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# TABLE OF CONTENTS

## INTRODUCTION

INTRODUCTION.....	05
THE PERFECT SETUP – PREPARATION & SAFETY.....	06
TEMPERATURE ZONES AND GRILLING TECHNIQUES.....	07
CHOOSING AND USING YOUR BURNERS (2, 3, OR 4+ BURNERS).....	08
IGNITION, TROUBLESHOOTING, AND THE PERFECT FLAME.....	09
THE MASTER TOOL – CORE TEMPERATURES & RESTING.....	10
PRO TIPS FOR MASTER-LEVEL GRILLING.....	11



## CHAPTER 1 - BEEF & PORK



THE PERFECT RIBEYE STEAK WITH GRILLED GARLIC BUTTER POTATOES.....	13
ULTIMATE BACON CHEESE BURGERS WITH CRISPY ONION RINGS.....	14
TOMAHAWK STEAK WITH GRILLED CHIMICHURRI CORN.....	15
BROWN SUGAR GLAZED BBQ RIBS WITH GRILLED COLESLAW.....	16
MARINATED FLANK STEAK WITH GRILLED SWEET POTATO WEDGES.....	17
HONEY MUSTARD PORK CHOPS WITH GRILLED APPLE SLICES.....	18
BEEF SOUVLAKI SKEWERS WITH HOMEMADE TZATZIKI AND PITA BREAD.....	19
CRISPY PORK BELLY BRATEN WITH GRILLED ROOT VEGETABLES.....	20
STUFFED PORK TENDERLOIN WITH BACON WRAPPED GREEN BEANS.....	21
ARGENTINEAN STRIP STEAK WITH GRILLED BELL PEPPER SALAD.....	22

## CHAPTER 2 - CHICKEN & TURKEY

BBQ CHICKEN THIGHS WITH GRILLED SWEET CORN SALAD.....	24
MEDITERRANEAN TURKEY SKEWERS WITH GRILLED ZUCCHINI RIBBON SALAD.....	25
CRISPY JERK CHICKEN WINGS WITH GRILLED PINEAPPLE SALSA.....	26
TERIYAKI CHICKEN SKEWERS WITH GRILLED SESAME BROCCOLI.....	27
TANDOORI CHICKEN BREAST WITH GRILLED GARLIC NAAN BREAD.....	28
BACON-WRAPPED CHICKEN BOMB WITH GRILLED CORN ON THE COB.....	29
SWEET CHILI TURKEY BURGERS WITH GRILLED SWEET POTATO FRIES.....	30
BEER CAN CHICKEN WITH SMOKY BBQ BAKED BEANS.....	31
HONEY SRIRACHA GLAZED CHICKEN THIGHS WITH GRILLED PINEAPPLE RICE.....	32
SPINACH & FETA STUFFED TURKEY BREAST WITH GRILLED LEMON ZUCCHINI.....	33
TEXAS BBQ GLAZED CHICKEN DRUMSTICKS WITH SMOKED MAC & CHEESE.....	34
CITRUS HERB MARINATED TURKEY STEAKS WITH GRILLED SWEET POTATO SALAD.....	35





### CHAPTER 3 - FISH & SEAFOOD

GARLIC BUTTER KING PRAWNS WITH GRILLED LEMON RICE.....	37
CRISPY WHOLE SEA BASS WITH GRILLED MEDITERRANEAN VEGETABLES.....	38
TUNA STEAKS WITH GRILLED AVOCADO MANGO SALAD.....	39
CAJUN COD CUBES WITH SMOKY SWEET POTATO FRIES.....	40
LEMON-PEPPER SWORDFISH STEAKS WITH GRILLED POLENTA PLANKS.....	41
GARLIC BUTTER KING PRAWNS WITH GRILLED LEMON RICE.....	42
GRILLED SALMON TACOS WITH BLISTERED CORN SALSA.....	43
SIZZLING GARLIC PRAWN FAJITAS WITH GRILLED BELL PEPPERS....	44
BBQ PULLED SALMON SANDWICHES WITH CREAMY COLESLAW.....	45
MEDITERRANEAN TUNA STEAKS WITH GRILLED POTATO SALAD.....	46
OUTDOOR GRILL "FISH & CHIPS" WITH CHARRED LEMON TARTARE.....	47

### CHAPTER 4 - VEGETARIAN & VEGAN

GRILLED HALLOUMI STEAKS WITH SMOKY RATATOUILLE VEGETABLES.....	49
STUFFED PORTOBELLO MUSHROOMS WITH CHARRED HERB POLENTA PLANKS.....	50
SWEET CHILI TOFU STEAKS WITH GRILLED SESAME PAK CHOI.....	51
GRILLED FETA FOIL PACKETS WITH MEDITERRANEAN HERBED FLATBREAD.....	52
CAJUN CAULIFLOWER STEAKS WITH BLISTERED TOMATO VINE SALAD.....	53
TERIYAKI EGGPLANT STEAKS WITH GRILLED SESAME BROCCOLI.....	54
GARLIC HERB ZUCCHINI PLANKS WITH SWEET POTATO WEDGES.....	55
SMOKY BBQ TOFU RIBS WITH GRILLED SWEET CORN SALAD.....	56
CRISPY STONE-BAKED MARGHERITA PIZZA WITH GRILLED GARLIC BREAD.....	57
GRILLED SWEET POTATO BOATS WITH TEX-MEX BEAN SALAD.....	58
SMOKY CHEESE QUESADILLAS WITH GRILLED BELL PEPPER STRIPS.....	59
MAPLE GLAZED TEMPEH BLOCKS WITH GRILLED SWEET POTATO PLANKS.....	60



### CHAPTER 5 - SNACKS

CLASSIC JALAPEÑO POPPERS WITH AVOCADO CREMA.....	62
GRILLED CAMEMBERT WITH CRANBERRY GLAZE & RUSTIC CROSTINI.....	63
GRILLED TOMATO BRUSCHETTA WITH BALSAMIC REDUCTION.....	64
BACON-WRAPPED ASPARAGUS FRIES WITH GARLIC AIOLI.....	65
CHEESE-STUFFED MUSHROOMS WITH HERB BUTTER GLAZE.....	66
STREET-STYLE CORN RIBS WITH CHILI LIME MAYO.....	67

GRILLED HALLOUMI BITES WITH HONEY-GLAZED APRICOTS.....	68
LOADED SKILLET NACHOS WITH BLISTERED TOMATO SALSA.....	69
CRISPY POLENTA STICKS WITH GRILLED BELL PEPPER DIP.....	70
HONEY-THYME GRILLED GOAT CHEESE TALERS WITH SMOKED WALNUTS.....	71
SMOKY GARLIC ZUCCHINI WEDGES WITH LEMON HERB AIOLI.....	72



## CHAPTER 6 - DESSERTS

CARAMELIZED HONEY PINEAPPLE WITH VANILLA BEAN ICE CREAM.....	74
GRILLED BROWN SUGAR PEACHES WITH CREAMY MASCARPONE..	75
SKILLET CHOCOLATE MARSHMALLOW S'MORES WITH SWEET GRAHAM CRACKERS.....	76
FIRE-BAKED CHOCOLATE STUFFED BANANAS WITH SALTED CARAMEL.....	77
GRILLED STRAWBERRY SKEWERS WITH WHITE CHOCOLATE DRIZZLE.....	78
CAST-IRON APPLE CRISP WITH WARM CINNAMON CUSTARD.....	79
GRILLED POUND CAKE SLICES WITH WARM BERRY COMPOTE.....	80
GRILLED HONEY FIGS WITH CREAMY GOAT CHEESE & WALNUTS..	81
GRILLED CINNAMON WAFFLES WITH WARM APPLE COMPOTE.....	82
FIRE-BAKED STUFFED APPLES WITH WARM CARAMEL SAUCE.....	83

## BONUS: DESSERT-SAUCES

VELVETY CHOCOLATE ICE CREAM.....	85
FRUITY RASPBERRY COULIS.....	86
GOLDEN SALTED CARAMEL SAUCE.....	87
CREAMY PEANUT CARAMEL ICE CREAM.....	88
EXQUISITE PISTACHIO CREAM.....	89
DARK ESPRESSO CHOCOLATE SAUCE.....	90
SMOOTH VANILLA CUSTARD SAUCE.....	91



## FINAL WORDS

YOU THOUGHT THAT WAS IT?.....	92
A LITTLE REMINDER.....	93

# Introduction

Hello! First of all, I would like to thank you for purchasing this book. In the following pages, I will explain the advantages and benefits you will discover within this **gas grill recipe book**.



Dear grill enthusiasts,

Grilling with gas has revolutionized the way we experience outdoor cooking. Gone are the days of waiting forever for charcoal to light, getting stinging smoke in your eyes, and dealing with ash-covered food. Today, your backyard is an extension of your kitchen—a space of culinary freedom where creativity meets open flames.

A gas grill stands for precision, speed, and maximum flexibility. It is ready to use within minutes and can be controlled just as accurately as your kitchen oven—only with the incomparable flavor of sear marks and outdoor freedom. It bridges the gap between the raw power of fire and the effortless control of modern technology.

This predictability is exactly what unlocks your true potential as a grill master. Instead of fighting unpredictable embers, you can focus entirely on what matters most: the quality of your ingredients, perfect timing, and deep flavors. Whether you want to quickly sear a juicy steak after work, roast a whole crispy chicken on the weekend, or gently cook delicate vegetables: the gas grill is your ultimate outdoor kitchen for every occasion.

This book guides you step-by-step through the most important techniques, safety practices, and temperature zones so you can unleash the full potential of your grill. It is designed for both beginners and experienced backyard chefs who want to master the art of gas grilling with confidence.

Ignite the burners, heat up the grates, and enjoy your culinary journey. Have fun at the grate!

# THE PERFECT SETUP – PREPARATION & SAFETY

Before the first flame is ignited, the baseline conditions must be right. A safe, clean, and organized workspace is the foundation of every successful barbecue and guarantees the best flavor for your food. Mastering your equipment starts with respect for the fuel source and a clear routine that ensures every grilling session is both safe and highly efficient.

- **Stable Ground:** Always place your grill on a flat, even surface to prevent tipping or uneven fat drainage. Ensure it stands in a well-ventilated outdoor area with a safe distance of at least 1 to 1.5 meters from flammable materials like wooden fences, house walls, low-hanging branches, or plastic awnings. Never operate a gas grill indoors, under enclosed carports, or inside a garage, as dangerous carbon monoxide can quickly build up.
- **The Leak Test:** Safety first. Check the gas hose, pressure regulator, and all mechanical connections regularly—especially at the start of the spring season, after winter storage, or whenever you connect a fresh propane tank. Spray or brush all joints with a simple mixture of dish soap and water. Open the gas valve on the tank without turning on the grill burners. If bubbles form or expand anywhere along the line, close the tank valve immediately. Tighten the fittings, inspect the rubber gaskets for cracks, or replace the faulty parts before attempting to light the grill.
- **Proper Preheating:** Never skip this step. Close the lid and heat your grill on maximum power for 10 to 15 minutes before any food touches the grates. This process ensures the heavy cast-iron or stainless steel grates get searing hot, which is vital for preventing meat from sticking. It also sterilizes the cooking surface by burning off residual oils and creates the necessary thermal mass to maintain a stable cooking temperature when you open the lid.
- **Pyrolysis (The Easy Clean):** Cleaning a modern gas grill is incredibly efficient and requires no harsh chemicals. After your cooking session, while the grates are still hot, turn all burners to maximum heat and close the lid tightly. Let the grill burn for about 10–15 minutes until all grease, marinades, and food residue turn into fine white ash and the smoke stops rising. Once the grill has cooled down slightly but is still warm, simply brush away the ash with a high-quality stainless steel or brass grill brush. Finish by wiping the grates with a lightly oiled paper towel to protect them from rust.

# TEMPERATURE ZONES AND GRILLING TECHNIQUES

The true secret to mastering your gas grill lies in your ability to control the heat. Unlike cooking over open coals, a gas grill allows you to manipulate temperature zones instantly. By understanding and combining these two fundamental techniques, you can cook anything from a thin piece of seafood to a massive roast with absolute precision. Managing your burners effectively turns your grill from a simple hot plate into a versatile outdoor oven.

## 1. Direct Grilling (The High-Heat Sear)

- **The Principle:** The food is placed on the grate directly above the active, lit burners. This method utilizes intense, concentrated radiant heat, typically ranging from 250°C to 300°C (480°F to 570°F). It requires your constant attention, as the high temperatures can quickly cross the line from perfectly seared to unpleasantly charred.
- **The Goal:** To quickly sear the surface of the food. This creates a deeply flavorful crust through the Maillard reaction and leaves those professional, aesthetic grill marks (branding) while keeping the inside juicy. The high heat caramelizes sugars and renders surface fats, developing the signature barbecue aroma.
- **Best Used For:** Foods with short cooking times that benefit from a fast sear without drying out. This includes premium steaks, pork chops, sausages, thin burger patties, sliced vegetables (like zucchini or asparagus), and skewered seafood.

## 2. Indirect Grilling (The Convection Oven)

- **The Principle:** The burners directly beneath the food are turned off, while the surrounding or outer burners remain active. The grill lid must stay closed, transforming your grill into a highly efficient outdoor convection oven with temperatures usually held between 110°C and 200°C (230°F to 390°F). The heat rises from the sides, hits the closed lid, and circulates gently around your food.
- **The Goal:** To cook thicker cuts of food gently and evenly without burning the outside before the core is done. This slow movement of heat breaks down tough connective tissues in meat, keeping it incredibly tender and juicy while allowing melted fats to baste the meat naturally from within.
- **Best Used For:** Large or tough cuts of meat that require patience, as well as delicate items. This includes whole chickens, prime rib roasts, pork shoulders (for pulled pork), racks of ribs, and delicate fish resting on wooden planks.

# CHOOSING AND USING YOUR BURNERS (2, 3, OR 4+ BURNERS)

Not all gas grills are built the same. The number of burners your machine has dictates how you should configure your direct and indirect zones. Understanding your specific layout is crucial for hitting the exact temperatures required in the recipe section, as the internal airflow changes dramatically depending on how many heat sources are active. By mastering your grill's configuration, you can effectively eliminate hot spots and gain total control over the cooking process.

- **The 2-Burner Grill:** Perfect for small balconies and compact spaces, but indirect grilling requires a high level of precision. To create an indirect cooking zone on a two-burner system, you must turn one burner completely off and leave the other active on medium to high heat. Your food is then placed exclusively over the cold burner. Keep in mind that cooking space is strictly limited here. Because the heat source is entirely on one side, it will hit the food unevenly. To ensure a uniform cook, large roasts or whole chickens will require you to manually rotate the food 180 degrees halfway through the cooking time. Additionally, using a small baking sheet or aluminum shield under the food can help protect the side closest to the active flame from overcooking.
- **The 3-Burner Grill:** This is widely considered the sweet spot for backyard cooking, offering the ideal balance between physical size and thermal versatility. Creating a perfect indirect zone on a three-burner grill is completely effortless: you turn the far-left and far-right burners on, and leave the middle burner completely turned off. When you place your food right in the center over the cold burner, this configuration beautifully simulates a professional kitchen convection oven. The heat rises evenly from both flanking sides, meets at the top of the closed lid, and circles over and around the food in a continuous loop. This eliminates the need to constantly flip or rotate your meat, resulting in incredibly even roasting and a beautiful crust on all sides.
- **The 4+ Burner Grill:** The ultimate outdoor kitchen setup for large families or barbecue enthusiasts. With four, five, or even six main burners running front-to-back, you have maximum flexibility to create multiple temperature zones simultaneously. For instance, you can ignite the two burners on the far left to maximum power to establish a blistering hot direct zone for searing steaks. At the same time, you can leave the middle burners off to create a spacious, gentle indirect zone for slow-cooking a prime rib roast. Finally, you can run the far-right burner on absolute minimum heat to function as a dedicated warming zone for finished side dishes. This massive surface area allows you to orchestrate a multi-course meal all at once without ever overcrowding the grates.

# IGNITION, TROUBLESHOOTING, AND THE PERFECT FLAME

A gas grill is a mechanical tool that relies on the controlled combustion of highly flammable gas. To cook safely and efficiently, you need to recognize how a healthy grill behaves, understand the mechanics of gas delivery, and know exactly how to react when something goes wrong. Treating your grill with the right routine prevents accidents and ensures your equipment lasts for decades.

- **The Safe Lighting Routine:** Always open the grill lid before turning on the gas tank valve and igniting the burners. If you leave the lid closed during ignition, escaping gas can quickly pool inside the enclosed cookbox. This creates a highly dangerous, invisible ignition bubble that can cause a dramatic flash fire or a small explosion when the spark finally catches. If a burner does not ignite within 5 seconds, turn the knob back to the "OFF" position, leave the lid wide open, and wait at least 3 to 5 minutes for the gas to dissipate completely before trying again.
- **Reading the Flame:** Take a close look at your burners through the grates during preheating. A healthy propane or butane flame should be crisp, steady, and predominantly blue with a tiny, sharp yellow tip. If the flames are lazy, roaring loudly, lifting off the metal tubes, or completely yellow and orange, your burners are not functioning correctly. Yellow flames produce soot that ruins the flavor of your food and indicates an incorrect air-to-gas ratio. This is usually caused by dirty burner ports or spider webs inside the Venturi tubes. Clean these tubes annually with a long pipe brush to ensure smooth gas flow.
- **Handling Flare-Ups and Grease Fires:** When rendering fat or sugary marinades drip onto the hot flavorizer bars (the metal tents covering the burners), small, temporary flash flames are completely normal and add that classic barbecue flavor. However, if a sustained grease fire breaks out, you must act calmly and quickly. Move the food to the indirect zone using long tongs. Turn all burner knobs to the "OFF" position immediately, close the gas tank valve if safe to do so, and leave the grill lid closed tightly. This starves the fire of oxygen, allowing it to burn itself out safely. Never pour water onto a grease fire, as it will cause the burning grease to explode outward, risking severe burns and destroying your grill.

# THE MASTER TOOL – CORE TEMPERATURES & RESTING

While time instructions in recipes are helpful starting points, they are never 100% accurate. The thickness of the cut, the starting temperature of the meat, and weather conditions outside all influence how fast food cooks. The only way to guarantee a perfectly juicy, restaurant-quality result without overcooking is to grill by internal core temperature, using a high-quality digital instant-read meat thermometer.

- **Beef / Lamb (Steaks & Roasts):**
  - Rare (Cool Red Center): 48°C - 52°C (118°F - 125°F)
  - Medium-Rare (Warm Pink Center - Recommended): 53°C - 56°C (127°F - 133°F)
  - Medium (Hot Pink Center): 57°C - 59°C (135°F - 138°F)
  - Well Done (Fully Cooked): 60°C+ (140°F+)
- **Pork:**
  - Juicy / Slightly Pink (Modern Standard): 65°C - 68°C (149°F - 154°F)
  - Fully Done (Traditional Braten): 75°C (167°F)
  - Pulled Pork (Target for Breakdown of Tissues): 92°C - 95°C (198°F - 203°F)
- **Poultry (Chicken / Turkey):**
  - Breast / White Meat: 75°C (167°F) – Must be fully cooked to eliminate salmonella risks, but it dries out instantly if exceeded even by a few degrees.
  - Thigh / Dark Meat: 80°C - 85°C (176°F - 185°F) – Contains more connective tissue and fat, making it tastier and more forgiving at higher temperatures.
- **The Magic of Resting:** When meat cooks under intense heat, the muscle fibers contract tightly and push the internal juices away from the hot surface toward the cooler center of the cut. If you cut into a steak immediately after removing it from the direct heat, the high internal pressure will cause all those delicious juices to run out onto your cutting board, leaving the meat dry and tough. Always let your meat rest on a warm plate or board (tented loosely with aluminum foil, never wrapped tightly, which would trap steam and ruin the crust) for 5 to 10 minutes. During this time, the muscle fibers relax, the temperature stabilizes, and the juices redistribute evenly throughout the entire piece of meat, ensuring every single bite is tender and juicy.

# PRO TIPS FOR MASTER-LEVEL GRILLING

To truly elevate your skills from a backyard cook to a certified grill master, you need to understand the subtle nuances of food chemistry and heat management. These professional tips and tricks will help you maximize flavor, prevent common mistakes, and get the absolute best results out of your gas grill every single time.

- **The Maillard Reaction (The Secret to Crust):** The delicious, savory crust on a grilled steak is the result of the Maillard reaction—a chemical reaction between amino acids and reducing sugars that occurs at temperatures above 140°C (285°F). Moisture is the enemy of this reaction. If the surface of your meat is wet when it hits the grate, the grill's energy will be wasted evaporating that water instead of searing the meat, essentially steaming your food. Always pat your meat completely dry with a paper towel right before putting it on the grill.
- **Oil the Food, Not the Grates:** A common mistake is brushing oil directly onto the hot grill grates. At high preheating temperatures, the oil will instantly reach its smoke point, polymerize, burn, and create bitter, black smoke that ruins the taste of your food. Instead, lightly brush a high-smoke-point oil (like peanut, canola, or avocado oil) directly onto the food itself. This uses less oil, protects the ingredient, and ensures a perfect sear without the bitter residue.
- **The "Lookin' Ain't Cookin'" Rule:** It can be tempting to constantly open the grill lid to check on your food, but every time you lift the lid, you release accumulated heat, moisture, and smoke. On a gas grill, opening the lid drops the ambient temperature instantly, extending your cooking time and drying out the meat. Trust your internal meat thermometer, use a timer, and keep the lid closed as much as possible—especially during indirect grilling.
- **Utilize a Smoker Box for Wood Flavor:** One common argument against gas grills is the lack of authentic woodsmoke flavor. You can easily fix this by using a stainless steel smoker box filled with flavored wood chips (like hickory, applewood, or mesquite). Place the filled box directly on top of the flavorizer bars over an active burner during preheating. Once the chips start to smolder and release a steady stream of thin, blue smoke, place your food in the indirect zone to absorb that deep, classic woodsmoke aroma.
- **The Power of Residual Heat:** Don't let your fuel go to waste. When slow-cooking larger cuts or roasting vegetables, you can turn off the burners completely for the last 5 to 10 minutes of the estimated cooking time. The heavy cast-iron or stainless steel grates, along with the insulated hood of the grill, retain an immense amount of residual heat. This allows the food to finish cooking or warm through gently without the risk of burning the exterior.



# **BEEF & PORK**



# THE PERFECT RIBEYE STEAK WITH GRILLED GARLIC BUTTER POTATOES



**Preparation:**

45 MIN



**Cooking time:**

10-15 MIN



**Portions:**

2



## INGREDIENTS:

- For the Steak:
- 2 thick-cut Ribeye steaks (approx. 300g / 11 oz each, 3cm / 1.2 inches thick)
- 2 tbsp high-heat cooking oil (peanut or canola oil)
- Coarse sea salt
- Freshly cracked black pepper

### For the Side Dish:

- 500g small baby potatoes (halved)
- 3 tbsp olive oil
- 1 tsp dried rosemary
- 1 whole head of garlic
- 50g butter
- A pinch of salt

## PREPARATION:

1. **Meat prep:** Remove the steaks from the refrigerator 45 minutes before grilling to reach room temperature. Pat completely dry with paper towels and coat thinly with the peanut oil. Do not add pepper yet.
2. **Side prep:** Toss the halved baby potatoes in a bowl with olive oil, rosemary, and salt. Cut the top off the whole head of garlic, drizzle with a little bit of olive oil, and wrap it tightly in aluminum foil.
3. **Grill setup:** Preheat your grill for dual-zone cooking: One direct zone with maximum heat (250°C–300°C / 480°F–570°F) and one indirect zone at medium heat (approx. 200°C / 390°F).
4. **Roast the sides:** Place the foil-wrapped garlic and the potatoes (in a grill basket or on a sheet) into the indirect zone. Close the lid and roast for 25–30 minutes until soft. Put the butter in a small, heat-proof dish next to them for the last 5 minutes to melt, then squeeze the soft roasted garlic cloves into the melted butter.
5. **Sear the steaks:** Place the steaks onto the hot grates in the direct heat zone. Sear for 90 seconds, rotate 45 degrees for diamond marks, and sear for another 90 seconds. Flip and repeat the process on the other side.
6. **Indirect cooking & resting:** Move the steaks to the indirect zone next to the potatoes. Close the lid until the meat hits an internal core temperature of 54°C (130°F) for Medium-Rare. Remove and let the meat rest on a board for 5 minutes.
7. **Serving:** Slice the steaks, season generously with coarse sea salt and cracked black pepper, and drizzle the warm roasted garlic butter over both the meat and the crispy potatoes.

**Tip:** If the potato skins start to look dry in the indirect zone, brush them with a little bit of the melting garlic butter halfway through the cooking process.

# ULTIMATE BACON CHEESE BURGERS WITH CRISPY ONION RINGS



**Preparation:**  
20 MIN



**Cooking time:**  
10-15 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Burgers:

- 600g ground beef (20% fat content)
- 4 slices of cheddar cheese
- 8 strips of thick-cut bacon
- 4 brioche burger buns
- Salt and freshly ground black pepper
- Burger sauce, lettuce, and tomato slices

### For the Side Dish:

- 2 large white onions
- 100g flour & 1 tsp paprika powder
- 2 eggs (beaten) & 150g panko breadcrumbs
- High-heat cooking oil spray

## PREPARATION:

1. Prep patties & onions: Shape beef into 4 patties with a dimple in the center; keep cold. Slice onions into 1.5cm rings, dredge in seasoned flour, dip in egg, coat with panko, and spray with oil.
2. Grill setup: Preheat grill to direct high heat (230°C–250°C / 445°F–480°F) on one side and medium-low indirect heat on the other. Place a cast-iron skillet on the direct side.
3. Cook bacon & rings: Fry bacon in the skillet until crispy; set aside. Place onion rings in a grill basket on the indirect side and cook for 4 minutes per side.
4. Grill beef: Season patties with salt and pepper. Cook in the hot skillet grease for 3–4 minutes, flip, top with cheddar, and close the lid for 3 minutes to melt.
5. Toast & assemble: Toast halved buns on the grates for 30 seconds. Build with sauce, lettuce, tomato, patty, and bacon. Serve hot with onion rings.

**Tip:** For maximum crunch on the onion rings, double-dip them into the egg wash and panko breadcrumbs before putting them on the grill.

# TOMAHAWK STEAK WITH GRILLED CHIMICHURRI CORN



**Preparation:**  
30 MIN



**Cooking time:**  
35-40 MIN



**Portions:**  
3



## INGREDIENTS:

### For the Steak:

- 1 Tomahawk steak (approx. 1–1.2 kg)
- 2 tbsp canola oil
- Coarse sea salt & black pepper

### For the Side Dish:

- 3 fresh corn cobs
- 4 tbsp butter
- 1 bunch of fresh parsley
- 2 garlic cloves
- 1 tbsp red wine vinegar
- ½ tsp chili flakes & a pinch of salt

## PREPARATION:

1. Prep meat & glaze: Bring the steak to room temperature for 1 hour. Mix melted butter, minced garlic, finely chopped parsley, vinegar, chili, and salt for the corn glaze.
2. Grill setup: Preheat grill for dual-zone cooking: Direct high heat (250°C / 480°F) and indirect medium-low heat (120°C / 250°F).
3. Indirect slow cook: Season the steak with salt and place it in the indirect zone. Close the lid and cook for 25–30 minutes until the core hits 48°C (118°F).
4. Grill corn: Place corn cobs in the indirect zone next to the steak for the last 15 minutes, brushing them regularly with the chimichurri butter.
5. Reverse sear: Move the steak to the direct heat zone. Sear for 2 minutes per side until a deep crust forms. Quickly char the corn over direct heat for 2 minutes.
6. Rest & serve: Let the steak rest for 8 minutes before carving it off the bone. Season with pepper and serve with the warm corn.

**Tip:** Pull the steak off the indirect heat 4–5 degrees below your final target temperature, as the direct sear will quickly raise the core temperature.

# BROWN SUGAR GLAZED BBQ RIBS WITH GRILLED COLESLAW



**Preparation:**

20 MIN



**Cooking time:**

4 HR



**Portions:**

4



## INGREDIENTS:

### For the Ribs:

- 2 racks of baby back pork ribs
- 4 tbsp pork rub
- 150ml BBQ sauce
- 50g brown sugar
- 50ml apple juice

### For the Side Dish:

- 1 small pointed cabbage (halved)
- 2 tbsp olive oil
- 4 tbsp mayonnaise
- 1 tbsp apple cider vinegar
- Salt and freshly ground black pepper

## PREPARATION:

1. Prep ribs: Remove the membrane from the back of the ribs. Rub the meat generously with the pork rub and let it sit for 30 minutes.
2. Grill setup: Preheat your gas grill for indirect low heat at 110°C–120°C (230°F–250°F). Place a smoker box filled with applewood chips over an active burner.
3. Smoke & braise: Smoke the ribs indirectly for 2.5 hours. Wrap them tightly in heavy-duty aluminum foil with the apple juice and brown sugar, then return to the indirect zone for another hour.
4. Grill cabbage: Brush the cabbage halves with olive oil. Grill over direct medium heat for 4 minutes per side until charred. Chop finely and mix with mayonnaise, vinegar, salt, and pepper to finish the coleslaw.
5. Glaze ribs: Remove the ribs from the foil, brush generously with BBQ sauce, and grill indirectly for 20 minutes until the glaze becomes sticky. Serve hot alongside the grilled coleslaw.

**Tip:** Removing the silver membrane on the bone side allows the rub to penetrate the meat and prevents the ribs from becoming tough.

# MARINATED FLANK STEAK WITH GRILLED SWEET POTATO WEDGES



**Preparation:**

15 MIN



**Cooking time:**

20-25 MIN



**Portions:**

4



## INGREDIENTS:

### For the Steak:

- 800g Flank steak
- 3 tbsp soy sauce
- 2 tbsp honey
- 1 tbsp minced ginger & 2 garlic cloves (minced)
- 2 tbsp sesame oil

### For the Side Dish:

- 3 large sweet potatoes (cut into wedges)
- 3 tbsp olive oil
- 1 tsp paprika powder & ½ tsp sea salt

## PREPARATION:

1. Marinate meat: Whisk soy sauce, honey, ginger, garlic, and sesame oil together. Place the flank steak in a sealable bag with the marinade and refrigerate for 4 hours.
2. Prep wedges & grill: Toss sweet potato wedges with olive oil, paprika, and salt. Preheat your gas grill to medium-high heat (220°C / 430°F) with a direct and an indirect zone.
3. Cook wedges: Place the sweet potato wedges in a grill basket within the indirect zone. Close the lid and roast for 15–20 minutes until they are soft.
4. Grill steak: Remove the steak from the marinade, pat it completely dry with paper towels, and grill over direct heat for 4–5 minutes per side.
5. Crisp & rest: Move the sweet potatoes to the direct zone for 2 minutes to crisp up. Meanwhile, transfer the steak to a board and let it rest for 10 minutes.
6. Slice & serve: Slice the flank steak very thinly across the grain at a 45-degree angle. Serve hot with the crispy wedges.

**Tip:** Always slice flank steak against the grain. This breaks up the long, tough muscle fibers and makes the meat incredibly tender and easy to chew.

# HONEY MUSTARD PORK CHOPS WITH GRILLED APPLE SLICES



**Preparation:**

10 MIN



**Cooking time:**

12-15 MIN



**Portions:**

4



## INGREDIENTS:

### For the Chops:

- 4 bone-in pork chops (approx. 2.5cm thick)
- 3 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp olive oil
- Salt and freshly ground black pepper

### For the Side Dish:

- 2 firm red apples (cored and sliced into 1.5cm thick rings)
- 1 tbsp melted butter
- A pinch of ground cinnamon
- 1 tbsp maple syrup

## PREPARATION:

1. Marinate meat: Whisk soy sauce, honey, ginger, garlic, and sesame oil together. Glaze meat: Whisk Dijon mustard, honey, olive oil, salt, and pepper together in a small bowl. Brush the mixture generously onto both sides of the pork chops.
2. Prep fruit: Toss the thick apple rings in a bowl with melted butter, cinnamon, and maple syrup until evenly coated.
3. Grill setup: Preheat your gas grill to direct medium heat (190°C–200°C / 375°F–390°F). Thoroughly clean and lightly oil the grates.
4. Grill chops: Place the marinated pork chops directly over the heat. Grill for 4–5 minutes per side until the surface is beautifully caramelized and the internal temperature reaches 65°C (149°F).
5. Grill apples: Place the seasoned apple slices on the grates alongside the pork for the final 3 minutes per side, until they soften slightly and develop dark grill marks.
6. Rest & serve: Remove the chops from the grill and let them rest for 5 minutes. Serve each pork chop topped with the warm, sweet caramelized apple rings.

**Tip:** Pork chops dry out quickly. Use a digital meat thermometer and pull them off the grill as soon as they hit 65°C (149°F) for a juicy, perfectly cooked, slightly pink center.

# BEEF SOUVLAKI SKEWERS WITH HOMEMADE TZATZIKI AND PITA BREAD



**Preparation:**  
20 MIN



**Cooking time:**  
8-10 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Skewers:

- 700g beef sirloin (cut into 3cm cubes)
- 3 tbsp olive oil & 2 tbsp lemon juice
- 1 tbsp dried oregano
- 3 garlic cloves (minced)
- Salt and freshly ground black pepper
- Wooden skewers (soaked in water)

### For the Side Dish:

- 4 pita flatbreads
- 150g Greek yogurt
- ½ cucumber (grated and squeezed dry)
- 1 garlic clove (minced) & 1 tbsp olive oil

## PREPARATION:

1. Make tzatziki: Combine the Greek yogurt, squeezed grated cucumber, minced garlic, and 1 tbsp of olive oil in a bowl. Season with a pinch of salt and store in the fridge.
2. Build skewers: Toss the beef cubes with olive oil, lemon juice, oregano, minced garlic, salt, and pepper. Thread the seasoned meat onto the soaked wooden skewers.
3. Grill setup: Preheat your gas grill to direct high heat (230°C–250°C / 445°F–480°F).
4. Grill skewers: Place the skewers directly over the active burners. Cook for 2 minutes, then rotate 90 degrees. Repeat for all four sides (about 8 minutes total) until beautifully charred.
5. Warm pita: Place the pita flatbreads directly onto the grates for the final 30 seconds per side until soft, warm, and lightly marked.
6. Serve: Slide the juicy beef off the skewers into the warm pita bread and top generously with the cold, fresh tzatziki.

**Tip:** Don't crowd the beef pieces too tightly on the skewers. Leaving a tiny bit of space between the cubes ensures that the high heat seals the edges of every single piece evenly.

# CRISPY PORK BELLY BRATEN WITH GRILLED ROOT VEGETABLES



**Preparation:**  
25 MIN



**Cooking time:**  
90 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Pork:

- 1.2 kg pork belly (with skin/rind attached)
- 1 tbsp coarse sea salt (for the rind)
- 1 tsp caraway seeds
- 1 tsp garlic powder & 1 tsp fine salt (for the meat)
- 100ml vegetable broth

### For the Side Dish:

- 400g carrots and parsnips (peeled and cut into thick batons)
- 2 tbsp olive oil
- 1 tbsp fresh rosemary leaves (chopped)
- A pinch of salt

## PREPARATION:

1. Score & season pork: Score the pork skin into a tight diamond pattern using a very sharp knife, making sure not to cut into the meat. Rub the meat side with caraway, garlic powder, and fine salt. Rub only the coarse sea salt deeply into the scored skin lines.
2. Prep vegetables: Toss the carrot and parsnip batons in a bowl with olive oil, chopped rosemary, and a pinch of salt.
3. Grill setup: Preheat your gas grill for indirect medium heat at 160°C–180°C (320°F–355°F). Place a disposable aluminum drip pan filled with the vegetable broth directly under the grates where the meat will sit.
4. Slow roast: Place the pork belly skin-side up in the indirect zone directly above the drip pan. Close the lid and roast for 70 minutes. Add the root vegetables to the indirect zone next to the meat for the last 30 minutes of this time.
5. Get the crackling: Turn the burners directly under or around the pork belly to maximum heat (cranking the ambient temperature up to 240°C / 465°F) for 10–15 minutes. Watch closely as the skin puffs up into a golden, crispy crackling.
6. Serve: Remove the braten, let it rest for 5 minutes, slice into thick portions, and serve alongside the tender roasted root vegetables.

**Tip:** Ensure the pork skin is completely bone-dry before adding the salt. Any trapped surface moisture will steam the rind instead of frying it, which prevents it from puffing up into perfect, crunchy crackling.

# STUFFED PORK TENDERLOIN WITH BACON WRAPPED GREEN BEANS



**Preparation:**  
20 MIN



**Cooking time:**  
25-30 MIN



**Portions:**  
3



## INGREDIENTS:

### For the Pork:

- 1 large pork tenderloin (approx. 600g)
- 100g baby spinach
- 50g crumbled feta cheese
- 4 sun-dried tomatoes (finely chopped)
- Salt and freshly ground black pepper
- Butcher's twine

### For the Side Dish:

- 300g fresh green beans (trimmed)
- 6 slices of bacon
- 1 tbsp olive oil

## PREPARATION:

1. **Stuff pork:** Butterfly the pork tenderloin by slicing it lengthwise three-quarters of the way through. Flatten it out, season with salt and pepper, and layer with baby spinach, crumbled feta, and sun-dried tomatoes. Roll the meat up tightly and tie it securely with butcher's twine.
2. **Prep bean bundles:** Blanch the green beans in boiling water for 3 minutes, then shock in ice water. Divide the beans into 6 bundles, wrap each bundle tightly with a strip of bacon, and brush lightly with olive oil.
3. **Grill setup:** Preheat your gas grill to medium heat (200°C / 390°F) configured with a direct and an indirect heat zone.
4. **Sear & cook meat:** Place the stuffed pork tenderloin over direct heat and sear for 2 minutes on each side. Move it to the indirect zone, close the lid, and cook for 20 minutes until the internal temperature reaches 63°C (145°F).
5. **Grill bean bundles:** Place the bacon-wrapped bean bundles over the direct heat zone for 3-4 minutes per side until the bacon is fully crispy.
6. **Slice & serve:** Transfer the meat to a cutting board, let it rest for 5 minutes, remove the twine, and slice it into elegant rounds. Serve hot with the crispy bean bundles.

**Tip:** Tying the meat firmly with butcher's twine is essential. It prevents the pocket from opening up and keeps the melting feta cheese inside the roll during the direct searing phase.

# ARGENTINEAN STRIP STEAK WITH GRILLED BELL PEPPER SALAD



**Preparation:**

15 MIN



**Cooking time:**

12-15 MIN



**Portions:**

2



## INGREDIENTS:

### For the Steak:

- 2 New York strip steaks (approx. 250g / 9 oz each)
- 1 tbsp olive oil
- Coarse sea salt and freshly cracked black pepper

### For the Side Dish:

- 1 red bell pepper & 1 yellow bell pepper
- 1 large red onion
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tbsp fresh oregano leaves (chopped)
- A pinch of salt

## PREPARATION:

1. Prep steak & vegetables: Bring the steaks to room temperature for 30 minutes. Brush them lightly with olive oil and season generously with coarse salt. Slice the bell peppers and red onion into thick, flat rings.
2. Grill setup: Preheat your gas grill to direct high heat (240°C–260°C / 465°F–500°F). Ensure the grates are clean and hot.
3. Grill steak & sides: Place the steaks and the vegetable slices directly onto the hot grates. Grill the steaks for about 3 minutes per side for Medium-Rare (target core temp: 54°C / 130°F). Grill the vegetables for 4 minutes per side until they are softened and deeply charred.
4. Rest meat: Remove the steaks from the grill and let them rest on a warm cutting board for 5 minutes to keep them juicy.
5. Make the salad: Coarsely chop the grilled peppers and onions. Toss them in a bowl with the extra virgin olive oil, red wine vinegar, fresh oregano, and salt.
6. Serve: Slice the strip steaks into thick strips and serve them alongside the warm, smoky bell pepper salad.

**Tip:** Let the grilled vegetables steam in a bowl covered with plastic wrap for 2 minutes right after grilling. This softens them further, makes skin removal easier if desired, and intensifies their natural sweetness.



# CHICKEN & TURKEY



# BBQ CHICKEN THIGHS WITH GRILLED SWEET CORN SALAD



**Preparation:**

15 MIN



**Cooking time:**

35-40 MIN



**Portions:**

4



## INGREDIENTS:

### For the Chicken:

- 8 bone-in, skin-on chicken thighs
- 3 tbsp poultry rub
- 150ml sweet BBQ sauce

### For the Side Dish:

- 3 fresh corn cobs
- 1 red bell pepper (diced)
- 1 avocado (diced)
- 2 tbsp lime juice & 2 tbsp olive oil
- Salt and fresh cilantro

## PREPARATION:

1. Prep meat & grill: Season chicken thighs generously with poultry rub. Preheat the gas grill to medium heat (180°C–200°C / 350°F–390°F) with a direct and an indirect zone.
2. Slow cook chicken: Place thighs skin-side up in the indirect zone. Close the lid and cook for 25–30 minutes until the internal temperature hits 70°C (158°F).
3. Grill corn: Place corn cobs in the direct zone for the last 10 minutes, turning frequently until lightly charred on all sides.
4. Glaze chicken: Brush thighs generously with BBQ sauce. Move them to the direct zone skin-side down for 2–3 minutes to caramelize the sauce. Watch out for flare-ups!
5. Make salad: Cut the charred corn kernels off the cob. Toss in a bowl with diced pepper, avocado, lime juice, olive oil, salt, and cilantro.
6. Serve: Serve the sticky, sweet chicken thighs immediately alongside the refreshing corn salad.

**Tip:** Chicken thighs are very forgiving due to their fat content. For the best texture and crispy skin, cook them to an internal temperature of 80°C–85°C (176°F–185°F).

# MEDITERRANEAN TURKEY SKEWERS WITH GRILLED ZUCCHINI RIBBON SALAD



**Preparation:**  
20 MIN



**Cooking time:**  
10-12 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Skewers:

- 700g turkey breast (cut into 3cm cubes)
- 3 tbsp olive oil & 1 tbsp red wine vinegar
- 1 tbsp dried oregano & 1 tsp garlic powder
- Salt, pepper, and wooden skewers (soaked)

### For the Side Dish:

- 2 medium zucchinis
- 50g feta cheese (crumbled)
- 2 tbsp pine nuts (toasted)
- 2 tbsp lemon juice & 2 tbsp extra virgin olive oil

## PREPARATION:

1. Marinate & thread: Toss turkey cubes with olive oil, vinegar, oregano, garlic powder, salt, and pepper. Thread tightly onto the soaked wooden skewers.
2. Prep zucchini: Use a peeler to slice zucchinis lengthwise into long, thin ribbons. Toss lightly with 1 tbsp of olive oil.
3. Grill setup: Preheat your grill to direct medium-high heat (200°C–220°C / 390°F–430°F).
4. Grill skewers: Place turkey skewers on the grates. Grill for 10–12 minutes, turning occasionally, until the core temperature reaches 75°C (165°F).
5. Flash grill ribbons: Place zucchini ribbons on a grilling mat or directly on the grates for just 1 minute per side until light grill marks appear.
6. Toss & serve: Mix warm zucchini ribbons with lemon juice, extra virgin olive oil, crumbled feta, and toasted pine nuts. Serve immediately with the juicy turkey skewers.

**Tip:** Turkey breast dries out quickly if overcooked. Pull the skewers off the grill exactly when they hit 75°C (165°F) and let them rest for 3 minutes before serving.

# CRISPY JERK CHICKEN WINGS WITH GRILLED PINEAPPLE SALSA



**Preparation:**  
20 MIN



**Cooking time:**  
25-30 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Chicken:

- 1 kg chicken wings (split into flats and drums)
- 3 tbsp Jamaican Jerk seasoning rub
- 1 tbsp canola oil

### For the Side Dish:

- 4 thick slices of fresh pineapple
- 1 red onion (finely diced)
- 1 jalapeño (seeded and minced)
- 2 tbsp fresh lime juice & 1 tbsp chopped cilantro

## PREPARATION:

1. Prep wings & fruit: Toss chicken wings with canola oil and Jerk seasoning until heavily coated. Brush the pineapple slices lightly with a tiny bit of oil.
2. Grill setup: Preheat your gas grill for dual-zone cooking: Direct medium-high heat (200°C / 390°F) and a spacious indirect zone.
3. Bake wings: Place the wings in the indirect zone. Close the lid and cook for 20-25 minutes, turning once, until the skin gets crispy and the fat renders.
4. Grill pineapple: Place pineapple slices directly over the medium-high heat for 3 minutes per side until beautifully charred and caramelized.
5. Make salsa & crisp wings: Dice the grilled pineapple. Toss in a bowl with onion, jalapeño, lime juice, and cilantro. Move the wings to the direct zone for the final 2 minutes to get maximum crunch.
6. Serve: Serve the spicy, smoky wings immediately with the sweet and fiery pineapple salsa.

**Tip:** For maximum crunch without burning the spices, do 90% of the cooking in the indirect zone and only use the direct zone at the very end to crisp up the skin.

# TERIYAKI CHICKEN SKEWERS WITH GRILLED SESAME BROCCOLI



**Preparation:**

15 MIN



**Cooking time:**

10-12 MIN



**Portions:**

4



## INGREDIENTS:

### For the Skewers:

- 700g boneless, skinless chicken thighs (cut into 3cm cubes)
- 150ml thick Teriyaki sauce/glaze
- 1 bunch of scallions (cut into 3cm pieces)
- Wooden skewers (soaked in water)

### For the Side Dish:

- 1 large head of broccoli (cut into large flat florets)
- 2 tbsp sesame oil
- 1 tbsp toasted sesame seeds & a pinch of sea salt

## PREPARATION:

1. Build skewers: Alternately thread chicken cubes and scallion pieces onto the soaked wooden skewers. Keep 2 tbsp of Teriyaki sauce separate for brushing.
2. Prep broccoli: Toss the large broccoli florets with sesame oil and a pinch of sea salt.
3. Grill setup: Preheat the gas grill to direct medium heat (180°C–200°C / 350°F–390°F).
4. Grill skewers & sides: Place the skewers and the broccoli florets directly on the hot grates. Grill the broccoli for 4–5 minutes per side until the edges are beautifully charred but still crisp.
5. Glaze the chicken: Grill the skewers for about 8–10 minutes, turning frequently. During the last 2 minutes, brush them heavily with the Teriyaki sauce so it caramelizes without burning.
6. Serve: Arrange the glossy, sticky skewers on a plate, sprinkle with sesame seeds, and serve with the smoky sesame broccoli.

**Tip:** Using chicken thigh meat instead of chicken breast for skewers ensures the meat stays incredibly juicy and handles the high sugar content of the Teriyaki glaze much better.

# TANDOORI CHICKEN BREAST WITH GRILLED GARLIC NAAN BREAD



**Preparation:**

15 MIN



**Cooking time:**

10-12 MIN



**Portions:**

4



## INGREDIENTS:

### For the Chicken:

- 4 chicken breast fillets
- 150g Greek yogurt
- 2 tbsp Tandoori spice paste or powder
- 1 tbsp lemon juice & 1 tbsp minced ginger

### For the Side Dish:

- 4 pieces of Naan flatbread
- 3 tbsp melted butter
- 2 garlic cloves (minced) & fresh cilantro for garnish

## PREPARATION:

1. Marinate meat: Score the chicken breasts lightly in a criss-cross pattern. Whisk Greek yogurt, Tandoori paste, lemon juice, and ginger. Coat the chicken completely and marinate in the fridge for at least 4 hours (ideally overnight).
2. Prep bread: Mix the melted butter with minced garlic and chopped cilantro.
3. Grill setup: Preheat the gas grill to a steady medium heat of 200°C (390°F) with a direct and an indirect zone.
4. Grill chicken: Remove chicken from the heavy marinade. Sear over direct heat for 3 minutes per side, then move to the indirect zone. Close the lid and cook until the core hits 75°C (165°F).
5. Grill Naan: Brush the Naan bread with the garlic butter and flash-grill directly over the flames for 45 seconds per side until puffed and slightly charred.
6. Serve: Slice the bright orange-red Tandoori chicken and serve warm with the fragrant garlic Naan.

**Tip:** The acid in the yogurt marinade breaks down the tough fibers of the chicken breast, making it exceptionally tender and preventing it from drying out on the grill.

# BACON-WRAPPED CHICKEN BOMB WITH GRILLED CORN ON THE COB



**Preparation:**  
25 MIN



**Cooking time:**  
35-40 MIN



**Portions:**  
3



## INGREDIENTS:

### For the Chicken:

- 3 large chicken breast fillets
- 100g cream cheese & 50g shredded cheddar
- 1 jalapeño (seeded and finely diced)
- 12-15 slices of thin bacon
- 3 tbsp BBQ rub

### For the Side Dish:

- 3 fresh sweet corn cobs
- 2 tbsp butter & a pinch of salt

## PREPARATION:

1. **Stuff & wrap:** Cut a deep pocket into each chicken breast. Mix cream cheese, cheddar, and diced jalapeño; stuff into the pockets. Season the outside with BBQ rub, then wrap each breast tightly with 4-5 slices of bacon, covering the opening.
2. **Grill setup:** Preheat your grill for indirect medium heat at 180°C (350°F).
3. **Cook the bombs:** Place the bacon-wrapped chicken breasts in the indirect zone. Close the lid and cook for 25 minutes until the bacon starts to brown.
4. **Add corn:** Place the corn cobs into the indirect zone next to the chicken for the last 15 minutes of cooking.
5. **Crisp up:** Move both the chicken and the corn to the direct heat zone for the final 3-4 minutes, turning constantly to crisp up the bacon and add a light char to the corn. Remove when chicken hits 75°C (165°F).
6. **Serve:** Serve the cheese-filled chicken bombs hot alongside the buttered corn cobs.

**Tip:** Make sure the bacon wrap overlaps tightly. This forms a protective shield that keeps the melting cheese inside the chicken bomb during cooking.

# SWEET CHILI TURKEY BURGERS WITH GRILLED SWEET POTATO FRIES



**Preparation:**  
20 MIN



**Cooking time:**  
15-20 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Burgers:

- 600g ground turkey meat
- 2 tbsp sweet chili sauce & 1 scallion (finely chopped)
- 4 hamburger buns
- Lettuce, red onion rings, and mayonnaise

### For the Side Dish:

- 400g sweet potato fries (fresh or frozen)
- 2 tbsp vegetable oil
- 1 tsp paprika powder & ½ tsp salt

## PREPARATION:

1. Prep patties & fries: Mix ground turkey with sweet chili sauce, chopped scallion, salt, and pepper. Shape into 4 flat patties and chill for 15 minutes. Toss sweet potato fries with oil and paprika.
2. Grill setup: Preheat your gas grill to a medium-high heat of 210°C (410°F) with an indirect zone. Place a fine-mesh grill basket or plancha in the indirect zone.
3. Cook fries: Spread the sweet potato fries evenly inside the grill basket in the indirect zone. Close the lid and roast for 15 minutes, shaking occasionally.
4. Grill patties: Clean and oil the direct grates. Place the turkey patties directly over the heat and grill for 4–5 minutes per side until fully cooked (75°C core temp).
5. Assemble: Move fries to the direct zone for 2 minutes to crisp them. Toast the buns on the grates. Assemble the burger with mayo, lettuce, turkey patty, onion rings, and extra sweet chili sauce. Serve with the fries.

**Tip:** Ground turkey is much softer than ground beef. Chilling the patties in the refrigerator for 15 minutes before grilling helps them hold their shape perfectly on the grates.

# BEER CAN CHICKEN WITH SMOKY BBQ BAKED BEANS



**Preparation:**  
20 MIN



**Cooking time:**  
60-70 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Chicken:

- 1 whole chicken (approx. 1.5 kg)
- 3 tbsp BBQ poultry rub & 2 tbsp olive oil
- 1 half-full can of beer (or apple cider)

### For the Side Dish:

- 2 cans of white cannellini beans (drained)
- 1 small onion (diced) & 3 strips of bacon (chopped)
- 100ml BBQ sauce & 1 tbsp brown sugar

## PREPARATION:

1. Prep chicken: Remove giblets. Rub the chicken inside and out with olive oil and the BBQ rub. Sit the chicken upright onto the open beer can, inserting it into the cavity.
2. Prep beans: Mix the drained beans, diced onion, chopped bacon, BBQ sauce, and brown sugar in a cast-iron skillet or small heat-proof pot.
3. Grill setup: Preheat your gas grill for indirect medium heat at 180°C (350°F). Remove the center grate if necessary to fit the upright chicken.
4. Slow roast: Balance the chicken upright on its legs and the can in the indirect zone. Place the bean skillet into the indirect zone right next to it. Close the lid and cook undisturbed for 60 minutes.
5. Finish: The chicken is done when the skin is dark golden-brown and the internal temperature in the thickest part of the thigh reads 82°C (180°F). Stir the bubbly, smoky beans and serve hot with the carved chicken.

**Tip:** As the beer heats up inside the can, it steams the chicken from the inside out. This infuses the meat with moisture and flavor while the dry convection heat makes the skin wonderfully crispy.

# HONEY SRIRACHA GLAZED CHICKEN THIGHS WITH GRILLED PINEAPPLE RICE



**Preparation:**

15 MIN



**Cooking time:**

30-35 MIN



**Portions:**

4



## INGREDIENTS:

### For the Chicken:

- 8 boneless, skin-on chicken thighs
- 3 tbsp honey & 2 tbsp Sriracha sauce
- 1 tbsp soy sauce & 1 tbsp rice vinegar
- 1 tsp garlic powder & a pinch of salt

### For the Side Dish:

- 250g cooked Jasmine rice (warmed)
- 4 thick slices of fresh pineapple
- 1 red bell pepper (finely diced)
- 2 scallions (sliced) & 1 tbsp sesame oil

## PREPARATION:

1. Prep glaze & chicken: Whisk honey, Sriracha, soy sauce, rice vinegar, and garlic powder together. Season the chicken thighs with a pinch of salt.
2. Grill setup: Preheat your gas grill for dual-zone cooking: Direct medium-high heat (200°C / 390°F) and an indirect zone.
3. Slow cook thighs: Place the chicken thighs skin-side up in the indirect zone. Close the lid and cook for 20-25 minutes until the fat renders and the skin starts to crisp.
4. Grill pineapple: Place pineapple slices directly over the medium-high heat for 3 minutes per side until caramelized. Remove and dice them coarsely.
5. Glaze chicken: Brush the thighs heavily with the honey Sriracha glaze. Move them skin-side down to the direct zone for 2 minutes to caramelize the sugars.
6. Mix rice & serve: Toss warm Jasmine rice with the diced grilled pineapple, diced bell pepper, scallions, and sesame oil. Serve the sticky, spicy chicken right on top.

**Tip:** Watch the chicken closely during the final glazing phase over direct heat. The high sugar content in honey burns very quickly, so keep the meat moving to avoid black crusts.

# SPINACH & FETA STUFFED TURKEY BREAST WITH GRILLED LEMON ZUCCHINI



**Preparation:**

20 MIN



**Cooking time:**

25-30 MIN



**Portions:**

4



## INGREDIENTS:

### For the Turkey:

- 4 thick turkey breast steaks (approx. 180g each)
- 150g fresh baby spinach (wilted)
- 100g crumbled feta cheese
- 2 tbsp olive oil & 1 tsp dried oregano
- Salt, pepper, and toothpicks

### For the Side Dish:

- 2 medium zucchinis (sliced into 1cm rounds)
- 1 organic lemon (halved)
- 2 tbsp olive oil & a pinch of sea salt

## PREPARATION:

1. **Stuff turkey:** Cut a deep horizontal pocket into the thick side of each turkey breast steak. Mix the wilted spinach and crumbled feta cheese together, then stuff the mixture tightly into the pockets. Seal the openings with toothpicks.
2. **Season everything:** Brush the stuffed turkey breasts and zucchini rounds with olive oil. Season the turkey with salt, pepper, and oregano, and the zucchini with a pinch of sea salt.
3. **Grill setup:** Preheat the gas grill to medium heat (190°C–200°C / 375°F–390°F) with a direct and an indirect zone.
4. **Sear & bake meat:** Sear the turkey breasts over direct heat for 3 minutes per side. Move them to the indirect zone, close the lid, and cook for 15–20 minutes until the core hits 75°C (165°F).
5. **Grill sides:** Place zucchini rounds and lemon halves (cut-side down) directly over the medium heat for the final 4–5 minutes per side until beautifully marked.
6. **Serve:** Remove toothpicks, slice the juicy turkey breast, and squeeze the charred lemon juice over both the meat and the grilled zucchini.

**Tip:** Searing the turkey over direct heat first locks in the shape, while finishing it in the indirect zone ensures the feta melts into a rich, creamy sauce without drying out the lean turkey meat.

# TEXAS BBQ GLAZED CHICKEN DRUMSTICKS WITH SMOKED MAC & CHEESE



**Preparation:**  
15 MIN



**Cooking time:**  
40-45 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Turkey:

- 8 fresh chicken drumsticks
- 3 tbsp classic smoky BBQ rub
- 150ml thick Texas-style BBQ sauce

### For the Side Dish:

- 300g cooked macaroni pasta
- 150g shredded cheddar cheese & 50g grated Parmesan
- 150ml heavy cream & 1 tbsp butter
- A small cast-iron skillet or foil pan

## PREPARATION:

1. Prep chicken & pasta: Coat chicken drumsticks heavily with the BBQ rub. In the cast-iron skillet, mix the cooked macaroni with heavy cream, butter, cheddar, and Parmesan cheese.
2. Grill setup: Preheat your gas grill for indirect cooking at medium heat (180°C / 350°F). Place a smoker box with hickory wood chips over one active burner.
3. Indirect bake: Place the chicken drumsticks and the mac & cheese skillet into the indirect zone. Close the lid and let them bake in the circulating smoke for 30 minutes.
4. Glaze chicken: Stir the cheesy pasta. Generously brush the chicken drumsticks with the Texas BBQ sauce on all sides.
5. Finish: Close the lid and cook for another 10-15 minutes until the sauce turns sticky and caramelized, and the chicken reaches an internal core temperature of 82°C (180°F).
6. Serve: Serve the smoky, sticky drumsticks straight out of the grill alongside a big spoonful of bubbly mac & cheese.

**Tip:** Chicken drumsticks have plenty of connective tissue. Cooking them to 82°C (180°F) instead of the usual 75°C makes the meat incredibly tender and easy to pull cleanly off the bone.

# CITRUS HERB MARINATED TURKEY STEAKS WITH GRILLED SWEET POTATO SALAD



**Preparation:**

20 MIN



**Cooking time:**

15-20 MIN



**Portions:**

4



## INGREDIENTS:

### For the Turkey:

- 4 turkey breast steaks
- Juice of 1 orange & juice of 1 lime
- 3 tbsp olive oil & 1 tbsp fresh thyme leaves
- 1 tsp onion powder, salt, and black pepper

### For the Side Dish:

- 2 large sweet potatoes (peeled and sliced into 1.5cm thick rounds)
- 1 red onion (cut into wedges)
- 2 tbsp olive oil & 1 tbsp maple syrup
- 50g dried cranberries & fresh parsley

## PREPARATION:

1. Marinate meat: Whisk orange juice, lime juice, olive oil, thyme, onion powder, salt, and pepper. Pour over turkey steaks in a dish and marinate in the fridge for 2 hours.
2. Prep potatoes: Toss sweet potato rounds and onion wedges with olive oil, maple syrup, and a pinch of salt.
3. Grill setup: Preheat the gas grill to direct medium heat (190°C–200°C / 375°F–390°F).
4. Grill potatoes & meat: Place sweet potato slices and onion wedges on the hot grates. Grill for 6–8 minutes per side until tender and marked. Remove turkey from marinade and place on the grates alongside the potatoes, cooking for 4–5 minutes per side.
5. Make salad: Chop the warm, grilled sweet potatoes and onions into bite-sized pieces. Toss in a bowl with dried cranberries and fresh chopped parsley.
6. Serve: Slice the tender, citrus-infused turkey steaks and serve them warm with the festive sweet potato salad.

**Tip:** Lean turkey steaks benefit heavily from citrus marinades. The natural fruit acids break down surface proteins, ensuring the meat stays wonderfully soft and juicy during the direct grilling process.



# FISH & SEAFOOD



# GARLIC BUTTER KING PRAWNS WITH GRILLED LEMON RICE



**Preparation:**

15 MIN



**Cooking time:**

6-8 MIN



**Portions:**

2



## INGREDIENTS:

### For the Prawns:

- 12 large raw king prawns (peeled, deveined, tails on)
- 50g butter & 3 garlic cloves (minced)
- ½ tsp chili flakes & 1 tbsp fresh parsley (chopped)
- Metal or soaked wooden skewers

### For the Side Dish:

- 250g cooked basmati rice (warmed)
- 2 organic lemons (halved)
- 1 tbsp olive oil & a pinch of sea salt

## PREPARATION:

1. Thread prawns: Thread 3-4 prawns flat onto each skewer to prevent curling. Melt butter in a small pan, then stir in minced garlic and chili flakes.
2. Prep lemons & grill: Brush the cut sides of the lemon halves with olive oil. Preheat the gas grill to direct high heat (220°C-240°C / 430°F-465°F).
3. Grill lemons: Place lemon halves cut-side down directly on the grates. Grill for 4-5 minutes until deeply caramelized.
4. Flash cook prawns: Place prawn skewers on the hot grates. Grill for 2-3 minutes per side, brushing generously with the garlic butter, until they turn pink and opaque.
5. Finish rice & serve: Squeeze the juice of the grilled lemons into the warm basmati rice. Toss with olive oil, salt, and fresh parsley. Serve the prawns right on top.

**Tip:** Leave the tails on the prawns. They act as a natural handle, protect the meat from tearing, and add extra depth of flavor during grilling.

# CRISPY WHOLE SEA BASS WITH GRILLED MEDITERRANEAN VEGETABLES



**Preparation:**  
20 MIN



**Cooking time:**  
15-20 MIN



**Portions:**  
2



## INGREDIENTS:

### For the Fish:

- 2 whole sea bass (cleaned and scaled, approx. 400g each)
- 1 organic lemon (sliced)
- 4 sprigs of fresh thyme
- 2 tbsp olive oil & coarse sea salt

### For the Side Dish:

- 1 yellow bell pepper (coarsely chopped)
- 1 small eggplant (sliced into rounds)
- 100g cherry tomatoes
- 2 tbsp olive oil & dried oregano

## PREPARATION:

1. Prep fish: Score the skin of each sea bass diagonally three times on both sides. Rub the outside with olive oil and coarse sea salt. Stuff the cavity with lemon slices and fresh thyme.
2. Prep sides & grill: Toss bell pepper, eggplant, and cherry tomatoes with olive oil, oregano, and salt. Place in a grill basket. Preheat grill to direct medium-high heat (200°C / 390°F).
3. Grill vegetables: Place the vegetable basket on the heat. Cook for 15 minutes, shaking occasionally until tender and lightly charred.
4. Grill fish: Place the whole fish directly on the well-oiled grates. Grill undisturbed for 6-8 minutes to allow the skin to crisp. Carefully flip using a wide spatula and grill for another 6 minutes. Serve together.

**Tip:** The secret to whole fish is patience. Do not try to move or flip the fish too early. The skin will release itself from the grate naturally once it is perfectly crisp.

# TUNA STEAKS WITH GRILLED AVOCADO MANGO SALAD



**Preparation:**  
15 MIN



**Cooking time:**  
4-6 MIN



**Portions:**  
2



## INGREDIENTS:

### For the Tuna:

- 2 fresh Tuna steaks (approx. 200g each, 3cm thick)
- 1 tbsp sesame oil & 2 tbsp sesame seeds
- Coarse sea salt

### For the Side Dish:

- 1 firm avocado (halved and pitted)
- 1 firm mango (sliced into thick planks)
- 1 red chili (finely chopped)
- 2 tbsp lime juice & 1 tbsp chopped mint

## PREPARATION:

1. Prep fish & fruit: Brush the tuna steaks and the cut surfaces of the avocado and mango with sesame oil. Press the edges of the tuna steaks firmly into the sesame seeds to coat them.
2. Grill setup: Preheat your gas grill to maximum direct high heat (250°C–280°C / 480°F–535°F). Clean and oil the grates thoroughly to prevent sticking.
3. Sear tuna: Place the tuna steaks directly over the intense heat. Sear for exactly 60–90 seconds per side to form a deep, caramelized outer crust with dark grill lines while keeping the very center warm and pink. Remove and let rest.
4. Grill fruit & serve: Grill avocado halves and mango planks for 2 minutes until heavy char marks appear. Scoop the warm avocado out, chop it coarsely with the grilled mango, and toss in a bowl with chili, lime juice, salt, and mint. Slice the seared tuna and serve with the salad.

**Tip:** Tuna behaves like a premium beef steak. High heat and short searing times are the absolute secret to getting a crispy, fully-cooked exterior while preserving the juicy center.

# CAJUN COD CUBES WITH SMOKY SWEET POTATO FRIES



**Preparation:**  
15 MIN



**Cooking time:**  
15-20 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Cod Cubes:

- 600g firm cod fillet (cut into 4cm large cubes)
- 2 tbsp spicy Cajun seasoning
- 2 tbsp vegetable oil

### For the Side Dish:

- 400g sweet potato fries (fresh or frozen)
- 2 tbsp olive oil & 1 tsp smoked paprika
- ½ tsp salt

## PREPARATION:

1. Season everything: Toss the sweet potato fries with olive oil, smoked paprika, and salt. Pat the cod cubes dry, coat them with vegetable oil, and dredge them generously in the Cajun seasoning.
2. Grill setup: Preheat your gas grill to a steady medium heat of 200°C (390°F) with a direct zone and an indirect zone. Place a fine-mesh grill basket in the indirect zone.
3. Cook fries: Spread the sweet potato fries evenly inside the grill basket in the indirect zone. Close the lid and roast for 15 minutes, shaking the basket occasionally.
4. Grill cod cubes: Place the heavily seasoned cod cubes on a well-oiled grill pan or mat directly over the medium heat. Grill for 3 minutes per side until the fish is fully opaque and a dark red, flavorful Cajun crust has formed.
5. Crisp & serve: Move the sweet potato fries to the direct zone for 2 minutes to get them crispy and lightly charred. Serve the hot cod cubes on top of the fries with a squeeze of fresh lime juice.

**Tip:** Cod is delicate but cutting it into larger 4cm cubes ensures it stays together perfectly on a grill mat while developing a fantastic crust.

# LEMON-PEPPER SWORDFISH STEAKS WITH GRILLED POLENTA PLANKS



**Preparation:**

15 MIN



**Cooking time:**

10-12 MIN



**Portions:**

2



## INGREDIENTS:

### For the Fish:

- 2 thick swordfish steaks (approx. 250g each, 2.5cm thick)
- 2 tbsp lemon-pepper seasoning
- 2 tbsp olive oil & 50g herb butter

### For the Side Dish:

- 500g pre-cooked firm polenta roll
- 2 tbsp olive oil & a pinch of coarse sea salt

## PREPARATION:

1. Season steaks: Coat the thick swordfish steaks with olive oil and season them thoroughly on all sides with the lemon-pepper blend.
2. Prep polenta: Slice the firm polenta roll into 1.5cm thick rectangular planks. Brush both sides generously with olive oil and sprinkle with coarse sea salt.
3. Grill setup: Preheat the gas grill to direct medium-high heat (210°C–230°C / 410°F–445°F). Clean the grates thoroughly.
4. Grill polenta: Place the polenta planks directly on the hot grates. Grill for 4–5 minutes per side without moving them early, until a deep, crunchy, golden-brown crust with dark grill lines forms.
5. Grill swordfish: Place the meaty swordfish steaks directly on the grates next to the polenta. Grill for 3–4 minutes per side until they are firm, fully cooked, and show bold black grill marks.
6. Serve: Plate the swordfish steaks and crispy polenta together, then top each hot steak with a slice of herb butter to melt over the fish.

**Tip:** Swordfish has a dense, steak-like texture, making it one of the absolute best fish choices to be grilled directly on the main grates without the risk of falling apart.

# GARLIC BUTTER KING PRAWNS WITH GRILLED LEMON RICE



**Preparation:**  
15 MIN



**Cooking time:**  
6-8 MIN



**Portions:**  
2



## INGREDIENTS:

### For the Prawns:

- 12 large raw king prawns (peeled, deveined, whole with tails on)
- 50g butter & 3 garlic cloves (minced)
- ½ tsp chili flakes & 1 tbsp fresh parsley (chopped)
- A small cast-iron skillet or grill pan

### For the Side Dish:

- 250g cooked basmati rice (warmed)
- 2 organic lemons (halved)
- 1 tbsp olive oil & a pinch of sea salt

## PREPARATION:

1. Prep prawns & butter: Pat the whole prawns dry. Melt the butter in a small pan, then stir in minced garlic and chili flakes. Mix the prawns with 2 tablespoons of this garlic butter in a bowl.
2. Prep lemons & grill: Brush the cut sides of the lemon halves with a tiny bit of olive oil. Preheat the gas grill to direct high heat (220°C–240°C / 430°F–465°F).
3. Grill lemons: Place the lemon halves cut-side down directly on the hot grates. Grill for 4–5 minutes until deeply caramelized and slightly charred.
4. Cook prawns: Place a small cast-iron skillet directly onto the hot grates. Once screaming hot, add the marinated prawns. Grill them for 2–3 minutes per side, pouring the remaining garlic butter over them, until they turn fully pink, opaque, and get a light sear.
5. Finish rice & serve: Squeeze the rich juice of the grilled lemons into the warm basmati rice, toss with a little olive oil, salt, and fresh parsley. Serve the sizzling garlic prawns right on top of the bed of rice.

**Tip:** Cooking large prawns in a hot cast-iron skillet directly on the grill grates traps the garlic butter perfectly, preventing any flare-ups while giving the prawns a fantastic, restaurant-quality sear.

# GRILLED SALMON TACOS WITH BLISTERED CORN SALSA



**Preparation:**

15 MIN



**Cooking time:**

10–12 MIN



**Portions:**

4



## INGREDIENTS:

### For the Tacos:

- 2 large salmon fillets (skinless, approx. 250g each)
- 1 tbsp taco spice rub & 1 tbsp olive oil
- 8 small flour or corn tortillas
- Sour cream & fresh lime wedges

### For the Side Dish:

- 2 fresh sweet corn cobs
- 1 red onion (diced) & 1 jalapeño (minced)
- 2 tbsp lime juice & fresh cilantro

## PREPARATION:

1. Season salmon & corn: Rub salmon fillets with olive oil and coat with the taco seasoning rub. Brush the corn cobs lightly with oil.
2. Grill setup: Preheat the gas grill to direct medium-high heat (200°C–220°C / 390°F–430°F). Clean and oil the grates thoroughly.
3. Grill corn & fish: Place corn cobs and salmon fillets directly on the hot grates. Grill the corn for 10 minutes, turning frequently, until heavily charred. Grill the salmon for 4 minutes per side until it has a rich brown crust and flakes easily.
4. Make salsa & warm tortillas: Cut the charred corn kernels off the cob and toss in a bowl with red onion, jalapeño, lime juice, and cilantro. Flash-grill the tortillas for 15 seconds per side until warm and blistered.
5. Assemble: Flake the hot grilled salmon into large pieces with a fork. Fill the warm tortillas with salmon, top with the smoky corn salsa, and add a dollop of sour cream.

**Tip:** Don't worry if the salmon flakes apart slightly on the grill—since you are shredding it for the tacos anyway, a few rough edges just add more delicious crispy surface area.

# SIZZLING GARLIC PRAWN FAJITAS WITH GRILLED BELL PEPPERS



**Preparation:**  
15 MIN



**Cooking time:**  
8-10 MIN



**Portions:**  
3



## INGREDIENTS:

### For the Fajitas:

- 400g large raw king prawns (peeled and deveined)
- 3 garlic cloves (minced) & 1 tsp chili powder
- 3 tbsp olive oil & 6 flour tortillas

### For the Side Dish:

- 1 red bell pepper & 1 green bell pepper (sliced into strips)
- 1 large yellow onion (sliced into strips)
- A large cast-iron skillet

## PREPARATION:

1. Marinate prawns & veggies: Toss the prawns in a bowl with 1 tbsp of olive oil, minced garlic, chili powder, and a pinch of salt. In a separate bowl, toss the bell pepper and onion strips with the remaining olive oil.
2. Grill setup: Preheat your gas grill to maximum direct high heat (240°C–260°C / 465°F–500°F). Place the empty cast-iron skillet directly onto the grates to get screaming hot.
3. Sizzle the fajitas: Pour the seasoned peppers and onions into the hot skillet. Grill for 5 minutes, stirring occasionally, until they are beautifully softened and show dark, blackened edges.
4. Add prawns: Push the vegetables to the side of the skillet and add the garlic prawns to the center. Grill everything together for another 3 minutes, tossing constantly, until the prawns turn fully pink and opaque with a light sear.
5. Serve: Warm the tortillas on the grates for 20 seconds. Serve the sizzling skillet directly from the grill so guests can build their own hot fajitas.

**Tip:** Heating the cast-iron skillet during the preheating phase is crucial. It mimics a professional restaurant fajita platter, searing the prawns instantly and locking in all the savory garlic juices.

# BBQ PULLED SALMON SANDWICHES WITH CREAMY COLESLAW



**Preparation:**

15 MIN



**Cooking time:**

20-25 MIN



**Portions:**

4



## INGREDIENTS:

### For the Sandwiches:

- 1 large piece of salmon fillet (approx. 700g, skin-on)
- 2 tbsp sweet BBQ rub & 150ml classic smoky BBQ sauce
- 4 soft brioche burger buns & pickle slices

### For the Side Dish:

- 200g shredded white cabbage & 100g shredded carrots
- 4 tbsp mayonnaise & 1 tbsp apple cider vinegar
- Salt, pepper, and a pinch of sugar

## PREPARATION:

1. Season fish & coleslaw: Rub the flesh side of the salmon fillet with the sweet BBQ rub. In a large bowl, mix the shredded cabbage and carrots with mayonnaise, vinegar, salt, pepper, and sugar to complete the coleslaw; chill in the fridge.
2. Grill setup: Preheat the gas grill for indirect cooking at medium heat (180°C / 350°F). Place a smoker box with applewood chips over an active burner.
3. Slow grill salmon: Place the salmon fillet skin-side down in the indirect zone. Close the lid and let it bake and absorb the sweet woodsmoke for 20 minutes until the flesh flakes easily.
4. Pull & glaze: Remove the salmon from the grill and easily slide the meat off the skin using a spatula. Place the salmon in a bowl and use two forks to shred ("pull") it into rustic flakes. Stir in the smoky BBQ sauce until fully coated.
5. Assemble: Toast the halved burger buns on the grates for 30 seconds. Pile a massive scoop of the warm, juicy pulled BBQ salmon onto the bottom bun, top with pickles and a heap of the cold, crunchy coleslaw, and cover with the top bun.

**Tip:** Pulled salmon is a fantastic, fast alternative to classic pulled pork. It takes a fraction of the time but delivers the same incredibly juicy, smoky comfort-food experience.

# MEDITERRANEAN TUNA STEAKS WITH GRILLED POTATO SALAD



**Preparation:**

15 MIN



**Cooking time:**

15-20 MIN



**Portions:**

2



## INGREDIENTS:

### For the Tuna:

- 2 thick fresh tuna steaks (approx. 200g each, 3cm thick)
- 1 tbsp olive oil & coarse sea salt
- 2 tbsp fresh green chimichurri or herb oil for serving

### For the Side Dish:

- 500g baby potatoes (pre-boiled until slightly tender, halved)
- 2 tbsp olive oil & 1 red onion (sliced into rings)
- 50g black olives & 1 tbsp capers & 2 tbsp lemon juice

## PREPARATION:

1. Prep potatoes & fish: Toss the halved baby potatoes and red onion rings with 2 tbsp of olive oil and a pinch of salt. Brush the thick tuna steaks lightly with olive oil and coat the edges with coarse sea salt.
2. Grill setup: Preheat your gas grill to maximum direct high heat (240°C–260°C / 465°F–500°F). Clean the grates thoroughly.
3. Grill potatoes: Place the potato halves and onion rings directly on the hot grates (or in a grill basket). Grill for 10–12 minutes, turning occasionally, until the potato skins are incredibly crispy and show dark, browned grill marks. Move to a large bowl.
4. Sear tuna: Place the tuna steaks directly over the intense heat. Sear for exactly 90 seconds per side to form a deep brown outer crust with bold grill lines while keeping the center medium-rare and pink. Remove immediately.
5. Finish salad & serve: Toss the warm, grilled potatoes and onions with black olives, capers, lemon juice, and a splash of extra virgin olive oil. Slice the seared tuna steaks and serve over or next to the rustic potato salad, drizzled with green herb oil.

**Tip:** Pre-boiling the baby potatoes ensures they stay perfectly fluffy on the inside, while the high heat of the gas grill turns the skins wonderfully crunchy and charred.

# OUTDOOR GRILL "FISH & CHIPS" WITH CHARRED LEMON TARTARE



**Preparation:**  
20 MIN



**Cooking time:**  
20-25 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Fish:

- 4 thick cod or haddock fillets (approx. 180g each, skinless)
- 2 tbsp olive oil & 2 tbsp classic seafood seasoning
- A well-oiled grilling mat or cast-iron plancha

### For the Side Dish:

- 4 large baking potatoes (cut into thick steak fries/wedges)
- 3 tbsp olive oil, 1 tsp sea salt, & 1 tsp garlic powder
- 2 organic lemons (halved) & 150g tartare sauce

## PREPARATION:

1. Prep fries & fish: Toss the potato wedges in a bowl with 3 tbsp of olive oil, sea salt, and garlic powder. Pat the cod fillets dry, brush with olive oil, and coat thoroughly with the seafood seasoning.
2. Grill setup: Preheat your gas grill to a steady medium-high heat of 210°C (410°F) with a direct zone and an indirect zone. Place a grill basket on the indirect side.
3. Bake fries: Spread the potato wedges evenly inside the grill basket in the indirect zone. Close the lid and roast for 15–20 minutes, shaking occasionally, until they are fully tender.
4. Grill fish & lemons: Place the seasoned cod fillets onto the hot, oiled plancha or mat over the direct zone. Grill for 4–5 minutes per side until the fish is fully opaque and forms a beautiful golden-brown seasoned crust. At the same time, place the lemon halves cut-side down directly on the open grates for 4 minutes until caramelized.
5. Crisp & serve: Move the potato wedges to the direct zone for the final 2 minutes to get them extra crispy and lightly charred. Mix the juice of one grilled lemon into your tartare sauce. Serve the hot grilled fish and crispy steak fries with the charred lemons on the side.

**Tip:** This is a brilliant, healthier outdoor version of the British classic. Using a grilling mat prevents the delicate white fish from sticking or breaking apart while giving it a gorgeous, uniform crust.



# VEGETARIAN & VEGAN



# GRILLED HALLOUMI STEAKS WITH SMOKY RATATOUILLE VEGETABLES



**Preparation:**  
20 MIN



**Cooking time:**  
15 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Halloumi:

- 2 whole blocks of Greek Halloumi cheese (200g each)
- 2 tbsp olive oil & 1 tsp dried oregano

### For the Side Dish:

- 1 zucchini (sliced into thick rounds)
- 1 eggplant (diced into large chunks)
- 1 red bell pepper (diced into large chunks)
- 1 red onion (sliced into thick wedges)
- 3 tbsp olive oil, salt, pepper, & fresh basil

## PREPARATION:

1. Prep vegetables & cheese: Cut each block of Halloumi in half lengthwise to create two thick steaks. Brush with olive oil and dust with oregano. Toss all the diced vegetables and onion wedges with 3 tbsp of olive oil, salt, and pepper in a large bowl.
2. Grill setup: Preheat your gas grill to medium-high heat (210°C / 410°F) with a direct zone and an indirect zone equipped with a grilling basket or plancha.
3. Cook ratatouille: Place the mixed vegetables inside the grill basket in the indirect zone. Close the lid and roast for 10 minutes, shaking the basket occasionally.
4. Grill Halloumi: Place the thick Halloumi slices directly over the active heat. Grill for 2–3 minutes per side until the cheese develops a deep, golden-brown crust with bold black grill marks.
5. Combine & serve: Move the ratatouille vegetables to the direct zone for the final 2 minutes to get a rich, smoky char. Toss with fresh basil and serve the hot, grilled Halloumi steaks right on top.

**Tip:** Halloumi is the ultimate grilling cheese because it has an incredibly high melting point. It softens beautifully inside while holding its shape perfectly on a hot grate without dripping through.

# STUFFED PORTOBELLO MUSHROOMS WITH CHARRED HERB POLENTA PLANKS



**Preparation:**  
20 MIN



**Cooking time:**  
15-20 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Mushrooms:

- 4 large Portobello mushrooms (gills scraped out)
- 100g soft goat cheese (or cream cheese)
- 50g sun-dried tomatoes (chopped)
- 2 tbsp olive oil & 1 garlic clove (minced)

### For the Side Dish:

- 500g pre-cooked firm polenta roll
- 2 tbsp olive oil & 1 tbsp finely chopped fresh rosemary & thyme
- Coarse sea salt

## PREPARATION:

1. **Stuff mushrooms:** Wipe the mushrooms clean and remove the stems. Mix olive oil with minced garlic and brush it onto the outside of the caps. Mix the goat cheese and chopped sun-dried tomatoes in a bowl, then spoon the mixture evenly into the mushroom cavities.
2. **Prep polenta:** Slice the firm polenta roll into 1.5cm thick rectangular planks. Brush both sides generously with olive oil and press the fresh herbs and coarse salt into the surfaces.
3. **Grill setup:** Preheat your gas grill to medium heat (190°C–200°C / 375°F–390°F) with a direct and an indirect zone.
4. **Bake mushrooms:** Place the stuffed Portobello mushrooms (cheese-side up) in the indirect zone. Close the lid and bake for 15 minutes until the mushrooms are tender and the cheese is melted and bubbling.
5. **Grill polenta:** Place the herb polenta planks directly over the medium heat zone for the final 4–5 minutes per side. Do not move them early to ensure they form a crunchy crust and release easily.
6. **Serve:** Serve the rich, savory stuffed mushrooms alongside the crispy, fragrant herbed polenta planks.

**Tip:** Polenta sticks easily to grates. Ensure your cooking surface is perfectly clean, oil the polenta well, and only flip it once a solid, crunchy crust has naturally formed on the bottom.

# SWEET CHILI TOFU STEAKS WITH GRILLED SESAME PAK CHOI



**Preparation:**  
20 MIN



**Cooking time:**  
10-12 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Tofu:

- 2 blocks of extra-firm tofu (200g each)
- 4 tbsp sweet chili sauce & 1 tbsp soy sauce
- 1 tbsp sesame oil

### For the Side Dish:

- 4 heads of baby pak choy (halved lengthwise)
- 2 tbsp sesame oil & 1 tbsp toasted sesame seeds
- A pinch of salt

## PREPARATION:

1. Press & marinate tofu: Slice each block of extra-firm tofu into two thick steaks. Press them between paper towels under a heavy plate for 15 minutes to remove excess moisture. Whisk sweet chili sauce, soy sauce, and 1 tbsp of sesame oil. Coat the tofu steaks in the marinade.
2. Prep pak choy & grill: Brush the cut sides of the pak choy halves with sesame oil and sprinkle with salt. Preheat the gas grill to direct medium heat (190°C–200°C / 375°F–390°F).
3. Grill pak choy: Place the pak choy halves cut-side down directly on the hot grates. Grill for 3–4 minutes per side until the outer leaves are beautifully wilted and the stalks show deep, dark brown grill marks.
4. Grill tofu steaks: Place the marinated tofu steaks on a well-oiled griddle or directly on clean grates. Grill for 4–5 minutes per side, brushing with any remaining marinade, until a deep, caramelized sweet chili crust forms.
5. Serve: Arrange the glossy, dark-orange glazed tofu steaks on a plate next to the heavily grilled sesame pak choy. Top with toasted sesame seeds.

**Tip:** Removing the water from the tofu through pressing is essential. It allows the tofu to absorb the marinade like a sponge and ensures it crisps up perfectly on the grill.

# GRILLED FETA FOIL PACKETS WITH MEDITERRANEAN HERBED FLATBREAD



**Preparation:**

15 MIN



**Cooking time:**

15-20 MIN



**Portions:**

2



## INGREDIENTS:

### For the Feta Packets:

- 2 blocks of high-quality Greek feta cheese (200g each)
- 1 red bell pepper (sliced into thin strips)
- 1 small red onion (sliced into half-moons)
- 10 cherry tomatoes (halved)
- 3 tbsp extra virgin olive oil
- 1 tbsp dried oregano & ½ tsp chili flakes

### For the Side Dish:

- 2 pieces of Greek flatbread or pita
- 2 tbsp olive oil & 1 tsp dried rosemary

## PREPARATION:

1. Assemble packets: Tear off two large sheets of heavy-duty foil. Place a block of feta on each, top with the mixed peppers, onions, and tomatoes. Drizzle with extra virgin olive oil, oregano, and chili flakes. Fold and seal the packets tightly.
2. Prep bread: Brush the flatbreads with olive oil and sprinkle with sea salt and dried rosemary.
3. Grill setup: Preheat your gas grill to a steady indirect medium heat at around 200°C (390°F).
4. Cook packets: Place the sealed feta packets onto the indirect zone of the grill. Close the lid and bake undisturbed for 15–20 minutes until the cheese is hot, soft, and creamy.
5. Toast flatbread: During the final 2 minutes of cooking, place the herbed flatbreads directly over the medium direct heat zone. Grill for 60–90 seconds per side until warm, slightly puffed, and marked with light grill lines.
6. Serve: Carefully cut open the steaming hot foil packets at the table and serve the warm, savory Mediterranean cheese using the grilled flatbread for dipping.

**Tip:** For an incredible layer of woodsmoke flavor, toss a handful of pre-soaked wood chips into your smoker box right before placing the feta packets on the grill.

# CAJUN CAULIFLOWER STEAKS WITH BLISTERED TOMATO VINE SALAD



**Preparation:**

15 MIN



**Cooking time:**

15-18 MIN



**Portions:**

2



## INGREDIENTS:

### For the Cauliflower:

- 1 large, firm head of cauliflower
- 3 tbsp olive oil
- 2 tbsp spicy Cajun seasoning rub

### For the Side Dish:

- 400g cherry tomatoes on the vine
- 1 small red onion (sliced into thick wedges)
- 2 tbsp extra virgin olive oil & 1 tbsp balsamic glaze

## PREPARATION:

1. Cut cauliflower: Slice the whole head of cauliflower from top to bottom into 2.5cm thick "steaks", keeping the core intact so the slices don't crumble. Brush both sides generously with olive oil and dredge heavily in Cajun seasoning.
2. Prep sides & grill: Toss the onion wedges and whole tomato vines gently with 1 tbsp of olive oil. Preheat the gas grill to medium heat (200°C / 390°F) with a direct and an indirect zone.
3. Grill cauliflower: Place the seasoned cauliflower steaks in the indirect zone, close the lid, and roast for 10 minutes until slightly tender. Move them to the direct zone for 3 minutes per side to form a deep red, charred Cajun crust.
4. Char the salad: Place the cherry tomato vines and red onion wedges directly onto the direct grates alongside the cauliflower for the final 5 minutes until the tomato skins are heavily blistered, browned, and beginning to burst.
5. Serve: Serve the hot, flavorful cauliflower steaks next to the warm, charred tomatoes and onions. Drizzle the vegetables with balsamic glaze.

**Tip:** Treat cauliflower steaks exactly like real meat steaks. The indirect cooking ensures the core gets tender, while the direct sear at the end develops those rich, caramelized flavors.

# TERIYAKI EGGPLANT STEAKS WITH GRILLED SESAME BROCCOLI



**Preparation:**

15 MIN



**Cooking time:**

12-15 MIN



**Portions:**

4



## INGREDIENTS:

### For the Eggplant:

- 2 large, firm eggplants
- 100ml thick Teriyaki glaze
- 2 tbsp vegetable oil

### For the Side Dish:

- 1 large head of broccoli (cut into large, flat florets)
- 2 tbsp sesame oil & 1 tbsp toasted sesame seeds
- A pinch of sea salt

## PREPARATION:

1. Prep eggplant: Slice the eggplants lengthwise into 2cm thick steaks. Score the flesh side in a diamond pattern, brush heavily with vegetable oil, and season with a pinch of salt.
2. Prep broccoli: Toss the flat broccoli florets with sesame oil and sea salt.
3. Grill setup: Preheat the gas grill to direct medium heat (180°C–200°C / 350°F–390°F). Clean and grease the grates.
4. Grill broccoli: Place the broccoli florets directly on the grates. Grill for 4–5 minutes per side until the edges are intensely charred, deeply browned, and crisp.
5. Grill eggplant: Place the eggplant steaks directly over the medium heat. Grill for 5 minutes on the first side until soft and fully marked. Flip them over, brush the grilled surface heavily with Teriyaki glaze, and cook for another 4 minutes until the glaze is bubbling and sticky.
6. Serve: Plate the caramelized, glossy eggplant steaks with the smoky sesame broccoli and sprinkle with toasted sesame seeds.

**Tip:** Eggplants act like sponges for oil and sauces. Scoring the flesh in a diamond pattern ensures that the heat penetrates the center quickly and allows the sweet Teriyaki glaze to seep deep into the steak.

# GARLIC HERB ZUCCHINI PLANKS WITH SWEET POTATO WEDGES



**Preparation:**

15 MIN



**Cooking time:**

20-25 MIN



**Portions:**

4



## INGREDIENTS:

### For the Zucchini:

- 3 large, firm zucchinis
- 3 tbsp olive oil
- 1 tbsp Herbes de Provence (or dried thyme and rosemary)
- 1 tsp garlic powder, salt, and pepper

### For the Side Dish:

- 3 large sweet potatoes (cut into thick wedges)
- 3 tbsp olive oil
- 1 tsp paprika powder & ½ tsp sea salt

## PREPARATION:

1. Prep vegetables: Slice the zucchinis lengthwise into uniform planks about 1cm thick. Slice the sweet potatoes into thick wedges.
2. Season everything: Toss the sweet potato wedges with 3 tbsp of olive oil, paprika, and salt. Whisk 3 tbsp of olive oil with Herbes de Provence, garlic powder, salt, and pepper; brush this seasoned oil generously onto both sides of the zucchini planks.
3. Grill setup: Preheat your gas grill to medium-high heat (210°C / 410°F) with a direct zone and an indirect zone. Place a grill basket on the indirect side.
4. Cook wedges: Spread the sweet potato wedges evenly inside the grill basket in the indirect zone. Close the lid and roast for 15–20 minutes until they are fully tender.
5. Grill zucchini: Place the seasoned zucchini planks directly over the direct medium-high heat grates. Grill for 3–4 minutes per side without moving them early, until they soften slightly and show distinct dark grill marks.
6. Crisp wedges & serve: Move the sweet potato wedges to the direct zone for the final 2 minutes to get them crispy and lightly charred. Serve the hot zucchini planks stacked next to the sweet potato wedges.

**Tip:** Always cut zucchini planks at least 1cm thick. If they are cut too thin, they lose their structure too quickly, become mushy, and risk falling straight through the grill grates.

# SMOKY BBQ TOFU RIBS WITH GRILLED SWEET CORN SALAD



**Preparation:**

20 MIN



**Cooking time:**

15-20 MIN



**Portions:**

4



## INGREDIENTS:

### For the Tofu:

- 2 blocks of extra-firm tofu (200g each)
- 2 tbsp cornstarch & 1 tbsp vegetable oil
- 150ml thick smoky BBQ sauce

### For the Side Dish:

- 3 fresh corn cobs
- 1 red bell pepper (diced) & 1 avocado (diced)
- 2 tbsp lime juice, 2 tbsp olive oil, salt, & fresh cilantro

## PREPARATION:

1. Prep tofu slabs: Slice each pressed tofu block lengthwise into 3 long, thick slabs (resembling ribs). Toss gently in cornstarch to coat.
2. Grill setup: Preheat your gas grill to a steady medium heat of 190°C–200°C / 375°F–390°F with a direct and an indirect zone.
3. Grill corn & tofu: Brush the corn cobs with a little oil and place them directly over the direct heat zone, turning frequently for 10 minutes until charred. Place the tofu slabs on a well-oiled grilling mat over the direct zone, cooking for 5 minutes per side until crunchy and golden.
4. Glaze tofu: Move the crispy tofu slabs to the indirect zone. Brush them generously with BBQ sauce on all sides, close the lid, and cook for 5 minutes until the glaze becomes hot and sticky.
5. Make salad & serve: Cut the charred corn kernels off the cob. Toss in a bowl with diced pepper, avocado, lime juice, olive oil, and cilantro. Serve the sticky BBQ tofu ribs right on top.

**Tip:** Coating the tofu in a thin layer of cornstarch before it hits the grill forms an ultra-crispy skin that holds onto the sticky BBQ sauce perfectly.

# CRISPY STONE-BAKED MARGHERITA PIZZA WITH GRILLED GARLIC BREAD



**Preparation:**

15 MIN



**Cooking time:**

6-8 MIN



**Portions:**

2



## INGREDIENTS:

### For the Pizza:

- 2 pre-made pizza dough portions & 100ml tomato passata
- 200g fresh mozzarella cheese (sliced and drained)
- Fresh basil leaves & 1 tbsp olive oil
- A high-quality pizza stone

### For the Side Dish:

- 1 French baguette
- 3 tbsp softened butter & 2 garlic cloves (minced)

## PREPARATION:

1. Grill setup & preheat: Place the pizza stone directly on the grill grates. Turn all burners to maximum power, close the lid, and preheat for at least 20 minutes until the grill hits 300°C (570°F).
2. Prep pizza & bread: Roll out the dough thin on baking paper. Spread passata, top with mozzarella, and drizzle with olive oil. Slice the baguette lengthwise and spread with the mixed garlic butter.
3. Bake pizza: Slide the pizza (with the paper) onto the hot stone. Close the lid immediately and bake for 5-6 minutes until the crust is puffed up, deeply browned, and bubbly.
4. Toast bread: Place the garlic bread halves butter-side up in the indirect zone next to the stone for the final 4 minutes until toasted.
5. Serve: Remove the pizza, discard the paper, top with fresh basil leaves, and serve piping hot alongside the crunchy garlic bread.

**Tip:** A gas grill acts like a professional wood-fired pizza oven when combined with a stone. Keep the lid closed tightly so the ambient air cooks the cheese as fast as the stone bakes the crust.

# GRILLED SWEET POTATO BOATS WITH TEX-MEX BEAN SALAD



**Preparation:**

15 MIN



**Cooking time:**

35-40 MIN



**Portions:**

4



## INGREDIENTS:

### For the Potatoes:

- 2 large, uniform sweet potatoes (halved lengthwise)
- 2 tbsp olive oil & 1 tsp ground cumin
- Salt and pepper

### For the Side Dish:

- 1 can black beans & 1 can sweet corn (both drained)
- 1 red onion (diced) & 1 red chili (chopped)
- 2 tbsp lime juice, 2 tbsp extra virgin olive oil, & fresh cilantro

## PREPARATION:

1. Prep potatoes: Rub the cut sides of the sweet potato halves with olive oil, cumin, salt, and pepper.
2. Grill setup: Preheat the gas grill for indirect cooking at medium heat (190°C / 375°F).
3. Slow roast potatoes: Place the sweet potato halves cut-side down in the indirect zone. Close the lid and bake for 30 minutes until the flesh is completely tender and soft.
4. Make salad: In a large bowl, combine the black beans, corn, red onion, chili, lime juice, olive oil, and cilantro.
5. Sear & assemble: Flip the sweet potatoes cut-side down onto the direct heat zone for 3-4 minutes to get deep, caramelized grill marks on the flesh. Flip back, score the flesh lightly with a fork, and pile the cold Tex-Mex bean salad right on top of the warm potato "boats".

**Tip:** Sweet potatoes take time to get soft. Cooking them slowly in the indirect zone first ensures they don't burn on the outside while remaining raw in the center.

# SMOKY CHEESE QUESADILLAS WITH GRILLED BELL PEPPER STRIPS



**Preparation:**

15 MIN



**Cooking time:**

8-10 MIN



**Portions:**

4



## INGREDIENTS:

### For the Quesadillas:

- 4 large flour tortillas
- 200g shredded Monterey Jack or Cheddar cheese
- 1 scallion (sliced) & ½ tsp chili flakes

### For the Side Dish:

- 1 red bell pepper & 1 yellow bell pepper (sliced into wide strips)
- 2 tbsp olive oil & a pinch of coarse salt
- A well-oiled cast-iron plancha or skillet

## PREPARATION:

1. Prep vegetables: Toss the wide bell pepper strips with olive oil and coarse salt.
2. Grill setup: Preheat your gas grill to direct medium heat (200°C / 390°F). Place the plancha on the grates.
3. Grill peppers: Place the bell pepper strips directly on the hot plancha. Cook for 5 minutes, turning occasionally, until they are soft, blistered, and show deeply browned, charred edges. Move to the side.
4. Build & grill quesadillas: Fill half of each tortilla with cheese, scallions, and chili flakes. Fold them over into half-moons. Place them onto the plancha next to the peppers.
5. Crisp up: Grill the quesadillas for 2 minutes per side until the tortilla turns beautifully golden-brown and crispy, and the cheese inside is completely melted and gooey. Slice into wedges and serve with the hot pepper strips.

**Tip:** Keep the grill lid closed for a minute after flipping the quesadillas. This helps trap the heat and melts the cheese all the way to the center of the fold.

# MAPLE GLAZED TEMPEH BLOCKS WITH GRILLED SWEET POTATO PLANKS



**Preparation:**

15 MIN



**Cooking time:**

12-15 MIN



**Portions:**

2



## INGREDIENTS:

### For the Tempeh:

- 2 packs of organic tempeh (200g each)
- 3 tbsp maple syrup & 2 tbsp soy sauce
- 1 tbsp apple cider vinegar & 1 tsp vegetable oil

### For the Side Dish:

- 2 large sweet potatoes (peeled and sliced lengthwise into 1.5cm thick planks)
- 2 tbsp olive oil & a pinch of sea salt

## PREPARATION:

1. Marinate tempeh: Slice each tempeh block in half to create flat blocks. Whisk maple syrup, soy sauce, vinegar, and vegetable oil. Coat the tempeh blocks in the marinade and let sit for 20 minutes.
2. Prep potatoes: Brush the sweet potato planks with olive oil and sprinkle with sea salt.
3. Grill setup: Preheat the gas grill to direct medium heat (190°C / 375°F). Oil the grates well.
4. Grill potatoes: Place the sweet potato planks directly on the grates. Grill for 6-7 minutes per side until they are fully tender and show deep, dark brown grill markings.
5. Grill tempeh: Place the marinated tempeh blocks on the grates alongside the potatoes. Grill for 3-4 minutes per side, brushing with the remaining maple marinade, until a deep, sticky, caramelized crust forms. Serve hot together.

**Tip:** Tempeh has a firm, nutty structure that doesn't crumble, making it one of the absolute best plant-based proteins to grill directly on the main grates.



# SNACKS



# CLASSIC JALAPEÑO POPPERS WITH AVOCADO CREMA



**Preparation:**

15 MIN



**Cooking time:**

15-20 MIN



**Portions:**

4



## INGREDIENTS:

### For the Poppers:

- 8 large fresh jalapeño peppers
- 150g cream cheese & 50g shredded Cheddar cheese
- 1 tsp garlic powder & ½ tsp smoked paprika
- 8-16 slices of thin-cut bacon

### For the Side Dish:

- 1 ripe avocado & 2 tbsp sour cream
- 1 tbsp lime juice & a pinch of salt

## PREPARATION:

1. **Stuff & wrap:** Slice the jalapeños in half lengthwise and scrape out the seeds and ribs. Mix cream cheese, Cheddar, garlic powder, and paprika; spoon tightly into the jalapeño halves. Wrap each half tightly with 1 to 2 slices of bacon, covering the cheese.
2. **Make dip:** Mash the avocado with sour cream, lime juice, and salt until smooth. Store in the fridge.
3. **Grill setup:** Preheat your gas grill for indirect medium heat at 200°C (390°F).
4. **Grill poppers:** Place the wrapped jalapeños in the indirect zone, cheese-side up. Close the lid and cook for 15-20 minutes until the bacon is fully browned, crisp, and the peppers are tender.
5. **Flash sear & serve:** Move them to the direct heat zone for the final 60 seconds, turning once carefully to get the bacon extra crunchy. Serve hot with the cold avocado crema.

**Tip:** Wear gloves when cutting the jalapeños! The oils stick to your hands and can sting your eyes long after cooking.

# GRILLED CAMEMBERT WITH CRANBERRY GLAZE & RUSTIC CROSTINI



**Preparation:**  
10 MIN



**Cooking time:**  
10-12 MIN



**Portions:**  
2



## INGREDIENTS:

### For the Cheese:

- 1 whole wheel of Camembert cheese (approx. 250g, in a wooden box or firm rind)
- 2 tbsp wild cranberry sauce & 1 sprig of fresh rosemary
- 1 tsp olive oil

### For the Side Dish:

- 1 small baguette (sliced into rounds)
- 2 tbsp olive oil & a pinch of sea salt

## PREPARATION:

1. Prep cheese & bread: Take the Camembert out of any plastic wrapping. Score the top skin in a diamond pattern. Drizzle with 1 tsp of olive oil and top with a few rosemary needles. Brush baguette slices with olive oil and salt.
2. Grill setup: Preheat the gas grill to medium heat (180°C–200°C / 350°F–390°F) with a direct and an indirect zone.
3. Bake cheese: Place the Camembert (either inside its bottom wooden box or on a small sheet of baking paper) into the indirect zone. Close the lid and bake for 10–12 minutes until the core feels completely soft and melted.
4. Grill crostini: Place baguette slices directly over the direct heat zone for the final 2 minutes, turning once until they are toasted golden-brown with dark grill marks.
5. Serve: Spoon the wild cranberry sauce over the hot, melted cheese and dig in using the crunchy crostini.

**Tip:** If your Camembert comes in a wooden box, staple it shut on the sides and soak the empty wood box in water for 15 minutes before baking to prevent it from scorching.

# GRILLED TOMATO BRUSCHETTA WITH BALSAMIC REDUCTION



**Preparation:**

15 MIN



**Cooking time:**

5 MIN



**Portions:**

4



## INGREDIENTS:

### For the Topping:

- 4 large vine tomatoes
- 2 garlic cloves (minced) & 1 tbsp extra virgin olive oil
- 1 bunch of fresh basil (chopped) & salt, pepper

### For the Side Dish:

- 1 rustic ciabatta loaf (sliced)
- 3 tbsp olive oil & 1 garlic clove (halved)
- 2 tbsp thick balsamic glaze

## PREPARATION:

1. Grill tomatoes: Preheat your gas grill to direct high heat (220°C–240°C / 430°F–465°F). Place the whole vine tomatoes directly on the hot grates. Grill for 4 minutes, turning once, until the skins are heavily charred, blistered, and split open. Remove and let cool.
2. Make topping: Peel the charred skins off the tomatoes (optional), chop the flesh coarsely, and mix in a bowl with minced garlic, extra virgin olive oil, fresh basil, salt, and pepper.
3. Grill bread: Brush ciabatta slices with olive oil. Grill over direct heat for 60–90 seconds per side until toasted with deep grill lines. Rub the hot crunchy bread with the halved garlic clove.
4. Assemble: Spoon the smoky, warm tomato mixture onto the crunchy bread and drizzle heavily with the thick balsamic glaze.

**Tip:** Grilling the whole tomatoes first caramelizes their natural sugars and infuses the bruschetta with a unique, subtle backyard BBQ smoke flavor.

# BACON-WRAPPED ASPARAGUS FRIES WITH GARLIC AIOLI



**Preparation:**

10 MIN



**Cooking time:**

8-10 MIN



**Portions:**

4



## INGREDIENTS:

### For the Fries:

- 16 thick green asparagus spears (woody ends trimmed)
- 16 thin slices of bacon (or vegan bacon strips)
- 1 tsp black pepper

### For the Side Dish:

- 4 tbsp mayonnaise (or vegan mayo)
- 1 garlic clove (minced) & 1 tsp lemon juice

## PREPARATION:

1. Wrap asparagus: Wrap one slice of bacon tightly around each green asparagus spear in a spiral pattern, covering it from the root to just below the tip. Dust with black pepper.
2. Make dip: Whisk mayo, minced garlic, and lemon juice together in a small bowl; set aside.
3. Grill setup: Preheat the gas grill to direct medium-high heat (200°C–210°C / 390°F–410°F). Ensure the grates are perfectly clean.
4. Grill spears: Place the bacon-wrapped spears across the hot grates. Grill for 8–10 minutes, turning them a quarter-turn every 2 minutes. The bacon will render its fat and turn deeply golden-brown and crispy, while the asparagus cooks inside.
5. Serve: Pile the crunchy asparagus fries on a board and serve immediately with the cold garlic aioli.

**Tip:** Do not add extra salt to the asparagus—the bacon provides plenty of intense, savory saltiness as it crisps up over the flames.

# CHEESE-STUFFED MUSHROOMS WITH HERB BUTTER GLAZE



**Preparation:**

15 MIN



**Cooking time:**

12-15 MIN



**Portions:**

4



## INGREDIENTS:

### For the Mushrooms:

- 12 large white or cremini mushrooms
- 100g shredded Gouda or Mozzarella cheese
- 50g cream cheese & 1 scallion (finely chopped)

### For the Glaze:

- 3 tbsp butter & 1 clove garlic (minced)
- 1 tsp dried parsley & a pinch of salt

## PREPARATION:

1. **Stuff mushrooms:** Wipe mushrooms clean and pop out the stems. Mix cream cheese, shredded cheese, and chopped scallion in a bowl. Stuff the mixture tightly into the mushroom cavities.
2. **Make glaze:** Melt butter in a tiny pot on the grill or stove; stir in minced garlic, parsley, and salt. Brush the outside of the mushroom caps with this garlic butter.
3. **Grill setup:** Preheat your gas grill for indirect medium heat at 190°C (375°F).
4. **Grill mushrooms:** Place the stuffed mushrooms cheese-side up onto the indirect zone (or on an aluminum grill sheet). Close the lid and cook for 12-15 minutes until the caps are tender and juicy, and the cheese topping is completely melted, bubbling, and golden-brown.
5. **Serve:** Drizzle any remaining herb butter over the hot snacks and serve immediately.

**Tip:** If you want an extra crunch, sprinkle a few panko breadcrumbs on top of the cheese filling before placing the mushrooms on the grill.

# STREET-STYLE CORN RIBS WITH CHILI LIME MAYO



**Preparation:**

15 MIN



**Cooking time:**

10-12 MIN



**Portions:**

4



## INGREDIENTS:

### For the Ribs:

- 2 fresh sweet corn cobs
- 2 tbsp olive oil & 1 tsp chili powder
- 1 tsp onion powder & ½ tsp salt

### For the Sauce:

- 4 tbsp mayonnaise (or vegan mayo)
- 1 tsp lime juice & ½ tsp chili flakes
- 30g crumbled Cotija or Feta cheese (optional)

## PREPARATION:

1. Cut corn cobs: Stand each corn cob upright on a steady cutting board. Using a heavy, sharp chef's knife, carefully slice the cob in half lengthwise, then slice each half again to create 4 long quarters ("ribs").
2. Season ribs: Whisk olive oil, chili powder, onion powder, and salt. Brush the mixture heavily onto the kernel side of all corn ribs. Whisk mayo, lime juice, and chili flakes for the sauce.
3. Grill setup: Preheat the gas grill to direct medium-high heat (210°C–220°C / 410°F–430°F).
4. Grill corn ribs: Place the corn ribs kernel-side down directly on the hot grates. Grill for 5 minutes, flip, and grill the back for another 5 minutes. The high heat will cause the tough central core to warp, bending the corn into a curved "rib" shape with deeply charred kernels.
5. Serve: Arrange the curved ribs on a platter, drizzle with the chili lime mayo, and top with crumbled cheese.

**Tip:** Cutting the raw corn cobs requires force. Work slowly, press down firmly on the back of your knife, and ensure your cutting board doesn't slip.

# GRILLED HALLOUMI BITES WITH HONEY-GLAZED APRICOTS



**Preparation:**  
10 MIN



**Cooking time:**  
6-8 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Snacks:

- 250g firm Halloumi cheese
- 4 fresh apricots (halved and pitted)
- 2 tbsp olive oil

### For the Glaze:

- 2 tbsp honey (or maple syrup)
- 1 tbsp fresh thyme leaves & a pinch of coarse black pepper

## PREPARATION:

1. Prep ingredients: Cut the Halloumi cheese into thick 2cm slices. Brush both the halloumi slices and the cut sides of the apricot halves with olive oil.
2. Grill setup: Preheat your gas grill to direct medium-high heat (200°C–220°C / 390°F–430°F). Ensure the grates are completely clean and well-oiled.
3. Grill everything: Place the cheese slices and apricot halves (cut-side down) directly onto the hot grates. Grill undisturbed for 3–4 minutes until they show bold black grill markings.
4. Flip & glaze: Carefully flip them using a thin spatula. Grill the other side for another 2–3 minutes. Drizzle the honey directly onto the hot apricots while they are on the grill so it starts to bubble and caramelize.
5. Serve: Cut the grilled cheese into bite-sized squares, top each with a warm caramelized apricot piece, and sprinkle with fresh thyme and black pepper.

**Tip:** Halloumi won't melt through the grates, but it releases easiest if you let it cook undisturbed until a solid, crispy crust forms on the bottom before trying to flip it.

# LOADED SKILLET NACHOS WITH BLISTERED TOMATO SALSA



**Preparation:**

15 MIN



**Cooking time:**

10-12 MIN



**Portions:**

4



## INGREDIENTS:

### For the Nachos:

- 200g high-quality tortilla chips
- 150g shredded Cheddar cheese & 50g Monterey Jack
- 1 can black beans (drained) & 1 jalapeño (sliced)
- A medium cast-iron skillet

### For the Salsa:

- 250g cherry tomatoes
- 1 small red onion (diced) & 2 tbsp lime juice
- 1 tbsp olive oil & fresh cilantro

## PREPARATION:

1. Grill tomatoes for salsa: Preheat the gas grill to direct medium-high heat (200°C–210°C / 390°F–410°F). Place the whole cherry tomatoes directly on the grates. Grill for 4–5 minutes, turning once, until the skins are heavily blistered, browned, and split open. Remove, chop coarsely, and mix in a bowl with red onion, lime juice, and cilantro.
2. Layer the nachos: In the cast-iron skillet, create layers of tortilla chips, black beans, jalapeño slices, and a heavy handful of the shredded cheeses. End with a thick layer of cheese on top.
3. Grill setup: Change your grill configuration to indirect medium heat at 180°C (350°F).
4. Bake & serve: Place the cast-iron skillet directly into the indirect zone. Close the lid and bake for 10–12 minutes until the cheese is completely melted, gooey, and bubbling with slightly crisped edges. Serve hot straight out of the skillet with the fresh salsa on the side.

**Tip:** Layering is the absolute key to perfect nachos. If you put all the cheese on top, the bottom chips will stay dry and bare. Always build at least two layers of chips and toppings.

# CRISPY POLENTA STICKS WITH GRILLED BELL PEPPER DIP



**Preparation:**

15 MIN



**Cooking time:**

12-15 MIN



**Portions:**

4



## INGREDIENTS:

### For the Sticks:

- 500g pre-cooked firm polenta roll
- 2 tbsp olive oil
- 1 tsp garlic powder & a pinch of coarse sea salt

### For the Dip:

- 2 red bell peppers
- 2 tbsp sour cream (or vegan alternative)
- 1 tbsp olive oil & a pinch of chili powder

## PREPARATION:

1. Grill peppers for dip: Preheat the gas grill to direct high heat (220°C–240°C / 430°F–465°F). Place the whole bell peppers directly on the hot grates. Grill for 8–10 minutes, turning frequently, until the skins are completely blackened and blistered. Place them in a bowl covered with plastic wrap to steam for 5 minutes, then peel off the skin, remove seeds, and blend the flesh with sour cream, olive oil, and chili powder.
2. Prep polenta: Slice the firm polenta roll into thick rectangular sticks (resembling large fries). Brush all sides generously with olive oil and dust with garlic powder and sea salt.
3. Grill polenta sticks: Place the polenta sticks directly on the clean, hot, well-oiled grates. Grill over direct medium heat for 3–4 minutes per side. Do not move them early to ensure they form a crunchy crust and release easily with bold black grill marks.
4. Serve: Pile the hot, crunchy polenta sticks on a wooden board and serve with the warm, smoky bell pepper dip.

**Tip:** Polenta sticks have a tendency to stick if the grill isn't hot enough. Make sure the grates are screaming hot and well-oiled before placing the polenta down, and only flip when a solid crust has naturally formed.

# HONEY-THYME GRILLED GOAT CHEESE TALERS WITH SMOKED WALNUTS



**Preparation:**

10 MIN



**Cooking time:**

6-8 MIN



**Portions:**

4



## INGREDIENTS:

### For the Cheese:

- 4 thick rounds of firm goat cheese log (approx. 2cm thick, with rind)
- 2 tbsp olive oil & 1 tbsp fresh thyme leaves
- 2 tbsp honey

### For the Crunch:

- 50g whole walnut halves
- A small sheet of aluminum foil or small cast-iron skillet

## PREPARATION:

1. Prep ingredients: Brush both sides of the thick goat cheese rounds lightly with olive oil and sprinkle the top with fresh thyme leaves. Place the walnut halves in the small skillet or on a small piece of foil.
2. Grill setup: Preheat your gas grill for dual-zone cooking: Direct medium-high heat (200°C / 390°F) on one side and a medium indirect zone on the other.
3. Toast walnuts: Place the walnuts in the indirect zone. Close the lid and toast them for 5 minutes until fragrant and lightly browned. Remove and set aside.
4. Grill cheese: Ensure the direct grates are perfectly clean and well-oiled. Place the goat cheese rounds directly over the direct heat. Grill undisturbed for 2-3 minutes until they show sharp black grill lines and the bottom begins to brown. Carefully flip using a thin spatula.
5. Glaze & serve: Drizzle the honey directly onto the top of the hot cheese rounds for the final 60 seconds so it begins to bubble. Remove carefully, place on plates, and scatter the smoked walnuts on top.

**Tip:** Buy a goat cheese log that has a firm, white rind around it (like Sainte-Maure). The rind acts as a natural wall, holding the cheese together perfectly while the inside turns incredibly soft and creamy over the fire.

# SMOKY GARLIC ZUCCHINI WEDGES WITH LEMON HERB AIOLI



**Preparation:**

10 MIN



**Cooking time:**

6-8 MIN



**Portions:**

4



## INGREDIENTS:

### For the Zucchini:

- 3 medium, firm zucchinis
- 3 tbsp olive oil
- 1 tsp garlic powder, 1 tsp smoked paprika, & ½ tsp salt

### For the Crunch:

- 4 tbsp mayonnaise
- 1 tbsp lemon juice & 1 tsp finely chopped fresh dill & chives
- A pinch of white pepper

## PREPARATION:

1. Cut & season zucchini: Wash the zucchinis and trim off the ends. Slice each zucchini in half lengthwise, then slice each half again into thick, long wedges (resembling potato wedges). In a large bowl, whisk olive oil, garlic powder, smoked paprika, and salt. Toss the zucchini wedges until heavily coated.
2. Make dip: Whisk mayo, lemon juice, chopped dill, chives, and white pepper together in a small bowl; store in the fridge.
3. Grill setup: Preheat the gas grill to direct medium-high heat (200°C–220°C / 390°F–430°F).
4. Grill wedges: Place the seasoned zucchini wedges flesh-side down across the hot grates. Grill for 3–4 minutes without moving them to get bold, dark grill markings. Flip onto the other flesh side and grill for another 3 minutes until tender but still holding a slight bite.
5. Serve: Arrange the smoky, colorful wedges on a platter and serve immediately with the cold, refreshing lemon herb aioli.

**Tip:** Zucchini has a high water content. Slicing them into thick wedges instead of thin rounds ensures they develop a fantastic char on the outside without turning mushy or falling through the grates.



# DESSERTS



# CARAMELIZED HONEY PINEAPPLE WITH VANILLA BEAN ICE CREAM



**Preparation:**  
10 MIN



**Cooking time:**  
6-8 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Dessert:

- 1 fresh whole pineapple (peeled, cored, and sliced into 2cm thick rings)
- 3 tbsp honey (or maple syrup)
- 1 tsp ground cinnamon & 1 tbsp melted butter

### For the Side:

- 4 scoops of high-quality vanilla bean ice cream
- Fresh mint leaves for garnish

## PREPARATION:

1. Prep glaze & fruit: Whisk the honey, ground cinnamon, and melted butter together in a small bowl. Brush the honey-cinnamon mixture generously onto both sides of the pineapple rings.
2. Grill setup: Preheat your gas grill to direct medium-high heat (200°C–220°C / 390°F–430°F). Ensure the grates are perfectly clean and lightly oiled.
3. Grill pineapple: Place the glazed pineapple rings directly onto the hot grates. Grill undisturbed for 3–4 minutes until the natural sugars and honey begin to bubble and form deep, dark brown caramelized grill marks.
4. Flip & finish: Carefully flip the rings using a thin spatula. Grill the other side for another 3 minutes until the fruit is warm, juicy, and fully caramelized.
5. Serve: Plate the hot, smoky pineapple rings immediately, top each with a cold scoop of vanilla bean ice cream, and garnish with fresh mint.

**Tip:** Pineapple is incredibly robust on the grill. The high heat breaks down the tough fibers and intensifies the sweetness, making it the absolute king of grilled fruits.

# GRILLED BROWN SUGAR PEACHES WITH CREAMY MASCARPONE



**Preparation:**  
10 MIN



**Cooking time:**  
6-8 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Dessert:

- 4 firm, ripe peaches (halved and pitted)
- 2 tbsp dark brown sugar
- 1 tbsp vegetable oil (neutral taste)

### For the Side:

- 150g mascarpone cheese & 1 tbsp maple syrup
- 30g sliced almonds (toasted)

## PREPARATION:

1. **Prep fruit & cream:** Whisk the mascarpone cheese with 1 tbsp of maple syrup in a bowl until smooth; store in the fridge. Brush the cut surfaces of the peach halves lightly with oil, then press them firmly into the brown sugar to coat.
2. **Grill setup:** Preheat the gas grill to direct medium heat (190°C–200°C / 375°F–390°F). Clean the grates thoroughly.
3. **Grill peaches:** Place the peach halves cut-side down directly on the grates. Grill for 4 minutes without moving them. The brown sugar will melt with the peach juices, forming a deeply caramelized, dark crust with bold black grill lines.
4. **Flip & warm:** Flip the peaches over onto their skin side, move them to the indirect zone, and close the lid for 2–3 minutes until the fruit is soft and warm.
5. **Serve:** Place the warm peaches on a platter, add a generous dollop of cold mascarpone cream into the center cavity, and sprinkle with toasted almonds.

**Tip:** Do not use overly ripe, soft peaches. They will turn mushy instantly over the fire and stick to the grates. Look for fruit that is still slightly firm to the touch.

# SKILLET CHOCOLATE MARSHMALLOW S'MORES WITH SWEET GRAHAM CRACKERS



**Preparation:**  
10 MIN



**Cooking time:**  
8-10 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Dip:

- 200g high-quality milk chocolate chips or chunks
- 150g large fluffy marshmallows
- A medium cast-iron skillet

### For the Side:

- 1 pack of graham crackers or sweet butter cookies for dipping

## PREPARATION:

1. Layer the skillet: Spread the chocolate chips evenly across the bottom of the cast-iron skillet. Pack the large marshmallows closely together on top of the chocolate, covering it completely in a single layer.
2. Grill setup: Preheat your gas grill for indirect medium heat at 180°C (350°F).
3. Bake s'mores: Place the cast-iron skillet directly into the indirect cooking zone. Close the grill lid and bake undisturbed for 8-10 minutes. The circulating heat will melt the chocolate underneath while the top of the marshmallows turns beautifully toasted, golden-brown, and puffy.
4. Serve: Carefully remove the hot skillet using an oven mitt. Serve immediately straight out of the cast iron, using the crunchy graham crackers to scoop up the gooey chocolate and melted marshmallow.

**Tip:** Keep a close eye on the skillet through the grill lid window if possible. Marshmallows can cross the line from beautifully toasted golden-brown to burnt black very quickly.

# FIRE-BAKED CHOCOLATE STUFFED BANANAS WITH SALTED CARAMEL



**Preparation:**  
10 MIN



**Cooking time:**  
12-15 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Dessert:

- 4 large, ripe bananas (with skins on)
- 100g dark or milk chocolate chunks
- 50g mini marshmallows

### For the Sauce:

- 4 tbsp store-bought or homemade salted caramel sauce
- 2 tbsp crushed biscuits or cookies for crunch

## PREPARATION:

1. **Stuff the bananas:** Leave the skins completely on the bananas. Cut a deep slit lengthwise along the inner curve of each banana, making sure not to cut all the way through the bottom skin. Gently press the slit open and stuff the cavity tightly with chocolate chunks and mini marshmallows.
2. **Grill setup:** Preheat the gas grill for indirect medium heat at 190°C (375°F).
3. **Bake bananas:** Place the stuffed bananas directly into the indirect zone, sitting upright like small boats. Close the lid and bake for 12–15 minutes. The banana skins will turn completely black, which is exactly what you want, while the fruit inside turns sweet and soft, and the filling melts into a gooey paste.
4. **Serve:** Carefully transfer the hot bananas to plates. Drizzle the warm salted caramel sauce generously over the open filling and top with crushed biscuits for extra crunch.

**Tip:** The black skin acts as a natural baking dish that traps the heat and steam, protecting the delicate fruit inside from direct contact with the fire.

# GRILLED STRAWBERRY SKEWERS WITH WHITE CHOCOLATE DRIZZLE



**Preparation:**

15 MIN



**Cooking time:**

4-5 MIN



**Portions:**

4



## INGREDIENTS:

### For the Dessert:

- 24 large, firm fresh strawberries (hulled)
- 1 tbsp melted coconut oil & 1 tbsp white sugar
- Long wooden or metal skewers (if wooden, soaked in water)

### For the Drizzle:

- 80g high-quality white chocolate (melted)
- 1 bunch of fresh mint

## PREPARATION:

1. Build skewers: Thread 6 strawberries flat onto each soaked skewer. Brush them lightly with melted coconut oil and dust them with a very thin layer of white sugar.
2. Grill setup: Preheat your gas grill to direct medium-high heat (200°C / 390°F). Ensure the grates are completely clean and well-oiled.
3. Flash grill strawberries: Place the skewers directly over the flames. Grill for 2 minutes, then flip. You want the sugar to caramelize instantly, creating light, dark grill marks on the red fruit while keeping the strawberries firm. Do not overcook, or they will turn into mush.
4. Drizzle & serve: Remove the skewers and place them on a serving platter. Immediately drizzle the melted white chocolate in a zig-zag pattern over the hot strawberries and garnish with fresh mint.

**Tip:** Use firm, slightly underripe strawberries for this recipe. Fully ripe berries contain too much water and will break down and fall off the skewers the moment they hit the hot grates.

# CAST-IRON APPLE CRISP WITH WARM CINNAMON CUSTARD



**Preparation:**

15 MIN



**Cooking time:**

25-30 MIN



**Portions:**

4



## INGREDIENTS:

### For the Crisp:

- 3 large baking apples (peeled, cored, and diced)
- 1 tbsp lemon juice, 1 tsp cinnamon, & 2 tbsp brown sugar
- 80g rolled oats, 50g flour, 50g brown sugar, & 60g cold butter (cubed)
- A small cast-iron skillet

### For the Sauce:

- 150ml store-bought or homemade vanilla custard (warmed)

## PREPARATION:

1. Build the crisp: Toss the diced apples with lemon juice, 1 tsp of cinnamon, and 2 tbsp of brown sugar in a bowl; transfer them into the bottom of the cast-iron skillet. In another bowl, rub the oats, flour, remaining brown sugar, and cold cubed butter together with your fingers until a crumbly topping forms. Scatter the crumbles evenly over the apples.
2. Grill setup: Preheat the gas grill for indirect medium heat at 180°C (350°F).
3. Bake crumble: Place the skillet into the indirect cooking zone. Close the lid and bake for 25–30 minutes. The apples underneath will turn completely soft and bubbly, while the oat topping turns deeply golden-brown, crispy, and baked through.
4. Serve: Remove carefully using an oven mitt. Serve the warm apple crisp straight out of the skillet with a generous pour of warm cinnamon custard over the top.

**Tip:** Baking in a cast-iron skillet on a gas grill works exactly like a traditional oven, but the heavy iron distributes the heat incredibly well, ensuring the bottom doesn't burn.

# GRILLED POUND CAKE SLICES WITH WARM BERRY COMPOTE



**Preparation:**

10 MIN



**Cooking time:**

6-8 MIN



**Portions:**

4



## INGREDIENTS:

### For the Cake:

- 4 thick slices of store-bought or homemade vanilla pound cake (approx. 2.5cm thick)
- 2 tbsp melted butter

### For the Side:

- 250g mixed fresh or frozen berries (strawberries, blueberries, raspberries)
- 2 tbsp sugar & 1 tbsp lemon juice
- A small heat-proof pot or aluminum pan

## PREPARATION:

1. Cook berry compote: Combine the mixed berries, sugar, and lemon juice in the small heat-proof pot. Place it on the grill grates over medium heat during preheating and simmer for 8-10 minutes, stirring occasionally, until the berries break down into a thick, glossy syrup. Move to the indirect side to keep warm.
2. Prep cake: Brush both sides of the thick pound cake slices lightly with melted butter.
3. Grill setup: Ensure the direct heat zone is at medium heat (180°C / 350°F) and the grates are meticulously clean.
4. Grill cake slices: Place the buttered cake slices directly onto the grates. Grill for 2 minutes per side. Watch them like a hawk! The butter and sugar in the cake will caramelize quickly, creating beautiful dark grill stripes and a toasted, crunchy exterior.
5. Serve: Place a grilled cake slice on each plate, top generously with the warm, dark-red berry compote, and serve immediately.

**Tip:** Pound cake behaves like thick toast on the grill. It burns very fast due to its sugar content, so use medium heat and never leave the grill unattended while searing it.

# GRILLED HONEY FIGS WITH CREAMY GOAT CHEESE & WALNUTS



**Preparation:**

10 MIN



**Cooking time:**

5-6 MIN



**Portions:**

4



## INGREDIENTS:

### For the Dessert:

- 8 fresh, firm figs (halved lengthwise)
- 2 tbsp olive oil & 3 tbsp liquid honey
- 1 tsp fresh thyme leaves

### For the Side:

- 100g soft, creamy goat cheese (or mascarpone)
- 40g whole walnut halves (crushed)

## PREPARATION:

1. Prep fruit & cheese: Brush the cut sides of the fig halves lightly with olive oil. In a small dish, mix the creamy goat cheese with 1 tablespoon of honey until smooth.
2. Grill setup: Preheat your gas grill to direct medium-high heat (200°C / 390°F). Ensure the grates are perfectly clean and oiled.
3. Grill figs: Place the fig halves cut-side down directly on the hot grates. Grill undisturbed for 3 minutes until the fruit softens slightly and shows beautiful dark-brown caramelized grill marks.
4. Flip & glaze: Carefully flip the figs onto their skin side. Drizzle the remaining honey directly over the cut surfaces and let it bubble for another 2 minutes in the indirect zone.
5. Serve: Arrange the warm figs on a plate. Top each half with a small dollop of the cold goat cheese mixture and sprinkle with the crushed walnuts and fresh thyme.

**Tip:** Figs have a very high natural sugar content. Searing them quickly over high heat intensifies their sweetness and turns the surface into a rich, jam-like caramel.

# GRILLED CINNAMON WAFFLES WITH WARM APPLE COMPOTE



**Preparation:**  
10 MIN



**Cooking time:**  
6-8 MIN



**Portions:**  
4



## INGREDIENTS:

### For the Waffles:

- 4 pre-baked thick Belgian-style waffles
- 2 tbsp melted butter & 1 tsp ground cinnamon

### For the Side:

- 2 large baking apples (peeled, cored, and diced)
- 2 tbsp brown sugar & 1 tbsp lemon juice
- A small heat-proof pot or aluminum pan

## PREPARATION:

1. Cook apple compote: Combine the diced apples, brown sugar, lemon juice, and a pinch of cinnamon in the small heat-proof pot. Place it on the grill grates over medium heat during preheating and simmer for 8-10 minutes, stirring occasionally, until the apples are completely soft and syrupy.
2. Prep waffles: Mix the melted butter with 1 tsp of ground cinnamon. Brush both sides of the waffles lightly with this cinnamon butter.
3. Grill waffles: Place the waffles directly on the clean grates over direct medium heat (180°C / 350°F). Grill for 2 minutes per side, watching closely. The sugar in the waffles will caramelize quickly, creating a crunchy texture and dark grill stripes.
4. Serve: Plate the hot, toasted cinnamon waffles immediately, top generously with the warm, golden apple compote, and serve.

**Tip:** Pre-baked waffles behave like thick toast on the grill. They burn very fast due to their high sugar content, so never leave the grill unattended while searing them.

# FIRE-BAKED STUFFED APPLES WITH WARM CARAMEL SAUCE



**Preparation:**

15 MIN



**Cooking time:**

25-30 MIN



**Portions:**

4



## INGREDIENTS:

### For the Apples:

- 4 large, firm baking apples (like Braeburn or Jonagold)
- 4 tbsp rolled oats & 2 tbsp brown sugar
- 2 tbsp chopped pecans & 1 tsp cinnamon
- 2 tbsp softened butter

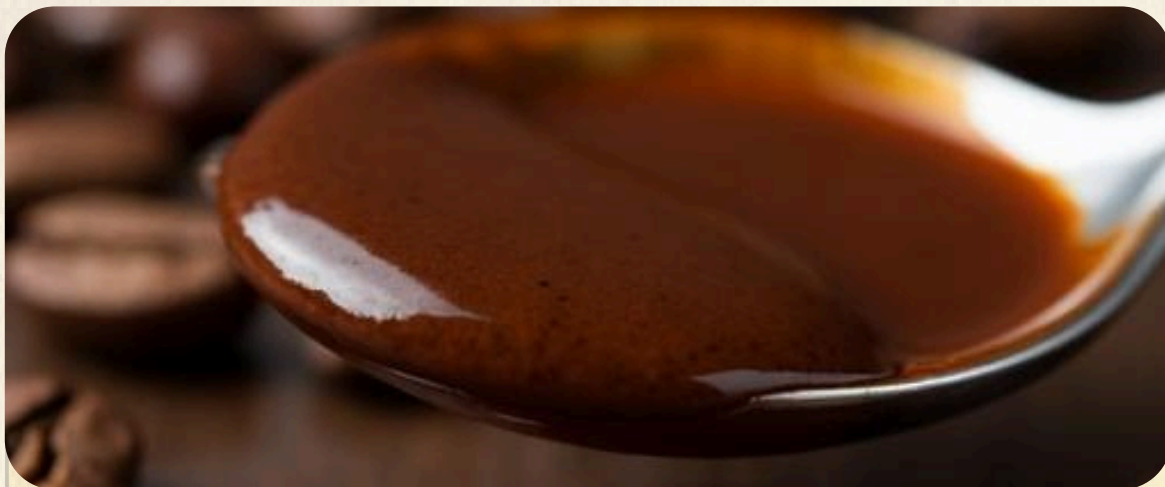
### For the Sauce:

- 4 tbsp store-bought or homemade warm caramel sauce
- Heavy-duty aluminum foil

## PREPARATION:

1. Core & stuff apples: Cut the top off each apple and hollow out the center core using a spoon or apple corer, leaving the bottom intact to create a bowl. Mix oats, brown sugar, chopped pecans, cinnamon, and softened butter. Stuff the mixture tightly into the apples.
2. Wrap apples: Wrap each stuffed apple individually in a sheet of heavy-duty aluminum foil, leaving a tiny opening at the top for steam to escape.
3. Grill setup: Preheat the gas grill for indirect medium heat at 190°C (375°F).
4. Bake apples: Place the foil-wrapped apples upright into the indirect zone. Close the lid and bake for 25-30 minutes until the apples are completely soft and tender when pierced with a knife.
5. Serve: Carefully unwrap the hot apples and place them on plates. Drizzle the warm caramel sauce generously over the open, bubbling oat filling and serve hot.

**Tip:** Wrapping the apples in foil traps the steam and juices, baking the fruit to a perfect, tender consistency without drying out the crunchy nut filling.



# **BONUS: DESSERT SAUCES**



# VELVETY CHOCOLATE ICE CREAM



**Preparation:**  
5 MIN



**Freezing:**

-



**Portions:**  
4



## INGREDIENTS:

- Base: 100ml (approx.  $\frac{1}{3}$  cup) unsweetened almond milk (or any milk alternative).
- Flavoring: 2 tbsp (20g) unsweetened cocoa powder & a small pinch of sea salt.
- Sweetener: 30g (2 tbsp) powdered erythritol (for a smooth texture without grittiness).
- Texture Hack: A pinch of guar gum (thickens the sauce perfectly without cooking).
- Optional: 2 drops of rum extract or vanilla extract for extra depth

## PREPARATION:

1. Dry Mix: Combine all dry ingredients (cocoa, erythritol, guar gum, salt) in a tall container or jar.
2. Blend: Add the almond milk and whisk vigorously with a milk frother or hand blender for about 1 minute until the sauce thickens slightly and looks glossy.
3. Rest: Place the sauce in the refrigerator for at least 10 minutes. This allows the guar gum to fully hydrate, creating that signature velvety texture.
4. Serve: Generously drizzle the cold sauce over your fresh Ninja Swirl creation.

**Tip:** Because this sauce isn't cooked, the cocoa aromas remain particularly vibrant and intense. When poured over ice-cold frozen yogurt or sorbet, it thickens further, creating a texture reminiscent of liquid chocolate mousse.

**Nutritional information per serving:** Calories: approx. 18 | Fat: 1 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

# FRUITY RASPBERRY COULIS



**Preparation:**  
8 MIN



**Freezing:**  
-



**Portions:**  
4



## INGREDIENTS:

- Fruit: 150g (approx. 1 cup) raspberries (fresh or thawed).
- Aroma: 1 tbsp freshly squeezed lemon juice & a pinch of Bourbon vanilla.
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol.
- Optional: 1 tsp chia seeds (for a thicker, jam-like consistency)

## PREPARATION:

1. Puree: Blend the raspberries with the lemon juice, vanilla, and erythritol until completely smooth.
2. Strain: For a refined, velvety texture, press the puree through a fine-mesh sieve into a small bowl. This is essential to remove all seeds for a professional finish.
3. Thicken (Optional): If you prefer a thicker sauce, stir in the chia seeds and let them soak for about 15 minutes. Blend briefly again once the seeds have gelled.
4. Serve: Drizzle the coulis over your frozen yogurt or gently swirl it into the ice cream with a spoon for a beautiful marbled effect.

**Tip:** This coulis pairs exceptionally well with Classic Vanilla Dream or Pistachio ice cream. The fruity acidity of the raspberries cuts through the richness of the base, creating a perfectly balanced and refreshing taste experience.

**Nutritional information per serving:** Calories: approx. 15 | Fat: 0 g | Carbs: 2 g | Sugars: 0 g | Protein: 0 g

# GOLDEN SALTED CARAMEL SAUCE



**Preparation:**  
10 MIN



**Freezing:**

-



**Portions:**  
4



## INGREDIENTS:

- Base: 100ml (approx.  $\frac{1}{3}$  cup) heavy cream (or full-fat coconut milk for a dairy-free option).
- Sweetener: 40g (3 tbsp) "Erythritol Gold" (brown erythritol for that essential caramel flavor).
- Fat: 10g (approx.  $\frac{3}{4}$  tbsp) butter (or coconut oil).
- Aroma:  $\frac{1}{2}$  tsp finely ground sea salt &  $\frac{1}{2}$  tsp vanilla extract

## PREPARATION:

1. Melt: Slowly melt the "Erythritol Gold" in a small saucepan over medium heat. Watch closely: it should become liquid but not too dark, as erythritol can burn quickly.
2. Combine: Add the butter and stir until melted. Slowly and carefully pour in the cream while stirring constantly until the mixture is smooth.
3. Thicken: Simmer over low heat for about 5 minutes until you reach your desired thickness. Finally, stir in the sea salt and vanilla.
4. Cool: Transfer the sauce to a jar. It will thicken significantly as it cools, reaching a perfect, velvety consistency.

**Tip:** This sauce will solidify in the refrigerator. Before serving, simply warm it briefly (10-20 seconds) in the microwave or a water bath so it can flow smoothly and golden over your Ninja Swirl creation.

**Nutritional information per serving:** Calories: approx. 95 | Fat: 10 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

# CREAMY PEANUT CARAMEL ICE CREAM



**Preparation:**  
5 MIN



**Freezing:**  
-



**Portions:**  
4



## INGREDIENTS:

- Base: 80ml (approx.  $\frac{1}{3}$  cup) unsweetened almond milk (or water) & 2 tbsp natural creamy peanut butter (100% nuts).
- Sweetener: 20g (approx. 1.5 tbsp) powdered "Erythritol Gold" (for that essential caramel aroma).
- Aroma: A pinch of sea salt (to make the peanut flavor "pop").

## PREPARATION:

1. Warm: Briefly heat the almond milk in a small saucepan over medium heat or in the microwave for 20–30 seconds. Important: Do not let it boil.
2. Stir: Add the peanut butter, golden erythritol, and salt to the warm milk. Whisk vigorously until the peanut butter is fully emulsified and the mixture becomes a smooth, liquid cream.
3. Cool: Allow the sauce to rest for a few minutes. As it cools, it will naturally thicken to a perfect, viscous consistency.
4. Serve: Drizzle generously over your fresh Ninja Swirl creation.

**Tip:** This sauce is the perfect soulmate for any chocolate or banana-based ice cream. If it solidifies too much in the refrigerator, simply microwave it for 10 seconds to restore its silky, pourable texture.

**Nutritional information per serving:** Calories: approx. 65 | Fat: 5 g | Carbs: 1 g | Sugars: 0 g | Protein: 3 g

# EXQUISITE PISTACHIO CREAM



**Preparation:**  
5 MIN



**Freezing:**  
-



**Portions:**  
4



## INGREDIENTS:

- Base: 100g (approx. 3.5 oz) Skyr or low-fat quark.
- Nut Component: 1 tbsp pure pistachio butter (100% nuts).
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol.
- Consistency: 1-2 tbsp unsweetened almond milk (to adjust thickness)

## PREPARATION:

1. Mix: In a small bowl, whisk the Skyr (or quark) with the pistachio butter and powdered erythritol until smooth.
2. Adjust: Gradually stir in the almond milk, one tablespoon at a time, until the cream reaches a silky, flowing consistency.
3. Refine: For an extra-fine, professional texture, briefly whisk the mixture with an electric milk frother.
4. Serve: Drizzle over your fresh swirl or use it as a rich side for fruit-based sorbets.

**Tip:** This cream pairs exceptionally well with all berry sorbets or serves as an intense flavor booster for the Pistachio Dream. For the best experience, serve it slightly chilled to maintain its velvety structure.

**Nutritional information per serving:** Calories: approx. 45 | Fat: 3 g | Carbs: 2 g | Sugars: 0 g | Protein: 3 g

# DARK ESPRESSO CHOCOLATE SAUCE



**Preparation:**  
5 MIN



**Freezing:**  
-



**Portions:**  
4



## INGREDIENTS:

- Base: 40ml (approx. 1.5 oz) cold espresso (strong brewed) & 60ml (approx. 2 oz) unsweetened almond milk.
- Flavoring: 2 tbsp (20g) unsweetened cocoa powder & a small pinch of sea salt.
- Sweetener: 30g (2 tbsp) powdered erythritol.
- Texture Hack: A pinch of guar gum (for that professional, velvety thickness)

## PREPARATION:

1. Combine: Place all liquid and dry ingredients into a tall container or jar.
2. Whisk: Use an electric milk frother or a hand blender to mix vigorously for about 1 minute until the sauce begins to thicken and takes on a silky, glossy texture.
3. Cool: Place the sauce in the refrigerator for 10–15 minutes. This allows the guar gum to fully set, creating the perfect pourable consistency.
4. Serve: Drizzle over your fresh Ninja Swirl, especially over coffee or vanilla-based recipes.

**Tip:** This sauce is the ultimate boost for your Coffee-Mocha Protein Kick. The combination of caffeine and dark cocoa creates an intense aroma that provides a brilliant contrast to creamy, milky ice cream flavors.

**Nutritional information per serving:** Calories: approx. 18 | Fat: 1 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

# SMOOTH VANILLA CUSTARD SAUCE



**Preparation:**  
10 MIN



**Freezing:**  
-



**Portions:**  
4



## INGREDIENTS:

- Base: 150ml (approx.  $\frac{2}{3}$  cup) unsweetened almond milk.
- Richness: 1 egg yolk (size M).
- Sweetener: 30g (2 tbsp) powdered erythritol.
- Aroma: 1 tsp vanilla extract & a small pinch of sea salt.
- Color Hack: A small pinch of turmeric (for that classic, appetizing yellow color)

## PREPARATION:

1. Warm: Gently heat the almond milk, erythritol, and vanilla in a small saucepan over medium-low heat. Important: Do not let it boil.
2. Temper: Place the egg yolk in a separate bowl and whisk briefly. Slowly stir in a few tablespoons of the warm milk to equalize the temperature (this prevents the egg from scrambling).
3. Thicken: Return the mixture to the saucepan. Heat gently while stirring constantly with a whisk until the sauce thickens slightly and reaches a creamy consistency.
4. Cool: Remove from heat immediately. Let it cool slightly before serving it over your fresh Ninja Swirl creation.

**Tip:** This classic custard is the perfect sugar-free alternative to traditional vanilla sauce. It pairs exceptionally well with any Berry Sorbet or warm fruit mix-ins. For an extra refined look, strain it through a fine sieve before serving.

**Nutritional information per serving:** Calories: approx. 32 | Fat: 2 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g



## You thought that was it?

The variety of recipes doesn't end there, because, as already hinted at on the cover, I want to give you access to many more recipe ideas. Yes, you'll receive exclusive access to over 1000 more promising recipes.

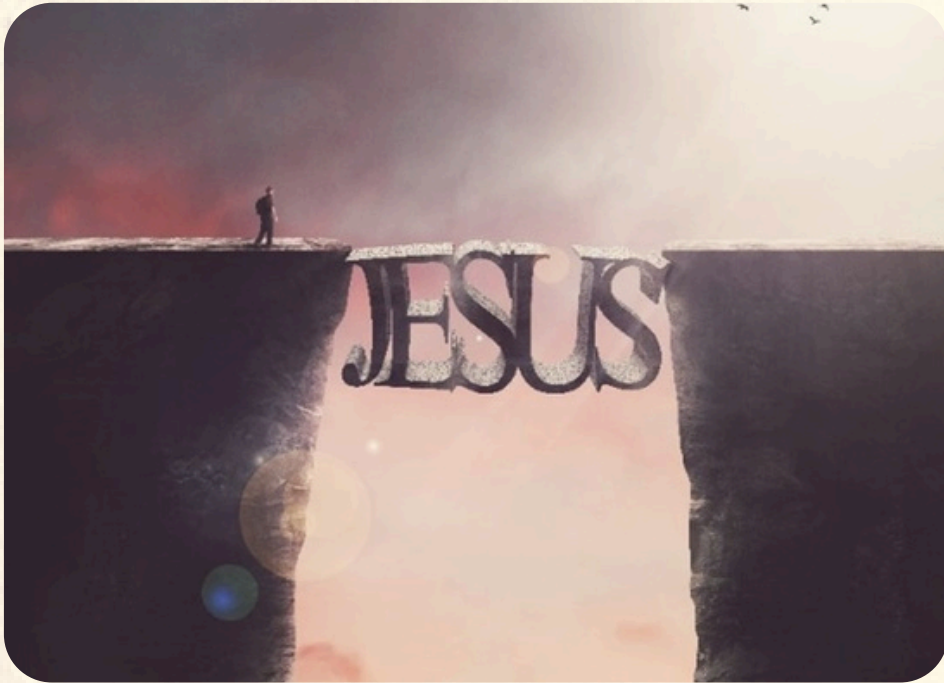
So, how do you get access to the "bonus library"? It's very simple. Scan the QR code shown below with a QR code app of your choice, then click on the displayed link and you'll be in the selection in no time.



It has been an absolute pleasure guiding you through the world of the Ninja Creami. I hope these recipes inspire you to create many delicious moments of your own, and I look forward to seeing you again for our next 'cooking adventure.

Yours truly, Catherine

# A LITTLE REMINDER...



JESUS SAID...

“I am the way and the truth and the life. No one comes to the Father except through me.”  
(John 14:6)