



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Garlic-Mustard Glaze (adapted from Bobby Flay via Smitten Kitchen)

Makes about $\frac{3}{4}$ cup of glaze, or enough to cover and baste 2 pounds of meat

I used pork, but Deb used chicken (I think) and Bobby Flay uses beef tenderloin. Just be sure you choose a cut that is appropriate for fast cooking. Your cooking time will depend on the type of meat you use.

$\frac{1}{4}$ cup whole grain mustard
2 tablespoons Dijon mustard
4 cloves garlic, crushed
2 tablespoons white wine vinegar
1 tablespoon low-sodium soy sauce
1 tablespoon honey
1 tablespoon finely chopped fresh rosemary leaves
2 teaspoons Spanish paprika
 $\frac{1}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
2 pounds meat, cubed

1. In a small bowl, whisk together all of the ingredients except the meat. Reserve $\frac{1}{4}$ cup of the glaze; add the meat to the remaining glaze, cover, and refrigerate for at least 30 minutes and up to 4 hours before using.
2. Prepare a medium-hot fire. Grill the meat, turning three times and brushing with the reserved glaze, for 4 to 8 minutes, until golden brown, slightly charred, and cooked to your desired level of doneness. Let the meat rest for 5 minutes before serving.