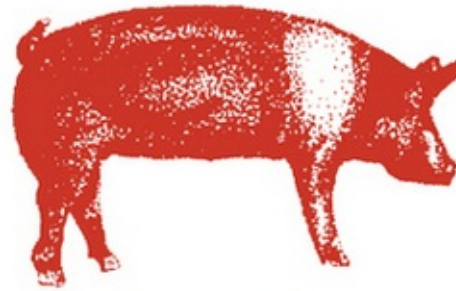


THE BEST LITTLE GRILLING COOKBOOK

Karen Adler

A stylized sun graphic in shades of orange and brown, featuring a semi-circle at the bottom and several pointed rays extending upwards and outwards.

THE BEST LITTLE
GRILLING
COOKBOOK



by Karen Adler

CELESTIALARTS
Berkeley, California

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INTRODUCTION

Grilling is a summer ritual that has become a year-round passion for many Americans. Outdoor grillers who live in parts of the country with milder climates find themselves no longer waiting for Memorial Day to fire up their barbecues. And with the convenience of gas grills that only require the turn of a knob, it's never been easier to grill your favorite meat, poultry, wild game, vegetables, and even pizza!

Indoor grills and outdoor kitchens have also had an impact on the grilling market. With such fancy equipment, home cooks want to know the secrets to wonderfully grilled foods. A variety of recipes for every kind of cook can be found on these small pages. They are accompanied by savory rubs, marinades, and sauces. So strap on your tongs and let your taste buds have their way!



GRILLING BASICS

Grilling is a fast method of cooking over a direct heat source. Because the intense heat chars or browns the outside of the food, food needs to be turned while grilling for even cooking. Grilling is suited to foods that are tender and require short cooking times—like steaks and burgers.

Grills come in a variety of shapes and sizes with several fuel choices. For gas or electric grills, it is important to read the manufacturer's instructions for best results. The same goes for charcoal grills.

Determining the grill temperature is easy. If you can hold your hand 5 inches above the heat source for 2 seconds, your fire is hot; 3 to 4 seconds is a medium-hot fire, and 5 to 6 seconds is a low fire.

GRILL TIPS:

- ◆ To start a charcoal fire, use a charcoal chimney. Place 15 pieces of lump charcoal in the top of the chimney. Put crumpled paper in the bottom and place on top of your grill. Light the paper; the coals will be white hot in about 15 minutes. Grill over ashen coals that are very hot for best results.
- ◆ Apply nonstick cooking spray to lightly oil the grill grates to help prevent sticking before you light the fire.
- ◆ Add a little oil to your marinades or lightly coat the food you plan to grill with some olive oil to help prevent sticking on the grill grates.
- ◆ Stiff wire brushes with a scraper make cleaning the grill a simple job (tackle this while the grill is still warm).
- ◆ Grill racks are grates to place on top of your grill to accommodate smaller and more delicate items like vegetables, shrimp, and fish, so that they don't fall through the regular grill grates.
- ◆ Grill woks are handy for placing on top of the grill and cooking a medley of small chopped meats and vegetables similar to stir-fry, only we call it stir-grill.
- ◆ Kabob baskets are time-savers. Instead of threading cubed foods onto skewers, just cut your food into chunks, drop them into the basket, and you're ready to grill in a snap.
- ◆ Fresh herbs can be soaked in water and thrown onto your hot barbecue fire to create a lovely aroma in your backyard. Try placing long-stemmed herbs on the grill rack and the cooking fish atop the herbs.
- ◆ Create an herb-basting brush by tying herbs together with florist wire. Then dip into flavored oil and apply to the food that you are grilling.
- ◆ Dried herbs can also be soaked in water, then tossed onto the barbecue fire for an aromatic scent.
- ◆ Long-handled utensils help to keep your hands and arms at a distance from the fire.



- ◆ Mitts are also helpful to avoid too much heat to your hands.
- ◆ Spray bottles filled with either water or fruit juices do double duty by dousing any unwanted flames and keeping the meat that you are grilling moist.
- ◆ A meat thermometer makes guesswork unnecessary. Digital meat thermometers are excellent for grilling because they gauge the temperature immediately.
- ◆ Wood choices for grilling are wood chips that need to be water-soaked for 30 minutes prior to use. Popular flavors include apple, cherry, grape, oak, alder, hickory, mesquite, pecan, and woody herbs.
- ◆ Keep an assortment of nonperishable condiments in your pantry for creating quick marinades, sauces, glazes, and rubs, including assorted oils and vinegars; a variety of mustards, ketchup, barbecue sauce, Italian salad dressing, soy sauce, Worcestershire sauce, hot sauce, jams or jellies; assorted seasoned salts and peppers, chili powder, paprika, cumin, coriander; and assorted dried herbs like parsley, oregano, basil, rosemary, thyme, and tarragon.
- ◆ Fresh ingredients that enhance foods on the grill include garlic, onions, peppers, citrus, and fresh herbs.

GRILLING RECIPES

Cover
Title Page
Copyright
Dedication
Introduction
Grilling Basics

Grilled Catfish Fillets with Aioli
Halibut Fillet with Red Pepper Beurre Blanc
Pistachio-Buttered Mahi Mahi
Citrus Stir-Grilled Scallops and Shrimp
Stir-Grilled Salmon with Sugar Snap Peas
Grilled Swordfish with Mango Relish and Lemon Grass Essence
Tuna with Quick Rouille
Chilled Grilled Shrimp with Tomato Salsa
Honey-Mustard Turkey Tenders
Asian Grilled Chicken
Chicken Legs with Herbed Goat Cheese Stuffing
All-American Grilled Chicken Salad
Grilled Spicy Lemon Chicken Wings
Moroccan-Style Grilled Chicken
Spaghettini Napoletana with Parmesan Grilled Chicken
Grilled Chicken with Pesto
Grilled Asparagus
Tandoori Grilled Chicken
Garden Vegetable Stir-Grill
Romano-Grilled Broccoli
Grilled Garden Onions
Grilled Portobello Mushroom “Burger”
Stir-Grilled Sugar Snap and Snow Peas
Parsleyed New Potatoes with Rosemary
Herb-Grilled Summer Squash
Grilled Tomatoes with Blue Cheese and Basil
Skewered Fruit
Grilled Fresh Pineapple Colada

Grilled Peaches

Hickory-Grilled Pork Burger

Grilled Pork Chops with Orange-Pineapple Salsa

Wood-Grilled Pork Loin with Pecan-Sage Sauce

Grill-Rubbed Pork Tenderloin

Hayden Lake Pork Tenderloin with Asian Sauce and Black Sesame Seeds

Grilled Pork Tenderloin Salad with Ginger Vinaigrette

Grilled Pork Tenderloin Kabobs

Grilled Ham Slices with Brown Sugar Basting Sauce

Cajun-Style Ribs

Patio Steaks with Mediterranean Rub

Papaya Flank Steak with Diablo Sauce

Grilled Rib-Eye Steaks

Garlic-Oregano Strip Steaks

Sesame Sirloin

Fiesta Burgers for Four

Southwestern Grilled Beef Steaks with Three Pepper Rub

Steak Fromage

Beef Tenderloin with Warm Balsamic Dressing

Greek Kofta Kabobs

Lamb Chops with Chiles and Mint

Sage Grilled Veal Chops

Venison Chops

Venison Medallions with Garlic and Capers

Duck Breast with Red Raspberry BBQ Glaze

Charcoal-Grilled Quail

Books on Grilling

Conversions

GRILLED CATFISH FILLETS WITH AIOLI

Farm-raised catfish are firmer and milder than their wild counterparts. Thus, they are better suited to the grill and are enhanced with flavorful relishes and sauces.

6 farm-raised catfish fillets
1 to 2 teaspoons olive oil
½ teaspoon white pepper
½ teaspoon seasoned black pepper
½ teaspoon garlic salt

AIOLI:

2 egg yolks
1 cup olive oil
1 tablespoon lemon juice
2 anchovy fillets, minced
2 cloves garlic, minced
2 teaspoons fresh basil (or 1 teaspoon dried)
½ teaspoon Worcestershire sauce
½ teaspoon red wine vinegar
Salt and Tabasco to taste



To make aioli, place egg yolks in a medium-sized glass bowl and microwave for 15 to 20 seconds. Whisk egg yolks together and slowly drizzle in the olive oil. If mixture gets too thick, add lemon juice and thin with a little warm water. Add the garlic, basil, salt, Tabasco, Worcestershire, vinegar, and anchovies. Mix thoroughly and chill.

Makes about 1 cup



Prepare and preheat the grill. Lightly coat the catfish fillets with olive oil, then sprinkle with peppers and garlic salt. Place on top of a greased grill rack and place rack over hot coals. Grill for 10 minutes per inch of thickness, turning once, until fish flakes easily. Serve with a dollop of aioli.

Serves 6

HALIBUT FILLET WITH RED PEPPER BEURRE BLANC

Halibut is an exceptional medium-firm fish for the grill. Try grilling a whole fillet for beautiful presentation. For best results, buy fish with the skin intact, because it helps to keep it from falling apart on the grill.

4 to 6 halibut fillets, 7 to 8 ounces each

1 to 2 tablespoons olive oil

RED PEPPER BEURRE BLANC:

½ cup white wine

1 tablespoon tarragon vinegar


1 medium red bell pepper, chopped

1 shallot, diced

¼ cup heavy cream

½ cup (1 stick) unsalted butter, chilled

Salt to taste

 In a saucepan, combine the wine, vinegar, shallot, and red pepper. Bring to a slow boil and reduce until 2 tablespoons of liquid remain. Add cream and boil 2 minutes. Lower heat and whisk in butter a little at a time, until all butter is incorporated. Remove from heat and place sauce in a blender on medium speed for 1 minute. Strain, then season with salt. Set aside.

Prepare and preheat the grill. Brush fillets with olive oil and grill flesh side down over hot coals for 4 to 5 minutes. Then turn to the skin side and grill for 4 to 5 minutes more. Flesh will get milky and opaque. Serve with beurre blanc spooned over fillets.

Serves 4



PISTACHIO-BUTTERED MAHI MAHI

Pistachio butter is deliciously versatile and marries well with poultry and pork or substitute trout, walleye, or whitefish for the mahi mahi.

8 (4-ounce) mahi mahi fillets

$\frac{3}{4}$ cup vegetable oil

Salt and freshly ground pepper to taste

PISTACHIO BUTTER:

$\frac{1}{2}$ cup (1 stick) butter, softened

$\frac{1}{4}$ cup finely chopped pistachios

 Prepare and preheat the grill. Coat fish fillets with oil and season with salt and pepper. Set aside.

In a small bowl, combine softened butter and nuts. Spoon into a ramekin or small bowl.

Grill fillets on a greased grill topper over hot coals for 5 minutes per side. Serve 2 fillets per person and top with a pat of pistachio butter.

Serves 4

CITRUS STIR-GRILLED SCALLOPS AND SHRIMP

For a colorful presentation, serve the skewers on a bed of thinly sliced oranges and cucumbers. If using bamboo skewers, be sure to soak them in water before using so they won't burn on the grill.

½ pound scallops

½ pound large shrimp, shelled and deveined


Grated zest of 1 lemon

Juice of 1 lemon

Juice of 1 lime

Juice of ½ orange

3 tablespoons orange liqueur

 Combine all ingredients in a bowl and marinate for 1 to 2 hours in the refrigerator. Remove seafood and reserve the liquid for basting.

Prepare and preheat the grill. Thread scallops and shrimp alternately onto 4 skewers. Grill, basting frequently with reserved marinade until just cooked, 6 to 8 minutes.

Serves 2

STIR-GRILLED SALMON WITH SUGAR SNAP PEAS

This is my favorite grill wok recipe. It combines texture, color, and taste at its best. For a smoky flavor, add a handful of water-soaked alder chips to the hot coals while grilling.

- 1 pound salmon steak or fillets, cut into cubes
- ½ pound sugar snap peas, stems removed
- 12 cherry tomatoes
- ½ red onion, sliced
- 3 cups cooked white rice

MARINADE:

- ¼ cup soy sauce
- ¼ cup rice wine vinegar
- 2 tablespoons honey
- 4 cloves garlic, minced
- 1 teaspoon ginger
- 1 teaspoon sesame paste

 Combine marinade ingredients in a large glass bowl. Add salmon cubes and peas to marinade with tomatoes and onions. Marinate for about 30 minutes.

Prepare and preheat the grill. Pour salmon mixture into a well-greased grill wok over the sink and partially drain liquid. Place wok over hot coals and stir-grill fish and vegetables, tossing with large wooden spoons for 6 to 8 minutes. Move wok to indirect-heat side of grill. Close lid on grill and cook for another 4 to 5 minutes. Serve with rice.

Serves 4



GRILLED SWORDFISH WITH MANGO RELISH AND LEMON GRASS ESSENCE

Lemon grass has a vibrant lemon flavor. If it is not available, try substituting lemon zest, lemon balm, or lemon verbena for similar results.


MANGO RELISH:

2 mangoes, diced small
1/3 cup finely chopped fresh cilantro
1 shallot, finely diced
1/2 teaspoon grated fresh ginger
Juice of 1 lime

 Combine all ingredients and store tightly covered in refrigerator until ready to use.

LEMON GRASS ESSENCE:

2 tablespoons dry white wine
1 shallot, chopped
1 teaspoon finely chopped lemon grass
2/3 cup unsalted butter, cut into cubes

 In saucepan, heat wine, shallot, and lemon grass over medium-low heat and reduce liquid by two-thirds. Add butter, a cube at a time, and mix well. Strain and season to taste.

8 portions center-cut swordfish, 7 ounces each
1/2 cup apple wood chips, water-soaked
Pink peppercorns

 Prepare and preheat the grill. Grill swordfish over hot coals with moistened apple chips added until done, about 4 to 5 minutes per side. Spoon Mango Relish onto each dinner plate.

To serve, place swordfish in the center of each plate, pour Lemon Grass Essence on the fish and around the rest of the plate, and garnish with pink peppercorns.

Serves 8


TUNA WITH QUICK ROUILLE

Rouille is a rust-colored sauce used primarily in Mediterranean fish soups and stews. It is delicious served with grilled fish. It is also a great dipping sauce with grilled vegetables.


4 tuna steaks, 6 to 8 ounces each
4 tablespoons pink peppercorns
4 tablespoons green peppercorns
1 lemon, cut into wedges

QUICK ROUILLE:

1 cup good-quality mayonnaise
6 cloves garlic, minced
1 tablespoon lemon juice
½ teaspoon salt
¼ teaspoon saffron threads
¼ teaspoon cayenne pepper

 To make rouille, in a food processor combine mayonnaise, lemon juice, garlic, and salt. Pulse on and off for 1 to 2 minutes. Transfer to a bowl and stir in the saffron and pepper to blend. Keeps refrigerated for about 2 days.

Makes 1 cup

 Prepare and preheat the grill. Crush together pink and green peppercorns and coat surface of each steak. Grill fish over a hot fire for approximately 2½ minutes per side. (Notice the short cooking time: tuna will toughen if overcooked.) Serve with lemon wedges and a dollop of rouille.

Serves 4

CHILLED GRILLED SHRIMP WITH TOMATO SALSA

This makes a lovely cool appetizer or try serving over dressed mixed greens for a refreshing main course salad.

- 1 pound shrimp, peeled and deveined
- 1 cup peanut oil
- 3 cloves fresh garlic, minced
- ¼ cup lemon juice
- 1 teaspoon seasoned salt
- ¼ teaspoon dried thyme
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano

TOMATO SALSA:

- 2 cups prepared salsa
- 1 tomato, chopped
- 1 teaspoon lime juice
- 1 tablespoon chopped fresh cilantro
- ½ teaspoon freshly ground black pepper

 Combine the tomato salsa ingredients, mix well, and chill.

In a medium bowl, combine all of the shrimp ingredients. Cover and refrigerate for about 2 hours.

Prepare and preheat grill wok. Drain off marinade and grill shrimp in grill wok over a hot fire for approximately 6 minutes or until just cooked through. Spread out cooked shrimp and cool completely. May be refrigerated overnight. Serve with Tomato Salsa.


Serves 4



HONEY-MUSTARD TURKEY TENDERS

Serve this with grilled sweet potatoes.

- 4 bacon-wrapped turkey tenderloins
- ¼ cup country-style German mustard
- 2 tablespoons honey
- 2 tablespoons firmly packed dark brown sugar
- 1 tablespoon balsamic vinegar
- ½ teaspoon sesame oil

 Combine mustard, honey, brown sugar, vinegar, and sesame oil in a glass bowl. Place tenderloins in a sealable plastic bag and pour marinade over turkey. Seal the bag and refrigerate several hours or overnight.

Prepare and preheat the grill. Remove the turkey from marinade and grill over hot fire for 10 to 12 minutes, turning turkey every 3 minutes.

Serves 4

ASIAN GRILLED CHICKEN

Serve this with a cold Chinese noodle salad.

1 chicken fryer, cut up, 2 to 3 pounds

¼ cup soy sauce

2 tablespoons rice vinegar

2 tablespoons lemon juice

½ teaspoon Tabasco sauce

2 green onions, finely chopped

1 clove garlic, crushed

 Rinse chicken and place in a large sealable plastic bag. Combine marinade ingredients and pour into bag with chicken. Marinate for 6-8 hours in the refrigerator.


Prepare and preheat the grill. Remove chicken from the marinade and grill over a medium hot fire for 20 to 30 minutes, turning occasionally until done. Cover grill with lid to increase heat for faster cooking.

Serves 4

CHICKEN LEGS WITH HERBED GOAT CHEESE STUFFING

The herbed goat cheese mixture is a savory spread on toasted French bread garnished with fresh relish of chopped garden tomatoes and scallions.

- 4 tablespoons goat cheese
- 1 clove garlic, crushed
- 3 tablespoons chopped fresh herbs, such as chives, oregano, or parsley
- 2 tablespoons fresh brown bread crumbs
- Salt and freshly ground black pepper
- 8 chicken drumsticks
- 8 slices hickory-smoked bacon
- 1 tablespoon olive oil
- 1 teaspoon Grey Poupon mustard

 In a bowl, combine the goat cheese, garlic, herbs, and bread crumbs. Season with salt and pepper to taste. Carefully loosen the skin from each drumstick. Spoon goat cheese mixture under the skin. Tightly wrap a bacon slice around each drumstick to hold the skin and stuffing in place during cooking. Combine the mustard and oil and brush them over the chicken.

Prepare and preheat the grill. Cook legs on a medium-hot grill for about 25 minutes, turning and basting occasionally.

Serves 4



ALL-AMERICAN GRILLED CHICKEN SALAD

Add a little fresh chopped tarragon, cured olives, and lemon zest or juice for a continental twist.

4 chicken breast fillets
1 tablespoon olive oil
Salt and pepper to taste
1 stalk celery, diced
½ teaspoon seasoned salt
¼ teaspoon black pepper
¼ cup mayonnaise
Lettuce leaves
Tomato slices
Hard-boiled eggs, halved
Black and green olives
Broccoli florets

 Prepare and preheat grill.

Rinse chicken and pat dry. Coat with oil and season with salt and pepper. Grill over hot fire for about 15 minutes, turning once. Remove from the grill, cool and dice. In a large bowl combine chicken with celery, seasonings, and mayonnaise, and mix well. Chill. Serve on a bed of lettuce with tomato slices, hard-boiled eggs, olives, and broccoli florets.

Serves 8



GRILLED SPICY LEMON CHICKEN WINGS

For a smokey Southwest flavor, add a handful of water-soaked mesquite chips to your hot fire.

2 pounds chicken wings, jointed, tips removed
Juice of 2 lemons

1 cup Italian dressing

3 tablespoons butter, melted



Combine the Italian dressing, lemon juice, and melted butter. Marinate chicken in a bowl or a sealable plastic bag in the refrigerator for at least 20 minutes or up to 2 hours.

Prepare and preheat the grill. Grill chicken wings over medium to hot coals, basting with marinade mixture every 5 minutes. Grill for about 20 minutes.

Serves 4

MOROCCAN-STYLE GRILLED CHICKEN

This versatile recipe makes a delicious salad too.

4 chicken breast fillets

1 cup olive oil

½ cup lemon juice


¼ cup chopped fresh parsley

2 cloves garlic, crushed

1 teaspoon ground cumin

Salt and freshly ground pepper to taste

2 cups cooked couscous

 Combine olive oil, lemon juice, parsley, garlic, cumin, and salt and pepper. Place chicken in a sealable plastic bag and pour ½ the marinade into bag and seal. Marinate for 1 hour in the refrigerator.

Prepare and preheat the grill. Remove chicken from marinade and grill over hot fire for about 12 to 15 minutes, turning once. Serve with hot couscous drizzled with reserved marinade.

Serves 4

SPAGHETTINI NAPOLETANA WITH PARMESAN GRILLED CHICKEN

Grill extra chicken one day, then prepare this recipe the next day with the leftover chicken for a time-saving step.

4 chicken breast fillets
1 tablespoon olive oil
4 tablespoons freshly grated Parmesan cheese
2 tablespoons toasted bread crumbs
Salt and freshly ground pepper to taste

SPAGHETTINI NAPOLETANA:

16 ounces spaghetti, cooked until al dente, then drained
 $\frac{1}{3}$ cup olive oil
4 whole cloves garlic
4 cups chopped canned Roma tomatoes
4 tablespoons chopped fresh basil
4 tablespoons minced garlic
Salt and pepper to taste
4 tablespoons grated Romano cheese



Prepare and preheat the grill. Rinse chicken well and pat dry. Coat chicken with 1 tablespoon oil, cheese, bread crumbs, salt, and pepper. Grill over hot fire for about 5 to 6 minutes per side. Remove from grill and keep warm.

Heat $\frac{1}{3}$ cup oil in a large sauté pan. Add garlic cloves and brown slightly, then add tomatoes. Simmer, stirring occasionally. Add basil, minced garlic, salt, and pepper. Cook for approximately 10 to 15 minutes, stirring occasionally. Reheat cooked pasta in hot water, drain well, and add to the tomatoes, tossing to combine. Add Romano cheese and mix well. Serve at once topped with a golden chicken breast.

Serves 4

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