

# **300 Recipes For The Grill**

**MOUTH WATERING RECIPES**

FOR RIBS, STEAK, CHICKEN, BEEF AND MORE...



  
**EvridWear**

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## "Grilled" Apple Crisp

Yield: 8 Servings

- 21 oz pie filling, apple or cherry
- 1/3 c sugar, brown, packed
- 1/2 t cinnamon
- 1/4 t nutmeg
- 2 T lemon juice
- 1/2 pk cake mix, yellow (18.5 oz)  
-approx., 2 cups
- 1/2 c butter (or margarine), cut in  
-this, Slices
- 1 whipped topping (or ice  
-cream)

1. Spray 9-inch baking pan with PAM. Pour pie filling into 9-inch baking pan. Sprinkle with brown sugar, cinnamon, nutmeg, and lemon juice. Sprinkle cake mix over pie filling to cover. Dot with butter slices.
2. Preheat grill on medium for 10 minutes, then turn left side of grill off and invert a baking pan on left cooking grid. Place baking pan on inverted pan. Close lid and bake 55-65 minutes, or until browned and bubbly.
3. Let stand until warm. Serve topped with whipped topping or ice cream.

## "Grilled" Glazed Tuna Steaks

Yield: 4 Servings

1/3 c dry sherry  
1 T gingerroot, Minced  
1 T low sodium soy sauce  
1 t honey  
1 cl garlic, Minced  
1 lb tuna steaks cut into 4  
1 pieces

Combine Sherry, Gingerroot, Soy Sauce, Honey & Garlic in A 1 Cup Glass Measure. Microwave Uncovered At High 1 Min. OR Until Mixture Boils.

Cool Slightly. Place Tuna in An 11 X 7 X 1 1/2 in. Baking Dish. Pour Marinade Over tuna. Cover & Chill 2 Hours. Remove Tuna From Marinade, Reserving Marinade. Preheat Grill

Arrange Tuna On Grill With Thickest Portions To The outside. Turn Steaks Over & Baste With Marinade.

Serve Immediately With Warm Marinade.

## 30-Min: Lamb Grill For Two

Yield: 2 Servings

- 1 T low-sodium soy sauce
- 2 t sesame oil
- 1 green onion, chopped
- 1 garlic clove, minced
- 2 t gingerroot, minced
- 1/4 t pepper
- 4 lamb loin chops (8 oz)
- 1 salt

In shallow dish, whisk together soy sauce, oil, onion, garlic, ginger and pepper. Add lamb, turning to coat; let stand for 10 minutes.

Reserving marinade, place lamb on greased grill over medium-high heat; cover and cook, basting with marinade, for 5-7 minutes on each side for medium-rare or until desired doneness. Season with salt to taste.

Serve with sauted zucchini slices and sweet potatoes.

## Amy's Grilled Chicken Breasts

Yield: 4 Servings

- 4 chicken breast halves
- 1 without skin
- 2 t dijon mustard
- 3 1/2 T white wine vinegar
- 2 t garlic --,Minced
- 2 t honey
- 1 1/3 T fresh thyme,or 2 teaspoons
- 1 -- minced,Dried
- 1/3 t coarse salt
- 1 1/3 ds red pepper flakes
- 1 T olive oil
- 4 sprigs fresh thyme

Place the chicken breasts within a folded piece of plastic wrap; slightly flatten upper portion of each breast with the broad side of a chef's knife to promote even grilling. Place breasts in a shallow glass or ceramic dish. Place mustard, vinegar, garlic, honey, thyme, salt and pepper flakes in a small bowl; stir with fork to combine. Add oil a little at a time and whisk to combine marinade. Pour marinade over breasts. Cover with plastic wrap and marinate in refrigerator, turning once or twice in marinade, for at least 2 hours, or up to 4 hours. Remove breasts from marinade, scraping any bits clinging to chicken back into the shallow dish. Transfer all marinade to small saucepan and bring to a boil; reserve. Lightly grease grill rack with cooking spray. Preheat grill. Place breasts on grill. Cook covered with lid, basting frequently with marinade, until tender, approximately 5 to 6 minutes on each side.

## Anchovy-Grilled Salmon Steaks

Yield: 4 Servings

4 salmon steaks  
1 parsley sprigs  
Lemon wedges anchovy butter =====  
6 anchovy fillets  
2 T milk  
6 T butter  
1 dr tabasco sauce  
1 pepper

Pre-heat the grill to high heat. Oil the grill rack and place each steak to ensure an even heat. Place a small knob of Anchovy Butter (divide a quarter of the mixture in four) on each steak. Grill for 4 minutes.

Turn the steaks with a fish slice and place another quarter of the butter among the steaks. Grill on the second side 4 minutes. Reduce the heat and allow to cook for a further 3 minutes, less if the steaks are thin.

Serve with a neatly arranged pat of anchovy butter on top of each steak. Garnish with parsley sprigs and lemon wedges.

Anchovy Butter: Soak all the anchovy fillets in milk. Mash in a bowl with a wooden spoon until creamy. Cream all ingredients together and chill.

Serves 4.



## Anticuchos Picantes

Yield: 16 Servings

1 beef heart  
MARINADE =====  
8 garlic cloves,pressed  
2 chiles,rocoto,stemmed,  
-seeded,minced  
2 T cumin,ground  
1/2 T oregano,dried  
1 salt,to taste  
1 pepper,black,to taste  
2 c vinegar,wine, red  
SAUCE =====  
1/3 c chiles,dried, aji,crushed  
1 T oil,vegetable  
1 salt,to taste  
HEAT SCALE HOT =====

Clean the beef heart thoroughly, removing all nerves and fat. Cut into 1" cubes, place in non-reactive bowl, refrigerate and set aside. Combine garlic, chiles, cumin, oregan, salt and pepper and 1 1/2 cups vinegar. Pour over meat. Add more vinegar, if necessary, to cover meat completely. Marinate, refrigerated, 12-24 hours. About 1 hour before grilling, remove meat from marinade and thread on skewers. Reserve marinade.

Soak the crushed chile in 1/3 cup warm water for 30 minutes. In processor, combine chiles and water with oil and salt. Add enough reserved marinade (3/4 cup) to make thick sauce, puree.

Brush skewered meat with sauce and grill over hot coals or under a broiler, turning and basting to cook quickly on all sides. Best cooked medium well, 4-6 minutes on the grill. Serve with remaining sauce for dipping.

## Asian Hot-Que Grill Sauce For Chicken

Yield: 1 Servings

- 1 stephen ceideburg
- 2 T brown sugar
- 2 T red wine vinegar
- 1 c ketchup
- 1/2 to 1 teaspoon chinese hot  
-mustard
- 1 lg garlic clove,minced
- 1 T soy sauce
- 1 to 3 teaspoons asian chile  
-paste wi,th garlic

Combine all ingredients except chile paste in a small saucepan.

Bring

to a boil, then turn off heat. Stir in chile paste. Makes 1 1/4 cups.

To use: Brush on chicken, beef or pork while grilling.

## Australian Grilled Fish

Yield: 4 Servings

4 fish steaks  
1/4 c lime juice  
2 T vegetable oil  
1 t dijon mustard  
2 t fresh ginger root --,Grated  
1/4 t cayenne pepper  
1 black pepper

\* For the steaks: they should be 8-10 ounces and 1-inch thick each. Use Swordfish, Halibut or Salmon steaks.

1. In a bowl, combine the lime juice, 1 tablespoon oil, ginger, cayenne pepper and enough freshly ground black pepper to suit your taste. 2. Marinate the fish in the marinade for 45-60 minutes. Turn steaks 2-3 times. 3. Have the grill prepared with white coals and brush the cooking grill with the remaining one tablespoon oil. 4. Grill the fish, brushing several times with the marinade, until cooked through and opaque in the center. Turn fish after about 4-5 minutes. Total grilling time will depend on your grill and the heat of the coals.

\* To broil instead, use a broiler pan brushed with oil and broil until center is opaque. Will take about 10 minutes total in broiler. Turn steaks after 5 minutes, and baste often with marinade.

## Ayam Panggang Mesanten

Yield: 4 Servings

- 2 lb chicken
- 1 t salt
- 1 c oil
- 1 t shrimp paste, Dried
- 4 shallots, chopped
- 3 garlic cloves, crushed
- 3 chilies, red, fresh
- 2 T oil
- 2 1/3 c coconut milk
- 2 bay leaves
- 1 lemon grass stalk
- 1 T juice, lime
- 1 chilies, red, fresh

Dried shrimp paste is also called terasi. Seed and shred the chilies.

Crush lemon grass with side of cleaver.

Cut chicken in half. Wash and pat dry. Rub with salt and oil. Grill over hot coals about 10-15 minutes each side, until done.

Slice chicken into bite-sized pieces. Wrap shrimp paste in foil and grill each side over moderate heat about 2 minutes. Pound shallots, garlic, chilies, and toasted shrimp paste into a paste. Heat oil in frying pan. Add paste and fry on moderate heat, stirring, for about 4-5 minutes, or until dry, do not burn.

Add coconut milk gradually, stirring after each addition. Add bay leaves and lemon grass. Bring to a boil. Simmer 5 minutes to allow flavors to blend.

Add lime juice. Stir. Add cooked chicken and reheat in sauce.

Garnish with the shredded chilie. Serve with rice and Sambal Ulek.

## Babi Pangang (Indonesian Grilled Pork)

Yield: 4 Servings

### MARINADE =====

1 lb pork, marbled  
2 t ginger, ground  
1 garlic clove  
1 onion  
3 T ketjap manis  
1 pepper  
1 salt  
1 lemon juice

### SAUCE =====

1 c stock  
2 T sugar  
1 T sherry  
1 T oil  
70 g tomato puree  
1/2 t gourmet powder (ve-tsin)  
1 onion, small  
1 garlic clove

Preparation of the meat: Make a mixture of all the above mentioned ingredients and rub the meat with it. Brown it in a frying pan with either butter or oil. Basting the meat regularly. Simmer for 10-15 minutes. Drain the meat and put under a hot grill for a few minutes until glazed. Keep warm. Sauce Preparation: Cut the onion in fine rings or slices and fry them together with the finely cut garlic in oil or margarine. When nicely browned add the mixture of the stock, sugar, sherry, tomato puree and gourmet powder. Simmer for 5 minutes while stirring the sauce continuously. Add water if necessary.

How to Serve: Pour the hot sauce over the warm sliced meat and garnish it with Chopped Vegetable Pickle and Shrimp Crackers. Eat it with rice or Mei (noodles).

## Grain & Cheese Burger

Yield: 4 Servings

- 1 1/2 c mushrooms, chopped
- 1/2 c green onions, chopped
- 1 T margarine
- 1/2 c rolled oats, regular
- 1/2 c brown rice, cooked
- 2/3 c shredded cheese, mozzarella  
1 or cheddar
- 3 T walnuts, chopped
- 3 T cottage (or ricotta cheese)  
1 low fat
- 2 lg eggs
- 2 T parsley, chopped
- 1 salt, pepper
- 1 buns, mayo, tomato, lettuce

In a 10 to 12 inch nonstick frying pan over medium heat, cook mushrooms and green onions in margarine until vegetables are limp, about 6 minutes. Add oats and stir for 2 minutes. Remove from heat, let cool slightly, then stir in cooked rice, cheese, walnuts, cottage cheese, eggs, and parsley. Add salt and pepper to taste. On an oiled 12X15 inch baking sheet shape into 4 patties, each 1/2 inch thick. Grill 3 inches from heat, turning once, 6 to 7 minutes total. Serve on bread with mayo, onion rings, and lettuce.



## Bar-B-Q: Smoke-Grilled Salmon

Yield: 4 Servings

- 1 t lime rind, Grated
- 1/4 c lime juice
- 1 T vegetable oil
- 1 t dijon mustard
- 1 pn pepper
- 4 salmon steaks, 1-inch thick  
-[1-1/2, lb]
- 1/3 c sesame seed [opt], Toasted

In shallow dish, combine lime rind and juice, oil, mustard and pepper; add fish, turning to coat. Cover and marinate at room temperature for 30 minutes, turning occasionally.

Reserving marinade, remove fish; sprinkle with sesame seed. Place on greased grill directly over medium heat. Add soaked wood chips. Cover and cook, turning and basting with marinade halfway through, for 16-20 minutes or until fish flakes easily when tested with fork.

## Barbeque-Spiced Grilled Tenderloin Steaks

Yield: 1 Servings

1 T brown sugar  
1 T sweet paprika  
1 t dry mustard  
1 t allspice,Ground  
1/4 t pepper  
2 6 oz 1 thick tenderloin  
-steaks

Combine first 6 ingredients in small bowl. (Can be prepared 1 week ahead. Store in airtight container.)

Prepare barbeque (high heat). Rub spice mixture generously into both sides of steaks. Grill steaks to desired doneness, about 3 minutes per side for medium-rare. Serve hot.

## Basil Grilled Chicken

Yield: 4 Servings

3/4 t pepper,coarsely ground  
4 chicken breast halves without skin  
1/3 c butter (or margarine),melted  
1/4 c fresh basil,chopped  
1 T parmesan cheese,grated  
1/4 t garlic powder  
1/8 t salt  
1/8 t pepper  
1 fresh basil,sprigs, optional

Recipe by: Southern Living, Five Star Recipe Collection Press 3/4 t pepper into meaty sides of chicken breast halves. Combine the

Combine softened butter, the 2 T basil, Parmesan cheese, garlic powder, salt

Grill chicken over med coals 8 - 10 min on each side, basting frequently w/

## Basil-Grilled Loin Chops

Yield: 4 Servings

- 8 lamb loin chops
- 1 T dijon mustard
- 1 T balsamic (or red wine  
-vinegar)
- 2 garlic cloves,minced
- 1/4 t pepper
- 1/4 c olive oil
- 4 t basil leaves,slivered,fresh

Use fresh or frozen chops. If using frozen, thaw in refrigerator overnight. Dry chops well, slash each edge once and arrange in single layer in shallow glass baking dish. In small bowl, whisk in mustard, vinegar, garlic and pepper. slowly whisk in oil; then stir in basil. Pour and spread over chops, turning to coat both sides. Cover and refrigerate for at least 1 hour, but not more than four hours. Bring to room temperature 30 minutes before grilling. Place chops on oiled grill 4 to 6 inches above medium-hot coals or on medium-high setting and grill for about 5 minutes per side or until done to your liking.

## Bastille Day Grilled Lamb With Rosemary

Yield: 4 Servings

- 1 lg clove garlic,minced
- 1 T fresh rosemary,minced
- 1 T olive oil
- 2 t white wine vinegar
- 2 t dijon mustard
- 1/2 t salt
- 1 1/2 lb leg of lamb\*
- 1 black pepper,Freshly Ground

\*Brought to room temperature. A butterflied leg of lamb has a center portion and two flaps. This recipe uses only the center portion. The remaining portions can be stored in the freezer for later use. The larger flap (sirloin) can be grilled. The smaller one is excellent to use for kebabs. If you're cooking for a larger group, use the entire leg.

1. Prepare a medium-hot charcoal fire. Or heat oven to 450 degrees and line jellyroll pan with aluminum foil.
2. Combine garlic, rosemary, oil, vinegar, mustard and salt in a small bowl. Rub over entire surface of lamb. (Can be done as long as 12 hours ahead of time, if desired.)
3. Place lamb on grill or baking sheet and sprinkle generously with ground pepper. Grill or bake until it registers 120 degrees on an instant reading thermometer for rare, 22 to 25 minutes; or longer as desired. Let rest for 5 minutes before slicing.

## Broiled Chicken With Mustard (Poulet Grille A)

Yield: 4 Servings

- 3/4 lb very small potatoes
- 1 large carrot
- 4 small white onions
- 1 salt & pepper
- 4 lb chicken split for broiling
- 2 T dijon (or dusseldorf  
-mustard)
- 2 T peanut oil
- 2 T butter
- 1/3 lb mushrooms
- 1 T red wine vinegar
- 2 T finely parsley,Chopped

1. Preheat the grill. 2. Peel the potatoes. If they are not very small, cut them in half. Put them in a saucepan and cover with water. 3. Trim and peel the carrot. Cut into 2-in. length, then cut into quarters. Peel the onions and cut them in half. Add the carrots and onions to the potatoes. Add salt to taste and bring to a boil. Let stand 10 min. 4. Meanwhile, sprinkle the chicken halves with salt and pepper. Brush on all sides with mustard. Arrange the halves side by side in a baking dish, skin side down. Sprinkle with the oil. Place on the grill and cook for 10 min. 5. Drain the vegetables. Melt the butter in a skillet and when quite hot but not brown, add the vegetables. Cook over relatively high heat, shaking the skillet and stirring the vegetables. Add the mushrooms and sprinkle with salt and pepper to taste. Continue cooking, shaking the skillet and stirring occasionally, about 7-8 min. 7. Pour off all the fat from the baking dish and turn chicken halves again. 8. Turn then oven heat to 400. Place the dish in the oven and bake 10 min. 9. Place the dish on top of the stove. Add the vinegar to the liquid and cook for a few



seconds over high heat, stirring. Sprinkle with parsley.

## Broiled Or Grilled Fish W/ Black-Bean Salsa

Yield: 4 Servings

- 1 15-16oz. can black beans
- 2 oranges, peeled, chopped
- 1 tomato, seeded, chopped
- 1/2 c cilantro, fresh, chopped
- 1 jalapeno pepper, lg, minced
- 1 1/2 T lime juice, fresh
- 1 T olive oil
- 1 avocado, peeled, chopped
- 4 6oz. red snapper fillets
- 1 olive oil
- 1 lime juice, fresh
- 1 cilantro, chopped

Combine first 7 ingredients in medium bowl (jalapeno should be seeded, but not deveined. Black Beans should be drained and rinsed). Season salsa to taste with salt and pepper. (can be prepared 1 day ahead. cover and refrigerate.). Mix chopped avocado into salsa. cover and refrigerate

Preheat grill. Brush fish with oil; sprinkle with fresh lime juice, salt and pepper. Broil or grill until just cooked through (about 9 minutes per inch of thickness if broiling). Transfer fish to plates. Sprinkle with chopped fresh cilantro. serve fish with salsa.

## Broiled Or Grilled Marinated Chicken

Yield: 4 Servings

- 1 stephen ceideburg
- 3 T cilantro root,Minced
- 3 T fish sauce
- 3 T chinese light soy sauce
- 2 T fresh lime juice
- 1 T black pepper,Freshly Ground
- 1 T garlic (3 cloves),Minced
- 2 lb chicken legs (or breasts)  
-skin and fat removed

Combine cilantro root, fish sauce, soy sauce, lime juice, pepper and garlic in a blender or food processor. Blend until smooth and pour into a shallow, non aluminum dish. Add chicken and turn to coat evenly with marinade. Cover and marinate in the refrigerator for at least 1 hour or up to 8 hours, turning occasionally.

Preheat the broiler or prepare a charcoal or gas grill. Drain the chicken and reserve the marinade for basting. Broil or grill the chicken on a lightly oiled rack approximately 3 inches from the heat for 10 minutes. Turn the chicken and baste with the reserved marinade. Discard any leftover marinade. Cook for 10 to 15 minutes longer, or until the outside is browned and the inside is no longer pink.

## Broiled/Grilled Caribou Steaks

Yield: 6 Servings

- 6 1/2 thick caribou steaks
- 1 bacon fat (or lard)
- 1 basting sauce
- 1 1/2 c red wine
- 3 T oil
- 1/8 t ginger,Ground
- 1 ds hot pepper sauce
- 1 salt and black pepper

Combine all the basting sauce ingredients and soak the venison slices in the sauce for at least 24 hours. Pour off and reserve the sauce. Put the meat on a board and pat it dry, then nick the edges of the slices and rub them all over with the fat.

Heat the grill to medium-high and grill the steaks until medium-rare. Baste the meat with the reserved basting sauce while cooking and turn it once. When done, transfer the slices to a warmed serving platter, and serve at once, with the remaining sauce in a sauce boat.

## Butterflied Pork Loin On The Grill

Yield: 8 Servings

- 1 4lb boneless pork loin roast
- 2 onions,finely chopped
- 1 T fresh thyme leaves
- 1/2 t allspice,Ground
- 1/4 t nutmeg,Ground
- 1/4 t cinnamon,Ground
- 1 T sugar
- 2 T hot pepper sauce
- 1/2 c soy sauce
- 2 T vegetable oil

Trim any excess fat from the pork roast. Butterfly the roast by cutting horizontally through the center. The meat should lie flat. Place the pork in a flat dish. Combine the remaining ingredients to make a jerk paste. Spread the paste over the pork loin, cover and marinate in the refrigerator for at least 4 hours. Prepare a fire on the grill. When the coals have burned down and are medium hot, to catch the drippings. The roast should cook over medium coals for approximately 2 hours or until a meat thermometer reads 150 to 160 degrees. Cut the pork loin in half lengthwise and carve in thin slices.

## Cafe Kula Grilled Tofu

Yield: 4 Servings

1 lb tofu, firm  
1/4 c mirin  
1/4 c tamari  
1 t ginger, fresh, minced  
1 ds pepper, cayenne

Cut tofu lengthwise into 4 "filets".

Mix together mirin, tamari, ginger and cayenne.

Marinate tofu in mixture for at least one hour or overnight.

Grill tofu over hot coals until heated through and lightly browned.

## Calypso Grilled Pineapple

Yield: 8 Servings

- 1/2 c worcestershire sauce
- 1/2 c honey
- 1/2 c (1 stick) butter (or marg.)
- 1/2 c light brown sugar,Packed
- 1/2 c dark rum
- 1 pineapple,cut into 8 wedges  
- and co,red\*
- 1 vanilla ice cream

To prepare sauce, combine Worcestershire, honey, butter, sugar and rum in 3 quart saucepan. Bring to a full boil over medium-high heat, stirring often. Reduce heat to medium-low. Simmer 12 minutes or until sauce is slightly thickened, stirring often. Remove from heat; cool completely.

Brush pineapple wedges with some of the sauce. Place pineapple on oiled grid. Grill over hot coals 5 minutes or until glazed, turning and basting often with sauce. Serve pineapple with ice cream and remaining sauce. Garnish as desired. Refrigerate any leftover sauce.\*\* Prep time: 15 mins. Cook time: 15 mins. \*You may substitute other fruits, such as halved peaches, nectarines or thick slices of mangoes, for the pineapple. \*\*Leftover sauce may be reheated in microwave. Microwave and stir for 30 seconds at a time.

## Cantonese Style Grilled Leg Of Lamb

Yield: 8 Servings

3 lb leg of lamb, trimmed of all  
1/2 c hoisin sauce  
2 T dijon mustard  
2 T ketchup  
2 T honey  
1 T soy sauce  
1 t chinese chili paste  
1 t black pepper, freshly ground  
2 cl garlic, minced  
1 T ginger root, minced

Recipe by: Bonnie Stern, Simply Heartsmart Cooking Preparation Time:  
1:00 Cut lamb open so meat lies as flat as possible; trim all fat.

Combine remaining ingredients and smear over lamb.

Preheat barbecue and grill lamb for 10 to 15 minutes per side,  
depending on

Allow meat to rest for 5 to 10 minutes before carving. Carve in thin  
slice

## Char-Grilled Kangaroo Kebabs & Smoked Eggplant

Yield: 6 Servings

- 1 1/3 lb kangaroo fillet, trimmed and  
-, Cubed
- 2 t coriander seeds, roasted and  
-, Ground
- 1 t black pepper, freshly ground
- 2 medium-sized eggplants
- 1 t garlic cloves, minced
- 1 2/3 T lemon juice
- 1 T tahini
- 1/2 t sea salt
- 1 3/4 oz yoghurt, plain
- 2 t parsley leaves, chopped.

Roll the cubes of kangaroo meat in the ground coriander seed and black pepper, coating lightly. Skewer meat and put on an oiled tray until ready to cook. Grill the eggplants until skins are black and blistered. Cool slightly and skin them while still warm. Squeeze out the bitter juices. Mash the flesh with a large fork gradually adding the garlic, lemon juice, tahini, sea salt, parsley and yoghurt. Grill the kebabs under (or over) high heat, brushing with oil to keep moist being careful not to toughen the meat. Spoon the eggplant puree onto the plates. Remove skewers and pile the meat cubes onto the puree. Serve immediately.



## Charcoal Grilled Salmon With Spicy Black Bean

Yield: 4 Servings

1/2 lb black beans, soaked  
1 sm onion, chopped  
1 sm carrot  
1/2 celery rib  
2 oz ham, chopped  
2 jalapeno peppers, stemmed  
-and, Diced  
1 clove garlic  
1 bay leaf, tied together with  
3 sprigs thyme  
5 c water  
2 cloves garlic, minced  
1/2 t hot pepper flakes  
1/2 lemon, juiced  
1 lemon, juiced  
1/3 c olive oil  
2 T fresh basil, chopped  
24 oz salmon steaks

Combine in a large saucepan the beans, onion, carrot, celery, ham, jalapenos, whole clove garlic, bay leaf with thyme, and water. Simmer until beans are tender, about 2 hours, adding more water as necessary to keep the beans covered. Remove the carrot, celery, herbs and garlic, and drain off the remaining cooking liquid. Toss the beans with the minced garlic, hot pepper flakes and the juice of 1/2 a lemon. Set aside.

While the beans are cooking, combine the juice of a whole lemon, olive oil, and basil leaves. Pour over the salmon steaks, and refrigerate for 1 hour. Grill the salmon over a moderately high flame for 4-5 minutes per side, basting with some of the marinade every minute. Serve each steak with a portion of beans.

## Charcoal Grilled Shiitakes

Yield: 4 Servings

8 oz shiitakes  
1 T olive oil  
1 T tamari  
1 T garlic, crushed  
1 t rosemary, minced  
1 salt & black pepper  
1 t maple syrup  
1 t sesame oil, optional

Rinse mushrooms. Remove & discard stems. Toss mushrooms with remaining ingredients & marinate for 5 minutes. Grill caps over coals until lightly charred. Serve hot.

## Charcoal-Grilled Leeks With Romesco Sauce

Yield: 6 Servings

LEEKs =====  
3 bn young leeks, trimmed of all  
-but 2-3 of  
1/2 c olive oil  
SAUCE =====  
1/2 T olive oil  
1 sl white bread  
1/4 c whole almonds, toasted  
1/8 t red pepper flakes  
1 sm clove garlic, chopped  
1 md red bell pepper, cored,  
-seeded and, Cut Up  
1/4 lb ripe tomatoes  
1/8 t paprika  
1/8 t salt  
1/4 t black pepper, Ground  
1/8 c red wine vinegar  
1/4 c extra-virgin olive oil

Heat 1/2 tb oil in a small skillet and, over medium heat, fry the bread slice until golden on both sides. Grind the toasted almonds finely in a food processor, together with the bread, pepper flakes and garlic. Add the red pepper, tomatoes, paprika, salt and pepper, puree to form a smooth paste. Whirl in the vinegar. With the motor running, add the oil slowly in a thin stream. Taste for seasoning. Reserve.

Cut the leeks in half lengthwise down to within 1" of bottom, or root end. Rub them quite generously with olive oil and cook them over a covered charcoal grill until they are very tender or golden. Depending on their size and cooking method, they may take from 30-60 minutes. Turn occasionally while cooking. Serve the leeks warm with Romesco sauce on the side.

## Chargrilled Lamb Rumps

Yield: 4 Servings

- 4 parsnips
- 12 cardamom pods
- 1 T coriander seeds + 1 ts.
- 3 T olive oil
- 4 garlic clove, crushed
- 8 strips of orange peel
- 4 lamb rumps about 150gr. ea
- 3 bird's eye chillies, dried
- 1 bunch spinach, washed & trimmed
- 150 g roma tomatoes
- 16 button mushrooms
- 16 cherry tomatoes
- 4 T extra virgin olive oil
- 2 T mint, fine chopped
- 2 T coriander, fine chopped
- 1 dash balsamic vinegar
- 1 salt
- 1 pepper
- 1 oil of deep frying
- 1 sprig of rosemary

Peel the parsnips, trim and shave into long strips. Fry in hot oil in a deep fryer til lightly golden. Drain briefly on paper, sprinkle with salt, then store airtight once cooled. (Can be kept up to 2 days)

Split the cardamom pods and extract the seeds. Put half of them in a dish with 1 teaspoon of coriander seeds, the olive oil, garlic and orange peel and blend together to make a marinade. Add the lamb rumps, turn to coat in the marinade, then pepper to taste. Cover and leave a room temp for 1 hour.

Grind the rest of the cardamom pods with the 1 tb of coriander seeds and set aside for the tomato jus.

Mix the dried chillies and rosemary with 2 tb olive oil. Set aside for the mushrooms.

Plunge the spinach into boiling water. Count to 30 and remove and drain with cool water. Drain again.

Next prepare the sauce ingredients. Skin the tomatoes, cut in half flick the seeds into a sieve, set over a bowl to drain, then dice the flesh.

Cool the marinated lamb rumps on a very hot grill till done to your liking. Transfer the lamb to a board and sprinle both side very generously with the salt. Leave to stand 2-3 mins. while preparing the garnishes.

Put the chilli oil for the mushrooms in a small frying pan and set over a med. high heat. When hot add mushrooms. Cool quickly until lightly browned. Sprinle with salt then tip onto a plate.

While the mushrooms are cooking, heat a large oiled pan over a med. heat. Add the spinach, sprinkle on a little salt and add some ground pepper. Reheat gently, don't fry. Arrange on 4 dinner plates.

Wipe out both frypans. Put 1 ts of oil in the small frypan and set it over a med. high heat. When hot tip in the cherry tomatoes. Stir quickly and cook 20 secs. until glazed. Turn onto a plate.

Warm the extra virgin olive oil in a frypan. Add the ground spices then add the diced tomatoe and strained jus, a good splash of balsamic vinegar, 1/4 ts of salt and the herbs. WArM through then turn off the heat.

Slice the meat thinly across the grain and transfer to the plates. Spoon over the tomatoe jus and garnish with the tomatoes, mushrooms and parsnips. Serve immediately.

## Cheesy Apple Ham Grill

Yield: 4 Servings

- 1 c apple, Chopped
- 1/2 c miracle whip (or miracle  
-whip)  
- light, dressing, divided
- 1/4 c walnuts, Chopped
- 1 ds cloves (opt), Ground
- 8 sl raisin cinnamon bread
- 4 sl kraft natural sharp cheddar  
-cheese,, cut in half
- 1 pk oscar mayer smoked, Cooked  
-ham slice,s (6 oz)

Mix apple, 1/3 cup of the dressing, walnuts and cloves. For each sandwich, top 1 bread slice with 1 cheese slice, apple mixture, ham, second cheese slice and second bread slice. Spread outside of sandwiches with remaining dressing. Grill until lightly browned on both sides.

Makes 4 sandwiches.

## Cheesy Fisherman's Grill

Yield: 2 Servings

213 g red alaska salmon,Canned  
-crab,or...  
1 lg crab\*  
15 g butter (or margarine)  
15 g plain flour  
1 milk for stock (see recipe)  
2 fresh tomatoes,skinned  
-de-seeded and ch  
1 T freshly parsley,Chopped  
1 salt  
1 black pepper,Freshly Ground  
75 g fresh parmesan,grated

\*(ask the fishmonger to dress it for you, but retain the small legs for garnish)

Drain the can of salmon, reserving the juice. Make the juice up to 150ml (1/4 pint) with milk. Set aside.

Put the salmon and crab meat into a bowl.

Melt the butter in a pan and stir in the flour. Gradually add the fish and milk stock to make a smooth sauce. Add the chopped tomatoes and parsley, season well. Mix the sauce into the crab and salmon, then pile this mixture into two individual serving dishes. Sprinkle the Parmesan over the top of the salmon mixture and place on a moderate grill for 6-8 minutes or until the cheese is golden brown.

Serve garnished with two or three crab legs and new potatoes.

## Chicken Breasts Marinated In Yogurt & Grilled

yogurt marinade:

1 ts toasted and crushed cumin seed  
1/2 ts red chile flakes  
2 ts roasted garlic  
1/4 c minced scallions, -- white part only  
1 c plain yogurt  
1 ts paprika  
1 TB fresh lemon juice  
6 boneless, skinless chicken  
: breast halves  
: Lemon-Tarragon Vinaigrette:  
1/2 c fresh lemon juice  
1 ts grated lemon zest  
2 TB white wine vinegar  
1 TB minced shallots  
2 TB minced fresh tarragon  
2 ts honey -- (or to taste)  
1/2 c olive oil or -- 1/2 cup  
: defatted chicken stock  
: Kosher salt and freshly  
: ground white pepper

In a medium bowl, combine the marinade ingredients. Add the chicken and marinate in the refrigerator for at least 2 hours. In a bowl, combine the lemon juice, lemon zest, vinegar, shallots, tarragon and honey and mix with a hand blender. Slowly incorporate the olive oil or stock, either by whisking by hand or pulsing 2 to 3 times with hand blender. The vinaigrette should not be emulsified but remain very light in body. Season to taste with salt and pepper. Store covered in the refrigerator for up to 3 days. Makes approximately 2 cups.



Preheat the broiler or stove top grill. Wipe any excess marinade from the chicken. Grill or broil until the chicken is just done and juicy, about 3 to 4 minutes on each side. While the chicken is cooking, heat the olive oil in a large saute pan and quickly saute the savory greens until just wilted. Serve the chicken on top of the greens and drizzle with the vinaigrette to taste.

### Chicken Tandoori (Indian Grilled Chicken)

Yield: 6 Servings

16 oz plain yogurt  
1/4 c lime juice  
2 cl garlic, finely  
1 (or pressed), Chopped  
2 t salt  
1/4 t turmeric  
1/2 t coriander  
1 t cumin, Ground  
1 1/2 t ginger, Ground  
1/8 t cayenne pepper  
1 (optional)  
3 whole chicken breasts  
1 split  
1 lg onion, finely chopped  
1 lg green pepper  
1 finely, Chopped

In large bowl, combine:

Yogurt coriander Lime juice cumin Garlic ginger Salt  
cayenne pepper Turmeric

Stir to mix. Add chicken pieces and toss to coat. Cover mixture and chicken with peppers and onions. Cover. Chill overnight (or longer).

Prepare hot coals or preheat oven broiler for 10 minutes. Turn and cook until done, approximately 15 to 20 minutes. Baste with marinade throughout cooking. WALT

## Chile-Coated Grilled Summer Squash & Zucchini

Yield: 4 Servings

1/4 c olive oil  
1 T garlic, Minced  
1/4 c fresh chile pepper of, Minced  
1 your choice  
2 T comino seeds, or 1 t ground  
1 cumin  
1 salt and pepper, To Taste  
2 md zucchini, cut length-wise  
1 into 1/2 inch planks  
2 md summer squash, cut length-  
1 wise into 1/2 inch planks

### FOR THE DRESSING =====

1/4 c olive oil  
1/3 c fresh lime juice  
3 T honey  
1/4 c roughly fresh, Chopped  
1 cilantro  
1 salt and pepper, To Taste

Make the dressing: In a small bowl, whisk together all of the ingredients and put aside.

In a medium bowl, combine the olive oil, garlic, chile pepper and comino seeds and mix well. Add the squash and zucchini planks and toss well so the squashes are completely covered with the mixture. Place the squashes on the grill over a medium-hot fire and cook for about 3 minutes on each side, or until well browned. Remove the squashes from the grill, place on a platter, drizzle with the dressing, and serve.

## Chinese Tuna Steaks On The Grill

- 1 tuna steak
- 1 t salt
- 1 t finely ginger root,Chopped
- 1/4 t white pepper
- 1 t cornstarch
- 2 T salted black beans
- 4 green onions with tops
- 2 t green chilies
- 1 T cornstarch
- 1 T water
- 1 t sugar
- 2 T peanut oil
- 1 T peanut oil
- 2 t garlic,Finely Minced
- 1 c chicken broth (or fish stock)
- 1 spinach (or red-leaf -lettuce)

Pat fish dry w. paper towels. Mix salt, ginger & pepper. Coat both sides offish with mixture and rub 1 tsp. cornstarch on both sides of fish. Cover & refrigerate 30 minutes.

Place black beans in bowl and cover with warm water. Stir about 2 minutes. Remove and drain. Discard water. Partially pulverize beans. Chinese cooks use the back end of their cleaver handle. Cut 3 of green onions on diagonal into 1 inch pieces, remaining one into thin slices (strings). Remove seeds and membranes from chilies. Cut chilies into very thin slices. Mix 1 Tbs cornstarch, water and sugar.

[If grilled fish is preferred, grill on charcoal about 4-5 minutes each side or 10 minutes per inch of thickness, not too close to coals - otherwise fry in wok]

Heat wok until hot & add 2 Tbs oil, tilting to coat sides. Fry fish 2 minutes or until brown, turning once. Reduce heat to low, cover and simmer 10 minutes turning after 3 minutes. Uncover & remove from wok. Bring wok back up to very hot over high heat. Add 1 Tbs oil, tilt & coat. Add black beans, chilies, garlic & green onion pieces & stir fry all for 1 minute. Add broth/stock and heat to boiling. Stir in cornstarch /sugar water mixture, stir cooking until thickened. Add fish steaks turning to coat with sauce. Heat 2 minutes. Line platter with spinach/lettuce leaves, place fish on bed and garnish top with green onion slivers.

## Citrus Grilled Jumbo Scallops

Yield: 4 Servings

1 butter -- as needed, Melted  
1 fresh parsley --, Chopped  
12 jumbo scallops --, Halved  
1 widthwise  
1 sauce --  
1 c water  
1/4 lemon --, Juiced  
1 c chardonnay  
1 T butter  
2 t honey  
1 pn salt  
1/2 clove garlic --, Diced  
1 cornstarch -- dissolved in  
1 water

In small saucepan, combine water, wine, juice, butter, honey with peppers and garlic. Place over medium heat; reduce to almost half, stirring frequently. Add cornstarch solution to thicken to taste. Remove from heat; keep warm.

Grill scallops over hot coals, brushing frequently with melted butter. Cook to taste. Remove scallops from grill. Place 6 scallop halves on each plate. Pour citrus sauce over scallops and garnish with parsley.

## Cruibins (Grilled Pigs' Trotters, Irish Style)

Yield: 4 Servings

4 brined pigs' trotters  
2 carrots  
1 stick celery  
1 onion  
6 fl wine vinegar  
1 butter, Melted  
1 breadcrumbs, Dried  
1 pn allspice

Get plain pig's trotters from your butcher and then brine them for 24 hours. Once they've been brined long enough, bandage them with several strips of cheesecloth, or tie them several times around the short way with string, since they will try with all their might to fall apart into many pieces while cooking. Put into a pot with the vegetables, and cover with water and the vinegar. Simmer gently for 6 or 7 hours. Allow to cool in the liquid. -- To serve, split the trotter in two the long way and roll in melted butter and dried breadcrumbs mixed with a pinch of allspice. Heat slowly under a broiler, or in the oven at 350 F, until hot and crisp on the outside. Serve with mustard and horseradish for those who like such things....and LOTS of wet wipes and paper towels.

Basic brine for trotters:

12 1/2 cups water: 3/4 lb sea salt: 3/4 lb brown sugar: 2 oz  
saltpeter (optional): 1 t juniper berries: small piece ungrated  
nutmeg: 1 bay leaf: 3 sprigs thyme: 1 t black peppercorns: 4

cloves. Put all ingredients in a pan, bring to boiling point, skim and remove from the heat. Let cool. Add trotters, weight down with a very clean stone or other nonreactive weight, and leave for 24 hours. (The spices are also optional if you're in too much of a hurry.)

## Cynthia's Grilled Beef Tenderloin

Yield: 10 Servings

1 beef tenderloin\*, Trimmed  
1 \*(3-1/2 to 5 lb)  
MARINADE AND SAUCE =====  
2 c soy sauce  
2/3 c dark sesame oil  
6 lg garlic cloves, chopped  
2 T fresh ginger, Chopped

PLACE THE TENDERLOIN in a non-aluminum pan. Mix together the soy sauce, oil, garlic and ginger, and pour 1/2 of the marinade over the tenderloin. Reserve the remaining for the sauce. Cover the beef with plastic wrap and marinate overnight in the refrigerator. Remove the tenderloin from the pan and place it on a charcoal grill over a low fire, covered, or place in a pan in a 400F oven. Cook until rare (the internal temperature should be 140F), turning if necessary. Remove from heat. If cooking in the oven, bring the remaining marinade and pan juices to the boil and pour over the meat. Serve hot or cold. May be made ahead and reheated.

## Deluxe Grilled Chicken Sandwiches

Yield: 4 Servings

- 1 lb breast of chicken, cut into
- 1 strips
- 1 md green pepper thin, Sliced
- 1 md red bell pepper thin, Sliced
- 1 md onion thinly, Sliced
- 4 oz monterey jack (or  
-mozzarella)
- 1 cheese, Sliced
- 1/4 t garlic powder
- 1 T taco seasoning
- 1 salt and pepper, To Taste
- 4 sesame seed buns
- 1/2 t basil, Dried

In medium fry pan saute chicken breast, sprinkle with garlic powder, salt, pepper and taco seasoning. Mix through thoroughly, add peppers, onion, saute till tender, and chicken is no longer pink. Butter outside of sliced sub buns sprinkle with basil if desired, place in toaster oven for 3 minutes to melt butter, and crisp bun. Remove bun, and put chicken mixture in bun. Top each sandwich with grated cheese. Place back in toaster oven open until cheese bubbles and begins browning. Serve with cucumber spears. Source; kitchen of Marina cheesman



## Djerba-Style Grilled Prawns

Yield: 4 Servings

- 16 whole green prawns backs  
-split open,& deveined
- 2 t harissa paste
- 4 T extra virgin olive oil
- 1 T lemon juice

### TOMATO RELISH =====

- 2 lg ripe tomatoes,diced
- 1 c shallotts,Diced
- 1 lg spanish onion,diced
- 2 t coriander,Chopped
- 1 t cumin,Ground
- 1 T garlic,Chopped
- 2 T capers,Chopped
- 2 T lemon juice
- 2 T light olive oil
- 1 pinch of sugar

Combine harissa paste, olive oil, and lemon juice and baste the cut flesh of the prawns. To make the relish, combine ingredients in bowl & toss lightly. Leave for 20 mins. Grill or broil prawns and serve with tomato relish.

## Down Home Grilled Hamburgers

1/2 c sour cream  
3 green onions -- chopped,  
: with tops  
3 TB bread crumbs  
1/2 ts Worcestershire sauce  
1/2 ts lemon pepper  
1 lb lean ground beef  
4 hamburger buns  
: shredded lettuce  
1 tomato -- 4 slices/hamburger  
1 yellow onion -- 4  
: slices/hamburger  
2 ts mustard  
1 TB mayonnaise  
1 TB catsup

1. Prepare white or yellow sweet onion by slicing in thick slices, place in plastic bag or glass jar with ice water, seal and refrigerate until ready to use. This makes the onions very crisp and juicy.

2. Slice a vine-ripened tomato into thick slices. Mix sour cream, chopped green onions, bread crumbs, Worcestershire sauce and lemon pepper seasoning. Mix this in with the ground meat until combined well. Shape into 4 patties.

3. Cooking the hamburger patties: GRILL: Place meat on grill over hot coals and cook to desired doneness, turning only once or twice. BROIL: Place meat in broiler pan; broil to desired doneness. MICROWAVE: Place meat in a microwave-safe dish and cover loosely with

plastic wrap (made for microwave purposes); vent one edge slightly. Microwave on highest power for 3 minutes. Turn patties over and cook 3 minutes longer or until desired doneness. Rotate the dish 1/4 turn every 1-2 minutes. Drain well.

4. Mix the mayonnaise, mustard and catsup. Blend well.

5. To serve, divide the catsup mixture evenly on the warmed hamburger buns, top with a meat patty, tomato slice, onion slice and shredded lettuce. Also good with alfalfa or radish sprouts.

## Easy Grill Roasted Prime Rib

Yield: 1 Servings

- 1 12 to 15 pound capless prime
- 1 rib (aka export rib),Bone In
- 1 c kosher salt
- 1 c coarse black pepper,Cracked

Rub the prime rib all over with salt and pepper.

In a large kettle grill, start a fire well over to one side. When the coals are well lit, place the rib on the grill grid on the side opposite the coals, being careful that no part of the rib is directly over the coals. Put the lid on the kettle with the vents 1/4 open. Cook for approximately 2 hours, adding a handful of fresh charcoal every 30 minutes or so.

At the 2-hour point, check the rib with a meat thermometer to determine doneness; remove from the fire at 118 F for very rare, 122 F for rare, 126 for medium rare, and so on, adding 4 F for each degree of doneness. Allow to rest for 30 minutes before slicing.

## Entrecote Bercy (Grilled Beef Steak)

Yield: 2 Servings

1 2 6-8 oz each sirloin steak

: salt and pepper

6 TB unsalted butter -- softened  
2 ts parsley -- minced  
2 ts chervil -- minced  
2 shallots -- minced

Sprinkle both sides of the steak with salt and pepper. Grill over a hot fire. While it is cooking, mix--over very low fire in a small pan, with a fork--the butter with the chopped herbs and shallot until creamy.

Just before serving, place half the butter on two hot serving plates. Place the cooked steaks on top and the rest of the butter on the top of the steaks.

Serve very hot.

## Escalibada (Grilled Vegetables)

Yield: 4 Servings

2 red bell peppers  
2 green bell peppers  
2 md eggplants  
4 md tomatoes

### DRESSING =====

1 T parsley, chopped  
1/4 c olive oil  
2 T vinegar  
1 garlic clove, minced

Grill the peppers over moderate heat on the barbecue. Pierce the skin of the eggplants to prevent their skins from bursting & grill them with the peppers for 15 minutes, turning several times. When the skins are blistered & charred, remove from heat. Wrap in a towel & place in a paper bag. Set aside.

Score the skin of the tomatoes with a cross. Grill for 5 minutes, turning occasionally.

When cool, peel the peppers & eggplant & remove the pepper seeds. Peel the tomatoes. Slice the vegetables. Arrange the vegetables on a platter with the tomatoes in the centre.

Toss together the dressing ingredients. Drizzle the dressing over the vegetables. Serve hot or cold as a side dish or as a main course with

bread. Or, combine with other tapas.

NOTE: While these vegetables are best cooked on a grill they can be cooked under the broiler.

### Fettunta Toscana (Grilled Bread With Tomatoes)

Yield: 4 Servings

- 4 lg ripe tomatoes
- 1/4 c basil leaves, torn
- 6 sl country style bread, cut -  
-1/2 thick & halved
- 3 lg garlic cloves, lightly -  
-crushed
- 1 salt & pepper
- 4 T olive oil

Wash the tomatoes & cut them in half. Remove as many seeds as possible & dice them. Set them in a small bowl & combine with the basil leaves. Grill or broil the bread slices & turn them so that both sides are light brown. Rub each slice with a garlic clove. Spoon some of the tomato mixture over the bread, sprinkle with the salt & pepper & drizzle with olive oil. Serve immediately. VARIATION: Fettunta co Rucola. Replace the basil with 1 small bunch of arugula, stems removed & leaves finely diced.

## Firecracker Grilled Alaskan Salmon

Yield: 4 Servings

- 4 6 oz salmon steaks
- 1/4 c peanut oil
- 2 T soy sauce
- 2 T balsamic vinegar
- 2 T scallions, Chopped
- 1 1/2 t brown sugar
- 1 clove garlic, minced
- 3/4 t fresh ginger root, Grated
- 1/2 t red chile flakes, or more to taste
- 1/2 t sesame oil
- 1/8 t salt

Place the salmon steaks in a glass dish. Whisk together the remaining ingredients and pour over the salmon. Cover with plastic wrap and marinate in the refrigerator for 4 to 6 hours. Heat the grill. Remove the salmon from the marinade, brush the grill with oil and place the salmon on the grill. Grill over medium heat for 10 minutes per inch of thickness, measured at the thickest part, turning halfway through cooking, or until the fish just flakes when tested with a fork.



## Foiled Fish On The Grill

Yield: 4 Servings

- 1 lb fish fillets
- 2 T margarine -- not diet
- 1/4 c lemon juice
- 1 T fresh parsley --,Chopped
- 1 t fresh dill weed
- 1 t salt
- 1/4 t black pepper
- 1/4 t paprika
- 1 onion -- thinly,Sliced

Use heavy aluminum foil cut into large squares. Place equal portions of the fish fillets on each piece of foil. In a saucepan, melt margarine. Add lemon juice, parsley, dill, salt and pepper. Stir to blend well. Pour this mixture over the fish, sprinkle with paprika, and top with the onion slices which have been separated into rings. Fold the foil around the mixture and seal using a drugstore fold or other method of sealing tightly. Leave a little space for the food to expand while cooking. Place on hot grill and grill for 5-7 minutes per side. Fish should flake easily when done.

## Galveston Grilled Chicken

Yield: 1 Servings

2 sm chickens 2 1/2- 3 pounds cut  
1 into peices  
1 lemon --,Cut In Half  
6 cloves garlic --,Crushed  
1 T cayenne  
2 T paprika  
1 veg oil  
1 salt --,To Taste

Rub the Chicken pieces with the lemon halves. In a small bowl, mash the garlic with the cayenne and paprika to form a paste. Rub over the chicken pieces. Place the pieces skin side up on a rack in a shallow pan. Let stand in a cool place (do not refrigerate) uncovered for 24 hours. Preheat the grill. If using presoaked wood chips or chunks (chips for gas), or other flavorings, sprinkle over the hot coals or lava rocks. Brush the grill lightly with oil.

Place the dark meat of the chicken on the grill and cover-cook with the vents open over hot or high heat, turning once for 15 min. Add the white meat to the grill and continue to cover-cook, turning once, until both meats are crisp and the juices run yellow when pricked with a fork, 15 - 20 min. longer . Sprinkle with salt and pepper before serving.

## Gegrillte Bratwurst (Grilled Bratwurst)

Yield: 6 Servings

- 6 bratwursts
- 12 oz (1 can) beer
- 1 onion, med., chopped
- 6 peppercorns
- 4 cloves
- 6 hard rolls

Place bratwursts, beer, onion, peppercorns, and cloves in a 3-quart saucepan. Simmer for 20 minutes. Drain. Grill bratwursts 2 to 5 inches from charcoal about 10 minutes, until browned. Sprinkle with water to form a crisp skin. Serve in hard rolls with Dusseldorf-style mustard.

## Glazed Grilled Trout

Yield: 6 Servings

- 6 trout (8 to 10 oz. each) -  
-dressed
- 1/2 c teriyaki baste & glaze -  
-(kikkoman)
- 4 t fresh lime juice
- 1 T finely dill weed -,Chopped  
-(fresh)
- 1 non-stick cooking spray
- 3 limes,cut into wedges

Score both sides of trout with 1/4-inch deep diagonal slashes 1 inch apart. Combine next 3 ingredients; brush trout, including cavities, thoroughly with mixture. Let stand 30 minutes. Coat grill rack with cooking spray; place 4 to 5 inches from medium-hot coals. Cook trout on rack 5 minutes on each side, or until fish flakes easily with fork. Brush occasionally with baste & glaze mixture; serve with lime wedges. (Or, broil trout on rack of broiler pan 5 minutes on each side, brushing occasionally with baste & glaze mixture.)

## Go With Everything Sauce For Grilling

Yield: 8 Servings

2 c ketchup  
3/4 c powdered sugar  
1 T worcestershire sauce  
1/4 t tabasco sauce -- \* see note  
6 T molasses  
1/4 t garlic salt  
1/2 t liquid barbecue smoke® -- \*\*  
1 see note

\* Use more Tabasco sauce if you like it hotter. \*\* Liquid Smoke is optional.

Mix all ingredients in a saucepan. Cook and stir over medium heat until boiling. Keep warm on low heat until ready to serve. Pour over grilled meat or poultry.

## Golden Delicious Grill

Yield: 4 Servings

- 1 c (4 oz.) cheddar, Shredded
- 1 cheese, divided
- 4 reduced calorie, Slices
- 1 whole wheat bread, Toasted
- 1 golden delicious apple
- 1 cored & thinly, Sliced
- 1 divided
- 4 T finely green, Chopped
- 1 onions, divided.

Sprinkle 2 T. Cheese On Each Slice Of Bread; Arrange Apple Slices Evenly Over Cheese. Grill 5 To 6 Inches From Heat Until Cheese Melts. Sprinkle Each Sandwich With 1 T. Green Onions & 2 T. Additional Cheese. Grill Until Cheese Melts.

## Golden Grill Barbeque Sauce

Yield: 1 Servings

1/4 c sugar  
2 T cornstarch  
1/2 t allspice  
1/2 t cloves,Ground  
1 c fresh orange juice  
2 T vinegar  
4 T butter

Combine sugar, cornstarch, allspice and cloves in a small saucepan. Slowly stir in orange juice and vinegar. Stir constantly over medium heat until sauce thickens. Boil for three minutes. Stir in butter.

## Grill Broiled Sirloin Steak

Yield: 1 Servings

- 1 beef sirloin steak, cut
- 1 1-inch thick
- 1 salt
- 1 pepper

Place steak on grill over ash-covered coals so the surface of steak is 2 to 3 inches from the heat. Broil at moderate temperature. When one side is browned, turn, season and finish cooking on the second side. Turn and season. A steak cut 1 inch thick requires 18 to 20 minutes for rare and 20 to 25 minutes for medium.



## Grill Chicken With Havana Sauce

Yield: 8 Servings

28 oz plum tomatoes, drained and  
1/3 c olive oil  
1/4 c white wine  
1 T white vinegar  
3 green onions, chopped  
4 c garlic, minced  
1/2 t salt  
1/2 t pepper  
2 t celantro, minced  
8 chicken, breasts , skin re  
1 pepper, Ground

In lg. bowl combine all the ingredients for the sauce. Mix well, cover and refrigerate over night. Heat an outside grill and let the sauce come to room temp. Sprinkel the chicken with lime juice and with salt and pepper, as you like. Place on grill and cook for about 6 min per side or until brown. brush the sauce on the chicken throughout the grilling and top each with more sauce when serving.

## Grill Poached Salmon

Yield: 6 Servings

- 2 lb salmon fillets -- (or  
-steaks)
- 2 T butter
- 1 t salt
- 6 sl lemon -- (thin)
- 1/2 c white wine
- 1 few grains pepper

Cut salmon into serving-size pieces. Place each piece on a square of heavy duty aluminum foil. Double thickness of foil may be used. Sprinkle salmon with salt and pepper, top with butter, a slice of lemon and drizzle with wine. Close package securely and cook on the grill for 20-30 minutes or until fish flakes easily when tested with a fork.

## Grilled 'napalm' Shrimp

Yield: 1 Servings

2 lb shrimp 20-26 count  
1 lg habanero chile stem removed  
1 chopped  
1/2 stick butter  
1 1/2 T onion --,Chopped  
1 T cayenne  
2 t worchestershire sauce  
1 t lemon juice  
1/2 t pepper  
1/2 t paprika  
1/2 t cumin seed --,Ground  
1 T brown sugar  
1 bambo skewers

First, peel and de-vein shrimp. Wash, drain and place on skewers 5-6 per skewers. Saute onions and garlic in butter, remove from heat and place in blender. Add cayenne, worchestershire sauce, lemon juice pepper, cumin, brown sugar and the habaneros with seeds. Blend till smooth. Brush onto the shrimp skewers and marinate for 30-60 min. in fridge. Start grill and cook till opaque and slightly crispy. dust with paprika and serve.

## Grilled Acorn Squash~ Mushroom & Asparagus

Yield: 4 Servings

- 4 acorn squash -- and, Halved
- 1 cleaned
- 1 salt and pepper --, To Taste
- 4 sprigs rosemary
- 4 T onions --, Minced
- 4 T celery --, Minced
- 4 T carrots --, Minced
- 4 T olive oil
- 2 c vegetable stock
- 1 lb quinoa -- washed
- 2 lb fresh mushrooms -- wild
- 2 lb asparagus -- pencil
- 1 preferred

Rub acorn squash with salt, pepper, oil and rosemary vigorously, inside. Grill face down for 8 minutes. Turn over, put rosemary inside and cook, covered for 20 minutes.

In a pot, place onions, celery, carrots and 1 tablespoon olive oil and cook. Add stock and quinoa and bring to a boil. Cover tightly and simmer for 10 minutes. Uncover squash, place quinoa mixture inside squash and cover. Cook for an additional 10 minutes.

Lightly toss mushrooms and asparagus with olive oil, salt and pepper.

Grill for 3 minutes on each side. Serve squash with quinoa inside and have mushrooms and asparagus flowing around.

## Grilled Angel Food Cake With Nectarines & Blu

Yield: 6 Servings

6 ripe nectarines  
3 T powdered sugar  
1 zest of 1 lemon, Grated  
1 juice of 1/2 a lemon  
6 sl angel food cake  
1 pt fresh blueberries

Prepare grill & cover to build an intense heat. Remove nectarine pits & slice each one into 6 slices. Combine sugar, zest, lemon juice in a small bowl. Place 6 nectarine slices on a skewer & place on grill. Cook 5 minutes, turn & baste with glaze. Cook & baste for another 7 minutes.

When fruit is just about done, toast cake slices on a cooler part of the grill, turning once. Serve toasted cake with grilled nectarines & handfuls of blueberries.

## Grilled Apple-Nut Stuffed Pork Chops

Yield: 4 Servings

### APPLE NUT STUFFING =====

1 c soft bread crumbs  
1/2 c apple, chopped  
2 T pecans, chopped  
1/4 t nutmeg  
1/4 t salt

### PORK CHOPS =====

4 pork chops, 1 thick  
1/4 c margarine (or butter), melt  
1/4 c orange juice  
1/4 t nutmeg

Prepare apple-nut stuffing by mixing all ingredients. Cut a deep pocket in each pork chop on meatiest side of bone. Press about 1/3 cup stuffing into each pocket. Secure with toothpicks. Mix margarine, orange juice and nutmeg. Cover and grill pork 4-5" from medium-low coals about 40-45 minutes, brushing occasionally with orange juice mix and turning 3-4 times, until pork is no longer pink in center. Remove toothpicks.

## Grilled Asian-Spiced Mango & Chicken

Yield: 4 Servings

- 1/2 c reduced-sodium soy sauce
- 1/4 c olive oil
- 1 T garlic,minced
- 1 T fresh ginger,minced
- 1 T juniper berries,crushed
- 1 T orange peel,Grated
- 4 boneless chicken breasts  
-skinless (about 1-1/2 lb
- 2 firm,ripe mangoes,(about 2  
- lb total)
- 2 oranges
- 1 T coriander,Ground
- 1 T chinese five spice powder
- 1/4 t salt
- 1/4 t pepper
- 1/4 c balsamic vinegar
- 1 T dijon mustard
- 6 c frisee salad greens,(about  
-1/2 lb),root ends
- 8 c butter leaves,(about 1 lb)  
-rinsed and c
- 1/2 c raspberries (optional)

In a large bowl, combine soy, oil, garlic, ginger, juniper berries, and orange peel. Add chicken; marinate 15 minute, turning often.

Meanwhile, with a sharp knife, cut skin from mangoes. Cut 2 rounded cheeks from each pit. Trim remaining 1/2-inch of flesh from edge of each mango; mince these trimmings and reserve for mango vinaigrette.

Cut and discard peel and white membrane from oranges. Slice each orange crosswise into 6 rounds; set aside.

Combine coriander, five spice, salt, pepper. Lift chicken from marinade; place on a baking sheet (reserve marinade for basting). Set mango cheeks on a lightly oiled grill above a solid bed of hot coals in a barbecue with a lid, or use a gas grill on high heat (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Baste chicken and mango with reserved marinade. Using a spatula, turn chicken and mangoes when they start to brown, in about 5 minutes. Baste again; cover barbecue. Let chicken and mango cook until no pink remains when chicken is cut in thickest part, about 15 to 20 minutes; turn and baste chicken and mangoes every 5 minutes (depending on mango ripeness, cooking time may be less than for the chicken; remove mangoes when soft and seared).

Meanwhile, combine minced mango with vinegar and mustard. Mix with frisee and lettuce. Evenly divide among 4 dinner plates.

Lay mangoes cut side down; slice each into 3/8-inch wide slices, starting 1/2 inch from top down through wide bottom end. With a wide spatula, transfer slices to plates atop greens. Gently fan slices apart. Lay chicken and oranges next to mangoes; sprinkle with raspberries.



## Grilled Asparagus & Ginger-Lemon Vinaigrette

Yield: 1 Servings

1 no ingredients

1 lb Young Tender Asparagus  
1 TB Fresh Ginger -- very finely  
: minced p  
1/3 c Fresh Lemon Juice  
1/2 c Light Vegetable Oil  
1 1/2 TB Toasted Sesame Oil  
1 ts Sugar  
: Salt And Freshly Ground  
: Pepper To Taste  
: Garnish--  
1 TB Lightly Toasted Sesame  
: Seeds

Lightly oil asparagus and season with salt and pepper. Grill over hot coals until crisp tender and serve warm or at room temperature with Ginger Lemon Dressing drizzled over. Garnish with toasted sesame seeds.

## Grilled Asparagus With Lemon Dip

Yield: 4 Servings

- 2 T olive oil
- 1 lb asparagus, ends broken off
- 1 salt and, Freshly Ground  
-pepper
- 1 lemon dip
- 1/4 c mayonnaise
- 1 t lemon rind, Grated
- 2 T lemon juice
- 1 pepper, Freshly Ground

Preheat grill to high. Brush oil on asparagus. Place across grill and cook for 2 to 3 minutes per side or until crisp-tender. Season with salt and pepper.

To make lemon dip, combine ingredients. Season to taste. Eat with fingers. Serves 4

## Grilled Balsamic Veal Chops

Yield: 4 Servings

- 2 shallots
- 2 garlic cloves
- 2 sprigs fresh rosemary
- 3 c balsamic vinegar,divided
- 1/2 c olive oil
- 1/2 t kosher salt
- 1/2 t black pepper
- 4 veal chops,10 oz each
- 1 c balsamic vinegar
- 4 t basil-infused oil
- 4 sprigs fresh thyme (garnish)

To be served with Balsamic Ratatouille and Mashed Potatoes w/Mascarpone Cheese & Roasted Garlic

1. Roughly chop shallots, garlic and rosemary. Place in a casserole dish large enough to hold the veal chops, along with 2 cups balsamic vinegar and the olive oil, salt, and pepper. Add chops, cover, and marinate in the refrigerator for 6 to 8 hours.

2. Remove veal chops from marinade. Place on a hot grill. Cook at medium temperature, turning once, for 9 to 13 minutes, until done to your liking. If using a gas grill, the barbecue experts who staff the Weber Grill Line (1-800-474-5568) recommend grilling the chops over medium heat using the indirect method until chops reach 160 degrees

for medium and 170 degrees for well-done.

3. Meanwhile, reduce remaining 1 cup balsamic vinegar by placing it in a small saucepan. Heat over low heat, stirring frequently, until thick and syrupy, about 8 to 10 minutes. (Do not let vinegar boil rapidly or it will burn.) You will get about 4 teaspoons.

4. To assemble: On a warm plate, place 1/4 of the ratatouille in the center of each plate. Place 1/4 of the mashed potatoes on top of each serving of ratatouille. Drizzle 1 teaspoon basil oil over each serving of potatoes. Lay grilled chops over potatoes and drizzle 1 teaspoon reduced balsamic vinegar over each. Garnish with thyme sprigs.

## Grilled Bananas

Yield: 6 Servings

12 green bananas

Confectioners sugar

Grill unpeeled bananas 4 inches from medium coals, turning once, for 20 minutes or until peel is black and bananas soft. Split and sprinkle with sugar. Serve banana in peel, slit and topped with sour cream and toasted coconut.

## Grilled Barbeque Chicken Breasts

Yield: 4 Servings

- 4 whole chicken breasts --
- 1 boneless, skinless
- 2 T peanut oil
- 1 salt --, To Taste
- 1 black pepper -- to, Ground
- 1 taste
- 1 c barbeque sauce
- 1 watermelon pico de gallo
- 1 (separate recipe)

Preheat grill. Make sure grates are clean and lightly rubbed with oil. Brush chicken breasts with 2 tablespoons peanut oil and season with salt and pepper. Place on grill and cook for 5 minutes, basting with prepared barbeque sauce. Turn over, baste with barbeque sauce, and cook for about 5 minutes more or until juices run clear.

## Grilled Beef Blade Steaks With Spicy Orange

- 6 1
- 2 lg bell pepper -- quartered
- 2    zest of
- 1 c  orange juice
- 1/3 c  vegetable oil
- 2    cloves garlic
- 1 tb soy sauce
- 1 ts cider vinegar
- 1/2 ts salt
- 1 ts red pepper flakes
- 1    boneless beef blade steaks
- 1    pierced all over
- 1    navel oranges

In a large shallow pan arrange the blade steaks in one layer and add the bell peppers . In a blender, blend the orange zest, juice, oil, garlic, soy sauce, red pepper flakes, vinegar, and the salt until the marinade is smooth, pour over the steaks and the peppers coating them thoroughly and letting the mixture marinate, covered and chilled overnight.

Grill the steaks and the peppers, discard the marinade, on an oiled rack 5-6 inches over the coals for 8 min. each side for med-rare. Transfer the steaks to a platter and let the steaks stand for 5 min.

## Grilled Beef Kabobs

Yield: 1 Servings

- 1 lb stew meat -- cut into 1
- 1 inch
- 1/2 c teriyaki sauce
- 1/3 c dry red wine
- 1 T worcestershire sauce
- 1/2 t garlic salt
- 1 unseasoned meat,Instant
- 1 tenderizer
- 1/2 sm pineapple (or),Canned
- 1 lg green pepper -- cut into 1
- 1 inch
- 1 lg onion -- cut into 1 inch

Place meat in bowl. Mix teriyaki sauce, wine, worcestershire sauce, and garlic salt. Pur over meat. Cover and refrigerate overnight or let stand at room temperature for 2 hours, stirring occasionally. Drain meat, reserving marinade. Sprinkle meat with tenderizer according to package

directions. Prepare pineapple, cut into wedges. On four skewers thread meat alternately with green pepper, pineapple, and onion. Grill over hot coals 8 minutes, baste with marinade. Turn, grill 7 minutes more. (Or broil 4-5 inches from heat for 8 minutes, turn, baste, then grill 7 minutes more). Brush once more.



Yield: 4 servings.

## Grilled Beef Tenderloin With Red Wine & Pis

Yield: 4 Servings

- 2 c beef (or veal stock)
- 2 c dry red wine - preferably  
-pinot noi,r
- 1/2 c roasted garlic cloves
- 1/2 c shallots,Chopped
- 1/2 c fresh parsley,Chopped
- 1 ds each salt and pepper - (or  
-to)  
- taste
- 1/4 c toasted pistachios,chopped
- 1/4 c sunflower seeds -,Toasted  
-chopped
- 2 lb beef tenderloin - cut in 8  
-oz. stea,ks
- 2 T olive oil (or corn oil)
- GARNISH =====
- 4 fresh parsley sprigs

Preheat grill or broiler.

To make Red Wine Sauce: In a large saucepan, combine the stock, red wine, 3 tb. of the roasted garlic, shallots and 1/4 cup of chopped parsley. Bring to a simmer over medium heat; cook until reduced to coat the back of a spoon, about 20 minutes. Transfer to a blender;

puree until smooth. Strain through a fine sieve into another saucepan, then adjust the salt and pepper. Stir in the remaining parsley; reduce heat to low.

In a small bowl, combine the remaining garlic, pistachios, sunflower seeds and 2 tb. of the Red Wine Sauce. Mix well. Rub the surface of the steaks with the oil.

Grill steaks until well-seared on the surface, about 5 minutes. Turn over and cook until you reach desired doneness, about 4 minutes for medium-rare, depending on the thickness.

Brush tops of steaks with a small amount of Red Wine Sauce, then press the steaks, top side down, into the pistachio mixture, coating the surface well. Position the steaks on serving plates, spoon the remaining sauce around them, garnish with parsley sprigs and serve.

## Grilled Blue Cheese Slices

Yield: 8 Servings

- 1/4 c (1/2 stick) margarine or  
-butter, softened
- 1/4 c blue cheese, Crumbled
- 2 T parmesan cheese, Grated
- 1/2 loaf (1 lb.) french bread

Mix margarine and cheeses. Cut bread horizontally in half. Spread one cut side with cheese mixture. Top with remaining bread half. Wrap in heavy-duty aluminum foil. Grill bread 5 to 6 inches from medium coals about 6 minutes, turning once, until hot. Yield: 8 Slices.

Grilled Pepper Cheese Slices: Omit Parmesan cheese. Substitute 1/2 cup shredded pepper Jack cheese for the blue cheese. Mix margarine and cheese.

Grilled Herb-Lemon Cheese Slices: Omit blue cheese and Parmesan cheese. Mix margarine, 2 tsp. chopped fresh herbs or 1/2 tsp. dried herbs, 1 tsp. lemon juice and dash of salt.

## Grilled Bluefish Wrapped In Mammoth Basil Leaf

Yield: 4 Servings

10 mature mammoth basil leaves- (fresh)  
1 1/2 lb bluefish  
4 T pesto

Heat outdoor grill. Soak the Mammoth basil leaves in water. Slice the bluefish into strips 2 inches wide, making 8 slices. Spread pesto on each slice of fish. Wrap each slice in a Mammoth basil leaf, securing with a toothpick or wooden skewer. Place the wrapped fish on the hot grill over glowing coals, 6 inches from the heat. Cover the grill and cook for 5 minutes on each side.

## Grilled Bourbon Tri-Tip

Yield: 8 Servings

4 to 6 pounds tri-tip  
BOURBON MARINADE =====  
2 lg red onions  
1/2 c fresh rosemary  
1/2 c fresh mint leaves  
1/2 c bourbon  
1 T salt  
3/4 c to 1 cup balsamic vinegar  
2 c tomato juice  
6 to 12 garlic cloves  
1/2 c soy sauce

1. Combine all of the ingredients for the marinade in a food processor fitted with the metal blade.
2. Place the tri-tip in a glass, ceramic, or plastic pan and pour the marinade over it. let sit for 2 hours at room temperature or up to 3 days refrigerated.
3. To grill, have the coals hot and set them on each side of a kettle-type barbecue. For a smokier flavor, add several handfuls of soaked smoke chips to the hot coals. Place the meat on the grill and

cover with the lid. Grill for about 30 minutes or until a meat thermometer inserted into the center reaches 120 degrees for rare or 130 degrees for medium.

Can prepare the marinade up to 7 days in advance and refrigerate. Can marinate for up to 3 days refrigerated.

### Grilled Breast Of Chicken W/Maple Whiskey Gla

Yield: 2 Servings

- 1 t thyme,Dried
- 2 chicken breasts\* boned,skin
- 1/2 c pure maple syrup
- 3 T jack daniel's whiskey
- 1 T vegetable oil

\*Note: Chicken breasts should be boned, skinned & split. Rub thyme over both sides of chicken breasts. Combine syrup, whiskey and oil. Marinate breasts in the refrigerator for several hours. Grill or broil breasts, basting frequently with marinade for a shiny brown glaze. (Glaze burns easily, so watch carefully.)

## Grilled Butter "Fly Pattern" Pork Chops

Yield: 6 Servings

2 T olive oil  
1 sm onion,minced  
3 lg cloves garlic,minced  
1 t cumin,ground  
1/4 t red pepper,ground  
1 c ketchup  
1/2 c malt vinegar  
1/4 c soy sauce  
1/4 c light brown sugar  
2 T worcestershire sauce  
1/4 t liquid smoke  
6 pork chops,butterflied

1. Heat oil in medium saucepan over medium heat. Add onion, garlic, cumin and red pepper. Cook, stirring often, until onion is tender; 5 minutes. Add all remaining ingredients except pork chops. Simmer gently, stirring often, until slightly thickened, about 10 minutes. Sauce can be refrigerated several weeks.

2. Prepare a medium-hot charcoal fire. When coals are coated with gray ash, add chops. Grill, turning once, until cooked, 6 to 7 minutes per side. Brush with sauce about 5 minutes before finished.

## Grilled Butterflied Leg Of Lamb

Yield: 6 Servings

- 4 lb leg of lamb, butterflied  
-(approx)
- 2 t salt
- 2 garlic cloves, chopped
- 1 c olive oil
- 2 lemons, juiced
- 1/3 c tomato paste
- 2 t rosemary
- 1/2 t black pepper, ground coarse
- 1/2 t marjoram
- 1/2 t oregano
- 1/2 t savory

Have the butcher butterfly the leg of lamb, or do it yourself.

Combine all remaining ingredients in a glass, enamel, stainless, or plastic container and beat with a whisk or fork until combined. It takes a few minutes.

Add the lamb, turning it to make sure it is coated on all sides. Marinate two hours at room temperature, or overnight in the refrigerator.



Check occasionally to make sure that it is still coated with the marinade and re-cover as necessary.

Grill outside, or broil inside at about 8 inches from the flame for 15 minutes on each side, brushing occasionally with the marinade. Serve sliced thin (hot) with the rest of the marinade, heated.

### Grilled Calamari A La Erie Cafe

#### MARINADE =====

- 1 t fresh parsley, chopped
- 1 T garlic, finely chopped
- 1 T lemon juice
- 1 T olive oil
- 1/4 t salt
- 1/2 t paprika
- 1/2 sm jalapeno chile, seed/mince
- 1 lb squid, cleaned/in 1 rounds

#### SAUCE =====

- 1 T garlic, finely chopped
- 1 T fresh rosemary, fine chop
- 1/2 c dry white wine
- 1/2 c clam juice
- 1 T lobster base, \*
- 2 T whipped butter

\* Lobster base is a glaze sold in gourmet food shops and some supermarkets

1. Prepare marinade: Thoroughly whisk together all marinade ingredients in a glass or stainless-steel bowl. Add squid pieces and marinate at least 3 hours, stirring occasionally.

2. To make sauce: About 15 minutes before serving time, combine

garlic, rosemary, wine, clam juice and lobster base in a non-aluminum saucepan. Bring to a gently simmer over medium heat, then simmer for

4 minutes. Remove from heat and whisk in the butter. Keep warm.

3. Remove squid from marinade, draining well. Grill for 4 to 6 minutes, turning as needed, until just firm. (An open grill or a well-heated, ridged grill pan may be used. You may need to use a grill basket to hold the squid pieces if the spaces on your grill are too wide to hold them.)

4. Shake saucepan to recombine sauce if necessary, then add cooked squid. Raise heat to high and cook for 1 minute, stirring to coat all pieces well.

5. Serve with an extra dab of sauce.

### Grilled Cardamom Nan Bread

Yield: 8 Servings

- 1 envelope active dry yeast
- 1 1/4 c lukewarm water (110f-115f)
- 1 T honey
- 1 T olive oil + extra
- 3 1/2 c bread flour
- 1 T salt
- 1 T cardamom, Ground

In a large bowl, dissolve yeast in the water and stir in the honey. Let stand until foamy, about 10 minutes. Add the 1 T oil, the flour, salt and cardamom and stir until the dough forms a cohesive mass.

Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 6 minutes. Divide the dough into 8 pieces and shape each piece into a ball. Set the balls on an oiled baking sheet and brush with oil. Cover loosely with plastic and let rise in a warm place until doubled in bulk, 1 to 2 hours. (Dough can be refrigerated overnight - punch down balls before proceeding)

On a lightly floured surface, roll out each ball of dough to an 8-inch disk. Arrange them on 3 oiled baking sheets and let rest for 20 minutes.

Light a grill or heat a grill pan or cast-iron skillet. Brush each nan lightly with olive oil and grill for about 1 minute, until golden on the bottom and light bubbles form on the top. Turn and cook until golden all over, about 1 minute. Keep warm while you cook the remaining nan.

## Grilled Cervena Striploin On Mixed Root Veget

Yield: 8 Servings

- 1 cervena and marinade
- 2 cervena striploins (5-6  
-ounces per, person)
- 2 cloves garlic, Minced
- 2 md shallots, peeled and sliced
- 1 T fresh thyme, leaves only
- 1/4 c olive oil
- 1 t black pepper, Freshly Ground
- 1 root vegetables
- 6 md red bliss potatoes, boiled,  
-peeled, and dic
- 3 md red beets, boiled, peeled  
-and, Diced
- 2 md celery roots, diced and  
-boiled
- 2 md parsnips, diced and boiled
- 2 md carrots, diced and boiled
- 1 salad dressing and garnish
- 4 md red onions, peeled and  
-sliced julie, nne
- 3/4 c virgin olive oil
- 1/2 c red wine vinegar
- 2 t dijon mustard

- 2/3 c chicken stock
- 6 scallions, sliced thin
- 4 T cilantro, chopped
- 1 salt and pepper, To Taste
- 2/3 c arugula, Chopped
- 1 lime juice
- 1 granny smith apple  
-(optional), cut, into th
- 2 tortillas (optional), Sliced  
-into th, in stri

**METHOD** Combine all marinade ingredients in a bowl. Rub mixture all over striploins, wrap in plastic wrap, and refrigerate overnight. Cook all of the root vegetables individually in salted water until tender but not soft. Test by tasting. Drain the water and cool off on a sheet pan. Prepare the dressing for the root vegetables in a medium skillet. Sauté the onions in the olive oil over medium heat for one minute, stirring with a wooden spoon. Stir in the Dijon mustard, red wine vinegar, then add the chicken stock. Bring to a boil, then season with salt and fresh pepper. Toss the root vegetables and the warm dressing in a stainless bowl (leave out the beets for later). Cover the salad and let stand at room temperature until needed. Unwrap the striploin, season with salt and grill over medium heat until medium rare, 3-4 minutes on each side, and let rest. Toss the cilantro, scallions, and beets into the salad, adjust salt and pepper if necessary. Spoon salad on plate. Slice meat over salad. Garnish with arugula, apples and tortillas, if desired. Yield: 8 servings

## Grilled Chayote Squash (Or Pear Fruit)

Yield: 1 Servings

1 1 chayote fruit -- per servi

- : needed
- : cracked pepper -- to taste
- : olive oil -- as needed
- : mozzarella cheese -- to
- : taste

Wash and dice chayote squash. Season with fresh cracked fresh pepper to taste. Add splash of olive oil and 2 pinches of mozzarella cheese. Bake in= aluminum foil pan on a covered charcoal grill (bake away from the coals).

## Grilled Cheese Gobblers

Yield: 4 Servings

8 sl sourdough (or multigrain)  
1 bread  
1/2 c cranberry sauce  
6 oz turkey, cooked and sliced  
4 oz cheddar cheese, mild or  
1 sharp, thinly sliced  
1 butter

Spread 4 slices of bread with cranberry sauce: top with turkey, cheese and remaining bread slices. Lightly spread outside of sandwiches with butter; cook in large skillet over medium-low heat until browned on both sides.

Makes 4 servings.

## Grilled Cheese-Chipotle Sandwich

Yield: 2 Servings

- 4 sl white (or wheat bread)
- 2 t pureed chipotle chiles
- 5 oz cheese (or thinly), Shredded  
-sliced
- 1 ripe tomato, sliced
- 1 thinly red onion, Sliced
- 1 cilantro leaves coarsely  
-chopped
- 1 soft butter

SPREAD EACH PIECE OF BREAD with thin coating of pureed chiles, or more if you like your sandwich really hot. Cover bottom slice with layer of cheese, tomato and onion slices and as much cilantro as you like. Top with second slice of bread and butter it. Place sandwich, butter-side down, in cast-iron skillet. Spread top piece of bread with butter as well and cook sandwich slowly. When golden brown on bottom, turn it over and cook on the other side. Covering pan will help melt cheese by the time bread is crisped and golden. Eat right away with something very cold to drink.

## Grilled Chicken & Red Pepper Taco

Yield: 6 Servings

- 1 1/2 lb boneless,skinless chicken b
- 2 red bell peppers roasted pee
- 2 stalks celery,washed and sl
- 1 med red onion,peeled and ch
- 1/2 c black beans (about 2,Cooked
- 1/4 c cilantro leaves,Chopped
- 1/4 c balsamic vinegar
- 1/4 c oil
- 1/4 c orange juice
- 1/4 c lime juice
- 2 cloves garlic,peeled and mi
- 1 t coriander seed,Ground
- 1/2 t pepper
- 1/2 t salt
- 1/4 c sour cream (or non-fat  
-yogurt)
- 6 (8-in) flour tortillas

LIGHT A GRILL OR PREHEAT a broiler. Pound the chicken breasts to an even thickness, and grill or broil on both sides until cooked through, but not dried out, about 4 minutes on a side. It makes sense to grill the peppers at the same time. Slice, and set aside. Combine the bell peppers, celery, onion, black beans and cilantro in a mixing



bowl. Combine the vinegar, oil, orange juice, lime juice, garlic, coriander, pepper. Combine with salt and sour cream or yogurt in a jar with a tight-fitting lid. Shake well, and pour the dressing over the vegetables. Marinate the vegetables for 1 hour at room temperature. Place a large skillet over medium heat, and grill the tortillas for 30 seconds on a side to soften. To serve, divide the chicken among the tortillas, placing it at the center of the tortilla. Divide the vegetables and their dressing on top of the chicken, and roll the tortilla into a cylinder. Serve immediately; the dish should be at room temperature. Serves 6. Note: The chicken breasts, vegetable mixture and dressing can all be prepared a day in advance. Do not marinate the vegetables for more than 1 hour. Cover with aluminum foil to reheat. Reheat the chicken in a 300F oven for 15 minutes.

## Grilled Chicken Adobo

Yield: 6 Servings

10 chicken breast halves,\*  
1/4 c achiote sauce base,below  
1 c orange juice  
2 T vegetable oil  
1 t basil leaves,dried  
1 t cinnamon,ground  
1/2 t salt

### ACHIOTE SAUCE BASE =====

1/3 c achiote seeds  
-(annottoseeds)  
1/3 c orange juice  
1/3 c vinegar,white  
1 t red chiles,ground  
1/2 t pepper  
1 clove garlic

\* There should be 10 breast halves (about 3 1/2 lbs) which should be boneless and skinless. Place chicken breasts in shallow glass or plastic dish. Mix remaining ingredients and pour over the chicken. Cover and refrigerate for at least 2 hours. Remove chicken from marinade and set the marinade aside. Cover and grill the chicken to 6 inches from medium coals for 10 to 20 minutes. Turn the chicken; cover and grill, turning and brushing with the marinade 2 to 3 times, until done, about 10 to 20 minutes longer. Heat remaining marinade

to boiling; boil uncovered until thickened, 8 to 10 minutes. Serve with the chicken.

#### ACHIOTE SAUCE BASE:

Cover the achiote seeds with boiling water. Cover and let stand at least 8 hours. Drain seeds. Place seeds and remaining ingredients in food processor workbowl fitted with steel blade. Cover and process until the seeds are coarsely ground.

### Grilled Chicken Appetizer Roll-Ups

Yield: 16 Servings

- 4 boneless, skinless chicken
- 1 breasts (about 1 lb)
- 1 salt and pepper, To Taste
- 2 T olive (or vegetable oil)
- 2 T lime juice
- 1 md clove garlic, minced
- 8 oz port wine (or sharp cheddar)
- 1 cold pack cheese food
- 1 softened
- 8 flour tortillas
- 1/3 c green onions, Chopped
- 1/2 c sour cream

Cut chicken breasts in half lengthwise. Salt and pepper chicken. Combine oil, lime juice and garlic; marinate chicken 30 minutes or longer. Remove from marinade. Grill or barbecue chicken 10 to 12 minutes, turning once, until chicken is just cooked though (or saute in nonstick skillet 10 to 12 minutes). Divide cheese in half; reserve one half.

To make each roll-up, spread 1 tablespoon cheese on lower third of tortilla. Lay 1 chicken strip across; sprinkle with a little green

onion.

Fold in sides of tortillas; roll up tightly. Wrap in foil (can be made ahead and refrigerated). To serve, warm on grill or barbecue for 8 to 10 minutes. (Or warm in oven at 350 degrees for 8 to 10 minutes.) Meanwhile, combine reserve softened cheese and sour cream.

Remove roll-ups from foil; cut in half diagonally. Serve with cheese sauce for dipping or salsa.

## Grilled Chicken Breast Sandwiches With Roaste

Yield: 6 Servings

1 6 chicken breast halves

: without skin -- boned &  
: skinned

5 TB olive oil  
1 TB black pepper -- cracked  
2 TB fresh thyme  
2 red bell peppers  
1/2 c mayonnaise  
1/4 c Dijon mustard  
1 ts Worcestershire sauce  
1 ts red wine vinegar  
1 ds salt  
3 oz arugula leaves  
3 red ripe tomatoes -- for  
: slicing  
12 sl multi-grain bread

STEP ONE: For the Chicken-- Rub the chicken breasts with 3 tablespoons of the olive oil, the black pepper, and thyme leaves. Cover and refrigerate a minimum of 6 hours, preferably overnight.

Remove from refrigerator  
1 hour before cooking.

STEP TWO: For the Peppers-- Preheat oven to 500 degrees and place 2 red bell peppers on the rack and roast. Turn the peppers occasionally until the skins are completely charred (20 to 30 minutes). Place the peppers in a paper bag and seal the top. This allows them to steam and aids in peeling. Remove the peppers from the bag and remove the skins with your fingers. Sometimes a little cold running water helps. Remove the cores and seeds and slice into 1/4-inch strips. Toss the peppers with 2 tablespoons olive oil and store in a glass container until ready to use.

If a charcoal fire is available, you can roast the peppers directly on the coals. This can be very tricky, so you need to watch them constantly. As the peppers begin to char, turn them so they char evenly. Once you have an even char, proceed as in oven roasting. The charcoal roasting imparts a smoky flavor that enhances the sandwich.  
STEP THREE: For the Sauce-- Mix mayonnaise, Dijon mustard, Worcestershire sauce, red wine vinegar, and dash of salt together well and refrigerate in a glass container until ready to use.

STEP FOUR: Assembling the Sandwiches-- The chicken, peppers, and mustard sauce can be prepared to this point a day in advance. When you are ready to serve the sandwiches, prepare a charcoal fire or preheat the broiler for the chicken and bread. Grill or broil the breasts 6 to 10 minutes per side, depending on the heat of your fire. As they are cooking, brush a little butter or olive oil on one side of 12 slices of the bread. When the breasts are cooked, transfer to a platter and allow to cool slightly, at which time you will need to either grill or broil the bread until slightly toasted. Spread a liberal amount of the mustard sauce on the oiled or buttered side of the bread slices so that the dry sides will be on the outside of the sandwich.

Slice the breasts on a diagonal and place each sliced breast on a slice of toasted bread. Top with some of the roasted pepper strips, 2 slices of tomato, some of the arugula, and the top piece of bread. Cut and serve as you would with any sandwich. Serve immediately.

## Grilled Chicken Breast With Garlic Lemon

Yield: 1 Servings

6 chicken breast halves  
1/4 c olive oil  
2 cloves garlic --,Minced  
2 T lemon juice -- strained  
1 t black pepper  
1 t cumin -- optional,Ground  
1/2 t salt

Place chicken in shallow dish. Combine all ingredients, pour over both sides of chicken. Cover and refrigerate, fish up to 2 hours and chicken overnight if you wish. Grill covered or broil about 10 min. each side until done, serve immediately.

Variation:

Garlic-herb marinade for chicken or fish: Prepare marinade as above, omitting cumin and using only 1/2 teaspoon black pepper. Add 1 teaspoon dried leaf thyme or 1 teaspoon oregano and 1/2 teaspoon minced fresh rosemary.

## Grilled Chicken Breasts

Yield: 8 Servings

- 2 garlic cloves,Sliced
- 1/4 c dry white wine
- 5 t olive oil
- 1 T finely fresh basil,Chopped
- 1 or 1 1/2 ts basil,Dried
- 1 T finely fresh oregano,Chopped
- 1 or 1 1/2 ts,Dried
- 1 salt and pepper
- 1 T finely mint or,Chopped
- 1 1 1/2 ts,Dried
- 8 sm skinless,boneless chicken
- 1 breast halves (about 2#)

IN LARGE SHALLOW BOWL OR BAKING DISH, COMBINE GARLIC, WINE, OLIVE OIL, HERBS AND SALT AND PEPPER. ADD CHICKEN, COATING WELL WITH MARINADE.

COVER AND REFRIGERATE 2 TO 4 HRS., TURNING OCCASIONALLY. PREPARE OUTDOOR GRILL FOR COOKING OR PREHEAT BROILER. PLACE CHICKEN ON COOKING SURFACE OF GRILL OR BROILER PAN. GRILL OR BROIL ABOUT 3 MIN. ON EACH SIDE OR UNTIL NO LONGER PINK IN CENTER. LET STAND 3 TO 5 MIN. BEFORE SLICING.

TO SERVE, CUT EACH BREAST DIAGONALLY INTO THIN SLICES.  
ARRANGE ON PLATE AND GARNISH WITH LETTUCE.

### Grilled Chicken Breasts In Raspberry Vinegar

Yield: 6 Servings

- 4 chicken breasts halves
- 1/4 c chicken stock
- 1 T lemon juice
- 1 shallot, finely chopped
- 1 black pepper
- 1/2 c raspberry (or wine vinegar)
- 2 T olive oil
- 1 t lemon peel, Grated
- 1/2 t tarragon leaves, Dried

Remove excess fat from chicken breasts; place them in sealable plastic bag or non-aluminum bowl. Combine remaining ingredients; pour evenly over chicken breasts. Seal bag or cover bowl; marinate in refrigerator 4 hours or overnight. Turn occasionally. Remove chicken from marinade. Arrange in one layer in large, shallow microwaveable dish, with thicker parts toward outer edges. Pierce skin in several places with sharp knife. Cover with waxed paper. Microwave at high 4 minutes per pound. Turn over and rearrange part-way through cooking. Transfer immediately to preheated grill, skin side up, over low heat. Turn often for even grilling. Cook until tender and juices run clear when chicken is pierced with fork, 10 to 20 minutes.



## Grilled Chicken Breasts With Cilantro-Lime Bu

Yield: 4 Servings

- 1 cilantro-lime butter
- 6 T butter --,Softened
- 1 sm lime
- 1 sm shallot
- 3 T cilantro leaves --,Minced
- 1/4 t salt and pepper --,To Taste
- 1/8 t cayenne pepper
- 1 chicken and marinade
- 2 whole split chicken breasts
- 1 with wings,skin and
- 1 bones (1 1/2 pounds)
- 1 salt and pepper
- 1 md lime
- 2 T olive oil
- 1 1/2 T cilantro leaves

Preparation: For the cilantro-lime butter, cream the butter. Grate 1/2 teaspoon zest and squeeze 1 1/2 teaspoons juice from the lime. Beat zest and juice into the butter. Peel, mince, and stir in the shallot. Stir in the cilantro, 1/4 teaspoon salt, 1/4 teaspoon pepper, and cayenne pepper. Transfer mixture to a sheet of plastic wrap and roll into a 1-inch log; set aside. (Can refrigerate butter overnight or freeze up to 1 month.) For chicken and marinade: Remove

the top two thirds of each chicken wing, leaving the segment nearest the breast meat attached. but off the knobby wing joints and scrape around the bones. Sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper. Squeeze 2 tablespoons lime juice into a nonreactive baking dish. Stir in oil and cilantro and turn to coat each side of chicken breasts in the marinade. Set chicken aside at room temperature for 2 hours (Can cover and refrigerate overnight). Cooking: If the cilantro-lime butter has been refrigerated, bring it to room temperature. Heat a grill, or adjust oven rack to high position and heat broiler. Grill or broil the chicken breasts until the juices run clear when pierced in the thickest part of the breast, turning once, 7 to 8 minutes per side. Serving: Transfer chicken breasts to warm dinner plates and top each with a tablespoon of herb butter.

### Grilled Chicken Breasts With Mango Salsa

Yield: 6 Servings

6 chicken breast halves  
-boneless  
2 T dark soy sauce  
2 T salad oil  
2 T honey  
2 T fresh,strained lime juice  
1/2 t salt  
1/4 t cayenne pepper  
MANGO SALSA =====  
2 mangos (about 1 lb. each) \*\*  
1/2 c finely red onion,Diced  
1/2 c cucumbers - see instructions  
2 peppers,seeded and diced  
1 juice of two limes  
1/2 t salt  
BASICCAPER MAYONNAISE =====  
2 egg yolks  
1 1/2 T strained fresh lime juice  
1/4 t salt,heaping

Cucumbers should be finely dice, unpeeled.-

Trim the chicken breast halves of all fat and gristle and separate the tenderloin. Mix soy, oil, honey, lime juice, salt, and cayenne in a shallow dish just large enough to hold the chicken in one close layer. Marinate the chicken in this mixture for 1 hour at room temperature or for several hours the refrigerator, turning several times. Grill the chicken breasts for 3 to 4 minutes per side, the tenderloins about 2 minutes per side. The chicken may also be sauteed over moderate heat in a skillet lightly filmed with oil. The bottom of the skillet will darken as the honey caramelizes but is easily cleaned.

Cut the breasts in thick slices and fan on dinner plates, placing the tenderloins along side. Spoon the salsa over the top and drizzle with the mayonnaise.

#### MANGO SALSA

Slice the mango flesh from each side of the pit. One half at a time, make an inch cut just inside the skin, then score the flesh in 3/8-inch cubes. Turn skin inside out and free the mango flesh with the knife. Cut the cubes in inch dice, reserving any mushy pieces for some other use. You should end up with about 1 1/2 cups. Combine mango with all remaining ingredients and let sit 30 minutes to blend flavor.

## Grilled Chicken Halves

Yield: 1 Servings

- 2 whole chickens --,Halved
- 8 cloves garlic --,Minced
- 2 T fresh ginger,Crushed
- 2 T myseasoning
- 1 sm jar
- 1 lg jar
- 1 damson plum jam
- 1 pimentos

Rub the chicken inside and out. I mixed everything together in a blender and poked holes in the chicken where I could....and stuck in the fridge for 3 hours this morning. The smell is wonderful! Serving with basmati rice, sliced fresh tomatoes and old fashioned coleslaw.

## Grilled Chicken Italiano

Yield: 4 Servings

- 3 1/2 lb chicken, cut-up
- 1 c italian dressing (i use  
-kraft free, italian)
- 1/4 c dry white wine
- 1/4 t garlic powder

Rinse chicken with cold water and pat dry. Arrange chicken pieces in a glass baking dish. In a med. bowl, combine salad dressing with wine and garlick and pour over chicken. Cover and marinate 2 to 4 hours at room temperature, or overnight refrigerated. Remove chicken from marinade and place on oiled grill set 4 to 6 inches over coals. Grill chicken pieces, turning frequently and brushing with reserved marinade, until browned outside and cooked through, with no trace of pink near bone, about 35 to 40 minutes.

## Grilled Chicken Kabobs

Yield: 4 Servings

2 t mustard, Ground  
1 T worcestershire sauce  
1/2 c water  
1/2 c soy sauce  
1 T vegetable oil  
4 boneless skinless chicken  
1 breast halves  
2 md zucchini -- cut in 1 1/2 in  
1 slic  
1 md onion -- cut in wedges  
1 md green pepper -- cut into  
1 chunks  
12 fresh mushrooms

In a resealable plastic bag, combine the mustard and Worcestershire sauce. Add water, soy sauce and oil; remove 1/3 cup and set aside for basting. Cut chicken into 1 1/2 inch pieces; add to bag. Seal and refrigerate for 1 1/2 to 2 hours. Drain, discarding marinade. Thread chicken and vegetables alternately on skewers. Baste with reserved marinade. Grill over hot coals for 10 minutes. Turn and baste. Cook 10 minutes more or until chicken juices run clear.

## Grilled Chicken Teriyaki

Yield: 4 Servings

- 1/3 c sake (or dry sherry)
- 1/3 c honey
- 3 T teriyaki sauce
- 1/8 t garlic salt
- 1 salt and ppper,To Taste

Place chicken, skin side up, in shallow baking dish. Sprinkle with salt and pepper. Mix together sake, honey, teriyaki sauce and garlic powder. Brush generously over chicken. Place in 400 degree oven for 10 minutes; baste again and cook 10 minutes longer. Remove chicken from oven and place on prepared grill, skin side up; baste thoroughly. Cook 6" from very hot coals for 10 to 15 minutes. Turn chicken briefly to give skin side a crackly finish. Baste bony side with any remaining sauce.

## Grilled Chicken Thighs

Yield: 4 Servings

- 8 lg chicken thighs -- skinned
- 1/2 c soy sauce
- 5 green onions --,Chopped
- 1/4 c lime juice
- 2 T dark brown sugar
- 1 T honey
- 1 t dried red pepper,Crushed
- 1 clove garlic --,Pressed
- 1 lime wedges & parsley for
- 1 garnish

Place chicken thighs in an 11x7x1 1/2 inch baking dish. Combine soy sauce and next 6 ingredients; pour over chicken. Cover and refrigerate, turning occasionally, 8 hours. Drain chicken, reserving marinade. Cook chicken without grill lid, over medium coals (300-350) 10 minutes on each side or until done, basting frequently with reserved marinade. Garnish, if desired.



## Grilled Chicken With Chipotle Chantilly Sauce

Yield: 10 Servings

- 5 whole chicken breasts
  - 1 skinned and, Boned
  - 1 juice from 3 oranges
  - 1/4 c olive oil
  - 2 T cumin, Ground
  - 1/2 t salt
  - 1 chipotle chantilly sauce
- CHIPOTLE CHANTILLY SAUCE =====
- 4 egg yolks
  - 2 T water
  - 1 juice of 1/2 lemon
  - 1 dash salt
  - 1 c butter (or margarine), Melted
  - 1 chipotle chile, stemmed,
  - 1 seeded, finely minced
  - 1/2 c whipping cream, whipped to
  - 1 soft peaks

Arrange chicken peices in large shallow glass baking dish. Combine orange juice, olive oil, cumin and salt, blending well. Pour orange juice mixture over chicken breasts, turning to coat well. Cover and

marinate 4 to 6 hours or overnight.

Grill chicken breasts over mesquite coals or broil in oven 15 to 20 minutes or until cooked, turning once.

To serve, split breasts in halves and serve topped with Chipotle Chantilly Sauce. Serve remaining sauce on side, if desired.

Chipotle Chantilly Sauce:

Whip yolks, water, lemon juice and salt in top of double boiler over very hot water. Slowly add butter in steady stream while continuing to whip yolk mixture.

Whip in chile, then fold in whipped cream. Serve warm. Makes about 2 1/2 cups.

## Grilled Chicken With Creamy Herb Sauce

Yield: 4 Servings

4 chicken breasts cooking  
-sauce  
1/4 c mayonnaise  
1/4 c sour cream (or plain nonfat)  
-yogurt  
1/2 T brown mustard  
1/3 c green onion, Minced  
1 t worcestershire sauce  
1 T lemon (or lime) juice  
2 t basil, Dried  
1/4 t cayenne pepper (or less)  
1/4 t salt

Mix sauce ingredients.

Make a sauce for the table using a small amount of cooking sauce (3 tablespoon ?) mixed with 1 tablespoon sour cream or yogurt and 1/2 teaspoon paprika.

Coat chicken with remainder of cooking sauce.

Grill over moderately hot fire for 12 to 15 minutes, turning every 3 minutes.

Serve with the table sauce. serves 4

## Grilled Chicken With Hazelnut Butter

Yield: 6 Servings

- 6 chicken breast halves without skin
- 1 melted butter, as needed
- 1 garnish, fresh tarragon (or -p)
- 1 hazelnut butter
- 8 oz butter, divided
- 1/4 c hazelnuts, dry-roasted, skin removed
- 1/4 c parmesan cheese
- 1 lemon, zested
- 2 t fresh tarragon, chopped
- 1 salt and pepper, to taste

Recipe by: Lance Dean Velasquez, Moose's, San Francisco To grill chicken: rub with melted butter and grill. To make hazelnut butter, combine ingredients and blend until smooth. Roll into cylinder and chill. Top chicken with 2 slices of hazelnut butter. Serve with roasted new potatoes, grilled portabello mushrooms and sauteed escarole.

## Grilled Chicken With Jerk Seasoning

Yield: 8 Servings

2 bn green onion --,Chopped  
1/3 c red wine vinegar  
2 T vegetable oil  
2 T soy sauce,low sodium  
2 T allspice berries -- whole  
2 jalapeno peppers,canned --  
1 cut in half  
2 t salt  
1 t pepper  
1 t cinnamon,Ground  
1/4 t nutmeg,Ground  
8 lg boneless skinless chicken  
1 breast halves

Coarsely puree first 10 ingredients in processor. Pour puree into large bowl. Add chicken breasts; turn to coat. Cover and refrigerate at least 3 hours or overnight, turning occasionally.

Prepare barbecue grill (medium heat). Remove chicken from marinade.

Grill chicken until cooked through, turning occasionally, about 20 minutes. Transfer to plates and serve.

## Grilled Chicken With Oregano

Yield: 4 Servings

- 1 jim vorheis
- 2 1/2 lb large chicken pieces  
- with the skin attached
- 2 garlic cloves,peeled
- 1 sm white onion,roughly sliced
- 1 c reduced chicken broth
- 12 additional garlic cloves  
-peeled and minced
- 3 T oaxacan (or mexican),Dried  
-oregano, stems removed  
and roughly,Crumbled
- 2 T additional chicken broth
- 1/2 t sea salt (or),To Taste
- 1 chicken fat (or oil),Melted  
-for broiling

Put the chicken pieces into a saute pan in one layer. Add the whole garlic cloves, onion, and 1 cup chicken broth and cook, covered, over medium heat, turning the pieces over from time to time, until the broth has completely reduced and the chicken is tender - about 25 minutes.

Crush the minced garlic into a mortar with the oregano, 2 tablespoons broth, and salt and work to a rough paste (or put it all into a blender jar and blend very briefly). Spread the paste over the chicken pieces, turning them so they are evenly covered; return to the pan and cover. Set aside to season for 2 hours. Heat a broiler or grill and brown lightly, brushing with a little melted chicken fat if necessary.

## Grilled Chicken With Pineapple Salsa

Yield: 4 Servings

- 4 chicken breast halves  
-skinned and boned
- 1 salt and pepper, Fresh Ground
- 1/2 md red bell pepper
- 1 c pineapple in juice, Crushed  
-or
- 1 c fresh pineapple cubes
- 1/2 c green onion, thinly sliced  
-plus 1 tabl
- 2 T fresh cilantro or, Chopped
- 2 T fresh parsley plus, Chopped  
-sprigs to garnish

1. Light a medium-hot fire in a BBQ grill. Pound the chicken breasts slightly to flatten evenly. Season lightly with salt and pepper. finely dice the red pepper.
2. In a medium bowl, stir together the pineapple with its juice, 1/2 cup sliced green onions, the red pepper and the chopped cilantro. Season with salt and generously with pepper to taste. Let stand at room temperature while you cook the chicken.
3. On an oiled grill rack, grill the chicken a total of about 8 minutes, turning 2 or 3 times, until the chicken is nicely browned on

the outside and white but still moist in the center. 4. Serve the chicken topped with a generous spoonful of pineapple salsa. Garnish with the remaining green onion slices and sprigs of cilantro.

## Grilled Chicken With Roasted Garlic Sauce

Yield: 6 Servings

- 6 boneless chicken breasts  
-(about 1,1/2 pounds)
- 1/2 c lemon juice
- 2 cloves garlic
- 1 T red wine vinegar
- 1 t rosemary
- 1/4 c olive oil
- 1 salt and pepper, To Taste

- 1 jar (28 ounces) Rag=FA Hearty  
-Roasted Garlic Pasta Sauce
- 2 tb chopped fresh basil
- 2 tb chopped fresh parsley
- Grilled crusty bread
- Fresh herbs for garnish  
-(optional)

Place chicken in a bowl with lemon juice, garlic, vinegar, rosemary, olive oil, salt and pepper. Marinate in the refrigerator for several hours or overnight. In a medium saucepan, heat sauce over low heat, stirring occasionally until heated through. Add fresh basil and

parsley to the sauce just before serving. Meanwhile, preheat grill or broiler. Grill chicken about 3-5 minutes per side or until chicken is thoroughly cooked. Server grilled chicken with roasted garlic sauce of grilled crusty bread. Garnish with fresh herbs.

## Grilled Chicken With Rosemary

Yield: 2 Servings

WHOLE FAMILY COOKBOOK =====

3 1/2 lb chicken, cut in half  
2 T fresh rosemary  
3 garlic cloves, peeled, crush  
1 lemon juice  
1/4 c olive oil  
1 salt  
1 pepper

Place the chicken in a large bowl with the remaining ingredients. Toss together until all is coated. Allow to marinate for 1 hour. Grill the chicken over medium low heat, about 25 minutes per side. Brush the chicken with the remaining marinade while grilling. The chicken is done when you pierce the bottom of a thigh and the juices run clear.



## Grilled Club Sandwiches

Yield: 6 Servings

- 1 long thin loaf ( 18 inches)  
-french,bread
- 1/2 c mayonnaise
- 1/4 c bold'n spicy mustard
- 2 T finely red onion,Chopped
- 2 T horseradish
- 1/2 lb sliced smoked ham,Boiled
- 1/2 lb honey-baked deli,Sliced  
-turkey
- 1 lg ripe tomato,sliced
- 8 oz brie cheese,thinly sliced
- 1 bn watercress,washed and  
-drained

Cut bread in half lengthwise. Combine mayonnaise, mustard, onion and horseradish in small bowl; mix well. Spread mixture on both halves of bread. Layer ham, turkey, tomato, cheese and watercress on bottom half of bread. Cover with top half; press down firmly. Cut loaf crosswise into 1 1/2 inch pieces. Thread two mini sandwiches through crusts onto metal skewer. Repeat with remaining sandwiches.

Place sandwiches on well oiled grid. Grill over medium-low coals about 5 minutes or until cheese melts and bread is toasted, turning once. Serve warm. Prep time: 15 minutes Cook time: 5 minutes

## Grilled Coriander-Honey Chicken

Yield: 6 Servings

- 2 boneless chicken breasts --
- 1 skin on
- 6 T soy sauce
- 1 T honey
- 1 T coriander seed,Ground
- 2 cloves garlic --,Mashed
- 2 t fresh ginger root -- finely
- 1 grated
- 1/4 t turmeric
- 1/4 t cayenne
- 1 hot sweet-and-sour peanut
- 1 sauce -- see recipe

Cut each breast half crosswise into 2 pieces and cut 2 parallel diagonal slits on the meat side of each breast, cutting all the way through to the bone but being careful not to cut through an edge. In a large bowl whisk together the soy sauce, the honey, the coriander seed, the garlic, the gingerroot, the turmeric and the cayenne, add the chicken, turning it to coat it with the marinade, and let it marinate, turning it occasionally, at room temperature for 1/2 hour or covered and chilled for 1 hour. Grill the chicken skin sides down,

turning it once and basting it with the marinade, for 12 to 15 minutes, or until it is golden brown and cooked through. Transfer chicken to a platter and serve it with the Hot Sweet-and-Sour Peanut Sauce.

## Grilled Corn

Yield: 8 Servings

- 6 T butter,unsalted, room temp
- 1 T cilantro leaves,chopped
- 1/4 t chili powder
- 1/8 T cumin,ground
- 8 corn on cob with husks

Combine the butter, cilantro, chili powder and cumin, set aside. Carefully peel back corn husks to within an inch of bottom of the cob. Discard the silks. Rub ears of corn evenly with the reserved butter mixture. Rewrap corn husks and tie at the top with kitchen string. Soak, covered, in cold water for 20 minutes. Preheat the grill to medium-high. Grill the corn 5 inches above the heat source for 15 minutes, turning occasionally. Remove from the heat and serve.

## Grilled Corn With Soy Sauce

Yield: 4 Servings

- 6 T butter, Unsalted
- 2 T dark soy sauce
- 1 t sichuan peppercorn (roasted  
-and finely ground)
- 2 t finely fresh chiles, Chopped
- 1 salt, To Taste
- 8 ears sweet fresh corn  
-(shucked)

IN A SMALL PAN, combine the butter, dark soy sauce, Sichuan peppercorn and chiles. Make a charcoal fire and, when the coals are ash white, grill the corn. Baste them with the soy butter and cook for 5-to-8 minutes, turning frequently. Serve at once.

## Grilled Corn With Spicy Butters

Yield: 6 Servings

6 ears of fresh corn/husks

BUTTERS =====

CHILE LIME SPREAD =====

1/2 c margarine (or butter)  
-softened

1/2 t lime peel, Grated

3 T lime juice

1 red chiles, ground, to taste

PESTO BUTTER =====

1/2 c margarine (or butter)  
-softened

1 c fresh basil leaves  
-loosepack

1 T scallion, chopped

1 t lemon juice

1/4 t salt

HORSERADISH BUTTER =====

1/2 c margarine (or butter)  
-softened

1 prepared red horseradish,\*

1/4 t salt

- \* Use 2 to 3 tablespoonfuls of the red horseradish or to taste.

## Grilled Corned-Beef Sandwiches

Yield: 4 Servings

- 8 pumpernickel bread, Slices
- 1/2 c thousand island dressing
- 4 swiss cheese, Slices
- 4 T sauerkraut, Drained
- 1/4 lb cooked (or corned beef)  
-Canned
- 1 butter (or margarine)

Spread half of bread slices with dressing. Top each with cheese, sauerkraut, corned beef and bread slice. Butter top and bottom of bread.

## Grilled Cornish Hens

Yield: 6 Servings

- 1 plum barbecue sauce,\*
- 3 rock cornish hens,\*\*

\* See Sowest 2 for recipe. \*\* The Cornish Game Hens should weigh about 1 1/4 lbs each. Prepare Plum Barbecue sauce and set aside. Cut hens into halves lengthwise. Place bone sides down on the grill. Cover and grill 5 to 6 inches from medium coals for about 35 minutes. Turn hens. Cover and grill, turning and brushing with the Plum Barbecue sauce 2 or 3 times, until done, about 25 to 35 minutes longer. Heat any remaining sauce and serve with the hens.

## Grilled Country Ribs From George Fassett

### MARINATING SAUCE =====

- 1 c vegetable oil
- 1/4 c white vinegar
- 4 eggs
- 1 T salt
- 1/2 t black pepper
- 3/4 t bell's seasoning
- 1 T parsley flakes
- 1/4 t oregano
- 1/4 t garlic powder

### FOILED POTATOES =====

- 5 md potatoes
- 1/4 stick of butter
- 1/2 t parsley
- 1 clove garlic, chopped
- 1 sm onion, halved and sl
- 1 salt & pepper to tas
- 1 veg. shortening

### Marinating the Ribs:

Place country pork rib slices in a large container, such as a tupperware-type with a tight-fitting lid, add all ingredients for



marinade. Cover and shake vigorously to mix. Refrigerate, overnight best but a few hours at the least. This is an adaptation to the class "Fireman's Field Days" marinade.

Preparing the potatoes:

Spread out two 3 ft. sheets of heavy duty aluminum foil, splice together to form one wide one. Rub vegetable shortening on center 2/3 of foil to prevent sticking. Slice potatoes, skin still on, onto foil food processor works wonders..). Season potato slices with remainder ingredients, slice butter over top. Carefully draw sides of foil together and crimp (don't pull apart seam on bottom!) and then roll up ends.

Cooking:

Get grill hot, place foil potatoes over high heat and cook for to 20 min., then move to low-heat area, upper shelf, or keep warm in oven. (Check potatoes by unrolling top a bit and they should be soft, bottom layer browned well.)

Keeping grill hot, lay out pork slices from marinade and grill Adjust temp for flaming/burning, not letting them fire or char. Turn baste, letting marinade cook on top of meat before turning again. The egg congeals on the hot surface of the ribs and helps to coat the ribs Continue turning and basting every few minutes until all marinade is g approx. 30-40 minutes. Cut into thickest part of a slice and check for doneness - there should be no pink. The object of turning and basting to build up a coating of the cooked marinade on the meat, almost like crust. Meat will have a well-cooked appearance but should not be char black (don't let flames ignite marinade and burn it).

Serve foil potatoes hot from foil (mmm, get the crispy ones on bottom, like potato chips!) and dive into the ribs. Add your favorite vegetable or corn on the cob for a great meal, any time of the year!

## Grilled Crabmeat Flautas

Yield: 5 Servings

- 1 roasted tomato sauce,\*
- 8 oz crab meat,\*\*
- 1/2 c green onions w/tops,sliced
- 1 T butter (or margarine)
- 1/2 c dairy sour cream
- 1/2 c monterey jack cheese,shred
- 14 oz artichoke hearts,\*\*\*
- 10 flour tortillas,\*\*\*\*

\* See Sowest 2 for recipe. \*\* Use 1 package of Frozen salad-style imitation crabmeat, thawed \*\*\* Artichoke hearts should be drained and cut into quarters. Use one \*\*\*\* Flour tortillas should be 7 to 8 inches in diameter and be warm. Prepare Roasted Tomato Sauce; set aside. Cook crabmeat and onions in 1 Tbls of margarine over medium heat, stirring frequently, until onions are tender. Mix in sour cream, cheese and artichoke hearts. Spoon about 1/3 of a cup of the mixture onto one end of each tortilla. Roll up tightly into a cylindrical shape; secure with wooden picks. Heat 2 Tbls of margarine in 10-inch skillet over medium heat until hot and bubbly. Cook 3 or 4 flautas in margarine, turning frequently, until golden brown, about 5 minutes. Keep warm in 300 degree F. oven.

Repeat with remaining flautas, adding the remaining margarine as needed.

Serve with warm Roasted Tomato Sauce.

## Grilled Cranberry & Pineapple Short Ribs

Yield: 6 Servings

6 lb beef short ribs, in serving  
1 sized pieces  
2 t salt  
1 dash, pepper  
1/2 c water  
2 13oz jars pineapple preserve  
1 c whole cranberry sauce  
2 T marmalade  
1 c chili sauce  
1/2 c vinegar

Trim excess fat from ribs and sprinkle with salt and pepper. Place ribs in a Dutch oven and add water. Cover and simmer for approx. 2 hrs., or until meat is tender. If necessary during cooking, add water. Drain ribs. Combine preserve, cranberry sauce, marmalade, chili sauce and vinegar. Brush some of the glaze mixture over the ribs. Broil ribs in oven, on second lowest rack from bottom. Brush ribs with glaze and turn frequently for 15 to 20 mins. (Also great on the barbecue-cook over slow coals for approx. the same time). Heat remaining glaze and pass with the ribs.

## Grilled Cuban Sandwich

Yield: 4 Servings

1 no ingredients

8 sl pork loin -- 1 ounce each

8 sl ham, -- 1 ounce each

12 dill

8 sl Swiss cheese

4 sandwich rolls

: Dijon mustard to taste

: pickle chips

Prepare a wood or charcoal fire and allow it to burn to embers. Layer each sandwich with the cheese, ham , pork, and pickles.

Grill the sandwich, top side down for 1 minute, turn over and place a saute pan on top and continue to cook until cheese is melted about 3 to 4 minutes.

## Grilled Curry-Apricot Shrimp & Scallops

Yield: 4 Servings

- 1/2 c olive oil
- 1/2 c apricot preserves
- 2 T dijon mustard
- 2 T curry powder
- 2 T garlic,minced
- 2 T cilantro,chopped
- 4 t jalapeno chili,minced and  
-seeded
- 16 lg shrimp,peeled, deveined,  
-tails I
- 12 sea scallops
- 4 bamboo skewers,soaked in  
-water 30 minute

Combine first seven ingredients in medium bowl. Add shrimp and scallops, toss to coat. Cover and refrigerate at least 30 minutes and up to 1 hour, tossing occasionally.

Prepare barbecue. Skewer 4 shrimp and 3 scallops alternately on each skewer. Grill until shrimp are just cooked through and scallops are

opaque, brushing frequently with marinade, about 3 minutes per side. Bring remaining marinade to simmer in small saucepan. Serve on skewers, passing marinade separately.

## Grilled Dove

Yield: 4 Servings

- 12 dove breasts
- 2 garlic cloves, crushed
- 4 T butter, Unsalted
- 1 salt & pepper, To Taste

In a saucepan, heat the butter and saute the garlic until it is translucent. Allow to cool.

Pepper and salt the breasts. Place the breasts on the hot grill and brush them with the garlic butter. Don't skimp on the butter, dove breasts are very lean. Baste every minute or so. Turn the breasts after 3 to 5 minutes and grill and baste for another 1 to 2 minutes.

This is a very simple and delicious recipe.

## Grilled Eggplant

Yield: 6 Servings

1 lg eggplant  
1/3 c butter (or marg.),melted  
1/2 t garlic salt  
1/2 t italian seasoning  
1/4 t salt  
1/8 t pepper

Peel the eggplant, and then cut into 3/4" slices.

Combine butter, garlic salt, and Italian seasoning; stir well. Brush eggplant sliced with butter mixture, and sprinkle with salt and pepper.

Place eggplant about 3 to 4 inches from coals. Grill over medium coals 10 minutes or until tender, turning and basting occasionally.

## Grilled Filet Mignons & Sauce

Yield: 1 Servings

4 1 thick  
1 each  
4 sl bacon,Lean  
4 T coarsly black pepper,Ground  
4 fresh  
1 garnish  
1 garlic and pimiento  
1 mayonnaise -- (recipe  
1 follows)  
1 filets mignons -- 6-7 oz.  
1 rosemary sprigs -- for

1 Pat the filets dry on paper towels, wrap a slice of the bacon around the edge of each filet, and secure it with kitchen string. Rub 1 teaspoon of the pepper onto the cut sides of each filet and grill the filets, sprinkled with salt to taste, on an oiled grill over glowing coals for 4 to 5 minutes on each side, or until they are springy to the touch for medium-rare meat. 2. Transfer the filets to a cutting board, discard the string and the bacon. Let stand for 5 minutes and slice them thin. Arrange the slices on 4 heated plates and garnish each plate with a rosemary sprig. Serve the filets with the mayonnaise sauce



MAYONNAISE SAUCE 1 cup Best Foods Mayonnaise 2 cloves garlic 1  
teaspoon lemon juice 1/8 teaspoon cayenne pepper 1/2 teaspoon  
Dijon  
style mustard 1/2 teaspoon dried basil Throw everything into a  
blender, then spoon into a small serving dish for guests to help  
themselves.

## Grilled Fillet With Mushroom Sauce

Yield: 8 Servings

1 beef fillet, about 4 1/2  
1 pounds  
1/2 c red wine  
1/4 c oil  
1/4 c onion, minced  
1 T herbes de provence (or  
-other)  
1 herb blend

### MUSHROOM SAUCE =====

2 T butter (or margarine)  
2 T onion, minced  
2 cloves garlic, minced  
8 oz fresh mushrooms, cleaned  
1 and, Sliced  
1 t meat glaze (bovril), or  
1 t broth seasoning mix  
1 reserved marinade for fillet  
1 red wine (or beef broth), if  
1 needed

Buy a prime grade fillet, if possible, and trim it well. Fold and tie the tail to the meat to form a roast of uniform thickness (or have the butcher do it for you). Place the meat in a plastic bag. Mix the wine, oil, onion, and herbs, blending well. Pour over the meat, close the bag tightly, and turn it to coat the meat with the marinade. Place the bag in a dish and marinate the meat for 2 hours at room temperature or overnight in the refrigerator. Drain the meat, reserving the marinade. Grill the meat 4 inches above hot coals, turning to brown on all sides. This takes about 10 minutes of undivided attention so you can put out any flash fires. Add damp hickory chips or small hickory sticks. Move the meat to the edge of the grill or cover the grill and cook for 15 to 20 minutes longer for rare, 20 to 25 minutes for medium rare. Slice and serve with the mushroom sauce.

#### MUSHROOM SAUCE:

In a medium skillet, melt the butter and add the onion and garlic, cooking until the onion is tender but not browned. Add the mushrooms and cook, stirring gently now and then, until well saturated with the butter and most of the juices cooked from the mushrooms have evaporated. Stir in the meat glaze. Add the reserved marinade and, if needed, a few tablespoons of wine or broth to make a light sauce. Serve with the grilled fillet.

## Grilled Fillets

Yield: 4 Servings

- 2 T balsamic vinegar
- 2 T lemon juice -- at room
- 1 temperature
- 1 T olive oil
- 4 cloves garlic --,Crushed
- 1 T ginger
- 1/8 t white pepper
- 4 5 oz fish fillets

In a shallow glass casserole dish, combine vinegar, lemon juice, oil, garlic, ginger, and pepper. Add fillets; turn to coat with marinade. Cover and refrigerate at least 2 hours, turning occasionally. Spray grill with cooking spray. Preheat grill. Drain and discard any remaining marinade. Grill fillets 4 minutes on each side, until cooked through.

## Grilled Fish

Yield: 4 Servings

1 no ingredients

1 lb salmon fillet  
1 lb swordfish fillet  
: Chili pepper  
1 lemon  
3 TB butter  
: Crushed black pepper

Cut salmon and swordfish into two pieces and place on the grill. Sprinkle chili pepper over swordfish. Squeeze juice of 1/2 the lemon over salmon. Grill for 3 - 5 minutes before flipping. Flip fish. Brush swordfish with melted butter and more chili pepper. Squeeze other 1/2 of lemon over salmon and sprinkle with black pepper. Grill until cooked through. Serve.

## Grilled Fish In Banana Leaf

Yield: 4 Servings

- 3 garlic cloves
  - 1 t black peppercorns
  - 2 T fresh coriander root, Chopped
  - 1 sl fresh ginger, quarter-sized
    - crush, ed -
  - 1 1/2 T soy sauce
  - 2 lb whole snapper =or=- striped
    - bass -=,or=-
  - 4 whole trout
  - 1 lg banana leaf (or more if
    - needed)
  - 1 vegetable oil (for oiling
    - leaf)
- CHILE LIME SAUCE =====
- 3 sm green serrano chiles seeded
    - and fi, nely chopped
  - 3 garlic cloves
  - 2 T fresh coriander leaves
  - 1 t sugar
  - 1/4 t salt

1/2 c fresh lime juice  
1/3 c chicken stock

This recipe illustrates the popular use of banana leaves as a food wrapper in Asia. Aluminum foil works well as a substitute.

IN A MINI-FOOD PROCESSOR, add the garlic, peppercorns, coriander root

and ginger; process into a fine mince. Transfer into a mortar and pound into a smooth paste; add soy sauce and blend thoroughly. Clean fish and pat dry with paper towel. Rub garlic mixture over entire fish; set aside for 30 minutes. Choose a banana leaf about 6 inches longer and 3 times wider than the fish. Rinse leaf with cold water to clean. Plunge leaf into a pot of boiling water for a few seconds to soften. Wipe dry. Using a knife or scissors, remove the thick spine in the leaf. Place the leaf with its glossy side down on a work surface. (Use more leaves if needed.) Brush oil on the leaf where the fish will lie. Set the fish with the marinade on the oiled surface. Fold over the wide sides overlapping at the top and secure with toothpicks. Turn over package, fold over ends to enclose sides, and secure ends with toothpicks to make a neat parcel. Set packet about 3 inches above medium-high heat coals and grill each side for 8 to 10 minutes. NOTE: If using trout, marinate the 4 fish together. Wrap each 1 individually and reduce the grilling time to about 3 minutes on each side. Serves 4 as part of an Asian multicourse menu. Transfer to a serving plate. Open leaf and serve with accompanying sauce.

CHILE LIME SAUCE: In a mortar or a mini-food processor, add the chiles, garlic, coriander leaves, sugar and salt; pound (or chop) into a smooth paste. Put chile mixture into a saucepan with lime juice and stock; bring --

## Grilled Fish In Foil

Yield: 4 Servings

- 1 lb fish fillets, fresh or frozen
- 2 T margarine (or butter)
- 1/4 c lemon juice
- 1 T parsley, Chopped
- 1 t dill weed
- 1 t salt
- 1/4 t pepper
- 1 paprika
- 1 med. onion, thinly sliced

On 4 large buttered squares of heavy-duty aluminum foil, place equal amounts of fish. In small saucepan, melt margarine; add lemon juice, parsley, dill weed, salt and pepper. Pour equal amounts over fish. Sprinkle with paprika; top with onion slices. Wrap foil securely around fish, leaving space for fish to expand. Grill 5 to 7 minutes on each side or until fish flakes with fork. Refrigerate leftovers.

## Grilled Fish With Pineapple-Cilantro Sauce

Yield: 6 Servings

- 1 stephen ceideburg
- 1 md pineapple \*
- 1/4 c unsweetened pineapple juice
- 2 T lime juice
- 2 cloves garlic,minced
- 1/2 t to 1 ts jalapeno,Minced  
-pepper
- 2 T cilantro,Minced
- 1 T cornstarch
- 2 T cold water
- 2 T to 3 tb nutrasweet spoonful
- 1 salt
- 1 pepper
- 6 halibut,haddock or salmon  
-steaks o,r fillets grilled

\* peeled, cored, cut into scant 1-inch chunks

Grilled salmon steaks with spicy pineapple sauce is as delightful to look at as it is to eat. What's more, the sauce goes equally well



over lots of other fish and meat dishes.

HEAT PINEAPPLE, pineapple juice, lime juice, garlic and jalapeno pepper to boiling in medium saucepan; reduce heat and simmer, uncovered, 5 minutes. Stir in cilantro; heat to boiling.

MIX CORNSTARCH and cold water; stir into boiling mixture. Boil, stirring constantly, until thickened. Remove from heat; cool 2 to 3 minutes.

STIR IN NUTRASWEET SPOONFUL; season to taste with salt and pepper.

Serve warm sauce over fish.

NOTE: Pineapple-Cilantro Sauce is also excellent served with pork and lamb.

## Grilled Flank Steak

Yield: 6 Servings

- 1/4 c onion, Chopped
- 1 clove garlic, minced
- 1/2 t chili powder
- 1 T margarine
- 1/2 c tomato sauce
- 2 T vinegar
- 1 T honey
- 1/4 t salt
- 1/4 t pepper
- 1 1/2 lb beef flank steak, 3/4 thick

For sauce, in a small saucepan cook onion, garlic, and chili powder in margarine till tender. Stir in tomato sauce, vinegar, honey, salt, and pepper. Bring to boiling, stirring constantly. Boil 5 minutes or till slightly thickened. Meanwhile, trim fat from flank steak. Score steak diagonally into diamonds on both sides. Brush with sauce. Grill steak on uncovered

grill directly over medium coals for 7 minutes. Turn and grill to desired doneness, allowing 5-7 minutes more for medium. Brush occasionally with the remaining sauce. To serve, thinly slice the flank steak across the grain. Broiling Directions: Place meat on the unheated rack of a broilerpan. Broil 3" from heat for 6 minutes. Turn and broil to desired doneness, allowing 6-8 minutes more for medium. Brush occasionally with sauce.

## Grilled Flank Steak With Chimichurri Sauce

Yield: 6 Servings

2 lb flank steak

SAUCE =====

- 4 jalapeno peppers,remove  
-stems and,seeds, chop fine
- 1/2 c onion,Chopped
- 4 cloves garlic,minced
- 1/4 c fresh parsley,Chopped
- 1 t oregano
- 1 t black pepper,Fresh Ground
- 1/2 c olive oil
- 1/4 c red wine vinegar
- 2 T lemon juice
- 1/4 c water

Combine all ingredients for the Chimichuri Sauce. Score each side of the steak about 1/8 to 1/4" deep and rub in the sauce, reserving some of the sauce to serve with the meal. Place the meat and marinade in a ceramic or glass pan and marinate overnight

in the refrigerator. Remove the meat and extra sauce from the refrigerator and allow to sit at room temperature before grilling. Grill the meat over charcoal or under a broiler until medium-rare. Carve the steak immediately across the grain into strips about 1/4" thick and serve with extra sauce. If the meat is allowed to sit before carving, it will toughen.

## Grilled Flank Steak With Pecans~ Black Beans

Yield: 6 Servings

2 jalapenos, w/ seeds, chopped  
4 serrano chiles, seeded, diced  
1 flank steak (1 1/2 to 2 lbs)  
3/4 c corn oil  
2 c dry red wine  
2 T soy sauce  
3 T fresh coriander, chopped  
5 garlic cloves, 3 chopped  
1 T black pepper, Coarsely Ground  
1/3 c pecan halves  
9 oz butter, Unsalted  
1 T chives, Minced  
1/3 c chicken stock / broth, Canned  
1/3 c red wine vinegar  
1 lg shallot, chopped  
1 t fresh lime juice  
1/4 c black beans, cooked  
1 salt

- 1 black pepper, Freshly Ground
- 1 flour tortillas, warmed

Place the flank steak in a shallow nonaluminum pan. Add 1 1/2 cups of the wine and the oil, soy sauce, 2 tablespoons of the coriander, Jalapenos, chopped garlic and the coarsely cracked black pepper. Cover and marinate in the refrigerator for at least 2 hours or overnight. Preheat the oven to 350 degrees. In a small baking dish, toast the pecans until slightly browned, about 5 minutes. Remove from the oven and set aside. Rub the remaining two whole garlic cloves with 1/2 tablespoon of the butter and roast in the oven until soft and light brown, about 20 minutes. Reduce the oven temperature to 250 degrees. In a mortar, combine the pecans, roasted garlic and Serrano chiles. Crush with a pestle. Blend in 2 tablespoons of the butter and the chives. Preheat a grill or the broiler. In a medium nonaluminum saucepan, combine the stock, remaining 1/3 cup red wine, the vinegar, shallot, lime juice and 1 teaspoon of the coriander. Bring to a boil over moderate heat and boil until reduced to 2 tablespoons, 10 to 12 minutes. Reduce the heat to low and whisk in the remaining 2 sticks of butter, 2 tablespoons at a time. Stir in the black beans and season the sauce with salt and pepper to taste. Keep the sauce warm over simmering water. Lightly brush the flank steak with oil. Season with salt and pepper. Grill the steak over a moderately hot fire or broil until medium rare, 5 to 7 minutes. Thinly slice the steak crosswise on the diagonal and arrange on warmed plates. Spoon the sauce over each serving and accompany with warm flour tortillas.

## Grilled Flank Steak With Summer Vegetables

Yield: 4 Servings

- 1 md lemon
- 1 md garlic clove
- 6 T olive oil
- 1 lb flank steak
- 1/4 c basil leaves, stemmed  
-(loosely pack,ed)
- 4 md tomatoes (about 1 pound)
- 1 salt (to taste)
- 1 freshly-ground black pepper  
-(to taste)
- 4 md zucchini (about 1 pound)
- 4 sl italian bread (3/4-inch  
-thick)

**PREPARATION:** Squeeze 2 1/2 tablespoons lemon juice into a large, shallow dish. Peel and mince the garlic, and add it to the lemon juice with 5 tablespoons of the olive oil. Add the flank steak to the dish, turn once in the marinade, and set aside for 15 minutes.

Mince the basil. Thinly slice the tomatoes and put them in a flat dish with the remaining olive oil. Sprinkle the tomatoes with the basil and salt and pepper; set aside. Trim and cut the zucchini lengthwise into 1/4-inch thick slices.

**COOKING AND SERVING:** Heat the grill. Season the meat with salt and pepper and place on the grill. Brush the zucchini and the bread with the remaining meat marinade and place on grill. Grill the meat, zucchini and bread for 3 minutes. Turn, and grill for 3 minutes more, until the meat is medium-rare, zucchini is crisp-tender, and bread is toasted. Slice the meat thinly across the grain. Arrange the meat, zucchini, bread, and tomato slices on individual serving plates. Spoon any meat juices (from the carving board) over the meat and bread. Serve immediately.

Makes 4 servings.

## Grilled Fresh Corn

Yield: 4 Servings

2 lime  
1 t salt  
1/2 t pepper  
1/2 t chilli powder  
1/2 t amchoor \*  
4 corn ear, husked

\*Amchoor is mango powder; get it at Indian groceries.

Cut limes in quarters, or halves if soft. Mix dry ingredients together.

Roast ears of corn, one or two at a time, over a hot grill or open gas burner flame, until kernels are lightly browned. Dip lime sections in spice mixture. Squeeze lime juice into corn kernels while rubbing with cut surface of lime to allow lime juice to carry spices into the corn. Continue until lime slices and spices are used up.

## Grilled Game Hens With Raspberry Marinade

Yield: 6 Servings

- 6 rock cornish hens (about 3/4  
- to 1 l,b. ea.)split in ha
- 3 c fresh (or raspberries)  
-Frozen
- 1 c raspberry vinegar
- 3/4 c olive oil
- 2 bay leaves
- 1 T thyme,Dried
- 1 salt & pepper,To Taste

One day before serving, rinse the birds and pat dry. Place the birds on a shallow baking dish. Combine the raspberries and vinegar in a saucepan. Heat to boiling and boil for 1 minute. Remove from heat. Stir in the oil, bay leaves and thyme. Cool to room temperature. Pour the marinade over the birds and sprinkle with salt and pepper. Marinate overnight in the refrigerator, turning occasionally.

Prepare hot coals for grilling. Remove the birds from the

marinade and grill a few inches above the hot coals, basting occasionally with the marinade, until juices run clear when the thickest part of a thigh is pierced. Serve immediately.

## Grilled Game Hens With Yogurt & Spices

Yield: 4 Servings

2/3 c plain yogurt  
2 cloves garlic,minced  
1 piece fresh ginger,about  
-1-inch sq,uare, minced  
1 hot green chili,minced  
1/2 t coriander,Ground  
1/2 t turmeric  
1/2 t salt  
4 cornish game hens

1. Combine all ingredients except hens. Transfer to a large plastic food bag. Rinse hens well; pat dry. Add hens to bag with yogurt mixture and seal tightly. Refrigerate, turning several times, 12 hours or overnight.
2. Prepare a medium-hot charcoal fire for indirect cooking. When the coals are covered with gray ash, carefully move them to the sides of the grill; position a drip pan in the center. Put cooking rack in



place. Place the hens on their side on the rack over the drip pan. Grill, covered, turning once, until the juice from the thigh runs clear, 25 minutes.

## Grilled Game Sausage Crepinettes With Wilted

Yield: 4 Servings

1 no ingredients

1 lb Magret of duck with fat  
1/2 lb pork butt  
1/4 lb pancetta  
1 ts cumin seeds  
1 ts cinnamon  
1 ts salt  
1/4 lb caul fat (available at  
: specialty butcher shops)  
4 TB extra virgin olive oil  
2 cloves garlic, -- thinly  
: sliced  
2 c kale (bitter escarole), cut  
: into 1/2-inch ribbons  
: Salt and freshly ground  
: pepper to taste  
2 bottles balsamic vinegar,

: -reduced to 20 percent to  
: -syrup

Preheat the broiler or grill.

Cut the duck, pork butt and pancetta into 1/4-inch cubes. Run the meat through a grinder. The mixture should be quite rough.

In a large mixing bowl, combine the ground meat with the cinnamon, cumin and salt. Mix very well. Divide the mixture into 8 equal oval patties, about 1/2-inch thick. Wrap each patty in caul fat. Place the patties under the broiler or on the grill and cook through, about 4 to 5 minutes per side. Set aside.

In a large 12- to 14-inch saute pan, heat the olive oil until just smoking. Add the garlic and sautJ until very light brown, about 2 minutes. Toss in the kale and sautJ, stirring quickly, about 2 to 3 minutes, until just wilted but not too soft. Remove from the heat and season with salt and pepper.

Divide the mixture equally on 4 plates and serve.

Yield: 4 servings

## Grilled Garlic Bread

Yield: 6 Servings

- 1 loaf french bread
- 3/4 t garlic powder
- 1/2 c butter (or margarine)  
-Softened

Slice bread but not through the bottom crust. Add garlic powder to butter and blend thoroughly. Spread between slices and over top of bread. Wrap in aluminum foil; seal edges. Heat on back of grill 45 minutes to 1 hour, depending on heat of coals. Serve hot.

## Grilled Garlic Shrimp

Yield: 1 Servings

- 1 1/2 lb large shrimp (approximately
- 1 ) salt & pepper
- 1/2 c mixed herbs (basil  
-tarragon,orega,no)
- 1 sm clove garlic,minced
- 1/2 t shallots,minced
- 3 T extra virgin olive oil

Preheat oven to 350! F. Peel shrimp and sprinkle with salt and pepper. In a mixing bowl, combine herbs, garlic, shallots and shrimp. Oil a cookie sheet with olive oil, and place shrimp on pan. Grill for 2 minutes or until pink on each side. Bake at 350! F for 2 minutes until blown.

(Makes 6 servings)

## Grilled Ginger Lamb

Yield: 10 Servings

- 1 leg of lamb (5 to 7 lbs.) -  
-butterflied
- 1/2 c burgundy (or other dry red)  
-wine
- 1/2 c vegetable oil
- 1/3 c fresh ginger root,grated
- 1/4 c soy sauce
- 1/4 c onion,minced
- 2 garlic cloves,minced
- 1 lemon,juice of
- 1 T + 1 1/2 tsp. honey
- 1 1/2 t salt
- 1/2 t pepper
- 1/8 t red pepper,Ground
- 1 c canned beef broth,diluted

Trim all visible fat from lamb. Place lamb in a large shallow dish; set aside.

Combine Burgundy and remaining ingredients except broth in container of an electric blender; cover and process until smooth. Pour marinade over lamb; cover and marinate in refrigerator for 8 hours, turning occasionally.

Remove lamb from marinade, reserving marinade.

Grill lamb over medium coals, 15 to 20 minutes on each side, or until meat thermometer registers 140 F. (rare) or 150 F. (medium rare), basting frequently with reserved marinade.

Combine 3/4 cup remaining marinade and beef broth in a medium saucepan; cook over medium heat, stirring constantly, until mixture comes to a boil. Boil 1 minute. Serve with lamb.

## Grilled Gingered Swordfish

Yield: 6 Servings

6 swordfish steaks, 1 thick  
3/8 c dry sherry  
1 1/2 garlic clove, mince  
2 1/4 t ginger, mince  
1 1/2 t lemon zest, grated  
1 c soy sauce  
1 1/2 carrot, small, minced  
1 1/2 T red bell pepper, mince  
3 scallions, small, chop fine  
3 T extra virgin olive oil

1) Place fish in glass dish. 2) Combine soy sauce, sherry, carrot, garlic, red pepper, ginger, scallions & lemon zest. Pour over fish. Cover & set aside 1 hr at room temperature. Remove fish from marinade & pat dry, & brush w/oil. 3) Light grill or broiler. Brush grill rack or broiler pan w/vegetable oil & cook fish steaks, 4" from heat, turning once & basting occasionally w/remaining marinade until the fish is opaque throughout, 4-5 min @ side.

## Grilled Ground Lamb Kaebabs With Fresh Hot Pe

Yield: 12 Servings

- 1 lamb kebabs
- 1 1/4 lb lamb,Ground
- 3/4 c onion -- finely,Chopped
- 1/2 c parsely -- finely,Chopped
- 1/2 c cilantro -- finely,Chopped
- 4 cloves garlic -- or,Minced
- 1 pressed
- 3/4 t salt
- 1/2 t black pepper,Ground
- 1/2 t paprika
- 1/2 t cayenne pepper
- 12 bambo skewers
- 1 olive oil
- 1 pita bread,Warm
- 1 fresh hot pepper paste
- 1 c cilantro --,Chopped
- 1 c parsley --,Chopped
- 1/4 c red serrano chili peppers --

- 1 or red jalapeno
- 1 chilies
- 1/4 c water
- 1/4 c olive oil
- 1 1/2 T garlic -- (or pressed)
- Minced
- 1 t salt
- 1 t black pepper,Ground
- 1 t cumin,Ground

For Kebabs: Combine lam, onion, parsely, cilantro, garlic, salt, pepper, paprika and cayenne in large bowl and mix well. (Can be prepared 6 hours ahead. Cover and refrigerate). Place bamboo skewers

in shallow dish and cove with cold water. Let stand at least 1 hour.

Prepare barbecue (medium-high heat). Drain skewers. From generous 1/4

cup lamb into 3-inch long sausage around center of 1 bamboo skewer.

Repeat with remaining mixture and skewers. Brush lamb kebabs with

oil. Grill until brown and cooked through, turning frequently, about

every 12 minutes. Serve with pepper paste. For pepper paste:

Combine

all ingredients in processor and blend until very finely chopped.



## Grilled Halibut

Yield: 4 Servings

1/2 c soy sauce, low salt  
1 t ginger, (grated)  
1/4 c brown sugar  
1 c garlic  
1 t dry mustard

Mix ingredients in a marinade dish and add halibut steaks. Cover both sides and let stand 4 hours turning frequently. Heat grill to medium temp. (A seafood cooking screen helps hold fish together) Grill steaks until well done but not dry, basting with marinade frequently. Serve with rice or veggies.

## Grilled Ham & Apples

Yield: 4 Servings

- 1/2 c orange marmalade
- 2 t butter (or margarine)
- 1/4 t ginger, Ground
- 2 (1/2-inch-thick) ham, Slices
- 1 (about 2 1/2 pounds)
- 4 apples, cut 1/2-inch
- 1 thick, Slices

Combine first 3 ingredients in a 1-cup glass measuring cup; microwave at HIGH 1 minute or until melted, stirring once.

Cook ham and apples, covered with grill lid, over medium-hot coals (350"= to 400"), turning occasionally and basting with marmalade mixture, 20 minutes or until thoroughly heated.

## Grilled Hawaiian Chicken

Yield: 4 Servings

- 1/4 c unsweetened orange juice
- 2 T unsweetened pineapple juice
- 1 t cilantro leaves, Minced
- 1/4 t salt
- 4 (4 oz) chicken breast  
-halves, skinned
- 3/4 c finely pineapple, Chopped
- 2 T red bell pepper, Chopped
- 1 jalapeno pepper, seeded and  
-chopped
- 2 T cilantro leaves, Minced
- 1 1/2 t white wine vinegar
- 1 t unsweetened orange juice
- 1/2 t pepper

Serves 4

Pineapple leaves

Combine first 4 ingredients in a shallow dish; mix well. Add chicken, turning to coat. Cover and refrigerate chicken for several hours, turning occasionally.

Combine pineapple, bell pepper, jalapeno, cilantro, vinegar, and orange juice in a small bowl; mix well. Let mixture stand at room temperature for 2 hours.

Remove chicken from dish, reserving marinade. Sprinkle chicken with pepper.

Grill chicken 4 to 5 inches from coals 15 minutes or until done. Turning and basting frequently with reserved marinade.

To serve, top each breast with 3 tablespoons pineapple mixture. Garnish with pineapple leaves.

### Grilled Hawaiian Fish In Basil-Coconut Curry

Yield: 6 Servings

2 lb hawaiian fish\*  
1 fresh basil sprigs  
1 salt

#### BASILCOCONUT CURRY SAUCE =====

1/2 c dry white wine  
1 1/2 T fresh ginger,Minced  
1/4 c fresh lemon grass\*,Minced  
1 T kaffir lime leaves\*\*,Dried  
2 t red curry paste (follows)  
2 t cornstarch  
1 c coconut milk,Canned

#### RED CURRY PASTE =====

1 large ca (or nm chili)  
1 garlic clove,minced  
2 t salad oil  
1/2 t coriander,Ground  
1/4 t cumin,Ground  
1 seeds of cardamom pod

\* - cut into 6 equal pieces, grilled

Spoon sauce equally onto 6 warm plates; set fish in sauce and garnish with basil. Add salt to taste. \*\*\* BASIL-COCONUT CURRY SAUCE \*\*\* \*

-

or 2 teaspoons grated lemon peel \*\* - or chopped fresh lemon leaves

1. In a 1 1/2 to 2 quart pan on high heat, bring to a boil white wine, fresh ginger, fresh lemon grass (or lemon peel), kaffir lime leaves and red curry paste. Simmer, covered, for 15 minutes. 2. In a blender, whirl mixture with cornstarch and coconut milk until smooth.

Return to pan (with 1 tablespoon dried basil leaves if not using fresh, following). Stir sauce over high heat until boiling. If made ahead, chill airtight up to 1 day. Reheat to simmering; if needed, add coconut milk to thin. Stir in fresh basil leaves. Use hot. \*\*\*

RED CURRY PASTE \*\*\* NOTE: Use purchased Thai Muslim curry paste or

all of this mixture. Rinse chili; stem, seed and break into small pieces. In a 6-8" frying pan over medium heat, stir garlic in salad oil until golden, about 2 minutes. Add chili, coriander, cumin, and cardamom pod seeds. Stir just until chili browns lightly, about 45 seconds. Use hot or cold.

## Grilled Hawaiian Fish With Papaya Relish

Yield: 6 Servings

2 lb hawaiian fish\*  
1/2 c fresh cilantro leaves  
1 salt  
1 pepper

### PAPAYA RELISH =====

1/4 c white onion,Minced  
1 1/4 c ripe papaya,Diced  
3/4 c red bell pepper,Diced  
1/4 c fresh cilantro,Chopped  
1 T fresh ginger,Minced  
2 T olive oil  
2 T lemon juice

\* - cut into 6 equal portions

=====  
=====  
=====

Arrange papaya relish and hot fish equally on 6 warm plates. Garnish

plates with cilantro. Add salt and pepper to taste.

\*\*\* PAPAYA RELISH \*\*\*

In a fine strainer, rinse white onion. Soak onion in ice water for 30 minutes; drain. Mix with rest of relish ingredients.

## Grilled Herb Schnitzel

Yield: 4 Servings

1 bn herbs, mixed  
1 sm red onion  
2 sl white bread  
2 T lemon juice  
2 T wine vinegar  
4 T olive oil  
17 2/3 oz chicken breast filets  
1 salt, pepper

1. Wash the herbs and chop the leaves finely. (parsley, basil, mint, for example) 2. Chop the onion finely and mix with herbs, lemon juice, vinegar and oil together. 3. Slice the filets into thin slices and ,between two sheets of waxpaper, pound flat lightly. 4. Salt and pepper to taste. 5. On a preheated grill, grill each side for 1 1/2 minutes. 6. Arrange on plate and pour the herbmix over all. 7. Serve with a good red wine.

## Grilled Herbed Mushrooms In Cold Tomato Dress

Yield: 4 Servings

1 lb large button mushrooms -  
-wiped clean

### MARINADE =====

1 c olive oil  
4 garlic cloves,minced  
1 t red pepper flakes,crushed  
1 T fresh parsley,chopped  
1 T fresh cilantro (or basil -)  
-(chopped)

1/2 t salt

1/4 t pepper,Freshly Ground

### COLD TOMATO DRESSING =====

3 tomatoes,peeled, seeded -  
-and chop

3 shallots,minced

1/4 c sherry wine vinegar

1/4 c tomato juice

1/4 c extra virgin olive oil



- 1 lime,juiced
- 2 T fresh parsley,Chopped
- 2 T fresh cilantro or-,Chopped  
-basil

Cecila came up with this combination for actress Darryl Hannah, a vegetarian who cooks for meat eaters. The Philippines-inspired cold tomato and lime dressing is compatible with grilled fish or chicken as well as mushrooms. To prevent the bamboo skewers from splintering in the heat of the fire, soak them in cold water for about half an hour and place them in the freezer for a few minutes before cooking.

Combine all marinade ingredients in a glass or ceramic bowl. Add the mushrooms, toss to coat and set aside to marinate for 1 hour at room temperature.

### Grilled Honey Mustard Chicken - An Adaptation

Yield: 2 Servings

- 4 chicken thighs,skinned
- 3 cloves garlic,crushed
- 3 T english mustard,ready-made
- 2 T clear honey
- 2 t lemon juice
- 1 pepper,Fresh Ground
- 1 salt
- 4 T oil

In a bowl, mix garlic, mustard and honey, add lemon juice, salt & pepper to taste. Mix well. Gradually add oil and beat well, lemon juice will ensure the mixture emulsifies. Coat chicken in marinade and leave to marinate, several hours. Grill under a fairly hot grill until done and well browned. During grilling baste with any remaining marinade.

## Grilled Honey Mustard Chicken Breasts

Yield: 6 Servings

6 whole chicken breasts  
1 without skin --,Halved  
1 \*marinade\*  
3 cloves garlic --,Minced  
1/2 c dijon mustard  
1/4 c honey  
1 T lemon juice  
1/4 t pepper,Fresh Ground  
1/2 c canola oil

Place garlic, mustard, honey, lemon juice and freshly ground pepper in workbowl of food processor fitted with steel blade and process to mix. Gradually add oil in a thin stream into the bowl or through feed tube and process to mix until mixture is thoroughly blended. Taste and adjust seasoning if necessary.

Pour all of marinade over chickens and spread to coat. Let marinate at

least several hours or up to 24 hours ahead. Cover loosely with plastic wrap. Turn several times while marinading.

Bring to room temp before cooking.

Cook over grill approximately 6 minutes on each side.

## Grilled Honey-Mustard Chicken Sandwiches

Yield: 4 Servings

- 1/4 c dijon mustard
- 2 T honey
- 1 t oregano leaves,Dried
- 1/4 t garlic powder
- 1/4 t red pepper (cayenne),Ground
- 1 t water
- 4 boneless,skinless chicken  
--breast,halves (appx 1 lb)
- 4 whole-grain sandwich buns
- 8 thin tomato,Slices
- 1 leaf lettuce

=====  
=====  
===== DIRECTIONS  
===== 1. Mix mustard,  
honey, oregano,  
garlic powder, red pepper and water, brush  
on chicken.

2. Cover and grill chicken 4 to 6 inches from medium coals 15 to 20 minutes, brushing with mustard mixture and turning occasionally, until juice is no longer pink when centers of thickest pieces are cut.
3. Discard any remaining mustard mixture.
4. Serve chicken on buns with tomato and lettuce.

### Grilled Iowa Pork Chops Dijonnaise

Yield: 1 Servings

- 2 T dijon mustard
- 1 t dry mustard
- 1 t salt
- 1/2 t pepper, freshly ground
- 4 to 6 iowa chops
- 3 T butter
- HERB BUTTER =====
- 2 T butter, Softened
- 1 T finely parsley, Chopped
- 1 T finely chives, Chopped
- 1/2 t lemon juice
- 1 salt and pepper

This is a pork chop recipe that will just melt in your mouth. [It does too. Amazing... S.C.] From a collection that was tried in the test kitchens at Hatfield Quality Meats. .

Make a paste of the mustards, salt, and pepper and 2 tablespoons butter. Rub this paste into the chops. Grill the chops over a very hot charcoal fire for 4 to 6 minutes on each side. Place each chop in tin foil and brush with the herb butter. Wrap each chop and place on grill for 10 minutes. Brush chops with herb butter and serve.

## Grilled Jalapeno Buffalo Burgers

Yield: 6 Servings

- 1 hot chile sauce,\*
- 1 1/2 lb buffalo (or beef),ground
- 1/2 c onion,finely chopped, 1 med
- 1 jalapeno chiles,\*\*
- 1 clove garlic,finely choppe

\* See Sowest 2 for recipe. \*\* Jalapeno chiles should be seeded and finely chopped. Use 2 or 3 or to taste. Prepare Hot Chile Sauce and set aside. Mix remaining ingredients. Shape into 6 patties, each about 1/2 inch thick. Brush grill with vegetable oil. Grill patties about 4 inches from the coals, turning once, until they are done to your taste, 4 to 6 minutes on each side for medium doneness. Serve with Hot Chile Sauce.

**BROILED JALAPENO BUFFALO BURGERS:** Set oven control to broil. Place patties on rack in the broiler pan. Broil with the tops about 3

inches from the heat, turning once, until done. Broil for 4 to 6 minutes for medium done.

## Grilled Jalapeno Cheeseburgers

Yield: 4 Servings

- 1 lb lean beef,Ground
- 2 t jalapeno pepper,Chopped  
--(seeded)
- 1 1/2 t mexican seasoning
- 1/4 c monterey jack,Shredded
- 4 thin tomato,Slices
- 4 hamburger buns,split -  
-toasted

Preparation time: 30 min.

1. In medium bowl, combine ground beef, jalapeno pepper and Mexican seasoning, mixing lightly but thoroughly. Shape into four 1/2" thick patties.
2. Place patties on grid over medium ash-covered coals. Grill uncovered 14 to 16 minutes or until centers are no longer pink,

turning once. Approximately 1 minute before burgers are done, sprinkle each with 1 Tbsp cheese.

3. Place one slice tomato on bottom half of each bun; top with burger. Close sandwiches.

## Grilled Jamaican Jerk Chicken

Yield: 4 Servings

2 T juice,lemon -- concentrate  
2 T juice,lime -- concentrate  
1 T dijon mustard  
1 pepper,jalapeno -- seeded  
1 chopped  
10 ml garlic -- finely,Chopped  
2 t bouillon,chicken --  
1 instant  
2 cubes  
1/2 t cumin,Ground  
1/4 t thyme leaves,Dried  
1 chicken breast -- halves  
1 skinless (1 lb)  
PER SERVING =====  
1 \*cals  
1 \*gm protein  
1 \*gm carbo  
1 \*gm fat

- 1 \*% cals from fat
- 1 \*mg chol
- 1 \*mg sodium

IN shallow dish or plastic bag, combine 3 tbsp water and all ingredients except chicken. Add chicken, coating well with marinade. Cover dish or seal bag; marinate in refrigerator 4 hours or overnight. Prepare outdoor grill or preheat broiler. Remove chicken from marinade; pour marinade into small saucepan and bring to a boil. Grill or broil chicken 15 to 20 minutes, turning occasionally and basting frequently with marinade. Serve hot. Makes 4 servings. Prep Time: about 5 minutes. Marinating Time: about 4 hours or longer. Cooking Time: about 15 minutes.

### Grilled Jumbo Shrimp With Citrus Sauce

Yield: 6 Servings

#### MARINADE =====

- 1/2 c vegetable oil
- 1 zest of 1 orange,Grated
- 1 zest of 1 lime,Grated
- 1 T fresh basil,minced or
- 1/2 T basil,Dried
- 1 t fresh thyme,minced or
- 1/2 t dried
- 1 lb extra-large shrimp,about 18  
- shells removed

#### VEGETABLE SAUTE =====

- 1 T vegetable oil
- 3 c vegetable,(use artichokes,  
-fennel
- 1 clove garlic,minced
- 1 salt and black pepper,Ground
- 3 T balsamic vinegar

#### CITRUS SAUCE =====



- 1 T orange juice
- 1 T grapefruit juice
- 1 T lime juice
- 2 T honey
- 1 T dijon-style mustard

For the marinade, combine all the ingredients in a mixing bowl. Add the shrimp and marinate for about 3 hours. (Note the recipe states to marinate at room temperature, but I would not leave it out for that amount of time. The safest thing to do is to marinate in the refrigerator.)

When the marinating time is over, make the vegetable saute. In a saute pan over medium heat, warm the oil. Add the vegetables and garlic; saute for 4 minutes, stirring constantly. Season with salt and pepper. Add the balsamic vinegar and continue cooking for 1 minute more.

To make the citrus vinaigrette, combine all the ingredients in a mixing bowl. Whisk to dissolve the honey.

Remove the shrimp from the marinade and grill or broil for 2 minutes on each side.

Divide the sauteed vegetables among 6 salad plates, put 3 shrimp on top of each, and pour on the citrus vinaigrette.

## Grilled Lamb Chops

Yield: 4 Servings

- 1 c red current jelly
- 1 rack of lamb
- 1/2 c butter
- 2 T rosemary (crushed)
- 1 c poupon mustard
- 1 c white wine
- 1/2 c shallots (minced)

Mix jelly and mustard in saucepan and simmer on stovetop for 5 minutes to melt jelly. Remove lamb chops from rack and French cut, being careful not to remove the fat from the eye (the fat will protect the meat from burning on the grill). Allow sauce to cool completely. Submerge lamb chops in sauce and allow to marinate overnight (place in refrigerator). Grill over Hickory coals 4 to 5 minutes (for medium to medium-rare), basting

with  
sauce  
as it cooks. Turn once half-way through cooking time. Prepare garnish  
sauce by browning shallots in butter and stirring in the white wine  
and  
rosemary. Serve lamb with garnish sauce and grilled potatoes and  
vegetables. NOTE: The marinade sauce also goes well with other foods  
including mushrooms.

## Grilled Lamb Cutlets With Pea-Pod & Basil Pur

Yield: 4 Servings

- 1 lb pea pods
- 1 oz butter
- 2 oz cream
- 4 lamb cutlets
- 1 clove garlic
- 1 olive oil
- 1 salt and pepper
- 1 handful of basil leaves

Steam the pea pods until just tender and pass through a sieve. You  
can  
liquidise them, but I found it allowed too much of the fibre into the  
puree. Reheat the puree gently with the butter and the cream.

cut the garlic clove in two and rub over the surface of the meat.  
Brush the olive oil over the meat and season well with salt and  
pepper. Grill for a few minutes each side, depending on whether you  
like your lamb pink, or well done.

Roughly chop the basil leaves with a sharp knife and stir into the puree off the heat, season with salt and pepper and serve with the meat.

## Grilled Lemon Ginger Pork Chops

Yield: 6 Servings

1/2 c vegetable oil  
3/4 c soy sauce  
2 t garlic powder  
1 t black pepper,coarsely  
1 ground  
1 T ginger,ground  
1 t lemon peel  
6 thick pork chops  
1 well,Trimmed

Combine oil, soy sauce, garlic powder, pepper, ginger and lemon peel for marinade. Pierce chops on both sides with a fork. Marinade chops approximately 30 minutes before cooking on grill. Grill chops 8 minutes on one side; turn and grill 8 minutes on the remaining side.

## Grilled Lemon Pepper Chicken Breasts With Thy

Yield: 4 Servings

1 no ingredients

1/4 c fresh lemon juice  
1 TB coarsely ground black  
: pepper  
: Salt  
1/2 c extra-virgin olive oil  
3 whole boneless skinless  
: chicken breasts  
: For gremolata:  
1 TB fresh thyme leaves  
2 lg garlic cloves, -- minced  
1 ts freshly grated lemon zest  
: Garnish:  
: Lemon slices  
: Thyme sprigs

In a bowl whisk together lemon juice, pepper and salt to taste and

add oil in a stream, whisking until marinade is emulsified. With a rolling pin or smooth side of a meat pounder flatten chicken 1/4-inch thick between sheets of plastic wrap. In a large resealable plastic bag marinate chicken in marinade, chilled, 30 minutes.

Prepare grill. Make gremolata: In a small bowl stir together gremolata ingredients. Grill chicken on an oiled rack set 5 to 6 inches over glowing coals until just cooked through, about 2 minutes on each side.

Serve chicken sprinkled with gremolata and garnished with lemon and thyme.

Yield: 6 servings

## Grilled Lemon Potatoes

Yield: 4 Servings

- 2 md russet potatoes, Halved
- 1 lengthwise
- 1/2 c low cal. margarine, melted
- 2 T lemon juice
- 1 1/2 t reduced sodium lemon-pepper seasoning
- 1 pepper seasoning
- 1/8 t garlic powder

Deeply Score Cut Sides Of Potatoes, Using A Sharp Knife. Cover Skinside With Foil. Combine Remaining Ingredients; Brush Cut Sides With Margarine Mixture. Grill Potatoes, Cut Side Up, 5 To 6 Inches From Medium Coals 40 Min, Basting With Margarine Mixture Every 10 Min. Turn Potatoes & Grill 10 Min. Turn Potatoes & Baste With Remaining margarine Mixture. Grill

10  
Min.

## Grilled Lemon-Pepper Chicken Salad

Yield: 2 Servings

5 T olive oil  
3 T fresh lemon juice  
1/2 t tabasco sauce  
1/2 t thyme --,Dried  
2 boneless skinless chicken  
1 breast halves  
4 sl red onion -- 1/3 - 1/2  
1 thick  
4 c romaine lettuce -- torn  
1/2 c feta cheese --,Crumbled

Whisk olive oil, lemon juice, pepper sauce and thyme to blend in small saucepan over low heat. Season dressing to taste with salt and pepper. Arrange chicken and onion slices on plate. Spoon 2 tablespoons dressing over chicken and onions and turn to coat. Let chicken stand for 5 minutes. (Can be prepared up to 4 hours ahead. Cover and refrigerate.)

Prepare barbecue grill (medium-high heat). Set saucepan with remaining dressing at edge of grill to warm. Grill chicken and onion slices until just cooked through, about 5-6 minutes per side. Transfer chicken and onion to plate. Cut chicken crosswise into thin slices. Separate onion into rings.

Place lettuce in large bowl. Add chicken and onion. Add warm dressing and toss to coat. Season salad to taste with salt and pepper. Divide salad between 2 plates. Sprinkle half of feta cheese over each and serve.

## Grilled Lime Chicken

Yield: 6 Servings

1/4 c fresh parsley, Chopped  
1/2 t pepper, Freshly Ground  
1/2 t lime rind, Grated  
2 T lime juice  
1 c dry white wine (or chablis)  
6 chicken breast halves \*

\* 6 (4 oz each) skinned, boned chicken breast halves  
Combine all ingredients except chicken in a shallow baking dish. Add chicken, turning to coat. Cover and marinate in refrigerator for 1 day. Remove chicken from marinade, reserving marinade. Coat grill rack with Pam, place rack on grill over med-hot coals. Place chicken on rack, and cook 5 minutes on each side or until done, basting with reserved marinade.



## Grilled Lime Tortillas \*\*

Yield: 4 Servings

PATTI VDRJA =====

4 T butter (or margarine)

1 t lime peel, Grated

4 t lime juice

4 10 flour tortillas

Heat margarine until melted. Stir in lime peel and lime juice. Brush on both sides of tortillas. Grill tortillas 5-6" from medium coals, turning once, until golden brown. Sprinkle with salt if desired. Cool slightly; break into pieces. NOTE: If there isn't room on your grill for 2 large tortillas, cut them into 6 wedges before grilling.

## Grilled Lobster Dinner

Yield: 2 Servings

- 4 medium ears corn
- 2 large garlic cloves,smashed
- 1/8 t cayenne pepper
- 1 large live lobster,Halved
- 1 lemon wedges
- 1 stick butter (4 oz.)
- 2 t fresh oregano,Minced
- 1/2 t salt
- 1 T olive oil
- 12 littleneck clams,scrubbed

Light grill. Fill large bowl halfway with cool water. Add ears of corn with husks intact, let soak for 20 minutes. In small saucepan, combine butter and garlic and melt over low heat. Stir in oregano, cayenne, and 1/2 teaspoon salt. Cover and set aside. Using blunt edge of knife, crack lobster claws and knuckles in 2 spots on 1 side without crushing meat. Brush shell of lobster body and uncracked side of claws and knuckles with olive oil. Place lobster pieces cracked

side up on platter, brush with some reserved herb butter. Drain ears of corn and place on center of grill. Cover and grill for 5 minutes. Add lobster pieces, cracked side up, cover and grill, occasionally brushing with herb butter, for 15 minutes. Brush ears of corn thoroughly with fresh water and rotate slightly to blacken even. Add the clams to the hottest spot on the grill. Cover and grill about 5 minutes, until clams open. Leave unopened clams on grill while transferring opened clams, corn and lobster to a large platter. Using tongs, check lobster for doneness by pulling up the tail meat and checking underside; it should be firm and dark orange; return to grill if required (DO NOT OVERCOOK!). Remove remaining clams from grill, discard any unopened. Brush the clams and lobster tails with more herb butter. Peel and discard husks and silks from corn; brush with herb butter. Garnish with lemon wedges and serve; pass remaining butter for dipping.

### Grilled Lobster With Warm Corn~ Chanterelle A

Yield: 4 Servings

: lobster:

1/4 lb butter, -- melted  
10 leaves fresh basil, coarsely  
: chopped  
4 1 1/2lb lobsters  
: Salt  
: Pepper  
: Salad:  
3 strips bacon, -- julienned  
6 TB olive oil  
1/4 lb Chanterelles  
: Salt  
: Pepper  
3 ears corn, -- kernels  
: removed  
1 red onion, -- diced

1 yellow pepper, -- finely  
: julienne  
1 red pepper, -- finely  
: julienned  
2 heads frisee  
2 TB sherry vinegar  
1 TB chopped chives

**Lobster:** In bowl stir basil into melted butter. Steam or broil lobster for about 4 minutes. To stock the cooking process shock the lobster with cold water. Allow lobster to cool. Heat grill to a moderately high heat. Split lobsters in half. Remove meat from claws. Lightly brush meat with basil butter and place lobsters on grill, meat side down for 3 - 4 minutes. Turn over, and brush meat liberally with more butter and continue grilling for 3 - 4 minutes with shell side down, until shell is bright red. At that time place claw meat on grill and cook for 3 - 4 minutes. Remove lobster from grill. Serve with salad.

**Salad:** In large non-stick pan cook bacon until crispy. Drain and set aside. In same pan heat 1 tablespoon olive oil and saute Chanterelles until golden brown. Season lightly with salt and pepper and set aside. Add another tablespoon of oil to the pan. Add corn and onion and cook for 2 - 3 minutes, until the corn is cooked and the onion is tender. Add peppers and toss until peppers are warm. Add mushrooms and frisee to pan. Toss for 1 minute. Add remaining oil, vinegar and salt and pepper to taste. Toss together until frisee just begins to wilt. Add bacon and serve with lobster

## Grilled Loin Of Pork With Tart Cherry Sauce

Yield: 12 Servings

4 lb boneless pork loin roast  
-fat trimm,ed  
1 salt  
1 pepper  
1 c dry red wine  
1/2 c orange juice  
3 T shallots (or onions),Chopped  
1 clove garlic,minced  
1/4 t ginger root,Minced  
1/8 t allspice,Ground  
1/8 t pepper  
3 T cornstarch  
1/3 c cold water  
1 lb fresh (or cherries),Frozen  
1/4 to 1/3 cup nutrasweet  
-spoonful

Dunno how you feel about NutriSweet and such ilk, but I'm posting a

bunch of stuff from NutriSweets cookbook. Some of it looks right good. Tart cherries in a red wine sauce are the perfect complement to roast pork, while they give a dinnertime favorite new taste appeal.

Lightly sprinkle the roast with salt and pepper; place on rack in roasting pan. Insert meat thermometer so tip is in center of meat. Roast at 325F until thermometer registers 170F, about 2 hours.

Heat the wine, orange juice, shallots, garlic, ginger root, allspice and 1/8 teaspoon pepper to boiling in medium saucepan; reduce heat to low and simmer, covered, for 10 minutes.

Heat to boiling once more. Mix cornstarch and cold water; stir into boiling mixture. Boil, stirring constantly, until thickened. Stir in cherries; cook over low heat for 2 to 3 minutes. Remove from heat; cool for 2 to 3 minutes. Stir in NutraSweet Spoonful. Slice pork and arrange on platter; serve with Cherry Sauce.

NOTE: Tart Cherry Sauce is also excellent served with venison or other game.

Makes 12 servings.

## Grilled Mahi With Arugula

Yield: 4 Servings

- 4 6 oz. mahi mahi steaks
- 2 t olive oil
- 1 sm purple onion, thinly sliced
- 2 garlic cloves
- 1 salt
- 1 pepper, Freshly Ground
- 2 lg tomatoes - peeled, seeded & -chopped
- 1 handful arugula\*, Chopped --(fresh)

\*(watercress can be substituted)

Pat steaks dry, brush with 1 tsp. olive oil, and grill over medium hot coals. Use remaining 1 tsp. of olive oil to coat the bottom of a skillet. Saut onion and garlic with salt and pepper until onion is translucent and garlic has begun to color. Add tomatoes; cook until they begin to glisten. Add arugula, tossing to blend. Adjust salt and

pepper, serve over grilled fish.

## Grilled Maple Pork Chops

Yield: 1 Servings

1/4 c butter  
1 c maple syrup  
1 egg  
1 c flour  
1/4 t salt  
1 t vanilla  
1/4 c chopped nuts,(walnuts)

Recipe by: Wisconsin Maple Producers Council - Aniwa, WI. 54408  
Cream

butter and maple syrup. Add flour, egg baking powder, salt and vanilla. Mix and stir in walnuts. Spread in 9-inch cake pan. Bake at 350 F for 25 minutes. Cool. Cut into squares.



## Grilled Margarita Grouper

Yield: 4 Servings

- 1 1/2 lb grouper fillets
- 1/3 c white (or gold tequila)
- 1/2 c triple sec
- 3/4 c fresh lime juice
- 1 t salt plus more, To Taste
- 2 or 3 large cloves garlic  
-crushed
- 1 T vegetable oil
- 3 md tomatoes, diced
- 1 md onion, finely chopped
- 1 T jalapeno (or serrano), Minced  
-chilies,, or more to  
1 taste
- 2 to 4 tbsp fresh, Chopped  
-cilantro
- 1 pn of sugar

Serves 4

freshly ground black pepper

Place fish in a dish large enough to hold it in a single layer.

Combine

tequila, triple sec, lime juice, salt, garlic and 2 tsp oil and pour over

fish, rubbing all over. Cover and marinate for 1/2 hour at room temperature or up to 3 hours in the refrigerator, turning occasionally.

Just before serving, combine tomatoes, onions, chiles, cilantro, sugar and salt to taste. Heat the grill to very hot. Remove fish from marinade, pat dry (reserving marinade) and brush lightly with 1 tsp oil and

grind pepper over the surface. Cook on a greased grill for about 4 minutes

per side or until flesh is opaque.

Meanwhile, boil marinade in saucepan for 2 minutes, remove and discard garlic cloves, and spoon a little of it over the fish,

Spoon

the tomato salsa alongside and serve.

## Grilled Marinated Kingfish

Yield: 1 Servings

2 bay leaves  
1/2 t thyme  
1 c vinegar  
1 kingfish, 1 to 1-1/2 steaks

Prepare marinade by blending 2 bay leaves, 1/2 tsp thyme and 1 Cup wine vinegar. Heat in saucepan to blend flavors; Cool before marinating. Submerge steaks and marinade for 30 minutes or longer in marinade. Drain before cooking. Barbecue approximately 12 minutes, turning once, approximately 3" from the charcoal. Also for: Cobia, Amberjack, King, Grouper, Snapper, Speck et al. Suggestions: Subst some of prepared salad dressings for marinade.

## Grilled Marinated Beef

Yield: 6 Servings

1 no ingredients

1 cn CAMPBELL'S condensed tomato  
: soup  
1/4 c water  
1 TB lemon juice  
2 ts Worcestershire sauce  
1 1/2 lb boneless beef sirloin steak  
1 " thick

-In a small bowl, combine soup, water, lemon juice, Worcestershire sauce. Reserve 3/4 cup; refrigerate.

-Pour remaining marinade into large shallow \*nonmetallic dish. Add steak, turning to coat. Cover; refrigerate at least 2 hours, turning occasionally.

-TO GRILL Remove steak from marinade and place on grill rack directly above medium coals, discard marinade. Grill uncovered, until desired doneness (allow 25 minutes for medium), turning once during cooking.

-MEANWHILE In 1-quart saucepan, over medium heat, heat reserved soup mixture to boiling. Thinly slice steak, serve with soup mixture.

## Grilled Marinated Pork Chops With Habanero Ch

Yield: 6 Servings

- 1/4 c brown sugar
- 1/4 c dijon mustard
- 1/8 c soy sauce
- 6 centercut pork loin chops
- 8 oz butter
- 1 finely carrot,Chopped
- 1 stalk celery,chopped fine
- 1/2 md onion,chopped fine
- 1 T fresh ginger,Grated
- 2 sprigs fresh thyme
- 1 T shallots,Minced
- 1 T garlic,Minced
- 1 bay leaf
- 3 black peppercorns
- 3/4 c port wine
- 1 lb fresh cherries,stems and  
-pits rem,oved
- 1 habanero chile,stems and

- seeds removed, minced
- 3 c rich pork (or chicken stock)
- 2 T cornstarch
- 1 T water
- 1 salt and pepper, To Taste

Combine the brown sugar, mustard and soy sauce and mix well. Spread the mixture evenly over the chops and marinate, covered, in the refrigerator for 4 to 5 hours.

Melt 1 ounce of butter in a non-reactive pan and saute the carrot, celery, onion, ginger, thyme, shallots, garlic, bay leaf, and peppercorns until the onion turns golden brown. Add the port wine, heat and reduce until thick.

Add the cherries and the Habanero and cook until all the juices are extracted from the cherries. Add the stock, bring to a boil, then reduce the heat and simmer for 45 minutes.

Remove from the heat and strain through a very fine sieve, pressing with a kitchen spoon to extract all the juices.

Return the strained liquid to a pan over low heat and whip in the remaining butter, 1 ounce at a time. Dissolve the cornstarch in the water and add it to the sauce. Heat and stir until the sauce thickens enough to coat the back of a spoon. Season the sauce with salt and pepper to taste. Keep the sauce warm.

Grill the pork chops to desired doneness and serve with the sauce ladled over them.

Heat Scale: Medium

## Grilled Marinated Portobellos

Yield: 2 Servings

- 1 lb portobello mushrooms, sliced  
- thick
- 1/2 t salt, or to taste
- 1 white pepper, freshly ground
- 1 T olive oil
- MARINADE =====
- 3 oz extra-virgin olive oil
- 2 limes, juice of
- 1 clove garlic, minced
- 1 sm shallot, chopped
- 1 t fresh rosemary, chopped
- 1 t fresh parsley, chopped

Season mushrooms with salt, white pepper and olive oil to taste.  
Grill over high heat for 4 min or until soft. Let cool.

MARINADE: In shallow platter, mix together marinade ingredients.  
Add

mushroom slices. Marinate at least one hour. Serve chilled.

## Grilled Marinated Seafood

Yield: 1 Servings

- 2 c olive oil
- 1/2 c fresh lemon juice
- 2 T fresh dill,Chopped
- 1/8 c fresh horseradish
- 1/8 c dijon mustard salt and  
-freshly grou,nd black pepp
- 1 lb fresh salmon fillet  
-boneless,skin,less
- 1 lb fresh tuna
- 1 lb fresh swordfish
- 1 lb large shrimp,peeled and  
-deveined
- 20 long bamboo skewers

Make two marinades as follows: Place 1 cup of the olive oil and 1/4 cup of lemon juice in each of two bowls. Add the dill to the first bowl and the horseradish and mustard to the other. Add salt and pepper to both marinades.



Cut the salmon, tuna and swordfish into 1/2 by 1/2 by 2 inch pieces. Place the salmon and the swordfish in the horseradish-mustard marinade and the shrimp and tuna in the dill marinade for about 30 minutes.

While the seafood marinates, soak the bamboo skewers in cold water.

Thread the seafood on the skewers, alternating fish, and beginning and ending with a shrimp. Grill over hot coals for about 2 minutes, turning occasionally. Makes 10 servings.

## Grilled Marinated Skirt Steak

Yield: 6 Servings

- 1/2 c cumin seeds
- 4 jalapeno peppers, halved and  
- seeded
- 3 cloves garlic
- 4 t black pepper, Cracked
- 1 1/2 t salt
- 1/3 c lime juice (from about 4  
-limes)
- 2 c coarsely cilantro, Chopped  
-leaves and stems
- 1 c olive oil
- 3 lb skirt steak, trimmed of  
-excess fat, and cut into 6
- 1 avocado corn relish
- 12 flour tortillas, heated

1. In a small, heavy frying pan, toast the cumin seeds over moderately high heat, shaking the pan, until fragrant, about 30

seconds. Transfer the cumin seeds to a blender.

2. Add the jalapenos, garlic, black pepper and salt to the blender and puree with the lime juice until the cumin seeds are finely ground. Then add the cilantro and oil and puree until smooth.

3. Rub the meat all over with some of the marinade and roll each piece into a cylinder. Arrange the meat in a shallow glass dish or stainless-steel pan. Pour the remaining marinade over the meat. Cover and marinate in the refrigerator for 24 to 48 hours. About 30 minutes before cooking, remove the meat from the refrigerator and unroll each steak.

4. Light the grill or heat the broiler. Grill or broil the steaks for 3 minutes. Turn the meat and cook to your taste, about 3 to 4 minutes longer for medium-rare. Transfer to a carving board and let rest in a warm spot for 5 minutes. Slice the steaks across the grain and on the diagonal. The slices should be about 1/4 inch thick. Serve with the Avocado Corn Relish and warm flour tortillas.

Look for a robust red wine that won't be overwhelmed by the strong Southwestern flavors of this marinated steak with its spicy relish. Try a recent bottling of garnacha from Spain.

## Grilled Marinated Spicy Ribs

Yield: 4 Servings

- 1 large cooking onion
- 1 or 1/2 spanish onion
- 4 garlic cloves
- 2 T red wine vinegar
- 1 T cumin seeds
- 1 t red pepper flakes
- 2 t leaf oregano, Dried
- 3/4 t salt
- 1/4 t cayenne pepper
- 2 racks pork back ribs, about
- 1 3 1/2 lbs.

1. Cut onion into wedges and place in a food processor. Add garlic, vinegar, cumin, red pepper flakes, oregano, salt and cayenne. Whirl until onion is very finely chopped, stopping to scrape down sides as necessary. 2. Spread both sides of ribs with onion mixture. Place ribs in a resealable plastic bag or flat dish. Close bag or cover dish and refrigerate for at least 6 hours or up to 1 day. Turn ribs

once during marinating time. 3. When ready to cook, oil grill and preheat barbecue. Set barbecue temperature to medium or medium - low.

Barbecue with lid down or loosely covered with foil, turning once or twice, until deep golden with slightly singed areas, about 50 to 60 minutes. If ribs are browning too quickly, move to a cooler part of grill or reduce heat. For appetizers, serve individual ribs.

## Grilled Marinated Vegetables

Yield: 1 Servings

- 8 zucchini lengthwise, Halved
- 8 crookneck squash (or  
-pattypan)  
- squash,, halved lengthwis
- 4 red bell peppers, quartered  
-lengthwise
- 8 mushrooms
- 1 lemon-herb marinade

Arrange all vegetables in glass baking dish. Pour marinade over. Let stand 30 minutes at room temperature.

Prepare barbecue (high heat). Remove vegetables from marinade. Grill until golden, turning frequently with tongs, about 10 minutes. Transfer to platter. Season with salt and pepper and serve.

## Grilled Meli Melo Of Seafood With Soy Beurre

Yield: 6 Servings

3 c vegetable oil  
4 lg leeks,(white parts only)  
    -julie  
2 salmon fillets (5 oz each)  
2 sea bass fillets (5 oz each)  
12 md shrimp,peeled and deveined  
12 md scallops  
1/4 c olive oil  
SOY BEURRE BLANC =====  
2 T butter  
1 md onion,coarsely chopped  
1 lg carrot,coarsley chopped  
2 c white wine  
1/2 lb butter cut into small  
    -pieces  
1 T soy sauce

In a large saucepan place the vegetable oil and heat it on medium

high

until it is hot (350F). Add the leeks and fry them for 3 minutes, or until they are golden brown. Drain the leeks on paper towels. Set them aside and keep them warm.

Brush the seafood pieces with the olive oil. Grill (or broil) the salmon, swordfish, and sea bass for 2 to 3 minutes on each side, or until they are just done. Cut each piece of fish crosswise into 3 pieces.

Grill the shrimp and scallops for 1 to 2 minutes on each side, or until they are just done.

On each of six individual serving plates place the fried leeks. Place 1 piece of each kind of fish on top. Add 2 of the shrimps and 2 of the scallops. Drizzle on the Soy Beurre Blanc.

**Soy Beurre Blanc:** In a medium saucepan place the 2 tablespoons of butter and heat it on medium until it has melted. Add the onions, carrots, and celery. Saut the vegetables for 4 to 5 minutes, or until they are tender.

Add the white wine. Reduce the heat to low and simmer the ingredients for 45 to 60 minutes, or until the liquid is reduced to 1 cup.

Place the mixture in a food processor and pure it. Return the pure to the saucepan. While whisking constantly over low heat, add the pieces of butter one at a time. Add the soy sauce and stir it in.

## Grilled Merguez With Cilantro-Lime Relish

Yield: 4 Servings

- 1 stephen ceideburg
- 1 1/2 lb merguez sausage, separated  
-into links
- 1 c coarsely cilantro, Chopped
- 2 limes, juice only
- 2 garlic cloves, chopped

The article says merguez is a spicy North African lamb sausage and that it is available in Middle Eastern markets. She doesn't offer a substitute, but I'd think chorizo or hot links might work alongside the other dishes.

Grill sausages, turning several times to cook evenly, until they are slightly charred on the outside, still juicy on the inside.

Meanwhile, combine cilantro, lime juice and garlic.

Serve hot merguez with cilantro-lime relish on the side.

## Grilled Mixed Veggies

Yield: 4 Servings

- 1 1/2 lb mixed vegetables
- 3 T olive oil
- 1 T basil, chopped
- 1 T thyme, chopped
- 1/2 t onion powder
- 1/4 t pepper
- 1/8 t mustard
- 1/8 t paprika
- 1 garlic clove, minced

If using potatoes, halve and cook, covered, in a small amount of boiling water for about 10 minutes. Drain. Prepare other veggies as needed. Prepare seasoning mixture and brush on prepared vegetables. Preheat gas grill. Place vegetables on a piece of heavy foil or on grill rack. Cover and grill until tender. Turn occasionally and brush with seasoned mixture.



## Grilled Moroccan Lamb Sausage (Merguez)

Yield: 4 Servings

- 1 1/3 lb lean lamb,ground with
- 2/3 lb lamb,pork or beef fat
- 2 T water
- 1 1/2 T garlic,Minced
- 2 T fresh cilantro,Chopped
- 2 T fresh parsley,Chopped
- 2 T paprika
- 1 1/2 t cumin,Ground
- 1 1/2 t coriander,Ground
- 1 1/4 t cinnamon
- 3/4 t cayenne pepper
- 1 1/4 t salt
- 1/2 t pepper,Freshly Ground
- 2 feet hog casing
- 2 T olive oil,optional
- 1 lg green pepper,optional
- 2 md onions,optional

Combine all ingredients except the olive oil and the three optional

items in a large bowl and mix well. If making sausages, use the sausage attachment on a heavy-duty mixer, stuff the casings with the mixture and twist and tie to make eight 4-inch links. Or shape into eight 3-inch-long lozenges, slightly fatter in the middle, formed around metal skewers or into 8 patties.

Preheat grill or broiler.

If the sausages are in casings, prick with a fork 2 to 3 times and brush with oil. Grill or broil 3 to 4 minutes on each side until cooked through. For lozenges, brush with oil and cook 3 to 4 minutes on each side. For patties, brush with oil and grill 4 to 5 minutes on each side or saute over high heat.

If desired, sausages may be threaded on skewers alternately with green pepper pieces and onion quarters before grilling. Makes 4 servings.

## Grilled Mullet

Yield: 4 Servings

- 1 1/2 lb mullet filets
- 2 to 3 limes, juice of
- 1/2 c butter
- 1 t salt
- 1/2 t pepper

Place filets in a flat pan; squeeze lime juice on top. Refrigerate 4 hours to tenderize. When ready to cook, place on an oiled grill over hot coals and brush with butter. Season with salt and pepper. Baste frequently with butter as fish browns.

## Grilled Mushrooms With Herbs

Yield: 1 Servings

1 no ingredients

1/3 c fat-free Zesty italian  
: dressing  
3 TB lemon juice  
1/4 ts dried, crushed oregano  
: leaves  
1/4 ts dried thyme leaves  
1 garlic clove, crushed  
1 lb portabella mushrooms --  
: sliced 1/2" thick  
1/8 ts pepper

Mix Italian dressing, lemon juice, oregano, thyme, and garlic in large glass or plastic bowl. Add mushrooms; stir to coat with marinade. Cover and let stand for 1 hour. Remove mushrooms from marinade. Grill mushrooms about 4 inches from medium coals for 15-20 minutes

turning

2-3 times, until tender. Sprinkle with pepper.

## Grilled Mussels With Hot Bean Sauce

Yield: 4 Servings

2 lb fresh mussels  
1 lemon  
3 T fish sauce nuc-mam  
1 vietnamese (or thai)  
1 t sugar  
2 hot red pepper,Dried  
1 grind to paste\or 1t powder  
2 cloves garlic  
2 T water

1. Clean and scrub the mussels as shown in class. 2. While mussels are draining, prepare sauce: Blend garlic and red peppers into a paste. Add juice of 1 lemon, 3 tb fish sauce, 1 tb sugar, and finally, 2 tb water. 3. Preheat broiler. 4. Place clean, dry mussels in a single layer on a baking sheet. 5. Broil mussels just until they are all open and aromatic. 6. Remove from broiler and serve with rice. Dip mussels into sauce to eat.

## Grilled Mussels With Hot Fish Sauce

Yield: 4 Servings

2 lb fresh mussels  
1 lemon grind to paste (or 1t)  
-powder  
3 T fish sauce nuc-mam  
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## Grilled Mustard & Pepper-Crusted Steaks

Yield: 6 Servings

- 1/2 c dry red wine
- 1/2 c vegetable oil
- 2 shallots, minced
- 1 sm clove garlic, minced
- 1/4 c grainy mustard
- 2 T worcestershire sauce
- 1 1/2 T to 2 1/2 coarsely, Cracked  
-peppercorns
- 1 t thyme, Dried
- 1 salt and hot red pepper  
-sauce to taste
- 6 steaks, such as strip or  
-rib-eye

1. Combine wine, oil, shallots, garlic, 2 teaspoons of the mustard, the Worcestershire sauce, 1/2 teaspoon of the peppercorns, thyme and salt in a blender or food processor; mix well. Transfer to a glass

baking dish and add steaks, turning several times so they are well coated. Cover and refrigerate 4 hours or overnight, turning several times.

2. Prepare a medium-hot charcoal fire. Combine remaining mustard and hot pepper sauce in a small dish.

3. Remove steaks from marinade; pat dry. Spread a thin layer of mustard mixture over one side of each steak and add some of the remaining pepper. Place on grill, mustard-side down. Brush remaining mustard over and sprinkle with pepper. Grill, about 6 inches from coals, turning once, until cooked as desired, 8 to 12 minutes total for medium-rare.

## Grilled Mustard Chicken

Yield: 4 Servings

1 c dry white wine  
1/2 c olive oil  
1 salt,pepper  
1 fresh (or thyme),Dried  
3 lb chicken,in serving pieces  
2 T dry mustard  
1 T honey

Combine wine and oil in large bowl. Season to taste with salt, pepper and thyme. Place chicken in mixture at least 1 hour. Remove chicken from marinade, reserving marinade. Broil chicken on both sides in oven or on barbecue grill 35 to 40 minutes. Meanwhile, combine 2 tablespoons reserved marinade, dry mustard and honey. When chicken is just done, brush with mustard sauce and serve. Makes 4 to 6 servings

## Grilled Mustard Turkey

Yield: 4 Servings

- 1 lb turkey breast cutlet, 1/4  
-thick
- 2 T dijon-style mustard
- 1 T no-cholesterol, reduced-  
-calorie ma, yonnaise
- 1 t fresh lemon juice
- 1 pepper, To Taste
- 1 paprika
- 2 T fresh parsley, Chopped

Preheat broiler. Coat broiler pan with non-stick cooking spray. Rinse turkey and pat dry. Mix together mustard, mayonnaise and lemon juice in a small bowl. Coat one side of the turkey with half of mustard mixture. Broil about 4 inches from heat source 5 minutes. Turn and coat other side of turkey with mustard mixture and sprinkle with pepper and paprika. Broil 1 minute or until top is browned. Garnish



with chopped parsley.

## Grilled New Potatoes With Garlic

Yield: 6 Servings

1 no ingredients

1 lb Potatoes -- new not tiny  
: scr  
2 c Garlic  
1 ts Rosemary -- dried  
2 TB Olive oil  
1 ts Salt  
: Ground pepper

Cook potatoes on stove top in water to cover or in microwave oven on HIGH (100T power) until almost tender. Drain potatoes. Toss with garlic, rosemary and olive oil. Season to taste with salt and pepper. Can be prepared day ahead to this point and refrigerated. To grill, divide potatoes in half. Place each batch in single layer between large pieces heavy duty foil (or double thickness regular foil). Bring up ends of foil to close airtight. Puncture several holes in each packages. Place on grill rack over hot coals, turning

several times, until cooked, about 7 minutes total. Unwrap and serve immediately. Makes 6 servings. Puncturing the foil with holes allows some of the smokiness to permeate the potatoes.

## Grilled Octopus With Oregano

Yield: 12 Servings

- 3 2 pound octopuses, thawed if  
- frozen, and rinsed
- 1 lemon, cut into 1/4 slices
- 2 t salt
- 1 t whole black peppercorns
- 1 1/2 c extra-virgin olive oil
- 1 (preferably greek)
- 1/4 c red-wine vinegar
- 2 1/2 T oregano, Dried

Cut octopus pouches (heads) from tentacles, leaving enough pouch to keep tentacles attached in 1 piece (for small octopuses discard pouches.) In a 8 quart kettle combine octopus pouches and tentacles, lemon, salt, peppercorns, and water to cover by 1 inch and simmer gently, covered, until octopus is knife-tender, 20 to 30 minutes. In a colander drain octopus and cool until it can be handled. With hands rub off purplish skin from pouches and tentacles (skin around suction cups may not come off completely). In a large bowl whisk

together remaining ingredients and salt and pepper to taste and add octopus, turning to coat. Marinate octopus, covered and chilled, 1 day.

Prepare grill.

Transfer octopus to paper towels to drain and reserve marinade. Grill octopus on an oiled rack set 5 to 6 inches over glowing coals, turning occasionally, until browned, about 6 minutes. Cut octopus into bite-size pieces (leave small octopus whole) and toss with reserved marinade. Octopus may be made 1 day ahead and chilled, covered. Serve octopus at room temperature. Serves 12

## Grilled Or Broiled Zucchini

Yield: 4 Servings

- 1    eva estes bxgt29b
- 4 sm zucchini
- 4 T  butter
- 1/2 t  lemon-pepper seasoning
- 1 ds  garlic salt
- 2 T  parmesan cheese

Wash, dry and halve lengthwise the zucchini and arrange in a single layer on a greased broiler pan or hinged grill. Score zucchini diagonally. Melt butter and add lemon-pepper seasoning and garlic salt. Brush on cut side of zucchini. Sprinkle with cheese. Broil 8 minutes or grill until tender and cheese browns. No need to turn.

## Grilled Orange Chicken

Yield: 5 Servings

- 1/2 c thawed orange juice, Frozen  
-concentrate
- 1/4 c soy sauce
- 1 T minced onion, Instant
- 1 1/2 t tarragon leaves, Dried
- 1/2 t garlic powder
- 1/4 t pepper
- 1 broiler-fryer chicken, cut  
-in to 10, pieces

### Grilled Orange Chicken

In bowl, combine all ingredients except chicken and let stand 10 minutes. Arrange chicken in a single layer in a flat baking dish. Pour marinade over chicken; turn pieces to coat all sides. Marinate eight hours or overnight in refrigerator. Remove chicken pieces from marinade and place on grill, six to eight inches from heat. Broil

about 20 minutes on each side. Baste with marinade during last 15 minutes of cooking. Serves 5.

## Grilled Orange Egg Custard

Yield: 1 Servings

- 1 orange (or grapefruit)
- 1 large egg
- 2 T milk
- 1 sugar & cinnamon, To Taste

With the navel at the bottom, slice off the top of the orange & dig out all the pulp and fruit (to eat!!)... save the "orange cup"... in fact, serve oranges during dinner & get everyone to save their orange cups for this.

Crack egg into a bowl with the milk, sugar & cinnamon and gently whisk it a little with a fork, but don't over mix, you want the lumps of smooth egg white when it's cooked.

Place egg mixture in the orange cup & place them over a grilling stand over EMBERS (not the fire).. wait till egg looks cooked, but not hard.

## Grilled Oriental Fish Steaks

Yield: 6 Servings

- 4 fish steaks (halibut, salmon  
- (or swo), rdfish),
- 1 about 3/4 thick
- 1/4 c lite soy sauce
- 3 T onion, Minced
- 1 T fresh ginger root, Chopped
- 1 T sesame seeds, Toasted
- 1/2 t sugar

Place fish in single layer shallow baking pan. Measure the lite soy sauce, onion, ginger, sesame seeds and sugar into blender container; process on low speed 30 seconds, scraping down sides once. Pour sauce over fish; turn over to coat both sides. Marinate 30 minutes, turning fish over occasionally. Remove fish and broil or grill 4" from heat source or moderately hot coals 5 minutes on each side, or until fish flakes easily when tested with fork.

## Grilled Pancetta Crostini With Red Onion Marm

Yield: 4 Servings

1 no ingredients

1/2 lb pancetta, cut 1/8-inch thick  
: by your butcher  
: Red Onion Marmalade  
2 md red onion, -- chopped into  
1/4 -inch dice  
2 c Lambrusco wine, or other  
: light bodied fruity red  
: wine  
1 c orange juice  
2 TB sugar  
4 sl peasant bread, --  
: 1 1/2-inches thick

Preheat grill or broiler.

To prepare red onion marmalade:

Place chopped red onions, Lambrusco, orange juice and sugar in a saucepan and place over medium high heat. Bring to a boil, lower heat to medium and reduce until thick like marmalade, about 30 minutes. Remove from heat and allow to cool.

Yield: 1 cup

Place pancetta slices on grill and cook until golden brown, about 4 to 5 minutes per side, and remove to a cutting board. Grill bread slices until golden brown and remove to serving platter. Smear 3 tablespoons red onion marmalade on each slice of bread. Chop warm pancetta into 1/4-inch cubes and divide among the 4 pieces of bread and serve immediately.

Yield: 4 servings

## Grilled Peaches & Berries

Yield: 1 Servings

- 1 large ripe peaches
- 1 blueberries
- 1 brown sugar
- 1 lemon juice

Wash, peel and halve the peaches, removing pit. Place each half on a double thickness of heavy-duty aluminum foil. Fill peach halves generously with fresh or frozn blueberries. Sprinkle 2 teaspoons brown sugar and 1 teaspoon lemon juice on each. Wrap securely. Cook on grill 18-20 minutes turning once. Serve right out of the foil. Can also be baked in the oven and served in stemmed glasses to dress up a meal. Bake in foil or glass dish for about 15 minutes at 350 degrees or until peaches are done. Allow 1/2 peach per serving.



## Grilled Peking Duck

Yield: 4 Servings

- 4 c water
- 1/2 c soy sauce
- 1/4 c honey
- 2 T turmeric
- 3 garlic cloves,crushed
- 1 t ginger,ground
- 1 duck (5 lb)

In a wide shallow pan or large deep skillet, combine all ingredients except the duck. Bring to a boil, then reduce heat to low and simmer five minutes. Meanwhile, rinse the duck; remove giblets and neck, reserving for soup. Truss the duck, making a handle of the string. Place the pan with the hot soy mixture in the sink. Holding the duck by the handle over the pan, ladle hot soy mixture on all sides until the skin has a "cooked" look. Hang duck in a cool, airy, breezy place for 4 to 6 hours to dry the skin. Or, place duck on a wire rack over a pan and refrigerate overnight. Pour leftover mixture in an

oven-proof saucepan. Place duck, breast side down, in a roast holder inside a deep aluminum foil drip pan. Place pan in the center of grill; cover and grill for 1-1/2 to 1-3/4 hours using over deep drip pan containing 1/2" water. Place soy mixture over direct coals and boil to reduce by half. Strain soy mixture through a fine sieve and serve with duckling.

## Grilled Pepper Steak Sandwiches

Yield: 4 Servings

- 1 lb sirloin steak, 1 thick
- 1 each small sweet red, green  
-and yel, low peppers, sliced
- 2 green onions, chopped
- 1 clove garlic, minced
- 1 T fresh basil (or 1 ts, Chopped  
-), Dried
- 1 T olive oil
- 1 pinch each salt and pepper
- 4 crusty rolls
- 1 mustard herb mix
- 1 T dijon mustard
- 1 t oregano, Dried
- 1 clove garlic, minced
- 1/2 t pepper

Mustard Herb Mix: Combine mustard, oregano, garlic and pepper.

Trim fat from steak; spread mustard mix onto each side.

Place red, green and yellow peppers, onions, garlic and basil in centre of large piece of heavy-duty foil; toss together lightly. Sprinkle with oil, salt and pepper. Fold up foil to form package, sealing well.

Place steak and package on greased grill over high heat. Cook steak, turning once, for 10 minutes for medium-rare or to desired doneness; cook package until puffed. Remove steak to cutting board; tent with foil and let stand for 5 minutes.

Slice each roll in half horizontally, without cutting completely through. Slice steak and stack onto rolls; top with pepper mixture. Makes 4 servings.

## Grilled Peppers & Apples

Yield: 1 Servings

3 peppers  
3 apples  
2 T oil  
1 t onion powder  
1/2 t rosemary leaves, Crushed  
1/4 t garlic powder  
1/4 t salt  
1/4 t black pepper

Cut apples and peppers in wedges and toss them with all ingredients. Broil or grill the tossed apples and peppers 15 minutes.

## Grilled Perch With Sage

Yield: 4 Servings

- 1 2 12 ounces whole perch,--
- : gutted and scaled
- : -(12 to 15)
- : kosher salt
- : olive oil for grilling, pl
- 1 1 tablespoon
  
- 10 sprigs fresh sage
- 3 Italian tomato
- 6 sliced zucchini, oiled
- 1 TB olive oil

Preheat grill. Using a sharp knife, make 3-4 slits into the flesh of each perch on both sides. Oil and season. Stuff 5 sprigs of sage into the cavity of each perch. Place the perch on the grill and cook for 4 minutes, flip and place the tomatoes and zucchini on the grill. Cook

for 4 minutes, flipping the tomatoes and zucchini as needed. Transfer to serving plates and drizzle with olive oil.

Yield: 2 serving

## Grilled Picante Chicken

Yield: 8 Servings

- 4 chicken breasts - (skinned and bone,d, - and cut in
- 1 c picante sauce\*
- 2 pk sugar substitute
- 4 t dijon-style mustard

(\*found in Mexican food section of market)

Mix picante sauce, sugar substitute, and mustard. Marinate chicken breasts in this mixture for 4 to 8 hours in the refrigerator.

When coals have turned white, place chicken breasts on the grill. Turn after about five minutes. They should be done in 10-15 minutes.

Using a long handled brush, and wearing mitts, brush on marinade when grilling.

## Grilled Polynesian Chicken

Yield: 4 Servings

KAREN GODFREY =====

2 T soy sauce, lite  
1 T brown sugar  
1/4 t ginger  
1/8 t garlic powder  
4 chicken breast, boneless  
8 oz pineapple slices, drained  
4 t coconut

In small bowl, combine soy sauce, brown sugar, ginger and garlic powder; mix well. Place chicken on plate. Brush both sides of each breast half with soy sauce mixture. Cover; let stand 15 min. at room temperature to marinate.

Heat grill. When ready to barbecue, oil grill rack. Place chicken on gas grill over med. high heat or on charcoal grill 4-6 inches from med. high coals. Cook 8-10 min. or until chicken is tender and juices

run clear, turning once. Top each with pineapple slice during last few minutes of cooking time. Serve sprinkled with coconut. S: Fast & Healthy. Calories: 190, Fat: 4g

## Grilled Pompano With Smoked Tomato & Balsam

Yield: 1 Servings

1 4 2-lb pompano-cleaned,gutt

: \*\*\*\*\* tomato & balsamic  
: vinaigrette \*\*\*\*\*

4 lg tomatoes, red ripe  
1/2 bn onion -- minced  
1 TB basil chiffonade  
3 oz 12 year old balsomic  
: vinegar  
: salt  
: pepper

Make 1/2-inch deep slits 2-inches apart on both sides of the pompano. Smoke for 1 hour at 200 degrees.

Remove pompano from smoker and lightly oil and season with salt and

pepper. Grill pompano for 7 minutes on each side. Serve with vinaigrette.

## Grilled Pork

Yield: 999 Servings

- 1 beer (to cover)
- 1 lemon pepper seasoning

Marinate meat in beer to cover, at least overnight, or longer. Start fire. Rub in lemon pepper seasoning on all sides, including any cavities and creases. Cook meat on grill until done. This may be used for ribs, roasts, or chops. May use Cavendar's instead of lemon-pepper.



## Grilled Pork Chops With Cinnamon-Apple Relish

Yield: 4 Servings

- 4 center-cut pork chops, 1  
-inch thick.
- 1 kosher salt, To Taste
- 1 fresh black pepper, Cracked
- CINNAMONAPPLE RELISH =====
- 1 sm red bell pepper, diced
- 1 sm onion, diced
- 4 granny smith apples, peeled  
-and soaked in lemon water
- 2 T fresh ginger (or chopt)  
-Grated
- 2 T brown sugar
- 1/4 t red pepper flakes
- 1 T curry powder (madras?)
- 1/2 t turmeric
- 1 cinnamon stick
- 5 whole cloves

2 bay leaves  
1 1/2 c apple juice  
1 c apple cider vinegar  
1 c almonds, Toasted  
1 T cornstarch  
1 1/2 T water

Season pork chops with salt and pepper. Sear on both sides in a hot pan over medium-high heat until golden brown. Remove and place on a

baking sheet. Place in a 375 degree oven for 8 minutes. Remove from oven. Spoon cinnamon-apple relish on a serving platter and arrange chops on top. CINNAMON-APPLE RELISH: (Also delicious with grilled quail, chicken or venison sausage.)

Coat a large skillet with vegetable oil spray and place over medium heat; add bell pepper and onion and saute until softened. Add apples, ginger, brown sugar, pepper flakes, curry powder, turmeric, cinnamon stick, cloves and bay leaves; continue to saute until they release their aroma. Add apple juice and vinegar and bring to a boil. Add almonds.

Dissolve cornstarch in water and stir into mixture; simmer and let reduce for 20 minutes. Use as directed above.

## Grilled Pork Skewers With Couscous - Martha S

Yield: 4 Servings

- 1 t dijon mustard
- 1 t honey
- 1 juice of 1 lemon
- 1 T fresh thyme (about 4  
-sprigs), plus, more for gar
- 1 salt and, Freshly Ground  
-pepper to t, aste
- 2 1/2 T olive oil, plus more to  
-brush on gr, ill
- 2 cloves garlic, peeled and  
-finely ch, opped
- 1 1/4 lb pork tenderloin, trimmed and  
- cut in, to 1-inch cubes
- 1/2 md red onion, cut into 1/4-inch  
- dice
- 1/2 small zucchini and yellow  
-squash, c, ut into 1/4-inch

- 1 red and yellow pepper  
-seeded and cut into 1/4 i
- 1 c dry couscous
- 1 c water,Boiling

1. Mix first 4 ingredients, salt, pepper, 1 T oil, and half the garlic in a large bowl. Add pork; cover; let stand for at least 1/2 hour.

2. Heat remaining oil in a saucepan over medium-low heat. Add remaining garlic and the onion. Cook until translucent, about 4 minutes; add vegetables, raise heat, and cook until just soft, about 5 minutes more. Add couscous and water; stir well. Turn off heat, cover, and let sit for 5 minutes. Season with salt and pepper.

3. Heat grill; brush with oil. Thread pork on skewers; season with salt and pepper. Grill on each side until done. Serve over couscous.

## Grilled Pork Tenderloin

Yield: 4 Servings

- 1 1/2 lb pork tenderloin,fat and  
-sinew removed
- 1/4 c dry white wine
- 1/4 c olive oil
- 2 T lemon juice
- 1 1/2 t honey
- 1/2 t tarragon
- 1 black pepper,Freshly Ground

1. Preheat grill. Cut pork tenderloin crosswise into 1" medallions. Place cut side down and flatten to 1/2" thick with broad side of chef's knife or rolling pin.

2. In medium bowl, whisk together the wine, olive oil, lemon juice, honey, tarragon and pepper. Place pork medallions in marinade. Turn and marinade at room temperature for 15 minutes or up to two hours in

refrigerator.

3. When coals are ready, place medallions, cut side down, on grill. Cook over medium heat about three minutes, or until juices rise to the surface. Turn and grill on other side three or four minutes, or until no longer pink. Serve immediately.

## Grilled Portabella Mushrooms

Yield: 2 Servings

- 1 pk portabella mushroom caps
- 1/4 c olive oil
- 2 T balsamic vinegar
- 1 whole shallot-finely,Chopped
- 1 clove garlic-finely,Chopped

1. Remove stems and wipe caps clean with a damp paper towel. 2. Combine oil, vinegar, shallots and garlic. 3. Turn mushrooms on their backs, with dark "gill" side up. Spoon dressing over gills. 4. Grill on rack over hot coals, gill sides up, for 4 minutes. Slice and serve.

## Grilled Portabello Burgers

Yield: 1 Servings

8 md portabello mushrooms  
1 c olive oil  
1/3 c fresh lemon juice  
5 cloves fresh garlic, Minced  
2 bn fresh basil, chopped  
1 bn fresh oregano, chopped  
3 T fresh parsley, chopped  
1 t fresh thyme, chopped

Salt and freshly ground black pepper to taste 8 slices mozzarella cheese 8 kaiser rolls (or 2 loaves of Italian Bread) 8 romaine lettuce leaves 8 slices large, fresh tomato Peel the mushrooms; brush away any dirt before you cut away the stems. Combine the oil, lemon juice, garlic, fresh herbs, salt and pepper to make a marinade. Add the mushrooms and the sliced mozzarella; marinate at room temperature for about an hour. Grill the mushrooms over hot coals for about 2

minutes on each side. Remove from the grill and allow to rest for 5 minutes. Serve the mushrooms on lightly toasted kaiser rolls with the lettuce, sliced tomatoes and marinated mozzarella cheese. Cut each roll into quarters and serve. Makes 8 burgers From: Asbury Park Press 6-15-94 Shared By: Pat Stockett

From: Pat Stockett

Date: 06-16-94

## Grilled Portobello Burgers

Yield: 8 Servings

8 md portabello mushrooms  
1 c olive oil  
1/3 c fresh lemon juice  
5 cloves garlic,,Minced  
2 bunches basil,,Chopped  
1 bunch oregano,,Chopped  
3 T parsley,,Chopped  
1 t thyme,,Chopped  
1 pn salt & pepper,,To Taste  
8 sl mozzarella cheese  
8 kaiser rolls (or 2 loaves  
1 ..italian bread)  
8 romaine lettuce leaves  
8 sl large,fresh tomato

Peel the mushrooms; brush away any dirt before you cut away the stems.

Combine the oil, lemon juice, garlic, fresh herbs, salt and pepper to make a marinade. Add the mushrooms and the sliced mozzarella; marinate at room temperature for about 1 hour.

Grill the mushrooms over hot coals for about 2 min on each side. Remove from the grill and allow to rest for 5 min. Serve the mushrooms on lightly toasted kaiser rolls with the lettuce, sliced tomatoes and marinated mozzarella cheese. Cut each roll into quarters and serve.

### Grilled Portobello Mushroom Slices (Rubey)

Yield: 6 Servings

6 oz portobello mushroom -- stems  
1 removed

Slice each mushroom cap into 1/2-inch thick slices. Toss with some of the marinade from Marinated Tomatoes and Onions or lightly brush or spray (away from grill!) with oil. Grill about 2 minutes on each side. Serve with Marinated Tomatoes and Onions.

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NOTES : These giant mushrooms are large enough to stand up to a real grill. Of course, you do need to place the slices crosswise to avoid disappearing acts.



## Grilled Portobellos

Yield: 4 Servings

- 3 lg (to 4) portobello mushrooms
- 1 c olive oil
- 1 c red (or white wine vinegar)
- 2 T soy sauce
- 1 T sugar
- 1/2 c fresh herbs, finely chopped
- 1 T savory, Dried

Cut the stems from the caps of the mushrooms. Slice each stem in half lengthwise.

Combine the olive oil, vinegar, soy sauce, sugar, and herbs in a bowl and blend well with a whisk. Let the marinade sit for 30 min if fresh herbs are used, or for 1 hour until the dried herbs soften.

Prepare a charcoal grill or preheat the broiler.

Place the mushroom caps and sliced stems in a shallow dish and pour the marinade over. Let marinate for up to 10 min, turning occasionally to ensure uniform coating.

Remove the mushrooms from the marinade and place them on the hot grill or in the broiler. Grill on each side for about 2 min. Remove from the grill, slice caps, and serve immediately.

## Grilled Potato Halves

Yield: 2 Servings

- 1 clove garlic
- 1/8 t salt
- 1 T olive oil
- 1/4 t oregano, dried
- 2 russet potatoes
- 1 pepper

Scrub potatoes, cut in half lengthwise. Puree garlic. Transfer to small bowl. Add salt, oil and oregano, blend well. Add pepper to taste. Let stand at least 10 minutes.

Cook potatoes in pot of boiling water until just tender, about 15 minutes. Drain. Brush with seasoned oil and grill until cooked through and slightly charred on all surfaces, about 15 minutes. Turn occasionally and brush with oil.

## Grilled Prawn W/Tequila & Nectarine Cream Sauce

Yield: 4 Servings

- 1 16-20 prawns, deveined
- 1 c olive oil
- 1 t lavender, optional
- 1 t chervil, optional
- 1 nectarine sauce
- 1 T butter
- 1 T shallots, roughly chopped
- 1 nectarine, finely diced
- 1 lime, juice only
- 1/2 c tequila
- 2 c heavy cream
- 1 t cumin

Clean prawns and marinade in olive oil with lavender and chervil. Saute shallots in butter until limp. Add the nectarines, lime juice and Tequila and bring to simmer. Reduce until nearly dry.

Add the cream and reduce by half until the sauce becomes the desired consistency. Whisk in the cumin. Reserve in a warm water bath until needed. Remove excess oil from prawns with fingers. Grill on skewers and serve with sauce ladled over. Decorate with snow peas, cut ribbon edge and blanched vegetable concasse. Serves 4

## Grilled Prawns With Fresh Coriander

Yield: 4 Servings

1 lb prawns, fresh or frozen

MARINADE =====

1 T light soy sauce

1 t rice wine (or dry sherry)

1 t sesame oil

SAUCE =====

2 T fresh coriander, minced

2 t white rice vinegar

1 t fresh ginger, finely chopped

PREHEAT THE BROILER. Peel the prawns and discard the shells. Using a small sharp knife, split the prawns partially and remove the fine digestive cord. Pat the prawns dry with paper towels. Mix the marinade and combine with the prawns and let sit for 10 minutes. Prepare the sauce ingredients and mix together and set aside. Lay the prawns on a baking tray big enough to fit under the broiler. Or

alternatively, you could cook them on the barbecue, weather permitting. Cook the prawns 3 minutes on one side, turn and cook for 2 minutes on the other. Turn onto a serving platter and serve with the sauce.

## Grilled Pumpkin

Yield: 1 Servings

6 1/2 T butter,softened  
1 t herbs,mixed  
1 ,salt & pepper to taste  
2 1/4 lb pumpkin,fresh  
1 lemon juice

Preheat the oven to 350 degrees. Peel and clean pumpkin and cut into slivers. Combine the butter and herbs; season to taste. Arrange the pumpkin slivers on a baking tray, spread with a little herb butter, and bake for about 30 minutes, or until fork-tender. Baste the slivers with the butter as needed during baking. Before serving, season to taste, and sprinkle with lemon juice. Serve with fish fillets.

## Grilled Rack Of Lamb W/ Plum Glaze & Oven D

Yield: 8 Servings

- 3 freedom (or other variety)  
-plums (abo,ut 1 lb)
- 1 T honey
- 1 jalapeno pepper,thinly  
-sliced,inc,luding seeds
- 2 T sugar
- 1 1/2 t red-wine vinegar
- 2 t lime juice
- 2 racks of lamb (about 3 1/2  
-lb total,)
- 1 salt & pepper,Freshly Ground
- 1 oven plums (separate,Dried  
-recipe)
- 1 thyme sprigs,for garnish

1. Quarter plums; remove pits. Combine plums, honey, jalapeno, sugar,

vinegar, and lime juice in a small nonreactive saucepan. Cook over low heat until plums are very soft and juice is slightly thickened, about 30 minutes. If plums are not juicy, add water a little at a time during cooking to avoid scorching. Remove from heat, strain, and discard solids.

2. Heat grill or cast-iron grill pan. Season lamb well with salt and pepper and wrap bones with foil to prevent burning. Grill lamb fat side down for 5 minutes, brush with plum glaze, and turn over. Repeat glazing every minute or so thereafter. For rare lamb, cook until it reaches an internal temperature of 135°, 10 to 12 minutes; cook longer for medium or well. Let the meat rest for 10 minutes after grilling.

3. Toss Oven Dried Plums with some of the remaining glaze. Carve racks into chops. Serve 2 chops per person with the glazed plums; Garnish with sprigs of thyme.

## Grilled Rainbow Trout With Apricot Salsa

Yield: 4 Servings

- 4 6-oz. rainbow trout fillets
- 1 c fresh apricots, diced
- 1 sm avocado, diced (1/2 cup)
- 3/4 c fresh pineapple, diced
- 1/4 c red pepper, diced
- 1 1/4 T lime juice
- 1 t cilantro, finely chopped
- 1 fresh ground pepper, to taste

In a medium bowl, combine apricots, pineapple, avocado and red pepper.

Sprinkle with lime juice and cilantro; toss and chill. Grill trout on oiled grate for 2 minutes. Turn trout and grill for 2 more minutes, or until trout turns opaque. Top with apricot salsa and serve immediately.

Serves 4.

## Grilled Rainbow Trout With Asian Flavors

Yield: 4 Servings

- 4 6-oz rainbow trout fillets
- 1 T ginger root
- 1 t lime peel, Grated
- 1/4 c safflower oil
- 1 t red pepper, Crushed
- 2 T lime juice
- 1 salt, to taste

In a medium bowl, saute ginger in oil just lightly browned and aromatic. Remove pan from heat; stir in red pepper. When oil cools completely, whisk gradually into lime juice and peel. Set aside. Heat grill and brush with oil. Grill trout flesh side down 2 minutes. Gently turn. Grill for 2 more minutes, or until trout turns opaque. Serve immediately with lime-ginger mixture.

Serves 4.



## Grilled Rainbow Trout With Caponata Relish

Yield: 4 Servings

### INGREDIENTS =====

- 2 T olive oil
- 1 garlic clove,crushed. may
- 1 double amount (or according)
- 1 to taste
- 1 c peeled and egg plant,Chopped
- 1 or mushrooms.,Sliced
- 1/2 c chopped bell peppers,a
- 1 mixture of green and yellow
- 1/2 c tomatoes,Chopped
- 2 T black olives,Sliced
- 1 T capers
- 1 t balsamic (or red wine
- vinegar)
- 4 rainbow trout fillets,4 oz
- 1 each

### PREPARATION =====

In a small saucepan, heat olive oil over medium heat. Saute garlic for one minute. Add eggplant and peppers. Stir quickly to coat. Saute for five minutes or until softened. Add tomatoes and remaining ingredients except fish. Continue cooking five minutes longer. Hold on very low heat.

Oil the grid of a grill or broiler pan. Place fillets, flesh-side down, on the oiled grid and cook about two minutes. Gently turn trout with a spatula. Cook the fish about two minutes more. Fish is done when it turns from translucent (like glass) to opaque (like paper). Fish flakes easily when tested with a fork. Serve the trout with the caponata relish.

## Grilled Ribeye With Chimichurri & Red Chile

Yield: 1 Servings

1 6 ribeye steaks (10 ounces  
: each)  
1 1/2 c Red Chile Mustard  
: Chimichurri Marinade  
: \*\*\*\*\* Chimichurri \*\*\*\*\*  
6 cloves garlic  
3 bay leaves  
2 jalapenos -- coarsely  
: chopped  
1 1/2 TB salt  
1 TB Ancho powder  
1/2 c fresh cilantro -- finely  
: chopped  
1/2 c flatleaf parsley -- finely  
: chopped

1/4 c fresh oregano -- finely  
: chopped  
1/4 c distilled white vinegar  
1/3 c olive oil  
: \*\*\*\*\* Red Chile Mustard  
: \*\*\*\*\*  
2 c Dijon mustard  
3 TB Ancho chile powder

In a blender, puree, garlic, bay leaves, jalapenos, salt and 1 tablespoon of the vinegar until a paste is formed. Transfer to a mixing bowl and add the herbs. Whisk in the remaining vinegar and olive oil until smooth. Add ribeye steaks and let marinate for one hour.

Prepare a wood or charcoal grill and let it burn to embers. Remove steaks from marinade and grill steaks until done to your liking, about 4 minutes on each side for medium rare. Serve with chile mustard to taste.

Red Chile Mustard: Combine the mustard, Ancho chile powder, and 3 tablespoons of lukewarm water and mix well. May be prepared up to one week ahead and refrigerated. Bring to room temperature before serving.

## Grilled Rockfish With Garlic & Basil

Yield: 4 Servings

2 lb rockfish filet  
3 T oil  
1 T lemon juice  
4 T butter  
4 garlic clove, finely chopped  
2 T basil, fresh, chopped  
1 ds cayenne pepper

Marinate the fish in the oil and lemon juice for at least 30 minutes before grilling. Grill for 10 to 15 min, turning only once. Time depends on the thickness of your fish. Heat the butter and stew the garlic for 3 min stirring constantly to make sure it doesn't brown. Add the basil, cayenne pepper and remove from the heat. Either pour the garlic butter over the fish or serve it in a gravy boat on the side.

## Grilled Rosemary Chicken

Yield: 8 Servings

- 2 frying chickens, 2 to 3 lb  
-each, cut up
- 1/2 c fresh rosemary
- 1 juice of 2 lemons
- 8 garlic cloves, minced
- 2/3 c olive oil

Salt and pepper to taste Rosemary sprigs for garnish

Put the chicken in a glass baking dish or deep plate. Set aside. In a food processor fitted with a steel knife, chop the rosemary. With the machine running, pass the lemon juice, garlic and olive oil through the feed tube and process for 3 or 4 seconds. Pour the marinade over the chicken, cover and refrigerate. Let marinate for 2 to 4 hours, turning occasionally. Grill over hot coals skin side up, basting frequently with the remaining marinade, for about 20 minutes. Turn once with long handled tongs during cooking. To serve, sprinkle with

salt and pepper. Garnish with rosemary sprigs. Serves 8.

### Grilled Rosemary Swordfish \*Jb

Yield: 4 Servings

- 2 t finely fresh or,Chopped  
-dried rosemary
  - 2 t lemon rind,Grated
  - 3 garlic cloves,preserved
  - 4 swordfish (1-inch-thick)  
-steaks
  - 2 T olive oil
  - 2 T lemon juice
  - 1/2 t pepper
- GARNISHES =====
- 1 lemon wedges,fresh rosemary  
- sprigs

Combine first 3 ingredients. Place swordfish in an 11- x 7-inch baking dish; press rosemary mixture evenly on top of each steak. Combine olive oil, lemon juice, and pepper; pour over swordfish. Cover and

chill 1 hour.

Coat food rack with vegetable cooking spray; place on grill over medium-high heat (350F to 400F). Remove swordfish steaks from marinade, discarding marinade, and place on food rack. Grill swordfish steaks, covered with grill lid, about 6 minutes on each side or until done. Garnish, if desired.

(Tuna is a good substitute for swordfish because of its firm texture. It will not flake with a fork, but check for doneness after 4 minutes)

## Grilled Rudderfish With Maltese Sauce

Yield: 4 Servings

1 stephen ceideburg  
1 T olive oil  
1 lg onion,Chopped  
4 cloves garlic,chopped  
400 g tomatoes with juice,Peeled  
1 T lemon juice  
1 salt and pepper,To Taste  
2 T capers  
1 sm lemon,zest only  
1 T finely fresh mint,Chopped  
4 serving size pieces  
-rudderfish

Good capers are essential to this dish. If possible, visit a deli whose owners are of Mediterranean extraction and buy bulk capers which have been packed in salt. Rinse them to remove the salt before using. If you have to use the more readily available capers bottled

in a vinegar solution, blot them dry of vinegar before using.

In a tablespoon of olive oil. gently fry a large onion, chopped. until transparent. Add 4 cloves of garlic, crushed or finely chopped, and cook for a minute or so longer, then add a 400 g tin of peeled tomatoes. chopped, together with their juice, 1 tablespoon lemon juice and salt and pepper to taste. Simmer for about 20 minutes, then add 2 heaped tablespoons of capers, the zest of a small lemon and a tablespoon of finely chopped fresh mint. Simmer again until the sauce is thick. Meanwhile heat the grill to very hot, dip 4 serving-size pieces of rudderfish in olive oil and put them under the grill for 3-5 minutes, turning once if using a conventional grill. You may not need to turn the fish at all if you have a fan assisted grill.

Spoon the sauce onto warmed plates, add the fish and serve, preferably with good bread to ensure no sauce is wasted.

### Grilled Rum-Soaked Shrimp With Mango Lime Rel

Yield: 1 Servings

#### MANGOLIME RELISH =====

3 mangoes  
1 sm bell peppers  
1 sm bell peppers,red  
1 sm onions,red  
1 c juice,pineapple  
4 T juice,lime  
1 t garlic cloves,crushed  
4 T vinegar,red wine  
1 T curry powder

#### FISH =====

32 lg shrimp  
8 T juice,lime  
1 1/2 c juice,pineapple  
1/2 c rum,dark  
1 t garlic cloves,crushed



Seed bell peppers.

Peel mangoes and slice fruit away from central pit. Dice the mango fruit, red pepper, green pepper and onion. Combine all the remaining ingredients in a bowl. Mix lightly then add diced mango, pepper and onion. Mixture will keep in the refrigerator for three days.

Peel the shrimp and make a 1/4-inch deep incision on the top of each one (the side without the feet) from tail to the head. Under cold, running water, open the incision and wash away any brownish-black waste matter.

In a large stainless steel bowl, combine the lime juice, pineapple juice, rum, garlic, and salt and pepper to taste. Add the shrimp. Cover and refrigerate for 2-4 hours - no longer, or the shrimp will start to cook in the lime juice.

Remove the shrimp from the marinade and discard the liquid. Run a skewer through each shrimp so that each is pierced in two places. Put the skewer through the tail area, then bend the shrimp over and put the skewer through the thick section in the upper body area.

You should be able to fit 4 shrimp on a 6-inch skewer or 8 shrimp on a 10 inch skewer.

If you are using wooden skewers, be careful not to leave any gaps between the shrimp, or the skewer will burn through. Place the skewered shrimp on a grill over medium-high heat.

Grill for about 3-4 minutes on each side, until the shells turn bright red.

The meat should be an even opaque white. Remove the shrimp from the grill and serve on a bed of Mango-Lime relish.

## Grilled Salisbury Steak In Belmont Sauce

Yield: 6 Servings

- 1 3/4 lb finely lean chuck,Ground
  - 1 beef
  - 2 T onion,Grated
  - 2 T ran green bell,Grated
  - 1 pepper
  - 1 cl garlic,mashed
- 1 1/2 T finely chives,Chopped
  - 1 salt
  - 1 black pepper
  - 1 paprika
  - 1 pinch of powdered thyme
- BELMONT SAUCE =====
  - 3 T butter
  - 1/3 c tomato ketchup
  - 1 T lemon juice
  - 1 t worcestershire sauce
  - 1 generous dash tabasco sauce

- 1 t prepared mustard
- 1 salt
- 1 black pepper
- 1 a little mace, To Taste
- 1 dry sherry wine

Mix all ingredients together and shape into 6 individual small steaks, about 3/4" thick. Sprinkle with seasoned flour and brush with olive oil. Broil them for 5 to 6 minutes or more on each side, depending on degree of doneness desired. Belmont Sauce: Melt butter with the rest of the ingredients. Blend well. Stir in 2 tbsp. sherry and bring almost to a boiling point. Arrange steaks on a hot platter and pour sauce over them.

## Grilled Salmon

Yield: 1 Servings

- 6 md salmon steaks 1 inch thick
- 1/3 c olive oil
- 4 cloves garlic, crushed
- 1/2 c parsley, Chopped
- 1/4 t dill weed
- 1 t salt
- 1 c fine dry bread crumbs
- 1/4 c butter (or margarine)

Place salmon on well-greased broiler pan. Combine and blend oil, garlic, parsley, dill weed, and salt in blender container. Stir in bread crumbs and set aside. Brush steaks with butter. Broil about 4 inches from heat 8 minutes, or until fish flakes easily when tested with a fork. Spread about 2 Tablespoons garlic mixture on each salmon steak. Return to broiler and broil 1 or 2 minutes, or until lightly browned.

## Grilled Salmon & Marinade

Yield: 1 Servings

- 1 1/2 lb salmon fillets
- 1/2 c oil
- 1/4 c vinegar, red wine
- 3/4 t garlic salt
- 1/4 t salt
- 1/4 t sugar
- 1/2 t italian seasoning
- 1 garlic clove, large, minced
- 1/8 t pepper
- 1 t water

Mix all ingredients except salmon. Marinate for at least 30 minutes. Grill (15 minutes per side for steak, 6 for fillet), brushing often with leftover marinade.

## Grilled Salmon Fillets In Lettuce With Mustar

Yield: 4 Servings

- 4 (4 to 6-oz) salmon fillets
  - 3 T lemon juice
  - 2 T white wine
  - 4 t olive oil
  - 3 T capers
  - 1/4 t dry mustard
  - 1 salt
  - 16 green leaf lettuce leaves
- MUSTARD SAUCE =====
- 2 T butter (or margarine)
  - 1 1/2 t flour
  - 1/4 c vinegar
  - 1/4 c water,Boiling
  - 1/2 bouillon cube
  - 1/4 c dry mustard
  - 1 T sugar
  - 1 egg,beaten

To prepare salmon, rinse with cold water. Pat dry with paper towels,

and set aside. Combine lemon juice, white wine, olive oil, capers and 1/4 teaspoon mustard. Season to taste with salt. Pour over salmon and marinate 30 minutes, turning once. Reserve marinade. Blanch lettuce leaves in boiling water 5 seconds. Drain well. Arrange 2 leaves with stem ends overlapping at center. Spoon about 2 teaspoons marinade over lettuce. Place 1 salmon fillet on lettuce. Top with 1 or 2 more teaspoons marinade, including some of capers. Roll fillet up. Place 2 leaves on top and tuck edges under fish. Bring up bottom leaf edges. Tie package-style with string. Repeat with remaining lettuce, marinade and fillets to make 4 packages in all. Set aside. To make sauce, blend butter and flour in top of double boiler until smooth. Add vinegar, boiling water, bouillon cube half, 1/4 cup mustard, sugar and egg. Cook and stir over hot water until sauce thickens, about 10 minutes. Keep warm. Place salmon bundles on well-greased grill 4 to 5 inches from hot coals and cook 5 to 6 minutes. Turn and cook an additional 5 to 6 minutes. Remove string and serve with mustard sauce. --

### Grilled Salmon Steaks In Sauce

Yield: 6 Servings

6 salmon steak  
1 c wine,white  
1/8 t cinnamon  
4 scallion,finely minced  
1 T lemon juice  
1/8 t ginger  
1 salt,to taste

Take a Salmond and cut him rounde, chyne and all, and roste the peces on a gredirne; And take wyne, and poudere of Canell, and drawe it thorgh a streynour; And take smale mynced oynons, and caste there-to, and lete hem boyle; And then take vynegre, or vergeous, and poudere ginger, and cast there-to; And then ley the samon in a dissh, and cast the sirip theron al hote, & serue it forth.

Broil the salmon steaks, after brushing them with some cooking oil or melted butter. Meanwhile, put scallions in a saucepan with wine and cinnamon and bring to a boil; turn down heat and simmer gently. When salmon steaks are browned on both sides, add the lemon juice and ginger to the sauce. Put salmon on a serving dish and pour the sauce over it.

## Grilled Salmon W/ Roasted White Corn Salsa &

Yield: 1 Servings

1 no ingredients

4 TB Olive Oil  
2 ts Lemon Zest -- grated  
2 TB Fresh Mint -- chopped  
1/2 ts Salt  
1/4 ts Freshly Ground Pepper  
6 6 Oz Salmon Fillets Or  
: Steaks cut 1/2-inch thick  
: Roasted White Corn Salsa  
: (Recipe Follows)  
: Basil Cream (Recipe  
: Follows)  
: Garnish--  
: Cilantro Or Mint Sprigs

Whisk olive oil, zest, mint, salt and pepper together and marinate salmon in mixture for 1 hour. At serving time, grill salmon over hot coals until just done. Place on warm plates with a heaping tablespoon or two of corn salsa on top, warm basil cream around and a garnish of herb sprigs. Serve immediately

## Grilled Salmon With Honey Mustard Glaze

Yield: 1 Servings

6 oz salmon fillets -- brushed  
1     with oil  
2 T   honey  
2 pn dry coleman's mustard  
2 T   water --,Warm  
2 t   soy sauce  
1 pn salt --,To Taste  
1 pn black pepper --,To Taste

STEP ONE: Honey-Mustard Glaze-- In a bowl, combine honey, mustard, water, and soy sauce. Salt and pepper to taste. STEP TWO: Prepare the

Salmon Fillet-- Brush one six-ounce salmon fillet lightly with oil, season with salt and pepper. Grill each side for 2-3 minutes. Turn the fish over carefully only once to mark the surface; cook to desired texture. Brush flesh side of fish with glaze before removing



from grill. Serve at once.

## Grilled Salmon With Lemon & Thyme

Yield: 10 Servings

- 4 lb salmon fillet,skinned
- 3 T cognac
- 1/4 c lemon peel,minced
- 2 T shallot,minced
- 1 1/2 T kosher salt
- 1 1/2 T sugar,brown
- 1 T thyme,fresh,minced
- 3/4 t pepper

Place salmon fillets on heavy large baking sheet. Rub Cognac over both sides of fish. Mix together all remaining ingredients in small bowl. Rub over both sides of fish. Cover with plastic wrap. Top with another baking sheet. Weight with heavy object. Refrigerate at least 6 hours or overnight.

Prepare barbecue (medium-high heat). Grill fish until cooked through,

about 3 minutes per side. Transfer to plates and serve.

Note: Bon Appetit recommends a sturdy red wine, such as a Beaujolais from Moulin-a-Vent. They also recommend serving with sauteed zucchini. You could also diagonally slice thickly some zucchini with peel left on and brush with butter, lemon and thyme mixture and grill next to the fish; a Griffo grill would help but if you sliced the zucchini thick enough and on a strong enough diagonal, I don't think you would have problems with it falling through the grill. Some fresh steamed green beans with butter and freshly ground pepper would also be good.

## Grilled Salmon With Potato & Watercress Sal

Yield: 6 Servings

3 lb small red thin-skinned  
1 potatoes  
1 c thinly red onion,Sliced  
1 c seasoned rice vinegar  
1 about 1/2 pound watercress  
1 and crisped,Rinsed  
1 salmon fillet,about 2 lbs.  
1 T soy sauce  
1 T brown sugar,Firmly Packed  
2 c alder (or mesquite wood  
-chips)  
1 soaked in water  
1 salt

In a 5-to 6-quart pan, bring about 2 quarts water to a boil over high heat; add potatoes. Cover and simmer over low heat until potatoes are tender when pierced, 15 to 20 minutes. Drain and chill.

Soak the onions about 15 minutes in cold water to cover. Drain and mix onions with rice vinegar. Cut potatoes in quarters; add to onions.

Trim tender watercress sprigs from stems, then finely chop enough of the course stems to make 1/2 cup (discard extras or save for other uses). Mix chopped stems on a large oval platter with potato salad alongside; cover and keep cool.

Rinse salmon and pat dry. Place, skin side down, on a piece of heavy foil. Cut foil to follow outlines of fish, leaving a 1-inch border. Crimp edges of foil to fit up against edge of fish. Mix soy sauce with brown sugar and brush onto the salmon fillet.

Lay fish on center of grill, not over coals or flame. Cover barbecue (open vents for charcoal) and cook until fish is barely opaque in thickest part (cut to test), 15 to 20 minutes. Transfer fish to platter with salad. Add salt to taste. Serve hot or cold.

## Grilled Salmon With Surf Sauce

Yield: 4 Servings

- 1 c mushroom, Slices
- 1 T margarine
- 1 c kraft think 'n spicy
- 1 chunky barbecue sauce
- 6 oz frozen cooked shrimp, thawed
- 1 T prepared horseradish
- 1 1/2 lb salmon steaks, 1 thick

Saute mushrooms in margarine. Reduce heat. Stir in 1/2 cup barbecue sauce, shrimp and horseradish; heat thoroughly, stirring constantly.

OUTDOORS:

Place fish on greased grill over low coals (ash gray). Grill,

uncovered, 6 to 8 minutes on each side or until fish flakes easily with fork, brushing frequently with remaining sauce. Serve with shrimp mixture.

#### INDOORS:

Place fish on greased rack of broiler pan. Broil 5 minutes on each side or until fish flakes easily with fork, brushing frequently with remaining barbecue sauce. Serve with shrimp mixture.

## Grilled Scallops & Kale With A Fresh Beet S

Yield: 4 Servings

1 no ingredients

1 1/4 c fresh beet juice -- see  
: notes\*  
: Fruity olive oil  
1 ts white wine vinegar  
: Salt and freshly ground  
: pepper  
1 1/4 lb fresh sea scallops -- see  
: notes\*\*  
: dr fresh lemon juice  
1 lb young kale leaves -- core  
: removed  
: dr sherry vinegar  
: Garnish--

: Fresh chives cut into 1/2  
: inch sticks  
: tiny dice of yellow bell  
: pepper For the sauce: Place beet juice in a non-reactive  
saucepan and boil until reduced to approximately 1/2 cup. Off heat,  
whisk 2-3 tablespoons of olive oil slowly into reduction to thicken  
the sauce. Whisk in white wine vinegar, salt and pepper to taste. Set  
aside and keep warm.

Lightly oil the scallops and season with salt, pepper and a few drops  
of lemon juice. Brush kale leaves with oil and season lightly. Grill  
kale on both sides until the leaves are slightly charred and cooked  
through. Grill scallops until just cooked (center should be slightly  
opaque). Arrange kale attractively in the center of warm plates and  
drizzle a few drops of sherry vinegar over. Place scallops on top and  
spoon beet sauce around. Garnish with chive sticks and yellow pepper  
and serve immediately.

Yield: 4 servings

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NOTES : \*from approximately 1 1/4 pounds peeled beets. \*\*preferably  
day-boat type

## Grilled Scallops(Welsh)

Yield: 4 Servings

1 no ingredients

4 scallops with firmly	2 oz butter
1 lb potatoes	2 tb milk
2 tb chopped parsley	2 tb oil
salt and pepper	1 clove garlic

GREGYN CYLCHOG WEDI'U GRILIO Peel and boil the potatoes in salted water. Place the scallops in a pan in a warm oven (325/F or Mark 3) until the shells open. Remove the black part and gristly fibre leaving the red coral intact. Place the scallops in an ovenproof dish, add salt and pepper and cook for 3-4 minutes on each side. Clean the rounded shells. Drain the potatoes and cream with 1 oz butter and the milk. Pipe or fork a border of potato around the edges of the shells. Place a scallop in the centre of each shell. Skin and

crush the garlic. Heat the butter, oil and garlic and pour over the scallops. Garnish with parsley. These may be served with crisply fried bacon.

## Grilled Seafood Flautas

Yield: 5 Servings

- 1 roasted tomato sauce,\*
- 8 oz crab meat,\*\*
- 1/2 c green onions w/tops,sliced
- 1 T butter (or margarine)
- 1/2 c dairy sour cream
- 1/2 c monterey jack cheese,shred
- 14 oz artichoke hearts,\*\*\*
- 10 flour tortillas,\*\*\*\*
- 4 T butter (or margarine)

\* See Sowest 2 for recipe. \*\* Use 1 package of Frozen salad-style imitation crabmeat, thawed \*\*\* Artichoke hearts should be drained and cut

into quarters. Use one \*\*\*\* Flour tortillas should be 7 to 8 inches in diameter and be warm.

## Grilled Seafood Kabobs

Yield: 4 Servings

- 1 lb large shrimp (deveined)
- 1 lb large mushrooms
- 1/4 c honey
- 8 wooden skewers
- 1 lb fresh sea scallops
- 17 oz bottled bar-b-q sauce
- 4 T stone dijon mustard, Ground
- 2 lb fresh fruit (as garnish)

Combine the bar-b-q sauce, honey and mustard in a bowl and mix well. Place alternating groups of shrimp, sea scallops and mushrooms on the skewers.

Place completed kabobs in a baking pan. Spoon the marinade over the



kabobs

and allow to set for 12 hours (or over- night) in the refrigerator.

Grill

over direct heat for 7 to 8 minutes or until the shrimp have turned pink,

turing frequently to prevent buring. Baste with marinade and use a covered grill to insure smokey flavor. Garnish with fresh fruit.

## Grilled Seafood~ Meat~ Poultry Seasoning

Yield: 1 Servings

- 1/4 c salt
- 1 T granulated garlic
- 1 or powdered garlic
- 1 T black pepper, Fresh Ground
- 1 T paprika
- 3/4 t granulated onion
- 1 or powdered onion
- 1/4 t cayenne pepper
- 1/4 t dried thyme --, Crumbled
- 1/4 t dried oregano --, Crumbled

Use this on roasted or grilled seafood, meat and poultry. Makes about

3/4 cup. Mix all ingredients. Store in glass jar.

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## Grilled Sesame Chicken Breast

Yield: 4 Servings

- 1 T brown sugar, or brown sugar  
-substitute
- 3 T reduced-sodium soy sauce
- 1 t sesame seeds
- 1 T sesame seeds
- 2 cl garlic, chopped
- 1/8 t black pepper, fresh
- 4 oz chicken breast halves, with  
-skin removed

Combine all ingredients except chicken in a shallow dish. Mix well. Add chicken, turning to coat. Cover and marinate in the refrigerator at least 2 hours. Remove chicken from marinade. Put the marinade aside. Grill 4 to 5 inches from medium-hot coals for 15 minutes. Turn and baste frequently with reserved

marinade. Serves 4.

## Grilled Sesame Seeds Steak Strips With Vegeta

Yield: 10 Servings

- 1/2 c soy sauce
- 1 T sesame seeds
- 1/4 c dry white wine
- 1 md onion, chopped
- 1/2 c green onion, chopped
- 1 cl garlic, crushed
- 1/2 t ginger, Ground
- 3 lb beef sirloin, cut into thin  
-strips
- 2 lg green peppers, cut into  
-squares, bl, anched
- 20 lg mushroom caps
- 16 cherry tomatoes

For marinade, place soy sauce, sesame seeds, wine, chopped onions,

garlic  
and ginger in blender jar;blend well.Place meat in a large glass or enamel bowl and pour marinade over.Marinade several hours or overnight,stirring occasionally.Just before cooking,remove meat from marinade and drain,reserving marinade. Thread meat on skewers,alternating with green pepper pieces,cherry tomatoes and mushroom caps.Brush with cooking oil.Grill to desired doneness,basting with marinade several times during cooking.Leftover marinade may be heated and served as a sauce at table.

## Grilled Shark

Yield: 1 Servings

- 1 filet of shark
- 1 slice apple per filet
- 1 oil
- 1 spicy chutney of your choice

\* Get rather thick slices of Shark and use 1 per person. Slice the filet along the side to make a pocket. Slice the apple slice so you can put it in the pocket. Oil the filet with canola oil to keep it from sticking and season with salt and pepper (or any other seasoning you like. I like to use curry powder. ) Grill on moderate coals for about 10 minutes per side. As always check and adjust as required. Serve with a spicy dressing or chutney of your choice.

## Grilled Shark Teriyaki

Yield: 4 Servings

- 1 1/2 lb shark steaks (or other)
  - firm-fleshed, fish
- 1 cn pineapple chunks (20 oz)
- 3 T salt-reduced soy sauce
- 2 T sherry
- 1 T ginger root, Grated
- 1/2 t dry mustard
- 2 cloves garlic, minced
- 1 t brown sugar
- 1 to 2 large green peppers cut
  - into 1,arge pieces
- 1 skewers

Rinse shark with cold water; pat dry with paper towels. Set aside. Drain pineapple, reserving 3 tablespoons of juice; set pineapple

chunks aside. Make marinade by combining reserved juice, soy sauce, sherry, ginger, mustard, garlic and brown sugar. Stir well and pour over shark. Cover and marinate in refrigerator for 1 hour, turning once. Using bamboo or metal skewers, make kabobs by alternating pineapple and green pepper; set aside. Drain shark, reserving marinade. Place on well-greased grate 4-5 inches from hot coals and cook 4-5 minutes. Baste with marinade and turn. Cook an additional 4-5 minutes, or until shark flakes when tested with a fork. Baste fruit and vegetable kabobs and place on grill. Cook 15-30 seconds on each side, or until just browned. Makes 4 servings. NOTE: Shark may be broiled on a well-greased broiler pan 5-6 inches from source of heat. Follow grilling times and directions.

## Grilled Shark To Die For

Yield: 6 Servings

0.50 c soy sauce  
2.00 T lemon juice  
6.00 swordfish (or salmon steaks)  
0.25 c fresh parsley,Chopped  
6.00 shark steaks,or  
0.25 c catsup  
2.00 cloves garlic,minced  
0.50 c orange juice  
0.33 T pepper,Ground

Combine soy sauce, orange juice, catsup, chopped parsley, lemon juice, pepper, and minced garlic. Add fish; cover and marinate in refrigerator for 2 hours. Remove fish from marinade,

reserving  
marinade. Grill fish over hot coals 6 minutes on each  
side or until  
fish flakes easily when tested with a fork, basting  
frequently with  
marinade.

## Grilled Shark With Barbecue Sauce

Yield: 6 Servings

2.00 lb shark steaks  
2.00 T butter  
1.00 clove garlic,minced  
0.25 c vinegar  
1.00 t worcestershire sauce or  
-other firm-,fleshed fish  
0.33 c onion,Chopped  
0.50 c water  
2.00 T brown sugar  
0.50 c catsup

Rinse shark with cold water; pat dry with paper towels.  
Set aside. In  
medium saucepan, melt butter. Add onion and garlic;  
saute until



tender but not browned. Stir in remaining ingredients. Bring to boil, stirring frequently. Reduce heat and simmer for 10-15 minutes until sauce is thickened. Remove from heat. Baste shark with sauce. Place on well-greased grate 4-5 inches from hot coals and cook 4-5 minutes. Baste and turn; cook an additional 4-5 minutes, or until shark flakes when tested with a fork. Makes 6 servings.

NOTE: Shark may be broiled on a well-greased broiler pan 5-6 inches from source of heat. Follow grilling times and directions.

## Grilled Shiitake Mushrooms On Arugula

Yield: 6 Servings

12 shiitake mushrooms  
4 t roasted sesame seeds  
SEASONING SAUCE =====  
2 T soy sauce  
2 T oriental sesame oil  
2 T olive oil  
2 t sugar  
1 bn arugula, stems removed

1. Prepare the seasoning sauce by combining the soy sauce, sesame oil, olive oil, and sugar. Can be prepared up to a week ahead.
2. Preheat the broiler.

3. Wash the arugula and spin dry.
4. Clean the mushrooms and remove the stems. Place them cup side up on a broiling rack.
5. Brush the seasoning sauce on the mushroom caps. Position the rack 4-6 inches from the heat and broil until the mushrooms look brown and crusty, 2-3 minutes. They cook very quickly, so keep an eye on them.
6. Immediately place the mushrooms on top of the arugula. Pour the small amount of seasoning sauce that's left in the pan over the arugula. Sprinkle with the roasted sesame seeds and serve.

## Grilled Shrimp

Yield: 4 Servings

- 2 lb large shrimp
- 1/4 c fresh parsley
- 1 c olive oil
- 1 T oregano
- 4 T lemon juice
- 1 T garlic,Chopped
- 4 drops hot sauce
- 1 t salt
- 1 T tomato paste
- 1 pepper,To Taste

Combine all ingredients in a glass dish. Marinade 2 hours at room temperature.

Broil 3-4 inches from heat for 3 minutes. Turn and broil more. Shrimp can be served over rice with green

salad and Italian bread

## Grilled Shrimp & Pancetta With Garbanzo Salsa

Yield: 4 Servings

24 large shrimp  
1/3 lb pancetta  
1/2 lb bacon, Sliced  
GARBANZO SALSA =====  
1 cn garbanzos (8 oz)  
1 c cilantro, fresh  
1/3 c yogurt, lowfat, unflavored  
1/3 c green onion, chopped  
1/4 c lime juice  
1 salt, To Taste  
1 pepper to taste

1. Peel shrimp (leave on tail section, if desired), devein, and rinse.  
Divide pancetta into 24 equal pieces. Tightly wrap a pancetta piece

around each shrimp.

2. Push a slender skewer through the pancetta and shrimp just above the shrimp's tail and out through the pancetta at the fat end of the shrimp. Push another pancetta-wrapped shrimp onto the skewer in the same fashion; use 2 shrimp per skewer. If assembled ahead, cover and chill up until the next day.

3. Lay shrimp on a grill 2-4" above a solid bed of medium-hot coal (you can hold your hand at grill level for only 3-4 seconds). Turn frequently (watch for flares from drips) to brown evenly, cooking until shrimp are opaque in center (cut to test), about 5 minutes. Dunk shrimp in salsa, as desired.

\*\*\* GARBANZO SALSA \*\*\*

Drain garbanzos; whirl smooth in a food processor or blender with cilantro, yogurt, onions, and lime juice. Add salt and pepper to taste.

## Grilled Shrimp & Sole

Yield: 4 Servings

- 1/4 t paprika
- 1 c flour
- 4 lg sole fillets
- 1 T vegetable oil
- 1 T butter
- 1/2 lb mushrooms, quartered
- 1/2 lb shrimp peeled, deveined and
  - 1 cut into 3 pieces
- 1 T chives, Chopped
- 1 salt and pepper, To Taste
- 1 juice of one lemon

- 1) Preheat oven to 150 F.
- 2) Mix paprika and flour season well. Dredge fish in flour and shake

off excess.

3) Heat oil and butter in large frying pan. Add fish and cook 2 minutes over medium-high heat.

4) Turn fillets over, season and continue cooking 2 minutes.

5) Remove fish from pan and keep hot in oven.

6) placed remaining ingredients in pan and cook 3-4 minutes over medium heat.

7) Serve with the sole.

## Grilled Shrimp W/ Chipotle Honey Salsa

Yield: 4 Servings

2 garlic cloves,minced  
1 sm jalapeno pepper,seeded  
1 and,Minced  
4 T cilantro,chopped  
1 T coarse salt  
1/4 t black pepper  
1 T fresh lime juice  
1/2 c olive oil  
16 jumbo shrimp,peeled and  
1 deveined  
1 1/4 c chipotle honey salsa  
CHIPOTLE HONEY SALSA =====  
3 1/2 oz can pickled chipotle  
1/2 c water  
1 can tomato paste (6oz)

2/3 c honey  
1 bn cilantro, chopped  
1 T fresh lime juice

In food processor or blender, combine garlic, jalapeno pepper, cilantro, salt, pepper, lime juice and oil; process until smooth. Pour over shrimp in shallow dish, marinate 1 hour. Cook marinated shrimp over hot grill, approximately 2 minutes on each side, until shrimp is slightly opaque in center. Serve warm with Chipotle Salsa. Salsa: Combine all ingredients in a blender or food processor; blend until smooth. Serve chilled. Will keep 1 week, refrigerated.

## Grilled Shrimp W/Mustard Fruit Dip

Yield: 6 Servings

1 t curry powder  
2 T soy sauce  
1 T ginger, Grated  
1 t brown sugar  
1 T lime juice  
1 lb large shrimp, Shelled  
1 mustard fruit dip  
2 T dijon mustard  
1/4 c mango chutney  
2 t lime juice

Mix together curry powder, soy sauce, ginger, brown sugar and lime juice in a bowl. Stir in shrimp. Marinate for 20 minutes to one hour. Thread shrimps onto skewers.

Grill about 2 minutes per side or until pink. Serve piled onto a lettuce-lined platter.

To make the dip, combine mustard, chutney and lime juice. Serve alongside shrimp. Serve 6

## Grilled Shrimp With Bacon

Yield: 12 Servings

- 1 judy garnett - pjxg05a
- 2 lb fresh jumbo shrimp
- 1/4 c lemon juice
- 1/4 c catsup
- 3 ds hot pepper sauce
- 1 garlic clove,crushed
- 1/2 c oil
- 1/2 lb bacon,(or more)
- 1 lemon wedges

Shell and devein uncooked shrimp. In a bowl, mix next 5 ingredients. Marinate shrimp in mixture 30 mins. to 1 hour at room temp. Cut bacon into thirds or halves and wrap bacon around shrimp. Thread onto skewers. Grill until bacon is crisp, 10 to 12 mins. Turn several

times and brush with reserved marinade. Bacon dripping will cause the grill to flare up, so keep the water spritzer handy. Serve at once with lemon wedges.

## Grilled Shrimp With Lemon & Chive Pasta

Yield: 6 Servings

6 oz seafood marinade  
2 T white wine  
12 lg shrimp -- peeled and,Cleaned  
1 lg red pepper,seeded & cut in  
-1/2  
1 lg sweet italian pepper seeded  
-& cut i,n 1/2  
1 md sweet (or vidalia onion)  
-peeled & 1/4,ed  
7 oz feta cheese,crumbled  
4 oz black olives,pitted & cut  
-in 1/2  
16 oz lemon & chive pasta,cooked  
-al dent,e  
1 T lemon juice



Toss MARINADE, white wine, cut peppers and onion with shrimps and refrigerate for 6 hours or overnight. Preheat grill or broiler and cook peppers and onions until done (about 15 minutes). Grill shrimps 2 minutes on each side, brushing with MARINADE. Cut grilled peppers & onions in strips and grilled shrimps in quarters. Toss shrimps, peppers and onion with FETA CHEESE, BLACK OLIVES, LEMON & CHIVE PASTA and lemon juice, adding some of the MARINADE. Serve warm or at room temperature.

## Grilled Shrimp With Pasta & Fresh Tomatoes

Yield: 4 Servings

- 1 lb large shrimp
- 3/4 c fruity olive oil
- 1 salt & fresh black pepper
- 3 T balsamic vinegar
- 1 shallot, Minced
- 1 t dijon mustard
- 4 lg ripe tomatoes, cut into  
1 chunks
- 20 leaves fresh basil, roughly  
1 chopped
- 1 lb penne

time to cook 45 minutes:

Set a large pot of salted water to boil for the pasta; start a

charcoal fire or light a gas grill. Brush the shrimp with about 1/4 c olive oil; sprinkle them with salt and pepper. mix together the remaining oliveoil, 2 TB of the vinegar, the shallot, and mustard, and season with salt and pepper. taste to add more vinegar if needed. set the tomatoes in a large bowl to marinade with the vinaigrette and basil. Grill the shrimp over high heat until they turn pink, about 2-3 minutes per side; meanwhile, cook the pasta according to the package directions. Drain the pasta, toss with the tomatoes, top with the grilled shrimp, and serve.

## Grilled Shrimp Wrapped In Bacon

Yield: 4 Servings

- 20 med shrimp,cleaned deveined
- 10 strips bacon,raw, cut in ha
- 3 red (or yellow sweet  
-peppers)
- 4 T extra-virgin olive oil
- 2 T balsamic vinegar
- 1 T pommery mustard
- 1 sprig fresh thyme
- 1 head radicchio
- 1 head endive
- 1 head bibb lettuce

Wash and dry the radicchio, endive and lettuce. Tear into bite-size pieces and set aside. Wrap each shrimp tightly in 1/2 strip of bacon. Grill in skillet or over charcoal grill until crisp, 3-5 minutes,

turning once. Cover to keep warm. Seed peppers and cut into thin julienne strips. Set aside. Combine oil, vinegar, mustard and thyme in a jar. Cover and shake well. Place greens and peppers in a bowl. Add shrimp. Toss gently with the vinaigrette. Serve in shallow bowls, arranging greens first, and 5 shrimp on top of the greens.

## Grilled Sirloin & Potatoes

Yield: 4 Servings

- 1 beef top sirloin steak  
-(boneless),,cut 1 thick
- 2 T olive oil
- 2 lg baking potatoes each cut  
-lengthwise into 8 wedges
- 4 red onion (1/2-inch,Slices  
-thick)

SAUCE =====

- 2/3 c prepared steak sauce
- 1 T garlic,Crushed

Preparation time: 30 minutes

1. In 2-cup glass measure, combine sauce ingredients; cover and microwave on HIGH 2 minutes or until hot and bubbly, stirring

halfway. Remove 3 tablespoons; brush onto both sides of beef steak. Reserve remaining sauce.

2. Brush oil onto cut sides of potatoes and onion.

3. Place steak and vegetables on grid over medium ash-covered coals. Grill uncovered 16 to 20 minutes until steak is medium rare to medium doneness and vegetables are tender, turning steak and vegetables occasionally. Brush vegetables with some of reserved sauce during last 5 minutes of grilling.

4. Trim fat from steak. Carve steak crosswise into slices; serve with vegetables. Pass remaining sauce.

## Grilled Skirt Steak

Yield: 4 Servings

1 t dry mustard  
1 t cumin,Ground  
1 bay leaf,crumbled with the  
1 main rib removed  
1 lg clove garlic,minced  
1 c well seasoned beef broth  
1 heated to,Boiling  
1/4 c worcestershire sauce  
1 T cider vinegar  
1 T vegetable oil  
1 t hot pepper sauce  
2 skirt steaks,about 12 oz ea

In a small bowl or 2-cup measure, blend the mustard, cumin, bay leaf,

and garlic. Add the boiling broth and blend well, mashing any lumps of mustard against the sides of the bowl or cup. Stir in the Worcestershire sauce, vinegar, oil and pepper sauce. Cover and let cool. Place the steaks in a plastic bag or shallow dish, add the marinade, turn and let marinate 2 to 3 hours at room temperature, turning 2 or 3 times. Remove the meat from the marinade and grill 4 to 5-inches above hot coals until well browned, 6 to 8 minutes; turn and brown the other side for 6 to 8 minutes. Brush with the marinade and serve at once.

NOTE:

Any leftover marinade can be frozen and re-used.

## Grilled Smoked Sausage With Marinated Grilled

Yield: 4 Servings

### HERB MARINADE =====

- 1 qt chicken broth (swanson's)
- 3/4 oz corn starch
- 1/2 qt red wine vinegar
- 1/2 qt extra virgin olive oil
- 1/2 t salt
- 1 t fresh basil,Chopped
- 1 t fresh oregano,Chopped
- 1/2 t fresh garlic,Chopped
- 1 t fresh thyme,Chopped

### VEGETABLES =====

- 1 leek,Cut In Quarters
- 1 zucchini 1/8 thick,Sliced
- 1 yellow squash 1/8 thick
- 1 onion 1/8 thick,Sliced

- 1 tomato 1/8 thick, Sliced
- 4 smoked sausages

Bring stock (broth) to boil. Dilute corn starch in a little cold water or stock (broth). Gradually incorporate the diluted corn starch. Stir until the stock is thick enough to lightly coat back of spoon.

Allow stock to cool. When cool, incorporate the vinegar and oil along with herbs into food processor. Add salt to taste.

Heat grill. Lightly toss vegetables in marinade, just enough to coat. Place on grill and cook until tender, approximately 3-5 minutes (depending on size of vegetables).

Grill smoked sausage alongside vegetables. Serve smoked sausage with arrangement of vegetables.

Garnish with basil.

### Grilled Soft Shell Crabs With Braised Scallio

Yield: 4 Servings

1 no ingredients

- 1/2 lb broccoli rabe, blanched, --  
: refreshed and left whole
- 3 TB extra virgin olive oil --  
: plus 1/4 cup
- 24 scallions or spring onions,  
: root end trimmed
- 1/2 c sweet vermouth
- 1/4 c sundried tomatoes, soaked 10  
: minutes -- in 1/2 cup=  
: boili
- 2 TB balsamic vinegar
- 1 TB capers
- 12 prime or small soft shell  
: crabs

Preheat grill.

Remove florets from broccoli rabe and cut stems and leaves into 1-inch pieces. In a 10-inch to 12-inch saute pan, heat 3 tablespoons extra virgin olive oil until just smoking. Toss scallions and cook 2 minutes, stirring often until just wilted. Add broccoli rabe and sweet vermouth and continue cooking 2 to 3 minutes, until scallions are quite soft. Season with salt and pepper. Set aside and allow to cool to room temperature. In a blender, add sundried tomatoes, soaking water, balsamic vinegar, capers and 1/4 cup extra virgin olive oil and blend until smooth, about 1 minute. Remove from blender and set aside.

Clean soft shell crabs by cutting off face and removing. Season with black pepper and throw onto grill. Cook until crisp and bright red (about 5 minutes each side). Meanwhile, divide rabe/scallion mixture among 4 plates. Place 3 crabs on each plate, drip 2 tablespoons tomato pesto around crabs and serve immediately.

Yield: 4 servings

## Grilled South Of The Border Steak

Yield: 6 Servings

1 no ingredients

2 lb Beef round steak, 1/2 inch  
: thick  
1 envelope Instant meat  
: marinade, (4/5 ounce)  
1/4 c Catsup  
1 TB Worcestershire sauce  
1/8 ts Red pepper sauce  
1 cn Refried beans (15 1/2  
: ounces)  
1/4 c Cheddar cheese, shredded  
: Chili peppers  
: Potato chips

Score each side of meat 1/8 inch deep in diamond pattern. Prepare instant meat marinade as directed on envelope except stir in catsup, Worcestershire sauce, and red pepper sauce. Marinate meat as directed on envelope. Remove meat from marinade; reserve marinade. Heat beans in foilware pan 15 to 20 minutes on side of grill. About 5 minutes before serving, sprinkle cheese on beans. Place meat on grill 2 inches from hot coals. Cook 5 minutes on each side, brushing frequently with reserved marinade. Cut steak into serving pieces; serve with spoonfuls of beans, chili peppers, and potato chips. Makes 6 servings.

### Grilled Spiced "Chips"

Yield: 1 Servings

1 lb potatoes, sliced into fries  
-- & par,boiled

SPICE MIX =====

3 T olive oil  
3 T vegetable oil  
2 garlic cloves, minced  
1 pn cayenne  
1 salt & pepper  
1 1/2 t chili powder

Mix together the spice mix. When the potatoes have been parboiled, drain them & plunge immediately into the prepared spice mix. Toss gently & remove to a prepared grill. Kebob baskets are very helpful here. Grill over hot coals until the chips are done to their desired



consistency. Any left over spice mix can be used to baste as the potatoes continue to cook.

## Grilled Spiced Fish

Yield: 4 Servings

- 4 oz sole,skinned
- 1 salt and pepper,To Taste
- 2/3 c plain yogurt
- 2 t garam masala
- 1 t coriander,Ground
- 2 garlic cloves,crushed
- 1/2 t chile powder
- 1 T lemon juice
- 1 lemon wedges,For Garnish

Rinse fish, pat dry with paper towels and place in a shallow non-metal dish. Sprinkle with salt and pepper.

Mix together yogurt, coriander, chile powder, garlic, and lemon juice. Pour over fish. Cover and refrigerate 2 to 3 hours to allow fish to absorb flavors.

Preheat broiler. Transfer fish to a broiler rack; cook about 8 minutes, until fish just begins to flake, basting with cooking juices and turning over halfway through cooking. Serve hot, garnished with lemon wedges.

## Grilled Spring Onions & Asparagus With Lime

Yield: 4 Servings

- 4 lg spring onions
- 4 asparagus spears
- 1 olive (or sunflower oil)
- 1 wedges of lime
- 1 coarse sea salt

1. Brush the spring onions and asparagus with the oil and grill, turning, until patched with brown. Serve immediately with wedges of lime and sea salt.

## Grilled Spring Onions And Asparagus With Lime

Yield: 4 Servings

- 4 lg spring onions
- 4 asparagus spears
- 1 olive (or sunflower oil)
- 1 wedges of lime
- 1 coarse sea salt

1. Brush the spring onions and asparagus with the oil and grill, turning, until patched with brown. Serve immediately with wedges of lime and sea salt.

## Grilled Squab & Pears

Yield: 8 Servings

- 1     stephen ceideburg
- 8     squabs (about 1 pound each)
- 1/4 c   olive oil
- 1     salt and, Freshly Ground  
       -black peppe,r to taste
- 4 md pears, halved

Prepare a very hot barbecue fire, or at the broiler to 550 degrees F.

Cut each squab in half; brush halves with olive oil and season with salt and pepper. Grill skin side down for 1 1/2 to 2 minutes, or until skin is crisp but meat is still tender and juicy. Turn squabs and grill 30 seconds longer. When birds are ready to turn, place pear

halves on grill (or under the broiler) and heat through, turning once.

These birds are wonderful served on a bed of Napa cabbage sauteed with  
bacon, sliced onions and red wine vinegar.

### Grilled Squab Vietnamese-Style

Yield: 4 Servings

- 1 stephen ceideburg
- 4 squab, about 1 lb. each,  
-washed, dried and trimmed
- 1/4 c fish sauce (or chinese  
-light)  
-soy sauce
- 2 T shallots, minced
- 2 cloves garlic, minced
- 2 t sugar
- 2 t olive oil
- 1 t sesame oil, Toasted
- 1/2 t black pepper, Freshly Ground

Slightly sweet, slightly salty, this Asian marinade caramelizes on

the grill. Two Cornish game hens may be substituted for squab. Grill the split hens for 7 to 8 minutes per side.

Place each squab on its back on a cutting board. With a sharp knife or poultry shears, split the bird in half through the breast bone. Cut out the backbone. In a shallow, non aluminum dish, mix remaining ingredients. Add the squab, turn to coat evenly, cover and marinate in the refrigerator for 2 hours or over night. Drain the squab and reserve the marinade. Prepare a charcoal or gas grill and grill the squab for about 6 minutes. Baste once with reserved marinade; discard marinade. Turn and cook for about 6 minutes longer, or until the juices run clear when pierced with a fork.

## Grilled Squid Salad With Black Beans & Mang

Yield: 1 Servings

: olive oil -- to brush on  
: squid  
  
16 whole squid -- skinned and  
: cleaned  
2 mango -- diced  
2 1/2 c black beans -- cooked  
3 handfuls arugula  
4 TB rice wine vinegar  
1/3 c olive oil  
1 ts chipotle puree  
1 TB honey  
2 TB fresh mint chiffonade

2 TB cilantro -- chopped  
: salt -- to taste  
: pepper -- to taste

Brush squid with olive oil and season with salt and pepper.

Grill squid for 1 1/2 minutes on each side and cut into 2 inch pieces. While the squid is still warm, toss the squid with the remaining ingredients and serve on a platter.

Yield: 8 servings

## Grilled Squid With Asian Slaw & Hoisin Barb

Yield: 6 Servings

5 lb uncleaned squid (or 2 1/2  
-pounds of, cleaned squid  
1 T sesame oil  
1 salt and freshly, Cracked  
-black pepper

If you have bought uncleaned squid, clean it as follows:

Remove the head with the tentacles from the body. Peel the thin outer membrane from the body. Pull the inner cartilage from the body (This is a single piece that looks like plastic). Discard but save the body. Cut the tentacles off below the eye and remove the hard pebble-like sphere that remains inside the tentacles. Reserve the tentacles. Wash the body thoroughly. It should remain in a bag shape

after washing.

Rub the squid with the sesame oil and salt and pepper to taste. Set aside while you prepare the slaw.

## Grilled Squid With Sweet & Sour Cucumber~ C

Yield: 1 Servings

1 no ingredients

4 lb whole squid -- skinned and  
: cleaned  
: olive oil -- to brush on  
: squid  
: salt  
: pepper  
: Sweet and Sour Cucumber  
: Salad

Brush squid lightly and season with salt and pepper. Grill for 20-30 seconds on each side. Slice squid in 1/2-inch slices. Toss with salad and marinade. Serve.



## Grilled Steak With Blueberry Sauce

Yield: 4 Servings

- 2 1/2 c fresh (or blueberries)  
-Frozen
- 1 sm onion, chopped
- 1/4 c molasses
- 1/4 c white wine vinegar
- 1/4 c ketchup
- 3 T prepared mustard
- 1/2 t red pepper, Ground
- 4 t-bone (6 to 8 ounce) steaks

Combine first 7 ingredients in a medium saucepan. Bring to a boil over medium heat; reduce heat, and simmer, stirring often, 15 minutes. Cool 10 minutes. Process mixture in a blender until smooth, stopping

once to scrape down sides. Keep warm.

Grill steaks, without grill lid, over medium-high heat (350F to 400F) 4 to 6 minutes on each side or to desired degree of doneness. Serve with sauce.

## Grilled Steak With Tasso Maque Choux

Yield: 4 Servings

- 4 rib eye steaks (10oz)
- 2 T olive oil
- 2 T essence
- 2 T olive oil
- 4 oz tasso,diced
- 1 1/2 c fresh corn,scraped from cob
- 1/4 c onions,chopped
- 1 T shallots,minced
- 1 T garlic,minced
- 1 c heavy cream
- 1/3 c red bell peppers,minced
- 1/4 c green onions,chopped
- 1 salt and pepper
- 1 c fried onion rings,warmed

- 2 T green onions, chopped
- 2 T brunoise red peppers
- 2 T brunoise yellow onions

For the maque choux: In a saute pan, heat the olive oil. When the pan is smoking hot, add the tasso and saute for 30 seconds. Add the corn ad saute for 1 minute. Add the onions and continue sauting for 1 minute. Add the garlic and season with salt and pepper. Saute for 1 minute. Stir int he cream, red pepper, and green onions and simmer until mixture is heated through., about 2 minutes. For the steak: Rub each steak with the olive oil and season with Essence. In a hot saute pan, cook steaks for 4 minutes on each side for medium rare. Remove from pan. Spoon the maque choux in the center of the plate. Place steak on top of the maque choux. Garnish with the fried onions, green onions, peppers and yellow onions.

## Grilled Steaks & Tomatoes With Basil-Garlic B

Yield: 4 Servings

- 2 each t-bone steaks\*
- 3 T olive oil
- 1 t basil leaves, Dried
- 1/2 t garlic powder
- 1 loaf french bread
- 6 tomato slices, 3/4 thick
- 2 T parmesan, Grated

\* 1" thick

Combine oil, basil and garlic powder; reserve. Place beef steaks on grid over medium coals. Grill steaks 10 to 14 minutes for rare to medium, turning once. Season with salt and pepper, if desired. Meanwhile cut bread in half lengthwise; brush 1 1/2 tbsp. basil

mixture evenly on cut side of bread. Brush remaining basil mixture on one side of each tomato slice. About five minutes before steaks are done, place bread, cut side down, and tomatoes on grid with steaks; grill 2 to 3 minutes. Turn bread and tomatoes over; sprinkle with parmesan cheese. Continue grilling 1 to 3 minutes or until bread is golden brown and tomatoes are just heated through. Cut bread diagonally into slices. Carve steaks into thick slices. Serve with bread and tomato slices.

## Grilled Steaks & Torch Bananas

Yield: 4 Servings

4 rib eye (or sirloin steaks)

MARINADE =====

1/2 c soy sauce  
1/2 c pineapple juice  
1 T dried ginger,shredded  
4 T sherry  
1 T butter,melted  
1 t dry mustard  
1 clove garlic,pressed  
1/2 t curry powder

TORCH BANANAS =====

2 lg ripe,firm bananas  
1 T lemon juice  
1 T pineapple juice

2 T butter,melted  
1 T honey  
3 T coconut,shredded  
FLAMING SAUCE =====  
3 T brandy

Preheat the barbecue - it is ready when all the coals have an even coating of thick, gray ash. Score the fat edges of the steaks every 2". Place the steaks in a shallow dish. Combine the marinade ingredients. Pour the marinade over the steaks. Turn the steaks. Cover. Marinate refrigerated for at least 3 hours, turning once. Peel the bananas. Cut each banana in half lengthwise. Brush with lemon juice. Make "cups" out of foil to hold the bananas, two banana halves to each "cup". Mix the pineapple juice, butter and honey. Brush the bananas with this mixture. Sprinkle with shredded coconut. Bring the top of the foil over to fully enclose the bananas.

### Grilled Steaks W/Garlic Crumbs

Yield: 4 Servings

2 lb sirloin steak  
2 1/2 T dijon mustard  
1 1/2 T dry white wine  
1 t black pepper,ground  
2 T butter  
1 c garlic,preserved  
1 c bread crumbs  
1/4 c parsley,minced

Preheat the barbecue grill - it is ready when all the coals have an even coat of gray ash. The steak should be at least 1 1/2" thick. Pat the steak dry with paper towels. Mix the mustard, wine and pepper. Spread the mixture on both sides of the steak, using about 2/3 of the mixture. Grill the steaks 5 or 6 inches from the coals, turning once,

until medium rare (about 25 minutes total). While the steaks are cooking, heat the butter and garlic together in a heavy skillet and cook for 10 minutes. Add the bread crumbs. Cook over medium-low heat, stirring, until the crumbs are toasted. Brush the top of the cooked steak with the remaining mustard mixture. Press the toasted crumbs onto the top and sides of the steak. Sprinkle with parsley. Serve sliced into 1/2" thick strips.

## Grilled Steaks With Lemon-Herb Marinade

Yield: 1 Servings

- 8 1 1/4 inch t-bone or  
-porterhouse steaks
- 1 lemon-herb marinade

Place steaks in a large baking dish. Pour marinade over. Let stand 25 minutes at room temperature.

Prepare barbecue (high heat). Remove steaks from marinade. Season with salt and pepper. Grill to desired doneness, about 5 minutes per side for rare.

## Grilled Stuffed Fresh Pasilla Chile With Avoc

Yield: 6 Servings

- 1 stephen ceideburg
- 6 fresh pasilla (poblano)  
-chiles, ana, heims or pimie
- 1/2 c fontina cheese, Grated
- 1/2 c monterey jack cheese, Grated
- 1/2 c jarisberg cheese, Grated
- 1 c white cheddar cheese, Grated
- 1/2 c asiago (or parmesan), Grated  
-cheese
- 12 cilantro sprigs
- 1 avocado salsa
- 2 ripe avocados
- 1/2 to 1 jalapeno chile  
-roasted, seede, d and mince

- 1/2 sm red onion,minced
- 3 scallions,minced (white  
-part and 2,inches of green
- 3 T roughly cilantro,Chopped
- 2 T rice vinegar
- 6 T olive oil
- 1 kosher (or sea salt)
- 1 pepper,Freshly Ground

Prepare the chiles by cutting all the way around the stem so that you can remove the stem and seed base in 1 piece. Keeping the stem and top intact, trim off any seeds and membranes, and if any get left behind in the pepper, remove them, too. Blanch the chiles for 2 minutes in lightly salted boiling water. Remove the chiles, refresh in ice water, and drain.

Combine the grated cheeses in a bowl and mix well. Stuff each chile with about 1/2 cup of the cheese mixture. Do not overstuff or pack the cheese in too densely. Replace the stem and top of the chile.

Cook on a grill over a medium fire, turning frequently until the cheeses are melted and the chiles are hot all the way through.

Avocado Salsa: Cut each avocado in half. Remove the seed, make dice-sized crisscrosses in the avocado flesh with a knife, and scoop out the dice with a spoon. Place in a mixing bowl and add the chile, onion, scallions and chopped cilantro. Whisk together the vinegar and oil in a separate bowl, add salt and pepper to taste, and pour over the avocado mixture. Mix gently, being careful not to mash the avocado or the salsa will look like guacamole and taste "muddy."

Place on a bed of Avocado Salsa and garnish with the cilantro sprigs.



## Grilled Stuffed Tortillas

Yield: 1 Servings

- 1 eggplant
- 1 cheese (mozzarella (or other)  
-favorite,) cubed
- 2 T italian salsa
- 1 tortilla shells

HEADERS =====

Slice eggplant into 1/2 inch rounds, brush with tiny bit of olive oil and grill. When done chop into cubes, add salsa and cheese and spread on one tortilla shell. Cover with another tortilla shell and place back on grill. Turn over when the first side is crunchy and grill marks are evident. \*Be careful when turning over!!

This is great with chicken and cheese and any favorite sauce like Jerk chicken sauce or hot pepper sauces etc.

## Grilled Summer Fruit

Yield: 4 Servings

- 4 T unsalted butter,melted
- 1/4 c dark-brown sugar,Packed
- 4 ripe yellow (or white)  
-peaches,cut i,n half
- 4 ripe red plums,cut in half
- 4 miniature ripe bananas,cut  
-in half,lengthwise

Heat a grill until medium hot, or heat the broiler. In a large bowl, combine the melted butter and brown sugar. Add all fruit, and toss. Fold the edges of a piece of heavy-duty aluminum foil to form a shallow baking pan, and place on grill. Arrange the fruit, cut sides down, on the foil. Cook fruit until browned and caramelized around the edges, rearranging occasionally to prevent burning. Turn the

fruit over, and repeat; serve warm. Yield: 4

## Grilled Summer Squash

Yield: 4 Servings

- 1 lb yellow crookneck,=or=-
- 1 lb zucchini,or-
- 1 lb pattypan squash
- 1 t margarine
- 2 T fresh lemon juice
- 1 t fresh rosemary,chopped
- or=-
- 1/4 t dried rosemary,Crushed

Cut 4 yellow crookneck, zucchini, or pattypan squash, about 1 pound total, in half lengthwise. Brush with a mixture of margarine, fresh lemon juice and rosemary. Grill over medium-hot coals, 4 to 6 inches source of heat, for 15 to 20 minutes, turning every few minutes, until tender when pierced.

## Grilled Summer Vegetables.

Yield: 4 Servings

- 2 sm aubergines
- 3 courgettes
- 1 yellow pepper de-seeded
- 1 red pepper de-seeded
- 15 ml 1 tbsp olive oil.
- 15 ml 1 tbsp wine vinegar.
- 1 clove garlic,crushed
- 5 ml 1 tsp fresh oregano,Chopped
- 1 black pepper.,Ground

Cut the aubergine into quarter inch slices. Cut the courgettes diagonally into 1 cm half inch slices. Cut the peppers into large slices. Mix the oil, vinegar, garlic, oregano and black pepper in a large bowl. Add the vegetables. Cover with the mixture and leave to

marinade for at least one hour. Cook the vegetables on a barbecue or under a hot grill until just tender, basting frequently.

## Grilled Sweet & Sour Pork Chops

Yield: 4 Servings

4 pork center loin chops --  
3/4 thick, trimmed  
2 T dijon mustard -- country  
1 style  
2 T chutney  
1 T balsamic vinegar  
1 T olive oil  
2 cloves garlic --, Peeled  
1/2 t fresh rosemary leaves --  
1 chopped  
1/4 c beer

1. Place chops in glass baking dish. In food processor or blender, combine mustard, chutney, vinegar, oil, garlic, and rosemary; process

until smooth. Stir in beer; pour over chops. Turn chops several times to coat well with marinade; let stand, covered, at room temperature 30 minutes, turning once or twice.

2. Meanwhile heat broiler.
3. Remove chops from marinade, reserving marinade; place on rack in broiler pan. Broil chops, 3 to 4 inches from heat source, 5 to 6 minutes on each side until browned and meat is no longer pink near bone, brushing with any remaining marinade when chops are turned.
4. Transfer chops to serving platter and serve.

## Grilled Sweet Peppers

Yield: 4 Servings

- 4 T red wine vinegar
- 1 T dijon mustard
- 2 T red onion,minced
- 4 garlic cloves,minced
- 1 pepper,to taste
- 2 lg red bell peppers,quartered
- 2 lg green bell peppers,quarter'

Preheat broiler or grill. In a small bowl, combine the mustard, onion, garlic & pepper. Place bell peppers on the grill or broiler & brush with the mustard mixture. Cook until lightly browned, then turn. Brush the other side & cook until browned & slightly softened. Serve hot or cold with what is left of the marinade.

## Grilled Sweet Potato Wedges

Yield: 4 Servings

- 2 lb medium sweet potatoes, cut  
--lengthwise into 6 wedges
- 2 T olive oil
- 1 salt and pepper
- 1 large pinch cayenne pepper

Light the grill. In a large saucepan of boiling, salted water, simmer the potatoes until almost tender, about 5 minutes. Drain, transfer to a large bowl and toss with the olive oil, salt, pepper and cayenne. Grill over moderate heat for about 15 minutes, turning, until tender and lightly charred. Serve warm

## Grilled Sweetbreads

Yield: 4 Servings

- 1 3/4 lb sweetbreads
- 1 t powdered mustard
- 4 T soy sauce
- 2 T pernod (optional)
- 2 T honey
- 1 pn allspice,Ground
- 1 lemon wedges

THE DAY BEFORE grilling, place sweetbreads in a pot of cold water, place over high heat on the stove and bring to a boil. Immediately drain the sweetbreads and rinse them in cold water. Trim any fat and membrane. Prepare the marinade. Combine mustard, soy sauce, Pernod, honey and allspice in a bowl or plastic bag and mix well. Place the



sweetbreads in the marinade, cover and place in the refrigerator overnight. Light a grill or preheat a broiler. Place the sweetbreads on the grill or under the broiler and cook 15 to 20 minutes on each side. Arrange sweetbreads on a platter, surround with lemon wedges and serve immediately.

## Grilled Swordfish On Herbed Couscous W/Vegeta

Yield: 4 Servings

- 1 vegetable minestrone
- 1 T olive oil
- 1 clove garlic, pressed or
- 1 minced
- 2 c finely vegetables, Diced
- 1 (such as yellow squash
- 1 zucchini, onion, red bell
- 1 pepper)
- 1 1/2 T fresh basil leaves, Chopped
- 1 t fresh thyme leaves, Chopped
- 1 t fresh rosemary, Chopped
- 1 leaves
- 1 11.5 oz can v-8 juice
- 1/4 c fat-free chicken stock

- 1/4 t white pepper
- 1 herbed couscous
- 1 1/2 c fat-free chicken stock
- 1/4 t black pepper, Freshly Ground
- 1 bay leaf
- 1 t fresh thyme leaves, Chopped
- 1/2 t fresh rosemary, Chopped
- 1 leaves
- 1 t olive oil
- 1 c couscous
- 1 swordfish
- 1 1/2 lb fresh swordfish (4 6-oz pieces)
- 1 sprigs of fresh thyme or
- 1 rosemary, for garnish (opt.)

To make the vegetable minestrone, heat the oil in a large saucepan over medium heat. Add the garlic and cook just until it starts to sizzle; do not brown. Add the herbs, juice, stock and pepper and bring to a boil. Reduce heat to low and simmer for 3 minutes. Set aside.

To make the couscous, combine the stock, pepper, herbs and oil in a small saucepan and bring to a boil. Add the couscous, mix well and remove from the heat. Cover tightly and allow to stand for at least 5 minutes, or until all of the liquid has been absorbed. Set aside.

Wash the swordfish and pat it dry. Rub the surface with a little olive oil and sprinkle with salt, freshly ground black pepper and herbs, if desired. Cook over a charcoal grill or under a broiler just until it turns from translucent to opaque, about 3 to 4 minutes per side. Do not overcook or the fish will become tough.

To serve, place a rounded 1/2 cup of couscous on each of 4 plates and top with a piece of grilled swordfish. Spoon the minestrone around each serving, dividing it equally. Garnish each serving with a sprig of fresh thyme or rosemary, if desired.

## Grilled Swordfish Steaks

Yield: 1 Servings

- 4 8-oz. swordfish steaks
- 1/2 c teryaki sauce
- 2 T margarine, melted
- 1 t garlic powder

Marinate fish 5 minutes per side in teryaki sauce. Spray grill with a non-stick coating. Grill fish over medium coals 5-6 minutes per side, basting frequently with melted margarine. Season with garlic powder. Check fish for flakiness when done.

## Grilled Swordfish With Barbecue Sauce

Yield: 6 Servings

2 lb swordfish fillets  
1/3 c lemon juice  
2 t worcestershire sauce  
1/2 c onion,Chopped  
1 t sugar  
1 small bay leaf  
1 c catsup  
1/4 c oil  
1 clove garlic,minced  
1/4 c water  
1/4 t hot pepper sauce

Place fish in single layer in shallow baking dish. Combine 1/2 cup catsup,lemon juice, oil, Worcestershire and garlic. Pour sauce over

fish.

Cover and refrigerate about 1 hour, turning fish once. Remove fish, reserving sauce. Use half of reserved sauce for brushing fish while grilling. Combine remaining half of sauce with remaining catsup, onion, water, sugar, hot pepper sauce and bay leaf. Simmer about 20 minutes

to blend flavors and thicken. Meanwhile, place fish on well-greased, hinged wire grills. (If barbecuing fish on standard grill, brush fish with oil before cooking.) Cook about 5 inches from moderately hot coals

8 minutes. Baste with reserved sauce. Turn and cook 7 to 8 minutes

longer, or until fish flakes easily when tested with fork. Brush fish with more sauce as needed during cooking. To serve, spoon hot barbecue sauce over fish.

## Grilled Swordfish With Citrus Salsa

Yield: 4 Servings

1 2 6 ounce swordfish steaks

1 ts Creole spice  
3 6 inch corn tortillas, -cut  
: -into 1" thick strips  
: Salt and pepper  
1/4 c orange sections, -- zested  
: before cut  
2 TB lemon sections, -- zested  
: before cut  
2 TB lime sections, -- zested  
: before cut  
1 TB shallots -- minced  
1 TB olive oil

1 ts honey  
1 TB cilantro -- chopped

Preheat the grill and the fryer. Season the fish with the spice. Place on the grill. Fry the tortilla strips in the fryer for 3 minutes, drain and season with salt and pepper. (You want the strips to be sort of crumbled up as they fry, they will be the nest for the fish to sit on.) In a small bowl, combine the sections, shallots, zest, olive oil, honey, and cilantro. Season with salt and pepper. Remove the fish from the grill. Set up a nest with the tortilla strips and place the fish on top. Top with the salsa.

## Grilled Swordfish With Orange~ Onion & Toma

Yield: 4 Servings

1 c orange juice  
1/2 c red wine vinegar  
2 T brown sugar,packed  
2 medium oranges,peeled,  
-seeded and,cut into 1/4  
1 large tomato,cored, seeded  
-and cut,iinto 1/4 dice  
3 T finely red onion,Chopped  
1 T ciilantro,Chopped  
2 lb swordfish,about 3/4 thick  
-cut into,4 equal pieces

While grill is heating, combine orange juice, vinegar and brown sugar in a large saucepan. Cook mixture, uncovered at a low boil

until reduced to about 1/2 cup., about 20 minutes. Stir often as mixture cooks, to prevent scorching.

Meanwhile combine oranges, tomato and onion in a colander or strainer and drain well. Transfer to a bowl, add cilantro and gently stir in all but 2 tablespoons hot orange juice syrup. Set aside.

When ready to grill, rinse fish and pat dry. Brush both sides of the fish with the remaining orange juice mixture. Place fish on oiled grill over hot coals and cook, turning once, until fish is opaque in the center, 6-7 minutes total.

Remove from grill, transfer to serving platter and spoon relish over top.

## Grilled Swordfish With Sundried Tomato Sauce

Yield: 4 Servings

1 2 8-oz swordfish steaks

: -1 inch thick

3 ts fresh chopped rosemary

2 shallots, -- minced

1/3 c dry white wine

2 TB lemon juice

1 ts black pepper

Combine rosemary, shallots, wine, lemon juice and pepper in shallow dish.

Add fish and turn to coat both sides with marinade. Cover with

plastic and refrigerate.

Make the sundried tomato sauce (recipe follows).

Grill fish and top with sundried tomato sauce.

## Grilled Swordfish With Tomato Olive Vinaigret

Yield: 4 Servings

1     2 cloves garlic,-- minced  
:  
   juice of 1 lemon  
  
1/3 c   olive oil  
:  
     Salt and pepper  
2     6 ounce swordfish steaks  
1 c   diced tomatoes  
1/4 c   chopped sun-dried tomatoes  
1/4 c   pitted and chopped black  
:  
     olives  
1/4 c   chopped red onion  
1/4 c   chopped mixed herbs -- (i.e.  
:  
     basil, thyme, parsley, etc.



3 c mixed greens  
: Garnish: lemon wedges

In a food processor or blender combine garlic, lemon juice, olive oil and salt and pepper. Drizzle 2 tablespoons of the dressing over the swordfish steaks and coat both sides. Set aside for 10 minutes.

In a bowl combine olives, tomatoes, red onion, herbs and half of the remaining dressing and toss to coat. Heat a cast iron grill pan over medium high heat. Grill swordfish, depending on thickness, for 3-4 minutes per side.

In another bowl toss the mixed greens with the remaining dressing. Transfer greens to a decorative plate and top with grilled swordfish and tomato mixture. Garnish with lemon wedges.

Yield: 2 servings

## Grilled Szechuan Chicken Salad

Yield: 4 Servings

1 lb chicken breast, boneless,  
-skinned  
1/4 t seasoned pepper, to taste  
1 cn pineapple, sliced, drained  
-pineapple juice, reserved  
1 lettuce leaves  
1 red onion, sliced  
1 red bell pepper  
SALAD DRESSING =====  
3 T oil, vegetable  
2 T hot soy sauce, chun king  
2 T pineapple juice, from reserv  
1 T white vinegar  
1 T honey

1/4 t ginger,ground

Lightly sprinkle both sides of boneless, skinned, chicken breasts with seasoned pepper. Grill; slice into strips. Reserve 2 tablespoons juice from can of pineapple slices. Prepare Salad Dressing (directions follows). Brush pineapple slices with some Salad Dressing, grill 2-3 minutes. Arrange chicken and pineapple over lettuce and vegetables. Top with Salad Dressing.

SALAD DRESSING: In a covered jar, combine oil, hot soy sauce, 2 tb pineapple juice, white vinegar, honey and ground ginger. Shake well.

## Grilled Tarragon Chicken With Mustard Sauce

Yield: 6 Servings

6 boneless chicken breast  
-halves  
3 T dijon mustard  
5 T tarragon or,Chopped  
3 T tarragon,Dried  
5 juice of limes or  
3 lg lemons

With mallet, pound chicken breasts between sheets of plastic wrap.

In

small bowl, combine mustard, tarragon and lime juice and mix well with fork. Brush mustard-tarragon mixture on each chicken cutlet. Grill chicken until done, about 4 minutes on each side. Do not overcook.

Each serving contains about 179 calories; 90 milligrams sodium; 73 milligrams cholesterol; 3 grams fat; 2 grams carbohydrate; 28 grams protein; trace fiber; 15 percent calories from fat.

## Grilled Tempeh W/Red Onion & Eggplant

Yield: 6 Servings

3     tempeh cakes  
6 sl red onion  
2 sm eggplants,sliced into 1/3  
    -thick ro  
1     olive oil  
12 sl whole wheat bread  
1 bn arugula  
RED WINE MARINADE =====  
1 c red wine  
4 T olive oil  
2 lg garlic cloves into,Sliced  
    -ovals  
1 T rosemary leaves,-or- dried  
    -rosemary

1/4 t fennel seeds  
 1 black pepper, Coarsely Ground  
 SWEET LEMON MAYONNAISE =====  
 1/2 c mayonnaise  
 2 T lemon juice  
 1 t dijon-style mustard  
 1 t honey  
 1 garlic clove to a, Minced  
 -paste  
 1 salt  
 1 pepper, Freshly Ground

Combine all ingredients for Red Wine Marinade. Slice the tempeh cakes in half crosswise, then split each half horizontally by slicing carefully. Marinate the tempeh cakes at room temperature for 1 hour, or longer in the refrigerator.

Combine all ingredients for the Sweet Lemon Mayonnaise and set aside in the refrigerator.

Brush the eggplant slices with olive oil. On an open or closed grill over medium-hot coals, grill the eggplant and onion slices for 10 minutes per side and the tempeh for 8 minutes per side or until well-browned. Grill the whole wheat bread slices over low coals until toasty. Arrange the vegetables and tempeh on slices of whole wheat toast spread with Sweet Lemon Mayonnaise and several sprigs of fresh arugula. Add salt and pepper to taste

## Grilled Tempeh With Red Onion & Eggplant

Yield: 6 Servings

### RED WINE MARINADE =====

- 1 c red wine
- 4 T olive oil
- 2 lg garlic cloves,sliced into -  
- ovals
- 1 T rosemary leaves
- 1/4 t fennel seeds
- 1 black pepper

### GRILLED TEMPEH =====

- 3 tempeh cakes
- 1 lg red onion,sliced into 6 -  
-rounds
- 2 sm eggplants,sliced into 1/3 -  
- thick,rounds

- 1 olive oil
- 12 sl whole wheat bread
- 1 bn arugula

Prepare the marinade by combining all the ingredients & mixing.

Slice the tempeh cakes in half crosswise, then split each half horizontally by slicing carefully. Marinate in the red wine marinade for an hour at room temperature.

Brush the eggplant slices with olive oil. On an open or closed grill over medium-hot coals, grill the eggplant & onion slices for 10 minutes per side. Grill the bread slices over low coals until toasty.

Arrange the vegetables & tempeh on the slices of toasted bread garnished with sprigs of arugula.

## Grilled Tenderloin Salad With Honey-Mustard D

Yield: 6 Servings

- 1/4 t ginger,Ground
- 2 T honey
- 1 T dijon mustard
- 2 pork tenderloins (1/2 pound)
- 1 vegetable cooking spray
- 1/3 c plus 1 t nonfat mayonnaise
- 1/3 c plus 1 t pineapple juice
- 2 T honey
- 1 T ginger,Ground
- 2 c tightly leaf lettuce,Packed
- 2 c tightly torn endive,Packed
- 2 c fresh pineapple,Cubed
- 1/4 c thinly purple onion,Sliced  
-separate,d into rings

- 12 1/2 thick sliced, Peeled  
-cantaloupe
- 1/4 c sliced almonds, toasted

Combine the first 3 ingredients in a small bowl. Trim fat from pork and brush honey mixture over pork. Coat barbeque grill rack with cooking spray and place on grill over medium-hot coals or heat. Place pork on rack and cook 18 minutes or until meat thermometer registers 160 degrees, turning pork occasionally. Cut into 1/4 inch thick slices and set aside. Combine salad dressing and next 4 ingredients in a container of an electric blender; cover and process until smooth. Divide pork, lettuces, pineapple, onion, and cantaloupe evenly among 6 serving plates. Top each salad with 2 tsps. almonds. Serve each with 2 1/2 tablespoons dressing.

## Grilled Tenderloins - Venison

Yield: 2 Servings

- 2 elk tenderloins, 8-10 oz ea
- 1 white pepper
- 1 garlic
- 1 salt
- 1 barbecue sauce
- 1 honey
- 1 lemon pepper seasoning

Wash and trim the tenderloins well. Rub with white pepper, garlic, and salt. Make a sauce of commercial barbeque sauce, honey and lemon pepper seasoning and marinate the tenderloins. Roll the tenderloin up in foil and place it on the back of the grill. Cook slowly at low flame.

## Grilled Teriyaki Swordfish

Yield: 6 Servings

- 4 fresh swordfish steaks
- 1/2 c light soy sauce
- 1/4 c pineapple juice (no sugar  
-added)
- 1/4 c sherry
- 1 T brown sugar
- 1/2 t ginger,Ground
- 1 clove garlic or,Minced  
-pressed
- 2 t lemon juice

In a non-reactive bowl, combine the soy sauce, pineapple juice, sherry, brown sugar, ginger and lemon juice. Place in heavy plastic bag with swordfish steaks and refrigerate for 1 to 2 hours, turning



bag occasionally to thoroughly marinate all surfaces of the fish. Remove swordfish from bag and grill over high heat, 4-5 minutes on each side, turning once. Be careful not to overcook swordfish; it dries out quickly (fish is done when flesh is opaque and flakes easily with fork). Serve with lightly grilled slices of pineapple and baked sweet potatoes.

## Grilled Thai Chicken Salad

Yield: 6 Servings

1 6 chk breast, boned & skinned

8 c Romaine lettuce; shredded  
1 bn Green onion; white part,  
-chopped  
1/2 c Red onion; diced  
1/2 c Cilantro; snipped  
1/2 c Rice wine vinegar  
1/4 c Extra virgin olive oil  
2 1/2 tb Soy sauce  
1/2 tb Crushed red pepper flakes

200 CALORIES. Preheat broiler and brush rack lightly with oil. Place chicken breasts on rack. Broil 3 inches from heat source for 6-7

minutes or until cooked through, turning breasts over after 4 minutes. Meanwhile, combine lettuce, green onion, red onion and cilantro in large bowl; toss to mix well. To make dressing combine vinegar, olive oil, soy sauce and crushed red pepper and mix thoroughly. To serve, place greens on plates. Slice chicken and arrange on greens. Drizzled each serving with dressing.

## Grilled Tofu

Yield: 8 Servings

1 lb tofu, extra-firm  
1/4 c orange juice  
1 t soy sauce, low-sodium

Cut block of tofu lengthwise into 8 equal-sized slices. Set a cutting board over the sink and place a double layer of paper towels on top. Arrange tofu in one layer on cutting board, then top with a clean dishtowel. Place a second board on top, then a 4- to 5-pound weight, such as a thick phone book or heavy pot. Let sit for 20 minutes. Uncover tofu and place in one layer in a shallow baking dish. Drizzle with orange and soy sauce. Marinate at room temperature for 20 minutes. Broil or grill until lightly browned, turning once. Serve

chilled or at room temperature. Serves 8.

## Grilled Tofu Squares

Yield: 1 Servings

1 pk prefried tofu squares  
1 cucumber,juliened  
1 carrot  
1 some bean sprouts,blanced  
1 pineapples,,Sliced  
1 thinly/strips  
1 ,juliened

1) grill the tofu squares lightly then cut the sides open then stuff the julienned vegs.

2) EAT with sauce : 1 part chilli sauce 1 part lemon juice sugar to taste

## Grilled Tofu With Sesame Buckwheat Noodles &

Yield: 6 Servings

- 1/2 c peanut oil
- 1/2 c sesame oil
- 1/2 c red wine
- 1/4 c mushroom soy sauce
- 1/4 c black vinegar
- 6 cloves garlic, minced
- 1 t chinese five-spice powder

A beautifully compose plate with many flavors and colors. Each component is placed on the plate separately, making three little groupings of bright and exciting tastes. The noodles and tofu can be made ahead, held at room temperature for an hour or so, leaving only the vegetables to be sauteed at the last minute.

## GRILLED TOFU MARINADE 4 "blocks" firm tofu

Combine the marinade ingredients in a large bowl. Add the pieces of tofu and cover with the marinade. Let sit for 6 to 8 hours in the refrigerator or 3 hours at room temperature.

Prepare charcoal grill.

Remove the tofu from the marinade and drain slightly. Cook over med-hot red coals, basting frequently with the marinade. "Score" the tofu on both sides making a cross-hatch pattern. Cook until golden brown, about 5 to 8 minutes on each side. Remove from the grill and set aside.

SESAME BUCKWHEAT NOODLES Sauce: 6 green onions, minced 4 cloves

garlic, minced 3 Tbs miso, red or white 3" piece ginger, peeled and minced 2 jalapeno peppers, minced 1/2 c sesame oil 1/2 c peanut oil 1/4 c seasoned rice wine vinegar 2 Tbs sherry vinegar 3 Tbs soy sauce salt and pepper to taste

1 c sesame seeds, toasted 1 to 1 1/2 lb buckwheat noodles

Combine the sauce ingredients in a large bowl. Add half the sesame seeds, mix well. Cook the noodles in salted boiling water until al dente; drain. Add the warm noodles to the sauce, toss and let sit for about 20 minutes. Taste and adjust seasonings.

## GINGER MIXED VEGETABLES

1 yellow onion, wedge cut 2 cloves garlic, sliced thin 1/3 c peanut oil 6 or 8 shiitake mushrooms, sliced 1/4" wide small handful snow peas, trimmed and strings removed 5" piece ginger, peeled and sliced very thin 1 head broccoli flowerets only, blanched 2 carrots, slivered and blanched splash of dry sherry salt and pepper, to taste cilantro sprigs for garnish

To prepare the vegetables, saute the onion and garlic in some peanut oil over high heat until onion is tender, but not soft or translucent. Add the mushrooms, snow peas, and ginger. Cook over high heat, stirring constantly until the mushrooms are tender. Add the broccoli, carrots and sherry, cook for 1 more minutes and season with salt and pepper.

To assemble: Cut the tofu into slices about 1/8" thick. On each plate, arrange 3 or 4 pieces of tofu overlapping each other. Spoon some of the noodles onto each plate and finish with the vegetables. The tofu and noodles are served at room temperature and the vegetables are served hot. Garnish with a sprig of cilantro.

## Grilled Tofu With Summer Vegetables

Yield: 12 Servings

- 16 oz firm chinese tofu,cubed
- 3/4 c teriyaki sauce
- 12 lg mushrooms,halved
- 1 red bell pepper cut into 1  
-pieces
- 1 green bell pepper cut into  
-1 piece,s
- 1 lg white onion cut into 1  
-pieces
- 12 bamboo skewers soaked in  
-water for,1 hour
- 2 T canola (or safflower oil)
- 2 c barbecue sauce - (see  
-separate reci,pe)

1. Combine tofu and teriyaki sauce in sealed plastic bag. Freeze overnight and thaw next day. Turn bag once or twice during thawing process. Reserve marinade.
2. Place tofu, peppers, onion, and mushrooms on skewers, alternating the order, beginning and ending with tofu. Combine oil with reserved marinade and brush on the tofu and vegetables. Place on a grill and brown on all sides. brush on BBQ sauce and grill a while longer.

## Grilled Tomatillo Shrimp

Yield: 1 Servings

- 5 tomatillo
- 1 avocado
- 1 green tomato,cored &  
-quarter
- 2 garlic,cloves
- 1 jalapeno chili,seeded;
- 1 cilantro,sprigs;
- 1 salt
- 6 mesquite chip
- 1/4 c safflower oil
- 1/4 c butter
- 2 T chili powder
- 2 T fresh lemon juice
- 1 lb shrimp,large

For green salsa: Husk, core and quarter tomatillos. Peel, pit and cut avocado into 1-inch pieces. Finely chop tomatillos, tomato and garlic in processor, using on/off turns. Transfer to heavy medium saucepan. Simmer until beginning to soften, stirring occasionally, about 3 minutes. Pour mixture into blender. Add avocado, chili, cilantro and salt. Blend until smooth, stopping occasionally to scrape down sides of blender, about 3 minutes. (Can be prepared 1 day ahead and refrigerated.) Serve at room temperature or slightly chilled. Soak mesquite chips in water to cover 30 minutes and drain. Prepare barbecue grill with white-hot coals (or set gas grill on high). For marinade: Combine oil, butter, chili powder and lemon juice in small saucepan. Stir over medium heat until butter melts. Cool marinade slightly. Peel shrimp (leave tail on) and devein. Place in non aluminum bowl. Add marinade, mixing to coat. Marinate 15 minutes, turning occasionally. Oil barbecue rack. Add mesquite to coals. Thread shrimp on skewers. Grill until shrimp turn opaque, about 1 1/2 minutes on each side. (Can be prepared 30 minutes ahead. Wrap in foil and keep at room temperature.) Serve with green salsa. \*Available at Latin American markets.

## Grilled Tomato & Goats Cheese Rounds

Yield: 4 Servings

4 sl bread,white  
1 lg tomato,wiped & sliced  
4 sl goats cheese rounds 2oz each  
1 dressing  
2 T olive oil  
2 t lemon juice  
1 t vinegar,balsamic  
1 salt & pepper,Fresh Ground  
1 to serve  
1 selection of salad leaves

1. Using a 3 inch round metal cutter, cut out 4 rounds from the bread



slices then toast under a medium preheated grill for 1-2 minutes until golden.

2. Top the toast rounds with the tomato and goats cheese rounds and cook for a further 4-5 minutes until golden.

3. Whisk the dressing ingredients together, then transfer the cooked goats cheese rounds to serving plates on a bed of salad leaves. Drizzle over the dressing and serve immediately.

## Grilled Tomatoes & Green Onions

Yield: 4 Servings

NORMA WRENN MSN =====

1/3 c olive oil  
1 T fresh lemon juice (or wine)  
1 vinegar  
2 T fresh basil, chopped  
1 T shallots, chopped  
1/2 t salt  
1/4 t pepper, Freshly Ground  
3 lg tomatoes, cut into slices  
-1/2-3/4 i  
10 to 12 green onions, trimmed  
1 including 4 of green tops  
1 sprigs of fresh basil or

1 parsley

Firm tomatoes, even those that are slightly green, should be used for this recipe. They are less juice and hold their shape better when grilled than fully ripe ones. Fresh basil is wonderful with tomatoes, but you could also use chopped tarragon or even parsley in the basting sauce. Serve warm or at room temperature, with grilled lamb or fish.

Prepare a fire in a grill. Position the oiled grill rack 4-6 inches above the fire.

In a small bowl stir together the oil, lemon juice or vinegar, chopped basil, shallots, salt and pepper.

Arrange the tomatoes and onions on the rack. Grill, turning them two or three times and brushing with the oil mixture, about 5 minutes. If the onions are large, they might take 1 or 2 minutes longer.

Transfer the tomatoes and onions to a platter and garnish with basil or parsley sprigs.

## Grilled Tournedos Of Beef With Mushrooms

Yield: 6 Servings

6 6-oz tournedos of beef  
-(center cuts of fillet mi  
6 7-8 oz rib eye steaks  
1 salt and pepper, To Taste  
4 T olive oil  
1 juice of 1 lemon  
3 cloves garlic, crushed  
1 lg onion, thinly sliced  
1/2 lb mushrooms, sliced  
1/2 c red wine

Place the tournedos side by side in a shallow pan and sprinkle them with salt and pepper. Mix 2 tablespoons olive oil with the lemon,

garlic, and onion. Rub the mixture into the tournedos. Set them aside on a plate to marinate at room temperature for 1 hour.

Heat the remaining 2 tablespoons olive oil in a large skillet over high heat. Remove the tournedos from the marinade and reserve it. With a paper towel, wipe or blot the tournedos and add them to the pan. Cook them to the preferred degree of doneness (about 8 minutes for rare, 10 to 12 minutes for medium). Remove them to a lightly heated platter and keep them warm.

Add the marinade, mushrooms, and onions to the skillet and stir-fry until the onions and mushrooms are lightly browned. Add the red wine. Raise the heat to high to burn off the alcohol quickly. Cook until the sauce reduces to a slightly creamy consistency, then spoon it over the reserved tournedos.

## Grilled Trout

Yield: 2 Servings

- 2 sm whole fish (about 1 lb.
- 1 each), cleaned
- 1 salt
- 1 pepper, Freshly Ground
- 1 to taste
- 1 lemon
- 12 sprigs thyme

Prepare hot coals for grilling.

Cut 3 crosswise diagonal slits, about 1/2 inch deep and 2 inches apart, in each side of fish; don't cut down to bone.

Sprinkle the fish lightly with salt and pepper, and rub it into the slits.

Thinly slice the lemon; place 1 slice and 1 sprig of thyme in each slit.

Wrap each fish in aluminum foil.

Grill the fish over high heat turning once, until the flesh flakes easily when tested with a fork, about 10 minutes. Serve immediately.

## Grilled Trout With Two Sauces

Yield: 4 Servings

- 1 stephen ceideburg
- 4 whole cleaned trout, about  
-12 oz. each
- 1 vegetable oil
- 1 walnut butter sauce or
- 1 tarragon cream sauce

Cooking time is about 15 minutes, so prepare sauce ahead of time.

Prepare grill and briquettes.

Lightly rub outside of fish with vegetable oil. Grill fish on a well-oiled grid or in a well-oiled wire grill basket, on covered

grill over medium-hot coals 7 minutes per side, or approximately 10 minutes per inch thickness of fish. Test by prodding with a fork; fish should be opaque inside.

Serve with either sauce.

## Grilled Tuna & Cheese Sandwiches

Yield: 3 Servings

1 no ingredients

6 sl Bread  
3 TB Butter or margarine -- soft  
3 sl American cheese  
6 oz Starkist Chunk White Tuna --  
: drained and flaked

1. Spread one side of each slice of bread with butter. 2. Top three bread slices with cheese, tuna and second bread slice. 3. Grill 1 to 2 minutes per side to lightly brown. Makes 3 sandwiches.

## Grilled Tuna Cheddar & Onion Sandwiches

Yield: 4 Servings

- 1 onion, large, thinly sliced
- 1 garlic clove, minced/pressed
- 1/2 c chicken broth
- 2 cn albacore tuna\*
- 1/2 c celery, minced
- 2 T mayonnaise
- 8 dark rye bread, Slices
- 1/4 lb cheddar cheese, sharp\*\*

\* - water-packed, drained

\*\* - thinly sliced

=====

=====

1. In a 10-12" nonstick frying pan, combine onion, garlic, and half the broth. Bring to a boil over high heat; stir often until liquid evaporates and browned bit stick in pan.
2. Add half the remaining broth; stir to scrape browned bits free, then boil again until liquid evaporates and browned bits form. Repeat step with remaining broth, cooking until liquid evaporates. Set onion mixture aside.
3. In a bowl, mix together tuna, celery, and mayonnaise. Top 4 slices bread equally with tuna mixture, onion mixture, cheese, and remaining bread.
4. Wipe the pan clean. Place over medium heat and add 2 sandwiches. (If you have another nonstick frying pan, toast all the sandwiches at once.) Cook until sandwiches are toasted on the bottom, about 4 minutes. Turn over and toast tops, about 4 minutes more.

## Grilled Tuna Steaks

Yield: 4 Servings

- 4 7oz. tuna steaks 1 thick
- 1/4 c fresh lemon juice
- 1 T xtra virgin olive oil
- 2 cl garlic,minced
- 2 t fresh oregano,Chopped
- 1 T lemon zest,Grated
- 1/4 t salt
- 1 pepper,Freshly Ground

Prepare a charcol grill. Meanwhile, rinse the tuna, pat dry, and place in a shallow glass or ceramic dish. In a small bowl, whisk the remaining ingredients. Pour over the fish and cover with plastic wrap; marinate for 30-45 minutes in the refrigerator. When the fire

is ready, drain the tuna and place it in a fish or meat basket. Grill the steaks 4" from the heat, 3 min. per side for rare or approximately 5 minutes per side to cook through. Pierce with a fork to see if the fish is flaky and done. Baste with remaining marinade if desired. NOTE: You can substitute lime juice and zest for the lemon.

## Grilled Tuna With Olive-Rosemary Butter

Yield: 4 Servings

- 1/4 c butter,unsalted,room temp
- 1 T kalamata olives,pitted,  
-chopped (or brine-)
- 1 T lemon juice,plus 1/4 ts
- 2 t rosemary,fresh,chopped or
- 1/2 t rosemary,dried,crumbled
- 1/4 t dijon mustard
- 3 T olive oil
- 1/8 t pepper
- 4 tuna steak,1 thick (about 8  
- ounces,each)
- 1 rosemary sprig,fresh,(opt)



Blend butter, olives, 1/4 teaspoon lemon juice, 1 teaspoon rosemary and mustard in small bowl. (Butter can be prepared up to 2 days ahead. Wrap tightly and refrigerate. Let stand at room temperature 45 minutes before continuing.)

Whisk olive oil with remaining 1 tablespoon fresh lemon juice, remaining 1 teaspoon rosemary and pepper in shallow dish. Arrange tuna steaks in dish, turning to coat both sides. Let stand 15 minutes.

Prepare barbecue (high heat). Grill tuna until just cooked through, about 4 minutes per side. Transfer to platter. Place 1 tablespoon rosemary butter on each steak. Garnish with rosemary sprigs.

Note from author: A simple, sunny dish with the flavors of the south of France. The seasoned butter is our bonus, since the fish is already delicious after its quick marinating in a rosemary vinaigrette. Add a sliced tomato salad and buttered orzo (rice-shaped pasta) for a satisfying meal. Finish with freshening lemon sorbet.

## Grilled Tuna With Spiced Butter

Yield: 4 Servings

- 4 tuna steaks (fillets)  
-approximately, 8 oz each
- 1 c butter, Unsalted
- 2 T cilantro, Minced
- 1 t jalapeno (or serrano chili)  
-peppers,, finely minced
- 2 t garlic, finely minced
- 1 t ginger, finely minced or  
-ginger powder

Place softened butter in mixing bowl and beat till fluffy. Blend in the cilantro, chili, garlic, and ginger. Spoon dollops of butter mixture onto waxed paper and refrigerate ahead of time for readied

individual servings. Refrigerate.

Place fish on rack 3 inches from mesquite coals. Grill fish about 4 to 5 minutes on each side. Place dollops of spiced butter on the finished fillet, or warm the spiced butter and spoon over the cooked steaks.

## Grilled Tuna With Teriyaki Fruit Sauce

Yield: 4 Servings

- 1/4 c soy sauce
- 1/4 c sugar
- 1/3 c saki (or dry sherry)
- 3 sl fresh ginger root or
- 1/4 t ginger, Ground
- 1 lb tuna fillets (or steaks)  
-3/4-1 thick
- 1 olive (or salad oil)
- 1 papaya
- 2 t crystallized ginger, finely  
-, Chopped
- 1 green bell pepper, julienned

Recipe by: Jo Merrill, Sunset All-Time Favorite Recipes

In a 2-quart saucepan, combine soy sauce, sugar, sake and fresh ginger slices. Bring to a boil, stirring until sugar is dissolved, then boil until reduced to 1/3 cup. Discard ginger slices and keep sauce warm. Rinse fish (which has been cut into 4 equal portions), pat dry and brush lightly with oil. Place fish on grill about 6 inches above a solid bed of hot coals. Cook, turning once, just until browned on outside but still pale pink in center; cut to test (3-4 minutes). To serve, place each piece of fish on a plate. Arrange 3 papaya slices each piece of fish; then top each serving equally with soy-ginger sauce and candied ginger. Garnish with julienned bell peppers.

## Grilled Turkey

Yield: 1 Servings

1 no ingredients

On a large Webers (round, covered, charcoal grill):

Picking the turkey:

Get a flat one otherwise the top of the turkey sticks to the underside of the cover. This is only a problem with the 14+ lb. size turkeys. Make sure it is not selfbasting. Fresh is best.

Get the charcoal to the greying over stage, shift half the coals to one side, the other half to the other side, put a foal drip pan down the center (you can use drippings in this pan for the gravy, but a

lot will burn away).

Do NOT stuff the turkey other than a few onions or garlicks. (I forget why, but it is important not to do so). Slather the turkey up with vegetable oil and season (salt/pepper). Loosely truss up the legs. Put on a poultry rack.

Put the turkey in the rack in the center of the grill over the drip pan. Cover the grill. Add 23 coals per side every half hour. Cook 1113 minutes per pound (eg. 132156 minutes for a 12 pound turkey).

You can add wood chips for smoked flavor if desired to the coals just before you put the turkey in. Add more as time goes on.

The turkey meat comes out absolutely moist as moist can be, even the white meat. You may want to foil protect the wings if they start to look a little \*too\* golden brown towards the end of the cooking.

## Grilled Turkey En Brochette

Yield: 4 Servings

- 4 turkey tenderloin  
-steaks(about 1 po,und)
- 1/3 c chili sauce
- 2 T lemon juice
- 1 T sugar
- 2 bay leaves
- 8 md cherry tomatoes
- 8 md mushrooms
- 1 lg seeded green pepper,cut  
-into eight,hs
- 2 sm peeled,quartered onions
- 1 md zucchini,cut into 1/2slices
- 2 T vegetable oil

Cut turkey steaks into 2" cubes and place in bowl. Combine chili sauce, lemon juice, sugar and bay leaves. Pour over turkey cubes. Refrigerate at least 4 hours or overnight. Stir to coat several times during marinating. Thread turkey on skewers, alternating with tomatoes, mushrooms, green pepper, onion and zucchini. Brush lightly with oil. Grill over hot coals 6" from heat source, turning occasionally, about 10 to 15 minutes. Brush with reserved marinade while turning. Makes 4 servings.

## Grilled Turkey Fillets With Cilantro Butter A

Yield: 8 Servings

- 4 turkey breast fillets --
- 1 lengthwise, Halved
- 1 cilantro butter (see
- 1 recipe)
- 1 south-of-the-border salsa
- 1 (see recipe) -- for
- 1 accompaniment

1. Prepare a charcoal fire; lay turkey fillets diagonally across grill bars. When fillets are seared, lift them and set back on grill along opposite diagonal. When diamond pattern appears on the surface, turn fillets over and sear diamond pattern onto other side.

2. Grill 5 inches from heat, brushing both sides of fillets with Cilantro Butter, about 8 minutes.
3. Serve dotted with remaining Cilantro Butter and accompanied with salsa.

## Grilled Turkey Shish Kabob

Yield: 4 Servings

- 1 1/4 lb turkey breast tenderloins
- 1/3 c chili sauce
- 2 T lemon juice
- 1 T sugar
- 2 bay leaves
- 8 mushrooms
- 8 cherry tomatoes
- 1 zucchini medium (1/2, Slices)
- 1/2 green pepper (2 squares)
- 2 onions (cut into 1/4's)
- 2 T cooking oil

Cut turkey tenderloins into 1 1/2-inch cubes. Mix next

4 ingredients; pour over turkey cubes. Toss to coat; refrigerate at least 4 hours or overnight, stirring occasionally. Thread turkey and vegetables alternately on skewers. Brush lightly with oil. Broil or grill 6" from heat or coals for 10 minutes. Turn and brush occasionally with marinade.

## Grilled Turkey With Walnut Pesto \*\*

Yield: 12 Servings

BILLS =====

5 1/2 lb turkey breast, boneless

WALNUT PESTO SAUCE =====

8 oz cream cheese spread

7 oz prepared pesto

1/2 c walnuts, chopped, toasted

1/3 c milk

1 garlic clove, minced

1/8 t red pepper, Ground

Prepare grill for cooking. Place aluminum drip pan in center of charcoal grate under grilling rack. Arrange hot coals around drip pan. Place turkey on greased grill. Grill, covered, 1-1/2 to 2 hours

or until internal temperature reaches 170. Slice turkey; serve with Walnut Pesto Sauce. Garnish as desired.

WALNUT PESTO SAUCE: Stir together all ingredients in a small bowl until well blended. Serve chilled or at room temperature.

Turkey breast can be from 4 to 5-1/2 lbs. Guess it depends on how much your family (or guests) eat!!

## Grilled Turkeylegs

Yield: 6 Servings

4 turkeylegs  
18 oz peaches  
4 T peanutbutter,soft  
2 T coconut,grated  
1 clove garlic  
1 T honey  
1 ingwer,walnut size  
1 chilipowder

Puree the peaches in blender. Smash the garlic; add to it. Chop the ingwer very fine; add to it and the honey and coconut. Mix all together and marinade the turkey legs in it, let stand in the fridge for, at least, 5 hours. Grill for 60 minutes and spread with the



marinade often and turn often.

## Grilled Turkeyspears With 3 Sauces

Yield: 4 Servings

18 oz turkeybreast filets  
3 limes  
3 1/2 oz mild pepperoni,sliced  
2 corn cobs  
2 T oil  
1/2 T chilipowder  
Sauce =====  
1 3/4 oz sweet cream  
1 banana,soft, mashed  
1 curry,salt, pepper  
Sauce =====  
3 1/2 oz blue cheese,crumbled  
3 1/2 oz yogurt

- 1 pepper
- Sauce =====
- 3 1/2 oz sweet cream
- 1 3/4 oz cranberries, jellied, mashed
- 1 horseradish, To Taste

Mix the juice from one lime with the oil and the chilipowder together.

Cut the turkeyfilets into cubes. Slice the limes into thin slices. Cut each corncob in half. Take all and put on long scewers and spread with the oilmix and grill for about 10-15 minutes.

For the sauces mix all the ingradients together and put in bowls and serve with turkey.

## Grilled Veal Chops

Yield: 4 Servings

- 4 veal loin (or shoulder  
-chops)
- 1 cut about 3/4 inch thick
- 1 salt and, Freshly Ground
- 1 black pepper
- 1 marjoram (or thyme)
- 1 olive oil
- 1 wine vinegar (or lemon  
-juice)

Place the veal on a platter and sprinkle lightly with the seasonings of choice. Drizzle the olive oil over the veal, using about 1/2 ts for each side of the chop. Sprinkle with vinegar or lemon juice.

Place 3 to 4 inches over a hot fire and grill until browned. Turn and brown the other side. Total cooking time will be about 8 minutes. Do not overcook or the veal will be tough. Serve with sauteed mushrooms and boiled Potatoes.

## Grilled Veal Involtini Alla Sicialiana

Yield: 4 Servings

1 no ingredients

8 sl beef, top round, -- about 4  
: oz each  
1 c grated Pecorino  
4 TB bread crumbs  
2 bn flat parsley, finely chopped  
: to yield 1/2 cup  
1/4 c pine nuts  
1/4 c currants, soaked 1 hour --  
: in warm water and drained  
8 3-inch rosemary sprigs,  
: soaked in water 1 hour

: Salt and pepper  
2 oz olive oil  
: Lemon wedges

Preheat barbecue or grill.

Using a kitchen mallet or wide cleaver, pound each slice of beef between 2 oiled pieces of wax paper until thin yet not torn, about 1/16-inch thick. Lay each piece out on a cool working surface. In a mixing bowl, stir together Pecorino, bread crumbs, parsley, pine nuts and plumped, drained currants until well blended. Season the beef slices with salt and pepper. Divide the Pecorino mixture among the 8 pieces of beef, spreading it out thinly. Roll the beef up tightly like a burrito and secure with toothpicks.

Lay 4 pairs of beef rolls side by side a half inch apart and skewer them with 2 rosemary sprigs to yield 4 sets. Season with salt and pepper and brush with olive oil. Grill until cooked, about 3 to 4 minutes per side, and serve immediately with lemon wedges.

Yield: 4 serving

## Grilled Vegetable Antipasta

Yield: 4 Servings

: for the marinade:

2/3 c olive oil  
1/4 c fresh lemon juice, -- or to  
: taste  
2 TB Sherry wine vinegar -- or  
: red wine vinegar  
3 TB minced fresh basil leaves or  
2 ts dried, crumb  
1 TB Dijon mustard  
2 ts minced fresh thyme leaves or  
1 ts dried, crumbl

2 ts minced fresh tarragon leaves  
 :           or -- 1 teaspoon dried, cru  
 1 TB minced garlic  
 3 TB minced fresh parsley leaves,  
 :           or to taste  
 :           Salt and freshly ground  
 :           black pepper to taste  
 2    yellow squash, trimmed and  
 :           cut lengthwise  
 :           into 1/4-inch thick slices  
 2    zucchini, trimmed and cut  
 :           lengthwise  
 :           into 1/4-inch thick slices  
 2 sm Japanese eggplant, trimmed  
 :           and cut lengthwise  
 :           into 1/4-inch thick slices  
 1 ea red and orange bell pepper,  
 :           cored,  
 :           seeded and quartered  
 :           lengthwise  
 1    red onion, cut into --  
 1/4    -inch thick slices  
 :           Minced fresh parsley  
 :           oil-cured or brine-cured  
 :           black olives, -- pitted and  
 :           sli  
 :           Parmesan shavings for  
 :           garnish, -- if desired

Make the marinade: in a bowl whisk together the ingredients.

In a large shallow glass or ceramic baking dish, arrange the vegetables. Add the marinade, turning the vegetables to coat with the marinade, and let stand, covered and chilled, for at least 2 hours, or overnight. Drain vegetables reserving marinade.

Heat grill pan over moderately high heat until hot. Add vegetables and grill, in batches, for 3 - 4 minutes on each side, or until tender. Transfer vegetables to a serving dish, drizzle with remaining marinade and sprinkle with parsley. Garnish with olives and Parmesan shavings.

Yield: 6-8 servings

## Grilled Vegetable Kabobs

Yield: 4 Servings

- 1/2 c low cal. italian salad dressing
- 1 t basil,Dried
- 1 T fresh parsley,Minced
- 1 md size yellow squash (about 1 lb.) cut into 1 1/2 in. pieces
- 8 sm onions,Boiling
- 8 cherry tomatoes
- 8 md size mushrooms
- 2 c hot brown rice,Cooked

Combine Salad Dressing, Basil & Parsley; Cover & Chill.

Alternate  
Squash, Onions, Tomatoes & Mushrooms On 8 Skewers. Grill Kabobs  
Over  
Medium Coals 15 Min. OR Until Vegetable Are Tender, Turning &  
Basting  
With Dressing Mixture Frequently.

## Grilled Vegetables

Yield: 1 Servings

1 information below

Shepherd writes: "BBQing vegetables brings out their sweetness and imparts a smoky, nutty quality that is extraordinarily delicious. Make them whenever you light up the coals all harvest season."

"Choose colorful ripe garden-fresh vegetables, such as summer squash, eggplants, onions and different colored bell peppers. Cut eggplant, onions and squash on the bias into about 1/2" thick slices. Cut peppers into 2 to 3" strips or big scallops. About an hour or so before cooking, combine vegetables with any good olive oil-based vinaigrette or use balsamic vinegar and olive oil with added minced garlic, basil, pepper and salt.

"Prepare a BBQ fire, preferably using some fruit wood or mesquite chips. When coals are evenly at the white ash stage, drain vegetables well and grill on fine mesh BBQ grid about 4 to 6" from the coals. Grill as slowly as possible until tender when pierced, turning several times and moving vegetables around with a fork so that they cook evenly. A little charring on the edges doesn't hurt them. Enjoy warm with or without a meat course, and have crusty French bread to sop up the tasty juices."

## Grilled Vegetarian Portabella Sandwich

Yield: 1 Servings

- 1 lisa crawley/tspn
- 1 4 round portabella mushrm.
- 2 T olive oil
- 2 T balsamic vinegar
- 1 shallot,minced
- 1 cl garlic,minced
- 1 fresh seasonal herbs,finely  
-,Chopped
- 1 salt,to taste
- 1 pepper,to taste
- 1/4 red bell pepper
- 1/4 yellow bell pepper
- 1/4 md carrot,cut lengthwise 1/4



- thick
- 2 T herbed goat cheese
- 1/4 md zucchini, cut lengthwise 1/4  
- inch t
- 1 red onion (or scallion)  
-Sliced
- 2 lg multi-grained bread, Slices
- 1/2 bunch watercress, wash; drain  
- and toss, Dried

Make a marinade for the grilled vegetables by combining oil, vinegar,

shallot, garlic, fresh herbs, salt and pepper. Lightly toss the mushroom, peppers, carrot and zucchini in the marinade. Grill vegetables for 5 minutes maximum. Midway through, turn veggies over.

(Or roast in a 425 oven for 8-10 minutes). Towards the end of the cooking time, toast bread.

To assemble: slice mushroom and bell peppers into 1/4" slices. Spread goat cheese on toasted bread. Add the grilled vegetables; top w/ onion or scallion and drizzle on the reserved marinade. Serve w/ watercress on the side.

## Grilled Wasabi-Crusted Tuna

Yield: 4 Servings

- 1 lb tuna steaks
- 2 T wasabi powder
- 2 T fresh lemon juice

Have fish seller cut tuna steaks in 3/4" thickness. If desired, swordfish or shark may be substituted for tuna.

Mix wasabi powder and lemon juice together to a thin paste consistency, adding more or less of each ingredient until desired thickness is reached. Let stand ten minutes for flavors to develop. Marinate tuna briefly in wasabi mix, 10 to 15 minutes, turning to coat. Wasabi should remain on steaks.

Grill steaks 3 to 4 minutes per side, allowing the grill-grate to sear each side. Tuna is done when it barely loses its translucency in the

center.

Serve immediately, with a seasoned rice pilaf and a tossed salad.

Wasabi powder is found in small cans in most Oriental grocery markets, although it can now be found in many of the larger supermarkets with a gourmet foods section. Wasabi is referred to as "Japanese horseradish", although this is something of a misnomer since strictly speaking the root from which the powder is ground is not a horseradish. The powder is spicy hot, but not a long-burning heat. Most of the heat will be lost in the marinating/grilling process, leaving a wonderful crusted essence to flavor the tuna.

## Grilled West Indies Spice-Rubbed Chicken Brea

Yield: 4 Servings

CHICKEN =====

- 4 ea Boneless chicken breasts,
- 1 x Skin on
- 4 ea Firm bananas, skin on
- 1 x And halved lengthwise
- 2 tb Vegetable oil
- 1 tb Soft butter
- 2 tb Molasses
- 1 x Lime halves for garnish SPICE

## Grilled Whole Chilies

Yield: 1 Servings

- 1 fruit - select firm ripe
- 1 fruit in season
- 110 ml plain yoghurt
- 1 t honey
- 1 fresh mint, Chopped
- 1 mint sprigs
- 1 slice the fruit.

2. Serve with a dollop of yoghurt mixed with honey and mint.

Garnish  
with mint sprigs.

## Grilled Whole Red Snapper / Charred Tomato Ja

Yield: 1 Servings

1 no ingredients

1 1/2 lb whole red snapper -- scaled  
: & gutted  
4 TB olive oil  
: salt  
: freshly ground black pepper

Prepare a wood or charcoal grill and let it burn down to embers.

Rub each fillet with 1 tablespoon of the olive oil. Season to taste with salt and pepper. Grill for 7 minutes on each side or until cooked. Serve with Charred Tomato Jalapeno Vinaigrette.

## Grilled Whole Salmon Fillet

Yield: 8 Servings

- 1/4 c teriyaki sauce
- 1/4 c lemon juice
- 3 T brown sugar --,Packed
- 1 1/2 T vegetable oil
- 1 clove garlic --,Crushed
- 4 lb salmon fillet --,Skin On

Combine teriyaki sauce, lemon juice, brown sugar, oil and garlic and stir to mix. Place salmon, skin side down, on 2 layers of heavy-duty foil. Remove thin white pin bones. Baste salmon with soy mixture and let stand while preparing grill (medium-low heat). Place fish on grill, with lid and vents open. Cook about 30 minutes, basting occasionally, until fish is opaque when tested at its thickest part

and reaches 135#161#F to 140#161#F on an instant-read thermometer.

Transfer to platter. Serve hot or cold.

## Grilled Witloof Endive

Yield: 1 Servings

- 1 head fresh witloof endive -  
-(1 head,per person)
- 1/2 c olive oil
- 2 T balsamic vinegar
- 1 sm garlic clove

Mash the garlic into a paste and blend with the oil and vinegar. If desired, season lightly with salt and pepper.

Slice the heads of endive lengthwise and brush with the oil mixture. Grill about 4 minutes per side, basting occasionally with the oil.

(This is a wonderful accompaniment to grilled fish. The recipe will

work equally well with radicchio.)

## Grilled Yellow Fin Grouper With Butter Pecan

Yield: 4 Servings

3 T shallots -- finely,Chopped  
3/4 c dry white wine  
1 T champagne wine vinegar  
3 T heavy cream  
1/4 lb butter -- use chilled  
1 butter  
3 T rich chicken stock  
3 T fresh lemon juice  
1/3 c honey-roasted pecans  
28 oz fresh yellowfin grouper  
1 fillets -- cut in 7-oz  
1 portions

STEP ONE: Butter Pecan Sauce-- Combine all ingredients except the grouper, butter, and pecans in a medium saucepan and bring to a vigorous boil.

Reduce stock down to about 1/3 and adjust heat to a medium flame.

Whisk in butter, one tablespoon at a time, until completely melted, and strain.

Add salt, pepper, and honey-roasted pecans.

STEP TWO: Preparation of the Filets-- Lightly dust with seasoned flour, brush with salad oil, and grill until fish is tender and flaky (about 3 to 4 minutes on each side).

Top with Butter Pecan Sauce and chopped parsley and serve.

## Grilled Yellowfin With Mango-Papaya Relish

Yield: 4 Servings

4 yellowfin tuna steaks  
1 t coriander,ground  
1 pepper,white  
1 T oil  
1 salt

RELISH =====

1 mango,large  
2 T lemon juice  
1 salt  
1 papaya,large  
3 t cilantro,fresh,minced  
1 pepper,white



Peel and pit mango and cut into a small dice. Peel and seed the papaya and cut into small dice.

Relish: Puree half the mango and the papaya in a food processor. Transfer puree to a medium bowl. Add remaining mango and papaya, lemon juice, and cilantro; toss to combine. Season with salt and pepper; set aside.

Heat the grill. Rub tuna steaks with oil, then sprinkle with coriander, salt, and pepper. Grill tuna steaks, turning once, until opaque throughout.

Serve each steak with the relish on the side.

## Grilled Yucatan Pork Chops

Yield: 4 Servings

- 1 cn (7-oz) Ortega green, Diced  
-chiles
- 2 T olive oil
- 1 T chili powder
- 1 t cumin, Ground
- 1 t garlic, Minced
- 4 (8-oz. ea) pork chops
- 1 pineapple salsa (recipe  
-below)

In bowl, combine 1/4 cup chiles, oil, chili powder, cumin and garlic.

Rub onto both sides of pork chops. Cover: chill at least 1 hour.

Grill or broil cooked pork chops for 6 to 8 minutes per side or until done. Serve with Pineapple Salsa.

PINEAPPLE SALSA: In small bowl, combine remaining chiles, 1 (8-oz.) can crushed pineapple, drained; 1/2 cup EACH diced red pepper and chopped green onions; 2 tablespoons chopped cilantro or parsley; and 1 teaspoon lemon juice. Let stand 1 hour to blend flavors.

## Grilled Zucchini Lasagna With Red Pepper Sauc

Yield: 6 Servings

1   \*\*red pepper sauce\*\*  
1 T  olive oil  
1 md onion --,Chopped  
3   cloves garlic --,Crushed  
3   firm  
1   removed  
3   jars (7oz)  
1   drained  
2 T  balsamic vinegar  
1/2 c vegetable broth  
1/4 t salt  
1/4 t black pepper,Fresh Ground  
1   \*\*lasagna\*\*

12 lasagna noodles  
 6 lg zucchini -- cut in 4 long  
   1 slice  
 2 t olive oil  
 2 mazola no-stick cooking  
   1 spray  
 20 leaves  
 1 white bread -- crusts,Slices  
 1 roasted red peppers --  
 1 fresh basil -- optional

1. To prepare red pepper sauce, in 12" nonstick skillet over medium heat, heat 1 Tbs oil; add onion and garlic; cook 2 to 3 minutes until softened. Remove from heat to cool slightly. 2. In food processor or blender process bread to coarse crumbs; you should have about 1 cup. Add onion and garlic mixture, roasted red peppers, and vinegar; process to smooth paste. With motor running, add enough vegetable broth to obtain thick but spreadable sauce. Season with satl, black pepper and ground red pepper; set aside. 3. Prepare noodles, without salt, according to package directions. Meanwhile, heat broiler, first positioning rack about 4" from heat source. 4. Lightly brush zucchini slices on both sides with olive oil, using about 2 tsp. Arrange half of slices on rack in broiler pan; broil 2 to 3 minutes on each side until golden brown. Remove slices to large cookie

sheet or platter; repeat procedure with remaining zucchini slices. 5. Heat oven to 350F, spray 11x8x2" baking dish with cooking spray. 6. Arrange 4 drained lasagna noodles insingle layer over bottom of prepared baking dish; top with layer of 1/3 of zucchini slices. Arrange 6 or 7 basil leaves, if using, over zucchini; spread with 1/3 of red pepper sauce. Repeat layers twice to use up remaining ingredients. 7. Bake lasaga, covered with foil, 50 minutes until hot and bubbling. Let stand about 5 minutes before cutting.

## Grilled~ Stuffed Pork Tenderloin

Yield: 1 Servings

- 1    2 whole pork tenderloins --
- :    cut in half &
- :    butterflied
  
- 1 c   Black Olive Tapanade
- :       Charred Yellow Pepper Sauce
- :       \*\*\*\*\* Rub \*\*\*\*\*
- 1/2 c   Ancho powder
- 1/3 c   olive oil
- 1/3 c   paprika
- 1 ts    garlic -- raw chopped
- :       salt

: pepper  
 : \*\*\*\*\* Charred Yellow Pepper  
 : Sauce \*\*\*\*\*  
 2 yellow peppers -- grilled  
 : seeded &  
 : chopped  
 1/3 c rice wine vinegar  
 6 cloves garlic -- roasted  
 1 pn saffron threads  
 1 TB honey

In the center of the pork loins put a thin layer of tapanade, roll and season with rub. In a saute pan heat oil, until almost smoking. Sear pork loins on all sides and grill for 3 minutes on each side.

Charred Yellow Pepper Sauce:

Combine all ingredients in a blender and puree until smooth. Season to taste with salt and pepper.

### Grilled Chicken Breasts W/Wild Mushroom~....

Yield: 20 Servings

1/2 c fresh rosemary,Chopped  
 1/2 c lemon juice  
 2 T dijon mustard  
 1 salt & pepper,To Taste  
 1 1/2 c olive oil  
 20 chicken breast halves --  
 1 skinned and,Boned  
 10 shallots --,Chopped  
 60 ml garlic --,Chopped  
 1 1/2 lb shittake mushrooms --  
 1 sliced  
 2 1/2 oz mixed wild mushrooms,Dried  
 1 soaked in hot water  
 1 and,Chopped  
 1/2 lb sun tomatoes --,Dried

- 1 soaked
- 1 hot water for 30 min -- the
- 1 and chop, Drained
- 5 T flour
- 6 c rich beef stock or broth
- 1/2 c whipping cream
- 1/2 c bourbon (or more), To Taste

1. Make a marinade by whisking 2 T rosemary, lemon juice, mustard, salt and pepper together, then slowly adding 1 Cup of olive oil. Pour over chicken breast halves and marinate from 1 to 8 hours. 2. Make the sauce in a large heavy-bottomed pan. Sauté the shallots and garlic in 1/4 cup olive oil until light gold. Add remaining olive oil and rosemary, shittakes, wild mushrooms and tomatoes. Stir well then sprinkle on flour. Cook and stir for 1 or 2 minutes, then slowly add the stock, stirring until a sauce forms. Add cream, bourbon salt and pepper. Bring to a boil, reduce heat and simmer 8 minutes. Remove from heat, taste, adjust seasoning to taste, and add more bourbon as desired. 3. Remove chicken from marinade and grill or broil until cooked but still moist (about 10 min.). Meanwhile, reheat sauce. (Recipe may be done ahead. Reheat sauce and chicken separately.) 4. Arrange chicken on a serving platter and top with sauce.

### Gulai Daun Singkong Tumbuk (Grilled Fish With

Yield: 4 Servings

- 1/2 piece fresh ginger, sliced
- 1 sm onion, sliced
- 1 or 2 fresh, hot red chilies,  
- seeded,, sliced
- 1/2 t salt
- 1/4 t sugar
- 1/4 t turmeric
- 2 c coconut milk
- 1 whole red snapper (or  
-similar)  
- fish,, about 1 pound
- 1 sl laos [galangal s.c.]

- 2 stalks lemon grass (or two)
  - slices lemon
- 1/4 lb spinach (or swiss chard)
  - coarsely chopped

Process the ginger, onion, chili, salt, sugar, turmeric and 1/4 cup of the coconut milk into a smooth paste. Set aside

Grill fish over charcoal or in a gas or electric broiler for 2 minutes on each side.

Put the remaining coconut milk and the spice paste in a large skillet and bring to a boil over moderate heat. Add the lemongrass and lemon grass and simmer for 5 minutes, stirring frequently. Add the fish and greens, cook for 15 minutes basting occasionally. Serve warm.

Serves 4 with rice and other dishes.

## Hawaiian Grilled Chicken

Yield: 4 Servings

- 1/3 c white wine vinegar
- 1/4 c coarse grain mustard
- 3 T rosemary, Dried
- 2 broiler-fryers, split (2 to 2 1/2 lb each)
- 1/2 md size ripe pineapple \*\*
- 2 sm yellow squash, halved
  - lengthwise
- 2 sm zucchinis, halved lengthwise
- 2 sm onions, halved
- 2 sm red bell peppers, halved and
  - seeded

\*\* Cut pineapple lengthwise into 4 pieces, remove core but leave rind on.

In a small bowl, combine vinegar, mustard, and rosemary. Brush chicken on both sides with 2 tablespoons of the marinade. Let stand 30 minutes or refrigerate at least 1 hour or overnight. If refrigerated overnight, remove 30 minutes before grilling. Place chicken on grill about 6 inches from low-glowing coals. Grill, turning and basting with reserved marinade, 30 to 50 minutes, or until juices run clear when pierced with a knife. About 10 minutes before chicken is done, place pineapple and vegetables on grill; brush with marinade. Cook 3 to 4 minutes; turn. Brush with marinade; heat 5 minutes longer or until hot.

## Hayes Street Grill Apricot Crisp

Yield: 4 Servings

- 8 T unsalted butter, cut in  
-small pieces
- 4 c apricot halves, pitted
- 1 juice of 1 lemon
- 2 to 8 tablespoons granulated  
-sugar, to taste
- 1 c all-purpose flour
- 1 c light brown sugar, packed
- 1 pinch salt
- 1 t cinnamon, ground
- 1 softly whipped cream, cream  
-fraiche, or vanilla ice cream



This is a dessert from one of the good ol' San Francisco eateries.

Adapted from "A Taste of San Francisco", Doubleday, 1990.

Preheat oven to 375F. Lightly butter a 9-inch pie pan or shallow, round baking dish with a little of the butter.

Toss the fruit in lemon juice and granulated sugar to taste. Pile into a baking dish.

Combine the flour, remaining butter, brown sugar, salt and cinnamon in a bowl. Rub together with fingertips until the mixture is crumbly. Sprinkle on top of the fruit.

Bake for 35 to 45 minutes, until the fruit is bubbly around the edges and the top has browned. Allow to cool briefly; serve while still warm, with whipped cream, creme fraiche or ice cream.

Makes 4 to 6 servings.

## Herb Marinated Grilled Vegetables

Yield: 4 Servings

3/4 c olive oil  
1/4 c red wine vinegar  
1 t fresh rosemary, chopped --  
1 or  
1/2 t rosemary, Dried  
1 t fresh thyme leaves -- or  
1/2 t thyme, Dried  
1 t fresh basil, chopped -- or  
1/2 t basil, Dried  
1 t fresh oregano, chopped --  
1 or  
1/2 t oregano, Dried

- 1 T garlic --,Minced
- 1/2 t salt
- Ground black pepper
- VEGETABLES =
- 2 lb assorted vegetables
- 1 left whole if small (or cut)
- 1 in half

Marinade - whisk together all ingredients in a small bowl. Arrange the vegetables in shallow dish or plastic container, pour the marinade over them, cover and refrigerate for 2 hrs. Prepare a grill. Remove the vegetables from the marinade (reserve marinade). Grill the vegetables 6" away from the heat source until they are tender, brushing them with the marinade as they cook. Cooking times will vary according to the vegetables.

## Herb-Grilled Pizza With Prosciutto

Yield: 4 Servings

- 1/4 c fresh parsley,Chopped
- 2 T fresh oregano,Chopped
- 1 lb pizza dough
- 1 cornmeal
- 2 T olive oil
- 2 1/2 c fontina cheese,Shredded  
-(1/2 pound,)
- 2/3 c tomato sauce
- 1/4 c fresh basil,Chopped
- 6 thin prosciutto or,Slices  
-ham,coarsely chopped

On lightly floured surface, knead parsley and oregano into dough until evenly distributed. Cut in half and form into balls; cover and let rest for 15 minutes. Roll out each ball thinly to make 12 inch round.

Place each pizza round on cornmeal-dusted pizza pan; brush with some of the oil. Scatter cheese evenly over top; spoon tomato sauce over cheese. Drizzle with remaining oil.

Place in 500F oven or on covered greased grill over medium-high heat; cook for about 12 minutes or until crust is crisp and cheese is melted and bubbly. Scatter basil and prosciutto over top. Makes 4 servings.

## Herb-Tomato Grilled Chicken

Yield: 4 Servings

3 lb chicken, cut-up

1 ds salt

1 ds black pepper

BASTING SAUCE =====

2 T oil (or butter), Melted

3/4 c tomato ketchup

2 T lemon juice

2 cloves garlic, minced

2 t basil leaves, Dried

Cut off excess fat from chicken pieces. Loosen skin away from the meat (this helps the basting sauce to reach the meat underneath).

Sprinkle chicken with salt and pepper. Mix together and blend well the oil, tomato ketchup, lemon juice, the garlic and basil. Place chicken pieces on rack. Brush both sides with basting sauce. Grill chicken for 12 to 15 minutes on one side, brushing with basting sauce from time to time. Turn chicken over. Brush again with sauce. Grill chicken for another 12 to 15 minutes or until chicken is done and juices run clear when pierced with a fork. Serve immediately with crusty bread and a tossed green salad, tomatoes, and crispy baked potato wedges.

## Herbed Potatoes On The Grill

Yield: 6 Servings

1/4 c celery, finely chopped  
3/4 c butter, melted  
1 t whole oregano, Dried  
1/2 t salt  
1/4 t garlic powder  
1/8 t pepper  
6 md baking potatoes, unpeeled  
1 md onion, thinly sliced

Saute celery in butter in a small saucepan until tender. Stir in oregano, salt, garlic powder, and pepper. Remove butter mixture from heat, and keep warm.

Wash potatoes; cut each into 1/2-inch slices, cutting to, but not through, bottom peel.

Place a slice of onion between each slice of potato.

Place each potato on a square of heavy-duty aluminum foil; drizzle about 2 tablespoons butter mixture over each. Fold foil edges over, and wrap securely.

Grill foil-wrapped potatoes over medium coals 1 hour or until done.

## Heritage Grilled Breast Of Chicken & Sauce

Yield: 8 Servings

1 chicken  
8 chicken breast halves, skinl  
3 cl garlic, chopped  
16 lg basil leaves

Marinade:

1/2 cup white wine  
5 tablespoons olive oil  
3 cloves garlic, chopped  
1/2 teaspoon salt  
1/4 teaspoon pepper

Fresh Basil Tomato Sauce (2 c.):

- 1/4 cup green pepper, chopped
- 1/4 cup onion, chopped
- 1 clove garlic, chopped
- 2 tablespoons butter or margarine
- 2 (8 oz.cans) tomato juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup fresh basil leave, chopped

Insert 1/8 of the garlic and basil leaves under skin of each chicken breast; place in shallow, non-metallic baking dish.

In a small bowl, combine marinade ingredients; pour over chicken. Cover and refrigerate 4-6 hrs. or overnight.

Remove chicken from marinade; grill over hot coals, 8-10 min. per side.

In a med. skillet, cook onion, green pepper, and garlic in butter until tender. Add tomato sauce, salt & pepper and bring to a boil. Reduce heat & simmer uncovered for 10 min. Add the basil and serve immediately with chic

### Hoisin Grilled Pork Loin With Braised Cabbage

Yield: 1 Servings

- 1 pork loin, boneless, eye of -the loin

MARINADE =====

- 2 c hoisin sauce
- 1 t cajun spice
- 2 blood oranges, juice only
- 1 T catsup
- 1/3 c vegetable oil
- 1 garlic, smashed
- 1 peppercorns, Cracked
- 1 bay leaf

BRAISED CABBAGE SLAW =====

- 1/2 c bacon,minced
- 1 c red onion,minced
- 1/3 c red wine vinegar
- 1/3 c white wine
- 1 qt savoy cabbage,shredded
- 1 qt red cabbage,shredded
- 1 c granny smith apples,peeled,  
-,Diced
- 2 c chicken stock
- 1 salt,pepper, chopped  
-parsley
- 1 brown sugar and caraway seed

#### PORK LOIN:

Mix all of the ingredients for the marinade and spread on the pork loin at least one hour before grilling.

Place loin on hot grill and grill, turning every 10 minutes or so, until an instant read meat thermometer indicates almost done. Remove from the grill and cover lightly with foil for about 10 minutes before carving.

#### BRAISED CABBAGE:

1. Render the bacon until it is crisp. Add the onions and the cabbage. Saute for 5 minutes.
2. Add the vinegar, wine, stock, apples and herbs. Cover and braise for 20 minutes. Adjust the seasoning. Serve with slice grilled pork loin.

## Honey & Herb Grilled Pork Roast

Yield: 1 Servings

3 lb boneless pork loin roast  
1 c beer  
1/2 c honey  
1/2 c dijon mustard  
1/4 c olive oil  
1/2 sm onion, chopped finely  
1 garlic clove, minced  
2 t rosemary, Dried  
1/2 t salt  
1/4 t pepper, Freshly Ground

Combine all ingredients, except pork roast. - Put pork roast in



large plastic bag (or plastic container). Pour marinade over pork. Marinate at least 4 hours in refrigerator, or overnight. - Remove pork roast from marinade, reserving marinade. - Grill covered (or bake at 350 degrees) for 30 minutes per pound, basting occasionally. Simmer remaining marinade for at least 5 minutes, serve drizzled over sliced roast.

## Honey Apple Grilled Pork Chops

Yield: 1 Servings

4 pork loin chops (8 oz each)  
1 1/2 c apple cider  
1/4 c lemon juice  
1/4 c soy sauce  
2 T honey  
1 clove garlic, minced  
1/4 t pepper

Combine all ingredients, EXCEPT pork chops. Mix well. Place chops in a shallow dish; pour marinade over chops. Cover and refrigerate overnight, turning meat occasionally.

Remove pork chops from marinade. Place on grill approximately six inches above low to medium coals. Grill for 40 to 50 minutes, turning and basting with marinade every 10 to 15 minutes.

## Honey Grilled Pork

Yield: 1 Servings

- 1 pork loin roast
- 6 cloves garlic, minced
- 1 salt & pepper, to taste
- 4 T fresh rosemary, or more
- 1/2 c honey
- 1/2 c dijon mustard
- 1/4 c olive oil

Place all ingredients (except the roast) in a blender and blend.

Pierce

roast on all sides and place in a zip-lock with the marinade. Chill, turning frequently about 12 hours. Grill one & one half hours, covered.

Start roast on a hot grill, about 15 minutes, to char outside; turn heat to low. Baste frequently with marinade. Remove from heat, allow to rest 10 minutes, slice & serve. If you have fresh rosemary throw a couple sprigs on the coals as you grill...smells wonderful.

## Honey Mustard Grilled Chicken

Yield: 1 Servings

- 2 lb boneless chicken parts (may  
-use bone in parts)
- 2 T honey
- 2 T dijon mustard
- 2 T margarine, Melted
- 1 t basil leaves
- 1/2 t california style blend  
-garlic powder

Preheat grill for direct-heat cooking. Place chicken on grill rack. Combine remaining ingredients. During last 3-4 minutes per side of grilling time, brush chicken with sauce.

## Honey-Bourbon Grilled Pork Tenderloin

Yield: 9 Servings

- 3 (3/4-pound) pork,Lean  
-tenderloins
- 1/2 c onion,Diced
- 1/2 c lemon juice
- 1/2 c bourbon whiskey
- 1/4 c honey
- 1/4 c low-sodium soy sauce
- 1 T peeled gingerroot,Minced
- 2 T olive oil
- 4 garlic cloves,minced
- 1/2 t salt
- 1/4 t pepper

- 1 vegetable cooking spray
- 3 T all-purpose flour
- 1 1/4 c water

Directions: Trim fat from pork. Combine onion and the next 7 ingredients (onion through garlic) in a large zip-top heavy-duty plastic bag. Add pork; seal bag, and marinate in refrigerator for 30 minutes.

Remove pork from bag, reserving marinade. Sprinkle salt and pepper over pork.

Prepare grill. Place the pork on grill rack coated with cooking spray. Cover and cook for 30 minutes or until meat thermometer registers 160 degrees, turning and basting pork occasionally with 1/2 cup marinade. Cut the pork into 1/4-inch-thick slices; set aside, and keep warm.

Place flour in a small saucepan. Gradually add remaining marinade and water, stirring with a wire whisk until blended. Bring to a boil over medium heat, and cook 3 minutes or until thickened, stirring constantly. Spoon gravy over pork; serve with mashed potatoes, if desired.

### Hot Grilled Trout \*\*\*\*

Yield: 4 Servings

- 1/4 c fresh lemon juice
- 2 T butter (or margarine), Melted
- 2 T vegetable oil
- 2 T fresh parsley, Chopped
- 2 T sesame seeds
- 1 T tabasco pepper sauce
- 1 t fresh ginger, Grated
- 1/2 t salt
- 4 whole brook trout, cleaned  
-about 1, pound each

Charcoal-grilled fish takes on a new level of flavor when marinated

in this wonderful sauce, intensified by a full tablespoon of Tabasco sauce. ----

### Hunkar Begendi (Grilled Eggplant With Cheese)

Yield: 8 Servings

2 lg eggplants  
1/2 lemon  
1 c water  
1/4 c butter  
1 T flour  
1 c milk  
1/4 c mozzarella cheese, Shredded  
1 nutmeg  
1 salt

Smoke whole eggplants in covered barbecue, or bake at 350°F. 20-30 minutes, until tender. Add lemon half to water in shallow dish. Place

eggplants in water, turn to coat thoroughly, and let stand until cool. Peel eggplants and remove seeds. Cut flesh into 1/4" cubes.

Melt butter in skillet. Add flour and cook and stir until light brown. Stir in milk. Add cheeses, eggplant, dash nutmeg and season to taste with salt. Cook over very low heat 5 minutes.

Each serving contains about: 99 calories; 144 milligrams sodium; 24 milligrams cholesterol; 8 grams fat; 4 grams carbohydrates; 3 grams protein; 0.26 gram fiber.

## Improved Grilled Mediterranean Chicken

Yield: 12 Servings

1 no ingredients

1 bn cilantro -- coarsely  
: chopped  
8 scallions -- thinly sliced  
: including greens  
8 cloves garlic -- finely  
: chopped  
4 TB fennel seeds -- toast and  
: crush  
2 TB fresh ginger root  
2 TB hot Hungarian paprika  
2 ts cayenne

2 ts cumin  
1 ts saffron threads -- or less  
:            finely chopped  
1 ts salt  
1 c water  
1/2 c fresh lemon juice  
2 TB extra virgin olive oil  
12 4 oz chicken breast halves,  
:            bone-in, skin removed

Serve 1 breast per person with tzaziki sauce, couscous and grilled bell pepper strips. TZAKIKI SAUCE, a Greek sauce made with yogurt, cucumbers and garlic. This recipe works equally well when cut in half to serve 6.

Mix all ingredients, except chicken, in a nonmetallic bowl. Add chicken to the marinade; toss gently to coat pieces well. Cover and refrigerate for 1 to 2 days. Prepare a barbecue grill so coals are white-hot. Spray grill with nonstick coating. Remove chicken pieces from marinade and place on grill. Cook, turning chicken frequently so it does not burn, until juices run clear when large part of breast halves are pierced. Cooking time will vary between 12 and 20 minutes, depending on the heat of grill and the thickness of the breasts.

## Indian-Style Grilled Flank Steak

Yield: 4 Servings

1 1/2 T garam masala  
1 [seperate recipe]  
1 1/2 t coarse salt  
1 t black pepper  
1 1/2 lb flank steak

In a small bowl stir together the garam masala, the salt, and the pepper, in a shallow dish rub the mixture onto both sides of the steak, and let the steak stand at room temperature for 30 minutes. Grill the steak on an oiled rack set about 5 to 6 inches over glowing coals for 8 to 10 minutes on each side for medium-rare meat. (Alternatively, the steak may be broiled under a preheated broiler



about 3 inches from the heat for 8 to 10 minutes on each side.) Transfer the steak to a cutting board and let it stand for 10 minutes. Holding a knife at a 45 degree angle, cut the steak across the grain into thin slices. Serves 4 to 6.

## Indonesian Grilled Chicken With Green Onionyo

Yield: 1 Servings

1 2 chicken breasts whole

- : ineonesian marinade (recip
- : follows)
- : salt
- : freshly ground black peppe
- : green onion yogurt sauce
- : (recipe follows)

Marinate chicken breasts for 1 hour. Grill for 5 minutes on each side or until done. Serve with Green OnionYogurt Sauce. Yield: 4 servings

## Jack Daniel's Grilled Chuck Roast

Yield: 6 Servings

- 1/3 c jack daniel's whiskey
- 1/2 c brown sugar
- 1/3 c soy sauce
- 1/3 c water
- 1 T worcestershire sauce
- 1 t lemon juice
- 1/8 t garlic powder
- 1 chuck roast (2-3 lb)

Combine whiskey, brown sugar, soy sauce, water, Worcestershire sauce, lemon juice and garlic powder; mix well. Place roast into a plastic

bag; add marinade and seal. Place in a dish; refrigerate overnight, turning occasionally. Grill over medium coals (with Jack Daniel's Barrel Chips, soaked in water--if you can find them), about 20 to 25 minutes per side for medium. Baste occasionally with marinade. To serve, cut into thin slices. Serves 4 to 6.

## Jalapeno Grilled Chicken

Yield: 4 Servings

- 1 chicken, broiler/fryer, -  
-quartered
- 1 T oil, cooking
- 1/4 c onion, chopped
- 1 garlic, clove, minced
- 1 c catsup
- 2 T vinegar
- 1 T sugar, brown
- 1 T peppers, jalapeno, minced
- 1/2 t salt
- 1/2 t mustard, dry

Heat the oil up in a saucepan over medium heat.

Add onion and garlic, then cook, stirring occasionally, for about 5 minutes or until the onion is tender.

Add catsup, vinegar, brown sugar, jalapeno peppers, salt, and mustard. Cook, stirring occasionally, until mixture is blended.

Place the chicken, skin side up, on a prepared grill about 8 inches from the heat. Grill, turning every 8 to 10 minutes, for about 40 minutes.

Brush chicken with sauce, grill, turning and basting with sauce every 5 minutes, about 20 minutes more or until chicken is fork tender.

## Jazzy Lime Grilled Chicken

Yield: 1 Servings

- 1 broiler-fryer chicken  
-quartered
- 1/3 c lime juice
- 1/4 c brown sugar,packed
- 1/4 c cooking oil
- 2 T prepared yellow mustard
- 1 t lime peel,grated
- 1 clove garlic,minced
- 1/2 t salt
- 1/2 t bottled hot pepper sauce

In a bowl, mix together lime juice, brown sugar, oil, mustard, lime

peel, garlic, salt and hot pepper sauce. In a shallow dish, place chicken in a single layer. Pour lime mixture over chicken, turning to coat all sides. Cover and refrigerate for 4 hours or overnight (Turn several times.). Place chicken on prepared grill about 8 inches from the heat. Cook, turning every 5-8 minutes, about 45 minutes. Brush with sauce and cook 30 minutes longer or until chicken is fork tender.

## Joey's Grilled Hamburger Supreme

Yield: 4 Servings

- 1 lb ground round
- 1/2 t salt
- 1/2 t white pepper
- 1/2 t garlic powder
- 3 T cajun power garlic sauce
- 1 T worcestershire sauce
- 1/2 t black pepper
- 4 T italian bread crumbs
- 1 t old bay seasoning
- 1 cn mushrooms
- 4 T butter
- 1/2 t onion powder

Saute mushrooms in 1/2 stick of butter. Mix ground beef with spices thoroughly. Fashion into thin patties (1/4"); 5 inches in diameter as they will shrink and get "thicker" after grilling. Grill until desired doneness. Garnish with mushrooms, tomatoes, SHARP cheddar cheese and lettuce. Serve on an Onion roll. Purple onion slices are optional for those who enjoy that sweet onion. Hamburgers tend to get a little boring but this will change your mind about the traditional burger.

## Lebanese Grilled Eggplant

Yield: 4 Servings

1 md eggplant -- 1/2, Sliced  
1    thick  
1/2 c  italian dressing -- bottled  
3/4 c  plain low-fat yogurt

About an hour before you light the grill slice the eggplant and place it in a collander in the sink.. When you start the fire marinatethe eggplantt in Italian Dressing. I use a large ziplocked bag. When the fire is hot grill until soft and nicely browned. Serve with yogurt.

## Lemon Rosemary Grilled Chicken

Yield: 1 Servings

Boneless skinless chicken br ma

1/3 c lemon juice

1/4 c olive oil,or vegetable oil

1 T dry rosemary,or 2 tbsp. fre

2 T honey

2 T dijon mustard

2 lg garlic cloves,minced

1 ds pepper

Marinate overnight and grill.

## Mustard-And-Sage Grilled Chicken

Yield: 4 Servings

- 1/4 c fresh chives,Minced
- 1/4 c fresh thyme,Chopped
- 1/4 c sage pesto
- 1/4 c dijon mustard
- 1/4 c fresh lemon juice
- 1 t extra-virgin olive oil
- 1/2 t lemon rind,Grated
- 4 skinned chicken breast  
-halves,(6-o,unce)
- 1 vegetable cooking spray
- 1 sage sprigs,(optional)



Combine the first 7 ingredients in a bowl, and stir well.

Place the chicken in a shallow dish; spread 1/2 cup pesto mixture over both sides of chicken. Cover and marinate in refrigerator for 1 to 4 hours.

Prepare grill. Place chicken breast halves, bone side up, on grill rack coated with cooking spray, and grill for 40 minutes or until the chicken is done, turning occasionally and basting with the remaining 1/4 cup of pesto mixture. Yield: 4 servings.

Serving Ideas : Garnish with sage sprigs, if desired.

## Nue Nam Tok: Grilled Beef With Thai Seasoning

Yield: 6 Servings

- 3 serrano chilies
- 1/4 c white vinegar
- 1 1/2 lb flank steak
- 1/4 lb red onion, sliced
- 4 green onions
- 1/4 c lime juice, plus:
  - 1 T lime juice
  - 2 T fish sauce
  - 1 t roasted chilies \*, Ground
  - 2 T toasted rice \*\*, Ground
- 1 red lettuce leaves
- 1 coriander sprigs

1     mint (or basil leaves)

1. Remove the stems, but not the seeds, from the chilies. Slice the chiles crosswise into pieces 1/8" thick. Place the sliced chiles and vinegar in a small serving bowl. Let it stand for at least 15 minutes.

2. Grill the beef to the desired doneness, preferably over charcoal. Slice it across the grain into strips 1/8" thick and 1 to 2 inches long.

Put these in a large ceramic bowl.

3. Peel the red onion, remove the root portion, and slice the onion vertically into thin strips. Slice the green onion diagonally into thin pieces. Add both types of onion to the beef.

4. Add the lime juice, fish sauce, ground chilies, and ground rice. Mix well

5. Arrange a single layer of lettuce leaves on a serving platter, and place the beef mixture on top. Garnish with sprigs of coriander and mint or basil leaves.

6. Serve at room temperature, the vinegar sauce (from Step 1) and rice.

\* Use small hot chilies about 3 to 4 inches long. Roast whole chili stems and all, in a dry wok or skillet until the color changes to dark red or brown depending on the chilies used. Be careful not to let them burn. When the chilies have cooled, remove the stems and seeds. Place the chilies in a food processor or blender and grind using short pulses.

Pre-ground chilies are also commercially available, but often lack the "bite" of home ground ones and may be more expensive.

\*\* Place uncooked rice in a dry wok or skillet and heat over moderate heat until deep golden brown, stirring frequently to keep from burning and to allow it to develop a uniform color. Watch the rice carefully after it begins to change color and stir constantly because it can burn

easily at this stage. When it is a uniform deep golden color, remove from heat and allow to cool to room temperature. Grind it to a fine powder in a blender or a spice grinder. This can be made in advance and kept in quantity so that there is always a supply on hand, but it is also easy to make up while preparing the dish.

## Oriental Grilled Chicken

Yield: 4 Servings

2 boneless skinless chicken  
1 breasts  
1/2 c soy sauce  
2 t brown sugar  
1/2 c rice wine  
1 T sesame oil  
1 T scallions --,Chopped  
1 1/2 slice  
1 chopped  
1 ginger root slice --

Cut chicken breasts in half. Mix remaining ingredients together in a

shallow pan large enough to hold breasts in one layer. Place breasts in marinade, turning to coat and rubbing marinade into breasts. Marinate at least one hour and as long as overnight. Grill chicken over hot coals or under broiler. Strain marinade, bring it to a boil, and serve it with chicken.

Recipe By : Elizabeth Powell

## Oriental Grilled Steaks

Yield: 4 Servings

- 4 top round steaks, 1-inch  
-thick (3 lbs)
- 1/2 c soy sauce
- 1/2 c dry sherry
- 2 T sugar
- 1/2 t ginger, Ground
- 1/4 t dry mustard
- 1/2 t garlic powder

Place steaks in a plastic bag. Mix remaining ingredients in small bowl. Pour marinade over steaks; turn steaks to coat. Close bag securely and refrigerate for 4 to 6 hours. Let stand at room

temperature for 1 hour before cooking. Prepare grill for cooking. Remove steak from bag and reserve marinade. Grill steak 4 inches from medium coals, 5 minutes per side for rare, 7 minutes for medium, and 10 minutes for well done. Brush with reserved marinade before turning over.

## Oriental Grilled Vegetables

Yield: 4 Servings

- 1 T coriander seeds
- 2 T soy sauce
- 2 T dry sherry
- 1 T honey
- 2 t fresh ginger, Minced
- 1 t chili (or sesame oil)
- 2 cl garlic
- 1 lg yellow squash, cut into  
1 1/2 inch, Slices
- 1 lg onion, cut into 8 wedges
- 1 red bell pepper, cut into 8  
1 pieces

- 1 green bell pepper, cut into
- 1 8 pieces

Put coriander seeds into a medium bowl and crush, using the back of a spoon. Add the soy sauce, sherry, honey ginger, oil, and garlic. Add the vegetables and toss. Let stand for 15 minutes.

Preheat the grill or boiler. String the vegetables onto 4, 6-inch skewers. Cook 4 inches from the heat source, 3 minutes per side, brushing once with the marinade.

## Orleans Grilled Fish

Yield: 4 Servings

- 4 fish fillets (or steaks)
- 1/3 c italian salad dressing
- 2 T lemon juice
- 2 T cajun's

Choice black season

Place fish in shallow baking dish. Combine remaining ingredients and pour over fish (turn to coat both sides). Remove fish and reserve marinade for basting during grilling. Place fish on a lightly oiled grill. cook over hot coals approximately 4 to 5 minuts, baste, turn and repeat until fish flakes easily. Serve immed.

From the Kitchen of: Gary & Margie Hartford, Eugene, OR (1:152/19)  
10/93 From Cajun's Choice recipes.

### Party Nibbles: Grilled Salmon Ribbons

Yield: 20 Servings

1 lb skinless salmon fillet  
    -1-inch thick  
3 T lemon juice  
1 T olive oil  
1 t tarragon, Dried  
2 T fresh parsley, minced  
1 salt  
1 pepper

[2 tb chopped fresh dill may be used in lieu of tarragon]

Cut salmon into 1/4-inch thick slices about 4 inches in length.

Soak wooden skewers for about 30 minutes in cold water. Thread salmon onto skewers. Place in single layer in shallow dish.

Combine lemon juice, oil and tarragon; drizzle over salmon, turning skewers once to coat both sides. Sprinkle with parsley. Let stand for 15 minutes.

Arrange skewers on lightly greased broiling pan or baking sheet. Sprinkle with salt and pepper to taste. Broil for 2-3 minutes or just until opaque.

Source: Canadian Living magazine - Nov 95 author: Anne Lindsay  
[-=PAM=-]

## Pescespada Alle Brace (Wood Fire Grilled Swor

Yield: 6 Servings

3 fennel bulbs, cleaned & trim  
2 c chicken stock, (homemade is  
1 salt and pepper, to taste  
1 lb green beans, stems removed  
2 lb swordfish, \* see note  
Extra virgin olive oil for the =  
2 lg garlic cloves, peel & choppe  
1/2 c italian parsley, chopped fine  
2 T fresh oregano, chopped fine  
1 t oregano, Dried  
1 juice from 2 lemons  
1/3 c hot water



2/3 c extra virgin olive oil  
1/2 t salt  
1/4 t black pepper, Fresh Ground

Recipe by: Tess Mercer <tess@NANOTHINC.COM> \* cut into  
6 ounce slices about  
3/4 inch thick

Put the fennel into a casserole. Splash on the chicken stock and sprinkle with salt and pepper to taste. Bake the fennel, covered, in a 375 F oven for about 1 hour, basting often. It should be tender but not mush. Drain and set aside. Use the pan liquid for soups or other dishes.

Boil the Blue Lake beans in lightly salted water for about 4 to 5 minutes. Drain and set aside.

Rub some olive oil on the slices of swordfish. Grill them about 4 minutes on each side, and add some salt and pepper to taste. You can broil or barbecue the fish if you don't have a wood fired grill.

To assemble the sauce, put the garlic, parsley, oregano, lemon juice and water into a crock and mix well with a spoon. Add the olive oil, salt and pepper and mix again. (It is best to make this sauce several hours ahead of using it; then mix again energetically.) You can store it, covered, in the refrigerator for up to a week. Be sure to bring to room temperature or even a little warmer before use.

Heat the cooked, drained fennel in a 375 oven for about 20 minutes. Heat the beans in a skillet with a few drops of olive oil and some lemon juice, and season with salt and pepper. When the fish is done put it on a heated dish and garnish with vegetables. Spoon on some sauce or pass it at the table.

Serves 6.

(all recipes (c) Carlo Middione - Vivande Ristorante, as printed in SF Examiner Epicure, 4/26/95)

## Pimentos Grilled Chicken With Raspberry Butter Sauce

Yield: 4 Servings

- 4 boneless,skinless chicken
- 1 breasts (approx 1 1/2 lbs)
- 5 T butter,Unsalted
- 1/2 sm shallot,chopped
- 2 T pesto
- 1/4 t tarragon
- 3 T raspberry wine vinegar
- 2 t raspberry jam
- 1 T red wine
- 1 salt and pepper
- 1/4 c fresh raspberries
- 1 (optional)

Print Source: Toronto Daily Star, Starweek, "Chef's Showcase" Recipe  
Source: Pimentos, 120 Brock St.N, Whitby, Ontario

Cook the chicken on a grill or under a very hot broiler in the oven for about 3 to 5 minutes on each side, depending on their thickness and the intensity of the heat. (The chicken can also be sauteed in a frying pan.)  
Set aside.

In a large frying pan over moderately low heat, melt butter and saute shallot until translucent, but not browned. Add pesto, tarragon, vinegar, jam and wine, season with salt and pepper, and stir to combine well. Add the chicken and raspberries and cook on low heat for about 5 minutes, turning the chicken occasionally, to heat through and blend the flavors.

Serve accompanied by pasta.

## Pizza On The Grill

Yield: 4 Servings

DOUGH =====  
1 t salt  
1 1/2 c warm water 110-115,Divided  
-degrees  
2 t light brown sugar  
2 pk fast rising yeast oregano  
3 1/2 c unbleached white flour  
1/4 c corn meal  
4 T olive oil,Divided  
1/4 c whole wheat flour  
SAUCE =====  
1 salt,To Taste

4 large cloves garlic,Minced  
 1/2 c whipping cream  
 3 T fresh basil,Chopped  
 3 T fresh oregano,Chopped  
 8 ripe italian plum tomatoes  
 -peeled,,seeded and chopped  
 3 T butter,Unsalted  
 TOPPINGS =====  
 1 olive oil  
 1 other toppings as desired  
 1/2 c gorgonzola cheese,Crumbled  
 EAT AND ADD SALT AFTER DOUG =====

: DOUGH: Measure 1/2 c warm water in a bowl. Add sugar  
 : and yeast and stir to dissolve. Let stand at least 5  
 : minutes to proof (froth forms on top). Meanwhile, sift  
 : together into a large bowl the white flour, wheat flour,  
 : corn meal and salt. Make a depression in the middle and  
 : add 3 Ts of the olive oil and 1 c warm water.  
 : Add yeast mixture. Mix all ingredients with your hands and  
 : gather together and place on floured board. Knead about 10  
 : minutes, adding more flour if dough is sticky, to form a  
 : smooth, elastic mass. Grease a large bowl with olive oil.  
 : Add dough, turning it to coat top. Cover and let rise in  
 : warm place, draft-free location until doubled in size (45  
 : minutes for fast rising yeast, 1 1.2 hours for regular).  
 : While dough is rising make sauce by melting butter in a  
 : saute pan. Add garlic and saute for one minute. Add  
 : tomatoes and cook 2 minutes, stirring constantly. Add  
 : cream, basil and oregano and bring to a boil, remove from  
 : divide into 6 equal pieces and, on floured surface, roll  
 : out to desired shape about 1/2 inch thick. Coat both sides  
 : of shaped crust with olive oil, then place on grill  
 : directly over fire until upper surface begins to bubble  
 : (about 2 minutes). Fire must be very hot and grill must be  
 : clean (coals should be red with a small flame, like a  
 : steak fire; this is important). Watch crust closely and  
 : rotate with spatula if necessary. Remove crust and turn  
 : cooked side up (it should be golden brown). Brush with  
 : olive oil, sauce, cheese and desired toppings. Sprinkle  
 : some olive oil over each pizza. Return for final cooking  
 : (2-4 minutes), rotating for even cooking.

## Radicchio~ Gruyere~ Grilled Bread Salad

Yield: 4 Servings

- 4 sl country bread,thin,cut  
-from a lg round loaf
- 1 clove garlic,peel/halve
- 2 md radicchio heads,cored/ cut  
-in thin strips
- 3 oz gruyere cheese,thin shaved
- 2 T walnuts,coarsely chopped
- 4 T extra-virgin olive oil
- 3 T red wine vinegar
- 1 t fine-quality mustard
- 1 ,salt & pepper to taste

"The colors and aromas -- the deep magenta leaves of radicchio, the rich flavor of walnuts, and the golden hue and pungent fragrance of ripe cheese, make this a winter dish. The ingredients are tossed in a mustard-spiked dressing on top of large, thin slices of garlicky grilled bread, and each person is served a piece of bread with its share of salad."

Lightly grill or toast the bread and rub one side of each slice with the cut clove of garlic.

Line a serving dish with the grilled bread and distribute the radicchio over the bread slices. Top with the Gruyere cheese shavings and sprinkle with chopped walnuts.

In a small bowl combine the olive oil, vinegar, mustard, and salt and pepper to taste. Beat with a fork until well blended.

Pour the dressing over the salad and carefully toss the salad on top of the bread, using it as a base. Correct the seasonings. Each person is served a piece of grilled bread topped with salad.

Source: "Verdura" by Viana La Place

## Raspberry & Rosemary Grilled Lamb Chops

Yield: 4 Servings

2 T raspberry vinegar  
1 T dijon mustard  
1 T soy sauce  
2 t fresh rosemary or, Minced  
1 1/2 tsp., Dried  
1 t olive oil  
1 clove garlic, minced  
8 lamb loin chops

In large shallow dish, whisk together vinegar, mustard, soy sauce, rosemary, oil and garlic; add lamb chops in single layer, turning to coat well. Cover and marinate in refrigerator for at least 2 hours or

up to  
8 hours, turning occasionally.

Discarding marinade, place chops on greased grill over medium-high heat; cook for about 5 minutes per side for medium-rare or to desired doneness. Transfer to platter; tent with foil and let stand for 5 minutes. Makes 4 servings. Typed in MMFormat by cjhartlin@msn.com  
Source: Canadian Living 20th Anniversary Cookbook.

## Shawayuh (Spiced Charcoal Grilled Meat)

Yield: 6 Servings

- 1 karen mintzias
- 6 thickly cut grilling steaks  
-or- lam,b chops
- 3 t hawayij
- 1 oil,for basting
- 1 salt

Slit fat selvedge on steaks or chops to prevent meat curling while cooking. Sprinkle meat on each side with hawayij and leave for 30 minutes at room temperature.

When coals are red hot, dab meat with oil and place over fire. Cook until seared on each side and raise grid or move meat to a cooler part of the fire. Continue to cook until done to taste, though the Yemani taste is forwell-done meat. Brush occasionally with oil during cooking.

When cooked, season with salt and serve immediately.

Source: The Complete Middle East Cookbook by Tess Mallos Typed for you by Karen Mintzias

## Skewer Grilled Chicken

Yield: 6 Servings

2 lb chicken breasts  
1 t garlic,Crushed  
1/4 t tumeric  
1 t fish sauce  
1 t lemon juice  
1 t lemongrass,Ground  
1/2 t paprika  
1/2 t salt  
1 t light soy sauce  
1 T oil

Take breasts and bone, skin and cut into 1/4" thick bite size chunks.



In a bowl combine chicken with the remaining ingredients, mix, cover and refrigerate for 3-4 hrs. Soak bamboo skewers in water 3-4 hrs and start charcoal fire in grill. Thread chicken pieces onto skewers and BBQ about 3 min , turn and 3 min more. Serve.

## Spicy Grilled Steak (Shawayuh)

Yield: 6 Servings

- 2 lb beef boneless sirloin steak  
- (1 1/2,-inches thick)
- 1 1/2 t pepper,Coarsely Ground
- 3/4 t caraway seeds
- 3/4 t turmeric,Ground
- 1/4 t cardamom seeds,crushed

Slash outer edge of fat on beef steak diagonally at 1-inch intervals to prevent curling (do not cut into lean). Mix together remaining ingredients.Sprinkle on both sides of beef and lightly press into beef. Cover and refrigerate at least 1 hour. Grill beef 4 to 5 inches from medium hot coals, turning 2 or 3 times, until of desired doneness,

25 to 35 minutes for medium. Cut into serving pieces.

## Teriyaki Grilled Corn

Yield: 6 Servings

- 1 T brown sugar
- 1 T tomato paste
- 1/4 t cornstarch
- 2 T water
- 1 t sesame seeds
- 6 ears fresh corn

Place all ingredients, except corn, into a pot. Whisk together & bring to a boil, stirring constantly. Reduce heat & simmer for 1 minute. Remove from heat.

Prepare grill. Husk corn & grill covered for 5 to 10 minutes. When

almost done, baste with glaze two or three times.

## Unusual Chinese Grilled Shortribs

Yield: 4 Servings

- 4 large,meaty shortribs
- 4 1/2 T peanut butter
- 2 1/4 T curry powder
- 1/2 T black pepper (fresh),Cracked
- 1/2 fresh ginger root
- 10 green onions
- 1/3 c oriental sesame oil,Toasted
- 4 T brown sugar
- 3/4 c soy sauce
- 1/2 c rice sherry wine
- 2 large garlic cloves (minced)

Make shortribs into short, flat strips. Begin by placing rib fat-side-up on cutting board and cut 1/4" high layer almost (but not through) the bottom-most section of the rib. Turn meat over and continue to make 1/4" layers until the rib is completely layered and is now one long strip.

Using the edge of a Chinese knife or otehr flat surface, pound meat until it is off an even thickness. NOTE: Chill the meat well. This cutting method will not work well on room temperature ribs.

MARINADE: (Curry Based Blender Sauce) Blend all liquid ingredients in a blender for about 15 seconds at "Blend" speed. Grate the fresh ginger root and combine with the minced garlic. Mince the white (only) portion of the green onions. Add all ingredients to blender mixture and operate on "low" for about 45 seconds. Rub suace onto butterflied ribs and refridgerate for 2 or more hours. NOTE:This sauce is excellent for chicken, too. Place ribs on grill, basting often with sauce until done, about 30 minutes depending on heat of grill. Watch carefully to determine when done.