



MISTERCHEF®

# recipe book

TEPPANYAKI **GRILL**

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# contents

<b>dear customer</b>	<b>1</b>
----------------------	----------

<b>classic teppanyaki recipes</b>	<b>5-6</b>
-----------------------------------	------------

Beef Teppanyaki	7-8
Beef and Salmon Teppanyaki	9-10
Grilled Stone Fruits with Balsamic Syrup	11-12
Teppanyaki Fried Rice	13-14
Teppanyaki Chicken	15-16
Teppanyaki Grilled Fish	17-18
Teppanyaki Vegetables	19-20
Eclairs on the Grill	21-22
Teppanyaki Noodles	23-24
Teppanyaki Zucchini	25-26

<b>kebabs and skewers</b>	<b>27-28</b>
---------------------------	--------------

Grilled Chicken Kebabs	29-30
Pineapple Salmon Skewers	31-32
Grilled Fruit Skewers	33-34
Pork Skewers	35-36
Grilled Chicken Skewers	37-38
Pesto Shrimp Skewers	39-40
Tortellini Skewers	41-42
Grilled Steak Skewers With Chimichurri	43-44
Tater Tot Skewers	45-46
Mediterranean Salmon Skewers	47-48



## **breakfast** \_\_\_\_\_ **49-50**

Sunday Breakfast _____	51-52
Pancakes _____	53-54
Cheese Omelette _____	55-56
Grilled Bistro Breakfast Sandwiches _____	57-58
Grilled Prosciutto Egg Panini _____	59-60
Scrambled Eggs _____	61-62
Camp Fire Hash Breakfast _____	63-64
Grilled Breakfast Burger _____	65-66
Grilled Cheesy Ham & Potato Packet _____	67-68
Grilled Egg & Spinach Breakfast Burritos _____	69-70

## **seafood** \_\_\_\_\_ **71-72**

Grilled Shrimp _____	73-74
Grilled Sea Scallops _____	75-76
Grilled Mahi Mahi _____	77-78
Grilled Seafood Kababs _____	79-80
Grilled Lobster _____	81-82
Grilled Halibut _____	83-84
Spiced Crab Tacos _____	85-86
Grilled Oysters _____	87-88
Grilled Paella _____	89-90
Grilled Soy Squid _____	91-92



## **various meats** \_\_\_\_\_ **93-94**

Grilled Pork Chops	_____	95-96
Grilled Lamb Chops	_____	97-98
Grilled Ribs	_____	99-100
Grilled Brisket	_____	101-102
Grilled Italian Sausage	_____	103-104
Grilled Steak	_____	105-106
Grilled Bone-In Rib Eye	_____	107-108
Baby Back Ribs	_____	109-110
Burger Deluxe	_____	111-112
Grilled Chicken Breast	_____	113-114

## **thank you** \_\_\_\_\_ **115**







# **classic teppanyaki**



# beef tappanyaki



**60 mins**  
prep



**15 mins**  
grill



**4**  
servings

## ingredients

- 1 pound beef sirloin - or ribeye

### Marinade

- 3 tablespoons soy sauce
- 2 tablespoons sweet cooking wine (Sherry, Marsala) - brandy can also be used
- 1 tablespoon garlic powder
- ½ teaspoon sugar
- 1 teaspoon ground pepper

### For Frying

- 3 tablespoons oil
- 1-2 tablespoon cooking sweet wine (Sherry, Marsala) - brandy can also be used

### Stir-Fry Vegetables (Optional)

- 2 tablespoons oil
- 1 big bell pepper - julienned
- 1 medium carrot - julienned
- 3 stalks green onions - julienned
- 1 big onion - sliced
- 1 cup mushroom
- 1 tablespoon soy sauce
- 1 tablespoon sweet cooking wine -Mirin
- ground pepper

## method

1. Cut the beef into really thin slices, about half centimeter or thinner.
2. In a bowl, mix all the ingredients for the marinade together. Add the beef slices and mix well. Leave to marinate for at least an hour.
3. Heat oil on your grill pan on medium-high. Fry the beef slices. Place cooked slices on your serving dish.
4. After the meat is cooked, using the same grill but on low heat, add the leftover marinade plus 1 tablespoon of wine and let simmer for 1-2 minutes or until sauce is bit thicker.
5. Pour sauce on top of the cooked beef and serve.
6. STIR-FRY VEGETABLES (OPTIONAL)
7. On the same grill with high heat, add 2 tablespoon oil. Add carrots and cook until almost tender. Add the rest of the vegetables and stir fry. Pour in soy sauce and cooking wine. Season with pepper. Serve with the beef.









# beef and salmon teppanyaki



**5 mins**  
prep



**15 mins**  
grill



**2**  
servings

## ingredients

- 4 ounces beef tenderloin cut into bite-sized cubes or thin strips
- 4 ounces salmon
- 1-2 tablespoons vegetable or olive oil
- 1 tablespoon soy sauce
- 2 tablespoons butter
- 2 tablespoons sake
- Salt to taste
- Freshly ground pepper
- White pepper to taste Flour for coating

## method

1. Season the salmon and beef (separately) with salt, black pepper, and white pepper.
2. Coat the salmon evenly with flour. Heat teppan grill
3. Add the oil and fry the salmon until evenly browned, opaque, and easy to flake with a fork.
4. Move the salmon to the side of the grill and drain off any excess oil. Transfer it to a serving plate. Keep the grill warm, for cooking the beef.
5. Grill the beef until the desired doneness is reached. Season it with freshly ground pepper, and transfer it to the same dish as the salmon.
6. On the same grill, add butter, sake, and white pepper.
7. Turn off the heat and stir to melt the butter.
8. Pour this sauce over the salmon and beef and serve while hot.





# grilled stone fruits with balsamic syrup



**20 mins**  
prep



**5 mins**  
grill



**4**  
servings

## ingredients

- 1/2 cup balsamic vinegar
- 2 tablespoons brown sugar
- 2 medium peaches, peeled and halved
- 2 medium nectarines, peeled and halved
- 2 medium plums, peeled and halved

## method

1. In a small saucepan, combine vinegar and brown sugar. Bring to a boil; cook until liquid is reduced by half.
2. On a lightly oiled grill, grill peaches, nectarines and plums, covered, over medium heat or broil 4 in. from the heat until tender, 3-4 minutes on each side.
3. Slice the fruit; arrange on a serving plate. Drizzle with sauce.











# teppanyaki fried rice



**5 mins**  
prep



**10 mins**  
grill



**4**  
servings

## ingredients

- 2 cups Short-Grain Rice, cooked
- 3 tbsp Butter
- 2 tbsp Soy Sauce
- 2 Large Eggs, scrambled
- 1 tsp Garlic Salt

### Optional Add-ins

- 2 Chicken Breasts, diced
- ½ cup Carrots, diced
- ½ cup Peas
- ¼ cup Yellow Onion, diced
- 2 Green Onion Stalks, sliced for topping

## method

1. Preheat grill to 375 degrees Fahrenheit.
2. If adding carrots, peas, or onion to fried rice, cook for 3-4 minutes on grill with 1 teaspoon vegetable oil per half cup of vegetables until they begin to soften. Set aside.
3. If adding chicken, dice chicken into ½" cubes, pat diced chicken dry with paper towel, and season with salt & pepper. Add 1 tablespoon vegetable oil to hot grill and add chicken. Cook for 2-3 minutes on each side until golden brown. Set aside.
4. Scramble eggs and cook on lightly greased grill. Continue stirring until cooked through. Season with salt and pepper. Set aside.
5. Melt butter on grill and add rice. Stir to mix with melted butter. Drizzle soy sauce over rice and add garlic salt, mix well. Add scrambled eggs (and vegetables and/or chicken if desired) and blend.



# teppanyaki chicken



**10 mins**  
prep



**6 mins**  
grill



**2**  
servings



## method

1. Make the sauce and set it aside.
2. Add the soy sauce to a small bowl and add the sliced chicken and stir to coat.
3. Prepare the spring onions along with the eggs. Add the vegetable oil to your grill and heat up.
4. Add the chicken to the grill and over high heat, stir-fry until it's only almost cooked.
5. Remove the chicken and set it aside.
6. On the same grill add the vegetables and rice along with 3 tablespoons of the sauce.
7. Stir-fry for a couple of minutes then add the chicken back in and cook for another minute or so.
8. Now add in the half-cooked eggs and stir-fry until the dish is fully cooked through, adding more or all, of the sauce if you think it needs it.
9. That's it you're done!
10. Serve topped with the spring onions and peanuts.



## ingredients

For the sauce

- 2 tablespoons mirin
- 2 tablespoons sugar - caster sugar if you have it
- 3 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- ½ teaspoon of ginger - peeled and very finely chopped
- 1 clove garlic - peeled and very finely chopped - or use a garlic press
- 1 teaspoon sesame oil
- 1 teaspoon of red pepper flakes

For the chicken and veg

- 1 tablespoon vegetable oil
- 1 teaspoon of light soy sauce
- 2 skinless chicken fillets - thinly sliced into strips
- 300g (2 big handfuls) of shop-bought stir-fry vegetables
- 1 cup sized portion of leftover cooked rice

Optional

- 2 eggs - lightly beaten and fried just for a few seconds so they are only half cooked and set aside.
- a handful of peanuts
- 3 spring onions (scallions) trimmed and thinly sliced



# teppanyaki grilled fish



**20 mins**  
prep



**15 mins**  
grill



**4**  
servings





## ingredients

- 150 gr white fish fillet cubed
- 300 gr salmon fillet whole
- 1 large cleaned squid cubed
- 12 pcs mussels
- 12 pcs scallops off the shell
- 3 shiitake mushrooms cubed
- 1/2 cup spring onion chopped
- 3 tbsp canola oil or other plant based oil will do but canola gives the least taste which is what you want here
- salt to taste
- pepper to taste
- 1 nappa cabbage (mostly referred to as chinese cabbage)
- 1 lemon
- 5 cups short grain rice
- 2 tbsp soy sauce

### Japanese Sesame Sauce

- 3 tbsp sake
- 2 tbsp nerigoma (tahini sauce)
- 1 tbsp ponzu
- 1 tbsp miso
- 2 tsp canola oil
- 2 tsp sesame oil (roasted)
- 1 tsp sugar
- 1 tsp rice vinegar
- 1 tsp mirin
- 1 clove garlic minced

## method

1. Cook the rice (preferably the day or morning before) Heat up a teppan /a large skillet/ a barbecue plate.
2. Cut the scallops, shiitake, squid and white fish into cubes and chop the spring onions into rings, toss all of them together and then set them aside in half of the oil. Add salt and pepper to taste. Cut the salmon into equal pieces for each person (4).
3. Add the other half of the oil to the teppan plate and place the salmon on it and season with salt and pepper to taste.
4. Season salmon and white fish with pepper. Put the white fish/ scallops/onions mix next to it on the plate and add the mussels, then mix it around making sure every piece touches the plate. Stir it every 2 minutes or so and remove the mussels from their shells once they open.
5. Cut the chinese cabbage into ribbons and set aside for garnish later. After 8 minutes flip over the salmon only once and let it grill for another 6 minutes. Flip over pieces of fish fillet
6. Right after that add the cooked rice to the white fish/ scallops/ onions mix and add the soy sauce, stirring it all together and let it cook until the salmon is done.

### How to make the Japanese sesame sauce:

1. Whisk all the ingredients together in a bowl.
2. Serving the Teppanyaki seafood dinner. Divide the rice and fish mixture onto 4 plates and add a piece of the salmon on top.
3. Add the ribbons of cabbage on the side and slice the lemon into parts and add that on the side as well.
4. Add the sesame sauce to taste or serve it in a separate bowl for your guests to use as they please.

# teppanyaki vegetables



**10 mins**  
prep



**10 mins**  
grill



**4**  
servings

## ingredients

- 2 tablespoons butter
- 1 tablespoon oil
- 1/2 tablespoon garlic, minced
- 1/2 medium sweet/yellow onion, roughly chopped
- 1 zucchini, cut into strips
- 1 cup carrots, sliced
- 2 cups broccoli florets
- 8 oz. mushrooms, quartered
- 1 tablespoon soy sauce
- 2 tablespoons teriyaki sauce
- 1/2 teaspoon sesame seeds (optional)
- Salt and pepper to taste

## method

1. Over medium-high heat melt butter, add oil and saute garlic and onions for 2 minutes until soft.
2. Add zucchini, carrots, broccoli and mushrooms.
3. Pour in soy sauce, teriyaki sauce and season with salt and pepper to taste.
4. Cook for 10 minutes until tender.
5. Dish and serve hot sprinkled with toasted sesame seeds.
6. Enjoy!











# eclairs on the grill



**5 mins**  
prep



**5 mins**  
grill



**6**  
servings



## ingredients

- stick or wooden dowel (5/8-inch diameter and 24 inches long)
- 1 tube (8 ounces) refrigerated seamless crescent dough sheet
- 3 snack-size cups (3-1/4 ounces each) vanilla or chocolate pudding
- 1/2 cup chocolate frosting
- Whipped cream in a can

## method

1. Prepare campfire or grill for high heat. Wrap one end of a stick or wooden dowel with foil. Unroll crescent dough and cut into six 4-in. squares. Wrap one piece of dough around prepared stick; pinch end and seam to seal.
2. Cook over campfire or grill 5-7 minutes or until golden brown, turning occasionally. When dough is cool enough to handle, remove from stick. Finish cooling. Repeat with remaining dough.
3. Place pudding in a resealable plastic bag; cut a small hole in one corner. Squeeze bag to press mixture into each shell. Spread with frosting; top with whipped cream.



# teppanyaki noodles



**5 mins**

prep



**20 mins**

grill



**4**

servings



## ingredients

- 1 lb. linguine or noodles/pasta of your choice, cooked al dente
- 3 tablespoons butter
- 1 tablespoon garlic, minced
- 3 tablespoons sugar
- 4 tablespoons soy sauce
- 1 tablespoon teriyaki sauce
- Salt and pepper to taste
- 1 tablespoon
- 1 tablespoon sesame seeds (optional for garnish)

## method

1. Melt the butter over medium-high heat
2. Toss in the minced garlic and sauté until fragrant.
3. Toss in noodles/pasta and stir to mix.
4. Add sugar, soy sauce, teriyaki sauce and toss to combine.
5. Season with salt and pepper to taste.
6. Remove from heat and drizzle with sesame oil.
7. Garnish with sesame seeds (optional)





# teppanyaki zuchinni



**4 mins**  
prep



**7 mins**  
grill



**4**  
servings





## ingredients

- 3 medium zucchini (cut into 2 inch long segments, that are then cut into 6 wedges)
- 2 tablespoon cooking oil (Benihana suggests Safflower oil)
- 1 medium onion (yellow, sweet onion)
- 2 tablespoon teriyaki sauce
- 1 tablespoon soy sauce
- ¼ teaspoon crushed red bell pepper flakes (or more, to taste)
- ¼ teaspoon pepper
- 1 teaspoon sesame seeds (optional, for garnish)

## method

1. Wash and trim ends of zucchini, then cut length into 2 inch long pieces. Cut each 2 inch round section into 6 wedges. Cut sweet onion into large chunks, roughly 1-1 ½ inch in size.
2. Heat cooking oil on a grill or large skillet or frying pan over medium high heat. Add cut zucchini and onions, then cook for 2 minutes, stirring occasionally.
3. Add the teriyaki sauce and soy sauce, then seasoning (red pepper flakes and pepper). Continue to cook the zucchini and onions for an additional 3-4 more minutes, or until they have reached your desired level of tenderness.
4. Remove from heat and serve immediately. Garnish with sesame seeds, if desired.











# kebabs & skewers





# grilled chicken kebabs



**10 mins**  
prep



**20 mins**  
grill



**4**  
servings

## ingredients

- 1/4 c. hoisin sauce
- 3 tbsp. reduced-sodium soy sauce
- 1 tbsp. plus 2 tsp. sesame oil
- 1 " piece ginger, grated or minced
- 2 cloves garlic, grated or minced
- 1 lb. chicken thighs, cut into 1" pieces
- 1 lb. baby bok choy, rinsed, cut in half lengthwise
- 1 bunch scallions, cut into 2" pieces
- 2 tbsp. vegetable oil
- Kosher salt
- Freshly ground black pepper
- Toasted sesame seeds

## method

1. In a medium bowl, whisk together hoisin, soy sauce, sesame oil, ginger, and garlic until thoroughly combined. Set aside.
2. In a large bowl, add chicken, bok choy, and scallions. Drizzle over vegetable oil, season thoroughly with salt and pepper, and toss to coat.
3. Preheat grill to medium-high for 3 minutes, and soak skewers in a shallow pan filled with water for 10 minutes to prevent scorching.
4. Once soaked, thread chicken, bok choy, and groups of 3 scallions onto skewers.
5. Transfer skewers to the grill and cook for about 4 minutes, flipping occasionally. After the first 4 minutes, begin brushing the skewers with the hoisin mixture after each flip. Cook for an additional 4 to 5 minutes, or until the thickest piece of chicken reaches 165°F on an instant read thermometer.
5. Transfer to a platter, sprinkle on sesame seeds and serve.







# pineapple salmon skewers



**15 mins**  
prep



**20 mins**  
grill



**5**  
servings





## ingredients

- 3 c. cubed pineapple
- 1 lb. salmon, cut into cubes
- 3 tbsp. extra-virgin olive oil
- 3 tbsp. sweet chili sauce
- 2 cloves garlic, minced
- 2 tsp. freshly grated ginger
- 2 tsp. toasted sesame oil
- 1/2 tsp. crushed red pepper flakes
- Kosher salt
- Toasted sesame seeds, for garnish
- Thinly sliced green onions, for garnish
- Lime wedges, for serving

## method

1. Preheat grill to medium heat and place wooden skewers in water to soak. Skewer pineapple and salmon pieces, alternating, until all are used, then place on a large baking sheet.
2. In a medium bowl, combine olive oil, chili sauce, garlic, ginger, sesame oil, and red pepper flakes and season with salt. Whisk until combined and brush all over skewers.
3. Place skewers on grill and cook, flipping once, brushing with any remaining sauce, until salmon is cooked through, 8 to 10 minutes total.
4. Garnish with sesame seeds and green onions, and serve with lime wedges.



# grilled fruit skewers



**5 mins**  
prep



**10 mins**  
grill



**8**  
servings

## ingredients

- 6 peaches, sliced
- 1 pt. Strawberries, sliced
- 1 pineapple, cut into large cubes
- 8 skewers, soaked in water for 20 minutes
- Extra-virgin olive oil, for drizzling
- kosher salt
- Honey, for drizzling

## method

1. Preheat grill to medium-high. Skewer peaches, strawberries, and pineapple. Drizzle with olive oil and season with salt.
2. Grill, turning occasionally, until fruit is tender and slightly charred, 10 to 12 minutes.
3. Drizzle with honey.









# pork skewers



**45 mins**

prep



**15 mins**

grill



**8**

servings





## method

1. Soak skewers in water while you prepare meat. Whisk together rice wine, cornstarch and egg white until frothy. Coat meat in mixture and marinate for 30 minutes in refrigerator.
2. Thread meat onto skewers, and set aside.
3. To make the sauce, add vegetable oil to a pan and stir-fry garlic and ginger for 30 seconds over medium heat. Whisk in all other ingredients except for green onions. Let sauce simmer and thicken for about 5 minutes.
4. Grill skewers on grill, for 3 minutes per side, until cooked through and lightly browned. Remove skewers and place on a serving platter. Coat them with the heated sauce and garnish with chopped scallions.

## ingredients

### For Meat

- 6 in. wooden skewers
- 1 1/2 tsp. rice wine
- 2 tbsp. cornstarch
- 1 egg white
- 1 1/2 lb. pork loin or tenderloin, sliced thinly into rectangle-shaped pieces (about 24 slices)

### For Sauce

- 2 tsp. vegetable oil
- 2 tsp. fresh grated ginger
- 1 tbsp. Fresh Minced Garlic
- 3/4 c. Coca-Cola®
- 1 1/2 c. hoisin sauce
- 1/3 c. low sodium soy sauce
- 1 tsp. toasted sesame oil
- 1/4 c. brown sugar
- 2 tsp. cornstarch
- One bunch chopped scallions (for garnish)



# grilled chicken skewers



**15 mins**  
prep



**10 mins**  
grill



**4**  
servings

## ingredients

- 2 boneless skinless chicken breasts, cut into 1" cubes
- 1/3 c. plus 2 tbsp. Caesar dressing
- 1/4 c. extra-virgin olive oil, divided
- Juice of 1 lemon, divided
- kosher salt
- Freshly ground black pepper
- Half of a French baguette, cut into 1" cubes
- 1 pt. cherry tomatoes
- 6 romaine lettuce leaves, washed and dried
- 1/2 c. freshly grated Parmesan

## method

1. In a medium bowl, toss chicken with dressing, 2 tablespoons olive oil, and half of lemon juice. Cover with plastic wrap and let marinate in fridge for at least 30 minutes.
2. Meanwhile, soak 12 bamboo skewers in water for 30 minutes.
3. Preheat a grill on medium-high heat.
4. Divide and thread chicken onto 6 skewers; season with salt and pepper. In a medium bowl, toss bread with 2 tablespoons olive oil to coat. Alternating with tomatoes, thread the bread and tomatoes onto remaining skewers.
5. Brush grill with olive oil. Add the chicken skewers and grill until cooked through, about 10 minutes. Remove and set aside. Grill the bread and tomato skewers until charred and tomatoes begin to burst, about 5 minutes.
6. Top romaine leaves with chicken, croutons and tomatoes. Drizzle with more dressing, sprinkle with Parmesan and squeeze lemon on top of each serving.







# pesto shrimp skewers



**15 mins**  
prep



**5 mins**  
grill



**8**  
servings

## ingredients

- 1 lb. medium or large frozen shrimp, deveined, thawed
- 3 lemons, thinly sliced
- 8 skewers, soaked in water 20 minutes
- Extra virgin olive oil, for drizzling
- kosher salt
- Freshly ground black pepper
- 1/2 c. pesto

## method

1. Preheat grill to medium-high. Skewer shrimp and lemon slice. Drizzle with olive oil and season with salt and pepper. Grill, turning occasionally, until shrimp is opaque and lemons slightly charred, 4 to 5 minutes.
2. Brush with pesto and serve.







# tortellini skewers



**5 mins**  
prep



**10 mins**  
grill



**6**  
servings

## ingredients

- Kosher salt
- 9 oz. fresh cheese tortellini
- 8 oz. mozzarella balls, halved
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. red wine vinegar
- 1/4 tsp. dried oregano
- Large pinch red pepper flakes
- 4 oz. thinly sliced salami rounds, halved if large
- 1 c. pesto sauce, for dipping

## method

1. In a large pot of salted boiling water, cook tortellini according to package directions. Drain, transfer to a large bowl, and let cool. Place on grill and grill for 2 minutes until crispy. Add mozzarella and toss with olive oil, vinegar, oregano, and pepper flakes.
2. Fold salami in quarters. Skewer one piece of mozzarella, a piece of salami, and 4 tortellini on each skewer. Serve with the pesto.







# grilled steak skewers with chimichurri



**20 mins**  
prep



**15 mins**  
grill



**4**  
servings





## ingredients

- 1/3 c. Fresh basil
- 1/3 c. fresh cilantro
- 1/3 c. fresh parsley
- 1 tbsp. red wine vinegar
- Juice of 1/2 lemon
- 1 Garlic clove, minced
- 1 shallot, minced
- 1/2 tsp. crushed red pepper flakes
- 1/2 c. extra-virgin olive oil, divided
- kosher salt
- Freshly ground black pepper
- 1 red onion, cut into 1 1/2" chunks
- 1 red pepper, cut into 1 1/2" pieces
- 1 orange pepper, cut into 1 1/2" pieces
- 1 yellow pepper, cut into 1 1/2" pieces
- 1 1/2 lb. sirloin steak, fat trimmed and cut into 1 1/2" chunks

## method

1. Soak 12 wooden skewers in water for 10 minutes.
2. In a blender or food processor, pulse together basil, cilantro, parsley, vinegar, lemon juice, garlic, shallot, crushed red pepper flakes, and 2 tablespoons of olive oil. With motor running, add 1/4 cup more olive oil until smooth, then season with salt and pepper.
3. Thread onion, peppers, and steak onto soaked skewers. Arrange skewers on a platter and season generously with salt and pepper. Drizzle with remaining 2 tablespoons of olive oil, turning skewers to coat.
4. Grill skewers over high heat 10 to 12 minutes, turning every few minutes to brown on all sides, or until the interior temperature of the steak reaches 145° for medium-rare (160° for medium). Let sit 5 minutes.
5. Serve skewers with chimichurri and couscous.



# tater tot skewers



**10 mins**  
prep



**25 mins**  
grill



**12**  
servings

## ingredients

- 1 lb. frozen tater tots, defrosted
- 12 slices bacon
- 1 c. shredded Cheddar
- 2 tbsp. chives
- Ranch dressing, for serving

## method

1. Preheat grill to 425°.
2. On a skewer, pierce one end of a strip of bacon. Pierce and place a tater top on top of the bacon, then pierce the same strip bacon again (to top the tater tot) to form a weave. Repeat with two to three more tater tots, depending on the size of your skewers. Repeat to finish the rest of the bacon and tater tots. Place on grill and roast for 20 to 25 minutes, until bacon is cooked through.
3. Sprinkle cheese over the cooked skewers and bake until the cheese has melted, about 2-3 minutes more. Garnish with chives and serve with ranch dressing, for dipping.









# mediterranean salmon skewers



**10 mins**  
prep



**10 mins**  
grill



**4**  
servings





### ingredients

- 1 lb. salmon fillets, preferably wild, cut into 2" pieces
- 3 lemons, sliced
- Extra-virgin olive oil, for brushing
- kosher salt
- Freshly ground black pepper
- Torn fresh dill, for garnish

### method

1. Heat grill to high. Skewer salmon and lemon slices, then brush with olive oil and season all over with salt and pepper.
2. Grill skewers until salmon is cooked through, turning once, 6 to 8 minutes.
3. Garnish with dill and serve.











# breakfast



# sunday breakfast



**10 mins**  
prep



**12 mins**  
grill



**4**  
servings

## ingredients

- 8 egg
- 1/2 cup cherry tomatoes
- salt as required
- 150 gm bacon
- 1/4 cup parsley
- black pepper as required

## method

1. Grill bacon on teppanyaki grill on medium-low flame until they are crispy. Transfer them into a plate.
2. Cook eggs and cherry tomatoes on the grill. Crack eggs on the grill and cook them as you like; sunny side up. Cover the grill so that the egg cooks properly. Slice cherry tomatoes and cook on the grill at the same time.
3. Season the eggs and serve with bacon. Add seasoning and garnish with chopped fresh parsley. Serve bacon and eggs hot.







# pancakes



**5 mins**  
prep



**15 mins**  
grill



**4**  
servings





## ingredients

- 1 cup all-purpose flour, (spooned and leveled)
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 2 tablespoons unsalted butter, melted, or vegetable oil
- 1 large egg
- 1 tablespoon vegetable oil
- Assorted toppings, such as butter, maple syrup, confectioners' sugar, honey, jams, preserves, sweetened whipped cream, or chocolate syrup

## method

1. Heat grill to 200 degrees; In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.
2. In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).
3. Heat the grill (nonstick) over medium. Fold a sheet of paper towel in half, and moisten with oil; carefully rub grill with oiled paper towel.
4. For each pancake, spoon 2 to 3 tablespoons of batter onto skillet, using the back of the spoon to spread batter into a round
5. Cook until surface of pancakes have some bubbles and a few

have burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Transfer to a baking sheet or platter; cover loosely with aluminum foil, and keep warm in oven. Continue with more oil and remaining batter. (You'll have 12 to 15 pancakes.) Serve warm, with desired toppings.

## Pancake Variations

### Step 1

**BUTTERMILK:** In step 1, add 1/2 teaspoon baking soda to dry mixture. In step 2, replace the milk with low-fat buttermilk.

### Step 2

**YOGURT:** In step 1, add 1/2 teaspoon baking soda to dry mixture. In step 2, replace the milk with 2/3 cup plain low-fat yogurt and 1/3 cup milk.

### Step 3

**WHOLE-GRAIN WITH YOGURT:** In step 1, replace the all-purpose flour with 1/2 cup whole-wheat flour, 1/4 cup each cornmeal and wheat germ, and 1/2 teaspoon baking soda. In step 2, replace the milk with 2/3 cup plain low-fat yogurt and 1/3 cup milk.



# cheese omelette



**5 mins**  
prep



**10 mins**  
grill



**1**  
servings





### ingredients

- 2 large eggs
- olive oil
- 10 g Cheddar cheese

### method

1. Crack the eggs into a mixing bowl, season with a pinch of sea salt and black pepper, then beat well with a fork until fully combined.
2. Grate the cheese onto a board and set aside.
3. Add ½ tablespoon of oil to the grill, then carefully pour in the eggs.
4. Spread them out evenly, using a fork to swirl the eggs around.
5. When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheese.
6. Using a spatula, ease around the edges of the omelette, then fold it over in half.
7. When it starts to turn golden brown underneath, remove from the grill and slide the omelette onto a plate. Delicious with a tomato salad and wholemeal bread.

#### Tips

Omelettes don't always need to be folded in half with the filling inside, you can leave the omelette open and sprinkle over your favourite ingredients before finishing it under a hot grill until it's bubbling and delicious.



# grilled bistro breakfast sandwiches



**30 mins**  
prep



**5 mins**  
grill



**2**  
servings





## ingredients

- 2 teaspoons butter, divided
- 4 large eggs, beaten
- 4 slices (3/4 in. thick) hearty Italian bread
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 ounces smoked Gouda or smoked cheddar cheese, cut in 4 slices
- 1 medium pear, thinly sliced
- 4 slices Canadian bacon, cooked
- 1/2 cup fresh baby spinach

## method

1. Heat 1 teaspoon butter on a nonstick grill over medium heat; add eggs and scramble until set. Divide eggs between 2 slices of bread; sprinkle each with salt and pepper. Layer bread with cheese slices, pear slices, Canadian bacon and spinach. Top with remaining bread.
2. If using a panini maker, spread remaining butter on both sides of both sandwiches. Grill according to manufacturer's directions until golden brown and grill marks show, 6-8 minutes.
3. If using an indoor grill, spread 1/2 tsp. butter on 1 side of both sandwiches. Place buttered side down on grill; press down with a heavy skillet or other weight. Grill over medium-high heat until golden brown and grill-marked, 3-5 minutes. Remove weight; spread remaining butter on other side of the sandwiches. Return to grill, buttered side down; replace weight. Grill until golden brown, another 3-5 minutes.



# grilled prosciutto egg panini



**30 mins**  
prep



**5 mins**  
grill



**8**  
servings



## ingredients

- 3 large eggs
- 2 large egg whites
- 6 tablespoons fat-free milk
- 1 green onion, thinly sliced
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup
- 8 slices sourdough bread
- 8 thin slices prosciutto or deli ham
- 1/2 cup shredded sharp cheddar cheese
- 8 teaspoons butter

## method

1. In a small bowl, whisk the eggs, egg whites, milk and onion. Coat grill with cooking spray and turn on medium heat. Add egg mixture; cook and stir over medium heat until completely set.
2. Combine mustard and syrup; spread over 4 bread slices. Layer with scrambled eggs, prosciutto and cheese; top with remaining bread. Butter outsides of sandwiches.
3. Cook on grill for 3-4 minutes or until bread is browned and cheese is melted.





# scrambled eggs



**25 mins**

prep



**5 mins**

grill



**6**

servings

## ingredients

- 12 large eggs
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2/3 cup finely chopped sweet onion
- 1 jalapeno pepper, seeded and chopped
- 2 tablespoons butter
- 1 log (4 ounces) fresh goat cheese, crumbled
- 3 tablespoons minced chives

## method

1. In a large bowl, whisk the eggs, water, salt and pepper; set aside.
2. Place grill on medium-high heat. Saute onion and jalapeno in butter until tender. Add egg mixture; cook and stir until almost set. Stir in cheese and chives; cook and stir until eggs are completely set.
3. Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.









# camp fire hash breakfast



**15 mins**  
prep



**35 mins**  
grill



**6**  
servings





## ingredients

- 1 large onion, chopped
- 2 tablespoons canola oil
- 2 garlic cloves, minced
- 4 large potatoes, peeled and cubed (about 2 pounds)
- 1 pound smoked kielbasa or Polish sausage, halved and sliced
- 1 can (4 ounces) chopped green chiles
- 1 can (15-1/4 ounces) whole kernel corn, drained

## method

1. On the grill over medium heat, cook and stir onion in oil under tender. Add garlic; cook 1 minute longer. Add potatoes. Cook, uncovered, for 20 minutes, stirring occasionally.
2. Add kielbasa; cook and stir until meat and potatoes are tender and browned, 10-15 minutes. Stir in chiles and corn; heat through.



# grilled breakfast burger



**25 mins**  
prep



**30 mins**  
grill



**4**  
servings

## ingredients

- 1 pound ground beef
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Montreal steak seasoning
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 3 tablespoons butter, softened and divided
- 8 slices Texas toast
- 2 tablespoons canola oil
- 2-1/2 cups frozen shredded hash brown potatoes, thawed
- 4 large eggs
- 1/4 cup seedless blackberry spreadable fruit
- 4 slices American cheese
- 8 cooked bacon strips

## method

1. Combine ground beef, Worcestershire sauce, steak seasoning, 1/4 teaspoon salt and 1/4 teaspoon pepper; mix lightly but thoroughly. Shape into four 1/2-in.-thick patties. Grill burgers, covered, on a greased grill over medium heat until a thermometer reads 160°, 4-5 minutes on each side.
2. Spread 2 tablespoons butter over 1 side of toast slices. Grill, butter side down, until golden brown. Remove burgers and toast from heat; keep warm.
3. Increase heat to high. Drop hash browns by 1/2 cupfuls into oil; press to flatten. Sprinkle with remaining salt and pepper. Fry, covered, until golden brown and crisp, 12-15 minutes on each side; add oil as needed. Remove and keep warm.
4. Reduce heat to medium. Heat remaining butter. Add eggs; fry over easy.
5. To assemble, spread blackberry spread over 4 slices of toast. Layer each slice with 1 hash brown patty, 1 burger, 1 fried egg, 1 cheese slice and 2 bacon strips. Top with remaining toast slices.







# grilled cheesy ham and potato packet



**30 mins**  
prep



**20 mins**  
grill



**4**  
servings



## method

### ingredients

- 1-1/2 pounds medium red potatoes, halved and thinly sliced
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1/4 teaspoon pepper
- 2 cups cubed deli ham
- 1 cup shredded cheddar cheese

1. In a large bowl, toss potatoes with green pepper, onion and pepper; place in center of a greased 24x18-in. piece of heavy-duty foil. Fold foil around vegetables and crimp edges to seal.
2. Grill, covered, over medium heat 15-20 minutes or until potatoes are tender. Remove from grill. Open foil carefully to allow steam to escape. Add ham; sprinkle with cheese. Grill opened packet, covered, 2-4 minutes longer or until cheese is melted.





# grilled egg and spinach breakfast burritos



**30 mins**  
prep



**30 mins**  
grill



**10**  
servings







### ingredients

- 1 pound bulk lean turkey breakfast sausage
- 1 tablespoon canola oil
- 1 cup frozen cubed hash brown potatoes, thawed
- 1 small red onion, chopped
- 1 small sweet red pepper, chopped
- 6 cups (about 4 ounces) fresh spinach, coarsely chopped
- 6 large eggs, beaten
- 10 multigrain tortillas (8 inches), warmed
- 3/4 cup crumbled queso fresco or feta cheese
- Optional: Guacamole and salsa

### method

1. On the grill, cook sausage over medium heat until no longer pink, 4-6 minutes, breaking it into crumbles; remove from grill.
2. Heat oil. Add potatoes, onion and pepper; cook, stirring, until tender, 5-7 minutes. Add spinach; stir until wilted, 1-2 minutes. Add sausage and eggs; cook and stir until no liquid egg remains.
3. Spoon 1/2 cup filling across center of each tortilla; sprinkle with cheese. Fold bottom and sides over filling, and roll up. If desired, serve with guacamole and salsa.
4. Cool filling before making burritos to freeze. Individually wrap burritos in foil and freeze in an airtight freezer container. Freeze for up to 1 month.
5. Prepare grill for medium heat. Place foil-wrapped burritos on a grill grate over a campfire or on grill. Grill until heated through, 25-30 minutes, turning occasionally.











# grilled seafood



# grilled shrimp



**20 mins**  
prep



**20 mins**  
grill



**4**  
servings





## ingredients

- 5 small fresh green Thai chiles, coarsely chopped (about 3 tablespoons)
- 3 tablespoons granulated sugar
- 2  $\frac{3}{4}$  teaspoons kosher salt, divided
- 3 makrut lime leaves, spines removed and coarsely chopped (about 1  $\frac{1}{2}$  teaspoons)
- $\frac{3}{4}$  cup chopped scallions (green parts only)
- 3 tablespoons sweetened condensed milk
- 3 tablespoons fresh lime juice
- 6 tablespoons unsalted butter (3 ounces)
- $\frac{1}{3}$  cup finely chopped fresh Thai basil
- 1 large garlic clove, finely chopped
- 1  $\frac{1}{2}$  pounds head-on raw jumbo (U10) shrimp, horns snipped and backs peeled



## method

1. Pulse chiles, sugar, 2 teaspoons salt, and lime leaves in a small food processor until finely minced and sugar and salt are tinted green, about 20 pulses, stopping to scrape down sides and bottom of processor as needed. Add scallion greens, sweetened condensed milk, and lime juice. Process until creamy and green, about 30 seconds. Refrigerate sauce until ready to use.
2. Melt butter on a small saucepan over medium-low. Remove from heat, and stir in basil, garlic, and  $\frac{1}{2}$  teaspoon salt. Pour half of butter mixture into a small bowl, and set aside; reserve remaining butter mixture in saucepan for brushing shrimp during grilling.
3. Devein and rinse shrimp; pat dry with paper towels. Skewer each shrimp, from tail up to head, on an 8-inch skewer. Sprinkle shrimp evenly with remaining  $\frac{1}{4}$  teaspoon salt. Preheat grill to high (450°F to 500°F). Place shrimp on grill, grill, uncovered, brushing with reserved melted butter mixture in saucepan and flipping shrimp often, until tail flesh is opaque and cooked through, 4 to 5 minutes.
4. Remove skewers from grill, and let cool slightly, about 5 minutes. Remove shrimp from skewers, and pour remaining melted butter over shrimp. Serve with green chile sauce for dipping.

### Note

Find makrut lime leaves and green Thai chiles at South Asian grocery stores.

# grilled sea scallops



**5 mins**  
prep



**5 mins**  
grill



**6**  
servings





## ingredients

- 6 ears of corn, shucked
- 1 pint grape tomatoes, halved
- 3 scallions, white and light green parts only, thinly sliced
- 1/3 cup basil leaves, finely shredded
- Salt and freshly ground pepper
- 1 small shallot, minced
- 2 tablespoons balsamic vinegar
- 2 tablespoons hot water
- 1 teaspoon Dijon mustard
- 1/4 cup plus 3 tablespoons safflower oil
- 1 1/2 pounds sea scallops (about 30)

## method

1. In a large pot of boiling salted water, cook the corn until tender, about 5 minutes. Drain and cool. Stand the corn in a large bowl and slice off the kernels. Add the tomatoes, scallions and basil and season with salt and pepper.
2. In a blender, puree the shallot with the vinegar, hot water and mustard. With the blender on, slowly add 6 tablespoons of the safflower oil until combined. Season the vinaigrette with salt and pepper, then toss with the corn salad.
3. In a large bowl, toss the remaining 1 tablespoon of oil with the scallops; season with salt and pepper. Heat grill. Add half of the scallops at a time to the grill over moderately high heat, turning once, until browned, about 4 minutes per batch. Mound the corn salad on plates, top with the scallops and serve.



# grilled mahi mahi



**20 mins**  
prep



**5 mins**  
grill



**4**  
servings





## method

- 1 Preheat a grill to medium-high (400°F to 450°F). Combine egg yolk, lemongrass, lime zest and juice, garlic, and 1/4 teaspoon salt in a 1-pint mason jar. Place an immersion blender inside jar, and process until mixture is well incorporated, about 3 seconds. Stir together avocado oil and 3 tablespoons olive oil in a small bowl; with immersion blender running, drizzle oil mixture into egg yolk mixture, processing until smooth and combined, 10 to 15 seconds. Set aside.
2. Brush fish fillets evenly with remaining 2 tablespoons olive oil; sprinkle evenly with pepper and remaining 1/2 teaspoon salt. Arrange fillets on oiled grill grates; grill, covered, until fish flakes easily and is just cooked through, 4 to 5 minutes per side. Transfer fillets to plates or a large serving platter; serve alongside aioli.

## ingredients

- 1 large egg yolk
- 1 tablespoon grated lemongrass (grated using a Microplane, see Note)
- 1 teaspoon grated lime zest plus 2 tablespoons fresh lime juice (from 1 lime)
- 1 large garlic clove, grated (about 1/2 teaspoon)
- 3/4 teaspoon fine sea salt, divided
- 3 tablespoons avocado oil or other neutral cooking oil
- 5 tablespoons extra-virgin olive oil, divided
- 4 (6-ounce) skinless mahi-mahi fillets
- 1/4 teaspoon black pepper



# grilled seafood kebabs



**40 mins**  
prep



**5 mins**  
grill



**4**  
servings

## ingredients

- 8 jumbo scallops, about 2 ounces each, halved
- 16 large shrimp, shelled and deveined (about 1 pound)
- 16 cherry tomatoes
- Salt and freshly ground pepper
- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 2 cups orecchiette (6 ounces)
- 2 tablespoons unsalted butter
- 1 shallot, minced
- 2 garlic cloves, minced
- 1/2 cup chicken stock or low-sodium broth
- 4 cups packed baby arugula (4 ounces)
- 1 tablespoon fresh lemon juice
- 1/2 cup freshly grated Parmigiano-Reggiano cheese

## method

1. Bring a large pot of salted water to a boil. Preheat the grill. Using 8 pairs of wooden skewers, double-skewer the scallops, shrimp and cherry tomatoes. Brush with olive oil and season with salt and pepper.
2. Cook the pasta in the boiling water until al dente. Drain the pasta, reserving 1/2 cup of the cooking water.
3. Grill the kebabs over high heat until browned and cooked through, turning once, about 7 minutes.
4. Meanwhile, in a large skillet, melt the butter in the 2 tablespoons of olive oil. Add the shallot and garlic and cook over high heat, stirring constantly, until softened, about 2 minutes. Add the chicken broth and boil until reduced by half, about 3 minutes. Add the pasta, arugula, lemon juice and cheese to the skillet and season with salt and pepper. Toss until the arugula is slightly wilted, adding a few tablespoons of the reserved pasta water if necessary. Serve immediately with the seafood kebabs.









# grilled lobster



**20 mins**  
prep



**35 mins**  
grill



**4**  
servings





## ingredients

- 1 1/2 bunches scallions (about 12 scallions), divided
- 3 tablespoons chopped peeled fresh ginger
- 2 tablespoons fresh lime juice
- 1 tablespoon fresh thyme leaves
- 1 garlic clove, chopped
- 1 Scotch bonnet chile, stemmed, seeded, and chopped
- 1/4 teaspoon ground allspice
- 1 teaspoon kosher salt, divided
- 1/2 cup unsalted butter (4 ounces), cubed
- 1 tablespoon canola oil
- 1/4 teaspoon black pepper
- 4 (1 1/2-pound) live lobsters, halved lengthwise and cleaned, claws detached and reserved
- 1 lime, cut into wedges

## method

1. Coarsely chop 6 of the scallions. Place chopped scallions, ginger, lime juice, thyme, garlic, chile, allspice, and 3/4 teaspoon salt in a food processor. Pulse until a coarse paste forms, 6 to 7 times, scraping down sides a few times between pulses to evenly incorporate.
2. Melt butter in a small saucepan over medium-low. Whisk in jerk paste until combined, and remove from heat. Reserve 1/4 cup jerk butter in a small bowl for serving.
3. Preheat grill to medium-high (400°F to 450°F). Toss together canola oil and remaining whole

scallions in a large bowl; season with pepper and remaining 1/4 teaspoon salt. Place scallions on oiled grates, and grill, uncovered, turning occasionally, until lightly charred and tender, about 5 minutes. Set aside.

4. Using long metal or wooden skewers, skewer lobster body halves lengthwise. (This will help keep them straight while grilling.) Brush lobster meat evenly with about 2 tablespoons remaining jerk butter. Place skewered lobsters, meat sides down, and reserved lobster claws on oiled grates, and grill, uncovered, until shells begin to turn red, about 4 minutes. Flip claws and bodies, and brush cut sides of tails with remaining jerk butter. Continue grilling until meat is cooked through, about 4 more minutes for bodies and 5 to 6 more minutes for claws, turning claws occasionally. Remove from heat, and remove skewers.
5. Arrange lobsters and charred scallions on a platter. Gently rewarm reserved 1/4 cup jerk butter, if needed. Serve lobster tails and claws with jerk butter and lime wedges..



# grilled halibut



**15 mins**  
prep



**20 mins**  
grill



**4**  
servings

## ingredients

- 1 (16-ounce) jar roasted red bell peppers, drained
- 5 garlic cloves
- 1 tablespoon sherry vinegar
- 2 teaspoons honey
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ cup olive oil
- 4 (6-ounce) skin-on halibut fillets
- Grilled summer squash, fresh parsley leaves, and crusty bread, for serving

## method

1. Process bell peppers, garlic, vinegar, honey, salt, and black pepper in a food processor or blender until smooth, about 45 seconds. Transfer mixture to a bowl; whisk in oil. Measure 1 cup sauce into a large ziplock plastic bag; add halibut fillets. Seal bag; turn to coat fillets in sauce. Let marinate in refrigerator 20 minutes. Reserve remaining sauce for serving.
2. Preheat a grill to medium-high (400°F to 450°F). Remove halibut from marinade, scraping off excess. Discard remaining marinade. Arrange fillets on oiled grill grates; grill, covered, until fish flakes easily and is just cooked through, 4 to 5 minutes per side. Transfer fillets to serving plates or a large platter. Serve alongside grilled summer squash, parsley, crusty bread, and reserved sauce.

Sauce may be stored in refrigerator

### Note

Alternatively, to broil the fish: Arrange marinated fish fillets, skin side down, on a greased baking sheet. Broil 4 1/2 inches from heat source until fish flakes easily and is just cooked through, 6 to 8 minutes.







# spiced crab tacos



**35 mins**  
prep



**5 mins**  
grill



**8**  
servings

## ingredients

- 4 Roma tomatoes, halved, seeded, and sliced
- 1 large garlic clove, minced
- 2 large jalapeño chiles, halved, seeded, and sliced, divided
- ½ cup fresh cilantro leaves, divided
- 3 tablespoons fresh lime juice
- Kosher salt and freshly ground black pepper
- 1 teaspoon olive oil
- ½ cup chopped onion
- 8 ounces shelled cooked crab
- 8 taco shells or tortillas
- 1 cup Iceberg lettuce, thinly sliced
- 1 cup shredded jack or cheddar cheese
- 1 avocado, thinly sliced
- ¼ cup chopped green onion

## method

1. Preheat oven to 350°. Put tomatoes, garlic, half of the jalapeño, 1/4 cup cilantro, and the lime juice in a food processor and pulse a few times to chop. Add salt and pepper to taste. Set salsa aside.
2. On the grill, heat oil over medium heat. Sauté onion and remaining jalapeño until soft, 4 minutes. Add crab and cook just until crab is warm, about 2 minutes.
3. Put taco shells or tortillas on a grill and warm in oven, about 3 minutes. Arrange on a platter and fill with crab mixture, dividing evenly. Top crab with lettuce, cheese, and avocado. Sprinkle tacos with green onion and remaining 1/4 cup cilantro. Serve immediately, with salsa on the side or on top.







# grilled oysters



**35 mins**

prep



**5 mins**

grill



**6**

servings



## ingredients

- 2 sticks (1/2 pound) unsalted butter, softened
- 3 tablespoons chopped tarragon
- 2 tablespoons hot sauce
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 3 dozen medium to large oysters, such as Gulf Coast or Bluepoint

## method

1. Heat the grill. In a food processor, pulse the butter with the tarragon, hot sauce, salt and pepper until blended. Transfer the tarragon butter to a sheet of plastic wrap and roll it into a 2-inch-thick log. Refrigerate the butter until slightly firm, about 15 minutes. Slice the butter into 36 pats.
2. Place the oysters on the hot grill, flat-side up, and cook until the oysters open, about 5 minutes. Using tongs, transfer the oysters to a platter, trying to keep the liquor inside. Quickly remove the top shells and loosen the oysters from the bottom shells. Top each oyster with a pat of tarragon butter and return the oysters to the grill. Cook until the butter is mostly melted and the oysters are hot, about 1 minute. Serve right away.





# grilled paella



**50 mins**

prep



**10 mins**

grill



**6**

servings

## ingredients

- 3 cups fish stock or low-sodium chicken broth
- 1/2 pound large shrimp, shelled and deveined, shells reserved
- Pinch of saffron threads, crumbled
- 1/2 lemon
- 2 tablespoons extra-virgin olive oil
- 6 ounces fresh chorizo (2 small links), sliced 1/2 inch thick
- 2 ripe tomatoes, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon smoked paprika
- 1 1/2 cups Calasparra or arborio rice (about 10 ounces)
- 1/2 pound cleaned squid—bodies halved lengthwise, scored in a crosshatch pattern and cut into 2-inch pieces
- 1 pound cockles, scrubbed
- 1/2 pound jumbo lump crab
- 1 cup roasted red peppers (5 ounces), cut into strips
- 2 tablespoons chopped parsley
- Hot sauce and lemon wedges, for serving

## method

1. In a large saucepan, combine the stock with the shrimp shells and saffron. Squeeze in the lemon, add the half to the saucepan and bring to a simmer. Remove from the heat and let stand for 10 minutes. Strain the broth and discard the solids.
2. Meanwhile, heat the grill. Heat the olive oil. Add the chorizo. Cook over high heat until the chorizo is sizzling and lightly browned, about 5 minutes. Add the tomatoes, garlic and smoked paprika, cook, stirring once or twice, until the tomatoes are softened, about 5 minutes. Add the rice and stir to coat with the tomato mixture. Stir in the shrimp broth. Cook until half of the broth has been absorbed, about 10 minutes. Stir in the shrimp, squid and cockles. Cook until the rice is al dente and has formed a crust on the bottom and side of the skillet and the seafood is cooked, about 8 minutes. Fold in the crab, peppers and parsley and cook just until heated through. Serve with hot sauce and lemon wedges.









# grilled soy squid



**40 mins**  
prep



**5 mins**  
grill



**4**  
servings



## ingredients

- 1 cup mirin
- 1 cup soy sauce
- 1/3 cup yuzu juice or fresh lemon juice
- 2 cups water
- 2 pounds squid tentacles left whole, bodies cut crosswise 1 inch thick

## method

1. In a bowl, combine the mirin, soy sauce, yuzu juice and water.
2. Pour half of the marinade into an airtight container and refrigerate for later use. Add the squid to the bowl with the remaining marinade and let stand at room temperature for at least 30 minutes or refrigerate for up to 4 hours.
3. Heat the grill. Drain the squid. Grill over moderately high heat, turning once, until tender and white throughout, about 3 minutes. Serve hot.











# various meats



# grilled pork chops



**5 mins**

prep



**10 mins**

grill



**4**

servings



## ingredients

- 1/4 cup honey
- 2 tablespoons vegetable oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon ground cumin
- 1/2 teaspoon red pepper flakes
- Eight 1/2-inch bone-in pork chops (about 3 ounces each)
- Salt and freshly ground black pepper

## method

1. Begin by making the marinade. In a small bowl, whisk together the honey, oil, vinegar, cumin and red pepper flakes.
2. Sprinkle both sides of the pork chops with salt and pepper and place in a re-sealable plastic bag with the marinade. Let rest on the counter for 1 hour.
3. Heat a grill or grill pan over medium heat. Remove the pork chops from the bag and lightly sprinkle with salt and pepper.
4. Place on the grill and cook until the pork chop releases from the grill, about 4 minutes. Flip and cook on the other side for another 3 minutes.







# grilled lamb chops



**5 mins**

prep



**5 mins**

grill



**6**

servings

## ingredients

- 2 large garlic cloves, crushed
- 1 tablespoon fresh rosemary leaves
- 1 teaspoon fresh thyme leaves
- Pinch cayenne pepper
- Coarse sea salt
- 2 tablespoons extra-virgin olive oil
- 6 lamb chops, about 3/4-inch thick

## method

1. In a food processor fitted with a metal blade add the garlic, rosemary, thyme, cayenne, and salt. Pulse until combined. Pour in olive oil and pulse into a paste. Rub the paste on both sides of the lamb chops and let them marinate for at least 1 hour in the refrigerator.
2. Remove from refrigerator and allow the chops to come to room temperature; it will take about 20 minutes.
3. Heat the grill over high heat add the chops and sear for about 2 minutes. Flip the chops over and cook for another 3 minutes for medium-rare and 3 1/2 minutes for medium.







# grilled ribs



**65 mins**  
prep



**180 mins**  
grill



**6**  
servings





## ingredients

- 1/4 cup brown sugar
- 2 tablespoons chili powder
- Kosher salt and freshly ground black pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 racks baby back ribs
- 1 cup low-sodium chicken broth
- 2 tablespoons apple cider vinegar
- 1 cup barbecue sauce

## method

1. Combine the brown sugar, chili powder, 1 tablespoon salt, 1 teaspoon black pepper, the oregano, cayenne, garlic powder and onion powder in a small bowl and rub the mixture on both sides of the ribs. Cover and refrigerate 1 hour or overnight.
2. Preheat the oven to 250 degrees F. In a roasting pan, combine the broth and vinegar. Add the ribs to the pan. Cover with foil and tightly seal. Bake 2 hours. Remove the ribs from the pan and place them on a platter. Pour the liquid from the pan into a saucepan and bring to a boil. Lower the heat to a simmer and cook until reduced by half. Add the barbecue sauce.
3. Preheat an outdoor grill to medium high. Put the ribs on the grill and cook about 5 minutes on each side, until browned and slightly charred. Cut the ribs between the bones and toss them in a large bowl with the sauce. Serve hot.



# grilled brisket



**5 mins**  
prep



**30 mins**  
grill



**16**  
servings

## ingredients

- Brisket
- 1½ tablespoons dry mustard
- 1 tablespoon ancho chile powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 2 teaspoons granulated garlic
- 1 teaspoon ground ginger
- 1 teaspoon cayenne pepper
- 1 teaspoon kosher salt
- 1 5-pound point brisket (see Tip)
- 2 cups applewood or hickory chips (see Tip)
- ½ cup apple juice
- 2 tablespoons cider vinegar
- Sauce
- .666 cup ketchup
- ½ cup cider vinegar
- ¼ cup packed brown sugar
- 1 teaspoon granulated garlic
- 1 teaspoon Worcestershire sauce (see Tip)
- 1 teaspoon kosher salt
- 1 teaspoon freshly cracked black pepper





## method

1. To prepare brisket: Combine mustard, chile powder, cumin, oregano, 2 teaspoons granulated garlic, ginger, cayenne and salt in a small bowl. Trim all but 1/2-inch layer of fat from brisket. Place the brisket on a baking sheet and sprinkle all over with the spice mix. Cover and refrigerate for at least 4 hours or overnight.
2. Preheat to 250°F. Place the brisket, fat-side up, on the grill heat for 2 hours, spraying with the juice mixture every 30 minutes to moisten. Preheat oven to 250°F.
3. Wrap the brisket in foil and place on a rimmed baking sheet. Bake until a fork meets no resistance when inserted and the internal temperature registers 195°F, 6 to 7 hours.
4. Remove the brisket from the oven and unwrap foil. Turn broiler to high. Broil the brisket, fat-side up, until the top is crisp, about 5 minutes. (Watch carefully so it does not burn.) Let rest on the baking sheet, covered with foil, for 45 minutes to 1 hour before carving.
5. Meanwhile, prepare sauce: Combine ketchup, vinegar, brown sugar, granulated garlic, Worcestershire, salt and pepper in a small saucepan. Bring to a simmer over medium heat. Cook for 5 minutes.
6. Transfer the brisket to a cutting board. Thinly slice against the grain. Serve with the sauce.



# grilled italian sausage



**5 mins**  
prep



**15 mins**  
grill



**8**  
servings



## ingredients

- 8 Italian sausages

## method

1. Preheat the grill to medium heat, about 400-425F.
2. Place the sausages on the grill, making sure there is space between them. Close the lid and cook for 4-6 minutes.
3. Turn the sausages over, close the lid, and cook for another 4-6 minutes. Flip them one last time, and grill for a final 3-4 minutes, or until the sausages are cooked through and reach an internal temperature of 165F.
4. Serve the sausages on their own, or on a bun, with toppings of choice. They are great with mustard, diced onion, relish, pickles, sauerkraut and even grilled peppers.





# grilled steak



**15 mins**  
prep



**15 mins**  
grill



**4**  
servings

## ingredients

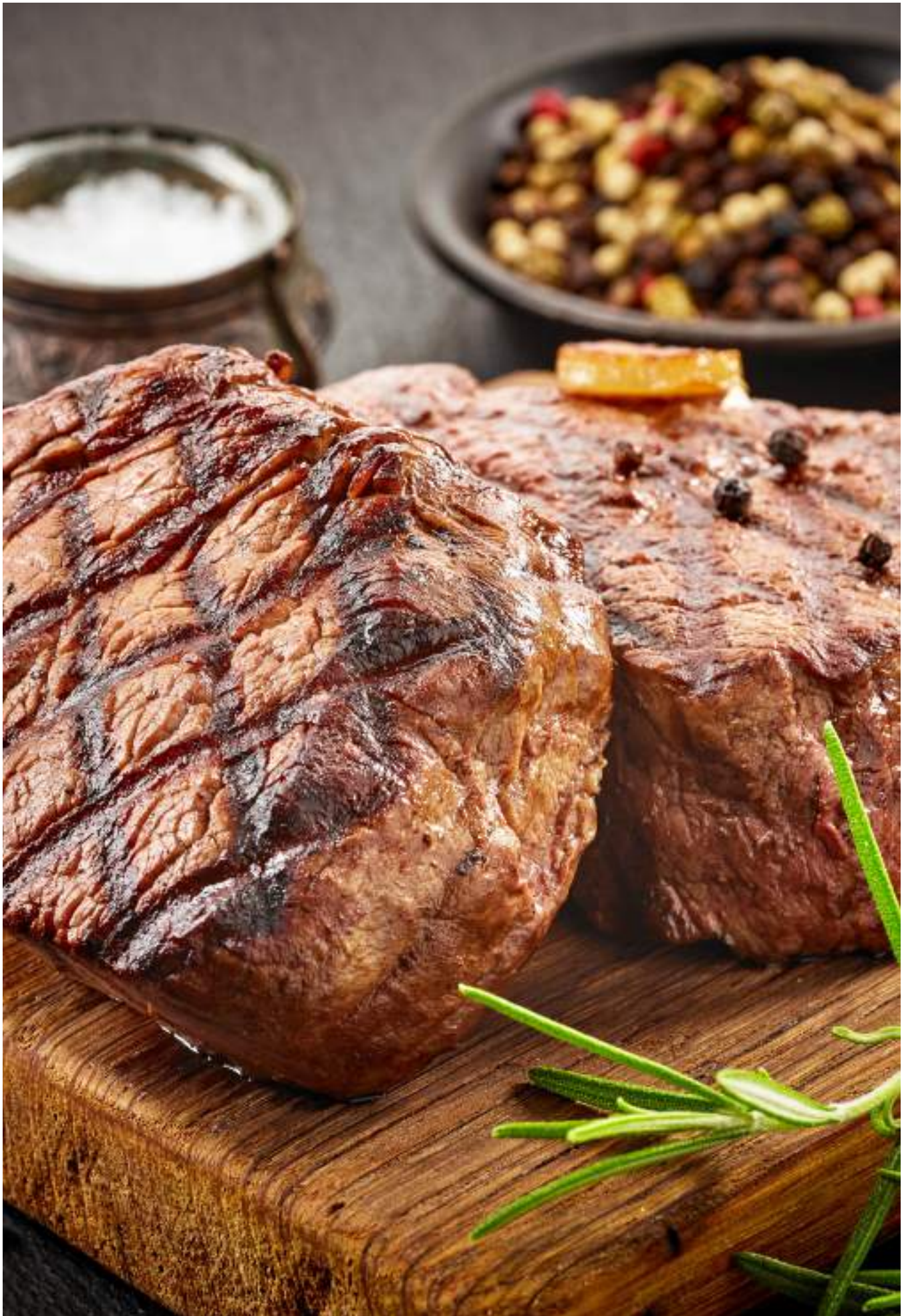
- 4 1 1/4-to-1 1/2-inch-thick boneless rib-eye or New York strip steaks (about 12 ounces each) or filets mignons (8 to 10 ounces each), trimmed
- 2 tablespoons canola or extra-virgin olive oil
- Kosher salt and freshly ground pepper

## method

1. About 20 minutes before grilling, remove the steaks from the refrigerator and let sit, covered, at room temperature.
2. Heat your grill to high. Brush the steaks on both sides with oil and season liberally with salt and pepper. Place the steaks on the grill and cook until golden brown and slightly charred, 4 to 5 minutes. Turn the steaks over and continue to grill 3 to 5 minutes for medium-rare (an internal temperature of 135 degrees F), 5 to 7 minutes for medium (140 degrees F) or 8 to 10 minutes for medium-well (150 degrees F).
3. Transfer the steaks to a cutting board or platter, tent loosely with foil and let rest 5 minutes before slicing.









# grilled bone-in rib eye



**15 mins**  
prep



**20 mins**  
grill



**4**  
servings

## ingredients

- 48 ounces ribeye steak bone-in steaks, about 12 ounces each
- olive oil
- Salt and pepper to taste
- Prairie Dust Steak Seasoning:
- 1 Tablespoon salt
- 1 1/4 teaspoons paprika
- 1 1/4 teaspoons black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground coriander

## method

1. Preheat a grill to medium-high and prepare for indirect grilling:
2. Grill the steak: Pat the meat dry with paper towels. Lightly brush with olive oil and season with salt and pepper and/or Prairie Dust. Place the steaks on indirect heat (the unlit side of the grill); cover and cook, turning halfway through until a digital kitchen thermometer inserted into the center registers 110 degrees F, about 15-minutes. Transfer to direct heat and cook, turning, until the steaks are charred and the thermometer registers 125 degrees F to 130 degrees F for medium-rare doneness, 4 to 6 more minutes.
3. Transfer to a cutting board and let rest 10 minutes.
4. Carve the meat from the bones and slice against the grain. Serve with any collected juices.

## Notes

For the Prairie Dust Steak Seasoning, if you do not have turmeric already on the shelf simply omit it.

If you do not have ground coriander already on the shelf substitute with ground cumin if you have it.









# baby back ribs



**10 mins**  
prep



**65 mins**  
grill



**4**  
servings





## method

1. On a large rimmed baking sheet, rub each rack of ribs all over with the rib dry rub and refrigerate overnight. Make sure to cover the entire racks well and pat down the rub. Patting dry rub onto ribs
2. Bring the ribs to room temperature when ready to cook. Heat grill to medium, approximately 300°F.
3. When grill is warm, place the ribs on the grill grates. Move them around a bit if I feel they are cooking unevenly. Grill for approximately 1 hour.
4. Mix the BBQ sauce and garlic powder. At the 1 hours mark, brush the ribs with the BBQ Sauce using a basting brush. Give them a good coating.
5. Turn the heat to low. Only baste with BBQ sauce in the last 15 to 20 minutes of grilling or the sugars will burn.
6. Remove from grill and transfer to a large cutting board. Let the ribs rest for 10 minutes. Using a sharp knife, cut each rib in between each bone. Serve with additional BBQ sauce on the side.
7. Sliced pork back ribs on a platter with side dishes

### Notes

Rub both sides of the ribs very well with the rib dry rub. It's called a rub for a reason – so rub rub rub and pat pat pat it down!

Let your grilled baby back ribs rest for at least 15 minutes before cutting them. If you skip this step, the ribs will lose their juiciness and become dry.

## ingredients

- For grilled baby back ribs
- 2 pounds Smithfield Baby Back Ribs
- ¼ cup Rib Dry Rub your choice, or our dry rub
- 1 cup Barbecue Sauce
- 1 tablespoon garlic powder



# burger deluxe



**20 mins**  
prep



**5 mins**  
grill



**8**  
servings

## ingredients

- pounds ground beef chuck (20% fat)
- slices American cheese (optional)
- potato rolls, split, grilled
- Burger toppings (Serrano Mayo, Kimchi Spread, Fresh Pickle Relish)
- Kosher salt and freshly ground black pepper

## method

1. Form beef into eight 4"-diameter,  $\frac{3}{4}$ "-thick patties (don't pack too tightly). Using your thumb, make a small indentation in centers to help keep patties flat as they cook.
2. Prepare grill for medium-high heat. Season patties with salt and pepper and grill until lightly charred on bottom, about 4 minutes. (Resist the temptation to press down on patties.) Flip and top with cheese, if using. Grill patties to desired doneness, about 4 minutes longer for medium. Serve patties on rolls with desired toppings.







# grilled chicken breast



**10 mins**  
prep



**30 mins**  
grill



**4**  
servings





## method

1. In a large bowl, whisk the salt in the water to dissolve. Add the chicken breasts to the brine. Put in the refrigerator and chill for 30 minutes.
2. Heat grill pan, on medium-high heat.
3. Coat the chicken with oil and paprika:
4. Remove chicken breasts from brine and pat dry. Coat with olive oil, and sprinkle evenly with paprika.
5. Grill the chicken breasts:  
Brush some olive oil on the grill grates. Place chicken breasts on the grill. Let the chicken grill, undisturbed, until the pieces start getting some grill marks.
6. When the chicken pieces have browned on one side, turn them over, and move them to the cooler side of the grill (low heat, not no heat). Cover, and let them finish cooking.
- 7.. Remove chicken from grill when the internal temperature of the chicken reaches 155°F.
8. Rest the chicken breasts, then serve:
9. Cover the breasts with foil. The chicken will continue to cook in its residual heat while it rests. Let it rest 5 to 10 minutes before cutting and serving.

## ingredients

For the brine:

- 4 cups water
- 33 grams salt (1/4 cup Diamond Crystal kosher salt, or 2 tablespoons Morton kosher salt, or 1 1/2 tablespoons fine sea salt)

For the chicken:

- 1 1/2 to 2 pounds boneless skinless chicken breasts
- 3 tablespoons extra virgin olive oil (plus more for the grill)
- 1 1/2 teaspoons paprika



# Thank You

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purchase with us**

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