

the **CrossFit** JOURNAL ARTICLES

Fit to Eat

Spicy Summer Barbeque

Benjamin Sims



Now that summer is here and in full swing, I look forward to spicy foods inspired by cultures with tropical climates. If I don't start using jalapeño, lime, and cilantro in the restaurant, the customers stay away on the hot days. The last thing one wants to eat in the heat is something heavy (lasagna and meatballs are definitely not my big sellers in the summer). I tend to acquire my inspirations from Asia and Central America this time of year, places where people have been making lots of hot-weather food for centuries. Here is something light and crisp with a bit of spice and tang to combat the blazing sun and keep you moving.

Spicy Summer Barbeque

Spicy Lamb Skewers with
Cabbage Salad, Lime, and
Avocado

Fresh Watermelon

Four 4-block servings

1 of 2

Fit to Eat - Spicy Summer Barbeque (continued...)

Lamb Skewers with Cabbage Salad, Lime, and Avocado

Lamb Skewers

- 1 pound lean lamb meat, cut into sixteen 1-ounce cubes (I use lamb sirloin)
- 1/2 jalapeño
- 2 limes
- 1 bunch of cilantro stems (reserve the leaves)
- Salt

Four to six hours ahead of time, marinate the diced lamb. Slice the jalapeño and limes as thinly as you can, roughly chop the cilantro stems, and combine in a large mixing bowl. Add the lamb and season with salt. Refrigerate, stirring every hour or so.

When you are ready to grill, wipe off the marinade and thread the diced lamb onto skewers, 4 pieces per skewer. Make the skewers as even and flat as you can so they will grill neatly and evenly. On a hot grill the lamb should take very little time to cook. Sear it on the flattest side for about 2 minutes, then flip it, and another 2 minutes is all it should take.

Cabbage Salad

- 1 head of green cabbage, shredded
- Salt
- 1 Japanese cucumber, thinly sliced
- 1 bunch of cilantro leaves
- Jalapeño, minced
- Juice of 4 limes
- 2 tbsp ground coriander
- 2 tbsp ground cumin
- 2 avocados

About an hour before you want to eat, start the salad and light the grill. Put the shredded cabbage into a colander, sprinkle it with salt, and let it drain in the sink. The salt cures the cabbage quickly, causing it to release a lot of its water and soften.

Mix the jalapeño, coriander, and cumin with the lime juice; this will be your salad dressing.

Mix the drained cabbage with the dressing, add the whole cilantro leaves and sliced cucumber, and toss well.

To serve, slice the avocados, fan out half of one on each plate, sprinkle with salt, give each plate a mound of cabbage salad and one skewer of lamb, and that's it.

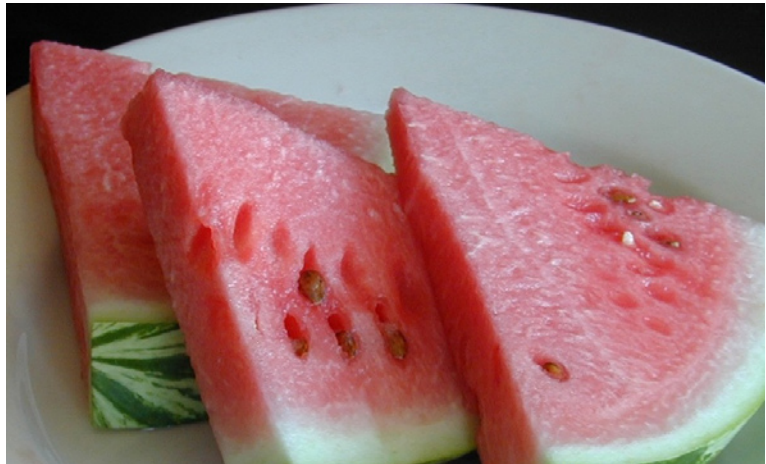
Watermelon

(Dessert)

I saved 1 block of carbs for dessert, which means each person gets 3/4 cup of watermelon.

Unfortunately watermelons are rather big, and even if you buy the already cut ones (which I do, to determine their quality), there will be more than the allotted amount. So dice up 3/4 cup for each person and try not to eat the whole thing.

(If you can resist, you have more willpower than I.)



Benjamin Sims is currently chef at Ristorante Avanti in Santa Cruz, CA. He graduated from the California Culinary Academy in 1996 and has trained and worked in the San Francisco Bay Area, Italy, and London. Benjamin has been a regular at CrossFit Santa Cruz for the past two years, in which time his pull-ups have increased from zero to twenty-five. (Yes, he kips.)