any years ago I realized the gourmet recipes that I always enjoyed making took much more time and effort than I, or anyone else I knew, could ever possibly manage. So I decided to “uncomplicate” recipes that I loved and to become an everyday gourmet. You can become one, too!

The beauty of grilling on your Char-B-Que indoor electric grill is the ease and simplicity of preparation that allows the pure flavor of the food to shine through. I hope this guide will be just a starting point for your Char-B-Que grilling adventure and will inspire you to create your own variations based on the tastes and favorite flavors of your family and friends. The grilling guide contains some of my favorite recipes, suggestions and everyday hints (follow the whisk). In developing the recipes I’ve simplified procedures to ensure maximum flavor with minimal effort. Today there are excellent marinades, rubs and prepared sauces available at your local supermarket that are as good as making them yourself and they also may save you both time and money. However, there are some “everyday basics” that I hope you will make from scratch and always have on hand (or in the freezer) that will save you more time and effort than you can imagine. Having your own stash of “gourmet convenience foods” will make your life in the kitchen so much easier, especially when you’re short on time and every minute counts.

I’m confident that you will love cooking on your Char-B-Que grill as much as I do. The ribbed glass surface heats up in minutes and food is always in direct contact with the heat, making it perfect for quick-cooking of burgers and hot dogs, steaks and chops, fish and poultry, and most vegetables and fruits. It chars meat like a fine steak house, makes great grill marks and is ready to grill in any weather and every season. It’s simple and fun to use, easy to clean, all the detachable stainless steel accessories (splatter shield, drain tray, warmer rack, grid scraper) can go right into the dishwasher, and it stores compactly. So let’s start Char-B-Que-ing!

Food Photography: Lizzy Johnston
Food Styling: Tamie Cook
Important Things You Need to Know

ALWAYS

- Place your Char-B-Que grill on a flat, level surface that is clear of clutter.
- Position the grill near an exhaust vent, if available, to extract smoke.
- Thoroughly wash hands and any utensils, dishes, surfaces, dishcloths or sponges that have been in contact with raw meat, fish or poultry to avoid cross-contamination with other foods. Use separate tongs and plates for raw and cooked foods.
- Oil the food instead of the grill, as a general rule. Brush oil lightly on all sides of meat, poultry and fish; coat vegetables in a small amount of oil.
- For delicate foods that tend to stick, use a silicone brush to lightly oil the grill, if needed.
- When using an aerosol cooking spray, spray the grill surface before heating the grill and keep the pressurized can away from any heat source.
- Marinate in the refrigerator, and discard any marinade that has been in contact with raw meat, fish or poultry.
- Dry meat, poultry and fish with paper towel before grilling for even browning and a good sear.
- Trim excess outer fat to minimize smoke and splatter.
- Use tongs or a spatula to place, flip or remove food from a hot grill.
- Use an instant-read thermometer, either standard or digital (such as Maverick Pro-Temp) that is not to be left in the food or placed in the oven.
- Allow grilled meat, fish and poultry to rest 3 to 5 minutes before slicing to allow the flavorful juices time to redistribute throughout the meat.
- Unplug the grill after grilling and before cleaning.

NEVER

- Use the same sauce or marinade in which raw meat, fish or poultry have been marinating for basting or serving with cooked foods unless the marinade has been brought to a full rolling boil first. Instead, set aside part of the sauce before marinating.
- Place cooked food on the same plate that held raw meat, fish or poultry, or use the same tongs, utensils or cutting boards that have been in contact with them, to avoid cross-contamination with raw juices that may contain harmful bacteria.
- Pierce meats with a knife or fork to flip, instead use tongs or a spatula to turn meat without piercing it so flavorful juices will be retained.

Everyday Char-B-Que Tips

EASY CLEANING

Turn off the grill, unplug it and carefully pour about 1/4 cup water over the hot glass surface, allowing it to “sizzle” for a minute to loosen the drippings.

SUGAR TIP

Sugar will burn and adhere to any heated surface. Before grilling any sugary food, place it into an aluminum foil pan or onto a sheet of lightly oiled foil to prevent it from sticking to the glass surface.

SPEED-GRILLING

To shorten cooking time for vegetables and other foods, place an aluminum foil “tent” loosely atop the food to retain heat and steam and to soften it more quickly.

SKEWERS

Soak bamboo skewers in water for 20 to 30 minutes before grilling. Insert 2 skewers when necessary to keep food from spinning and for easy turning.

HERB OILS

Make a variety of oils while herbs are in season for fresh herb flavor all year. In a blender or food processor, combine 2 cups packed herb leaves (rinsed and dried) with 1/3 cup flavorless oil until smoothly pureed. Freeze in tablespoon-size portions in ice cube trays or Styrofoam egg cartons. When frozen, pop out herb cubes and store in labeled freezer bags—all ready to add to softened butter, mayonnaise or sauces at a moment’s notice.

FRESH HERB CARE

To prolong the life of fresh herbs (parsley, basil, dill, cilantro, tarragon), treat them like flowers. Cut the stems at an angle and immediately place them into a tall glass half-filled with water. Cover the leaves with a plastic bag, store in the refrigerator. Refresh the water occasionally.

FREEZE FROST & FREEZER BURN

Both occur when air (moisture) is trapped between the food and the container. Both will affect the flavor and quality of frozen foods. When freezing foods in a plastic bag, “vacuum-seal” it by inserting a straw just before sealing and draw out the excess air. Avoid “frosty whiskers” on sauces and ice cream by placing plastic wrap directly in contact with the food’s surface to seal out moisture before freezing.

When cool, wipe grill with a sudsy sponge and rinse with clear water. Wash the splitter shield, drain tray, warmer rack and grid scraper in the dishwasher.

Use the ribbed stainless steel grid scraper to direct drippings back toward the drain tray.
Steaks and Chops

For Char-B-Que indoor electric grill, it is excellent for grilling tender cuts of meat that cook quickly, such as sirloin, New York strip, porterhouse, tenderloin filet, rib, rib chops, rib-eye et al.

BLACKENED FAJITAS

1 lb. top sirloin steak, cut into 1/2 inch strips (flank or skirt steak or chicken breast)
Blackened Seasoning Rub (pg. 34)
2 onions, thinly sliced
2 bell peppers (red, yellow or green), cored, seeded and thinly sliced
8 6-inch tortillas (flour or corn)
1 cup sour cream
1 cup shredded Cheddar-Jack cheese
Chopped cilantro (optional)

1. Dry meat with paper towels; rub generous amount of seasoning onto all sides of meat. Set aside for meat to absorb flavors (20 minutes or longer in refrigerator). Toss meat in small amount of oil to coat.

2. In a resealable plastic bag, toss onions with light coating of oil; place on one side of cold grill, sprinkle with salt. In same bag, toss peppers with light coating of oil; place on opposite side of cold grill, sprinkle with salt. Turn an grill to High. Cover onions and peppers each with a “tent” of foil to retain heat and soften, tossing frequently with tongs for even browning.

3. When grill is hot, arrange steak strips over center of grill. Turn frequently until desired doneness.

4. Across center of each warmed tortilla*, arrange strips of meat; top with onions and peppers; dollop with sour cream and sprinkle with cheese and cilantro, if using. Fold two sides of tortilla to overlap in the center.

FOOD SAFETY

Because any potential food borne bacteria would be present on just the outside surface and not the interior muscle of steaks and chops, they can be safely cooked to a lower internal temperature and doneness than for ground meats. The USDA recommends cooking Beef, Pork, Veal and Lamb Steaks & Chops to a minimum internal temperature of 145°F. (See USDA Food Safety Temperature Chart for Safe Minimum Cooking Temperatures, pg. 48.)
STEAK WITH EVERYDAY BÉARNAISE BUTTER

If you aren’t up for making classic béarnaise sauce, this substitute offers the same fabulous flavors in an easy form to keep on hand in the freezer.

1/4 cup white wine (dry vermouth or white wine vinegar)
2 Tbsp. finely minced fresh tarragon
1 Tbsp. finely minced shallots (or onions)
Pinch salt and pepper
1/2 cup butter, softened (1 stick)

1. In a small saucepan over high heat, cook wine, tarragon, shallots, salt and pepper just until the wine evaporates (about 3 minutes). Remove from heat; let cool completely.

2. In a small bowl, beat butter until fluffy. Beat cooled mixture into the butter until well blended.

3. Along one side of a 12-inch piece of plastic wrap, spread the béarnaise butter about the same size as a stick of butter for easy measuring. Fold wrap over the butter to form a smooth log. Twist the ends to make a solid cylinder. Refrigerate for an hour or more to allow the flavors to develop and blend, or label and freeze in a resealable plastic freezer bag.

SALT

Experts agree that for a great crust, meat needs to be salted with coarse, kosher salt before grilling. The debate lies in when to salt. Because salt draws moisture to the surface (moisture retards browning) many prefer to salt from just before to an hour before grilling. Others salts the night before and refrigerates the meat for the seasoning to be absorbed to help and tenderize the meat. Whichever method you choose, pinch salt granules between your thumb and index finger and raise your arm 12 inches above the food to distribute the salt more evenly.

MEAT TEMPERATURE

Remove meat from refrigerator & let stand at room temperature for 30 minutes before grilling. Room temperature meats cook faster than cold ones and will retain more flavorful juices. However, if you prefer meat very rare, you may choose to refrigerate it until just before grilling.

“Finishing” salts, such as flake de sel or gros (grey) salt from France, or flaky Maldon salt from England, greatly enhance flavor and enjoyment of any meat. Just before serving, lightly sprinkle the meat surface with crunchy sea salt. (Make your own Herb Salt pg. 41)
1. Dry meat with paper towels; apply Cinnamon-Herb Rub generously to both sides of pork chops; wrap chops in plastic wrap and refrigerate for an hour or up to overnight.

2. Remove wrap and lightly coat chops with oil; grill on high heat, turning once, until thermometer reaches 145-degrees for juicy, flavorful chops.

**CINNAMON-HERB RUBBED PORK CHOPS**

**Bone-in or Boneless Pork Chops, about 1/2 inch thick**

**Cinnamon-Herb Rub (pg. 34)**

1. Dry meat with paper towels; apply Cinnamon-Herb Rub generously to both sides of pork chops; wrap chops in plastic wrap and refrigerate for an hour or up to overnight.

2. Remove wrap and lightly coat chops with oil; grill on high heat, turning once, until thermometer reaches 145-degrees for juicy, flavorful chops.

**FRYING MEAT**

With paper towel, pat dry all meat surfaces. Brush all sides with oil. Famous steakhouses use equal parts of oil and clarified butter which can withstand higher heat. Sprinkle meat generously with kosher salt. Press on freshly cracked peppercorns, if you like.

**PREHEAT GRILL TO HIGH**

For great flavor, char and grill marks, sear meat to caramelize its natural sugars. Using tongs to hold the meat, first sear all the thinner edges to seal in the juices. Sear the first flat side until the meat is well-browned and releases easily from the grill before turning to sear the second side. For cross-hatch grill marks, rotate the meat part way through searing.

**REST TIME**

During grilling, meat juices migrate toward the center. A short rest time (3 to 5 minutes) is essential for the juices to redistribute throughout the meat. If meat is sliced before it rests, flavorful juices immediately flow out of the meat.

**BLUE CHEESE BUTTER**

Great over steaks and burgers

1/4 cup Herb Butter, softened (pg. 39)
2 Tbsp. blue cheese (or gorgonzola)

1. Using an electric mixer or fork, thoroughly blend together herb butter and cheese.

2. Along one side of a 12-inch piece of plastic wrap, spread about the same dimension as a half-stick of butter for easy measuring. Fold wrap over the butter to form a smooth log. Twist the ends to make a solid cylinder. Refrigerate for an hour or more to allow the flavors to develop and blend, or label and freeze in a resealable freezer bag.

**STEAKHOUSE BUTTER**

Flavorful and robust

1/4 cup butter, softened (1/2 stick)
1-1/2 tsp. Steakhouse Rub (pg. 34)
1 tsp. lemon juice

1. Beat together butter, rub and lemon juice until well blended.

2. Follow step 2 above

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* To clarify butter, microwave for 1 minute to evaporate the water and separate fat from milk solids; spoon off white foam from the surface; carefully pour only the top clarified liquid into a bowl, leaving the white milk solids on the bottom. (Save the solids to flavor popcorn or veggies.)

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Burgers

I don’t know anyone who doesn’t love a great burger. While some prefer thick and juicy, others swear by thin and crispy. But no matter which thickness you extol, the burger has to please your taste buds.

To keep burgers flat and from “puffing up” during cooking, press the center of each uncooked burger with your thumb (or fingers) to make a depression.

For “Beefiest” Taste

Select ground chuck that contains enough fat (20%) to give the best flavor. Or mix chuck with leaner ground sirloin for an equally pleasing combination. Keep meat cold until ready to grill. Gently shape burgers so the diameter is larger than the bun to compensate for shrinkage during cooking.

Preheat the Grill

To HIGH for a crusty, charred outside; then lower the temperature for the interior to finish cooking. Cooking time will depend on thickness of the burger. Big burgers after they have a good sear and grill marks. Pressing down with a spatula will cause the loss of flavorful juices and result in a dry burger.

Oil the Meat

Instead of the grill. Brush both sides of burgers with a light coating of oil (or oil and clarified butter pg. 10) to prevent sticking. Sprinkle with kosher salt. Refrigerate burgers until ready to Char-B-Que.

Check for Doneness

By inserting horizontally to the burger’s center, an instant-read thermometer probe (either or digital, such as Maverick Pro-Temp) that is not to be left in the food or placed in the oven. Although food-borne bacteria live only on the surface of meat, after the meat has been ground the surface is on the inside. To ensure that bacteria have been destroyed, the USDA recommends that all ground meats and meat mixtures be cooked to an internal temperature of 160 degrees, and ground poultry to at least 165 degrees.

To keep burgers flat and from “puffing up” during cooking, press the center of each uncooked burger with your thumb (or fingers) to make a depression.
Burger Options

Burger Fillings Ideas:
- Sautéed mushrooms and caramelized onions with fresh thyme leaves;
- Diced brie and minced rosemary;
- Shredded Cheddar cheese and crumbled bacon;
- Blue cheese chunks;
- Herb cheese (pg. 44);
- Herb butter (pg. 39).

To separate cold bacon slices without tearing or stretching them, gently slide a rubber spatula between the slices.

To minimize curling, use kitchen scissors to cut ¼-inch snips along the fatty edge of each bacon strip.

Grilled Mushrooms:
Place mushroom slices and oil into a resealable plastic bag and shake to coat evenly. Grill on Medium, turning frequently. To shorten cooking time, loosely cover mushrooms with an aluminum foil “tent” to trap heat and soften them.

Grilled Onions:
Cut whole onion crosswise into thick slices. Insert two bamboo skewers (pre-soaked 20 to 30 minutes in water) horizontally from the outer edges through the center of each slice to hold onion rings together during grilling. Brush both sides with oil. Alternately, cut onion in half lengthwise through the stem then crosswise into thin slices; place onion slices and oil into a plastic bag and shake to coat evenly. Grill on Medium, turning frequently. Loosely cover onions with an aluminum foil “tent” to trap heat and shorten cooking time.

Burger Bacon:
For sugar-cured bacon, light bacon onto the cold grill. Cook on Medium to desired crispness, turning frequently for even cooking. Remove bacon and drain on paper towels. Direct excess bacon drippings to the drain tray before raising the heat to grill other foods. Crumbled Bacon: use kitchen scissors or knife to cut bacon strips crosswise into ¼-inch pieces; scatter over cold grill. Grill on medium, turning frequently for even crispness.

Grilled Cheese Crispers*
"Frico" (fried cheese) is the ultimate burger topper as well as an addictive cocktail nibble.

Place a sheet of lightly sprayed or non-stick aluminum foil over the cold grill surface. For each crisp, spread 3 tablespoons of freshly grated Parmesan cheese onto an even 4-inch circle. (Add finely minced herbs, if you like.) Grill on Medium until cheese is melted, bubbling all over and golden but not brown (3-5 minutes). Watch carefully! Transfer foil with crisps onto a flat surface. When cool and crisp, gently remove them from foil. Store in an airtight container.

For smaller crisps, spread 1 tablespoon grated Parmesan cheese into 1-inch circles.

Parmaesan Cheese Shards
A savory salad accompaniment
Place a sheet of lightly sprayed or non-stick aluminum foil over the cold grill surface. Sprinkle cheese evenly onto an 8-9 inch circle. Grill on Medium until cheese is melted, bubbling all over and golden but not brown (3-5 minutes). Watch carefully! Transfer foil with cheese circle onto a flat surface. When cool and crisp, gently remove circle from foil and break into shards. Store in an airtight container.

Burger Options

Burger Buns:
Slice buns in half cross-wise. Lightly butter (or garlic butter) each cut side and place them on the grill, cut side down, to warm and lightly toast. Watch carefully! Keep buns warm on the grill rack.

Filled Burgers:
Burgers can be shaped and fillings prepared a day ahead but refrigerated separately. Do not fill burgers until just before grilling them. Place filling in center of bottom patty within ½-inch of meat edges. Center the second patty atop the filling before securely pressing edges together.

Burger fillings ideas: sautéed mushrooms and caramelized onions with fresh thyme leaves; diced brie and minced rosemary; shredded Cheddar cheese and crumbled bacon; blue cheese chunks; herb cheese (pg. 44); herb butter (pg. 39).

To separate cold bacon slices without tearing or stretching them, gently slide a rubber spatula between the slices. To minimize curling, use kitchen scissors to cut ¼-inch strips along the fatty edge of each bacon strip.

Burger Ideas
- Steakburger with Parmesan Cheese Crisp
- Cheddar-Jack filled Burger with Salsa Fresca topping (pg. 36)
- Pecorino cheeseburger with grilled tomato and Pesto Mayonnaise (pg. 42)
- Pork burger with Spicy cheese and Caraway Kraut (pg. 16)
- Pork burger with rosemary mayonnaise
- Lamb burger with Onion Jam (pg. 20)
- Turkey burger with cranberry sauce, chive and orange zest mayonnaise
- Salmon or Tuna burgers with chopped dill and Tartar Sauce (pg. 36)
- Burgers Topped with Every-day Herb Cheese (pg. 44)
Hot Dogs and Sausages

There’s nothing quicker or easier to fix than “dogs” for dinner, but dressing them up with tasty toppers makes them extra special.

CARAWAY-KRAUT (makes 2 cups)

Place grilled hot dogs or sausages, such as kielbasa, in buns. Top with Caraway-Kraut.

2 Tbsp. butter
1 small onion, thinly sliced
1 large garlic clove, minced
1 16-oz. jar or pkg. sauerkraut, drained and squeezed dry
2 tsp. caraway seed
Crumble bacon (optional)*

1. In a large skillet, melt butter; sauté onions over medium heat until golden (about 8 minutes).
2. Stir in garlic for 30 seconds, then sauerkraut and caraway seed. Cook, stirring often, until mixture is golden (about 5 minutes).

*S Allow 1/2 slice bacon for each sausage or wiener. With scissors, cut thick-sliced bacon horizontally into 1/4-inch pieces. Grill along with meat, turning often; drain on paper towels.

FOOD SAFETY

Most commercially packaged wiener, sausage or bratwurst links are fully cooked and require little more than reheating for flavor enhancement. If the label does not indicate “fully cooked” or “ready to eat,” the internal temperature must reach 165°F to be safe to eat.

GRILLING

Preheat grill to Medium High. Grill wiener, sausage or bratwurst whole, or split links in half lengthwise, until heated throughout and desired char is reached.

BUNS

Lightly butter the cut sides of buns. Place on grill, cut-side down, to toast. Watch carefully!

“Loaded” Chili Dogs

Place grilled wieners in buns, top with chili (recipe below), shredded Cheddar, scallions or diced onions.

CHILI (makes 3-1/2 cups)

1 Tbsp. oil
1 small onion, diced (1 cup)
2 large garlic cloves, minced
1 lb. ground beef (or 1/2 lb. beef and 1/2 lb. hot sausage)
1 Tbsp. chili powder
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. ground cumin
1 tsp. kosher salt
1/2 tsp. ground pepper
1 tsp. dijon mustard
1 15-oz. can tomato sauce

1. In a medium saucepan or skillet, heat oil over medium heat, sauté onions until soft, stirring often.
2. Stir in garlic, then crumbled meat; cook until meat is no longer pink.
3. In a small bowl, combine chili powder, basil, oregano, cumin, salt and pepper; stir into meat mixture. Add mustard, lemon juice and tomato sauce.
4. Bring mixture to a boil, stirring often; lower heat and continue to cook for 20 minutes.

Before adding dried herbs to a recipe, rub them between the palms of your hands or crush them with your fingertips to release their fragrant oils. A teaspoon of dried herbs equals a tablespoon of fresh.

Sausage Ideas: Italian sausage with grilled bell peppers, onions, garlic and provolone cheese on an Italian roll; “Puppy Dogs” mini wieners or sausages on dinner rolls.
**MARINATED CHICKEN SANDWICH WITH CARAMELIZED ONION “JAM”** (Makes 4 sandwiches)

This just may be the best sandwich ever, but the flavorful chicken alone is something to cheer about.

2 boneless, skinless chicken breasts
Salt and pepper
everyday Marinade (pg. 20)
4 ciabatta rolls (Kaiser or hard rolls)
1/2 cup thyme mayonnaise (pg. 20)
Onion “Jam” (pg. 20)

1. Slice each chicken breast in half crosswise; between 2 pieces of plastic wrap gently pound each thinner breast to a uniform thickness for even cooking. (An inexpensive rubber mallet from a hardware store does the job very well.) Sprinkle salt and pepper over the chicken.

2. Combine marinade ingredients in a large resealable plastic bag; add chicken and coat evenly with marinade. Seal the bag, pressing out excess air; place bag on a plate to refrigerate and marinate an hour or overnight.

3. Remove chicken from bag, pat dry with paper towels, lightly brush each side with oil.

4. Preheat grill to high and lightly brush with oil. Grill chicken 3 to 4 minutes on each side until internal temperature reaches 165 degrees.

5. Slice warmed rolls in half crosswise. Spread each half with a tablespoon of thyme mayonnaise.

6. Place chicken breast on bottom half of roll, spread onion jam over chicken, top with other half of roll.

* To oil the grill use only a silicone brush that can withstand the heat without burning or melting.

Poultry

Grilled chicken is almost as popular as grilled steak. But because of uneven thickness of breasts, thighs and legs, it can be more difficult to determine doneness. To be certain that the temperature has reached 165 degrees throughout, it’s essential to use an instant-read thermometer. Do not rely on the juices running clear for safe consumption.

Preheat the grill to medium or medium-high. Dry chicken pieces with paper towel, sprinkle them with salt, and brush lightly with oil. Turn chicken once halfway through grilling. Boneless chicken will cook more quickly than bone-in. As with all meats, allow a resting time of 3 to 5 minutes for juices to be reabsorbed throughout before slicing.
1 large red onion, thinly sliced
2 Tbsp. oil
2 Tbsp. brown sugar
2 Tbsp. balsamic vinegar
1/4 tsp. salt

1. In a plastic bag or bowl, toss onion slices with oil; transfer them into an aluminum foil cake or loaf pan (or onto a sheet of foil) and place onto a cold grill, set grill to high.

2. Grill until onions begin to soften, tossing frequently with tongs for even cooking (about 10 minutes).

3. Stir in sugar, vinegar and salt. Continue grilling, tossing frequently, until onions reduce in volume and caramelize to a thick, jam-like consistency (20 to 30 minutes). For faster cooking, loosely cover pan with foil to retain heat.

Sugar will burn and adhere to any heated surface. Before grilling any sugary food, place it into an oiled aluminum foil pan or onto an oiled or non-stick sheet of aluminum foil to prevent it from sticking to the ribbed glass surface.

THYME MAYONNAISE

1/2 cup mayonnaise (homemade or store-bought)
2 Tbsp. finely chopped thyme leaves

Thoroughly blend together mayonnaise and thyme.

ONION “JAM”
Fish Fillets & Steaks
are best for grilling and should be ½ to 1-inch thick. The natural flavor of fresh fish is delicious and needs little more than a brushing with oil and a sprinkling of kosher salt before grilling.

**SALMON WITH CUCUMBER-CILANTRO SALSA**  
**(About 2 Cups)**

Clean and fresh, cool and spicy

Salmon Steaks,  
1/2 to 1-inch thick

Salsa
1 large cucumber, peeled, seeded and diced
1 cup diced grape tomatoes
1 jalapeno pepper, seeds and membrane removed, finely diced
1/2 cup diced red onion
1/4 cup chopped cilantro leaves
Zest and Juice from 1 lime
1 tsp. oil (optional)
1 tsp. salt
1/2 tsp. cracked pepper

In a bowl, gently combine cucumber, tomatoes, jalapeno, onion, cilantro, lime zest and juice, oil if using, salt and pepper. Refrigerate to allow the flavors to blend. Serve over salmon or as a side dish.

When handling jalapeno peppers, protect your hands with disposable gloves or a plastic bag. Remove the stem; cut the pepper in half lengthwise, scrape or cut out the seeds and white membrane. Slice the pepper lengthwise into thin strips; cut strips crosswise into a small dice.

**COOKING TIME**

The general rule for cooking fish is 10 minutes per inch of thickness. Grill fish over medium to medium-high heat on a lightly oiled grill. It should release easily from the grill before turning. As with meat and poultry, fish should rest 3 minutes before serving.

**SHRIMP**

Whether grilling it with or without the shell, shrimp needs to be oiled to prevent sticking and to keep it from drying out. For shelled shrimp, insert two bamboo skewers (soaked in water for 20 to 30 minutes) through both the head and tail (rather than one skewer through the middle) to keep shrimp from spinning while turning. Thread skewers through several shrimp for efficient grilling. Shrimp takes just a few minutes to turn pink, opaque and firm, so watch it carefully. Overcooking toughens shellfish.

The general flavor of fresh fish is delicious and needs little more than a brushing with oil and a sprinkling of kosher salt before grilling.
BLACKENED FISH TACOS WITH JICAMA SLAW
They’re everything a flavorful fish taco should be.

1 lb. fish filets (tilapia, mahi-mahi, other)
Blackened Seasoning Rub (pg 20)
oil
6 6-inch tortillas (flour or corn)
Jicama Slaw (recipe below)
1 tomato, diced
1 avocado, sliced
Cilantro leaves (optional)
Chipotle Sauce (optional pg. 36)

1. Cut fish into 1-inch strips; pat dry with paper towels
2. Rub generous amount of seasoning onto all sides of fish; set aside to absorb flavors (20 minutes or longer in the refrigerator).
3. Preheat grill to Medium-High. Brush or toss fish with oil; sear until each side releases without sticking.
4. Place fish strips in center of warmed tortillas;* top with Jicama Slaw, tomato, avocado and optional Cilantro and Chipotle Sauce.
5. Fold two sides of tortilla to overlap in the center.

*Warm tortillas on grill for 15 to 20 seconds watching carefully. Alternatively, stack and wrap them in paper towels; sprinkle with water; microwave for about 20 seconds until heated.

JICAMA SLAW

2 cups shredded cabbage (or cole slaw mix)
1 cup peeled jicama, cut into thin strips
1/2 cup mayonnaise (or 1/4 cup each sour cream and Chipotle Sauce (pg. 36)
2 Tbsp. chopped scallions
2 Tbsp. chopped cilantro
Zest and juice from 1 lime

1. In a medium bowl, combine cabbage and jicama.
2. In a small bowl, stir together mayonnaise, (or sour cream and Chipotle sauce), scallions, cilantro, lime zest and juice; mix with cabbage until well combined.
3. Refrigerate for an hour or more for flavors to blend.
Vegetables

Grilling vegetables greatly enhances their flavor. Most vegetables—asparagus, zucchini, yellow squash, scallions, onions, mushrooms, green beans, peppers, eggplant, corn, Brussels sprouts, tomatoes—cook quickly on the grill in just 5 to 10 minutes. Other vegetables—potatoes, sweet potatoes, carrots, butternut squash, cauliflower, broccoli—that require longer cooking times can be precooked in a microwave or steamed for a minute or more to shorten grilling time.

PREP
Rinse vegetables. Unless grilling them whole, cut vegetables into shapes that allow the most surface to come in contact with the grill for faster cooking.

OIL
Coat all sides with oil to promote browning, enhance flavor and prevent vegetables from drying out and sticking to the grill. Lightly brush oil over all sides of vegetables, or place both vegetables and oil into a resealable plastic bag and shake to coat evenly. Sprinkle vegetables with salt, if using.

ALUMINUM FOIL
Vegetables soften and cook more quickly when loosely covered with a foil "tent" that traps heat and steam and also minimizes smoke and spatters.

GRILLING
Cook most vegetables on Medium to Medium-High heat, turning or moving pieces with tongs for even browning.

- When grilling vegetables along with other foods, arrange them around the grill's outer edges where heat is less intense.
- Insert one or two bamboo skewers (pre-soaked in water for 20 to 30 minutes) into thick onion slices from the outer edge through the center of each slice to hold the onion rings together and to facilitate turning them during grilling.
- For attractive cross-hatch grill marks, rotate vegetable slices half way through cooking.
- For a pleasing flavor boost to vegetables—zucchini, squash, Brussels sprouts, tomatoes, eggplant—sprinkle grated or shaved Parmesan cheese over vegetables after grilling.
- When grilling lettuces, such as romaine, endive and radicchio, cut them in half or into quarters lengthwise through the core, keeping the core intact so leaves stay together for easy turning.
“MEDITERRANEAN” PORTOBELLO MUSHROOMS
These marinated mushrooms are marvelous even without the filling.

4 large Portobello mushrooms
Vegetable Marinade (pg. 32)
1/4 cup chopped kalamata olives (pits removed)
1/4 cup chopped sun-dried tomatoes with herbs
1/4 cup crumbled feta cheese
2 Tbsp. chopped fresh basil (or parsley)

1. Remove stems from mushroom caps; gently scrape out dark gills; rinse under cool, running water; drain and dry thoroughly with paper towels.
2. In a resealable plastic bag, thoroughly combine marinade ingredients.
3. Place mushrooms in bag and coat evenly with marinade; seal the bag, pressing out excess air, and marinate for 30 minutes or more.
4. In a bowl, gently mix olives, tomatoes, cheese and basil. Set aside.
5. Remove mushrooms from marinade; dry with paper towels and brush with oil.
6. On medium-high, grill mushrooms stem-side down for 2-3 minutes. Turn mushrooms over; divide cheese mixture among caps; cover loosely with foil and grill for additional 2-3 minutes until cheese softens. Serve hot.

GRILLED CAESAR SALAD
a classic favorite with the ultimate dressing and a twist

Caesar Dressing
(recipe below)
Romaine lettuce
Pepperoni Crisps (Instructions below)
Diced tomatoes
Parmesan Cheese Shards (pg. 15)

Romaine Lettuce: Remove any damaged outer leaves; cut each head in half lengthwise (or into quarters) thru the core, leaving core intact. Lightly brush oil ver cut side of each half. Place on grill, cut side down, just to sear, not to wilt (about 2 minutes). With tongs, transfer lettuce to serving plates. Drizzle with Caesar dressing; top with crumbled pepperoni and tomatoes. Arrange Parmesan shards around Romaine. (Alternately, cut grilled romaine halves crosswise and toss with dressing.)

Pepperoni Crisps: Arrange pepperoni slices on cold grill. Grill several minutes on Medium High, turning frequently, until crisp. Drain on paper towels.

Caesar Dressing: Place all dressing ingredients in a blender or a jar with tight-fitting lid. Blend or shake jar vigorously. Store dressing in refrigerator and shake well before serving. Makes about 1 cup.

Before squeezing lemons, limes or other citrus fruits, microwave for 20 to 25 seconds to increase the amount of juice.
Fruit

Grilling fruit takes so little effort yet the flavor-reward is huge. Fruits can be grilled whole, sliced or cut into rings or wedges, with or without the peel.

Choose firm fruit that is not over-ripe. Wash fruit, dry with paper towel and brush lightly with melted butter or oil. Grill strawberries, bananas, melons, oranges, apricots, peaches, plums and pears. Core pineapples and apples and cut into 1/2 inch slices. Since most fruits benefit from a touch of sweetness—sugar, brown sugar, cinnamon sugar, honey, maple syrup—grilling on aluminum foil (lightly buttered) is a good idea for easy cleanup and to prevent sugar from burning and adhering to the hot surface.

Grill fruit on medium heat on one side until it starts to soften; turn it over and sprinkle on brown sugar or other sweetener if desired. The sugar caramelizes as it melts. Serve fruit hot, warm or cold, as a side dish or for dessert. It’s heavenly with a splash of heavy cream, a dollop of sour cream, or a scoop of ice cream.
Marinades

are liquids that infuse flavor into foods and slightly tenderize the surface. They usually contain an acid (wine, vinegar, fruit juice, yogurt, buttermilk), flavoring (herbs, spices, onions, garlic, ginger, soy sauce) and oil.

The purpose of a marinade is to enhance a food’s natural flavor without overpowering it. Marinating for an hour or two is usually sufficient for most quick-cooking meat, poultry, fish or vegetables.

Marinate meats and vegetables in a resealable plastic bag. Squeeze out as much air as possible before sealing it. This allows the marinade to coat the food completely and eliminates the need for stirring or turning. Alternately, use a shallow glass or plastic container that allows the marinade to cover the food.

Marinate in the refrigerator and discard any marinade that has been in contact with raw meat, fish or poultry. Never use the liquid that raw meat, fish or poultry has been marinating in for basting or serving with cooked foods unless the marinade has been brought to a full rolling boil first. Instead, set aside part of the liquid before marinating.

EVERYDAY MARINADE

makes about 1-1/2 cups, enough for 2 lbs. chicken or fish

1/2 cup chopped scallions (green and white part)
1/4 cup oil
1/4 cup chopped scallions (green and white part)
1/4 cup olive oil
2 Tbsp. toasted sesame oil
2 Tbsp. soy sauce
1/4 cup black pepper
1/2 tsp. rice vinegar
2 tsp. water
2 tsp. kosher salt
2 tsp. salt
2 tsp. soy sauce
1/4 tsp. grated fresh ginger
1/4 tsp. grated garlic
1/4 tsp. black pepper
1/2 tsp. lime zest and juice

* rasp-type graters work best

VEGETABLE MARINADE

makes 3/4 cup

1/4 cup olive oil
2 Tbsp. balsamic vinegar
1 clove garlic, minced
1/2 tsp. dried basil
2 Tbsp. soy sauce
1/2 tsp. dried oregano
1/2 tsp. rice vinegar
1/2 tsp. kosher salt
1/2 tsp. black pepper

The purpose of a marinade is to enhance a food’s natural flavor without overpowering it. Marinating for an hour or two is usually sufficient for most quick-cooking meat, poultry, fish or vegetables.

Marinate meats and vegetables in a resealable plastic bag. Squeeze out as much air as possible before sealing it. This allows the marinade to coat the food completely and eliminates the need for stirring or turning. Alternately, use a shallow glass or plastic container that allows the marinade to cover the food.

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Rubs

are combinations of herbs and spices that are pressed onto or rubbed into meats to penetrate the surface and add flavor. They can be applied anytime from just before grilling to several hours before or overnight. Rubs also form a savory crust that helps seal in moisture.

For even more intense flavor, sprinkle the dry rub mixture over meat after grilling.

**CINNAMON-HERB RUB**

1 Tbsp. cinnamon
1 tsp. dried thyme leaves, crushed
1/2 tsp. granulated garlic
1/2 tsp. paprika
1/2 tsp. kosher salt
1/4 tsp. cayenne pepper

In a small bowl, thoroughly combine all ingredients.
Store in a lidded jar.

**STEAKHOUSE RUB**

1 Tbsp. kosher salt
1 Tbsp. cracked black pepper
1 tsp. paprika
1/2 tsp. cumin
1 tsp. onion powder
1 tsp. onion powder
1/4 tsp. cayenne pepper

In a small bowl, thoroughly combine all ingredients.
Store in a lidded jar.

**BLACKENED SEASONING RUB**

1 tsp. smoked paprika (pimenton)
1 tsp. dried thyme leaves, crushed
1 tsp. dried oregano leaves, crushed
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. kosher salt
1 tsp. black pepper (freshly ground)
1 tsp. dried thyme leaves, crushed
1 tsp. dried oregano leaves, crushed

In a small bowl, thoroughly combine all ingredients.
Store in a lidded jar.

Sauces

and salsas are combinations of ingredients and condiments to serve over or alongside grilled foods to complement their flavor.

**SAVORY APRICOT-ROSEMARY SAUCE (MAKES 1-3/4 CUPS)**

tasty accompaniment for poultry and pork

1. In a blender or food processor, puree together canned apricots and syrup, brown sugar, lemon juice, cornstarch, garlic, mustard and Worcestershire sauce until well blended.
2. Pour the mixture into a saucepan; stir in rosemary and apricot slices.
3. Over medium-high heat, stirring often, bring mixture to a boil and cook for 1 minute until thickened.
4. Remove from heat; stir in butter.
5. Serve the sauce hot or warm. Can be made ahead, refrigerated and reheated.

1 15 oz. can unpeeled apricot halves in syrup
3 Tbsp. brown sugar
2 Tbsp. lemon juice
1 Tbsp. cornstarch
1 small clove garlic
1 tsp. Dijon mustard
1/2 tsp. Worcestershire sauce
1 tsp. finely minced rosemary
1/2 cup thinly sliced dried apricots
1 Tbsp. butter

In a blender or food processor, puree together canned apricots and syrup, brown sugar, lemon juice, cornstarch, garlic, mustard and Worcestershire sauce until well blended.
Pour the mixture into a saucepan; stir in rosemary and apricot slices.
Over medium-high heat, stirring often, bring mixture to a boil and cook for 1 minute until thickened.
Remove from heat; stir in butter.
Serve the sauce hot or warm. Can be made ahead, refrigerated and reheated.
TARTAR SAUCE
fabulous with fish
1/2 cup mayonnaise (homemade or store-bought)
2 Tbsp. pickle relish (sweet or dill)
2 Tbsp. finely minced shallot or onion
1 Tbsp. minced capers (optional)

In a bowl, stir together mayonnaise, relish, onion and capers. Refrigerate for an hour for flavors to develop and blend.

CHIPOTLE SAUCE
turning up the heat
1/2 cup mayonnaise (homemade or store-bought)
1 Tbsp. canned chipotle peppers in adobo sauce, stemmed, seeded and finely minced
1/2 tsp. lime zest, finely minced
1/2 tsp. ground cumin
1/2 tsp. smoked paprika (pimenton)

In a bowl, stir together mayonnaise, chipotle, zest, cumin and paprika. Refrigerate for an hour for flavors to develop and blend.

SALSA FRESCA
fresh salsa goes with anything, including tortilla chips
1 cup diced tomatoes
1 jalapeno pepper, seeds and membrane removed, finely diced
1/4 cup finely diced red onion
1/4 cup chopped cilantro
1 tsp. oll (optional)
Juice from 1 lime
1/4 tsp. salt

In a small bowl, gently stir together all ingredients until well blended. Serve cold or at room temperature.
Makes 1 1/4 cups.

ORANGE-HORSERADISH-CHIVE DIPPING SAUCE
both sweet and spicy
1/2 cup orange marmalade (apricot or peach jam)
1-2 tsp. horseradish
1-2 tsp. finely chopped chives (or rosemary)
1 tsp. lemon juice

In a small bowl, stir together all ingredients until well blended.

HORSERADISH SAUCE
wonderful with beef
1/2 cup sour cream
1 Tbsp. horseradish
1 Tbsp. Dijon mustard
1 Tbsp. finely chopped chives
1/4 tsp. Worcestershire sauce
Pinch of salt and cracked pepper

In a small bowl, stir together all ingredients until well blended. Store in refrigerator.

Chipotle peppers are smoked jalapeno peppers. When handling jalapenos, or any hot peppers, protect your hands with disposable gloves or a plastic bag.

Remove the stems, cut the pepper in half lengthwise, scrape out the seeds. Slice the pepper lengthwise into thin strips; cut strips crosswise into a small dice.

Freeze unused peppers in a resealable plastic bag for future use.
EVERYDAY HERB BUTTER

Herb Butter is so easy to make you’ll never want to be without it. It’s a delicious complement to meat, fish, poultry or pasta, it on bread, but it’s equally at home on baked potatoes and vegetables and will perk up any sauce or gravy. It’s certain to be a welcome staple in your refrigerator or freezer.

1 cup butter, softened (2 sticks)
1 Tbsp. minced parsley
1 clove garlic, finely minced
1 Tbsp. fresh lemon juice

Food Processor: With machine running, drop parsley and garlic clove into the feed tube to mince them. Add butter and lemon juice and process until well blended.

Electric Mixer: In a bowl, beat butter until fluffy. Add minced parsley, minced garlic and lemon juice; beat until well blended.

Along one side of a 12-inch piece of plastic wrap, spread half the Herb Butter about the same size as a stick of butter for easy measuring. Fold plastic wrap over the butter to form a smooth log. Twist the ends to make a solid cylinder. Repeat with remaining Herb Butter. Refrigerate for an hour or more to allow the flavors to develop and blend, or label and freeze in an airtight freezer bag.

Make smaller amounts of a variety of Herb Butter flavors. To the basic recipe, add a tablespoon or more of minced herbs that enhance specific foods. Label each herb butter flavor for easy identification. Store in the refrigerator or freeze in a resealable plastic bag.

Dill Butter for seafood
Basil Butter for pasta, poultry and meat
Rosemary Butter for pork and vegetables
Thyme butter for meat, poultry and fish
Béarnaise butter for steak and burgers (pg. 9)

Tarragon Butter for poultry and meat
Mint Butter for lamb and vegetables
Chive Butter for vegetables
Blue Cheese Butter for steak and burgers (pg. 10)
Steakhouse Butter for steak and burgers (pg. 10)
EVERYDAY HERB SALT

Herb Salts are fun and easy to make and they’re a great flavor enhancer for just about any food. Prepare a variety of salts while herbs are in season.* Combine several of your favorite herbs and brighten with minced lemon or lime zest for your own “house salt”.

To remove the flavorful zest (rind) from any citrus fruit, thoroughly scrub the skin. Use a rasp-type grater or zester, or use a vegetable peeler to remove thin strips of just the colored rind, avoiding any of the bitter white pith, before mincing.

11/2 cup fresh herb leaves (1/4 cup minced)*
1 garlic clove (1 tsp.)
1 Tbsp. kosher salt

1. Rinse herbs and pat them dry with paper towels to remove all moisture; finely mince and set aside.

2. On a cutting board, using a large knife, chop garlic. Mound the salt over garlic; chop and scrape the mixture back and forth until garlic is very finely minced and is thoroughly blended with the salt.

3. Add herbs to the garlic salt. Continue mincing and scraping until mixture is uniform. (Alternately, combine mixture in a small food processor.)

4. Spread salt mixture evenly onto a baking sheet to let dry at room temperature, stirring occasionally. For faster drying, preheat oven to 200 degrees; turn off oven. Place mixture in oven for several hours until completely dry, stirring occasionally. Re-chop the dried salt mixture to a uniform consistency. For a finer grind of Herb Salt, whirl it in a coffee/spice grinder or food processor to desired consistency. Store in a lidded jar.

*Tarragon Salt for poultry, beef, eggs and vegetables
Rosemary Salt for pork, poultry and vegetables
Basil Salt for steaks, burgers, pasta and tomato dishes
Dill and Lemon Zest Salt for fish and seafood

Thyme and Lime Zest Salt for fish
Mint Salt for lamb and vegetables
Parsley, Chive and Lemon Zest Salt for beef, pork, poultry, and vegetables

To remove the flavorful zest (rind) from any citrus fruit, thoroughly scrub the skin. Use a rasp-type grater or crater, or use a vegetable peeler to remove thin strips of just the colored rind, avoiding any of the bitter white pith, before mincing.
**EVERYDAY FLAVORED MAYONNAISE**

Make any of these variations using either homemade or store-bought mayo. But be warned, once you have made mayonnaise from scratch, you’ll never want the store-bought one again.

**EVERYDAY BLENDER MAYONNAISE** *(makes 1-1/2 cups)*

1. Place eggs, lemon juice, mustard, sugar and salt into the blender jar (or immersion blender jar). Blend one minute until mixture doubles in volume.
2. With blender running, pour in oil very slowly in a thin, steady stream until the mixture thickens.
3. Store in the refrigerator. Mixture will thicken more as it chills. Use within 7 days.

*Traditionally, mayonnaise is made with just egg yolks. Using whole eggs instead produces a lighter, fluffier mayonnaise. Choose pasteurized eggs if you prefer.

**PESTO MAYONNAISE**

a treat for burgers, sandwiches and tomatoes

1/2 cup mayonnaise (homemade or store-bought)
2 tbsp. basil pesto (homemade or store-bought)

1. In a bowl, whisk together mayonnaise and pesto. Refrigerate for an hour for flavors to develop and blend.

**HERB MAYONNAISE**

perk up any sandwich, salad, vegetable, poultry or fish

1/2 cup mayonnaise (homemade or store-bought)
1 Tbsp. minced parsley
1 Tbsp. minced herbs (chives, basil, thyme, tarragon, rosemary, dill, cilantro)
1 small garlic clove, finely minced

1. In a bowl, whisk together all ingredients. Refrigerate for an hour for flavors to develop and blend.

**SUN-DRIED TOMATO MAYONNAISE**

tasty and pretty in pink

1/2 cup mayonnaise (homemade or store-bought)
1 Tbsp. Sun-Dried Tomatoes with Herbs, finely minced

1. In a bowl, whisk together mayonnaise and tomatoes. Refrigerate for an hour for flavors to develop and blend.

For a flavorful combo, whisk together equal parts of Sun-Dried Tomato and Pesto Mayonnaise recipe Page 42.

For a flavorful combo, whisk together equal parts of Sun-Dried Tomato and Pesto Mayonnaise recipe Page 42.
EVERYDAY HERB CHEESE (makes about 1 cup)
super on burgers and sandwiches and a delicious spread for bread and crackers

Add a variety of minced herbs—chives, thyme, basil or tarragon. Herb Cheese made with regular cream cheese freezes beautifully. Reduced-fat (Neufchâtel) and fat-free cream cheese develop a grainy texture when frozen.

1 8-oz. pkg. cream cheese, softened
2 Tbsp. butter, softened
1 Tbsp. finely minced parsley
1 Tbsp. lemon juice
1 small clove garlic, finely minced
1/4 tsp. kosher salt
1/4 tsp. pepper

**Food Processor:** With machine running, drop parsley and garlic clove into the feed tube to mince them. Add cream cheese, butter, lemon juice, salt and pepper; process until well blended.

**Electric Mixer:** In a bowl, beat cream cheese and butter until fluffy. Add minced parsley, lemon juice, minced garlic, salt and pepper; beat until well blended.

Transfer mixture into ramekins or serving bowls; cover with plastic wrap. Refrigerate for an hour or more for flavors to develop and blend.

**PESTO HERB CHEESE**
To everyday Herb Cheese recipe, add 3-5 Tbsps. basil pesto.

**SUN-DRIED TOMATO HERB CHEESE**
To everyday Herb Cheese recipe, add 3-4 Tbsp. finely minced Sun-dried Tomatoes with Herbs.

For a beautiful and impressive party appetizer spread, make an Herb Cheese Torte (pg. 45).

everyday gourmet PARTY ESSENTIALS
two easy, delicious and impressive recipes that I couldn’t be without

**HERB CHEESE TORTE WITH “HOMEMADE” TOASTS**

1. Line a loaf pan (or straight-sided bowl) with a double layer of plastic wrap.
2. Spread Sun-Dried Tomato Herb Cheese in an even layer over bottom of loaf pan.
3. Spread everyday Herb Cheese in an even layer over tomato layer.
4. Spread Pesto Herb Cheese in an even layer over everyday layer.
5. Cover top with plastic wrap and refrigerate for several hours or overnight for cheese to set.
6. To serve: remove top plastic wrap; place serving plate over pan; flip cheese onto plate; carefully peel off plastic wrap. With a knife blade dipped into hot water and dried, smooth top and sides of cheese.

“Homemade” Toasts
Cut French bread (or have the bakery cut it) into thin slices. Arrange slices in a single layer on a baking sheet. Bake in a preheated 325 degree oven for 10-15 minutes until crisp but not brown. When cool, store in a resealable plastic bag or airtight container.

For a beautiful and impressive party appetizer spread, make an Herb Cheese Torte (pg. 45).

Before lining a pan with plastic wrap spritz the container with water. The wrap will stick to the container and be much easier to control.
CHOCHOLATE TRUFFLE-MOUSSE (makes 4-6 servings)

1. In a 2-cup glass measuring cup or bowl, beat egg.

2. Whisk together egg and cream until completely blended; microwave until very hot and bubbles form around edges (about 1 minute, do not boil).

3. In a blender jar, place chocolate and vanilla (or liqueur); pour hot cream mixture over chocolate; blend until chocolate melts (about 1 minute).

4. Pour into 4 serving dishes or wine glasses. * Cool to room temperature, cover with plastic wrap, refrigerate until set (several hours).

5. Remove from refrigerator about 30 minutes before serving. Dollop with whipped cream and sprinkle with chocolate curls (made using a vegetable peeler).

* Recipe can be doubled. Mousse freezes beautifully. To serve a crowd, mousse can be poured into a large bowl and, after it's set, scooped directly into serving bowls or onto plates.

1 egg
1 cup heavy whipping cream
1 cup semi-sweet or bittersweet chocolate (morsels or chopped)
1 tsp. vanilla (or 1-2 Tbsp. Chambord or other liqueur)

Spritz a pan or container with water before lining it with plastic wrap. The wrap will stick to the container and be much easier to control.
Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature. Remember, you can’t tell whether meat is safely cooked by looking at it. Any cooked, uncooked red meats — including pork — can be pink, even when the meat has reached a safe internal temperature.

**Why the Rest Time is Important**

After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

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<th><strong>Fresh Beef, Veal, Lamb</strong></th>
<th><strong>Turkey, Chicken</strong></th>
<th><strong>Steaks, roasts, chops</strong></th>
<th><strong>Chicken &amp; Turkey, whole</strong></th>
<th><strong>Poultry breasts, roasts</strong></th>
<th><strong>Poultry thighs, legs, wings</strong></th>
<th><strong>Duck &amp; Goose</strong></th>
<th><strong>Stuffing (cooked alone or in bird)</strong></th>
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<td>Cook until flesh is pearly and opaque.</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Clams, oysters and mussels</td>
<td>Cook until shells open during cooking.</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Scallops</td>
<td>Cook until flesh is milky white or opaque and firm.</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>