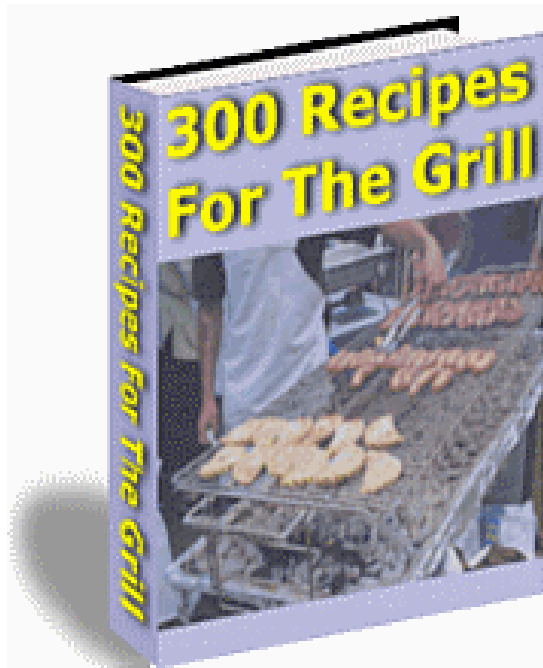


300 Recipes For The Grill

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"Grilled" Apple Crisp

Yield: 8 Servings

21 oz pie filling, apple or cherry

1/3 c sugar, brown, packed

1/2 t cinnamon

1/4 t nutmeg

2 T lemon juice

1/2 pk cake mix, yellow (18.5 oz)

-approx., 2 cups

1/2 c butter (or margarine), cut in

-this, Slices

1 whipped topping (or ice

-cream)

1. Spray 9-inch baking pan with PAM. Pour pie filling into 9-inch baking pan. Sprinkle with brown sugar, cinnamon, nutmeg, and lemon juice. Sprinkle cake mix over pie filling to cover. Dot with butter slices.

2. Preheat grill on medium for 10 minutes, then turn left side of grill off and invert a baking pan on left cooking grid. Place baking pan on inverted pan. Close lid and bake 55-65 minutes, or until browned and bubbly.

3. Let stand until warm. Serve topped with whipped topping or ice cream.

"Grilled" Glazed Tuna Steaks

Yield: 4 Servings

1/3 c dry sherry

1 T gingerroot, Minced

1 T low sodium soy sauce

1 t honey

1 cl garlic, Minced

1 lb tuna steaks cut into 4

1 pieces

Combine Sherry, Gingerroot, Soy Sauce, Honey & Garlic in A 1 Cup Glass Measure. Microwave Uncovered At High 1 Min. OR Until Mixture Boils.

Cool Slightly. Place Tuna in An 11 X 7 X 1 1/2 in. Baking Dish. Pour Marinade Over tuna. Cover & Chill 2 Hours. Remove Tuna From Marinade, Reserving Marinade. Preheat Grill

Arrange Tuna On Grill With Thickest Portions To The outside. Turn Steaks Over & Baste With Marinade.

Serve Immediately With Warm Marinade.

30-Min: Lamb Grill For Two

Yield: 2 Servings

1 T low-sodium soy sauce

2 t sesame oil

1 green onion, chopped

1 garlic clove, minced

2 t gingerroot, minced

1/4 t pepper

4 lamb loin chops (8 oz)

1 salt

In shallow dish, whisk together soy sauce, oil, onion, garlic, ginger and pepper. Add lamb, turning to coat; let stand for 10 minutes.

Reserving marinade, place lamb on greased grill over medium-high heat; cover and cook, basting with marinade, for 5-7 minutes on each side for medium-rare or until desired doneness. Season with salt to taste.

Serve with sauted zucchini slices and sweet potatoes.

Amy's Grilled Chicken Breasts

Yield: 4 Servings

4 chicken breast halves

1 without skin

2 t dijon mustard

3 1/2 T white wine vinegar

2 t garlic --,Minced

2 t honey

1 1/3 T fresh thyme,or 2 teaspoons

1 -- minced,Dried

1/3 t coarse salt

1 1/3 ds red pepper flakes

1 T olive oil

4 sprigs fresh thyme

Place the chicken breasts within a folded piece of plastic wrap; slightly flatten upper portion of each breast with the broad side of a chef's knife to promote even grilling. Place breasts in a shallow glass or ceramic dish. Place mustard, vinegar, garlic, honey, thyme, salt and pepper flakes in a small bowl; stir with fork to combine.

Add oil a little at a time and whisk to combine marinade. Pour marinade over breasts. Cover with plastic wrap and marinate in refrigerator,turning once or twice in marinade, for at least 2 hours, or up to 4 hours. Remove breasts from marinade, scraping any bits clinging to chicken back into the shallow dish. Transfer all marinade

to small saucepan and bring to a boil; reserve. Lightly grease grill rack with cooking spray. Preheat grill. Place breasts on grill. Cook covered with lid, basting frequently with marinade, until tender, approximately 5 to 6 minutes on each side.

Anchovy-Grilled Salmon Steaks

Yield: 4 Servings

4 salmon steaks

1 parsley sprigs

Lemon wedges anchovy butter

6 anchovy fillets

2 T milk

6 T butter

1 dr tabasco sauce

1 pepper

Pre-heat the grill to high heat. Oil the grill rack and place each steak to ensure an even heat. Place a small knob of Anchovy Butter (divide a quarter of the mixture in four) on each steak. Grill for 4 minutes.

Turn the steaks with a fish slice and place another quarter of the butter among the steaks. Grill on the second side 4 minutes. Reduce the heat and allow to cook for a further 3 minutes, less if the steaks are thin.

Serve with a neatly arranged pat of anchovy butter on top of each steak. Garnish with parsley sprigs and lemon wedges.

Anchovy Butter: Soak all the anchovy fillets in milk. Mash in a bowl

with a wooden spoon until creamy. Cream all ingredients together and chill.

Serves 4.

Anticuchos Picantes

Yield: 16 Servings

1 beef heart

MARINADE

8 garlic cloves,pressed

2 chiles,rocoto,stemmed,

-seeded,minced

2 T cumin,ground

1/2 T oregano,dried

1 salt,to taste

1 pepper,black,to taste

2 c vinegar,wine, red

SAUCE

1/3 c chiles,dried, aji,crushed

1 T oil,vegetable

1 salt,to taste

HEAT SCALE HOT

Clean the beef heart thoroughly, removing all nerves and fat. Cut into 1" cubes, place in non-reactive bowl, refrigerate and set aside.

Combine garlic, chiles, cumin, oregan, salt and pepper and 1 1/2 cups vinegar. Pour over meat. Add more vinegar, if necessary, to cover meat completely. Marinate, refrigerated, 12-24 hours. About 1 hour before grilling, remove meat from marinade and thread on

skewers. Reserve marinade.

Soak the crushed chile in 1/3 cup warm water for 30 minutes. In processor, combine chiles and water with oil and salt. Add enough reserved marinade (3/4 cup) to make thick sauce, puree.

Brush skewered meat with sauce and grill over hot coals or under a broiler, turning and basting to cook quickly on all sides. Best cooked medium well, 4-6 minutes on the grill. Serve with remaining sauce for dipping.

Asian Hot-Que Grill Sauce For Chicken

Yield: 1 Servings

1 stephen ceideburg

2 T brown sugar

2 T red wine vinegar

1 c ketchup

1/2 to 1 teaspoon chinese hot

-mustard

1 lg garlic clove,minced

1 T soy sauce

1 to 3 teaspoons asian chile

-paste wi,th garlic

Combine all ingredients except chile paste in a small saucepan.

Bring to a boil, then turn off heat. Stir in chile paste. Makes 1 1/4 cups.

To use: Brush on chicken, beef or pork while grilling.

Australian Grilled Fish

Yield: 4 Servings

4 fish steaks

1/4 c lime juice

2 T vegetable oil

1 t dijon mustard

2 t fresh ginger root --,Grated

1/4 t cayenne pepper

1 black pepper

* For the steaks: they should be 8-10 ounces and 1-inch thick each.

Use Swordfish, Halibut or Salmon steaks.

1. In a bowl, combine the lime juice, 1 tablespoon oil, ginger, cayenne pepper and enough freshly ground black pepper to suit your taste. 2. Marinate the fish in the marinade for 45-60 minutes. Turn steaks 2-3 times. 3. Have the grill prepared with white coals and brush the cooking grill with the remaining one tablespoon oil. 4. Grill the fish, brushing several times with the marinade, until cooked through and opaque in the center. Turn fish after about 4-5 minutes. Total grilling time will depend on your grill and the heat of the coals.

* To broil instead, use a broiler pan brushed with oil and broil until center is opaque. Will take about 10 minutes total in broiler. Turn steaks after 5 minutes, and baste often with marinade.

Ayam Panggang Mesanten

Yield: 4 Servings

2 lb chicken

1 t salt

1 c oil

1 t shrimp paste,Dried

4 shallots,chopped

3 garlic cloves,crushed

3 chilies,red, fresh

2 T oil

2 1/3 c coconut milk

2 bay leaves

1 lemon grass stalk

1 T juice,lime

1 chilies,red, fresh

Dried shrimp paste is also called terasi. Seed and shred the chilies. Crush lemon grass with side of cleaver.

Cut chicken in half. Wash and pat dry. Rub with salt and oil. Grill over hot coals about 10-15 minutes each side, until done.

Slice chicken into bite-sized pieces. Wrap shrimp paste in foil and grill each side over moderate heat about 2 minutes. Pound shallots, garlic, chilies, and toasted shrimp paste into a paste. Heat oil in frying pan. Add paste and fry on moderate heat, stirring, for about

4-5 minutes, or until dry, do not burn.

Add coconut milk gradually, stirring after each addition. Add bay leaves and lemon grass. Bring to a boil. Simmer 5 minutes to allow flavors to blend.

Add lime juice. Stir. Add cooked chicken and reheat in sauce.

Garnish with the shredded chilie. Serve with rice and Sambal Ulek.

Babi Pangang (Indonesian Grilled Pork)

Yield: 4 Servings

MARINADE

1 lb pork, marbled

2 t ginger, ground

1 garlic clove

1 onion

3 T ketjap manis

1 pepper

1 salt

1 lemon juice

SAUCE

1 c stock

2 T sugar

1 T sherry

1 T oil

70 g tomato puree

1/2 t gourmet powder (ve-tsin)

1 onion, small

1 garlic clove

Preparation of the meat: Make a mixture of all the above mentioned ingredients and rub the meat with it. Brown it in a frying pan with either butter or oil. Basting the meat regularly. Simmer for 10-15 minutes. Drain the meat and put under a hot grill for a few minutes until glazed. Keep warm. Sauce Preparation: Cut the onion in fine

rings or slices and fry them together with the finely cut garlic in oil or margarine. When nicely browned add the mixture of the stock, sugar, sherry, tomato puree and gourmet powder. Simmer for 5 minutes while stirring the sauce continuously. Add water if necessary. How to Serve: Pour the hot sauce over the warm sliced meat and garnish it with Chopped Vegetable Pickle and Shrimp Crackers. Eat it with rice or Mei (noodles).

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