally. Place each wedge on a salad plate and drizzle with dressing.

Sprinkle with blue cheese or feta when serving. Yield: 4 servings



Grilled Peaches with Raspberry Purée

2 cups fresh raspberries

3 tbsp. water

3 tbsp. sugar

1 tbsp. fresh lemon juice

3 tbsp. butter

1 1/2 tbsp. packed light brown sugar

6 medium-size ripe, firm peaches, halved and pitted

Combine the raspberries and water in a food processor, pulsing until smooth. Strain the raspberry purée through a fine-mesh strainer, pressing on the solids to release as much liquid as possible; discard the solids.

Stir in 3 tbsp. sugar and 1 tbsp. fresh lemon juice until blended. (Fresh raspberry sauce can be made 1 day ahead.) Cover and refrigerate.

Prepare grill (medium heat). Melt butter with brown sugar in heavy small skillet over medium heat. Remove skillet from heat. Brush peach halves all over with melted butter mixture. Grill until tender, 3 to 4 minutes, turning occasionally. Serve with the raspberry purée.

Variation: rather than serving with the raspberry purée, you can put a dollop of

plain Greek yogurt in the center of each grilled peach half and drizzle with honey.

Dark Chocolate Rye Whiskey Ice Cream

Follow instructions carefully.

CHOCOLATE PASTE:

1/2 cup brewed coffee (any temperature)

1/4 cup sugar

2/3 cup Dutch-processed cocoa powder

1 1/2-oz. unsweetened chocolate, finely chopped

Combine the coffee, sugar and cocoa in a small saucepan and bring to a boil over medium heat. Boil for 30 seconds, stirring to dissolve the sugar. Remove from heat and add the chocolate. Let stand for a few minutes. Then stir until smooth.

Mix about 2 tbsp. milk with the cornstarch in a small bowl to make a smooth slurry. Set aside. Whisk the cream cheese, warm chocolate paste and salt in a medium bowl until smooth.

Fill a large bowl with ice and water.

ICE CREAM BASE:

2 2/3 cups whole milk (use 2 tbsp. of this milk to blend with the cornstarch)

1 tbsp. plus 2 tsp. cornstarch

2 oz. (4 tbsp.) cream cheese, softened

1/8 tsp. sea salt

1 1/2 cups heavy cream

3/4 cup sugar

3 tbsp. light corn syrup

1/2 cup rye whiskey

Cook the remaining milk, the cream, sugar and corn syrup in a large saucepan and bring to a boil over medium-high heat. Boil for about 4 minutes. Remove from heat and gradually whisk in the cornstarch slurry. Bring the mixture back to a boil and cook, stirring, until slightly thickened, about 1 minute. Remove from heat.

Chill in bowl of ice water or chill in the refrigerator for several hours until completely cold.

Pour the mixture into an ice cream canister and process according to manufacturer's instructions. Yield: about 1 quart

For extra copies of these recipes or to e-mail a copy to a friend, visit [SLEMCO Power magazine online at www.slemco.com](http://www.slemco.com).



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