

# Meal ON THE Grill

How to Make a Meal, from Appetizer, to Dessert, Entirely on Your Grill



ROBYN LINDARS  
OF GRILLGIRL.COM



**MEAL ON THE GRILL**  
*How to Make a Meal, from Appetizer to Dessert, Entirely on Your Grill*

**By**  
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PUBLISHED BY  
101 Publishing

*To my husband and family, all of whom are eternally supportive of my “grillgrrrl” endeavors. Trying to juggle it all can be very chaotic, but I think we are all learning and growing with the adventures GrillGrrrl has “seasoned” our lives with.*

*xo*

*Robyn*

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#### **About the Author**

## Introduction

“Meal on the Grill” is a concept I created making the entire dinner on the grill, starting with an appetizer and including the main course, a side dish and even dessert. Too often when I see couples cooking, the man is outside grilling a meat dish while the woman is stuck inside making a side dish in the kitchen. The best part of grilling is being outdoors, and this book gives you fun and simple recipes that let you hang outside with your guests while making kick-ass, flavorful dishes.

This book shows you that you can use your grill for so much more than just the occasional cookout. By thinking of your grill more like an “outdoor oven,” you will start to think more creatively about how to use it. I’ve included an overview on different zones you can create on your grill to help you make the best use of the heat for different types of food. For example, an indirect zone on the grill is the same as baking in your oven. Broiling is the same as grilling — only with broiling, you don’t get the nice flavor of a charcoal grill.

I hope this book gives you the confidence to try grilling outside of your comfort zone and the inspiration to experiment with cooking over live fire. An added bonus is that grilling often creates fewer dishes than cooking in the kitchen, which is a major plus in my book!

# Chapter 1: Grilling Tools, Techniques and Cooking Temperatures

## Grilling Tools

- **Meat thermometer:** Using a meat thermometer takes the guesswork out of grilling. By knowing exact internal temps, you can remove meat at just the right time for moist, juicy results. I recommend the ThermoPen — it's an instant-read digital thermometer that shows temps in less than five seconds, so you're not spilling valuable heat from the grill.

- **A good pair of tongs:** Find a pair of tongs that are comfortable to use and the right length for your grill.

- **Cast-iron skillet:** If you want to use your grill as a stovetop and cook a side dish while also working on other recipes, a cast-iron pan is a great addition to your grilling repertoire. The [Brussels sprouts](#) and [skillet enchilada dip](#) recipes are both made in a cast-iron skillet on the grill.

## Techniques

- **Oil the grates:** A well-oiled grill grate makes your food less likely to stick and eases cleanup. Fill a small bowl with canola oil, dip a folded paper towel in it and rub oil on the grates before starting your fire.

- **Tent the meat:** After you pull meat off the grill because it has reached the minimum internal temperature, tent the meat under foil for 10 minutes. Allowing the meat to rest allows it time to reabsorb its juices, giving juicy, moist results.

- **Ingredients:** Using the highest-quality ingredients makes a huge difference when cooking. Good-quality olive oil, sea salt and freshly ground pepper are staples for cooking these recipes.

## Minimum Internal Temperatures for Meat

These are the minimal internal temperatures for meat, according to the U.S. Department of Agriculture. Keep in mind that when you take your meat off the grill, it continues to cook, so it is OK to pull it off when it's a few degrees under the listed temperature.

- **Poultry:** 165°F

- **Beef:** The USDA lists the minimal internal temp for beef at 145°F. However, if you like your steaks cooked medium, go for 140°F; medium rare, go for 135°F.

- **Pork:** 145°F

- **Fish:** 145°F



**Grilling Zones:** Read this before embarking on your recipes if you don't know what this means.

By creating different “zones” on your grill, you can effectively use your entire grilling surface while making different dishes at the same time.

**Heat sources:** When using a gas grill, your heat source is a gas/propane burner. When using charcoal, your heat source is your lighted charcoal/fire.

- **Direct:** Direct heat is when you grill directly over the heat source (burner or charcoal fire).

- **Indirect:** This is when you cook on the side of the grill with unlit burners OR on the empty/cool side of a charcoal grill.

On a gas grill, create direct and indirect cooking zones by setting half the grill burners on medium to medium-high heat, and the other burners on the other half to off or on low.

On a charcoal grill, place your charcoal in a pile and move it to one side, with the charcoal taking up half of the grilling area. This creates a FIRE and NO FIRE zone on your grill.

## Chapter 2: Appetizers



*Prosciutto and Havarti Jalapeno Poppers*

My goal is for the recipes in this book to inspire your creativity and confidence to try your own flavor combinations on the grill. The “[grilled salsa](#)” you’ll find in the appetizers section lends itself to experimenting with local ingredients that are in season. A salsa is also great to use for topping grilled meats and other recipes. Grilling adds so much flavor to food that every dish you make will seem like its own work of art — which is how my [grilled cocktail](#) came to be!

## SMOKY GRILLED MARGARITA



If you love the smokiness the grill imparts to food, then you will love this classic citrus cocktail with a twist. By grilling the lemons and limes, you'll find the fruit caramelizes and gets a nice char while also making it extra juicy for squeezing into your pitcher.

This recipe makes a pitcher of margaritas, roughly four very large glasses.

### Ingredients

3 pounds limes/lemons  
2 oranges, sliced in half  
1/2 cup sugar  
Ice  
3/4 cup tequila  
1/4 cup triple sec  
1 cup simple syrup, or to taste\*

### Directions

Dip the sliced citrus fruits in a bowl of sugar so they have a light coating. Grill the citrus on medium-high heat until they have char marks. Let them rest until they are cool enough to be juiced. Fill your margarita pitcher halfway with ice, then add the tequila and triple sec. Add the juice to the ice/tequila mixture — adding it to ice helps cut the tartness of the citrus. Add the simple syrup in small batches until you achieve the proper sweetness.

Enjoy your first smoky margarita! It goes great with grilled foods, specifically my [chili lime skirt steak fajitas](#).

*\* Simple syrup is a basic sugar-water syrup used to sweeten cocktails. It can be made by combining one part sugar with one part water, combining and bringing to simmer in a sauce pan until all the sugar is dissolved and the mixture has reduced to a syruplike consistency.*

## FIRE-ROASTED POBLANO CORN SALSA



I like making grilled salsas because they can include anything that is in season and readily available at the grocery store. They're also great for using up what you have on hand at the house. I paired the grilled corn with poblanos, as they have a ton of flavor when grilled, and their flavor complements other ingredients you might want to add. I added grilled mini peppers, onions, lime, avocado and cherry tomatoes, but go crazy with what you have on hand! Salsas are made for creativity, after all — add some fruit, beans or whatever tickles your fancy.

The recipe quantities listed below make enough dip for a party, and they yield enough for leftovers that are great as additions to salads, fish and chicken. This salsa really adds nice color to anything you put on a plate.

Makes a large batch, enough for 8 appetizer servings.

### **Ingredients**

- 4 ears corn, husks removed
- 2 poblano peppers
- 2 mini peppers
- 1/2 sweet onion, sliced in rings for grilling
- 1 ripe Haas avocado, halved with seed removed
- 2 limes, halved
- 15 to 18 cherry tomatoes, skewered so they can be grilled (you can substitute 2 small-sized regular tomatoes for grilling)
- 1/4 cup cilantro, chopped
- 1 teaspoon sea salt, or to taste

## **Directions**

Prepare a grill for medium-high heat with two cooking zones: [direct and indirect](#). Grill the corn on direct heat, turning as the kernels develop a nice char. You want to grill the corn for at least 15 minutes over direct heat to ensure all the kernels cook fully. Grill the poblanos, mini peppers, skewered tomatoes, onions, avocado and limes until nice char marks form. Move them to the indirect heat side once they get charred enough to avoid overcooking.

Let the veggies cool enough to be handled. Chop the poblanos and mini peppers (remove the stems), onions and avocado and put everything in a bowl. Squeeze the lime juice from the charred limes into the bowl. Slice the kernels off the corn cobs and add them to the bowl, then chop and add the tomatoes and cilantro. Add the sea salt to taste and mix until all the ingredients are combined.

Serve with your favorite tortilla chips or as a sassy garnish for your next main course! I put this on top of tilapia on a bed of arugula and it really added nice flavor to an otherwise mild white fish.

## **FIRE-ROASTED GUACAMOLE**

If you like guacamole, you'll love grilled guacamole because the grill adds a nice char and smokiness to this dip. By grilling the limes, tomatoes, jalapeños and garlic, all the ingredients caramelize and the flavors are enhanced and mesh together nicely as a dip. This guac is also great as a topping for fish or chicken or as a nice addition to salads.

### **Ingredients**

4 Haas avocados  
4 limes, sliced into halves  
8 to 10 cherry tomatoes OR 2 small Roma tomatoes  
2 jalapeños  
4 cloves of garlic  
3 tablespoons cilantro  
Sea salt, to taste  
Ground pepper, to taste  
Skewers, presoaked in water for 20 minutes

### **Directions**

Heat the grill to medium heat, to about 350°F. Halve the avocados and remove the seeds. Skewer the garlic cloves and cherry tomatoes (no need to skewer if using Roma tomatoes). Grill the avocados (flesh side down), limes, jalapeños, garlic and tomatoes until char marks form.

Chop the charred avocado into bite-sized pieces. Mince the tomatoes, garlic and jalapeño. Combine all the chopped ingredients in a bowl, then squeeze the juice from the charred limes into the bowl, using your fingers to catch the seeds.

Stir all the ingredients together, and add the cilantro and sea salt and pepper to taste. For extra flavor, add a little lime zest.

Chill and serve with tortilla chips.

## CHEESY GRILLED JALAPEÑO ENCHILADA DIP



This recipe combines grilled jalapeños, American cheese, refried beans, enchilada sauce and cilantro for the perfect, cheesy bite. Make and serve this in a skillet for a fun presentation that goes from the grill straight to the table. Toast tortillas on the grill for the perfect vehicle for a cheesy, spicy bite. You will never think of bean dip the same! This kicks other bean dip recipes' butts.

### Ingredients

- 2 (10-ounce) cans of mild enchilada sauce
- 1 (16-ounce) can of refried beans
- 2 jalapeños
- 6 (1-ounce) slices American cheese
- 1 cup red peppers, diced
- 1 large bunch of cilantro
- 1 large package of fajita-sized tortillas

### Directions

Heat the grill to medium-high heat (350 to 400°F). Create two heat zones on the grill: direct and indirect.

Stir the refried beans and enchilada sauce in a small bowl and set aside. Grill the jalapeños until char marks form on each side. Meanwhile, add the enchilada sauce and refried beans to an iron skillet or metal pie pan. Place the skillet on the indirect heat side of the grill.

Remove the jalapeños and allow them to cool. Chop the jalapeños and add to the bean mixture. Layer cheese on top of the dip. Close the lid to the grill and let the cheese melt and become



bubbly. While the dip heats, grill the tortillas on direct heat until they develop char marks on each side.

Using an oven mitt or thick kitchen towel, move the skillet onto a heat-resistant surface and allow the dip to cool. Garnish with cilantro and diced red peppers to serve. Allow the grilled tortillas to cool and slice them into wedges that can be dunked into the dip like a “skillet nacho.”

## GRILLED BABY ARTICHOKE WITH CHEF'S DRESSING



Grilled artichokes are my favorite thing. They can be a little work-intensive when prepping, but they are oh-so worth it! The grill adds so much flavor to the 'chokes that you don't really need a sauce, but I am a sucker for a dipping sauce so I made this yummy creation to go with it inspired by the Chef's Dressing at Houston's Restaurant. If you don't feel like making the dipping sauce, the artichokes are perfectly wonderful with a drizzle of olive oil, sea salt and fresh-squeezed lemon juice.

***Note:** Baby artichokes are smaller and require less actual cooking time, which is a bonus!*

### **Ingredients**

9 baby artichokes  
2 lemons  
1 tablespoon olive oil  
Sea salt, to taste  
freshly ground pepper, to taste

### **Chef's Dressing ingredients**

1/2 cup light mayo  
1/2 low fat Greek yogurt  
2 cloves garlic, minced  
1 ounce (1/2 small can) of anchovies, drained of oil\*  
2 tablespoons chopped fresh thyme or tarragon  
1 lemon  
1/2 teaspoon ground pepper

## **Directions**

Boil a pot of water. Go ahead and remove the stems from the artichokes and remove a few of the outer leaves and slice them in half. Using a butter knife, remove the fuzzy inside — they may not have that much in there, which is the beauty of baby artichokes! Add the baby artichokes to the boiling water and boil for 10 minutes. In the meantime, prepare your grill for medium direct heat.

While the artichokes are boiling, mix all the Chef's Dressing ingredients with an immersion blender or food processor. Put the dressing in the refrigerator until you're ready to use it.

Remove the artichokes from the boiling water. Drizzle the artichokes lightly with olive oil, sea salt and pepper and then grill them for about 10 minutes until char marks have formed on the inside layers. To serve, slice the 2 lemons in half and squeeze the juice on the artichokes. Be amazed at how easy baby artichokes are to prepare versus regular-sized artichokes! Hooray for baby artichokes!

*\*The anchovies add a nice "umami" aspect to this dip without being overpowering.*

## GRILLED OYSTERS WITH JALAPEÑO BUTTER SAUCE

There's not too much to grilling oysters, which is the beauty of this recipe. Preheat the grill to medium/medium-high heat. Basically, get the grill hot. You're going to grill the oysters until they pop open. As the first ones open up, I put them on the top basket/bread area of the grill so they stay warm but away from the direct heat.

*Note: The sauce can be made using an iron skillet on the grill or you can make it in a saucepan on a grill's side burner or on the stove.*

### Ingredients

1 dozen raw Florida Gulf or Louisiana oysters

### Jalapeño Butter Sauce

1/2 cup white wine

1/3 cup butter

1/2 medium shallot, minced

1 or 2 minced jalapeños, depending on hotness desired

6 cloves garlic, minced

Sea salt and pepper, to taste

### Directions

Preheat the grill to medium-high heat, about 350 to 400°F. Basically, get the grill hot. Place the oysters on the grill and shut the lid. Grill the oysters until they open — this should take less than 5 minutes.

To make the butter sauce, sauté shallots in the butter. Add the wine and simmer for 7 to 10 minutes, letting some of the liquid reduce down. Add the jalapeños and garlic, then simmer a few more minutes. Season to taste with sea salt and pepper.

Pour the sauce on top of the opened oysters. Enjoy!

## **BACON-WRAPPED GRILLED ASPARAGUS**

This is a great appetizer for entertaining, as the recipe doesn't require that much prep and you can hang out with your friends outside while the asparagus do their thing on the grill. Your friends will rave about this dish!

### **Ingredients**

1 pound asparagus, large variety, rinsed with lower, woody stems removed  
1 pound bacon

### **Directions**

Using one normal-sized pack of bacon, wrap one piece around each asparagus so that the sides slightly overlap. If the bacon is too long for the end, cut it off at an angle with cooking shears.

Next, preheat your grill to medium. Place the asparagus on the grill and then turn down your burner to medium/low heat. The fat from the bacon may cause the grill to flare; you should continue to grill on medium-low to discourage flare-ups.

Flip the asparagus once during cooking. The asparagus are done when the bacon has completely cooked, about 20 minutes.

Everything is better with bacon!

## FIRE-ROASTED TOMATO BASIL SOUP

I love tomato soup. It's just one of those comfort foods that makes you feel all warm and fuzzy inside. I'd been seeing all these "roasted" tomato soups on Pinterest and I thought, "I'm going to grill the tomatoes to kick the flavor up a notch with the addition of smoke and char." That is exactly what the grill does in this case — it adds flavor depth that you *cannot* achieve with your broiler.

This soup would be awesome as a starter or paired with a grilled-cheese sandwich (which could also be made on the grill as well).

### Ingredients

14 medium tomatoes on the vine  
4 garlic cloves, skin removed  
2 cups chicken broth  
1 shallot  
2 large bunches basil  
1 tablespoon olive oil, plus more for drizzling on the tomatoes  
1 teaspoon sugar  
2 teaspoons sea salt  
2 teaspoons freshly ground pepper, or to taste

### Crostini Croutons

1 baguette  
1/4 cup olive oil

### Directions

Preheat your grill to 350°F. Create a direct and indirect heating zone — the tomatoes will be grilled directly, the crostini indirectly. Slice your tomatoes in half and drizzle them in a little olive oil.

Grill the tomatoes until they form a nice char on both sides; this takes approximately 15 minutes, depending on your grill. Once your tomatoes are nice and charred, put them in a deep sauce pot and place them on the stove. Using an immersion blender, blend the tomatoes together. Next, add the chicken broth and remaining ingredients, then blend until smooth. Place the pot on low to medium heat so the soup will be warm for serving.

Now, take the baguette and make 1/2-inch or smaller slices. Coat them in olive oil on both sides. Grill the crostini on indirect heat until toasted, about 2 minutes each side.

Serve the soup with the crostini on the side for dipping.

## PROSCIUTTO AND HAVARTI JALAPEÑO POPPERS



None of these are *ever* left over at my parties or tailgates. They are simple to make and easy to grill, and they aren't too spicy because the seeds from the jalapeño have been removed. I sometimes make these for dinner because I love them that much.

### Ingredients

10 jalapeños, tops cut off, with seeds and insides removed  
1 (6- to 8-ounce) package of prosciutto  
8 ounces of Havarti cheese (or your favorite type of cheese)

### Directions

Cut the cheese into lengthwise pieces the length of the jalapeños. They need to be skinny enough to fit inside the jalapeño after being wrapped with prosciutto.

Wrap each of the cheese pieces with a piece of prosciutto. (Be sure to portion out the prosciutto so you have enough for all the poppers.) After each piece of cheese is wrapped with a piece of prosciutto, stuff it inside the jalapeño as far as it will go. Repeat this process with all the poppers.

Prepare a grill for medium direct heat, about 350°F. Grill the poppers on direct heat for about 8 minutes total, 4 minutes each side, or until nice char marks form and the cheese begins to melt.

Pull off the grill and serve. These will be the hit of the party, guaranteed!

## **SALSA SKEWERS: GRILLED MANGO, AVOCADO AND PEPPER SALSA**

Nothing takes a salsa from “good” to “WOW” faster than smokiness off the grill. This was the inspiration for my salsa skewers. While I could have grilled each vegetable and fruit separately and then chopped them up, by doing the ingredients on skewers, you effectively cut out the chopping you would need to do afterward. It is also a great way merge the flavors of the ingredients on the grill.

The salsa skewers below are a mixture of chopped red and yellow peppers, seeded jalapeños, mango and red onions. Pineapple would make another great addition. This recipe is good for experimenting with what is in season!

### **Ingredients**

2 large mangos, cut into large pieces  
2 jalapeños, seeded and cut into large pieces  
1 red bell pepper, cut in small pieces for skewering (I use the mini bell peppers that come in red and yellow)  
1/2 red onion, roughly chopped into large pieces  
1 tablespoon olive oil  
1 avocado, chopped  
1 bunch of mint, chopped or torn roughly  
Sea salt and fresh cracked pepper, to taste  
1 large lime, cut in half

### **Directions**

If using bamboo skewers, presoak them for 20 minutes. Alternate mango, jalapeño, onion and peppers on the skewers. Drizzle them lightly with olive oil. Preheat your grill to medium direct heat, about 350°F. Grill them for about 10 minutes, turning at least once to achieve char marks. Take them off the grill and let them cool.

Pull the veggies and fruit off the skewers and put them into a mixing bowl. Add the chopped avocado and mint to the mixture along with the sea salt and pepper to taste. Squeeze the juice of the lime into the salsa. Mix all the ingredients to form a thick salsa.

***Note:** You may need to do some additional chopping to make the pieces smaller. If you mix this enough, it will resemble guacamole (because of the avo). The mint leaves mixed with the charred jalapeños, plus the sweetness of the mango and creaminess of the avocado, make this great as a dip for chips or as a salsa served on top of fish or chicken. It has an addictive quality!*



## CHURRASCO (SKIRT STEAK) NACHOS

Churrasco is pretty much the same as skirt steak; down here in South Florida, I usually hear the terms used interchangeably. I was first introduced to skirt steak when I was younger and lived in San Antonio and came to associate it with fajitas. All the same, it's a great thinly sliced meat best served cooked medium rare so it doesn't get tough. For tailgating season, skirt steak nachos are a quick, tasty way to serve a crowd without a lot of cooking time. This recipe serves 4.

### Ingredients

2 aluminum pie pans or a shallow grill-friendly dish  
Tortilla chips, 3/4 large bag  
1 pound skirt steak (or more)  
2 jalapeños  
1 can of seasoned black beans, drained  
1 to 2 cups grated pepper Jack or Mexican cheese blend  
Olive oil, to taste  
Sea salt and freshly ground pepper, to taste  
Cilantro, chopped  
Nonstick cooking spray

### Optional

Medium tomatoes, sliced in half, for the grill  
Thickly sliced onions, for the grill  
Arugula  
Salsa  
Sour cream  
Hot sauce

### Directions

Drizzle the skirt steak in olive oil and add lots of salt and pepper. Prepare a grill for medium-high heat, and create a direct and indirect cooking zone. Grill the skirt steak on direct heat, no more than 8 minutes until it is medium/medium rare (135°F internal temperature). You do not want to overcook the skirt steak — and remember that the meat continues to cook after it is removed from the grill.

At the same time, grill your jalapeños and, if using, the tomatoes and onion slices. In a grill-safe pot or pan, add the beans and cook on the grill. Let all of these cook as the meat cooks. When the skirt steak is done, remove it from the grill, tent it with foil and let it rest until everything else is ready.

Use two aluminum pie pans or another grill-friendly shallow dish (in a pinch, doubled-up aluminum foil could be used) and spray it with nonstick spray. Add your chips and top with the cheese, dividing it between the two plates. The more cheese, the better.

Put the dish of nachos on the grill on indirect heat and let it heat until all the cheese has melted, about 8 to 10 minutes. Pull the veggies, nachos and beans off the grill. Chop the veggies and skirt steak and put them on the nachos. Next, smother them in the beans and add chopped cilantro.

Add all your favorite toppings! I added sour cream, hot sauce and more salsa! When tailgating, you can set up a “nacho bar” and let everyone add their favorite toppings!

## Chapter 3: Sides



*Grilled Corn with Coconut Lime Butter*

I really love grilling veggies or a side dish of any kind on the grill. Seeing the beautiful char marks on a nice piece of squash makes me really happy. And veggies are so good on their own that simple additions like sea salt, freshly ground pepper or fresh-grated Parmesan really kick up their “wow” factor!

## GRILLED ROMAINE SALAD

This is one of those recipes that I'm known for within my family. Grilled romaine makes appearances all the time throughout my site, but I haven't posted this recipe since the blog's inception, so here it is.

Why is grilled romaine my go-to side dish? It's quick and easy and yields flavorful results every time. Because the grill caramelizes the lettuce, there's no need for added dressing, which makes it low in fat and calories and high in flavor! Only a few simple ingredients are used in this recipe: sea salt, freshly ground pepper, olive oil and FRESH-grated Parmesan cheese (no canned stuff!). Serves 4.

### Ingredients

4 romaine hearts  
2 tablespoons olive oil (give or take)  
Sea salt, to taste  
Freshly ground black pepper  
Parmesan cheese, or another hard, aged cheese

### Directions

Prepare your grill for direct heat. Rinse and dry the romaine hearts, then drizzle with olive oil, sea salt and pepper. Grill the romaine hearts on direct heat for 3 to 4 minutes each side, or until char marks form and the lettuce begins to wilt. Remove the hearts from the grill and grate a generous amount of Parmesan on the hearts. You can also add a little more olive oil if you like. For a crowd, chop up the romaine hearts and put them in a bowl to serve as a large salad. I serve one heart per person on the side of the main course.

This dish is super easy and people always think you are the most creative person on earth when you serve it. Most people don't think of grilling lettuce, which is why this is such a fun dish to serve — it's always a welcome surprise at the dinner table!

## **BASIL BUTTER TEXAS TOAST**

This is one of my most popular recipes by far, and it's so easy! I make grilled Texas toast all the time at my Women's Grilling Clinics and these are supremely addictive — there are never any leftovers. It's surprising how easy it is to make creative compound butters with whatever herbs you have on hand, and the bread gets beautiful char marks on the grill. Texas toast loaded in butter is by no means a “healthy” option, but sometimes you just have to give in to temptation and let yourself have a piece. Serves 4.

### **Ingredients**

1 loaf French, Italian or Cuban bread, sliced into 2-inch pieces  
Basil compound butter, recipe below

### **Directions**

Take a loaf of your favorite type of bread and slice it into 4 to 6 (or more, depending on how many pieces you want to make) 2-inch pieces. Spread them generously with the compound butter.

While cooking your meat or other entree on the grill on direct heat, put your bread on indirect heat until char marks form. You *can* put the Texas toast on direct heat — directly above the coals or gas burner — but you need to watch them very carefully to ensure the pieces do not burn. Figure no more than 1 minute per side. Texas toast is done when the bread starts to get slight grill marks and the butter turns golden brown.

## **BASIL COMPOUND BUTTER**

A compound butter is simply butter whipped with your favorite ingredients. Get creative and use your own herb/ingredient combination to complement your meal!

### **Ingredients**

1 stick butter  
3 whole garlic cloves  
1 heaping tablespoon of minced fresh basil  
Sea salt, to taste

### **Directions**

Let the butter come to room temperature. Do *not* melt it in the microwave or it will change the texture of the butter. Combine the butter and the rest of the ingredients in a food processor and pulse to puree the ingredients. Put the butter mixture in an easy-to-access container and store in the refrigerator.

## **BLUE CHEESE AND HERB STUFFED TOMATOES**

I'm always looking for fun veggie side dishes to put on the grill to complement whatever main course I am making. Tomatoes, stuffed with blue cheese, grilled to melted, then charred to perfection are the perfect complement to a nice steak. Throw in some fresh herbs, a dash of balsamic vinegar and some freshly grated sea salt and pepper, and you have yourself the perfect grilled side dish that is as colorful on the plate as it is tasty! Serves 4.

### **Ingredients**

4 medium tomatoes  
6 ounces blue cheese, crumbled  
1 bunch fresh herbs (oregano and basil work well)  
1 tablespoon balsamic vinegar  
Sea salt, to taste  
Freshly ground pepper, to taste

### **Directions**

Scoop out the middle of the tomatoes so there is adequate room to stuff them. Layer cheese, herbs and a splash of balsamic in the middle. Finish with salt and pepper. Grill on a medium-heat grill of at least 350°F until the cheese melts and the tomatoes begin to slightly char on the bottom, about 5 minutes. Keep the grill cover closed while grilling to retain heat. Add additional cheese and herbs if you like before serving. Pair the tomatoes with your favorite main course for a nice, colorful presentation!

## GRILLED CORN WITH COCONUT LIME BUTTER AND PEPPER JACK CHEESE



Ahhh ... grilled corn. Grilled corn is one of my favorite veggies on the grill and it's the perfect vehicle to dress up with a sassy compound butter. I usually grill corn with the stalks on to help steam the corn, but I've been having this Mexican-style grilled corn at the taco shack down the street and they grill the kernels directly over the flame. I was inspired to try the corn this way and it turned out great — nicely charred and smoky, and full of buttery flavor.

As for the butter, well, it doesn't get any better than coconut plus lime juice with a little sea salt added in. I basted the corn generously with butter during the grilling process and finished the ears with grated pepper Jack cheese. In life, sometimes the simplest things are the best, and that is true for this recipe! Serves 4.

### Ingredients

4 ears of corn, with “fuzz” removed from the inside and husks removed or pulled back for grilling  
4 ounces pepper Jack cheese, grated

### Coconut Lime Butter

2 sticks of butter, softened  
Juice of 4 limes  
Zest of 4 limes  
2 tablespoons grated coconut  
Sea salt, to taste\*

### Directions



Mix all the ingredients for the coconut lime butter together with an emulsion blender. Set aside.

Next, preheat your grill to medium-high heat. I always create two cooking zones, direct and indirect, so that I can place items on the indirect side when they are getting too hot or charred.

With your corn husks removed or peeled back, baste the corn generously with the coconut lime butter and place them on the grill on direct heat. Let cook for 8 to 10 minutes per side or until the kernels begin to brown. Turn the corn occasionally so that all sides get cooked — cook a total of 20 minutes. Remove the corn from the grill and sprinkle with pepper Jack cheese.

*\* I just put in a dash because I wanted to use the leftover butter on my toast for breakfast and didn't want it overly salty. The salt is up to you.*

## HERBED GRILLED SQUASH AND ZUCCHINI



When I'm grilling, I always have a veggie I grill at the same time as the meat. This is part of my "Meal on the Grill" concept, in which I do everything on the grill, start to finish. Grilling veggies gives them a great char and flavor without having to add a lot of fat. I make a simple marinade and finish with a lot of freshly grated Parm — these are always a hit! The cold squash and zucchini are great the next day served with a salad or added to other dishes such as pizza. Serves 4.

### Ingredients

- 3 yellow squash, sliced lengthwise into 1/4-inch slices
- 3 zucchini, sliced lengthwise into 1/4-inch slices
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 4 cloves garlic, finely chopped
- 1 handful chopped fresh herbs (basil, oregano, thyme or whatever you have on hand)
- 1 to 2 teaspoons sea salt, or to taste
- 1 teaspoon freshly ground pepper, or to taste
- 1/4 cup freshly grated Parmesan

### Directions

Drizzle the sliced veggies with balsamic vinegar and olive oil, then top with the garlic, fresh herbs, sea salt and pepper in a shallow baking dish. Toss to coat evenly. Grill on medium direct heat until char marks form. Once they're off the grill, sprinkle them with freshly grated Parm.

Great served hot or cold, as a cold antipasto salad the next day with meats or added to a traditional salad.

## **MAPLE-GLAZED GRILLED CARROTS**

Grilled carrots are super easy to make and are a nice addition to any meal, as they get nice char marks and add color to your plate. Try rainbow carrots, an heirloom variety that comes in purple, white and yellow, for a fun and colorful alternative to your average orange variety. Serves 4.

### **Ingredients**

8 to 10 carrots, tops removed and sliced lengthwise into 1/4-inch-thick pieces  
1 tablespoon olive oil  
Sea salt and freshly ground pepper, just a dash  
2 tablespoons maple syrup

### **Directions**

Prepare a grill for medium-high heat, about 350°F. Next, in a shallow baking dish, drizzle the carrots with olive oil, sea salt and pepper. Add the maple syrup and toss the carrots to coat them evenly.

Grill the carrots on direct heat until nice char marks form and they can easily be punctured with a fork, about 6 to 8 minutes.

## **GARLIC ROSEMARY STEAMER PACKET POTATOES**

Steamer packets are a great method for making a side dish while using all parts of your grill. While you're grilling your main course, the steamer packet can do its thing on the other side of the grill. Because the potatoes are cooked in foil, there is minimal cleanup, which is always a bonus! Serves 4.

### **Ingredients**

2 or 3 large potatoes, thinly sliced  
2 cloves garlic, chopped  
1/2 cup thinly sliced sweet onion  
2 tablespoons butter  
1 tablespoon water  
2 sprigs' worth of rosemary leaves, chopped  
Sea salt, to taste  
Freshly ground black pepper, to taste

### **Directions**

Roll out two pieces of aluminum foil to a width of about 2 feet each, and lay them on top of each other. Layer the potatoes, garlic, onions in the middle of the foil sheet while leaving enough room on two sides to roll the foil together into a "packet." Add the butter, water (the water helps steam the potatoes), rosemary, salt and pepper. Roll up the side of the foil into a "packet" and seal all the edges so that steam cannot escape.

Put the steamer packets over medium direct heat on the grill and let them bake for 15 minutes. Switch them to indirect heat for another 15 minutes, or until the potatoes are tender and can easily be poked with a fork. If you plan to use the grill for other items, put the potatoes on first so they have plenty of time to cook.

## SAGE BUTTER BRUSSELS SPROUTS WITH PROSCIUTTO



I don't know why Brussels sprouts get a bad reputation. If you cook them the right way, they are delicious! This recipe is made in a cast-iron skillet on the grill, which infuses the sprouts with a nice smoky flavor. But you can easily make them on the stovetop as well.

The sage butter adds a nice flavor, while the prosciutto perfectly salts the Brussels sprouts; prosciutto is salty on its own, so there's no need to add extra salt. Once you've made a batch of sage compound butter, you can use it on other things: Texas toast, basting meat — wherever you use butter! Makes 4 small or 2 large servings.

### Ingredients

1 pound Brussels sprouts, stems removed, and halved so they cook evenly  
2 ounces chopped prosciutto  
1/2 stick butter, softened  
2 tablespoons chopped fresh sage  
1/4 cup rice wine vinegar  
1 teaspoon freshly ground pepper

### Directions

Using an emulsion blender, mix the butter with the sage. Set aside. (If you do not own an emulsion or stick blender, finely chop the sage and mix with the butter by hand.)

Prepare your grill for direct and indirect cooking zones. Place your cast-iron skillet on indirect heat but very close to the direct cooking zone. If using your stovetop, place your skillet on medium to medium-high heat. Add half of the sage butter (1/8 cup) to the skillet. Add the

Brussels sprouts and coat them in the butter, stirring frequently so they don't stick to the pan. Add the rice wine vinegar. Next, add the chopped-up prosciutto. Let the sprouts cook for about 15 to 20 minutes or until the liquid has cooked down and the sprouts are cooked all the way through. They will be bright green in color when done. You will have sage butter left over to serve with the sprouts.

Serve with full confidence that your family will *love* these Brussels sprouts. I have full confidence that these will turn Brussels sprout haters into Brussels sprout lovers. Prepare to say, "I told you so."

## **CURRIED ACORN SQUASH**

Acorn squash is a hearty fall vegetable, and it pairs nicely with brown sugar and a little curry spice. This is a great side dish to serve during the holidays because it pairs well with poultry and requires minimal prep and cooking time. Serves 2 to 4.

### **Ingredients**

1 acorn squash  
1 tablespoon olive oil, or to taste  
Sea salt and freshly ground pepper, to taste  
1 tablespoon brown sugar  
1 heaping tablespoon curry powder

### **Directions**

Make sure your grill is well-oiled and preheat to medium-high heat, about 350°F. Cut the squash in half lengthwise and remove the seeds. Next, slice the halves lengthwise, into 1-inch-thick slices/rings. Drizzle the rings evenly with olive oil, salt and pepper, and then add the brown sugar and curry powder. Toss to coat.

Grill for 10 to 15 minutes or until the squash pierces easily with a fork and the outsides have started to caramelize.



## CHIPOTLE CILANTRO COLESLAW



This is the only recipe in this book that isn't made on the grill. However, I feel that grilled meats go so perfectly well with a good coleslaw that I included this recipe for you to try. This is my go-to coleslaw recipe. Let me know what you think — I promise you won't be disappointed.

The mix of cilantro, lime juice, chipotle peppers and crisp apples makes for an exotic coleslaw that pairs awesomely with fish, pulled pork and just about anything. Plus, it is made with nonfat yogurt and low-fat mayo so it's a low-guilt recipe! My friend Steve has eaten an entire batch of this slaw in one day, so I will take that as a compliment. Serves 4.

### Ingredients

- 1 medium apple or pear (skin on), finely chopped
- 3 tablespoons chopped fresh cilantro (you cannot use dried cilantro, or coriander)
- 1/4 cup chopped sweet onion, about half of a small onion
- 1 to 2 chipotle peppers in adobo, chopped (add more if you like spice!)
- 1/4 cup mayonnaise (I prefer light mayo; you can't tell the difference in this recipe)
- 1/4 cup nonfat plain yogurt or nonfat sour cream
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon or lime juice (add more to taste if the slaw is too dry)
- 1 tablespoon sugar or Splenda (I use Splenda — the lower the calories, the better!)
- 1/2 head green or red cabbage, or half a bag of shredded cabbage mix

### Directions

I mix all the wet ingredients first, and then add the sugar, grated apple, peppers, cilantro and remaining ingredients. Toss in the cabbage at the end. Let this slaw sit for 30 minutes to marinate before serving.

## Chapter 4: Meats and Main Courses



*Cilantro Lime Beef Satay*

If you're watching your calories or trying to eat "healthier," there is no better cooking method than grilling. The grill adds so much flavor that there isn't need for much more than a few basic ingredients like olive oil, sea salt and freshly ground pepper for high-quality cuts of meat. It is also surprisingly easy to eat meat-free from the grill. I love a grilled pizza loaded with seasonal veggies, or a meaty Portobello mushroom paired with a big salad. Many of the marinades used in the recipes in this chapter work well on tofu and tempeh, so get creative!

## **PART 1: CHICKEN**

### **CHIPOTLE SRIRACHA BUFFALO WINGS WITH BLUE CHEESE DIP**

This is a fun and easy dish to serve when you have people over, as wings are universally likable and easy to make. With blue cheese sauce, these wings are the perfect easy dinner or appetizer to serve while hanging outside, entertaining friends, tailgating or watching a game. I make them for an easy dinner all the time and my husband never complains!

#### **Ingredients**

1 (3-pound) bag of chicken drumettes (I usually buy the frozen ones and defrost them as needed)  
1 cup Frank's Hot Sauce (not that hot and is supposedly the first original buffalo wing sauce)  
1/4 cup Sriracha sauce  
4 chipotle peppers in adobe sauce, chopped  
1 teaspoon adobo sauce (from the canned chipotle peppers)  
4 to 5 cloves garlic, minced  
Sea salt and freshly ground pepper, to taste

#### **Directions**

Throw all the ingredients (sans chicken) into a gallon-sized zipper bag, seal the bag and shake it around to mix the ingredients. Add the chicken wings. Let the chicken marinate in the fridge for at least 30 minutes.

Cook the chicken on a medium-hot grill for about 10 minutes on each side — this will vary depending on your grill, the size of the wings, etc. — or until done. Baste the chicken with sauce while it cooks.

Serve the wings with Scott's blue cheese dip to help cool down the heat. See recipe below.

#### **Scott's Blue Cheese Dip**

1 (12-ounce) container low-fat sour cream  
1 teaspoon olive oil  
1 (4-ounce) container blue cheese (the better the cheese, the better the dip)  
4 cloves garlic, minced  
1 tablespoon dry mustard  
Lots of freshly ground black pepper and sea salt

Combine all ingredients and refrigerate until ready to serve with the wings. This dip also is great served with potato chips and celery sticks, or as a salad dressing.

## BEER CAN CHICKEN

This is a great meal to make for 4 to 6 people and provides you with a good hour outside for beer drinking, should you want to check on the chicken every so often.

The can of beer serves two purposes: It helps prop the chicken up on the grill, and makes the chicken moist because the liquid gets hot and evaporates into the meat.

### Ingredients

1 whole roasting chicken  
1 regular-sized can of beer, half-full  
1/2 cup olive oil  
1/2 cup all-purpose barbecue rub  
Onion, peppers, fresh herbs and/or garlic for stuffing into the chicken (use what you have on hand)  
Freshly ground black pepper and sea salt

### Directions

Remove the neck and gizzards from the chicken. Then, take the olive oil and coat the entire chicken, both inside and out.

Rub the chicken inside and out with freshly ground pepper and sea salt. Then, repeat with the rub. Stuff the neck of the chicken with fresh herbs, onions, garlic or anything you have in the fridge that might be a good addition (scallions, peppers, etc).

Preheat a grill for indirect heat, and let it get to about 250°F.

Drink a little less than half the beer. I use a light beer, but use whatever you like — and you can experiment with seasonal beers such as a summer ale or an Oktoberfest brew. The beer can will assist in holding up the chicken. Place the beer can up into the cavity of the chicken. You can tuck the legs of the chicken behind, which will also assist in holding the chicken up.

Cook the chicken for about 1 hour and 30 minutes. Adjust the cooking times for the size of your chicken, but be sure to cook it until the internal temp reaches 160 to 170°F.

## GRILLED JERKED CORNISH GAME HENS

Cornish game hen sounds kind of fancy, like something you might serve at a dinner party, but really, they are just mini chickens. One game hen feeds two people, and by removing the backbone (a procedure also known as “spatchcocking”), you can grill them flat and therefore more evenly on the grill. This spicy jerk marinade is the perfect complement to these guys and it’s worth the effort of making from scratch. If making on your own and handling the hot peppers, be sure to wear gloves and goggles. These guys are potent! If you are short on time, grocery stores have plenty of good jerk marinades on the shelves. Serves 4.

### Ingredients

2 game hens, backbone removed (your butcher can do this for you)

### Jerk Marinade Ingredients

1 large bunch scallions, roughly chopped  
1 red bell pepper, insides removed and roughly chopped  
1/4 cup extra virgin olive oil  
1/4 cup lime juice  
6 whole cloves garlic  
2 tablespoons minced fresh thyme  
1 tablespoon ground allspice  
1 tablespoon grated peeled ginger  
1 tablespoon packed dark brown sugar  
1 Scotch bonnet pepper or 2 habañero peppers\*  
1 tablespoon sea salt or kosher salt  
Freshly ground pepper, to taste

*\* When working with hot peppers, it is important to take proper safety precautions. Scotch bonnet and habañero peppers are extremely hot, so it is recommended to wear gloves and even goggles — and definitely don’t touch your face after handling.*

### Directions

Combine the marinade ingredients in a food processor to make a thick sauce. Reserve 1/4 cup of the sauce in the refrigerator for serving with the hens later.

Season the hens all over with salt and pepper; poke a few holes into the meat so the marinade can penetrate the bird. Rub 1 cup jerk sauce all over the hens in a large bowl or pan, then cover and let them marinate in the refrigerator for 2 to 4 hours.

Preheat the grill to medium.\*\* Cook the hens on the grill until browned on each side, at least 7 to 8 minutes per side. While they’re grilling, baste the hens with any extra jerk sauce. The hens will be done when a meat thermometer inserted into the thickest part reads 160 °F.

I served the hens with saffron rice (yellow rice) and grilled vegetables. Guests went crazy over this dish and went back for seconds. Yours will, too!

*\*\*Some recipes call for brick covered in foil or a metal press on the grill to flatten the hens and make them extra crispy. I did not do this. I only butterflied the hens — and after marinating in the fridge for 2 hours, they were pretty flat already.*

## JALAPEÑO PESTO CHICKEN

I love jalapeños. Although I am a confessed heat addict, jalapeños are extremely good for you, too! Jalapeños have more vitamin C than an orange and they are packed with vitamin A as well, so feel good about eating this recipe. And if you don't like heat but you like the pepper flavor, take the seeds out and this marinade will have very little heat.

This is a loose interpretation of the term "pesto." Instead of basil, I use cilantro paired with jalapeños and lime juice to make my "triple crown" of favorite flavors. This pesto would be equally great on grilled veggies or as a dip paired with tortilla chips. Serves 2 to 3.

### Ingredients

6 chicken legs

### Pesto Ingredients

1 bunch cilantro, stems removed  
4 jalapeños (If you don't like heat, remove the seeds)  
5 cloves garlic  
1 tablespoon olive oil  
1 tablespoon sea salt  
1 teaspoon pepper  
3 limes

### Directions

Use a food processor or emulsion blender to mix all of the pesto ingredients together except the limes. Next, zest the limes for lovely lime goodness, and add to the mixture. Next, cut the limes in half and juice them directly into the processor. Mix in the food processor until all the ingredients are mixed uniformly.

Combine the chicken legs and the mixture and marinate for up to 4 hours and a minimum of 30 minutes.

Grill the chicken on a medium-high grill, about 350°F, for approximately 7 to 8 minutes on each side or until the meat reaches an internal temp of 170°F (use a meat thermometer — don't try to guess!).

I paired the chicken with quick and easy [Grilled Romaine](#) and [Texas Toast](#) for a satisfying and easy meal.

## STUFFED MOJO CRIOLLO CHICKEN

Mojo Criollo is the traditional Cuban garlic and sour orange marinade that is used on everything — pork, chicken or beef. It is an excellent all-purpose marinade great for a weeknight meal when time is minimal.

The technique of stuffing chicken thighs can be used with lots of different ingredients and is a great way to use up leftovers. Chicken thighs are inexpensive, easy to stuff and are among the more moist parts of the chicken. Serves 4.

### Ingredients

1 pound boneless chicken thighs  
1 to 2 cups mojo criollo marinade (I recommend Badia or Goya brands)  
1/2 tomato, sliced  
4 ounces pepper Jack cheese (or your preference), sliced  
2 jalapeño peppers, seeds removed and sliced to form rings  
Fresh cilantro sprigs  
Toothpicks, soaked in water

### Directions

Marinate the chicken in mojo criollo marinade for 30 minutes or more.

Preheat your grill to medium or medium-high heat, or about 350°F. Meanwhile, take your chicken thighs and spread them out on a cutting board. Place sliced tomato, cheese, jalapeño and a sprig of cilantro in the middle of each piece of chicken.

Next, fold the chicken over on one side so the toppings are covered by the other half and secure it with toothpicks to keep it closed. This keeps the stuffing neatly inside the “chicken pouch” you’ve created with the toothpicks.

Cook the chicken on direct heat for about 7 minutes on each side or until the internal temperature reaches 165°F. Tent under foil for 10 minutes before serving.

This chicken melts in your mouth!



## GRILLED CHICKEN SATAY SKEWERS WITH THAI PEANUT SAUCE

This recipe is a derivation from “Mastering the Grill: The Owners Manual for Outdoor Cooking.” The Internet has many recipes for peanut sauce for chicken satay, but what I like about this one is that it is pretty streamlined, the ingredients are easy to find (no need to go to a specialty market) and it uses coconut milk, one of my *favorite* ingredients! Serves 4.

### Ingredients

Skewers, soaked in water for at least 30 minutes if you’re using wooden ones

1.5 cups coconut milk

1 cup peanut butter

2 tablespoons Thai fish sauce

3 cloves garlic, minced

2 tablespoons Sriracha hot sauce

4 tablespoons fresh mint leaves

4 tablespoons fresh lime juice (or the juice of 5 limes)

Zest of 2 limes

4 tablespoons rice vinegar

4 chicken breasts, cut into 1-by-1-inch chunks for skewering

Arugula, for serving

### Directions

Combine all the ingredients except the chicken and arugula to make the peanut sauce. Combine the chicken with half of the sauce or enough to coat — be sure to reserve some for serving later — and let the chicken marinate for at least 15 minutes.

Thread the chicken on the skewers. Heat your grill to medium, or 350°F.\* Grill the chicken 2 to 3 minutes per side, or until the internal temp has reached 165°F. Tent the meat for 5 minutes and then serve with additional sauce. Place the skewers on a bed of arugula and serve with extra satay sauce for dressing. Yum!

*\*Be sure to oil your grill well, as the marinade makes this chicken extra sticky and more likely to stick to the grill.*

## GRILLED CHICKEN ENCHILADAS

This recipe puts a Mexican spin on your average grilled boneless chicken breasts. The chicken is grilled, then finished in a pan of enchilada sauce. You'll need two 8-inch-by-8-inch aluminum pans for roasting the chicken. Serves 4.

### Ingredients

4 boneless chicken breasts  
2 poblano peppers  
2 (10-ounce) cans enchilada sauce  
1 (8-ounce) block of pepper jack cheese, grated (or buy it already grated)  
8 flour tortillas

### Directions

Preheat a grill to medium-high heat and create both a direct and indirect cooking zone. The chicken will first be grilled on direct, and then submersed in the enchilada mixture on indirect.

After the grill is heated, add the poblano peppers to the grill first because they take the longest to cook. Grill them until they are nicely charred on both sides. After the poblanos, put the chicken on the grill and cook for about 6 to 8 minutes on each side. (The poblanos will still be on grill when you add the chicken.)

Put one can of enchilada sauce in each aluminum pan. Put the pans on the indirect part of the grill and let the sauce get hot. Transfer the chicken once it is 75 percent done (at least 140°F internal temp) into the two enchilada sauce pans, 2 chicken breasts per pan. Pull the peppers off the grill and take them inside. Place them in a paper bag to steam them for a few minutes; this makes the skin easier to remove.

Remove the skins and slice the poblano peppers, then divide them equally atop the chicken breasts. Top the chicken with the cheese. While the cheese on the chicken melts, toast the flour tortillas on the grill. Once the cheese is good and melted, the tortillas should also be ready to take off the grill.

Serve the chicken breasts with ample amounts of sauce, and grilled tortillas for mopping up all the yummy sauce. Salud!

## BBQ CHICKEN MINI PIZZAS



I've had barbecue sauce on the brain lately, probably because I get sent a lot of barbecue sauce and I'm always trying to incorporate it into new recipes. So, what to do with all that lovely barbecue sauce?

Make BBQ Chicken Pizza, of course. This pizza calls for three rounds of barbecue sauce in different components, so you can mix and match your favorite flavor profiles and see if they play nicely together. On this occasion, I used what I had on hand, as I don't like to let good barbecue sauce go to waste. Then I basted the onions with barbecue sauce to make them get crispy while they grilled. I then used more barbecue sauce for dipping at the end. This recipe is great for finishing up all those half-empty (or half-full, if you are an optimist!) bottles of barbecue sauce in the fridge. (If you are like me, condiments and sauces take up half your fridge!)

### Ingredients

- 1 package pizza dough (the kind you buy in the refrigerated section (look for the *thin crust*)
- 2 bottles barbecue sauce, poured into bowls for spooning on pizza and brushing on onions
- 1 Vidalia onion, cut into 1/4-inch slices
- 2 cups Gouda, Colby Jack or American cheese, shredded
- 1 pound chicken cutlets

### Directions

Preheat a gas grill to medium. Oil the grates with canola oil and make sure they are well-coated so the chicken and pizza dough don't stick.

Marinate the chicken cutlets in barbecue sauce for 15 minutes in advance (if time permits) and grill at 350 to 400°F until the internal temp reaches 165°F; baste with additional barbecue sauce for extra flavor. Grill the onions, glazing them in barbecue sauce, until they begin to get crispy. Remove the chicken cutlets and tent under foil. After they have rested, slice them into pieces.

In the meantime, dust the cutting board with flour or cornmeal so the dough does not stick. Roll the pizza dough out into one gigantic square (which is usually the size of a medium or large cutting board). Next, take your dough and cut it into 10 to 12 squares with kitchen shears.

Place the dough pieces on a well-oiled grate on medium heat. Cook for 3 to 4 minutes or until char marks form. Turn the heat down to medium (on a charcoal grill, close the vents) and flip the pizza pieces. Now start adding toppings. Spoon a generous amount of barbecue sauce, cheese, sliced chicken and onion pieces onto each mini pizza. Close the lid and let the cheese melt into the toppings, about 3 to 4 minutes. Once the cheese has melted, remove the pizzas and serve immediately.

## SZECHUAN PEPPER WINGS WITH THAI PEANUT SAUCE



I've been intrigued by Szechuan peppers because they've made a resurgence back in the United States after a long absence. They are a staple of Chinese cooking but were banned in the U.S. from 1968 to 2005 because they had the potential to carry canker.

The Szechuan pepper is not actually a peppercorn at all like the black and white peppercorns we are familiar with; instead, it's the dried berry husk found on the prickly ash tree. The taste is surprising and invigorating. Not hot in a typical sense, it has citrus undertones and causes a slight numbing sensation on the tongue. This is the basis for the wings, paired with a sweet and slightly spicy Thai peanut sauce. This wing recipe is not spicy in the traditional sense, but it has the pungent citrus/electric shock of the peppercorns paired with the sweetness of the Thai peanut sauce. You will find that these wings are supremely addictive — serve them with extra sauce for dipping.

### Ingredients

20 wings, about 1.5 to 2 pounds

1/2 bottle or 5 ounces ponzu sauce, a little over 1 cup

2 tablespoons ground Szechuan peppercorns (I used my coffee grinder to grind them)

1 batch of [Thai Peanut Sauce](#), cooled to room temperature (If you are in a major time crunch, you can, of course, buy bottled Thai peanut sauce, but it will not be the same.)

### Directions

Marinate the wings in the ponzu sauce for at least 30 minutes. While marinating, make the peanut sauce, and preheat a grill to medium-high heat. Oil the grill grates so the wings do not stick. Remove the wings from the marinade and sprinkle with 3/4 of the Szechuan pepper,

coating all sides. The Thai peanut sauce makes a large batch; pour about 1.5 cups into a bowl to take to the grill for brushing on the wings while grilling.

Grill the wings, brushing with generous amounts of sauce, until the internal temp has reached 170°F. Tent the wings under foil for 10 minutes. Sprinkle the wings with the remaining Szechuan pepper before serving. Serve with more Thai peanut sauce for dipping. This recipe will make you want to slap your momma, it's so good! (I would never, of course, slap my momma, but the expression fits here because these wings are that good!)

The leftover sauce is great on rice dishes, salads, pasta — just about anything!

## **BUFFALO CHICKEN SLIDERS WITH BLUE CHEESE DIP**

For weeknight meals, I'm always searching for something fun and creative to make that doesn't take a lot of prep and cook time. Many of you know I spend a lot of time commuting from work so lengthy recipes don't work for me on weekdays because we don't like to eat at 10 at night!

This recipe is great for others in the same boat. Many of my grilling clinic attendees have told me that "sliders" are perfect for kids because they are the right size and they don't take a long time to cook on the grill. This tasty dish is appealing to adults and kids alike! Serves 2 adults.

### **Ingredients**

1 packet chicken cutlets (i.e., tenders)  
1.5 cups wing sauce or hot sauce (use mild wing sauce if you don't like heat)  
1 package rolls or slider buns  
Sandwich dill pickles  
Arugula  
Olive oil

### **Blue Cheese Dip Ingredients**

1 (12-ounce) container sour cream  
1 (4-ounce) container blue cheese (the better the cheese, the better the dip)  
2 tablespoon minced garlic  
1 tablespoon dry mustard  
Lots of freshly ground black pepper and sea salt

### **Directions**

Give the tenders a quick drizzle of olive oil and a dash of salt and pepper. Add enough sauce to coat all the tenders in a medium to large bowl. Let them marinate for at least 15 minutes in the fridge.

Heat the grill to medium/medium-high heat, or 350°F, while the chicken marinates. Meanwhile, make the dip by combining all the ingredients; store it in the refrigerator.

Grill the tenders on direct heat for 3 minutes per side or until a thermometer reaches an internal temp of 165°F. Baste with additional wing sauce.

Serve the tenders on buns with blue cheese dip, arugula, pickles and extra wing sauce. Serve with additional arugula as a side dish with blue cheese dip as the dressing. On the table in less than 30 minutes!

## **JERKED SPATCHCOCKED CHICKEN**

Spatchcocked is really just a funny way of saying grilled, butterflied chicken. Much as you need to butterfly a Cornish game hen (which is a small chicken) so it lies flat on the grill, you need to do the same with a whole chicken. Removing the backbone allows the bird to lie flat so it cooks more evenly. I'd recommend buying the chicken at a butcher who can do this for you! Otherwise, use kitchen shears to cut out the backbone and then press down on the chicken with the palm of your hand to help flatten the bird.

Seasoning pastes are spices mixed with a little liquid. They are perfect for spatchcock chicken because the paste can easily be applied under the skin for flavor and then again on top of the skin for a crispy crust! Talk about extra FLA-VAH!

### **Ingredients**

1 large chicken, with the backbone removed so it lies flat on the grill  
1 recipe jerk paste, below

### **Jerk Paste Ingredients**

(This is adapted from Bill and Cheryl Jamison's original recipe featured in "Rachael Ray" magazine in June 2010.)

1/2 cup chopped onion  
4 scallions  
1 tablespoon allspice berries (ground is OK, too)  
1 tablespoon black peppercorns  
2 teaspoons dried thyme (fresh is even better)  
2 teaspoons cinnamon  
1 teaspoon ground sea salt  
1 teaspoon sugar  
1 to 2 teaspoons haba ero hot sauce (if you like spice, add more)  
3 tablespoons olive oil

### **Directions**

Puree all the jerk paste ingredients in the order they are listed, gradually adding the olive oil at the end. Puree until the paste reaches a uniform consistency.

Use your finger and loosen the skin on the bird, but be careful not to tear it. Rub the seasoning paste under the skin all over the chicken and then repeat on the outside of the skin. Cover the bird or put it in a resealable zipper bag and let it marinate in the fridge for at least 24 hours.

Preheat your grill to medium, about 350 F. Grill the bird, pressing it as flat as possible and flipping/arranging it every so often so no side gets too charred (at least every 10 minutes). Total cooking time should be 35 to 40 minutes. After the bird reaches an internal temp of 170 F at its



thickest point, remove it from the grill and cover with foil. Let the bird rest for at least 10 minutes before cutting so it has time to reabsorb juices.

Serve with coleslaw, [Grilled Romaine](#), [Texas Toast](#) or your favorite grilled veggies. If you make this for your family, they will think you are a grilling god/goddess!

## PART 2: BEEF/RED MEAT

### CILANTRO LIME BEEF SATAY WITH NAAN AND A SOUR CREAM DIPPING SAUCE



Everyone knows I really like making skewers. I mean, who doesn't love meat on a stick? Well, the word *satay* is an Asian way of saying "meat on a stick." This recipe combines all my favorite ingredients — lime juice, cilantro and jalapeños. I guarantee this will make it into your top five marinades once you make it. Yes, it's that good. The longer the meat marinates, the more flavor and cilantro lime goodness it has! Makes 4 servings.

#### **Ingredients**

12 bamboo skewers (soak in water for 30 minutes beforehand)  
1 pound beef sirloin, cut into 1-inch-wide, 1/4-inch-thick slices  
1 package of naan, pita or flatbread, enough for 4 "wraps"  
1 tomato, diced  
2 cups arugula

#### **Marinade Ingredients**

1/3 cup soy sauce  
1/4 cup freshly chopped cilantro  
2 tablespoons lime zest  
1 tablespoon lime juice (the juice of 1 medium lime)  
4 teaspoons fish sauce  
1.5 teaspoons dark brown sugar

1 teaspoon canola oil  
3 cloves garlic, chopped

### **Dipping Sauce Ingredients**

1/2 cup low-fat sour cream or Greek yogurt  
1/4 cup minced cilantro  
1 tablespoon lime juice (or the juice of one medium lime)

### **Directions**

Puree all the marinade ingredients with a hand mixer or food processor until the mixture forms a paste. Combine the marinade and beef in a nonreactive container and marinate in the refrigerator for 4 hours. Thread the beef strips onto presoaked bamboo skewers.

Combine the dipping sauce ingredients and refrigerate until you're ready to serve.

Preheat a charcoal grill to medium-high heat, about 350 to 400°F. Grill the skewers for 3 minutes on each side or until char marks form. These are thin slices of meat so they don't need much time on the grill.

Grill the naan or pita bread for 30 seconds each side to warm them. Serve the skewers placed inside the naan or flatbread. Remove the skewers and add the cilantro/lime dipping sauce, arugula and diced tomatoes. Enjoy your Asian-inspired "taco"!

## CHILI LIME SKIRT STEAK FAJITAS



These fajitas are among my favorite things to make. I lived in San Antonio when I was younger and was spoiled by good Tex-Mex at a young age. While many people will make their fajitas with flank steak, Texans know that a fajita is only a fajita when made with skirt steak. In fact, the word *fajita* is a derivation of the Spanish word *faja*, which translates to “belt” or “girdle” in English. A skirt steak comes from the lower central area of the cow, specifically from the plate to rib area. This inexpensive cut of meat is great paired with this citrus-chili marinade that tenderizes while adding flavor and zest!

Enjoy these fajitas with your favorite toppings and a large margarita to feel like a true Texan, even if you live elsewhere. Serves 2 to 3.

### **Ingredients**

1.5 to 2 pounds skirt steak  
1 onion, sliced in thin strips  
2 large bell peppers — red, green, yellow or orange — sliced in strips  
Olive oil  
8 tortillas

### **Marinade Ingredients**

2 tablespoons fresh lime juice  
2 tablespoons olive oil  
1 teaspoon ground chipotle pepper  
1 tablespoon fresh cilantro

1 tablespoon lime zest  
2 cloves garlic, minced

### **Toppings**

(These can vary depending on what you like!)

1 tomato  
1 avocado, sliced in half, sprinkled with lime juice and sea salt  
1 jalapeño  
2 limes, sliced  
1 package queso fresco (white Mexican cheese), crumbled  
1/2 cup sour cream  
1 cup chopped cilantro  
Sea salt, to taste  
Pepper, to taste

### **Directions**

Combine all marinade ingredients in a stick (emulsion) blender or food processor.

Marinate your skirt steak for at least 1 hour and up to 5 hours.

Preheat your grill for medium direct heat, about 350 to 400°F. Using a cast-iron skillet, put the skillet on the grill and add olive oil. Once the oil gets hot, add the onion and peppers to sauté on the grill.

Grill the skirt steak on direct heat for 4 minutes per side, or until it begins to lightly develop char marks. Be careful not to overcook, as this is a thin cut of meat (also keep in mind that the meat continues to cook after it's taken off the grill). Tent the meat in foil for 5 minutes after removing from the grill. Once the onions are translucent, the veggies are ready to come off the grill.

Grill your favorite toppings for extra smoky goodness! While the meat is resting, grill the tomato, jalapeño, avocado and limes until they develop nice char marks. This is going to add even more smoky flavor to your fajitas! Take the veggies off and heat the tortillas for 10 seconds on each side, just long enough to get them warm.

Slice the meat against the grain for your fajitas. Serve with your sautéed peppers and onions, sliced fire-roasted tomatoes, avocado slices with lime, fresh cilantro, crumbled queso fresco and sour cream.

These fajitas trump any restaurant fajitas out there! Enjoy!

## **BLUE BUFFALO BURGERS**

Buffalo meat is much leaner than beef and it's extremely high in iron and B vitamins! That's especially crucial for all the ladies out there! On a "healthy for the environment" note, you can buy organic, farm-raised, cruelty- and hormone-free ground buffalo meat in the "organic/green" meat section of your local grocery store.

You should cook your buffalo burgers the same way you would cook your beef burgers. For extra piquant flavor, I added blue cheese and made the B-trifecta: Blue Buffalo Burgers.

### **Ingredients**

1 pound buffalo meat  
1 teaspoon olive oil  
1 clove garlic, chopped  
Sea salt and pepper, just a dash  
Arugula  
Sliced tomatoes  
Any other condiments you desire

### **Directions**

Combine the meat, olive oil, garlic, salt and pepper. Form into 4 patties. Preheat a grill to medium heat. Grill the burgers until they reach an internal temp of 140°F. Top the burgers with blue cheese during the last two minutes so the cheese has time to melt. Serve with arugula, sliced tomato and your favorite condiments.

## PERFECT STEAK ON THE GRILL USING THE REVERSE-SEAR METHOD



Times should be adjusted to the thickness of your steak and your level of preferred doneness. This timing is for a 1-inch-thick New York strip cooked to medium/medium rare. For steaks thicker than 1 inch, increase your time in the beginning on indirect heat. I paired this steak with crumbled blue cheese, grilled cherry tomatoes and arugula salad.

### Ingredients

2 New York strip steaks, 1 inch thick (or more)

Olive oil

Sea salt and coarse freshly ground pepper (For steaks, I prefer to use smoked sea salt and pepper to add extra smokiness, but regular sea salt and pepper are fine, too.)

### Directions

Create a direct and indirect grilling zone. Get the overall temp of the grill to 400°F. Meanwhile, rub your steak with olive oil to lock in moisture and adhere the spices, sea salt and pepper.

Make sure your grill grates are well-oiled so the meat does not stick. Grill steaks on the indirect side for 4 minutes (don't flip during the 4-minute indirect period). Next, grill the steaks for 2 minutes on each side on the direct side of the grill (the searing section — be sure the heat/coals are very hot at this point). You will have grilled the steaks a total of 8 minutes once you pull the steaks off the grill. Insert a meat thermometer and check to ensure the meat has reached an internal temp of 130°F.

Pull the steaks off the grill and tent under foil for 10 minutes. Keep in mind that the steaks continue to cook once they have been taken off the grill, so go for a “sooner rather than later”

approach when adjusting cook times for your thickness of steak. A steak has reached medium rare when the internal temp is 135°F. I recommend using a meat thermometer to check doneness.



## THREE-PEPPER WAGYU BEEF SLIDERS

I'm sure you've heard of "Wagyu" and "Kobe" beef and are wondering what the difference is. *Wagyu* is the breed of cow used to produce *Kobe-style* beef. It's called Kobe if raised in the Kobe region, and referred to as Wagyu if raised out of the country.

Wagyu refers to several breeds of cattle genetically predisposed to intense marbling and to producing a high percentage of oleaginous unsaturated fat. In other words, Wagyu beef is extremely moist and juicy and once you've had your first taste of this succulent beef, it won't be your last.

Wagyu sliders are the perfect way to take your tailgating party to the next level. Because sliders (a party-sized burger) are small, they can easily be overcooked and dry out, which is why Wagyu is the perfect choice for them — the meat's higher fat content keeps the sliders moist and juicy. Grilled peppers add nice flavor and visual pop to these sliders. I paired mine with grilled mini peppers, chipotle Gouda cheese, arugula, basil mayo and a squirt of Sriracha. I used ciabatta rolls as my bread and it complemented them perfectly.

The title "Three-Pepper Sliders" refers to the layers of peppers in this recipe: grilled peppers, chipotle peppers in the cheese and a squirt of Sriracha at the end.

The basil mayo is a nice touch — take 1/2 cup of light mayo and mix it with a handful of basil in the food processor. This adds a nice gourmet touch to the sliders and is super easy. Serves 2 to 3.

### Ingredients

6 Wagyu sliders (each patty should be about half the size of a regular hamburger)  
6 ciabatta rolls  
4 slices chipotle Gouda (or cheese of your choice)  
8 mini peppers, rinsed  
1 cup arugula  
1/2 cup basil mayo  
Sriracha, or hot sauce of your choice

### Directions

Prepare a grill to 350°F. Grill the sliders for 3 minutes on each side. At the same time, grill the peppers until char marks form. Once you've flipped your sliders, add the cheese. Put the bread on indirect heat or the warming tray at the top and let it get crispy.

Tent the sliders for 10 minutes before serving. Put them together with the rest of your ingredients, including the pretty charred peppers, for a slider masterpiece. These sliders will make your next party or tailgate gathering gourmet with minimal prep or fuss!

## PORTERHOUSE STEAKS GRILLED “CAVEMAN STYLE”



A porterhouse steak is like a step up from a T-bone steak. It’s a steak cut from the large end of the short loin. It contains meat from both the tenderloin (the most tender cut of meat) and the top loin muscle. Essentially, this means you get both a fillet *and* a New York strip all in one steak. YUM!

Steven Raichlen originally came up with the concept of “caveman style” grilling, in which you grill your meat directly on hot coals. By grilling directly on the coals, you get a nice crust on the outside of the steak, while the meat stays moist and juicy on the inside. This took less than 10 minutes of actual grilling time and I cooked veggies in a cast-iron skillet at the same time, thereby cooking the entire meal on the grill.

This recipe is for a charcoal grill only; I recommend using lump wood charcoal.

### **Ingredients**

2 porterhouse steaks (this recipe also works with a T-bone steak)  
1 tablespoon olive oil  
1 tablespoon coarse sea salt  
1 tablespoon freshly ground pepper

### **Directions**

Lightly coat the steaks with olive oil and then add generous amounts of salt and pepper. This steak doesn’t need a lot of seasoning, the grill and smoke season it enough, along with its natural taste.

Next, prepare a charcoal grill for medium-high heat using lump wood charcoal. Let the embers get nice and hot and ashed-over. If the flames are too high, close the lid and let them go down. Place the steaks on a nice even bed of coals. Let the steaks cook for 4 minutes on each side. Once the juices start bubbling on the top, this is a good indicator it is time to flip them. They should develop a nice char on each side from lying on the coals. When you pull them off the grill, use a marinade brush to dust off the coal ash.

I use my cast-iron skillet quite often while grilling meat to do sides and veggies. Tent the meat for 10 minutes to let the juices redistribute. Serve with veggies, bread and a nice glass of wine!

## **SAGE QUINOA MEATLOAF**

When I first saw this ingredient list, I thought to myself, “How am I going to grill ground beef?” However, the more I thought about it, the more I thought, “Meatloaf!” So that’s what I did.

I’ve heard so many great things about quinoa that I was excited to try it out. As far as grains go, quinoa is the bomb because it is a complete protein that is high in iron, fiber and amino acids. It is also gluten-free! While most meatloaf recipes are made with bread crumbs, I substituted the bread crumbs with the cooked quinoa. Wow, why have I not tried this before?

You’ll need an aluminum or other grill-friendly loaf pan.

### **Ingredients**

1.25 pounds ground sirloin  
1 cup quinoa  
3/4 cup milk  
1 egg  
1/2 cup chopped or grated pear  
1 bunch fresh sage, finely chopped  
1 tablespoon minced garlic  
1/2 cup chopped sweet onion  
1 tablespoon barbecue rub (I used John Henry’s West Texas Cherry Chipotle Rub)  
Salt and pepper, to taste

### **Directions**

Bring 2 cups water to a boil and add the quinoa. Reduce heat to the lowest setting, cover and let the quinoa cook until the water is absorbed, about 15 minutes. For additional flavor, you can substitute chicken broth for the water.

Mix the beef with the quinoa and the rest of the ingredients. Take a little additional rub and sprinkle it on the top of the mixture. Add additional sage leaves to the top of the meatloaf.

Bake the meatloaf on indirect heat for about an hour on a medium-heat grill (350°F) for about an hour, or until the internal temp reaches 170°F. You will love the sweet and savory taste of this meatloaf!

## PART 3: PORK

### CHIPOTLE-RUBBED PORK CHOPS USING THE REVERSE-SEAR METHOD



I've been hearing about this reverse-sear method for a while now, so I finally broke down and tried it with a beautiful set of pork rib chops. What is a pork rib chop, exactly? A pork rib chop is essentially a pork chop cut from the rib roast. It can be boneless or served with the baby back rib attached. You will occasionally see these "frenched," which means the meat is removed from the bone, making it resemble an ice pop.

Back to the reverse-sear method: So what is the big deal? All the research I've done says that the result is more tender steaks. You can get into the nitty-gritty about the effect of the enzymes in the meat while they're on indirect temp, blah blah blah, but the bottom line is you get more tender meat with great char marks through this method.

I used my chipotle barbecue rub on these and served them with a [Grilled Romaine Salad](#) and [Rosemary Steamer Packet Potatoes](#) for a perfect meal on the grill. Serves 4.

#### **Ingredients**

4 pork rib chops (or standard pork chops are fine, too)  
1 tablespoon olive oil

#### **Rub Ingredients**

1 tablespoon chipotle powder (or other type of chili powder)|  
1 tablespoon garlic powder  
1/2 tablespoon turbinado sugar

1 teaspoon sea salt  
1/2 teaspoon fresh ground black pepper

**Directions**

Combine all the rub ingredients to make the rub. Coat the pork with olive oil. Then, generously coat the chops with the rub on all sides.

Prepare the grill for two cooking zones: direct and indirect heat. Put the pork on indirect heat and let it cook for 6 minutes. Next, put the pork rib chops on direct heat (at about 400°F) to sear. Sear for 2 to 3 minutes on each side until char marks form and the internal temp reaches 145°F. Tent the pork in foil for 10 minutes before serving so the juices have time to redistribute. Serve with your favorite sides — this goes great with grilled romaine or grilled veggies.

## **RASPBERRY GORGONZOLA STUFFED PORK CHOPS**

By stuffing these thick pork chops with a gorgonzola, pistachio, raspberry and thyme mixture, you give them a sweet and savory kick that takes them from ordinary to extraordinary. Serves 2.

### **Ingredients**

2 pork chops  
1/2 cup of raspberries  
4 ounces gorgonzola  
Large bunch fresh thyme, about 2 to 3 tablespoons  
1 to 2 tablespoons olive oil, divided  
1/3 cup pistachios, shelled  
Sea salt and pepper, to taste

### **Directions**

Preheat your grill for medium direct heat, or about 350°F. Next, make your stuffing: Mix the gorgonzola, about 1 to 2 teaspoons of the olive oil, salt, pepper, thyme, raspberries and pistachios. Drizzle your pork chops in olive oil and add salt and pepper for seasoning.

Using a sharp knife, cut a “pocket” into your pork chops big enough to fit at least 2 heaping tablespoons full of the stuffing. Add the stuffing to the pork chops and close the pockets back up.

Grill the pork chops for about 6 to 8 minutes per side — this will vary according to the size of the pork chops — or until a thermometer shows an internal temp of 145°F.

Pull everything off the grill and pair with your favorite wine. The raspberries mixed with the gorgonzola, pistachios and thyme complement each other and add sweet and savory complexity to the pork chops.

## GRILLED ISLAND SPICE PORK TENDERLOIN



My friend brought this pork tenderloin to a regatta after-party and I knew I had to try it! The spices are warm and inviting and they complement each other perfectly, like a Jamaican curry. This recipe was inspired by one in “Gourmet” magazine and was meant for the oven. I have adapted it to the grill and changed a few ingredients. The recipe is in two parts: the spice rub, and the glaze that goes on at the end and caramelizes on the grill.

You will be using the indirect and direct cooking methods to cook this pork tenderloin. Essentially, you’ll “bake” it in your grill much like you would in the oven, and then finish the pork on direct heat at the end to achieve nice char marks. By searing the meat at the end and not at the beginning, we are using what is called the “reverse sear method.” This tends to leave the meat juicier than if we seared it in the beginning.

### **Ingredients**

2 pork tenderloins (2.25 to 2.5 pounds total)

### **Rub Ingredients**

2 teaspoons sea salt (I use smoked sea salt to add flavor depth)  
1/2 teaspoon black pepper  
1 teaspoon ground cumin  
1 teaspoon chipotle powder  
1 teaspoon cinnamon  
2 tablespoons olive oil



## **Glaze Ingredients**

1 cup packed dark brown sugar (I used a smoked brown sugar — it really adds nice depth of flavor)  
2 tablespoons finely chopped garlic  
1 tablespoon chipotle Tabasco

## **Directions**

Combine the rub ingredients and apply to your pork tenderloin. Let it sit for 5 minutes. Right before putting the pork on the grill, mix the glaze ingredients and apply the mixture to the pork.

Create a direct and indirect grilling zone. You want your grill temperature to be at 350°F — one or two burners on and one off (this is where you will place the meat). On a charcoal grill, move your coals to one side and place the pork on the side without coals.

Cook the pork tenderloin on a well-oiled grill on the indirect side until the internal temperature reaches 140°F — this will take about 20 to 25 minutes. Next, grill the pork on direct heat for 3 minutes on each side until you obtain nice char marks.

Tent the pork under foil for 10 minutes so the juices reabsorb for serving. I paired mine with a nice big salad and Texas Toast. This is also wonderful sliced and put on King's Hawaiian rolls for mini sandwiches that can be topped with a tropical coleslaw. My [Chipotle Cilantro Cole-slaw](#) pairs well with this dish!

## PINOY PORK SKEWERS

I competed on a barbecue team at the Memphis in May World Champion Barbecue Contest, and the country theme for 2012 was “Philippines.” I found this Pinoy Pork Skewer recipe on [Filipino Food Lovers](#) from Robert Colinares and thought it would be perfect for the dinner my team was hosting for the BBQ Brethren members. I’ve made some changes to the original recipe — it was thumbs-up from all who tried these tasty skewers.

Pork butt is not a lean meat and making skewers out of it can be time-consuming, but it is inexpensive, tasty and great for feeding a crowd. The grilling time is minimal after the initial prep. Serves up to 6.

### Ingredients

2 pounds of pork butt  
1 cup of soy sauce  
1 whole head garlic, peeled and chopped  
1 small yellow or sweet onion, chopped  
Juice of 2 lemons, plus zest  
1/2 cup of 7 Up or Sprite  
1 tablespoon ground black pepper  
5 tablespoons dark brown sugar  
1 cup ketchup  
Bamboo skewers

### Directions

Soak bamboo skewers in water for at least 30 minutes before putting the meat on. Cut the pork into pieces 1/2-inch-thick by 1-inch-wide by 1.5-inch long. Slide the pork onto skewers and set aside.

In a large bowl, combine soy sauce, garlic, onion, juice of 2 lemons, 7 Up, ground black pepper, dark brown sugar and ketchup. Using a whisk, mix and dissolve the ingredients really well and pour the marinade mixture onto the pork. Cover and set in the fridge overnight or at least 4 hours before grilling.

Grill on direct heat until the pork is done, flipping as necessary to obtain char marks on both sides.

***Note:** These skewers are even better if you use the remaining marinade as a basting sauce. For food-safety purposes, make sure you give the marinade time to cook off and come up to temp on the grill. You could also put the leftover marinade in a pot and place it on the grill to get hot while basting the meat.*

I paired this with a [Grilled Romaine Salad](#), [Texas Toast](#) and [Grilled Pound Cake and Peaches](#) for dessert.

## **APRICOT-GLAZED PORK TENDERLOINS**

The glaze is great as a dipping sauce — and the ginger adds a nice kick! Serves 4.

### **Ingredients**

2 (1-pound) pork tenderloins, with the fat trimmed off

### **Spice Rub Ingredients**

1 tablespoon chipotle powder (or other type of chili powder)

1 tablespoon garlic powder

1/2 tablespoon turbinado sugar

1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

### **Glaze Ingredients**

1.5 cups apricot preserves (fun variations would be peach or guava)

1/2 cup barbecue sauce (I prefer Stubb's)

1 teaspoon grated ginger

2 cloves garlic, finely minced (or substitute 1 teaspoon garlic powder)

1/2 teaspoon hot sauce

1 tablespoon chopped cilantro

Juice of 1 lime

Pinch of lime zest

### **Directions**

Combine the spice rub ingredients in a jar and shake until the mixture is uniform. Rub the spice mixture onto the pork tenderloins and let them marinate in the rub mixture for at least 2 hours and up to 24 hours.

Make the glaze by melting the preserves in a saucepan over medium heat. Remove from heat and add the remaining ingredients. Reserve half of the glaze in a bowl to use later. The remaining glaze in the pot will be used to glaze the pork.

Oil your grill grates well and create a direct and indirect grilling zone. You want your grill temperature to be at 350°F: one or two burners on and one off, over which you will place the meat. On a charcoal grill, your coals will be moved to one side and you will have the pork on the side without coals.

Cook the pork tenderloin on the indirect side until the internal temperature reaches 140°F, about 20 to 25 minutes. Next, grill the pork on direct heat for 3 minutes each side until it shows nice char marks.

Tent the tenderloin under foil for 10 minutes so the juices can reabsorb for serving. Serve with the remaining glaze.

## PORK TENDERLOIN BAHN MI SANDWICH



Everywhere I go these days, I see [bahn mi](#) sandwiches. *Bahn mi* literally refers to the Vietnamese baguette with which they're made. But these days, the term bahn mi is synonymous with a sandwich served on a light and airy Vietnamese bread with some kind of meaty or tofu filling, along with mayo, cilantro, cucumbers, pickled daikon and carrots, jalapeños and/or Sriracha. I had some leftover meat in the fridge, so I decided to turn it into a bahn mi for a fun way to use up the food.

Below is my gringa rendition of a bahn mi. I made a chipotle mayo, and in lieu of pickled veggies I added sliced cabbage and radishes, cucumbers and jalapeños. This sammy is a great use for leftover meat you may have grilled the night before and would be great way to repurpose the [Pinoy Pork](#) or [Island Spice Pork Tenderloin](#). Makes 4 sandwiches.

### Ingredients

- 1 French baguette (to be authentic, you could attempt to go to a Vietnamese bakery for its lighter, airier version of French bread)
- 1 pound cooked pork tenderloin, thinly sliced
- 1/2 cup chipotle mayo (take mayo and mix 2 tablespoons adobo sauce from a can of chipotle peppers in adobo sauce)
- 1 bunch cilantro
- 4 radishes, thinly sliced (use a mandolin if you have one)
- 1 cucumber, thinly sliced
- 1 cup bbq sauce (optional- to put on the pork)
- 1 to 2 jalapeños, sliced
- 1 cup sliced cabbage

1 large cucumber, thinly sliced (again, use a mandolin if you have one)  
Sriracha sauce (optional)

### **Directions**

Cut the ends off the baguette and slice it lengthwise, then cut it into 4 servings.\* Add mayo to the bread and then begin to assemble the sandwich. Add 1 cup of meat per sandwich, then add barbecue sauce, cilantro, radishes, jalapeño and cabbage. Add Sriracha to taste if you're not using jalapeños.

*\* The bread is going to be very thick, so I suggest pulling some of the inside bread out so there is room for more filling and so the bread-to-meat ratio is more even.*

## PART 4: SEAFOOD

### SEARED PEPPERCORN-ENCRUSTED TUNA STEAKS



Sushi-grade tuna steaks don't need much seasoning other than some pepper, salt and sesame oil. Let the grill do the rest. Get your grill nice and hot so you can sear the steaks — and whatever you do, don't overcook them! Rare is the way to go!

#### Ingredients

2 tuna steaks, about 6 ounces each, 1 to 1.25 inches thick  
2 tablespoons coarsely ground peppercorns  
1 to 2 teaspoons salt, or to taste  
1/4 cup sesame oil  
Low-sodium soy sauce  
Wasabi

#### Directions

Dip each fillet into the sesame oil so it is well-coated on all sides. On a small plate, arrange your coarsely ground peppercorns and salt evenly. Dip each fillet into the peppercorns so that the mixture forms a thick crust on both sides. Add more peppercorns if needed to ensure the tuna is well-crusted on both sides.

Heat your grill to high heat (about \*\*450°-500 degrees F) . Sear the tuna steaks on each side for no longer than 2.5 minutes (depending on the thickness of the steaks). Serve with low-sodium

soy sauce and wasabi. The tuna will be rare (sushi style) in the middle and seared on the outside. If you do not like rare tuna, then cook the steaks longer to your desired doneness.

This dish is great paired with my [Chipotle Cilantro Coleslaw](#).

*\*\*Heat on a gas versus charcoal grill will be different for searing. The temperature range may vary slightly on different grills so the temperature range could be 450-500 degrees)*



## CEDAR PLANKED SALMON WITH LEMON DILL BUTTER



There's just something about salmon cooked on cedar planks that makes it that much more enticing. It must be the smoky flavor from the grill that coaxes the cedar flavor out of the wood and into the fish while also permeating the air with a cedar smoke charcoal perfume. After making this dish, I woke up the next day to smell a faint hint of cedar in my hair, as if I were wearing a men's cologne I was mildly attracted to! This recipe makes enough for 2 large servings.

### Ingredients

2 cedar planks, each large enough for a large piece of salmon  
Salmon, 2 large fillets, skin off  
1 stick of butter (this is to make compound butter; you will not use this much butter in this dish!)  
Large sprig of dill, at least 1/8 cup, chopped  
1 lemon, sliced  
Juice of 1 lemon, divided  
2 teaspoons of lemon zest  
Sea salt and freshly ground pepper, to taste

### Directions

Soak the cedar planks in water for at least 30 minutes, preferably 1 hour. You need to soak them so they don't catch on fire on the grill. While the cedar is soaking, go ahead and take your butter out so it gets to room temperature so you can make the lemon dill compound butter.

Next, take your butter and mix it with half of the lemon juice and a large sprig of dill. Add about 2 teaspoons of lemon zest. Mix the butter with an emulsion blender or chopper to blend evenly.

Add sea salt to taste. (If not using a stick blender, finely chop the dill before mixing with the butter and lemon juice.)

Preheat the grill to medium, about 350°F. Prepare the coals or gas burners for [indirect heat](#). Place the cedar planks on the indirect heat and close the lid. Let them sit until they begin to smoke, about 15 to 20 minutes.

Generously coat the salmon pieces with the lemon-dill butter. Add sea salt and pepper on both sides. Add a lemon slice or two to the top. Place the salmon on the cedar planks over indirect heat and close the lid of the grill. Let the salmon grill until the internal temperature reaches 145°F. The salmon will be done when the meat flakes easily with a fork — this should take about 20 minutes.

The other lemon half can be used to serve additional lemon juice to the salmon.

I also grilled [Texas Toast](#) made with this compound butter and [Rainbow Carrots](#) to go with the salmon. The planks themselves are a neat stand-in for a serving plate; I often serve the fish on the plank placed on top of the funny papers for a casual presentation.

## CITRUS CHILI WHITEFISH GRILLED IN BANANA LEAVES

Before aluminum foil was created, people got by using what they had on hand for cooking. Cooking in banana leaves is the original *en papillote* or “cooking in a steamer packet.” By using a banana leaf to cook fish on the grill, you get the light, earthy flavors of the banana leaves to infuse the flavor of your fish; it also makes for a fun visual presentation on the plate.

If you can't find banana leaves, foil works fine, too. The concept is to create a packet in which to cook fish on the grill. The packet is going to steam itself on the grill, giving you a healthy way to eat fish without breading or fattening sauces. The citrus marinade is aromatic and fruity and complements a mild whitefish.

### Ingredients

4 whitefish fillets (note that cooking times will vary based on the thickness of your fish)  
Toothpicks, soaked in water  
3 large banana leaves

### Marinade Ingredients

1/2 cup orange or grapefruit juice  
1 jalapeño, diced  
4 (or more) cloves of garlic  
1 tablespoon honey  
Salt, to taste

### Directions

First, make your marinade by combining the marinade ingredients. If you don't make your own marinade, a purchased mojo criollo marinade would also work well. Let the fish marinate about 15 minutes before grilling.

After cutting the banana leaves from their stems, warm the grill up for medium, direct heat, at about 350°F. Place the banana leaves on the grill for just a few minutes until the leaves are pliable enough to wrap the fish in. Take the banana leaves and cut them in half; you will use half per piece of fish. If you are really good at this, you may be able to wrap more fillets using less leaf.

Wrap each fillet with a leaf piece and secure the rolled-up ends with a toothpick.

Cook the packets for about 11 minutes on each side, or less. You will have to be your own judge depending on the thickness of your fish — if the fillets are thick, cook them longer. While grilling the fish, I also grilled [Coconut Lime Butter Corn](#), [Grilled Romaine](#) and [Texas Toast](#) for a full meal on the grill.

## COCONUT SHRIMP SKEWERS

Nothing says the tropics like coconut and pineapple, exactly what is in this scrumptious recipe. Using fresh pineapple, coconut milk and coconut rum, this recipe easily transports you to a Caribbean island, no matter where you live. It's healthy and light and would also make a great appetizer served by itself. I served it with [Grilled Corn with Coconut Lime Butter](#), [Grilled Romaine](#) and [Texas Toast](#) for a full meal on the grill. Cheers to transplanting yourself to the tropics!

If you're using bamboo skewers, be sure to soak them in water 30 minutes beforehand so they do not burn when you put them on the grill.

### Marinade Ingredients

1.25 cup coconut milk, divided (reserve 3 tablespoons for the sauce)  
1/4 cup canned pineapple juice (Don't use fresh, which will make the shrimp mushy.)  
1 tablespoon olive oil  
1 teaspoon freshly chopped garlic  
1 tablespoon ground ginger  
1 teaspoon red pepper flakes  
Sea salt, just a dash  
Generous dash of freshly ground black pepper

### Shrimp Ingredients

1 to 1.5 pounds large shrimp, deveined with shells removed  
1/4 cup unsalted butter  
3 tablespoons coconut milk  
2 tablespoons sweetened shredded coconut  
1 to 2 tablespoons coconut rum (optional)  
1 fresh pineapple, chopped into cubes

### Directions

Mix the marinade ingredients, add the shrimp and marinate in the refrigerator for 30 minutes before cooking. Next, bring the butter to room temperature and mix it with the coconut milk, shredded coconut and rum, and blend well.

Thread the skewers with alternating pieces of shrimp and pineapple. Before turning the grill on, spray the grate with cooking spray or wipe with olive oil so the shrimp do not stick. Set the grill to medium-high heat, about 350°F. Grill the shrimp for about 3 to 4 minutes on each side, or until done. Brush the skewers with the butter mixture on both sides as they cook. The shrimp are done when they turn bright pink, so be careful not to overcook!

## GRILLED HOGFISH SNAPPER WITH OLD BAY COMPOUND BUTTER

Hogfish are a true delicacy of South Florida. Hogfish are not really snapper at all but a member of the wrasse family. They are abundant in the Florida Keys because they are reef fish. They're hard to catch with a hook, so they are usually often caught by spearfishing, making them a little harder to come by than other fish. If you ever get the chance to try hogfish, do it! You will not be disappointed. They are a delicate, white, flaky fish. This recipe also can be made with any whitefish, such as mahi-mahi, tilapia or grouper.

Old Bay seasoning and lemon juice mixed with butter are the perfect complement to delicate, flaky, white hogfish. I paired this with coleslaw and grilled [Texas Toast](#) for a truly memorable meal.

The fish cooks in a snap — simply put it on a double layer of heavy-duty foil that is folded up on the edges so the butter doesn't run off. Serves 4.

### Ingredients

- 4 hogfish fillets
- 1 stick of butter, softened
- 1 lemon, sliced
- Juice and zest of 2 lemons
- 2 tablespoons Old Bay seasoning
- Nonstick spray

### Directions

Preheat a grill to medium-high heat (350 to 400°F). While the grill heats up, make your compound butter by combining the butter with the lemon juice, zest and Old Bay seasoning using a stick blender. Spray the foil tray with nonstick spray, then add the fillets. Add a generous amount of the butter to each fillet, about 1 tablespoon each. Top with the sliced lemon. Grill the fish on direct heat for 7 to 8 minutes or until the internal temperature reaches 145°F; the fish will flake easily with a fork.

## SALMON WITH CHERRY GLAZE

This recipe is a nutritional powerhouse that pairs the omega-3 content of salmon with the antioxidant benefits of cherries. This flavorful glaze is so tasty, you'll forget that it's also good for you!

### Ingredients

4 salmon fillets, with skin on  
1/3 cup chopped shallots  
1 teaspoon olive oil  
2 cloves garlic, minced  
2 cups fresh or frozen cherries (if frozen, defrost slightly before putting in the sauce)  
1/3 cup red cooking wine  
2 tablespoons honey  
2 tablespoons balsamic vinegar  
1 teaspoon sea salt  
1/2 teaspoon freshly ground pepper

### Directions

To make the glaze, sauté the shallots and garlic in the olive oil until tender, about 3 minutes, in medium saucepan. Add the remaining ingredients (except the salmon) to the pot and bring to a boil. Let the glaze simmer for about 20 minutes, stirring often, until the glaze thickens. Remove from heat.

Prepare your grill for medium heat, at about 350°F. Oil the grill grates VERY well with canola oil. It is imperative you do this, so the fish does not stick.

*Note: Leaving the skin on the fish helps the fillets stay together and they won't tear apart on the grill.*

Place the salmon directly on the grates and cook for 15 to 20 minutes, or until the internal temperature is 145°F and the fish flakes easily with a fork. During the last 5 minutes of cooking, add the glaze to the fish fillets. Serve with remaining glaze.

## PART 5: MEAT-FREE

### GRILLED PORTOBELLO MUSHROOM PIZZAS WITH SPINACH/SUNDRIED TOMATOES



I'm always looking for a low-carb way to do my favorite dishes. With these pizzas, you get all the cheesy goodness without the extra calories and bread from pizza. They're a great vehicle for whatever toppings you prefer — I used a mixture of cheese, spinach, sun dried tomatoes and fresh basil.

For those who want meat with every meal, you can easily add grilled chicken sausage or pepperoni to the pizzas. Paired with a salad, these are filling as a main course, but they make a great appetizer served on their own or cut into smaller portions. The pizzas only need a few minutes on the grill so they work well on weeknights.

#### Ingredients

- 4 large portobello mushroom caps, stems removed
- 1 cup marinara sauce
- 8 ounces cheese, sliced (mozzarella, provolone or your favorite Italian cheese)
- 1 tablespoon chopped sundried tomatoes (optional)
- 1/4 cup spinach leaves (optional)
- 1 tablespoon fresh basil, torn into small pieces

#### Directions

Preheat your grill to medium heat. While the grill is heating up, prepare the pizzas. Rinse and dry the portobello caps. Layer 2 tablespoons of marinara sauce on each mushroom with the bottom

facing up. Next, add 2 slices of cheese to each cap. Put the mushrooms on a large double-layer piece of foil. Place the mushroom pizzas on the foil on the grill and heat until the cheese is fully melted and the sauce begins to bubble, about 6 to 8 minutes.

Remove the mushrooms from the grill. Sprinkle with the chopped sundried tomatoes, spinach and basil. Pair with an arugula salad for a guilt-free, personal pizza!



## **MINI CAPRESE PIZZAS**

These mini pizzas are easier to make than full-sized pizzas because you can flip multiple pizza dough disks easier than you can one gigantic piece of dough. Minis also allow you to avoid “hot spots” on the grill that might burn the dough.

This recipe is great for tailgating because it requires minimal ingredients and everything can be prepped the night before. The pizzas are also fun to customize with your favorite ingredients, such as adding ingredients in team colors for a tailgate.

### **Ingredients**

1 package refrigerated pizza dough (or you can make your own)  
2 large tomatoes, thinly sliced, drizzled generously with olive oil and sprinkled with salt and pepper  
Basil leaves  
Mozzarella cheese, cut into bite-sized pieces  
Salt and pepper, to taste  
Olive oil  
Nonstick spray

### **Directions**

Preheat your grill to medium heat, about 350°F. Roll out the pizza dough on a flat surface. Using a small bowl or wide-mouthed glass, cut the dough into small circles to make the mini pizzas. Roll the leftover dough pieces together, flatten and repeat, cutting it into small circular cutouts.

Brush both sides of the dough with olive oil, and sprayed your grill with nonstick spray. Grill the dough until grate marks appear, about 5 minutes. Flip the dough; then, with the recently grilled side up, add tomato slices, a piece of basil and the mozzarella. Grill for 5 minutes or until the cheese melts.

## Chapter 5: Dessert



*Cranberry Orange Bread Pudding*

Dessert on the grill is kind of what I'm known for. Finishing a wonderful meal with some grilled fruit and pound cake really ends the night on a high note, and it is super easy, to boot! Gourmet s'mores are great for a crowd and make for an entertaining activity because everyone can get in on the marshmallow-toasting action. Pair them with some sea-salted dark chocolate and coconut, and you are a host/hostess of the year!

## **GRILLED BANANA PARFAIT WITH RUM SAUCE**

Bananas + ice cream + rum sauce = an insanely good dessert that you won't even feel guilty about later! You will be proud you licked the bowl clean and will consider a second helping. And who doesn't love a little rum with their dessert?

I splurged and went with the Tahitian vanilla gelato versus regular old ice cream, and that, paired with grilled bananas, vanilla wafers, strawberries and a healthy dose of rum sauce, is the SHIZZLE! Makes 4 servings.

### **Ingredients**

4 ripe bananas, sliced lengthwise, with peel on  
10 large strawberries, thinly sliced (optional)  
1 tablespoon cinnamon  
1 tablespoon brown sugar  
1 to 1.5 cup mini vanilla wafers  
1 pint vanilla ice cream or gelato (for larger portions, go with more ice cream)

### **Rum Sauce Ingredients**

1/4 cup brown sugar  
1/2 tablespoon butter  
1/4 cup rum

### **Directions**

Sprinkle the cut bananas with cinnamon and brown sugar. Grill over direct heat until char marks form on both sides. While grilling the bananas, start the rum sauce by putting the butter, brown sugar and rum in a grill-friendly pot or small aluminum pan. Put the pot on indirect heat (not above the coals) and let the butter, rum and sugar mixture come to a slow boil and begin to caramelize; this will only take a few minutes. You can also make the rum mixture on the stove.

Remove the bananas and rum sauce from the grill. Remove the bananas from their peels and slice. In a wine or martini glass, layer ice cream, vanilla wafers, bananas and strawberries until they come to just under the top of the glass. Pour the rum sauce over the top.

## GRILLED POUND CAKE AND PEACHES



When peaches are in season, it is the perfect time to take them to the next level when you fire up your grill. The grill heat causes the fruit to caramelize and become more juicy and sweet. If peaches are not in season, use another fruit that is, like a banana or pineapple. Makes 4 servings.

### Ingredients

1 pound cake or “loaf” cake, sliced in 2-inch-thick pieces  
6 peaches, halved and pitted, skin on  
2 tablespoons brown sugar  
2 tablespoons ground cinnamon  
Whipped cream, creme fraiche, nondairy whipped topping or ice cream

### Directions

Heat the grill to medium-high, about 350°F. If you have already made dinner on the grill beforehand, keep the grill hot so you can put dessert on afterward.

Halve the peaches and remove the pits. Keep the skin on and place the peaches on a plate facing upward. Sprinkle with the brown sugar and cinnamon. Grill the peaches about 5 minutes per side, until nice char marks form. The peaches will begin to caramelize on the grill, forming their own sugary juices.

Grill the pound cake long enough to get char marks, about 3 minutes per side. Serve the cake, peaches and ice cream together. Enjoy!

## **DARK CHOCOLATE CHERRY GALETTE WITH VANILLA/BROWN SUGAR WHIPPED CREAM**

I was on a cherry kick when they were available at the supermarket pretty cheap. What better to make with cherries than a pie? Baked on the grill, no less! Cherries and dark chocolate are an irresistible flavor combination, so I put them in an easy-to-make *galette* (i.e., a freeform cake/pie) that I baked on the grill, but which can also be baked in the oven. I used a premade pie crust so the most difficult part of this recipe was pitting the cherries.

I “whipped up” a vanilla and brown sugar whipped cream to cut the richness of this galette. You can easily buy whipped cream, but if you want to make your own, it only takes about a minute with the stick blender. The galette would also pair wonderfully with vanilla ice cream.

### **Ingredients**

- 1 premade pie crust (found in the refrigerated section of your local grocery store)
- 1 to 2 cups ripe, pitted cherries
- 2 teaspoons sugar
- 2 teaspoons lemon juice
- 2 pats butter (about 1 teaspoon or more)
- 1 sea-salted dark chocolate bar, cut into pieces (I prefer Lindt)
- 1 egg, beaten
- Lemon zest, just a sprinkling will do
- Nonstick spray

### **Whipped Cream Ingredients**

- 1 cup heavy cream
- 2 teaspoons brown sugar (I used smoked brown sugar but regular brown sugar is fine. Smoked spices really add flavor depth!)
- 1 teaspoon pure vanilla

### **Directions**

Preheat your grill to 350°F. Prepare to bake your galette on indirect heat.

Line a cookie sheet with foil. Spray the foil with nonstick spray. In a bowl, combine the cherries with the sugar and lemon juice. Mix and let sit for 5 to 10 minutes so the sugar and lemon juice macerate the cherries and bring out their juice. Lay out your pie crust on the baking sheet and put the cherry mixture on top; carefully fold the edges of the pie crust over to form a freeform crust. Make sure that the cherry juice cannot escape. Add the pats of butter to the mixture, and then sprinkle the chocolate pieces evenly over the top. Brush the pie crust with the beaten egg, which will help to brown the edges.

Bake (on the grill or in the oven) for 30 minutes or until the edges of the crust are golden brown and the cherries are bubbly. When you take the galette out, finish it with a sprinkling of lemon or orange zest (citrus and chocolate complement each other).

To make the whipped cream, whip the cream, brown sugar and vanilla until the mixture forms very soft peaks. Be careful not to overwhip, or you will have to start over.

Enjoy this decadent dessert, which makes you look like a baking goddess even though it is easy-peasy to make! I love recipes that make me look smart! Ha!

## CRANBERRY ORANGE BREAD PUDDING



Nothing says “holidays” like cranberries, so here’s a great recipe to make for Thanksgiving or Christmas, or to use up your leftover cranberries! While this is a great dessert paired with ice cream, it is equally good for brunch to create a festive mood on Turkey Day. Plus, who doesn’t love some orange liqueur?

While I made this recipe on the grill in a cast-iron skillet, you can also use the oven: It is the same concept.

### **Ingredients**

1.5 cups of milk  
4 eggs  
1/4 cup triple sec  
2 tablespoon orange zest  
1 cup fresh cranberries  
1/2 cup dried cranberries  
1/2 cup sugar  
3/4 loaf challah or brioche bread, torn into small pieces

### **Directions**

Mix all the ingredients together and let sit for 20 minutes. Pour into a cast-iron skillet (if using your grill) or a pie dish.

Prepare your grill for medium heat, about 350°F, and create an [indirect cooking zone](#). Bake on indirect heat on the grill for 30 minutes until the bread pudding rises and gets golden on the edges.



## MANGO COBBLER

There isn't anything you can't make on the grill. Finish a great meal with cobbler baked from the grill and your friends will leave your house later with big grins of satisfaction on their faces. You will need one 8-inch-by-8-inch foil baking pan.

### Ingredients

8 to 10 mangos, \* cored, peeled and chopped into bite-sized pieces (about 4 cups)  
1/4 cup coconut rum  
3 tablespoons butter  
1/4 cup honey  
1 tablespoon nutmeg  
1 package jiffy golden yellow cake mix  
1 egg (for the cake mix)  
1/2 cup water (for the cake mix)  
1/4 cup shredded sweetened coconut (optional)  
Vanilla ice cream

### Directions

In a medium bowl, mix the mango with the coconut rum, butter, honey and nutmeg. Let marinate in the refrigerator for 30 to 45 minutes.

Make sure your grill is on (if not already on at this point from any previous dishes) and heat to 350°F.

Mix the cake mix according to directions with the egg and water and then add the coconut. Pour the fruit mixture evenly into the pan. Next, spoon the cake mixture on top of the fruit in heaping tablespoons.

Once the grill is at 350°F, put the cobbler on indirect heat. Cook uncovered for 30 minutes, give or take, until the fruit is bubbly and the topping is golden brown. Serve with vanilla ice cream, of course! You will have seconds!

*\*If you don't have fresh mango available, thawed frozen mango works fine.*

## **TOASTED COCONUT AND DARK CHOCOLATE S'MORES**

This is one of my favorite desserts to make because you can get the crowd involved and it is fun to watch your friends ignite their marshmallows and get really messy. The dark chocolate and toasted coconut add a gourmet touch to this easy dessert.

### **Ingredients**

8 ounces shredded, sweetened coconut

Dark chocolate squares

Ginger snaps (use these instead of graham crackers unless you prefer the latter)

16 ounces large marshmallows

Long skewers

### **Directions**

If the grill has cooled down after dinner, heat it back up; medium heat should be enough for roasting the marshmallows.

In a piece of foil folded to create the shape of a small tray, place a layer of shredded coconut and put it over direct heat. The coconut will start to brown and you can mix it around to cook evenly. When it browns, take the foil tray and move it over to indirect heat.

Hold the skewered marshmallows directly over the heat source of the grill until browned to your liking. Sandwich the marshmallows between gingersnaps along with a piece of chocolate and finish with a sprinkle of toasted coconut.

## **GRILLED BANANAS**

Grilled fruit has to be one of the most simple yet delectable desserts out there. The bananas get nice char marks and caramelize with the brown sugar and cinnamon on the grill. Pair with ice cream and you have a quick and easy dessert that is a universal crowd-pleaser.

### **Ingredients**

1 bunch ripe bananas  
1 tablespoon brown cinnamon  
2 tablespoons brown sugar

### **Directions**

Slice the bananas in half, with the peel left on. Cut with the curve of the banana so they lie flat on the grill. Grill on both sides, with the peel side up and then facing down. The skin of the bananas will turn black and you will get nice grill marks on the bananas themselves. Sprinkle the bananas with cinnamon and sugar and let the sugar melt and caramelize on the grill. Serve with ice cream or frozen yogurt for a fun, flavorful dessert!

## GRILLED PINEAPPLE UPSIDE-DOWN CAKE

If you are a fan of grilled pineapple, this cake is for you. First, you will grill pineapple rings for lovely char marks and flavor, then you will bake pineapple upside-down cake with them. You won't believe you made these cakes on the grill! Your friends will be surprised and impressed! You will need two 8-inch aluminum pie pans.

### Ingredients

- 1 fresh pineapple, cored and sliced
- 1 box Jiffy yellow cake mix
- 1 egg (for the cake mix)
- 1 cup rum (1/2 cup for the cake mix, or substitute with water)
- 1 tablespoon nutmeg
- 1 stick butter
- 1 tablespoon ground ginger
- 1/4 cup brown sugar
- 1 jar maraschino cherries

### Directions

Preheat the grill to medium-high heat (350 to 400°F).

Combine the cake mix with the egg and rum, then add the nutmeg and ginger. Next, grill the pineapple slices. As the pineapples are grilling, take a grill-friendly sauce pan and add the stick of butter, the other 1/2 cup of rum and the brown sugar. Let this sauce get warm and bubbly on the grill. Stir occasionally.

Once the pineapple slices have nice grill marks on both sides, take them off the grill and layer them in the two pie pans. Put a cherry in the middle of each pineapple slice. Pour some of the rum sauce over the pineapple (be careful, the pan will be hot). Now, pour the cake batter evenly into the two pie pans.

Next, create a [direct/indirect environment](#) for baking your cake (charcoal to one side or one burner on/off). Bake the cakes on the indirect zone about 12 to 15 minutes or until golden brown. Remove the cakes from the grill and drizzle the rum glaze over them while they're still warm.

## **Signing Off ...**

These recipes are meant to inspire you to try new concepts out on your grill and get you out of your grilling “comfort zone.” I look forward to hearing about all your outdoor cooking adventures on your grill. I am always trying to push the envelope with what you can make on the grill and I look forward to hearing your ideas — my fans are my inspiration.

Please do keep in touch!

Warm regards,

Robyn M. Lindars  
“Grill Grrr!”

## About the Author



Grill Grrrl Robyn M. Lindars is the blogger behind the popular blog GrillGrrrl.com. She loves cooking outdoors and encourages other women to learn how to grill in her “women’s grilling classes,” as it is a great way to cook up healthy, flavorful dishes without all the fuss and cleanup of cooking in the kitchen.

Robyn competes on the “Too Sauced to Pork” barbecue team alongside her dad at the “Superbowl of Swine,” otherwise known as Memphis in May. Her TV appearances include Food Network’s “Chopped Grilling Edition,” the Cooking Channel’s grilling-themed episode of “Foodography” and the Travel Channel’s “Festivals Exposed” documentary.

When she’s not experimenting on her grills, Robyn can be found sailing on a restored sailboat with her husband and three rescue dogs in Miami’s Biscayne Bay.

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eISBN: 978-162213-186-0

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