

# *Grilled to Perfection*

**Chef Terry Mullin**



## **Pineapple Maraschino Boats**

### **Ingredients:**

- Maraschino Cherries
- Fresh Pineapples
- Frill Picks - (toothpicks with multicolored plastic decorative topping)

### **Method:**

Cut Fresh Pineapple into quarters lengthwise. Cut meat away from skin and then cut like slices of bread every 1/2 inch to form a triangle. Use a frill pick and a cherry to top each triangle.



## Watergate Pineapple Salad

### Ingredients:

- 1 (20 oz.) can crushed pineapple and juice
- 1 (3 oz.) box instant pistachio pudding mix
- 1 (8 oz.) container Cool Whip
- 1 c. miniature marshmallows

### Method:

Fold pudding mix into crushed pineapple then fold in other ingredients. Refrigerate.



## Wilted Spinach w/ Hot Bacon Dressing

### Ingredients:

- Spinach Leaves
- Hard boiled eggs
- Radishes
- Tomato
- Bacon
- Onion
- Vinegar
- Sugar
- Water



### Method:

**Greens and such:** Arranged properly on a chilled plate Spinach leaves washed and stemmed, chopped hardboiled egg, sliced radishes and tomato wedges.

**Bacon Dressing:** Sauté narrow strips of bacon until almost crisp, add diced onion and cook until tender. Add equal parts of Vinegar, Sugar (a bit more if you like it sweeter), and water. Bring to boil and let simmer (in restaurants, we put it in a crock pot to keep it hot and let the flavors expand). Pour dressing over top of leaves before serving.

## Tinfoil: Potatoes Lyonnais

### Ingredients:

- 3 tbsp. butter
- 1 sm. onion, chopped
- 3 c. potatoes, sliced
- 1/4 c. chicken broth
- Salt and pepper

### Method:

Mix all ingredients together inside a tinfoil envelope. Seal well. Cook over coals approximately 10 minutes each side then serve.



## Marinated Veggie Skewers

### Ingredients:

- Zucchini
- Eggplant
- Green pepper
- Mushrooms
- Tomatoes
- Onion
- Italian Dressing



### Method:

1. Combine all ingredients in a bowl. Add vegetables such as zucchini, eggplant, green pepper, mushrooms, tomatoes and onion. Marinate for at least 30 minutes before grilling in a zesty Italian dressing.
2. Put vegetables on skewers and cook along the outside edges of the grill.
3. For best results, combine vegetables on skewers based on their length of cooking time. Thread long cooking vegetables together on skewers and start grilling them first. When they are partly cooked, add the skewers with the shorter cooking vegetables, such as mushrooms and tomatoes.

## Acorn Squash w/Spiced Pecan Butter

### Ingredients:

#### Butter:

- 1/4 cup unsalted butter at room temperature
- 1/3 cup chopped pecans
- 1 T. maple syrup
- 1/2 tsp. cinnamon
- 1/4 tsp. ground ginger
- 1/2 tsp kosher salt
- 1/4 tsp ground pepper

#### For the Squash:

- 2 acorn squashes, 1 1/2-2 pounds each
- 2 tsp oil, preferably olive
- Salt, Pepper



### Method:

1. Mix all ingredients for the butter in a small bowl, mixing well.
2. Cut the squash in half lengthwise. Remove the seeds with a spoon. Lightly brush the exposed flesh with the olive oil. Season with salt and pepper.
3. Put the squash halves, cut sides down, on the cooking grate and grill indirectly over high heat until grill marks are clearly visible, about 30 minutes.
4. Turn the squash halves cut sides up. Spread the exposed flesh with the pecan butter. Continue grilling indirectly over high heat until the flesh is tender, 20-30 minutes. Serve warm.

## Chicken Breast w/Chipotle Rub

### Ingredients:

- chicken breasts
- olive oil, corn oil, or clarified butter
- Chipotle Seasoning

### Method:

1. Brush boneless chicken breasts with olive oil, corn oil, or clarified butter (so milk solids don't burn). Coat with Chipotle rub and work (rub) into the meat.
2. Broil until done.



## BBQ Country Ribs

### Ingredients:

- Country Ribs
- Oil or clarified butter
- Garlic Salt
- Lawreys Seasoning Salt
- Barbeque Sauce (your favorite brand)



### Method:

1. Brush country ribs with oil or clarified butter. Season with a mixture of 1/2 garlic salt, 1/2 Lowrey's Seasoning Salt.

[One way of making the product look great is to place the meat on the grill and cook for a few minutes until the grates "mark" the meat. Then, twist the meat at a 45 degree angle to make the diagonal marks famous for outdoor cooking.]

2. When ribs are 1/2 cooked, turn to cook other side. Baste cooked side (now on top) with your favorite BBQ sauce. When almost done, turn again and baste the second side with your favorite BBQ sauce. If ribs are cooking too quickly, move to a less direct heat source (to the edges or sides).

## Salmon Steak w/ Brown Sugar Mustard Glaze

### Ingredients:

- 1 T. brown sugar
- 1 tsp. honey
- 1 tsp butter
- 1 T. Dijon mustard
- 1 T. soy sauce
- 1 T. olive oil
- 1 tsp. grated fresh ginger
- 1 whole salmon fillet, skin on,  
about 2-2-1/2 pound



### Method:

1. In a small sauté pan, melt the brown sugar with the honey and butter. Remove from the heat and whisk in the mustard, soy sauce, olive oil and ginger. Cool slightly.
2. Place salmon skin side down on a large sheet of aluminum foil. Trim the foil to leave a border of 1/2 inch around the edge of the salmon. Coat the flesh of the salmon with the brown sugar mixture.
3. Grill the salmon indirectly over the medium heat until the edges begin to brown and the inside is opaque, 25-30 minutes. The internal temperature should be about 125°F.

## Corn Fritters

### Ingredients:

- 8 eggs
- 8 cups flour
- 4 cups creamed corn
- 1 cup milk
- 1 1/2 cup sugar
- 4 T. Baking powder
- 1/2 pound butter (2 sticks) melted
- 1 tsp salt



### Method:

1. Mix all the ingredients together. Chill
2. Drop by spoonfuls into hot oil (350°F.- use a thermometer to know the temperature of the oil). Turn fritters to cook on both sides, then remove from fryer to paper towels to drain off excess oil.
3. Top with generous portions of powdered sugar tapped from a strainer. (cut recipe in 1/4 for this class) Mixture holds well in refrigerator so don't worry about having to make more the next day to use up the batter. = )

## Grilled Apples w/ Cinnamon Butter Sauce

### Ingredients:

- Baking apples (Rome Beauty, Jonathan, Greening or Granny Smith)
- Butter
- Brown sugar or honey
- Ground cinnamon
- Freshly grated nutmeg
- Chopped walnuts



### Method:

1. For each person, core baking apples. Cut into 2 or 3 sections horizontally.
2. Brush apples with melted butter and place on grill. When  $\frac{1}{2}$  cooked, brush with a tablespoon of brown sugar butter syrup or honey, sprinkle of cinnamon and a pinch of nutmeg and a few chopped nuts.
3. Finish cooking on the second side and serve warm.

## Homemade Ice Cream - for 6 qt maker

### Ingredients:

- 4 cups sugar
- 6 egg yolks
- 2 oz. vanilla extract
- 1 pt. heavy cream
- 1 pt. half and half cream
- 6 egg whites
- milk
- rock salt, 2-3 cups
- ice, preferably shaved or small cubes



### Method:

1. Add sugar and yolks in mixing bowl and then add enough milk to make a paste and beat until smooth.
2. Slowly add the heavy cream,  $\frac{1}{2}$  and  $\frac{1}{2}$  to above mixture and continue to mix until all sugar crystals are dissolved
3. Pour mixture into canister of ice cream maker
4. Whip whites until frothy and add to top of mixture in ice cream canister
5. Add milk to bring mixture to fill line on canister.
6. Start electric mixer or hand crank. Layer ice then salt 2-3 times to fill area between the canister and the ice cream maker. Be sure water that melts does not go above the lid and spill into the canister.
7. When ice cream is frozen, remove the lid, remove the beater, replace the lid and cover everything with blanket or towels. Keep in packed ice for 1/2 hour to help harden the ice cream

## Quesadillas on the Grill

- Chicken breast
  - Peppers
  - Onion
  - Cheese
  - Tortilla shells
1. Season Chicken breasts with your favorite seasonings such as chipotle rub. Grill until done.
  2. Place peppers and onions on the grill and cook till tender approximately 3-5 minutes. Slice into strips.
  3. Lay tortilla on grill. Sprinkle with cheese then top with meat and peppers. Fold in half, cut into wedges and serve.



## Garlic Cheese Bread

### Ingredients:

- 6 garlic cloves
- 1/2 cup cream cheese spread
- 1/4 cup mozzarella
- 1/2 tsp paprika
- 1/2 tsp freshly ground black pepper
- a pinch of nutmeg
- 1 small loaf French bread
- butter



### Method:

1. Slice the loaf into roughly 1 inch slices. Spread with butter and keep aside.
2. Mince the garlic and sauté in a small amount of butter until aromatic.
3. Combine the cream cheese with remaining condiments and garlic.
4. Spread the mixture thickly on the buttered slices and top with a sprinkle of mozzarella.
5. Grill at 475°F (250°C) until the cheese melts and begins to brown.

## Grilled Asparagus Spears

### Ingredients:

- 1 pound fresh asparagus
- 4 T. Olive Oil
- 1 tsp salt
- Melted butter
- Fresh Lemon

### Method:

1. Look for firm asparagus stalks with deep green or purplish tips. Also check the bottom of the spears. If they are dried up, chances are they have been sitting around for too long. Trim off the tough bottom of the spear by grasping each end and bending it gently until it snaps at its natural point of tenderness— usually two thirds of the way down the spear. If the spear is less than 6-inches long, chances are it has already been trimmed for you. Then take a vegetable peeler and peel off the outer skin of the lower half of the remaining stalk.
2. Place asparagus on a plate. Drizzle oil over top and turn spears until they are coated. Sprinkle with salt (this may seem like a lot) and turn again.

3. Grill asparagus for 5 minutes over Direct Medium heat. Each minute or so, roll each spear 1/4 turn. Asparagus should begin to brown in spots (indicating that its natural sugars are caramelizing) but should not be allowed to char. Remove from grill and serve immediately (eating spears with your fingers enhances the experience).
4. For a lemon flavor, simply melt butter with fresh squeezed lemon juice and dip asparagus in this light summery sauce.



## RUBS, MARINADES, FLAVORED BUTTERS

Rubs & Marinades Rubs and Marinades are great ways to add flavor or tenderize your favorite cuts of meat.

**Rubs** - A blend of herbs, peppers, spices or seasonings that are blended to add flavor to steaks and roasts by coating the surface of the meat with the mixture. RUBS ARE A GREAT WAY TO ADD FLAVOR AND AVOID FAT. Rubs can consist of dry ingredients, or some include oil, crushed garlic or other liquids that cause the rub to be a paste. Rubs can be applied to the surface of the meat just before grilling or roasting, or applied several hours in advance and refrigerated until cooked.

**Marinades** - A highly seasoned liquid used to add flavor and tenderize less tender cuts. Marinades usually consist of liquid ingredients such as fruit or vegetable juices, wine, water or oil in combination with seasonings and herbs. A tenderizing marinade must contain an acidic ingredient such as lemon juice, yogurt, wine or vinegar or a natural tenderizing enzyme found in fresh papaya, ginger, pineapple and figs. Allow ¼ to ½ cup marinade for each 1 to 2 pounds of meat. Always marinate in the refrigerator - never at room temperature. Marinating may be done in a plastic bag or glass dish. Beef must be marinated at least six hours for tenderization to take place. Turn or stir the meat occasionally to allow even exposure to the marinade. For flavor, marinate 15 minutes or as long as 2 hours. Leftover marinade should be discarded. For Rub & Marinade recipes, see the [Recipe Book](#).

## COMPOSED BUTTERS GREAT FOR ALL GRILLED FOODS

Each of these composed butters is excellent on grilled foods such as fish and poultry, pork or other meats, even vegetables – whatever appeals to your taste. Just put a slice of chilled composed butter on top of the food as it comes hot off the grill. The butter will melt and spread its flavor over the food.

Each listing of recipe ingredients (except the first listing for dill-caper butter, which is complete as written) is meant to be beaten into ONE POUND of softened, unsalted butter. The finished composition may then be rolled into a log, wrapped in plastic wrap, or simply packed into a crock or small dish and tightly covered – then refrigerated until needed.

**DILL-CAPER BUTTER:** (tasty as a sandwich spread on pumpernickel, under sliced smoked salmon - or to top grilled fish) Blend into 1 stick of butter: 2 tablespoons chopped fresh dill, 1 tablespoon drained capers - chopped.

### BASIL-LEMON

4 tablespoons, fresh chopped basil leaves  
1 tablespoon, minced garlic  
4 tablespoons, fresh lemon juice (about one lemon's worth)  
salt and fresh cracked black pepper to taste

### GINGER-SCALLION

4 tablespoons, chopped scallions  
2 tablespoons, minced fresh ginger root  
1 tablespoon, rice vinegar  
salt and fresh cracked black pepper to taste

### **HOT CHILE-CILANTRO**

4 tablespoons, chopped fresh cilantro  
2 tablespoons, minced fresh red Serrano chiles  
(or substitute chiles of your choice)  
2 tablespoons, fresh lime juice (about the juice of one lime)  
salt and fresh cracked black pepper to taste

### **ROSEMARY-GARLIC-BLACK PEPPER**

3 tablespoons, rosemary “needles” – lightly crushed  
1 tablespoon, minced garlic  
2 tablespoons, freshly cracked black pepper  
salt to taste

### **HONEY-SAGE-RAISIN**

3 tablespoons, chopped fresh sage leaves  
4 tablespoons, honey  
1/4 cup, raisins  
salt and fresh cracked black pepper to taste

### **CHILE**

3 tablespoons, chile powder  
1 tablespoon, ground cumin  
3 dashes, Tabasco sauce (or other hot sauce)  
2 tablespoons, tequila  
salt and fresh cracked black pepper to taste

### **SESAME**

4 tablespoons, sesame seeds – toasted\*  
2 tablespoons, dark sesame oil  
2 tablespoons, finely chopped scallions

[\*Cook’s Note: toast sesame seeds in a single layer on a cookie sheet, in a 350 degree oven (preheated) for about 25 minutes. Stir occasionally. Allow seeds to

cool before adding to softened butter.]

\*General Cook’s Note: all above recipes will benefit from standing to develop flavor. Taste after standing to correct seasoning. Remember that flavors will be more intense at room temperature than when chilled, so taste for seasonings at room temperature. Always wrap well! Refrigerate to store butters and cream cheeses (well wrapped) for up to 2 weeks. Butters may be frozen for up to 2 months. Infused honeys (without butter added) may be stored at room temperature.

Serve at all spreads room temperature for best flavor. Butters and cream cheeses may be served in pots - also may be formed into logs (about 1” in diameter - chill slightly first, roll up in plastic wrap) and sliced after chilling into disks for serving, or serve the formed “logs” whole on a pretty dish, and invite guests to slice their own. Alternatively, form the butters, using melon baller, into balls for individual servings.