

Comforts of HomeSM: Recipes and Cooking Tips

Ready, Set, Grill!

Take your outdoor cooking repertoire beyond basic burgers and hotdogs. Try these recipes, courtesy of Broilmaster[®].

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Cooking Tips

It takes more than a great gas grill to cook up a delicious meal. Master these tips, courtesy of Broilmaster[®], and create an outdoor feast.

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Grilled Pineapple Tuna

(4 servings)

Ingredients

4 tuna steaks (8 ounces each)
1 cup diced pineapple
1 cup orange juice
¼ cup lime juice
½ cup cooking sherry
1 teaspoon dried thyme
¼ teaspoon cayenne pepper (optional)
1 tablespoon paprika
Salt and pepper to taste

Prep

Mix all ingredients except paprika in a glass baking dish. Add fish, cover and allow to marinate in the refrigerator for several hours.

Cooking

Preheat grill on medium-high. Grill tuna for 5 to 6 minutes on each side or until flesh is opaque and flakes easily with a fork. Sprinkle paprika over fish and serve.

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Glazed Salmon Supreme

(4 servings)

Ingredients

4 salmon filets (1 inch thick 6 to 8 ounces)
¼ cup soy sauce
2 tablespoons lime juice
1 tablespoon honey
2 teaspoons grated lime rind
2 cloves garlic, minced
3 medium peaches peeled and diced (canned is acceptable if fresh is not available)
1 small jalapeno pepper; seeded and minced (optional, for heat)
2 tablespoons fresh minced cilantro
1 teaspoon lime juice

Prep

Place salmon in shallow dish. Combine soy sauce, 1 teaspoon of lime juice, honey and lime rind. Pour over salmon; turn to coat both sides. Cover dish with plastic wrap and refrigerate for 30 to 60 minutes.

Turn salmon once. Remove salmon and discard marinade.

Combine peaches and jalapeno (if desired), cilantro, 1 teaspoon of lime juice. Set aside.

Cooking

Grill over medium high heat for 5 to 6 minutes on each side, while brushing every minute or two with the peach glaze. Remove from grill when flesh is opaque and flakes easily with a fork.

| | |
|-----------------|-------------------|
| Method: | Direct Grill |
| Lid: | Closed or Propped |
| Grids: | Medium |
| Temperature: | Medium-High |
| Smoker Shutter: | Open |

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Eggplant Italiano

(2-4 servings)

Ingredients

2 medium eggplants (about 1 ½ pounds total)

1/3 cup olive oil

4 tablespoons grated Parmesan cheese

2 tablespoons minced garlic

1 tablespoon chopped basil

1 teaspoon chopped oregano

Salt and coarse black pepper to taste

Prep

Wash eggplant and pat dry. Cut into 1-inch thick slices. In a bowl, mix together olive oil, garlic, basil, oregano, salt and pepper. Brush a coating of oil mixture on eggplant and place eggplant slices on grill.

Cooking

Heat grill to medium high. Grill eggplant until very tender and partly charred, turning frequently, about 5 minutes per side. Sprinkle top with grated cheese and continue grilling until the cheese is melted. Remove and serve hot.

| | |
|-----------------|-----------------|
| Method: | Direct Grill |
| Lid: | Open or Propped |
| Grids: | Medium |
| Temperature: | Medium-High |
| Smoker Shutter: | Open |

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Grilled Potato Wedges

(6 servings)

Ingredients

6 medium potatoes
1 teaspoon onion powder
1 teaspoon garlic salt
1 tablespoon coarse black pepper
1 tablespoon paprika

Prep

Wash potatoes and slice into wedges (4 to 6 wedges from each potato). Spray large piece of foil with cooking oil spray. Place potato wedges on foil. Sprinkle onion powder, garlic salt, pepper and paprika. Seal the foil into a package with the seam on top and sides.

Cooking

Heat grill to medium high. Place foil pack on warming rack for about an hour or until potato wedges turn crispy.

| | |
|-----------------|-------------------|
| Method: | Indirect Grill |
| Lid: | Closed or Propped |
| Grids: | Warming Rack |
| Temperature: | Medium-high |
| Smoker Shutter: | Closed |

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Grilled Rib Eye Steak

(4-6 servings)

Ingredients

2 ½ to 3 pounds of rib eye steak
½ cup soy sauce
½ cup of sliced green onions
¼ cup honey
¼ cup brown sugar
2 garlic cloves
¼ teaspoon ground ginger
½ teaspoon pepper
¼ teaspoon coarse salt

Prep

In a large plastic bag, combine all ingredients except meat. Seal bag and shake well to mix ingredients. Insert meat into bag and shake to coat. Marinate meat in refrigerator overnight.

Cooking

Place steak on grill over medium high heat. Direct grill with lid open until steak reaches desired degree of doneness. Turn steak occasionally. Add sear marks. Serve with salad and vegetables.

| | |
|-----------------|--------------|
| Method: | Direct Grill |
| Lid: | Open |
| Grids: | Medium |
| Temperature: | Medium-high |
| Smoker Shutter: | Open |

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Grilled Filet Mignon

(4 servings)

Ingredients

4 filet mignon steaks, 1- to 2-inches thick (8 ounces each – butterfly if 2 inches thick)

Four slices of lean bacon

4 tablespoons coarse ground black pepper

Four fresh rosemary sprigs

Prep

Place grids at high level and preheat grill to medium high. Pat the steaks dry and wrap a slice of bacon around the edge of each. Secure bacon with metal skewer, cotton kitchen string or toothpick. Rub coarse pepper onto each steak. Sprinkle with salt to taste.

Cooking

Place steaks on the grill for 4 to 5 minutes on each side, or until degree of doneness is achieved. Add sear marks. Place steaks on a cutting board, remove the string (or skewer) and slice. Place a rosemary sprig garnish on each steak. Serve with salad and vegetables.

| | |
|-----------------|-----------------|
| Method: | Direct Grill |
| Lid: | Open or Propped |
| Grids: | High |
| Temperature: | Medium-high |
| Smoker Shutter: | Open |

Comforts of HomeSM: Recipes and Cooking Tips

Grilled Rib Eye Steak

(4-6 servings)

Ingredients

2 ½ to 3 pounds of rib eye steak
½ cup soy sauce
½ cup of sliced green onions
¼ cup honey
¼ cup brown sugar
2 garlic cloves
¼ teaspoon ground ginger
½ teaspoon pepper
¼ teaspoon coarse salt

Prep

In a large plastic bag, combine all ingredients except meat. Seal bag and shake well to mix ingredients. Insert meat into bag and shake to coat. Marinate meat in refrigerator overnight.

Cooking

Place steak on grill over medium high heat. Direct grill with lid open until steak reaches desired degree of doneness. Turn steak occasionally. Add sear marks. Serve with salad and vegetables.

| | |
|-----------------|--------------|
| Method: | Direct Grill |
| Lid: | Open |
| Grids: | Medium |
| Temperature: | Medium-high |
| Smoker Shutter: | Open |

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Grilled Chicken Cordon Bleu

(6 servings)

Ingredients

6 boneless chicken breasts
1 pound thick bacon
2 large red onions, sliced into rings
20 ounces of crumbled bleu cheese
16 ounces small mushrooms
Raspberry vinegar dressing
Garlic salt
Seasoned salt
Coarse ground black pepper
Freshly grated Parmesan cheese (look for the real Italian kind)
Toothpicks
Heavy-duty aluminum foil

Prep

Remove skin and fat from chicken. Use a meat tenderizer to pound chicken as thin as possible. Season to taste with garlic salt and pepper and place into a bowl. Cover with dressing and seal with plastic wrap. Place bowl in refrigerator overnight or for at least 4 hours. Turn chicken several times to make sure it is well coated. Remove chicken from marinade. Evenly sprinkle a thin layer of crumbled bleu cheese over each breast. Pepper the chicken. Slowly roll up each chicken breast, wrap with one or two pieces of bacon and secure with toothpick. On a large sheet of aluminum foil, spread rings of onion in the center and sprinkle with mushrooms. Drizzle with dressing. Set wrapped chicken on top of the onions and mushrooms. Fold the sides of the foil so that it creates a pouch, and the juices do not escape.

Cooking

Set grids at medium or high. Preheat grill to medium heat. Place foil with chicken on grill for 35 to 45 minutes (until the internal temperature is 180°F). To check temperature, unroll top of the foil (watch out for hot steam) and test with meat thermometer. When chicken is done, place onions and mushrooms on plate. Place chicken on top. Sprinkle grated Parmesan cheese over the chicken. Serve with salad, vegetables and favorite wine.

| | |
|-----------------|-------------------|
| Method: | Indirect Grill |
| Lid: | Closed or Propped |
| Temperature: | Medium |
| Smoker Shutter: | Closed |

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Good Old Boy Grilled Pork Chops

(6 servings)

Ingredients

6 pork chops
¼ cup favorite southern whiskey
½ cup soy sauce
1/8 cup lemon juice
1 tablespoon chili powder
1 tablespoon brown sugar
1 tablespoon apple cider

Prep

Combine and stir all ingredients. Place chops in a baking dish and cover with marinade. Cover dish and refrigerate 3 hours to overnight.

Cooking

Set grill grids at low position. Preheat grill to high. Remove chops from marinade while grilling. Grill for 5 to 6 minutes per side, turning occasionally until internal temperature reaches 160°F to 170°F. Serve with favorite southern side dishes.

| | |
|-----------------|-----------------|
| Method: | Direct Grill |
| Lid: | Open or Propped |
| Grids: | Low |
| Temperature: | High |
| Smoker Shutter: | Open |

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Applesauce Rubbed Pork Rib Roast

(6 servings)

Ingredients

3 pounds pork rib roast
1 cup applesauce
½ teaspoon salt
¾ teaspoon coarse black pepper
½ teaspoon marjoram
Apple wood chips (soak in water for 30 minutes)

Prep

Pat pork roast dry with towel. Combine applesauce and seasonings into paste. Rub paste onto roast and refrigerate for at least one our. Wrap entire roast in heavy-duty aluminum foil.

Cooking

Set one grid at the highest setting and the others at the lowest setting. Set the burner to medium heat under the high grid. Place an oven-safe meat thermometer into the heart of the roast. Cook with lid closed or partially closed until the internal temperature is 170°F. Place apple wood chips on top of the flavor screen during last 30 minutes of cooking. Remove roast from grill, carve and serve.

| | |
|-----------------|-------------------|
| Method: | Indirect Grill |
| Lid: | Closed or Propped |
| Grids: | High and Low |
| Temperature: | Medium |
| Smoker Shutter: | Closed |

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Blue Cheese Burgers

(4 servings)

Ingredients

1 ½ to 2 pounds of ground chuck roast
4 ounces of crumbled bleu cheese
4 burger buns or 8 pieces of thick bread
8 tomato slices from large tomatoes
4 red onion slices
Salt and coarse black pepper to taste
Optional: 8 strips of cooked bacon

Prep

Form beef into 8 thin, 4-inch patties. Place softened bleu cheese on top of four of the patties and cover each with another patty. Seal edges of patties with hand.

Cooking

Place burgers on hot grill and cook for 3 to 5 minutes on each side, or until degree of doneness is achieved. Grill buns or bread slices on top rack until lightly toasted. When ready to serve, place each burger on a toasted bun or bread slice. Top with tomato and onion slices. Add two slices of cooked bacon, if desired.

| | |
|-----------------|-----------------|
| Method: | Direct Grill |
| Lid: | Open or Propped |
| Grids: | High |
| Temperature: | High |
| Smoker Shutter: | Open |

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Garlic Burgers

(4 servings)

Ingredients

1 ½ to 2 pounds of ground chuck roast
1 egg (optional)
2 cloves of fresh minced garlic
4 burger buns or 8 pieces of thick bread
8 slices from large tomatoes
4 red onion slices
Salt and coarse black pepper to taste

Prep

In a mixing bowl, place the beef, egg and garlic. With hands, blend all beef, egg and minced garlic together. Add salt and pepper to taste. Shape into four patties.

Cooking

Place burgers on a hot grill and cook for 3 to 5 minutes on each side until degree of doneness is achieved. Grill buns or bread slices on top rack until lightly toasted. When ready to serve, place each burger on a toasted bun or bread slice. Top with tomato and onion slices and enjoy with salad, chips, beans or other side dishes.

| | |
|-----------------|--------------|
| Method: | Direct Grill |
| Lid: | Open |
| Grids: | High |
| Temperature: | High |
| Smoker Shutter: | Open |

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Create Classic Grill Marks

To add those classic seared grid marks to steaks, chops, chicken or burgers:

- Oil the cooking grids and preheat the grill on medium-high or high.
- When the grill is up to temperature, place the meat on the hot grid. Cook on one side and rotate 90 degrees on the same side.
- Flip the meat once and continue grilling. Before removing, rotate the meat 90 degrees on the back side too.
- In simple terms: preheat, then sear, rotate, sear, flip, sear, rotate and sear.

Use Your Grill As An Oven

Closing the lid of your grill creates an outdoor oven. Simply adjust the burner, watch the heat indicator, and you can control the temperature inside the grill. Now you can use your grill to bake pizza, bread, etc.

Using Marinades

Marinades are seasoned liquids that combine tenderizing agents such as citrus juice, soy sauce, teriyaki sauce and wine with fresh herbs, spices and vegetables.

In general, soak the meat in the marinade for a specified time – 30 minutes to overnight – then slow-roast the meat while brushing on additional marinade. Many chefs inject marinades to place the flavoring and tenderizing action even deeper into the meat. If a marinade will be used to baste during cooking, make a larger batch. Store your prepared marinade in the refrigerator until ready to use. Discard if not used in 2 weeks.

Cook Food To Proper Temperature

Cooking food safely requires that you raise the internal temperature of the meat high enough and for a long enough period of time to kill any food-borne bacteria that may cause illness. Color is not the best indicator that food is safe to eat. Use a high-quality probe thermometer to be sure your food is properly cooked. Place the tip of an instant-read thermometer into the center of the thickest part of the food but at least $\frac{1}{2}$ inch deep. Read the temperature after about 10 seconds. Follow temperature guidelines for the type of food you are cooking.

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Recommended Cooking Temperatures

| Cook to Internal Temperature | | | |
|---|--|---------------|------------------|
| Meat and Poultry | Medium Rare | Medium | Well Done |
| Fresh Beef – Medium Rare | 145°F | 160°F | 170°F |
| Ground Turkey, Chicken | 165°F | | |
| Ground Veal, Beef, Lamb, Pork | 160°F | | |
| Fresh Pork – Medium | 160°F | | |
| Chicken – Whole | 180°F | | |
| Turkey – Whole | 180°F | | |
| Poultry Breasts, Roast | 170°F | | |
| Poultry Thighs, Wings | 180°F | | |
| Stuffing, Cooked Along or In-bird | 165°F | | |
| Duck and Goose | | 180°F | |
| Fresh Veal – Medium Rare | 145°F | 160°F | 170°F |
| Fresh Lamb – Medium Rare | 145°F | 160°F | 170°F |
| Ham – Fresh (Raw) | 160°F | | |
| Ham – Pre-cooked (Reheat) | 140°F | | |
| Seafood | | | |
| Fish | Cook until flesh turns opaque and flakes easily with a fork. | | |
| Shrimp, Lobster, Crab | Cook until shells turn red and flesh becomes pearly opaque. | | |
| Scallops | Should turn milky white or opaque and firm. | | |
| Clams, Mussels, Oysters | Cook until shells open. | | |
| From the U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition | | | |

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Grilling Artichokes

Direct grill over medium heat with lid closed. Steam cook whole baby artichokes or large artichokes which are cut into halves or quarters. Steam under tender, brush with olive oil or butter. Grill for 10 to 15 minutes or until golden brown.

Grilling Asparagus

Direct grill over high heat. Trim tough ends. Brush with olive oil or butter. Grill for 10-15 minutes. Turn occasionally.

Grilling Broccoli

Direct grill over medium heat. Cut the full head in lengthwise. Brush with olive oil or butter. Grill for 10 minutes per side.

Grilling Corn

Direct grill with lid down over medium heat (or high heat on warming rack). Gently pull husks back from the corn, but do not detach. Remove corn silk and replace husks. Soak the corn in water (or other liquid, such as beer) until ready to grill. Place corn on grill. Turn occasionally. Grill for approximately 25 minutes. Remove husks and serve with butter and salt, if desired.

Grilling Red or New Potatoes

Direct grill over medium heat with lid closed. Pierce each potato with a fork several times. Brush with olive oil or butter. Cook directly on grid or mount on skewer. For softer skin, wrap in foil boat. Cook for 45 minutes or until tender. Prepare with condiments – butter, sour cream, crumbled bacon, shredded cheese, salt and pepper.

Grilling Sweet Potatoes or Yams

Direct grill over medium heat with lid closed. Pierce each potato with a fork several times. Brush with olive oil or butter. For a softer skin, wrap in foil. Cook for 45 to 60 minutes or until tender. Open, add butter and seasonings and serve.

Grilling Tomatoes

Direct grill over medium heat with lid closed. Brush with oil. Grill small tomatoes for approximately 3 minutes per side. Flip once. Grill large tomatoes around 8 minutes per side.

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Grilling The Perfect Steak

Choose a good cut – Sirloin, T-Bone, Porterhouse, Filet Mignon (tenderloin), Club or Rib Eye steaks. Preferred grades are Choice (better) and Prime (best). A good grilling steak should be at least 1 inch thick, and preferably closer to 2 inches thick. A thin steak cooks too quickly and dries out, losing much of its flavor.

- Trim excess fat, leaving only a thin layer of fat on the edge. Score the fat vertically to prevent curling while cooking.
- Lightly coat the cooking grids with vegetable oil and then preheat your grill.
- For rare steaks, grill on high burner settings and low grid settings. For medium and well-done steaks, raise the grids to medium or high settings and reduce the burner settings.
- Do not pierce meat when grilling. Flowing juices will dry out meat and release oils that will increase grill flare-ups.
- For increased smoky grilled flavor, lower the grill lid while cooking. Place wood chips in a smoker box atop the briquettes or drop chips or chunks directly onto the flavor screen. Hickory and mesquite are most popular.
- A medium rare steak must reach an internal temperature of 145°F; medium 160°F and well-done 170°F. Use an instant-read meat thermometer to check for doneness. If your steak is cooking too fast, reduce the heat or prop up the lid.

Grilling Great Burgers

Great burgers start with great ingredients. Use fresh ground beef – never preformed frozen patties. Your local butcher will grind any cut of beef, but ground chuck makes a great burger. While some fat content is desirable for grilling, too much will cause flare-ups.

Basic burgers are great, but you can add chopped onions, garlic or other seasonings to ground beef to create your own signature burgers.

- Using your hands, press meat into patties about 4 to 5 inches in diameter and about ¾-inch thick.
- Lightly coat the cooking grids with vegetable oil and then preheat your grill to medium heat. Place burgers on the grill grids.
- Direct grill with lid closed or slightly propped open for about 5 minutes for each side (or more depending on grill setting and grid height) until the internal temperature exceeds 160°F.
- For cheeseburgers, place your favorite cheese on top of the burger after internal cooking is complete. Remove the burger from the grill when cheese just starts to melt.
- Serve with hamburger buns (toasted on the grill or not) and condiments including lettuce, tomatoes, onions, pickles, mayonnaise, ketchup, mustard, sauces, and salt and pepper.

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Grilling Seafood

For grilling, choose salmon, halibut, tuna, swordfish, trout, shrimp, scallops, etc.

- Lightly oil grids and place grids at the medium level. Preheat grill to medium heat.
- Rinse the seafood. Season to taste.
- Grill fish and seafood over a medium-hot fire and shellfish over a hot fire. For a smoky wood flavor, fill smoker box with wood chips and cook with grill lid closed. For fish, use mesquite, hickory, alder or apple wood.
- Cut large seafood steaks or fillets into meal-size portions before grilling. These smaller pieces will cook faster and be easier to handle.
- Always start grilling fish fillets with the skin side up. By grilling this way, the fat that resides below the skin will begin to melt and migrate into the fillet to create moist, flavorful meat.

When cooking seafood, turn only once and avoid overcooking. Fish will become opaque and flake easily with a fork. The shells on shrimp, lobster and crab will turn red with the flesh becoming pearly opaque. Scallops will become milky white or pearly opaque. Shellfish will pop open when done.

Some chefs wrap fish in aluminum foil. The foil keeps the fish from falling through the grill, while the fish still takes on a great grilled flavor. To wrap, place the fish in the middle of a large sheet of heavy-duty aluminum foil. Fold the top and bottom edges together and double-seal to hold in the juices. Double seal the ends and your fish is ready for grilling. Never leave seafood unattended on the grill.

Grilling Chicken

While all chicken parts work well on the grill, the tasty, smaller pieces (legs, thighs and leg quarters) work best for direct grilling. Whole or half chickens are ideal for indirect cooking with a closed smoker shutter. The versatility of chicken makes it a perfect meat to accompany your favorite seasoned spice rubs, marinades and sauces.

- Lightly oil the grids and place them at their maximum height above the burners. Preheat grill to medium heat.
- Rinse the chicken and pat dry. Coat with sauce or spice rub.
- If grilling pieces, grill for a few minutes on each side then flip.
- When roasting a whole chicken, cook using indirect method or cook vertically with a clean, open beverage can inserted into the chicken cavity. You can fill the can with water and spices, beer or another liquid. This liquid will steam and infuse the chicken with moisture and flavor.
- Do not pierce the chicken. Turn with log-handled tongs to help prevent loss of juices.
- If using sauce while grilling, lightly baste after turning the chicken each time. Be very careful not to cross-contaminate cooked chicken with marinade.
- Grill whole chicken to an internal temperature of 180°F.
- Never leave chicken unattended. Remove chicken once it reaches the correct internal temperature.

Serve hot with vegetable side dishes, pasta or salad as desired. Grilled chicken may also be refrigerated and served cold later.

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Grilling And Barbecuing Pork

Although many cuts of pork can be grilled (high-heat, direct-cooking), many are best cooked by barbecuing. In contrast to grilling, barbecuing is a slow cooking or smoking method (long-time, low-heat, smokeinfusing method with smoldering chunks of wood). Thin, small cuts should be grilled at very high temperatures while thicker, larger cuts are best cooked slowly and at low temperatures.

To direct-grill pork (small cuts):

- Lightly oil grids and place at low height. Preheat grill to medium heat.
- Season meat to taste, or coat with sauce or spice rub.
- Grill for a few minutes on each side then flip.
- Turn pork with long-handled tongs to prevent loss of juices. If using sauce while grilling, lightly baste after turning each time. Be very careful not to cross-contaminate with marinade or sauce that contained raw meat.
- Grill until the internal temperature exceeds 160°F (medium up to 170°F (well done)).

To barbecue pork:

Cook large pork cuts (pork shoulder, hams, etc.) very slowly on low heat well away from the burner. Use a smoker box and wood chips or wood chips directly on the flavor screen to add smoky flavor.

- Lightly oil cooking grids and place grids at the highest level that will accommodate the size of your pork to be barbecued.
- Place the pork in a pan or heavy-duty aluminum foil to retain the juices, or place directly on the cooking grid and close the smoker shutter.

- Soak your favorite wood chips or chunks in water or other liquid. Fill the smoker box with wood and place near the burner. For more intense smoke flavor, place wood chips directly on the flavor screen.
- Season meat with sauce or spice rub.
- If using sauce while cooking, lightly baste every 15-30 minutes. Be very careful not to cross-contaminate with marinade or sauce that contained raw meat.
- Grill until the internal temperature exceeds 160°F (medium) up to 170°F (well done).
- When cooking is completed, let sit for a few minutes before slicing.