

★ THE ULTIMATE ★

BARBECUE COOKBOOK



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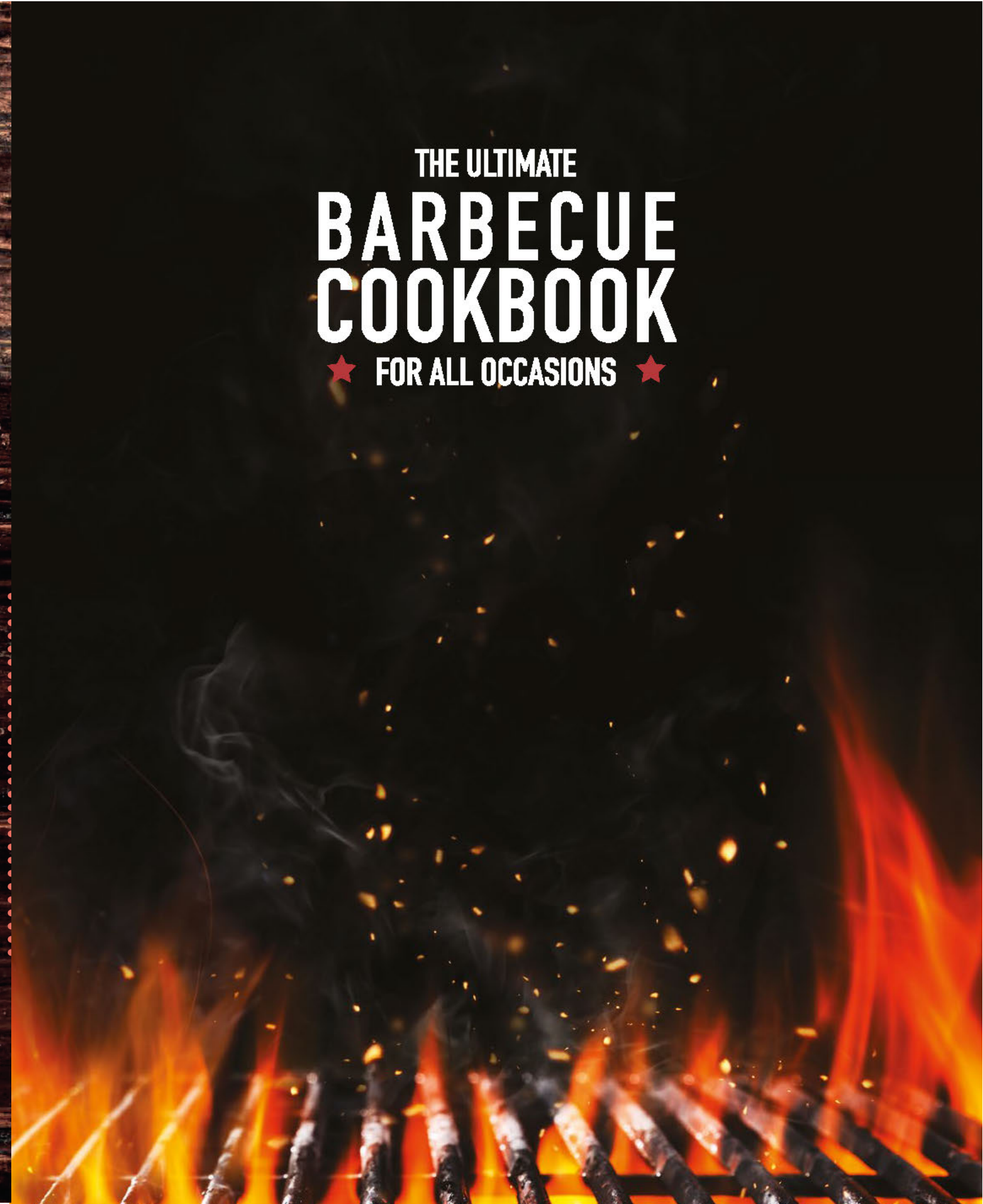
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THE ULTIMATE BARBECUE COOKBOOK ★ FOR ALL OCCASIONS ★



The Ultimate Barbecue Cookbook

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THE ULTIMATE BARBECUE COOKBOOK

★ FOR ALL OCCASIONS ★



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COOKING

WITH FIRE

INTRODUCTION

Cooking on the grill is a ritual to be enjoyed from the moment we light the fire. As our tasty meat cuts and vegetables slowly cook, we share laughter and conversation over snacks and appetizing drinks. A ritual not only pleasing to the palate, but also gratifying when we gather with friends and loved ones in a festive mood. A barbecue can be made with different kinds of grills, and, no matter the place, the result is always delicious. Nothing equals our favorite dishes cooked on a grill. We can prepare beef, poultry, vegetables or even desserts and the resulting flavors will be totally different from those of traditional cuisine in the oven, skillet or saucepan.

In these pages you will find a complete guide for cooking on the grill like a proficient chef, as well as useful information on utensils needed, tips to light the fire, a guide of meat cuts, basic cooking techniques and an exquisite repertoire of recipes including dishes with beef, pork, lamb, poultry, fish, seafood, vegetables and even innovative desserts.

Meat is for sure the star ingredient in this book, indispensable for grill cooking lovers, so that they can delight and make others rejoice in endless preparations for all tastes.



A BARBECUE IS AN OPPORTUNITY
TO SHARE UNFORGETTABLE
TIMES OF GATHERING, FROM THE
MOMENT WHEN THE FIRE IS LIT
AND THE FIRST MEAT IS PUT ON
THE GRILL UNTIL THE MEAL IS
SAVORED AND ENJOYED
WITH LOVED ONES.





THE GRILL
COOK
GUIDE

BASIC EQUIPMENT

Before beginning it is advisable to have all the necessary utensils for preparing a delicious barbecue.



KNIFE

A sharp knife with a wide and pointed blade is enough, although it is also good to have a set of a knife and fork with long handles in order to manipulate meat from afar.



KNIFE SHARPENER

In order to keep knives sharp, it is best to use a sharpening stone, an electric sharpener or a knife sharpening rod.



TONGS

They are essential to manipulate both food and embers to prevent burns. They should be made of stainless steel for hygienic reasons.



SKEWERS

There are two kinds of skewers for the grill: Bamboo and stainless steel. Bamboo skewers are less expensive and disposable, and they have to be wet before being used so that they do not get burnt during cooking. Stainless steel skewers, on the other hand, do not burn and can be reused. It is important that they have a heatproof end, to prevent burns.



BOARD

A wood board with a juice groove is recommended for cutting the meat once it is cooked.



MEAT TRAY

It is a basic utensil to season and carry the food to the grill.



KITCHEN BRUSH

It is ideal to baste the food or brush it with sauces or marinades. Choose a silicon brush or one with natural bristles, and wash it well after being used.



GRILL TONGS AND SHOVEL

These are indispensable to manipulate embers. They should be made of iron and have a long, heatproof handle.



GRILL SCRAPER

A fundamental tool to clean the grill. It should have metal bristles.

GRILL MAINTENANCE

It is recommended to clean the top of the grill every time it is used to avoid any traces of previous preparations adhering to the new food being cooked. Moreover, when the grill is clean it makes heat more even and produces sharper marks on the food.

HOW TO CLEAN THE GRILL

Ideally, it should be thoroughly cleaned once a month. Start by scrubbing and washing the grill with hot water and detergent, using a metal sponge on the top. Clean the bottom, where the fire is made, by sweeping all remaining ashes and charcoal.



BEST CUTS

THE GRILL

1. STRIPLOIN

Oval shaped steaks are obtained from this cut, which has a layer of fat on top.

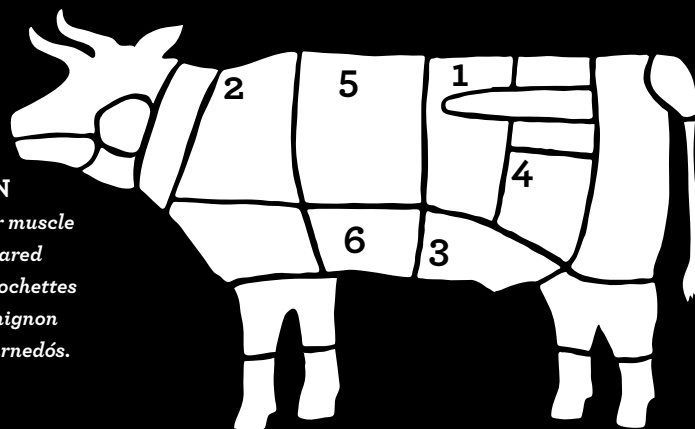
2. TENDERLOIN

It is the most tender muscle area. It can be prepared whole, as steaks, brochettes or the classic filet mignon better known as tournedós.

3. ROSE MEAT

It is the meat found between the skin and the back ribs. It has some fat and it is very tasty.

The best cuts for the grill are those in the middle and hindquarters of the animal. Some of the most popular are



5. RIB-EYE

It is also found on the back, between the ribs, and it is ideal for the grill or broiler. It can be made whole or in portions. It has fat in the middle, known as "fat nucleus".

6. BACK RIBS

It is ideal to make a barbecue with meat and bone. This cut has four parts: flank steak, chuck, skirt steak and thick skirt. Thick skirt is very tasty, it can be grilled whole and then cut in strips to serve.

4. FLAP

It is found on the side of the hindquarter, between the ribs and the hip. The meat is juicy and with a lot of fibre, covered by a firm membrane.

HOW TO CHOOSE MEAT

It is important to know how to choose good quality and fresh meat. In general, lamb and beef should be bright red in color, with no brown spots. Pork should have a pinkish-red hue, a sweetish smell and it should not be sticky or have any traces of blood. Lean meat is better, and if it has some fat, it should have a pale cream color. In warm weather, use an insulated shopping bag to keep the meat cool until you put it in the refrigerator.

MEAT PRESERVATION GUIDE

Here are some tips for best preserving meat:

- Fresh meat should be stored as dry as possible. Place it in the cold section of the refrigerator. If there is not a meat section, the lowest shelf is the best place. Put a stainless steel or plastic rack on a deep tray, so that the meat will not get wet if it drips. Then unpack it and place it on the rack, without stacking more than three layers. Cover with aluminum foil or wax paper.
- If your refrigerator has a special meat rack, unpack the meat, place it on the rack without stacking more than three pieces and cover with aluminum foil or wax paper.
- Take into account that the more processed, the less time the meat will be preserved. Ground meat, for example, lasts fresh less than whole cuts.

- If meat is going to be consumed within two days of its purchase, it can be kept in its original packaging.
- Always keep raw meat separate from cooked meat or other cooked food. If the refrigerator does not have a meat compartment, always store meat on the lowest shelf, so that it does not drip on other food.
- Both raw and cooked meat freeze well, but they must be in good conditions before being frozen. Following certain manipulation rules ensures that food presents no health risks.

GOOD HABITS FOR FOOD MANIPULATION

- Do not manipulate raw and cooked meat at the same time to prevent raw meat bacteria from contaminating cooked meat.
- Wash all utensils and boards used with raw meat with soap and water before using them with cooked meat.
- Wash your hands well after preparing raw meat, and frequently while cooking.
- Take food out of its packaging before defrosting it. Then put it on a rack placed on a tray.
- In warm weather, it is advisable to defrost food inside the refrigerator to avoid bacteria proliferation.
- It is best to defrost meat completely before cooking it, mostly if the cooking time is short, like when it is grilled.
- Cook food as soon as it defrosts.



HOW TO LIGHT

THE FIRE

Lighting the fire is a crucial step when making a barbecue. Not all firewood is fit for this. Some wood burns too fast and sparkles, therefore not a good choice. It should be dry, since damp wood produces smoke and steam that alters the cooking process and food's flavor. Charcoal is a great choice and it yields excellent results. Once the wood or charcoal is selected, the fire must be started on one

side of the area where the meat will be placed. An easy way to start is to make a mound with crumpled paper and lay wood chips or charcoal across it. As soon as the fire is lit, add wood or charcoal little by little to avoid smothering the fire. The embers will be ready in less than half an hour. How to know when they are ready? When they turn an incandescent red surrounded by white ashes.



DIRECT AND INDIRECT HEAT

There are different ways to cook on the grill: with direct or indirect heat.

Direct heat is ideal to cook small portions of food such as hamburguers, brochettes, small steaks, vegetables or sliced fruit. Indirect heat is used to cook large pieces such as leg of lamb or pork, grilled meat, chicken or ribs. It is also used for thick steaks, so that they get evenly cooked throughout the whole piece.

Another important aspect to keep in mind is that food should be at room temperature before putting it on the grill. Never cook it right out of the refrigerator. That way you will avoid temperature variations that will impact negatively on the texture of food. Another important detail: do not skimp on cooking fire. It is better to have more than needed and not to run short.



SAFETY MEASURES

It is important to use caution when making a fire to avoid hazards or accidents. Here are some safety measures to take into account:

- *Always have a fire extinguisher at hand.*
- *Do not place dry or flammable elements near the grill.*
- *Do not use fuel to light the fire faster, it can be very dangerous and toxic. It also alters the flavor of food.*
- *Keep children far away from fire.*

A TIP TO MEASURE THE TEMPERATURE OF FIRE

There is a little trick to know the intensity of heat which is as trustworthy as a thermometer: extend the palm of your hand above the grill close enough to perceive the heat but not so close that you get burned. The amount of time that you can tolerate heat will indicate the temperature of the grill. If you can stand the heat for 2 to 4 seconds, the temperature is high. If you can tolerate it for 8 to 10 seconds, then the heat is low.

MEAT'S DEGREE OF DONENESS

Some people prefer their meat really well done and some like it rare or even bleu. What to do when several diners ask for different degrees of doneness?

Here is a guide to determine meat's degree of doneness:

- **Blue/bleu:** the interior temperature of meat is between 115 and 124° F / 46 and 51° C and the color of meat is red, almost raw.
- **Rare:** interior temperature is between 124 and 140° F / 51 and 60° C and the meat is red.
- **Medium rare:** interior temperature goes from 140 and 149° F / 60 to 65° C and the meat looks a rosy pink.
- **Medium well:** interior temperature is between 149 and 164° F / 65 and 73° C and the color is a pinkish brown.
- **Well done:** interior temperature goes from 165 and 185° F / 74 to 85° C and the color of meat is a grayish brown.

MEAT CUTS WITH BONE

Meat cuts with a bone must be cooked 80% of the time with the bone down and then the remaining 20 % turned over. This guarantees a proper cooking, since putting the meat on the grill with the bone upwards causes the bone to function as a "lid", preventing moistness from being released and causing a "boiling" effect that ruins the preparation.

THE EFFECT OF SALT

From a chemical point of view, salt causes a dehydration of meat. Some will argue that what is lost in juices is gained in flavor and it helps develop that crust that is so tasty in lean cuts. When the meat cut is fatty it is advisable to put salt on the fatty side so that it will dissolve and impregnate the rest of the meat with its flavor. It is best to use coarse salt abundantly on both sides of meat when it is at room temperature, seconds before it goes on the grill.



BASIC TECHNIQUES

In these pages you will find the best techniques to learn how to cut, remove fat and prepare beef, lamb, pork and poultry cuts for the grill. Super easy techniques, explained step by step.

REMOVING FAT FROM RAW MEAT



1. Remove large pieces of fat from the whole surface of the meat cut with a sharp knife.



2. To remove the membrane that covers meat, slide the knife under it and move forward separating it from the meat without cutting it.



3. Keep the membrane stretched with your free hand and move on separating it from the meat with the knife's blade slightly turned upwards.

TYING A PIECE OF MEAT



1. Use a long piece of butcher's string or cooking string and tie it around the long side of the piece. Make a knot at one end.



2. Make a loop with the string around the piece and pass it under the long string to fasten it. Tighten it and move on repeating this procedure.



3. Continue to the end of the piece, leaving an even distance between one loop and the next, (about two fingers).

CUTTING FILET MIGNON OR Tournedós



1. Remove the fat that surrounds the tenderloin, place the muscle-on (thickest part) in front of you and remove the chain (long muscle parallel to the tenderloin).



2. Remove the membrane that covers the meat, releasing it with a knife. Keep it stretched with one hand as you move forward with the knife with the blade turned upwards, to separate it.



3. Cut and separate both ends (the tail and the Chateau Briand). The remaining piece will have an even diameter.



4. Cut the central part in thick slices (tournedós).



5. Tie a piece of butcher's string around the tournedós so that they do not lose their shape during cooking.



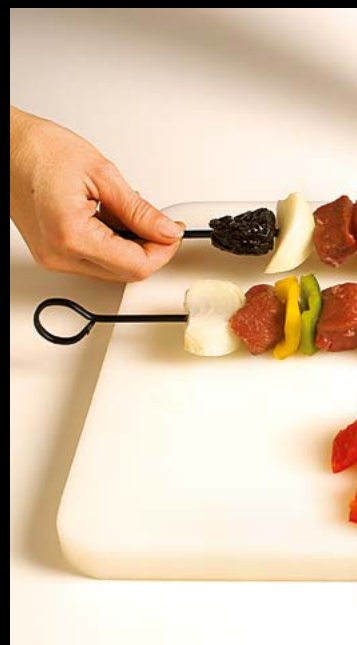
PREPARING BROCHETTES



1. Remove fat from a piece of meat and cut it in cubes. Cut vegetables or any desired ingredients in cubes or small pieces.



2. If you are using wood skewers, wet them to prevent them from burning during cooking.



3. Insert the meat and vegetables in the skewers alternating them until completing the whole length.

PREPARING STEAKS FOR THE GRILL



1. Remove thick fat from the steaks. Leave a thin layer of fat so that the meat turns out juicy.



2. Make cuts in the fat along the steak so that it does not curve when it is cooked.

PREPARING HAMBURGERS



1. Put ground beef in a bowl. Add the rest of the ingredients that you are using for the mixture and integrate well.



2. Put a portion of the mixture in a hamburger mold or a ring (3 inches / 7 cm in diameter) and press with a spoon or lid.



3. Cover the hamburgers with film and chill in the refrigerator for 20 minutes. Heat the grill well and cook the hamburgers.

PREPARING A LAMB CROWN



1. Trim away the fat from the bones exposing the first 2" / 5 cm of bone.



2. Remove the meat and tissue between the bones.



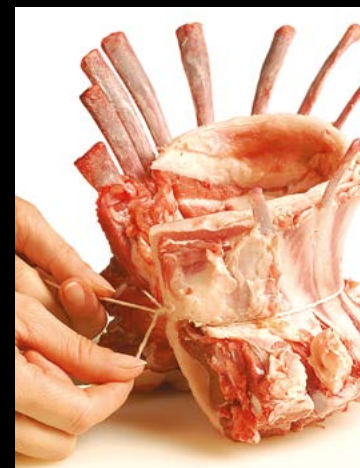
3. Scrape the bones with the knife one by one to leave them bare.



4. Lay the rack bone-side down and make cuts in the meat between the ribs, to then be able to fold the rack.



5. Stand the rack with the bone upward and fold it with the meat outward, forming a crown.



6. Push the ribs slightly outwards. Tie some cooking twine around the meat to keep it in shape. Now it is ready to grill or roast.

DEBONING PORK LOIN



1. Remove excessive fat from the loin. Make cuts between the ribs, cutting the meat away from them. The cuts should not go deeper than the ribs themselves.



2. Make a cut parallel to the ribs to separate the meat from the bones, starting at the end without the shoulder blade. To minimize loss of meat, keep your knife angled towards the bone at all times of the cutting process.



3. Cut around the visible part of the shoulder blade with the edge of your knife.



4. Pull the blade bone away from the meat and finish cutting to separate it completely.

PREPARING PORK TENDERLOIN



1. Remove excess fat from the tenderloin. Slide the knife under the membrane that covers it and separate the membrane from the meat cutting with the blade turned slightly upwards.



2. Cut slices about 1,2" / 3 cm thick. Reserve the thin end for another preparation.



3. Tie some cooking string around each slice to keep their shape.

CLEANING A WHOLE CHICKEN



1. Wash the chicken both inside and outside and dry it with paper towels.

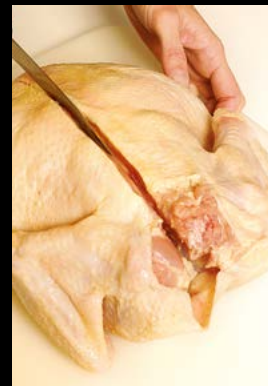


2. Remove the feathers that could still be adhered to the skin with a pair of flat pointed tweezers.



3. Pass the whole chicken over the flame of a burner to burn smaller feathers, turning it over quickly to prevent the skin from burning.

CUTTING A CHICKEN FOR THE GRILL



1. Lay the chicken on the breast and make a cut along the spine 0.4"/1 cm away from the bone, cutting from the neck to the tail.



2. Repeat the cut on the other side of the spine. Remove the spine.



3. Turn the chicken around, lay it with the breast up and press on the breast with the palm of your hands to release the sternon.



4. Using a knife, make a cut on the abdominal skin at leg height. Insert each leg in the orifice and bend the wings backwards.

CUTTING A WHOLE CHICKEN



1. Make a cut along the spine at hip height, to separate and release the thighs.



2. Cut the skin between the front and the back part of the leg. Continue cutting up to the thigh joint. Repeat with the other leg.



3. Carefully and delicately, dislocate the thigh joint. Cut with a knife to finish separating the piece. Repeat with the other thigh.



4. To separate the drumstick from the thigh, place the piece skin down on the cutting board and make a cut along the fat line. Repeat with the other drumstick and thigh.



5. Hold the carcass firmly with the breasts up and make a diagonal cut beneath the carcass, following the fat line under the breasts.



6. Take the breasts and press with the palm of your hands to release the sternon.

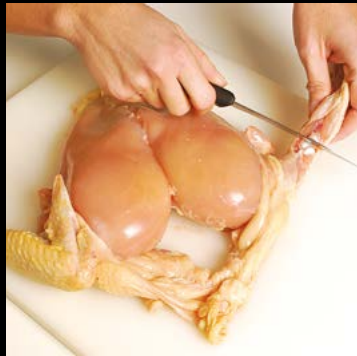


7. Cut the neck cartilage and pull the sternon to release it.



8. Cut along the middle of the breasts to divide them in 2. You can obtain two even pieces from each breast by cutting across diagonally beneath the wing bone.

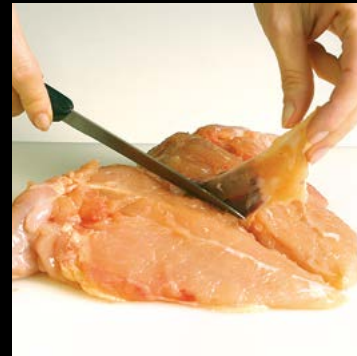
DEBONING THE BREASTS



1. Remove the skin over the breasts holding it with a paper towel to prevent it from slipping. Carefully cut the wing joints.



2. Make cuts along both sides of the coracoid bone, release it with your fingers and discard it.



3. Make a cut along the keel with the tip of the knife to expose it. Grip it firmly and pull backwards to release it. You can also cut along it to separate the breasts.

SLICING THE BREASTS



1. Remove all visible fat from the breasts. Separate the smaller half making a cut along it to separate it, with the knife parallel to the cutting board.



2. Lay the breast on the board and make a cut along it with the knife parallel to the board, cutting all the way to the other end of the breast. Repeat this cut dividing the breast into three thin slices.



3. Another way of slicing is to cut across the breast with the knife at 45° to obtain small, thin slices.



4. To obtain long strips, cut along the breast in strips 0.4"/1 cm thick.



5. To obtain short strips, make cuts across the breast.



6. To dice the breast, cut the strips into bite size pieces.

GRILLING BROCHETTES



1. Cut long strips 0.8"/2 cm thick. Dry the meat with paper towels and season with salt and pepper.



2. If you are using wood skewers, dip them in water to prevent them from burning while cooking.



3. Insert the strips in the skewers in a zigzag.



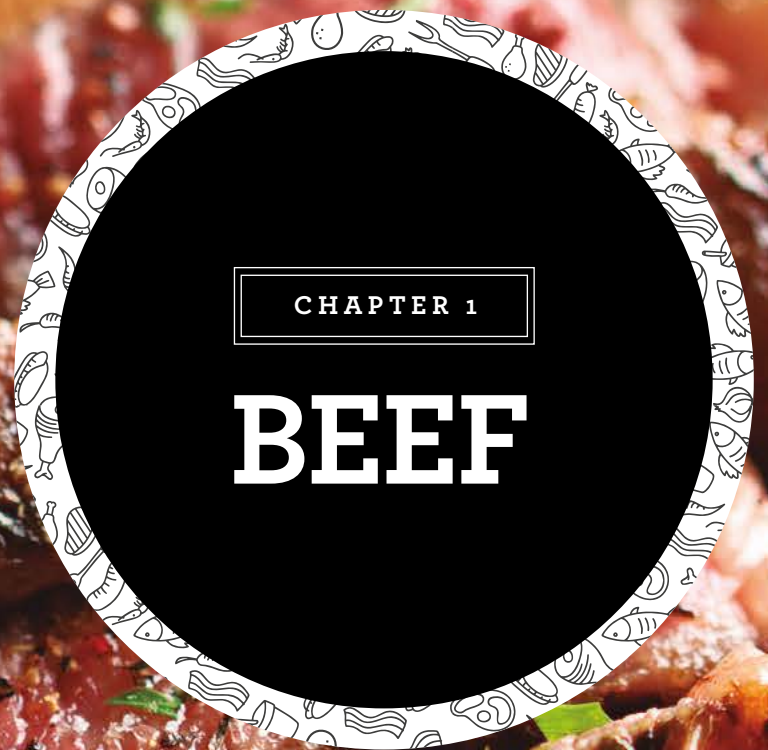
4. In a bowl, put the juice and zest of 1 lemon, 1 cup olive oil and chopped garlic and parsley to taste. Add salt and pepper and mix energetically.



5. Coat the chicken with flour and baste with the lemon marinade. Cover with plastic film and reserve in the refrigerator for 1 hour.



6. Remove and cook on the hot grill. Brown on both sides. Brush with the marinade several times while cooking.



CHAPTER 1

BEEF



STEAKS

WITH PEPPERCORNS



SERVES 4



DIFFICULTY: EASY



DINNER



90 MINUTES

*A simple dish, easy to make and super delicious.
Ideal with a side of salad or baked potatoes.*

INGREDIENTS

16 OZ/750 G BEEF STEAKS
SALT, TO TASTE
3 TBSP WHITE OR BLACK PEPPERCORNS
4 TBSP OLIVE OIL

PREPARATION

- 1. Season the meat with an abundant amount of salt. Crush the peppercorns (use a mortar or place on a board, cover with aluminum foil and crush with a mallet or rolling pin) and sprinkle over the meat.*
- 2. Light the fire in the grill, and once it is hot brush the grill with olive oil and place the steaks on top.*
- 3. Grill on both sides until browned and at the desired degree of doneness.*

Serve with salad or potatoes.



MEATBALL

BROCHETTES



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

An innovative way to serve meatballs.

INGREDIENTS

1 ONION
2 GARLIC CLOVES
1,1 LB/500 G GROUND BEEF
1 CUP BREAD CRUMBS
1 TBSP CUMIN
1 EGG
OIL, TO TASTE

CILANTRO SAUCE
3 RIPE TOMATOES
2 RED BELL PEPPERS
4 TBSP CHOPPED FRESH CILANTRO
JUICE OF 2 LEMONS
BLACK PEPPER, TO TASTE



PREPARATION

1. Finely chop onion and garlic. Put them in a bowl together with the ground beef, bread crumbs, cumin and slightly beaten egg. Mix well to combine.

2. Take small spoonfuls of mixture and form balls with your hands. Put the meatballs on a tray lined with plastic film and chill in the refrigerator for 30 minutes.

3. Preheat the grill at medium heat. Insert 4 meatballs in skewers and place on the grill previously sprayed with cooking spray. Turn the brochettes over to brown evenly and cook for 10 minutes, or until thoroughly cooked.

4. For the sauce, wash and peel the tomatoes, remove the seeds, dice them and put them in a bowl. Add the pepper, previously washed and chopped. Add cilantro, chopped garlic and lemon juice. Add pepper to taste and mix all ingredients. Cover the bowl and reserve in the refrigerator. Serve the brochettes with the sauce and a side of salad.





RARE

VEAL



SERVES 6



DIFFICULTY: MEDIUM



DINNER



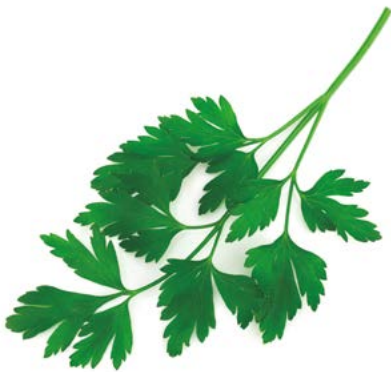
2 HOURS AND 30 MINUTES

Choose a lean cut so that the meat is easy to serve both plated and in sandwiches.

INGREDIENTS

3,3 LBS/1,5 K VEAL
SALT AND PEPPER, TO TASTE

WINE SAUCE
24 FL OZ/700 ML VEGETABLE BROTH
5 FL OZ/150 ML RED WINE
3 GARLIC CLOVES
BAY LEAVES, TO TASTE
3 TBSP CHOPPED PARSLEY
2 TBSP GROUND CHILI



PREPARATION

- 1. Remove all visible fat from the meat cut, add salt and pepper to taste. Put it on the hot grill and cook for approximately 50 minutes.*
- 2. For the sauce, put the broth and wine in a saucepan. Finely chop garlic and add to the saucepan together with bay leaves, chopped parsley and ground chili. Cook over low heat for 1 hour and 30 minutes so that alcohol evaporates.*
- 3. Cut the meat in slices and serve hot with the sauce. A side of vegetables can be added, if desired.*

This meat can also be served in small sandwiches for a lunch meal or dinner with a lot of people. Cut in thin slices and present with an assortment of breads.

MARINATED

STEAKS



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



1 HOUR AND 10 MINUTES

*A different way of preparing classic steaks.
The marinade provides a unique flavor.*

INGREDIENTS

FOUR 7 OZ/200G STEAKS
1 TBSP VEGETABLE BROTH
1 TBSP OLIVE OIL
1 TBSP BALSAMIC VINEGAR
3 TBSP FRESH ROSEMARY, CHOPPED
1 TSP PAPRIKA
SALT, TO TASTE

SALAD
1 CUP SPINACH LEAVES
1 ONION
1 CUP WHITE CABBAGE, SHREDDED
2 ORANGES
SALT AND PEPPER, TO TASTE
2 TBSP VINEGAR
3 TBSP VEGETABLE BROTH
1 TBSP OLIVE OIL



PREPARATION

1. Remove excess fat from the steaks and lay them in a deep tray without overlapping them. In a bowl, mix the broth, olive oil, vinegar, rosemary and paprika. Add salt to taste. Pour over the steaks and marinade for 1 hour, turning them over after half an hour.

2. Preheat the grill. Cook the steaks between 15 and 20 minutes, depending on the desired degree of doneness. Turn over halfway through cooking.

3. For the salad, julienne the spinach and onion. Put them in a salad bowl and mix with the cabbage. Peel the oranges, cut them in slices and cut each slice in half. Toss them with the vegetables.

4. Prepare a dressing by dissolving a little salt in the vinegar and broth. Add the olive oil, mix well and pour over the salad. Serve with the steaks.

Meat should not be frozen or half frozen when cooked because it can stay raw inside.





EGG

BURGER



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR AND 20 MINUTES

A delicious, hearty hamburger for a full lunch.

INGREDIENTS

BURGERS

18 OZ/500 G GROUND MEAT

1 RED ONION

2 GARLIC CLOVES

1 TBSP BBQ SAUCE

1 EGG

1 TBSP FLOUR

SALT AND PEPPER, TO TASTE

SANDWICHES

6 SLICES BACON

6 EGGS

6 HAMBURGER BUNS

6 LETTUCE LEAVES

12 TOMATO SLICES

PREPARATION

1. For the burgers, mix the meat with the chopped onion and garlic in a bowl. Add the BBQ sauce, egg, flour and salt to taste. Mix well until all ingredients are combined.
2. Shape 6 burgers and cook them on a hot grill over moderate heat, flipping them over halfway through cooking.
3. On a broiler or frying pan, sear the bacon until crispy, and then fry the eggs in a little oil.
4. To assemble the burgers, cut the buns open, place a lettuce leaf on the bottom of each, add 2 tomato slices, a burger, a slice of bacon and finish with the egg. Cover with the top of the bun and serve.

These burgers can also be made replacing half of the beef with ground pork meat to obtain a more intense flavor.



TENDERLOIN

FILET MIGNON



SERVES 4



DIFFICULTY: MEDIUM



DINNER



1 HOUR AND 20 MINUTES

Tenderloin is a lean and tasty cut. An ideal preparation for those on a healthy diet.

INGREDIENTS

4 FILET MIGNON
FRESH ROSEMARY, TO TASTE
2 LEEKS
2 CARROTS
1 TBSP BUTTER
SALT AND PEPPER, TO TASTE

To make a garden salad, mix 1 cup of mixed greens, 1 julienned red onion, 6 cherry tomatoes cut in half, 6 boiled asparagus and some fennel slices. To dress, make a vinaigrette with 1 tbsp of corn oil, 1 tsp mustard, 1 tbsp vinegar, salt and pepper to taste.



PREPARATION

1. Remove the fat that surrounds the tenderloin, place the muscle-on (thickest part) in front of you and remove the chain (long muscle parallel to the tenderloin). Remove the membrane that covers the meat, releasing it with a knife. (See Basic Techniques, page 25).

2. Cut and separate both ends (the tail and the ChateauBriand) to have an even diameter in the resulting piece.

3. Cut the central part in thick slices (tournedós or filet Mignon). Tie some cooking twine around the sides of each slice (put some rosemary leaves between the string and the meat) so that they do not lose their shape while cooking. Season with salt and ground black pepper. Cook on the grill until they are browned on both sides and at the desired degree of doneness inside. Serve with the vegetables sautéed in butter and seasoned with salt and pepper, or with a garden salad on the side.





TENDERLOIN

WITH PEPPER



SERVES 4



DIFFICULTY: MEDIUM



DINNER



1 HOUR AND 30 MINUTES

The peppers on the side together with the aroma of thyme imprint on this dish a unique touch, with a reminiscence of Spanish cuisine.

INGREDIENTS

2.2 LB/1 KG BEEF TENDERLOIN
1 RED BELL PEPPER
1 GREEN BELL PEPPER
1 YELLOW BELL PEPPER
5 FL OZ/150 ML BROTH
2 GARLIC CLOVES
SALT AND PEPPER TO TASTE
FRESH THYME TWIGS

PREPARATION

- 1. Remove fat from the tenderloin and add salt. Place on the hot grill.**
- 2. Meanwhile, cut the peppers in thick strips and put in an oven pan with the broth. Sprinkle the chopped garlic on top. Add salt and pepper to taste. Place the pan on the grill and cook until the peppers are tender.**
- 3. Serve the tenderloin cut in slices with the roasted peppers on the side. Garnish with fresh thyme twigs.**

This meat can be plated or cut in thin slices and served in sandwiches.



STUFFED

FILET



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



50 MINUTES

A very tasty dish, with an innovative combination of beef, vegetables, mozzarella cheese and mustard. An explosion of flavors!

INGREDIENTS

6 BEEF FILETS
1 RED BELL PEPPER
1.7 OZ /50 G MOZZARELLA CHEESE
6 SPINACH LEAVES
SALT AND PEPPER, TO TASTE
COOKING SPRAY
DIJON MUSTARD, TO TASTE

Make a spinach and Parmesan cheese salad to side these filets. Wash two bundles of spinach and drain well. Put the leaves in a bowl and add Parmesan cheese cut into flakes. For the dressing, mix 1.5 tbsp/20 ml olive oil with the juice of ½ lemon, salt and pepper to taste. Mix well and drizzle over the salad. Sprinkle some walnuts on top, mix and serve right away.



PREPARATION

1. Cut each filet in half without separating the two pieces. Open like a book.
2. Wash the bell pepper, remove the seeds and the ribbings and cut it into even pieces. Slice the mozzarella cheese. Put a piece of pepper, 1 spinach leaf, previously washed and dried and 1 slice of cheese in the middle of the filet.
3. Close and hold in place with a toothpick. Season with salt and pepper, spray the grill with cooking spray and grill the filets until browned on both sides. Serve hot, with a spoonful of mustard.





CHEESE

BURGER



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR AND 20 MINUTES

*A delicious homemade burger
with the full flavor of meat*

INGREDIENTS

BURGERS

- 1 LB/500 G GROUND BEEF
- 1 SMALL ONION
- 1 GARLIC CLOVE
- 1 TBSP WORCESTERSHIRE SAUCE
- 1 EGG
- 1 TBSP FLOUR
- SALT AND PEPPER, TO TASTE

SANDWICHES

- 6 HAMBURGER BUNS
- 6 CHEDDAR CHEESE SLICES
- 6 LETTUCE LEAVES
- 1 PURPLE ONION
- PICKLES, TO TASTE

PREPARATION

1. For the burgers, put the ground beef in a bowl and mix with the finely chopped onion and garlic. Add the Worcestershire sauce, egg, flour and salt and pepper to taste. Mix well to combine all ingredients.
2. Shape the burgers and grill them over moderate heat on both sides, until they are done. Before removing them from the grill, cover them with a slice of cheddar cheese and allow it to melt.
3. To assemble the burgers, cut the buns open and place a lettuce leaf at the bottom of each. Add some onion slices, then the cheeseburgers and finish with sliced pickles. Cover with the top of the bun and serve with French fries.



Nothing better than an authentic Mojito to go with these cheeseburgers. To make it, put some crushed ice in a cocktail shaker, add 1 measure rum, 2 tbsp sugar and the juice of 1 lime. Shake well, incorporate some fresh mint leaves and continue shaking. Add 1.7 oz/50 ml seltzer and the juice of 1 lemon and stir softly. Serve in a glass and garnish with lime slices.

MEAT BITES

WITH EGG



SERVES 4



DIFFICULTY: LOW



APPETIZER



50 MINUTES

An ideal appetizer for lunch in the country. No need for silverware but have some paper napkins at hand.

INGREDIENTS

2 BREAD SLICES
OLIVE OIL, AS NEEDED
8 BEEF MEDALLIONS
SALT AND PEPPER, TO TASTE
8 QUAIL EGGS
OIL TO FRY, AS NEEDED
FRESH PARSLEY, TO GARNISH

An ideal appetizer to be served before the main course. So practical, there is no need to use silverware to enjoy these delicious bites.



PREPARATION

1. Cut 4 circles out of each bread slice with a cookie cutter. Put them on a baking pan drizzled with olive oil and bake in a preheated oven at high temperature (390°F/200°C) until golden and crisp. Remove from heat and place on a paper towel to drain excessive oil. Reserve.

2. Season the meat with salt and pepper to taste. Grill the medallions on a hot grill until browned on both sides. Remove from heat and reserve.

3. Put 1 medallion on each round toast. Fry the quail eggs in a skillet with hot oil. Remove them with a spatula and place each egg on a beef medallion. Garnish with fresh parsley leaves and serve immediately.





PHILLY

CHEESE STEAK



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



40 MINUTES

Originally from Philadelphia, this sandwich has become a grilled classic.

INGREDIENTS

1 ONION
½ GREEN BELL PEPPER
OIL, AS NEEDED
11 OZ/300 G ROAST BEEF
SALT AND PEPPER, TO TASTE
4 SHORT LOAVES OF BAGUETTE BREAD
4 CHEESE SLICES



PREPARATION

1. Cut the onion and pepper in thin slices (julienne). Sauté in a frying pan with some oil until tender. Reserve.
2. Cook the meat on a hot grill until well done but not dry. Add salt and pepper to taste.
3. Open the bread in half and put the cheese slices in the middle. Place on the hot grill for a few minutes, until the cheese melts. Stuff with the sliced meat and sautéed vegetables and serve immediately.

This American classic is ideal for an outdoor informal lunch.

SHORT RIBS

WITH SOY SAUCE



SERVES 4



DIFFICULTY: LOW



LUNCH



2 HOURS

*An innovative preparation to enjoy short ribs.
The soy sauce marinade provides a new flavor.*

INGREDIENTS

6 LARGE GARLIC CLOVES
2 CUPS WATER
 $\frac{3}{4}$ CUP SOY SAUCE
 $\frac{1}{3}$ CUP BROWN SUGAR
 $\frac{1}{2}$ CUP VINEGAR
3 LB/1.5 KG SHORT RIBS
SALT AND PEPPER, TO TASTE

*Keep the meat at room temperature at least
two hours before cooking it to make sure it
turns out tender and juicy.*



PREPARATION

1. Put all the ingredients for the marinade in a blender or food processor and blend until obtaining a consistent mixture.
2. Place the meat in a shallow pan with the marinade and reserve in the refrigerator for 2 to 4 hours.
3. Remove the meat from the marinade and cook on a hot grill until browned. Halfway through cooking, season with salt and red pepper to taste and turn over. Continue cooking until the desired degree of doneness.
4. Serve hot with a side of salad or rice.





BITTERSWEET

BITES



SERVES 8



DIFFICULTY: LOW



APPETIZER



2 HOURS

These bites can be served as snacks or appetizers. They are easy to make yet very sophisticated, ideal for a formal meal.

INGREDIENTS

14 OZ/400 G BEEF TENDERLOIN
SALT AND PEPPER, TO TASTE
3 TBSP HONEY
2 TBSP MUSTARD
2 GARLIC CLOVES
9 OZ/250 G CHERRY TOMATOES
2 GRAPE CLUSTERS
3.5 OZ/100 G SUGAR
2 CLOVES
3.5 FL OZ/100 ML WATER

PREPARATION

1. Remove all visible fat and membrane from the tenderloin. Add salt and pepper to taste. In a small bowl, put the honey, mustard and finely chopped garlic, and mix well. Brush the meat with the mixture, put on a tray and refrigerate for 1 hour.

2. Remove the meat from the refrigerator and dice. Insert the meat dice in wooden skewers together with a red or yellow cherry tomato. Grill until the meat is brown. Turn over during cooking so that they brown evenly.

3. Wash the grapes, remove the seeds and put them in a saucepan together with the water, sugar and clove. Cook over low heat until obtaining a marmalade. Brush the mini brochettes with the marmalade and serve.



Before putting any food on the grill, make sure that it is clean and it has no residue from previous preparations.

RUSTIC

SANDWICH



SERVES 4



DIFFICULTY: LOW



APPETIZER



50 MINUTES

Delicious bites to be served to your guests before the main course.

INGREDIENTS

4 BREAD SLICES
OLIVE OIL, AS NEEDED
1 TSP ROSEMARY
4 TENDERLOIN STEAKS
SALT AND PEPPER, TO TASTE
1 RED BELL PEPPER
½ CUP ENDIVES

SALSA CRIOLLA
1 TOMATO
1 ONION
1 TBSP OLIVE OIL
1 TBSP VINEGAR

If you wish to remove the skin from the bell pepper, put it over the fire until the skin turns black. Hold it with a long fork to avoid getting burned. Once the pepper is black all around, remove all the skin. Cut in long strips, remove the seeds and put in a bowl with oil and salt.

PREPARATION

1. Put the bread slices on the grill, drizzle with olive oil and sprinkle with rosemary. Toast them until golden.

2. Remove all visible fat from the steaks and season with salt and pepper. Put them on the grill and cook until brown and done inside. Wash the pepper, remove the seeds and cut in thick strips. Cook on the grill, drizzled with olive oil.

3. For the salsa, wash and dice the tomato. Peel and finely chop the onion. Mix the tomato, onion, olive oil and vinegar.

4. To assemble, put some grilled pepper on each bread slice, add some endives, place a steak on top and drizzle with salsa criolla.





DOUBLE MEAT

WITH BACON



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR AND 20 MINUTES

*A very nutritious hamburger, nobody will go hungry.
Make them with only one burger for small children.*

INGREDIENTS

BURGERS

- 2.2 LB/1 KG GROUND BEEF
- 2 SMALL ONIONS
- 2 GARLIC CLOVES
- 2 TBSP DIJON MUSTARD
- 2 EGGS
- 2 TBSP FLOUR
- SALT AND PEPPER, TO TASTE

SANDWICHES

- 6 BACON STRIPS
- 12 CHEESE SLICES
- 6 HAMBURGER BUNS
- 6 LETTUCE LEAVES
- 2 ROASTED PEPPERS

PREPARATION

1. For the burgers, mix the meat with the finely chopped onions and garlic in a bowl. Add the mustard, eggs and flour. Add salt and pepper to taste. Mix well until all ingredients are combined.
2. Shape 12 burgers and grill them over medium heat on both sides until thoroughly cooked. Before removing from heat, cover each burger with a slice of cheese and allow it to melt. Put the bacon on a broiler or skillet and cook until brown and crisp.
3. To assemble the hamburgers, cut the buns open, and stack on each: 1 burger, lettuce cut in strips, another burger, roasted pepper and bacon. Cover with the top of the buns and serve. Add mayonnaise or other dressings, to taste.

Make the burgers thinner than usual so that they are easier to eat.



BURGER WITH

MUSHROOMS AND BLUE CHEESE



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

*A gourmet burger for demanding palates.
Blue cheese provides a distinctive touch.*

INGREDIENTS

BURGERS

1.1 LB/500 G GROUND BEEF
1.5 OZ/45 G BREAD CRUMBS
1 EGG
1 TBSP CHOPPED PARSLEY
7 OZ/200 G MUSHROOMS
1 TBSP OIL

SANDWICHES

6 HAMBURGER BUNS
MIXED GREENS
7 OZ/200 G BLUE CHEESE
SWEET POTATOES, TO SIDE



PREPARATION

1. In a bowl, mix the meat, bread crumbs, egg and parsley. Add the mushrooms, previously sliced and sautéed in oil. Shape 6 burgers.

2. Heat the oil in a frying pan on the grill and cook the burgers over medium heat, 3 minutes on each side or until the desired degree of doneness.

3. Cut the buns open and assemble the sandwiches with mixed greens, the burgers and blue cheese. Serve with fried sweet potatoes.

These burgers pair well with red lager. Blue cheese is a fine match for this variety's notes.

Beef





BEEF CHOPS

WITH PARSLEY BUTTER



SERVES 4



DIFFICULTY: MEDIUM



DINNER



1 HOUR

A subtle combination of smooth flavors, ideal to be served with a good white wine for a summer dinner.

INGREDIENTS

4 TBSP OLIVE OIL
SALT AND PEPPER, TO TASTE
4 BEEF CHOPS
200 G BUTTER
3-4 TBSP CHOPPED FRESH PARSLEY

PREPARATION

1. Put the oil, salt and pepper in a shallow tray. Pass the chops over the mixture on both sides so that they get well impregnated with the oil. Reserve.
2. Melt the butter and mix with the parsley in a bowl. Add salt and pepper to taste.
3. Grill the chops for 10 minutes on each side or to the desired degree of doneness, basting them frequently with the butter they cook.
4. Once they are ready, remove and wrap in aluminum foil for 5 minutes until all flavors settle, and then serve.

Parsley butter is ideal to baste any meat, whether it is beef, pork, lamb and even poultry.



STUFFED

MEAT



SERVES 6



DIFFICULTY: HIGH



DINNER



2 HOURS

A dish for a special occasion, ideal to be served with a glass of red wine.

INGREDIENTS

ONE 3 LB/1.5 KG BEEF TENDERLOIN
5 LEEKS
SALT AND PEPPER, TO TASTE

SAUCE
1 TBSP OREGANO
½ TBSP PAPRIKA
SALT AND PEPPER, TO TASTE
3.4 FL OZ/100 ML SHERRY
3.4 FL OZ/100 ML BEEF STOCK
2 SHALLOTS

As a side dish, put 2.2 lb/1 kg cherry tomatoes cut in half in a baking pan. Add salt and pepper to taste and cover with a mixture of 3 garlic cloves, 2 tbsp chopped parsley, 3 tbsp bread crumbs, 3 tbsp grated cheese and 1 oz /25 g butter. Bake in hot oven and serve.



PREPARATION

1. Remove excess fat from the tenderloin. With a long, sharp knife, make a lengthwise cut all along the piece, just reaching the center but not cutting across the tenderloin. Wash the leeks, remove the tough green end and cut them the same length as the tenderloin. Introduce the leeks into the meat where you cut it and tie the piece with cooking string so that it does not lose its shape. Season with salt and pepper.

2. For the sauce, mix the oregano, paprika, salt and pepper in a saucepan. Add the sherry, beef stock, shallots and tough part of the leeks. Cook over medium heat until the vegetables are tender.

3. Place the tenderloin on the hot grill and baste with the sauce. Cook for 1 hour approximately, basting frequently. Serve with the suggested side dish or any other of your choice.

The stuffing can vary according to taste. You may use ham and cheese, mushrooms and even sausages.





CHAPTER II

PORK *AND LAMB*



CROWN

OF LAMB



SERVES 6



DIFFICULTY: HIGH



DINNER



3 HOURS

*This dish takes time to make but it is worth it.
Assured success for festive evenings.*

INGREDIENTS

1 RACK OF LAMB
SALT AND PEPPER, TO TASTE
1.7 OZ/50 G BUTTER
1 THYME TWIG
1 ROSEMARY TWIG

SIDE DISH
18 OZ/500 G BRUSSEL SPROUTS
SALT AND PEPPER, TO TASTE
1 TBSP BUTTER
2 TBSP LIGHT BROWN SUGAR
1 TBSP GROUND THYME
½ TSP PAPRIKA



PREPARATION

1. Prepare a lamb crown (see Basic Techniques, page 22).
2. Wrap each bone with aluminum foil to prevent them from burning while cooking. Add salt and pepper to taste and brush the meat with the softened butter mixed with chopped thyme and rosemary.
3. Place the crown on the grill once the embers are ready. Since this cut of meat takes a long time the grill must be prepared ahead of time. Turn the meat around as it cooks, so that it browns all over.
4. For the side dish, boil the Brussel sprouts in water with salt until they are tender. Drain well. Melt the butter and the light brown sugar in a skillet over high heat, add the Brussel sprouts and sauté until they are golden. Season with thyme, paprika, and salt and pepper to taste.

A sauce for this dish: Put 7oz/200 g ketchup in a small saucepan. Add 2 tbsp light brown sugar, 7 fl oz /200 ml vegetable broth, 1 tbsp white vinegar and 1 tbsp Worcestershire sauce. Bring to the boil and add ½ tbsp chopped parsley. Cook for a few minutes.

BITTERSWEET

PORK RIBS



SERVES 6



DIFFICULTY: MEDIUM



DINNER



3 HOURS AND 30 MINUTES

*Eat them plated or as a snack.
These classic pork ribs are irresistible.*

INGREDIENTS

4 TBSP KETCHUP
2 TBSP HONEY
2 TBSP OLIVE OIL
1 TBSP WINE VINEGAR
3 TBSP ORANGE JUICE
2.2 LB/ 1 KG PORK RIBS

*This mixture for marinating is also ideal
for chicken wings.*



PREPARATION

1. In a bowl, combine ketchup, honey, olive oil, vinegar and orange juice.
2. Place the ribs in an oven pan, brush with the sauce and marinate in the refrigerator for 2 hours.
3. Remove and cook on the grill over high heat. When you turn them over, brush with the mixture again to add flavor.
4. Serve with mashed potatoes or coleslaw if desired.





PORK

BROCHETTES



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



1 HOUR AND 30 MINUTES

A delicious combination: pork meat with prunes and honey, bittersweet flavors that cannot fail.

INGREDIENTS

- 14 OZ/400 G PORK FILET
- 2 ONIONS
- 1 RED BELL PEPPER
- 1 ZUCCHINI
- 4 PRUNES
- 7 OZ/200 ML WHITE WINE
- 2 TBSP OLIVE OIL
- 1 TBSP HONEY
- 1 TBSP THYME
- SALT, TO TASTE

PREPARATION

1. Cut the pork meat in cubes, the onions in quarters, the pepper in squares and the zucchini in slices. Put the meat and vegetables in a deep pan. Add the pitted prunes.
2. In a bowl, mix the white wine, oil, honey, thyme and salt to taste. Pour this marinade over the meat and vegetables. Allow to marinate in the refrigerator for 2 hours, stirring occasionally to infuse all the ingredients with the marinade's flavors.
3. Insert the meat pieces, vegetables and prunes on to brochette skewers, alternating them. Cook the brochettes on a preheated grill until the meat is done and the vegetables are browned. Baste with the marinade several times while cooking. Serve hot with a side of mixed greens salad.



To prevent the skewers from burning, brush them with olive oil. This will also add extra flavor.

PORK CHOPS

WITH APPLE GLAZE



SERVES 4



DIFFICULTY: LOW



DINNER



40 MINUTES

*A different way of preparing pork chops.
The apple glaze provides the perfect touch.*

INGREDIENTS

4 TBSP OLIVE OIL
1 TSP SALT
1 TSP BLACK PEPPER
4 PORK CHOPS

APPLE GLAZE
3 GREEN APPLES
2 TBSP SUGAR
JUICE OF 1 LEMON
5 OZ/150 ML WHITE WINE

*Another option is to make the glaze with
peaches or pears.*



PREPARATION

1. Mix the oil with the salt and pepper in a deep pan. Add the chops and turn them over several times so that the mixture gets infused in the meat.
2. For the glaze, peel the apples, remove the seeds and dice.
3. Put the diced apples in a saucepan with the sugar, lemon juice and white wine. Cover and cook over medium heat stirring occasionally until they are tender. Allow to cool and process or blend to obtain a homogeneous mixture.
4. Cook the chops on a hot grill on both sides, brushing them with the glaze. Serve immediately.





PORK

AND COLESLAW SANDWICH



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



2 HOURS AND 40 MINUTES

These sandwiches are a great option for an informal lunch outdoors, easy to serve and super tasty.

INGREDIENTS

1 PORK SHOULDER
OLIVE OIL
2 ONIONS
6 GARLIC CLOVES
10 FL OZ/300 ML LAGER
SALT AND PEPPER, TO TASTE
2 TBSP BBQ SAUCE

COLESLAW
4 OZ/120 G MAYONNAISE
2 TSP APPLE VINEGAR
½ TSP HONEY
SALT AND PEPPER, TO TASTE
1 CARROT
½ WHITE CABBAGE
½ GREEN CABBAGE

PREPARATION

1. Put the pork shoulder in a large bowl together with the olive oil, chopped onions, peeled whole garlic cloves, lager, salt and pepper. Cover with plastic film and allow to marinate overnight.
2. Place the pork shoulder on the hot grill and cook over low heat for 2 hours, or until well done. Allow to rest for 30 minutes and shred.
3. For the coleslaw, put the mayonnaise, vinegar, honey, salt and pepper in a bowl and mix to integrate. Add the shredded carrot and julienned cabbage and mix with the dressing.
4. Assemble the sandwiches with the shredded meat, coleslaw and BBQ sauce.

A good drink to pair with these sandwiches is the classic John Collins. Put some crushed ice in a tall glass, add 1 measure tequila, 1 measure lemon juice and 1 tsp sugar. Add seltzer to taste and garnish with a lemon slice.



PORK CHOPS

WITH FRESH HERB RUB



SERVES 4



DIFFICULTY: MEDIUM



DINNER



1 HOUR

A truly aromatic preparation. Rosemary must be used fresh and in moderation, due to its intense flavor.

INGREDIENTS

4 SHALLOTS
1 TBSP CHOPPED ROSEMARY
1 TBSP CHOPPED CHIVES
1 TBSP CHOPPED SAGE
1 TBSP CHOPPED PARSLEY
4 PORK CHOPS
SALT AND PEPPER, TO TASTE

For a side dish, make a cherry tomato salad.

Mix 1.1 lb/500 g clean cherry tomatoes, 1 shredded hard boiled egg and 1 tbsp chopped fresh parsley. Drizzle with olive oil and add salt and pepper to taste.



PREPARATION

1. *Finely chop the shallots. Mix them with the chopped fresh herbs. Reserve.*
2. *Grill the pork chops on one side. Turn over, add salt and pepper to taste and rub with the shallot and herb mixture.*
3. *Cook to the desired degree of doneness and serve.*





PORK MEDALLIONS

WITH LEMON AND THYME



SERVES 4



DIFFICULTY: LOW



DINNER



30 MINUTES

*A delicious way to prepare pork loin medallion steaks.
An ideal cut for an elegant meeting.*

INGREDIENTS

7 OZ/200 G PORK BUTTERFLY MEDALLIONS OR 4
PORK LOIN MEDALLION STEAKS,
ABOUT 5 OZ/150 G EACH
2 TBSP OLIVE OIL
1 TBSP LEMON JUICE
1 TBSP FRESH THYME LEAVES
¼ TSP GROUND BLACK PEPPER

PREPARATION

- 1. If using pork loin medallion steaks, shape into rounds by securing thinner tail end to the medallion with toothpicks.*
- 2. Trim meat of excess fat and sinew.*
- 3. Combine oil, lemon juice, thyme and pepper, brush over meat.*
- 4. Place meat on lightly oiled flat plate or grill. Cook over medium heat for 5 minutes on each side or until tender. Serve with mashed potatoes, bacon and mustard sauce covered with a branch of smoking rosemary.*

Unless it is cooked carefully over a moderate heat, pork can become dry; because it is a close-textured meat, it also can become tough. Cuts such as those used in this recipe are done when the flesh feels fairly firm to the touch. It should be faint pink and juicy.



GOURMET

BURGER



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

*A hamburger that stands out among the classics.
Blue cheese is enough to turn it into a gourmet dish.*

INGREDIENTS

BURGERS

1.1 LB/500 G GROUND PORK MEAT

1 ONION

1 GARLIC CLOVE

1 TBSP DIJON MUSTARD

1 EGG

1 TBSP FLOUR

SALT AND PEPPER, TO TASTE

OIL SPRAY

8 OZ/240 G BLUE CHEESE

SANDWICHES

6 HAMBURGER BUNS

7 OZ/200 G FRESH SPINACH

SHOESTRING POTATOES, TO TASTE

BBQ SAUCE, AS NEEDED



PREPARATION

1. For the burgers, mix the ground meat, chopped onion and minced garlic in a bowl. Add the mustard, egg and flour, and salt and pepper to taste. Mix well to combine all ingredients.

2. Shape 6 burgers and grill them on the hot grill lightly sprayed with oil. Before removing them from heat, place a portion of blue cheese on top of each and allow it to melt.

3. To assemble the sandwiches, cut the buns open, put a portion of spinach leaves on the bottom, a portion of shoestring potatoes, the burger with blue cheese and some BBQ sauce. Cover with the top of the bun and serve immediately.

Choose a lean meat cut so that the hamburgers are not excessively fatty.





PORK SHOULDER

WITH APPLESAUCE



SERVES 8



DIFFICULTY: MEDIUM



DINNER



2 HOURS AND 30 MINUTES

Apples are the perfect choice to side or add flavor to pork dishes.

INGREDIENTS

8.8 LB/4 KG PORK SHOULDER
SALT, TO TASTE
APPLESAUCE
1.1 LB/500 G GREEN APPLES
5 FL OZ/150 ML WATER

SAUCE
1 TBSP BRANDY
2 TBSP FLOUR
17 FL OZ/500 ML VEGETABLE BROTH
SALT AND PEPPER, TO TASTE
FRESH ROSEMARY, TO SERVE

Another side for this meat: mashed sweet potatoes with caramel. Peel and cut 2.2 lb/1 kg sweet potatoes. Cook in boiling water with salt until tender. In another saucepan, boil 3.5 oz/100 g sugar with 1 fl oz/30 ml water until forming a light caramel. Add 7 fl oz/200 ml heavy cream and stir until all ingredients are combined. Mix the caramel sauce with the mashed sweet potatoes and add salt and pepper to taste.

PREPARATION

1. Remove all visible fat from the meat and add salt to taste. Tie with cooking twine to give it shape. Put on the preheated grill and cook for 50 minutes approximately, or until it is done.
2. For the applesauce, peel the apples, remove the core and cut in four. Put them in a saucepan with the water and cook until tender. Mash them with a potato masher and reserve.
3. For the sauce, heat the brandy in a small saucepan and boil for a minute. Remove from heat and add flour. Mix well and place over heat again, stirring continuously. Add the broth slowly while stirring and bring to the boil. Add salt and pepper to taste and remove from heat.
4. Cut the pork shoulder in slices 1 1/2 cm thick, and serve with applesauce and brandy sauce. Garnish with a twig of fresh rosemary.

MARINATED

LEG OF LAMB



SERVES 6



DIFFICULTY: MEDIUM



DINNER



4 HOURS

*An exquisite preparation to enjoy lamb meat.
The marinade provides perfect flavor and aroma.*

INGREDIENTS

1 LEG OF LAMB
2 SHALLOTS
2 LEEKS
2 BAY LEAVES
2 TBSP CHOPPED MIXED HERBS
ZEST OF 1 LEMON
5 FL OZ/150 ML OIL
3.5 FL OZ/100 ML BEER
SALT AND PEPPER, TO TASTE

Once the meat is done, allow it to rest for 15 minutes before cutting it so that all the juices settle and the flavor concentrates.

Serve with a salad made with mixed greens, purple onion, cucumber and cherry tomatoes.



PREPARATION

1. Place the leg of lamb on a cutting board and make small cuts on its surface at regular intervals. Introduce the shallots cut in halves or quarters in the openings. Reserve.
2. Cut the leeks in julienne. Put them in a bowl together with the bay leaves, chopped herbs and lemon zest. Add oil and beer, and mix well.
3. Put the leg of lamb in a deep pan, pour the mixture on top and allow it to marinate in the refrigerator for 2 hours. After 1 hour, turn it over so that it gets well infused with all the flavors.
4. Put the meat on the hot grill. Add salt and pepper. Baste with some of the marinade and reserve the rest. Cook for approximately 60 minutes, basting frequently. Cut along the initial marks and serve hot with ketchup, if desired.





LAMB CHOPS

WITH RASPBERRIES



SERVES 6



DIFFICULTY: LOW



DINNER



1 HOUR

Enjoy this bittersweet delicacy. The raspberry glaze can also be used with pork meat.

INGREDIENTS

12 LAMB CHOPS
SALT AND PEPPER, TO TASTE

GLAZE

1 TBSP ORANGE ZEST
1 TBSP GROUND GINGER
3 FL OZ/100 ML PORT WINE
3 FL OZ/100 ML ORANGE JUICE
3 FL OZ/100 ML RASPBERRY JAM
GREEN ONIONS

The raspberry glaze is also perfect for poultry.

PREPARATION

1. Remove excess fat from the chops and add salt and pepper to taste. Preheat the grill and cook the chops, 3 minutes on each side, until they are browned. Remove from heat and keep warm.
2. For the glaze, boil the orange zest and ginger in water for a few minutes. Strain. Put them in a skillet with the Port wine, orange juice, raspberry jam and finely chopped green onions. Bring to the boil, lower the heat and cook for 5 minutes or until the mixture is reduced to 1 cup.
3. Serve the lamb chops covered with the glaze, with a side of applesauce.



MARINATED

PORK TENDERLOIN



SERVES 6



DIFFICULTY: MEDIUM



DINNER



2 HOURS AND 55 MINUTES

An innovative preparation for daring palates, with the spiced flavors of clove, cinnamon and nutmeg.

INGREDIENTS

4 TO 6 PORK TENDERLOINS
SALT AND PEPPER TO TASTE
OLIVE OIL, AS NEEDED

MARINADE

1 TSP BLACK PEPPERCORNS
3 CLOVES
1 CINNAMON STICK
½ TSP GROUND NUTMEG
2 GARLIC CLOVES
2 FRESH CHILI PEPPERS
1 TBSP CHOPPED CHIVES
1 TSP SALT
2 TBSP APPLE VINEGAR
2 TBSP SOY SAUCE
1 TBSP WHITE WINE



PREPARATION

1. Remove all visible fat from the tenderloins, add salt and pepper to taste and reserve.

2. For the marinade, grind the peppercorns, clove, cinnamon and nutmeg in a mortar until finely ground. Add the finely chopped garlic and chili peppers, chives, salt, vinegar, soy sauce and white wine.

3. Cover the tenderloins with the marinade, wrap in plastic film and reserve in the refrigerator for 2 hours.

4. Put the meat on a board and brush with olive oil on both sides. Tie it with cooking string, add salt and pepper to taste and leave it at room temperature for 30 minutes.

5. Place the meat on the hot grill and cook until the center is done. Remove from heat, cover with aluminum foil and allow it to rest for 20 minutes so that the juices settle before serving.

Cut in slices and serve with white rice or in sandwiches.





LAMB CHOPS

IN VINEGAR



SERVES 4



DIFFICULTY: LOW



DINNER



2 HOURS AND 30 MINUTES

A dish both tasty and healthy. Lamb meat is lean and possesses numerous nutrients.

INGREDIENTS

4 TBSP OLIVE OIL
4 TBSP WINE VINEGAR
2 GARLIC CLOVES
8 LAMB CHOPS
SALT AND PEPPER, TO TASTE
FRESH ROSEMARY, TO SERVE

Serve these chops with a side of cous-cous or white rice.

PREPARATION

- 1. Mix the olive oil, vinegar and finely chopped garlic in a deep bowl.*
- 2. Season the chops with salt and pepper and add to the bowl. Turn them over several times so that they get infused with the mixture. Reserve for at least 2 hours.*
- 3. Preheat the grill and cook the lamb chops for several minutes on both sides, until the desired degree of doneness.*
- 4. Serve the chops garnished with fresh rosemary.*



PORK

KEBABS



SERVES 4



DIFFICULTY: LOW



LUNCH



1 HOUR

Pork Kebabs are a typical Arab dish. It can be served with a yogurt dip and pita bread.

INGREDIENTS

2.2 LB/1 KG PORK TENDERLOIN
2 TBSP OLIVE OIL
1 TSP PAPRIKA
1TSP OREGANO
1 TSP CUMIN
1 TSP THYME
1 TSP SALT
1 TSP PEPPER
BROCHETTE SKEWERS, AS NEEDED
CHIVES, TO SERVE



PREPARATION

1. To make the kebabs, cut the meat in cubes and mix with the oil, paprika, oregano, cumin, thyme, salt and pepper in a deep bowl. Toss them well so that they get covered with the mixture.
2. Prepare the grill and heat it to a high temperature.
3. Wet the brochette skewers with water and insert the meat. Grill the brochettes turning them around until they reach the desired degree of doneness.
4. Allow them to rest for a few minutes and serve with chopped chives and parsley.

These kebabs can also be made with lamb meat or chicken.





SPICY

PORK RIBS



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



3 HOURS

This spicy meat can also be prepared without Tabasco sauce for a mild version, or if it is going to be served to children.

INGREDIENTS

FOUR 1.5LB/700 G PORK RIBS
SPICY MARINADE
2 TBSP BROWN SUGAR
3 TBSP TABASCO SAUCE
1 TBSP WORCESTERSHIRE SAUCE
4 TSP SALT

Serve with applesauce or baked sweet potatoes, if desired.

PREPARATION

- 1. To prepare the marinade, mix all ingredients in a large bowl and put the ribs inside, turning them around so that they get covered with the mixture.*
- 2. Cover with plastic film and reserve in the refrigerator for 2 hours.*
- 3. Put the ribs on the heated grill and cook over medium heat, basting them frequently with the marinade.*
- 4. When the meat is done, remove from heat and serve immediately.*



BITTERSWEET

LAMB BURGER



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR AND 10 MINUTES

A different way of making burgers. Take into consideration that lamb meat cooks faster than beef.

INGREDIENTS

BURGERS

1.5 LB/700 G GROUND LAMB MEAT

1 SMALL ONION

1 GARLIC CLOVE

1 TBSP MUSTARD SEEDS

1 EGG

1 TBSP FLOUR

SALT AND PEPPER, TO TASTE

SANDWICHES

6 BURGER BUNS

6 LETTUCE LEAVES

1 ONION

7 OZ/200 G BRIE

RASPBERRY SAUCE, TO TASTE



PREPARATION

1. For the burgers, mix the ground meat with the finely chopped onion and garlic and the mustard seeds in a bowl. Add the egg, flour and salt and pepper to taste. Mix well until obtaining a homogeneous and compact mixture.

2. Shape 6 burgers of the same size and cook on a hot grill lightly drizzled with olive oil. Cook them over medium heat on both sides until they are done.

3. To assemble the hamburgers, cut the buns open, place a lettuce leaf on the bottom of each one, then a burger, some onion rings, a slice of brie and a spoonful of raspberry sauce. Cover with the top of the buns and serve immediately.

Burgers can be frozen up to 6 months. Put plastic film between them so that they can be separated easily.





CHAPTER III

POULTRY



BUTTER

CHICKEN



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



3 HOURS

A simple and tasty recipe. This chicken can be served with a green salad or French fries.

INGREDIENTS

2 SMALL CHICKENS

BUTTER MARINADE

7 OZ/200 G BUTTER

2 TBSP OLIVE OIL

SALT AND PEPPER, TO TASTE

4 CHOPPED GARLIC CLOVES

To know if the chicken is done, stick a knife or a wooden skewer in the meat and check that the juice coming out is light in color.

PREPARATION

1. Cut the chicken in half, separating the drumsticks and thighs from the wings and breasts. Reserve.

2. For the marinade, melt the butter and mix all the ingredients in a large bowl. Add the chicken pieces and turn them over so that they get well infused with the marinade. Cover with plastic film and reserve in the refrigerator for 2 hours.

3. Remove the chicken from the refrigerator and put it on the heated grill, skin side up. When it is done on the bottom, turn it over. Grill to the desired degree of doneness. Allow it to rest for 10 minutes before serving.



CHICKEN WINGS

WITH WHISKEY GLAZE



SERVES 6



DIFFICULTY: LOW



DINNER



50 MINUTES

*An innovative and easy preparation for an informal dinner.
These wings can even be eaten with your hands!*

INGREDIENTS

2.2 LB/1 KG CHICKEN WINGS
OIL, AS NEEDED

WHISKEY GLAZE

1 TBSP WHISKEY
2 TBSP APPLE VINEGAR
1 TBSP WORCESTERSHIRE SAUCE
2 TBSP HONEY
2 TBSP KETCHUP
1 TBSP MUSTARD
SALT AND PEPPER, TO TASTE
MAYONNAISE, OPTIONAL



PREPARATION

1. To make the glaze, put a skillet over medium heat and pour the whiskey. Flambé it until the flames go out and add the rest of the ingredients. Cook until the sauce has reduced in half.

2. Insert the wings into metal brochette skewers and brush with the glaze. Put them on the heated grill, previously drizzled with oil.

3. Cook the wings for 10 minutes on each side, brushing them frequently with the glaze. Serve with mayonnaise, if desired.

To know if the wings are done check that the meat comes apart from the skin easily and that the inside does not have a pink hue.





CHICKEN

BURGERS



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

A delicious variation of classic beef hamburgers. A perfect, healthy menu for children.

INGREDIENTS

1.1 LB/500 G GROUND CHICKEN MEAT
2 EGGS
3 TBSP BREAD CRUMBS
2 ONIONS
1 TBSP FRESH CHOPPED PARSLEY
SALT, PEPPER AND NUTMEG, TO TASTE

SANDWICHES

4 HAMBURGER BUNS
LETTUCE LEAVES
4 SLICES CHEDDAR CHEESE
1 LARGE TOMATO



PREPARATION

1. In a bowl, mix the ground chicken meat with the lightly beaten eggs, bread crumbs, 1 finely chopped onion and the chopped parsley.

2. Take portions of the mixture and shape them with your hands. Cook the burgers on a hot grill for approximately 10 minutes on each side. It is important that they be well cooked inside.

3. To assemble the hamburgers, place each burger inside a bun with some of the remaining onion cut in rings, some lettuce leaves, a slice of cheddar cheese and tomato slices.

Make a delicious honey and mustard dressing for these hamburgers:

In a bowl, mix 4 tbsp lemon juice, 2 tbsp alcohol vinegar, 2 tbsp honey and 1 tbsp mustard. Mix well and then slowly add 8 tbsp olive oil while beating constantly with a whisk until obtaining a sauce.

TERIYAKI

CHICKEN



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



3 HOURS

*A typical Japanese sauce in a version for the grill.
Teriyaki sauce is ideal to season chicken and pork.*

INGREDIENTS

1.1 LB/500 G CHICKEN BREASTS
SALT AND PEPPER, TO TASTE
2 TBSP SOY SAUCE
1 TBSP SESAME OIL
1 TBSP GREEN ONION, CHOPPED
SESAME SEEDS, TO TASTE

TERIYAKI SAUCE

1 TBSP SOY SAUCE
2 TBSP MIRIN
1 TBSP RICE VINEGAR
1 TSP GROUND GINGER
1.7 OZ/50 G SUGAR



PREPARATION

1. Cut the chicken into bite-sized cubes and put them in a deep bowl. Cover with the soy sauce and oil and mix well so that they get infused with the mixture.

2. For the Teriyaki sauce, put all ingredients in a saucepan over medium heat. Allow it to boil until it is reduced in half and it thickens to a syrup consistency.

3. Thread the chicken pieces on to wooden skewers previously wet with water. Put them on a hot grill lightly brushed with oil.

4. Grill the brochettes on both sides, brushing frequently with the Teriyaki sauce.

5. Serve the brochettes sprinkled with sesame seeds and green onions.

Mirin is a typical Japanese drink. If you cannot obtain it, replace it with sweet sherry.





CHICKEN THIGHS

WITH BBQ SAUCE



SERVES 4



DIFFICULTY: LOW



DINNER



3 HOURS

*A different way of making chicken thighs.
Serve with fried or baked sweet potatoes.*

INGREDIENTS

2.2 LB/1 KG SMALL CHICKEN THIGHS
SALT AND PEPPER, TO TASTE
OIL, AS NEEDED

BBQ MARINADE

1 TBSP PAPRIKA
2 TBSP OLIVE OIL
2 TBSP KETCHUP
2 TBSP MUSTARD
2 TBSP HONEY
1 TBSP WORCESTERSHIRE SAUCE

PREPARATION

1. To make the marinade, mix all ingredients in a large bowl. Add the chicken thighs seasoned with salt and pepper. Mix well to distribute the marinade on the thighs.

2. Cover the bowl with plastic film and reserve in the refrigerator for 2 hours.

3. Put the thighs on the hot grill previously brushed with oil. Grill the thighs on both sides until they are browned. Serve immediately.

Chicken wings can also be used instead of thighs.



STUFFED

TURKEY



SERVES 8



DIFFICULTY: HIGH



DINNER



5 HOURS

This recipe is a must for a festive dinner. A refined, delicious and hearty dish.

INGREDIENTS

ONE 13 LB/6 KG TURKEY

STUFFING

1 CUP RICE
4 CUPS WATER
1 TSP SALT
1.7 OZ/50 G BUTTER
4 ONIONS
2 CELERY STALKS
2 THYME TWIGS
2 TSP SALT
1 TSP PEPPER
4.5 OZ/125 G MUSHROOMS
½ CUP SWEET WINE
2 TBSP COGNAC
1 RED APPLE
½ CUP CHICKEN BROTH

SAUCE

2 APPLES
1 CUP CHICKEN BROTH
1 TBSP SUGAR
SALT AND PEPPER, TO TASTE

PREPARATION

1. For the stuffing, wash and drain the rice. Cook in a pot with water and salt. Strain and reserve.

2. In a skillet, melt the butter over medium heat. Add the chopped onions and celery, the thyme, salt and pepper. Cook for 5 minutes. Add the sliced mushrooms and continue cooking until the liquid from the mushrooms evaporates.

3. Add the cooked rice and mix well to combine. Add the wine and cognac, mix and allow the alcohol to evaporate. Add the apple, previously peeled and shredded, and the broth. Cook for another 5 to 7 minutes. Remove from heat, cool and reserve in the refrigerator for 1 hour. Afterwards, stuff the abdominal cavity of the turkey with this preparation and tie both legs with cooking twine.

4. For the sauce, peel and dice the apples. Put in a saucepan with the broth and sugar. Cook for 10 minutes, or until the apples are tender. Add salt and pepper to taste, remove from heat and process to obtain a sauce.

5. Put the turkey on the hot grill with the breast down. Brush the surface with the apple sauce and cook for 2 hours approximately, brushing frequently with the sauce.





LEMON

CHICKEN



SERVES 4



DIFFICULTY: LOW



DINNER



1 HOUR AND 30 MINUTES

A classic that everybody likes. Lemon chicken is really easy to make and it combines well with any side dish.

INGREDIENTS

3.5 OZ/100 G BUTTER
JUICE OF 2 LEMONS
4 GARLIC CLOVES
2 Tbsp FRESH CHOPPED ROSEMARY
4 CHICKEN LEGS AND THIGHS



PREPARATION

1. Melt the butter and mix with the lemon juice, finely chopped garlic and rosemary.

1. Brush the whole surface of the legs and thighs with the mixture and reserve the rest. Add salt and pepper to taste and put the chicken pieces on the grill with the skin up.

1. Continue brushing the chicken with the mixture while cooking. Grill for 60 minutes approximately, or until done.

Make a side of potatoes for this chicken. Wash 4 large potatoes thoroughly and cut in medium size sticks. Put in an oven pan and drizzle with olive oil. Add 4 lemons cut in slices on top, salt and pepper to taste and some thyme leaves. Bake for 50 minutes or until done.

CHICKEN AND

CHERRY TOMATO BROCHETTE



SERVES 4



DIFFICULTY: MEDIUM



DINNER



2 HOURS

These brochettes are ideal for a dinner with friends, paired with beer.

INGREDIENTS

2 CHICKEN BREASTS
2 GARLIC CLOVES
1 SHALLOT
1.7 OZ/50 ML CHICKEN BROTH
JUICE AND ZEST OF 1 ORANGE
SALT AND PEPPER, TO TASTE
8 CHERRY TOMATOES
2 PURPLE ONIONS
2 TBSP OLIVE OIL
BASIL LEAVES, TO GARNISH



PREPARATION

1. Clean, slice and dice the chicken breasts. Reserve. Finely chop garlic and shallot. Put in a bowl with the broth, orange juice and zest, add salt and freshly ground pepper to taste and mix well.
2. Put the chicken in a shallow pan, pour the marinade on top and allow it to rest for 90 minutes in the refrigerator..
3. Assemble the brochettes alternating the marinated chicken, cherry tomatoes and purple onion cut in cubes.
4. Cook the brochettes on the hot grill previously brushed with oil until they are browned on both sides. Baste with the marinade frequently while cooking. Serve with basil leaves.

Cous-cous is a perfect side dish for these brochettes. To season it, finely chop 1 bell pepper, add 2 tbsp orange juice, a few drops of olive oil and mix with 2 cups cooked cous-cous.





CHICKEN BREASTS

WITH LIME



SERVES 4



DIFFICULTY: LOW



LUNCH



3 HOURS

A light, healthy and low calorie meal. Breasts are the leanest part of the chicken and are ideal for low calorie diets.

INGREDIENTS

JUICE OF 4 LIMES
2 TBSP OLIVE OIL
1 TBSP FRESH CHOPPED ROSEMARY
SALT AND PEPPER, TO TASTE
4 CHICKEN BREASTS

PREPARATION

1. Mix the lime juice with olive oil, rosemary, salt and pepper in a large bowl.
2. Add the breasts, mix well and cover with plastic wrap. Take it to the refrigerator for 2 hours.
3. Put the breasts on the hot grill previously brushed with oil and cook on both sides until the meat is well cooked.
4. Serve the chicken tossed with some lime slices and fresh rosemary.

An arugula and tomato salad would make a great side dish.



CHICKEN

WITH CAYENNE PEPPER



SERVES 4



DIFFICULTY: MEDIUM



DINNER



4 HOURS

This dish has a fantastic combination of flavors. Full of aromas, it is ideal to be served with a glass of red wine.

INGREDIENTS

1 WHOLE MEDIUM CHICKEN

CAYENNE PEPPER SEASONING

2 TBSP OLIVE OIL

2 TSP PAPRIKA

1 TBSP BROWN SUGAR

½ TSP GROUND CAYENNE PEPPER

½ TSP SALT

1 TSP GROUND BLACK PEPPER

FRESH PARSLEY LEAVES, TO SERVE



PREPARATION

1. Mix all ingredients for the seasoning in a bowl large enough to fit the whole chicken. Place the chicken inside and rub it all over with the seasoning. Cover with plastic wrap and take it to the refrigerator for 2 or 3 hours.

2. Put the seasoned chicken on the grill with the skin side up. Grill on both sides until a clear juice comes out when it is pricked.

3. Remove from the grill, cover with aluminum foil and allow it to rest for 15 minutes before serving. Garnish with some fresh parsley leaves.

Allowing the meat to rest after cooking helps to settle the juices and enhance the flavors.





TURKEY BROCHETTES

WITH MINT CREAM



SERVES 4



DIFFICULTY: LOW



LUNCH



3 HOURS

Delicious brochettes for a light lunch. The aroma of oranges combines perfectly with turkey meat.

INGREDIENTS

2 TURKEY BREASTS
OLIVE OIL, AS NEEDED

MARINADE
JUICE OF 1 ORANGE
2 CHOPPED GARLIC CLOVES
1 TSP PAPRIKA
SALT AND PEPPER, TO TASTE

MINT CREAM
3 TBSP NATURAL YOGURT
1 TSP CHOPPED MINT
½ GARLIC CLOVE, CHOPPED
1 TBSP LEMON JUICE



PREPARATION

1. Cut the turkey breasts into medium-sized pieces. Put them in a large bowl.
2. For the marinade, mix all ingredients and pour it over the turkey. Mix well and cover with plastic wrap. Allow it to rest in the refrigerator for 2 hours.
3. For the mint cream, mix all ingredients in a bowl and reserve in the refrigerator.
4. Thread the turkey pieces on to previously wet brochette skewers. Put on the hot grill previously brushed with oil. Cook on both sides until the meat is done.
5. Serve the brochettes with the mint cream.

These brochettes can also be served with guacamole, if desired.

CHICKEN

PATTIES



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



60 MINUTES

A light and healthy choice, ideal to be served with salad or grilled vegetables.

INGREDIENTS

1.1 LB/500 G GROUND CHICKEN MEAT
2 EGGS
3 TBSP ROLLED OATS
1 ONION
½ RED BELL PEPPER, CHOPPED
SALT, PEPPER AND NUTMEG, TO TASTE



PREPARATION

1. In a bowl, mix the ground chicken meat with the lightly beaten eggs, rolled oats, finely chopped onion and pepper. Add salt, pepper and nutmeg to taste.

2. Take portions of the mixture with your hands and give them a rounded shape. Cook the patties on the hot grill for approximately 10 minutes on each side. It is very important that they be well done inside.

3. Serve the patties with a side of mixed greens salad or grilled vegetables.

These patties can be frozen. They are a great alternative to have at hand at all times.

Poultry





CAESAR

SALAD



SERVES 4



DIFFICULTY: LOW



LUNCH



50 MINUTES

This salad was created by Remigio Murgia, the chef at Cardini's restaurant and it was named after the owner, Caesar Cardini.

INGREDIENTS

2 CHICKEN BREASTS
14 OZ/400 G LETTUCE
1 CUP CROUTONS
3.5 OZ/100 G PARMESAN CHEESE, CUT IN FLAKES

DRESSING
2 TBSP OLIVE OIL
1 CUP FRESH LEMON JUICE
1 TSP WORCESTERSHIRE SAUCE
2 TSP MUSTARD
1 TSP SUGAR
1 TSP SALT
PEPPER, TO TASTE
1 GARLIC CLOVE, CHOPPED



PREPARATION

1. Put the chicken breasts on the hot grill and cook on both sides.
2. Meanwhile, wash the lettuce and drain it well. Cut into irregular pieces and put in a salad bowl.
3. For the dressing, mix all ingredients in a bowl until they are well combined and reserve.
4. Pour the dressing on the salad, add the croutons and cheese flakes. Add the chicken breasts cut in strips and serve.

Caesar salad without chicken is perfect as a "low fat" side dish, especially if we are having a barbecue with pork or lamb.

SATAY CHICKEN

BROCHETTES



SERVES 6



DIFFICULTY: MEDIUM



DINNER



3 HOURS

A fresh, different version that combines very well with salad or grilled vegetables.

INGREDIENTS

1.6 LB/750 G BONELESS CHICKEN THIGHS
OIL, AS NEEDED

SATAY GLAZE
5 FL OZ/150 ML COCONUT CREAM
2 TBSP PEANUT BUTTER
2 TBSP BROWN SUGAR
1 TSP CHICKEN BROTH
LIME, TO SERVE



PREPARATION

1. Cut the chicken thighs in strips and then in medium-sized cubes. Reserve.
2. For the glaze, mix all ingredients in a large bowl. Add the chicken and toss it around several times so that the meat gets infused with the glaze. Cover with plastic wrap and reserve in the refrigerator for 2 hours.
3. Thread the chicken cubes on to previously wet brochette skewers and cook on a lightly oiled grill on both sides, until the chicken is done. Brush the brochettes with the glaze several times while cooking. Serve hot with lime wedges.

This glaze can also be used as salad dressing or as sauce for fish.





DRUMSTICKS

WITH SPICY SEASONING



SERVES 4



DIFFICULTY: MEDIUM



DINNER



4 HOURS

A spicy and super tasty dish, ideal to eat with your hands at a dinner with friends.

INGREDIENTS

8 DRUMSTICKS

SPICY SEASONING

2 TBSP BROWN SUGAR

2 TBSP OLIVE OIL

JUICE AND ZEST OF 1 ORANGE

1 TBSP SALT

1 TBSP PAPRIKA

1 TBSP PEPPER

1 TBSP TABASCO SAUCE

1 TBSP GROUND CUMIN

CHOPPED PARSLEY, TO SPRINKLE

LIME WEDGES, TO SERVE

PREPARATION

1. For the seasoning, mix all ingredients in a large bowl. Add the drumsticks and toss around so that the seasoning covers the meat. Cover with plastic wrap and reserve in the refrigerator for 2 hours.

2. Remove the drumsticks from the refrigerator and put them on the hot grill. Cook thoroughly turning them around and brushing them frequently with the seasoning.

3. Serve the drumsticks sprinkled with chopped parsley, with lime wedges to garnish.

The seasoning can be made up to a week ahead of time and kept in the refrigerator.





CHAPTER IV

FISH *AND SEAFOOD*



TUNA FISH WITH

ANCHOVY MAYONNAISE



SERVES 4



DIFFICULTY: LOW



LUNCH



50 MINUTES

Tuna is a very healthy and nutritious fish, as well as lean and delicious. This recipe allows you to enjoy a grilled delicacy without gaining weight.

INGREDIENTS

4 TBSP OLIVE OIL
SEA SALT, TO TASTE
GROUND BLACK PEPPER, TO TASTE
FOUR 9 OZ/250 G TUNA FILETS
FRESH ROSEMARY LEAVES, TO SERVE

ANCHOVY MAYONNAISE

5 TBSP MAYONNAISE
1 TBSP WATER
4 ANCHOVY FILETS
1 CHOPPED GARLIC CLOVE
A FEW DROPS LEMON JUICE
SALT AND PEPPER, TO TASTE

PREPARATION

1. Heat the grill to a high temperature. Put the olive oil, salt and pepper in a bowl together with the tuna filets. Mix well so that the mixture infuse the meat.

2. Put the fish filets on the grill and cook for 2 minutes on each side or until they reach the desired degree of doneness.

3. For the anchovy mayonnaise, process all ingredients until obtaining a homogeneous preparation and serve with the filets. Garnish with fresh rosemary leaves.

Serve the tuna filets with a mixed green salad.



PRAWN

BROCHETTE



SERVES 4



DIFFICULTY: LOW



LUNCH



40 MINUTES

A fast and easy way of preparing prawns. Make sure that they are clean and that the intestinal tract is removed.

INGREDIENTS

1.5 LB/700 G CLEAN PRAWNS
2 TBSP OLIVE OIL
JUICE OF 1 LEMON
1 GARLIC CLOVE, CHOPPED
1 TSP SALT
½ TSP SMOKED PAPRIKA
LEMON SLICES AND OLIVES, TO SERVE



PREPARATION

1. Put the prawns in a large bowl and drizzle with oil and lemon juice. Add the chopped garlic, salt and paprika. Mix well to cover the prawns with the mixture.

2. Thread the prawns on to brochette skewers. Cook on a hot grill over high temperature for 5 minutes on each side.

3. Serve the brochettes with lemon slices and olives.

These prawns can also be served with BBQ sauce.





SQUID

WITH SPICY MARINADE



SERVES 4



DIFFICULTY: LOW



DINNER



1 HOUR

A different way of serving squid, ideal as a bite or appetizer.

INGREDIENTS

4 BIG CLEAN SQUIDS
MAYONNAISE, TO SERVE (OPTIONAL)

SPICY MARINADE
4 TBSP OLIVE OIL
SALT AND PEPPER, TO TASTE
JUICE OF 1 LEMON
1 TBSP TABASCO SAUCE

PREPARATION

1. For the marinade, mix all ingredients in a large bowl. Add the squids and rotate them so that the marinade covers the whole surface. Cover and reserve in the refrigerator for 20 minutes.
2. Put the squids on the grill and cook them for 3 minutes on each side, until they are browned.
3. Cut in rings and separate the tentacles. Serve with mayonnaise, if desired.

It is important not to overcook the squids so that they do not turn out too tough.



SALMON WITH

LEMON AND GARLIC



SERVES 8



DIFFICULTY: MEDIUM



LUNCH



50 MINUTES

A fast, easy and very healthy dish. Ideal for a light lunch with a salad on the side.

INGREDIENTS

2.2LB/1 KG SALMON, WITHOUT SKIN OR BONES

1 TBSP OLIVE OIL

1 GARLIC CLOVE

2 LEMONS

FRESH ROSEMARY AND THYME, TO TASTE

SALT AND PEPPER, TO TASTE



PREPARATION

1. Preheat the grill to medium heat. Cut the salmon in eight even pieces and brush them with oil. Sprinkle with minced garlic.

2. Put a lemon slice and some fresh rosemary and thyme on each piece. Add salt and pepper.

3. Put the salmon on the grill previously brushed with oil and cook for 10 minutes or until the desired degree of doneness.

A good side dish for salmon is a quinoa and vegetable salad. Rinse 5 oz/150 g quinoa thoroughly. Boil for 15 minutes or until done. Strain and allow it to cool. Mix with 1 finely chopped onion, 2 diced cucumbers, 1.7 oz/50 g cherry tomatoes cut in 4, fresh basil to taste, and season with olive oil, salt and pepper.





LOBSTER

WITH BUTTER



SERVES 2



DIFFICULTY: MEDIUM



DINNER



1 HOUR

*An elegant dish, easy to make and exquisite.
Ideal for a special dinner for two.*

INGREDIENTS

2 LIVE LOBSTERS/1.4 LB/650 G EACH
2 OZ/60 G MELTED BUTTER
JUICE OF 1 LEMON
SALT AND PEPPER, TO TASTE

PREPARATION

1. Boil water with salt in a large pot and put the lobsters inside, head first. Cook for 5 minutes and then transfer them to a bowl with water and ice.
2. Open the lobsters in half lengthwise, remove the stomach and the head. Take out the intestinal tract in the tail.
3. Brush the lobsters with butter and lemon on the meat side, and add salt and pepper to taste. Grill the lobsters for 5 minutes on the meat side. Turn them over and cook on the other side for another 5 minutes. Serve on their own or with a side of steamed potatoes.

Boiling the lobsters before grilling them prevents the meat from undercooking.



FISH

PATTIES



SERVES 8



DIFFICULTY: LOW



LUNCH



30 MINUTES

Fast and easy, this recipe is best made just before cooking.

INGREDIENTS

1 3/4 LB/750 G WHITE FISH FILLETS,
CUT INTO CUBES
1 CUP STALE WHITE BREADCRUMBS
3 SPRING ONIONS, CHOPPED
1/4 CUP LEMON JUICE
2 TEASPOONS SEASONED PEPPER
1 TABLESPOON CHOPPED FRESH DILL
2 TABLESPOONS CHOPPED FRESH PARSLEY
3/4 CUP GRATED CHEDDAR CHEESE
1 EGG
1/2 CUP PLAIN FLOUR, FOR DUSTING

GARLIC MAYONNAISE

1 CUP MAYONNAISE
3 CLOVES GARLIC, MINCED
2 TEASPOONS LEMON JUICE



PREPARATION

1. Prepare and heat barbecue. Place fish in food processor bowl.

Process 20-30 seconds until smooth. Place minced fish in large bowl. Add breadcrumbs, spring onions, juice, pepper, herbs, cheese and egg. Mix well. Divide into 8-10 portions. Shape into round patties. Place on tray and refrigerate 15 minutes or until firm.

2. Toss patties in flour, shake off excess. Cook patties on hot lightly greased barbecue flatplate 2-3 minutes each side until browned and cooked through. Serve with Herbed Mayonnaise and a green salad, if desired.

3. To make Garlic Mayonnaise: Combine mayonnaise, garlic and lemon in a small bowl; mix well.

Patties should not be prepared more than a few hours in advance. After 2-3 hours the raw fish will begin to seep liquid which will cause the patties to fall apart during cooking.





SALMON BURGER

WITH TARTAR SAUCE



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

A special burger to pair with Sauvignon blanc or Chardonnay. These wines combine perfectly with the flavor of salmon.

INGREDIENTS

BURGERS

1.3 LB/600 G SALMON
2 SHALLOTS
1 TSP GROUND GINGER
1 TBSP SOY SAUCE
1 TBSP FLOUR
JUICE OF 1 LEMON
SALT AND PEPPER, TO TASTE
OLIVE OIL, AS NEEDED

TARTAR SAUCE

1 ONION
1 HARD BOILED EGG
7 OZ/200 G MAYONNAISE
1 TBSP MUSTARD
1 TSP CHOPPED PARSLEY

SANDWICHES

6 HAMBURGER BUNS
7 OZ/200 G FRESH SPINACH
1 PURPLE ONION



PREPARATION

1. Remove all fish bones from the salmon, cut in cubes and process. Put the meat in a bowl. Add the sliced shallots, ginger, soy sauce, flour, lemon juice, and salt and pepper to taste.

2. Shape the burgers and cook on the hot grill drizzled with oil.

3. For the Tartar sauce, finely chop the onion and hard boiled egg and mix with mayonnaise, mustard and chopped parsley.

4. To assemble the sandwiches, cut the buns open and put some spinach leaves on the bottom, the salmon burger, 1 slice purple onion and a dollop of Tartar sauce on top. Cover with the top of the bun and serve.

To prevent the burgers from crumbling apart when you cook them, allow them to chill in the refrigerator for 30 minutes before grilling.

SNAPPER

FILLETS



SERVES 4



DIFFICULTY: LOW



DINNER



8 MINUTES

These steaks are delicious by themselves or as burgers.

INGREDIENTS

- 1 TEASPOON CHOPPED FRESH GINGER
- 1 TEASPOON CRUSHED GARLIC
- 2 TABLESPOONS FINELY CHOPPED CORIANDER
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON LEMON JUICE
- 1 LB/500 G SNAPPER FILLETS



PREPARATION

1. Mix the first 5 ingredients together in a shallow dish. Place the fillets in the dish and turn to coat well. Cover and stand 10-15 minutes.
2. Heat the barbecue to medium/hot and oil the grill bars. Place a sheet of baking paper over the bars and make a few slashes between the grill bars to allow ventilation. Place the fish on the paper and cook for 3-4 minutes each side according to thickness. Brush with marinade during cooking. Remove to plate. Heat any remaining marinade and pour over the fish.

Fish is cooked, if when tested with a fork, it flakes or the sections pull away. Lingfish, haddock and perch may also be used.





MACKEREL

WITH HERB CRUST



SERVES 4



DIFFICULTY: MEDIUM



DINNER



45 MINUTES

It is important to remove all fishbones to avoid unpleasant surprises.

INGREDIENTS

4 LARGE MACKEREL FILETS
SALT AND PEPPER, TO TASTE
1 TBSP PARSLEY
1 TBSP THYME
1 TBSP ROSEMARY
1 TBSP CHIVES
1 SHALLOT
2 TBSP OLIVE OIL
COOKING SPRAY
JUICE OF 1 ORANGE

PREPARATION

1. Clean the filets and make sure that they do not have any fishbones. Dry with paper towels and add salt and pepper to taste.
2. Finely chop all herbs and shallot. Mix with the olive oil in a bowl .
3. Put the mackerel filets on the grill and spray with cooking spray. Brush the filets with orange juice and cover with the herb mixture. Cook over low fire for 30 minutes. Remove and serve with grilled butternut squash slices and corn kernels.

Make a side dish for these mackerel filets: Peel and slice 2.2 lb/1 kg butternut squash. Put it on the grill together with 2 yellow corns and drizzle with olive oil. Add salt and pepper to taste. Cook until they are tender. To serve, cut the corn kernels off the cob and put on a platter with the butternut squash slices and the filets on top.



SALMON AND

VEGETABLE BROCHETTES



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



50 MINUTES

A simple, colorful and healthy dish. Serve with a nice salad or grilled potatoes.

INGREDIENTS

1.3 LB/600 G SALMON, WITHOUT
SKIN OR FISHBONES
1 PURPLE ONION
1 GREEN BELL PEPPER
1 RED BELL PEPPER
1 TBSP OLIVE OIL
JUICE OF 1 LEMON
SALT AND PEPPER, TO TASTE



PREPARATION

1. Cut the salmon into bite-sized cubes. Reserve.
2. Peel and cut the onion in cubes. Wash and cut the peppers in squares, removing ribbings and seeds.
3. Thread the salmon and vegetables on to brochette skewers, alternating them to have an even number of each ingredient.
4. Brush the brochettes with olive oil and drizzle with lemon juice. Add salt and pepper to taste. Cook them on the hot grill, rotating them so that they brown all around. Serve hot.

Vegetables can vary to taste. You may also use eggplant or squash, for example.





HAKE

CAKES



SERVES 4



DIFFICULTY: LOW



LUNCH



1 HOUR

A typical Thai dish. Tasty, easy to make and very nutritious, ideal for children´s menu.

INGREDIENTS

1 LB/450 G HAKE
1 TSP CURRY
3.5 FL OZ/100 ML COCONUT MILK
ZEST OF 1 LEMON
1 TBSP CHOPPED FRESH CILANTRO
1 TBSP FISH SAUCE
2 TBSP SHREDDED CARROT
1 CHOPPED ONION
SALT AND PEPPER, TO TASTE
3 TBSP FLOUR
OIL, AS NEEDED
LEMON WEDGES AND FRESH
CILANTRO, TO SERVE

PREPARATION

- 1. In a bowl, mix the processed fish, curry, coconut milk, lemon zest, cilantro, fish sauce, carrot and onion. Add salt and pepper to taste.*
- 2. Mix with your hands to combine all ingredients until obtaining a homogeneous mixture. Shape 12 even balls and then flatten them to shape them as patties.*
- 3. Put the flour in a shallow bowl and roll the patties in flour to coat them completely.*
- 4. Brush the hot grill with oil and cook the fish cakes on both sides, until they are golden. Serve with lemon wedges and fresh cilantro leaves.*

These hake cakes can be served as an appetizer, or as a main course paired with a side dish.



BITTERSWEET

SALMON SANDWICH



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

An ideal sandwich for bittersweet food lovers. Pineapple combines perfectly with fish and seafood.

INGREDIENTS

BURGERS

1.3 LB/600 G SALMON

2 ONIONS

1 TBSP FLOUR

1 EGG

JUICE OF 1 LEMON

GINGER, AS NEEDED

SALT AND PEPPER, TO TASTE

OLIVE OIL, AS NEEDED

6 PINEAPPLE SLICES

SOY SAUCE AND HONEY DRESSING

½ CUP SOY SAUCE

3 TBSP VINEGAR

3 TBSP HONEY

1 TSP DIJON MUSTARD

1 TBSP CHOPPED CILANTRO

SANDWICHES

6 HAMBURGER BUNS

1 AVOCADO

6 LETTUCE LEAVES

PREPARATION

1. Remove all fishbones from the salmon, cut in cubes and process. Put the meat in a bowl, add the chopped onions, ginger, flour, egg and lemon juice. Add salt and pepper to taste.

2. Shape the burgers and cook on the hot grill drizzled with oil. Grill the pineapple slices as well.

3. For the dressing, put all ingredients except the cilantro in a small saucepan and cook until reduced to half. Chill and add the chopped cilantro.

4. To assemble the sandwiches, cut the buns open, put a lettuce leaf on the bottom of each, 1 salmon burger, some avocado cubes, a grilled pineapple slice and some soy sauce and honey dressing. Cover with the top of the buns and serve.

Soy sauce is ideal both for fish and pork meat.





SALMON STEAKS

WITH LEMON SAUCE



SERVES 4



DIFFICULTY: MEDIUM



DINNER



50 MINUTES

*An elegant dish, ideal for special dinners or celebrations.
Pair with well chilled white wine.*

INGREDIENTS

4 LEAN SALMON STEAKS
SALT, TO TASTE
3.5 FL OZ /100 ML LEMON JUICE
1 TBSP FRESH CHIVES, CHOPPED
BROCCOLI, TO SERVE

LEMON SAUCE
2 LEEKS
5 FL OZ/150 ML DRY WHITE WINE
5 FL OZ/150 ML FISH BROTH
2 LEMONS
1 TBSP PINK PEPPERCORNS

*If fish broth is not available it can be
replaced with vegetable broth.*



PREPARATION

- 1. Clean the salmon steaks and verify that they have no fishbones. Add salt to taste. Put them on a tray and drizzle with lemon juice. Cook on the hot grill on both sides, to the desired degree of doneness.*
- 2. While the steaks cook, finely chop the leeks and cook in a skillet sprayed with olive oil until golden and tender.*
- 3. Incorporate white wine and cook until the alcohol evaporates. Add fish broth and cook for 5 minutes over medium heat.*
- 4. Cut the lemons in wedges and add to the skillet together with the pink peppercorns. Add salt to taste.*
- 5. When the fish is done remove from the grill with tongs, being careful not to break it.*
- 6. Cook the sauce for a few extra minutes to reduce it. Add the chopped chives and remove from heat. Serve the steaks covered in sauce and side with steamed broccoli.*

PRAWN AND

PINEAPPLE BROCHETTES



SERVES 4



DIFFICULTY: LOW



DINNER



50 MINUTES

For those who love bittersweet dishes, this unique, super simple recipe with pineapple adds a sweet, delicious flavor.

INGREDIENTS

1.5 LB/700 G CLEAN PRAWNS
2 TBSP MELTED BUTTER
11 OZ/300 G PINEAPPLE
JUICE OF 1 LEMON
SALT AND PEPPER, TO TASTE
LEMON WEDGES AND CHOPPED CILANTRO, TO
SERVE



PREPARATION

1. Put the prawns in a large bowl and pour the melted butter and lemon juice over them. Mix well to cover the prawns with the preparation.
2. Thread the prawns on to brochette skewers, alternating them with small pineapple pieces. Add salt and pepper to taste. Cook on the grill over high heat for 5 minutes on both sides.
3. Serve the brochettes with lemon wedges and chopped cilantro.

These brochettes can also be made with oranges instead of pineapple.





HAKE

SANDWICH



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



50 MINUTES

A delicious, healthy sandwich for a light lunch. Serve with fresh fruit juice or lemonade.

INGREDIENTS

BURGERS

6 HAKE FILETS
SALT AND PINK PEPPER, TO TASTE
JUICE OF 1 LEMON

SANDWICHES

6 HAMBURGER BUNS
6 LETTUCE LEAVES
FRESH DILL, TO TASTE
1 CUCUMBER
ARUGULA LEAVES, TO TASTE
MAYONNAISE

PREPARATION

1. Put the filets into portable BBQ grilling baskets for fish so that they do not break while cooking. Add salt and pepper to taste and drizzle with lemon juice.

2. Put the filets on the grill and cook on both sides until they are done.

3. To assemble the sandwiches, open the buns in half, put a lettuce leaf on the bottom of each, some fresh dill, 1 hake filet, cucumber slices, arugula, mayonnaise and more dill. Cover with the top of the buns and serve.

A portable BBQ grilling basket is essential for cooking fish like hake on the grill to prevent it from breaking.



SALMON BROCHETTES

WITH CILANTRO SAUCE



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



50 MINUTES

An easy, light and super tasty recipe. Cut the salmon into bite-sized pieces to make it easier to eat.

INGREDIENTS

1.3 LB/600 G SALMON, WITHOUT SKIN OR FISHBONES
1 TBSP OLIVE OIL
SALT AND PEPPER, TO TASTE

CILANTRO SAUCE
½ CUP CILANTRO
7 OZ/200 G NATURAL YOGURT
½ LEMON
1 GARLIC CLOVE, CHOPPED
SALT AND PEPPER, TO TASTE
1 TBSP OLIVE OIL



PREPARATION

1. Cut the salmon into bite-sized cubes. Thread the salmon cubes on to previously wet brochette skewers, leaving some space between them.
2. Brush the brochettes with olive oil and drizzle with lemon juice. Add salt and pepper to taste. Cook on the hot grill rotating them so that they cook evenly.
3. For the cilantro sauce, put all ingredients in a blender and blend until obtaining a homogeneous preparation.
4. Serve the salmon brochettes with the cilantro sauce.

Cilantro sauce can be used with any fish or seafood, or even beef.



A close-up photograph of several slices of roasted pumpkin or squash. The slices are arranged in a circular pattern, showing a golden-brown, slightly charred exterior and a bright orange interior. They are garnished with several green pumpkin seeds. A circular graphic overlay is positioned in the center-right of the image. The overlay has a black center with white text, surrounded by a white ring with a black line-art pattern of various vegetables like carrots, tomatoes, and leafy greens.

CHAPTER V

VEGETABLES



CORN ON THE COB

WITH HERB BUTTER



SERVES 4



DIFFICULTY: LOW



APPETIZER



50 MINUTES

*A delicious appetizer for an outdoor lunch.
Herb butter adds the perfect touch.*

INGREDIENTS

4 FRESH COBS
OLIVE OIL, AS NEEDED
SALT AND PEPPER, TO TASTE

HERB BUTTER
4.5 OZ/125 G BUTTER
1 TSP OREGANO
1 TSP PARSLEY
1 TSP CHIVES
1 TSP THYME
1 TSP ROSEMARY
SALT AND PEPPER, TO TASTE

PREPARATION

1. Preheat the grill to a high temperature. Meanwhile, cook the cobs in boiling water for 2 or 3 minutes, or until the kernels are slightly tender. Drain.
2. Brush the cobs with olive oil and put on the hot grill. Cook rotating them until browned and tender.
3. For the herb butter, mix butter at room temperature with all the well chopped herbs. Add salt and pepper to taste and reserve in the refrigerator for a few minutes before serving, so that it thickens a bit.

You can also make garlic butter instead of herb butter. Mix 4.5 oz/125 g butter at room temperature with 1 finely chopped garlic clove. Add salt and pepper to taste and reserve in the refrigerator for a few minutes before serving. Add 1 tbsp chopped parsley, if desired.



MARINATED

MUSHROOM BROCHETTE



SERVES 4



DIFFICULTY: LOW



SIDE DISH



50 MINUTES

A different way of eating mushrooms. Ideal to be served as a side dish for a meat meal or with salad.

INGREDIENTS

1.1 LB/500 G MUSHROOMS
1 CUP RED WINE
1 TBSP SOY SAUCE
SALT AND PEPPER, TO TASTE
FRESH CHOPPED HERBS, TO TASTE



PREPARATION

1. Wash the mushrooms well and dry them with paper towels. Cut them in half and put them in a large bowl.
2. Add the wine, soy sauce, salt and pepper. Allow the preparation to rest for 15 minutes.
3. Strain the mushrooms and reserve the marinade. Thread the mushrooms on to previously wet brochette skewers.
4. Cook the brochettes on a hot grill, brushing occasionally with the marinade. Serve sprinkled with fresh herbs.

These brochettes can also be made with Portobello mushrooms.





RICE

AND BEET BURGERS



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

These colorful and delicious burgers are a great choice for vegetarian diners.

INGREDIENTS

DRESSING

- 3.5 OZ/100 G NATURAL YOGURT
- 1 TBSP FRESH CHOPPED CILANTRO
- ½ TSP GROUND CUMIN
- 1 PINCH PAPRIKA

BURGERS

- 6 BEETS
- OLIVE OIL, AS NEEDED
- SALT AND PEPPER, TO TASTE
- 1 CUP COOKED BROWN RICE
- 1 CAN CHICKPEAS
- 2 GARLIC CLOVES
- 1 TBSP BALSAMIC VINEGAR
- SALT AND PEPPER, TO TASTE

SANDWICHES

- 6 WHOLE GRAIN HAMBURGER BUNS
- 1 SPINACH BUNDLE
- 3.5 OZ/100 G RADISHES
- 3.5/100 G WATERCRESS SPROUTS

PREPARATION

1. For the dressing, put all ingredients in a bowl and mix to combine. Cover and refrigerate until serving time.
2. For the burgers, peel and cut the beets in pieces and put them in an oven pan. Drizzle with olive oil, add salt and pepper and cook at 390°/200° C until they are tender. Allow them to cool.
3. Process the baked beets, brown rice, chickpeas, garlic, balsamic vinegar, salt and pepper until forming a homogeneous mixture.
4. Shape the burgers with your hands and put them on a large tray covered with plastic film. Chill in the refrigerator for 30 minutes. Cook them on the hot grill brushed with oil.
5. To assemble the sandwiches, cut the buns in half. Spread some dressing on the bottom half, then add some spinach leaves and 1 beet burger. Add some more dressing, sliced radishes and watercress sprouts. Cover with the top of the bun and serve.

Brown rice can be replaced with bulgur wheat, if desired.



STUFFED

PEPPERS



SERVES 2



DIFFICULTY: LOW



LUNCH



50 MINUTES

These peppers can be served as a side dish or a main course. In the latter case, serve with a salad on the side.

INGREDIENTS

1 RED BELL PEPPER
2 EGGS
3.5 OZ/100 G MUSHROOMS SAUTÉED
SALT AND PEPPER, TO TASTE
FETA CHEESE, TO TASTE
FRESH SPROUTS

PREPARATION

1. Wash the pepper and cut it in half lengthwise. Put both halves on the grill with the hollow part up and stuff each half with an egg and sautéed mushrooms. Add salt and pepper to taste and cook until the egg is firm.

2. Once cooked, remove from heat. Sprinkle with the crumbled feta cheese and your choice of fresh sprouts. Serve immediately.

The stuffing for these peppers can vary to taste. You may use Parmesan cheese instead of feta.





PIZZA WITH

FRESH TOMATOES



SERVES 8



DIFFICULTY: MEDIUM



DINNER



2 HOURS

Ideal for an informal dinner, with no silverware. Make as many varieties as you wish, according to your guests' taste.

INGREDIENTS

1 OZ/25 G FRESH YEAST
2 TSP SUGAR
11.5 FL OZ/340 ML WATER
1.1 LB/500 G FLOUR
1 TSP/5 G SALT
½ CUP/120 ML OLIVE OIL
13.5 FL OZ/400 ML TOMATO SAUCE
1.1 LB/500 G MOZZARELLA CHEESE
4 TOMATOES
FRESH BASIL AND BLACK PEPPER, TO TASTE

To prepare a quick homemade tomato sauce, put 8 tomatoes in a blender together with a peeled and shredded carrot, 1 chopped bell pepper, 10 basil leaves, 2 garlic cloves and 3.5 oz/100 ml olive oil. Blend until obtaining a sauce. Add salt and pepper to taste.



PREPARATION

- 1. Dissolve the yeast and sugar in lukewarm water. Cover and put it in a warm place for 5 minutes, to allow it to activate . It should look foamy and expand.*
- 2. Put the flour and salt in a bowl and make a hollow space in the middle. Pour the activated yeast and olive oil in the hole and start combining all ingredients.*
- 3. Transfer the mixture onto the counter and knead until obtaining a smooth, shiny dough. Put the dough in a bowl drizzled with oil and cover. Take it to a warm place and allow it to rise until it doubles in volume. Once it has risen, knead it slightly to deflate it.*
- 4. Heat the grill to a high temperature. Divide the dough into 8 pieces and use your hands or a rolling pin to extend each one into a circle ⅝"/5 mm thick. Brush the circles slightly with olive oil, put on the grill and cook for 3 to 5 minutes or until golden and crisp.*
- 5. Turn over and spread some tomato sauce on the cooked side. Distribute mozzarella cheese on top. Cook until the cheese has melted. Add some tomato slices and cook for 2 more minutes.*
- 6. Remove from heat and serve with some fresh basil leaves and black pepper.*

WHOLE WHEAT

PIZZA WITH HUMMUS



SERVES 6



DIFFICULTY: MEDIUM



DINNER



2 HOURS

*This is a delicious and healthy option
for those on a vegan diet.*

INGREDIENTS

HUMMUS

1 CUP COOKED CHICKPEAS
4 FL OZ/125 ML OLIVE OIL
2 TBSP CHOPPED PARSLEY
¼ TSP CUMIN
SALT AND PEPPER, TO TASTE

OTHER INGREDIENTS

5 OZ/150 G SUN DRIED TOMATOES
OLIVE OIL, AS NEEDED
1 TBSP HONEY
1 TSP OREGANO
1 TSP THYME
1 BUNDLE ARUGULA

PIZZA

4 OZ/115 G WHOLE WHEAT FLOUR
0.5 OZ/15 G FRESH YEAST
½ TSP OLIVE OIL
1 PINCH SALT
WATER, AS NEEDED

*An ideal option for those who
do not eat meat and do not want to miss
the barbecue.*

PREPARATION

1. For the hummus, put all ingredients in a blender and blend until obtaining a smooth and creamy preparation. Reserve.

2. Soak the sun dried tomatoes in a bowl with hot water for 20 minutes. Once rehydrated, drain and marinate with olive oil, honey, oregano and thyme. Reserve.

3. For the dough, sift the whole wheat flour, incorporate the bran left in the sieve and process together with the crumbled yeast, oil, and salt. Add water, a few drops at a time, until forming an elastic dough. Put it in a bowl and allow it to rest in a warm place for 30 minutes so that it rises. Roll out the dough and put it in a pizza pan sprayed with cooking oil and allow it to rise again. Cook it on the hot grill for 5 minutes approximately. Turn it over, spread the hummus on top and cook for another 5 minutes.

4. Remove from the grill, distribute the marinated sun dried tomatoes on the hummus, cover with arugula leaves and drizzle with olive oil. Add sea salt and black pepper. Serve immediately.





EGGPLANT

SANDWICH



SERVES 4



DIFFICULTY: LOW



APPETIZER



40 MINUTES

A quick, delicious appetizer to serve before a barbecue. It is super tasty with any kind of cheese.

INGREDIENTS

1 EGGPLANT
3.5 OZ/100 G CREAM CHEESE
1.7 OZ/50 G BLUE CHEESE
2 CELERY STALKS
1.7/50 G WALNUTS
1 TBSP MAYONNAISE
SALT AND PEPPER, TO TASTE
3.5 OZ/100 G CHERRY TOMATOES
2 TBSP OLIVE OIL
1 GARLIC CLOVE

PREPARATION

1. Wash the eggplant and cut it in slices 0.4"/1 cm thick. Grill them on both sides on the hot grill and reserve.
2. In a bowl, mix the cream cheese, blue cheese, chopped celery, walnuts and mayonnaise. Add salt and pepper to taste. Spread 1 tbsp of this mixture on an eggplant slice and cover with another slice. Repeat with the rest of the eggplant slices and cheese mixture.
3. In a skillet, sauté the cherry tomatoes with olive oil and chopped garlic. Serve the eggplant sandwiches with the hot sautéed tomatoes.

This preparation can also be made with zucchini, if desired.



PEAR, SPINACH

AND PUMPKIN MIX



SERVES 2



DIFFICULTY: LOW



LUNCH



40 MINUTES

A very complete salad that can be served both as a side dish or as a main course.

INGREDIENTS

½ MEDIUM SIZE PUMPKIN
4 TBSP OLIVE OIL
SALT AND PEPPER, TO TASTE
1 PEAR
1.7 OZ/50 G GOAT CHEESE
1 BUNDLE FRESH SPINACH
1.7 OZ/50 G ROASTED PECAN NUTS
A HANDFUL MUSTARD SPROUTS

If goat cheese is not available, blue cheese is a good replacement.



PREPARATION

1. Wash, dry and cut the pumpkin in wedges 0.8"/2 cm thick. Put them on the hot grill, drizzle with 2 tbsp olive oil, add salt and pepper. Cook for 20 minutes or until tender.
2. While the pumpkin cooks, wash, dry and cut the pear in wedges. Cut the goat cheese in thin slices with a potato peeler.
3. Wash the spinach leaves thoroughly and drain. Put a mound of spinach leaves on each plate, alternate the pumpkin and pear wedges on top. Sprinkle pecans and goat cheese slices and finish with a handful of mustard sprouts. Drizzle with the rest of the olive oil.





CHICKPEA

BURGERS



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



50 MINUTES

Serve these burgers with lager; its flavor pairs well with the texture of chickpeas and the aroma of parsley.

INGREDIENTS

BURGERS

- 1 CUP COOKED CHICKPEAS
- ½ CUP PURÉED CARROTS
- 3 TBSP CHOPPED PARSLEY
- 1 TSP SALT
- 1/2 CUP WHOLE WHEAT FLOUR

SANDWICHES

- 6 WHOLE WHEAT HAMBURGER BUNS
- 6 LETTUCE LEAVES
- CHERRY TOMATOES, TO TASTE

PREPARATION

1. To make the burgers, process the chickpeas and mix with the rest of the ingredients in a bowl until obtaining a thick mixture.
2. Shape 6 burgers. Cook them on the grill previously brushed with oil, turning them over to cook them on both sides.
3. Assemble each sandwich cutting each bun open and stacking 1 lettuce leaf, 1 burger and cherry tomato slices.

Make a carrot mayonnaise to add a special touch to these burgers: In a blender, put 2 cooked carrots, 8 tbs oil, 2 tbsp parsley, 1 tsp salt, 2 tbsp lemon juice and 1 tbsp powdered milk. Blend until obtaining a creamy mixture.



EGGPLANTS

WITH BACON



SERVES 4



DIFFICULTY: LOW



LUNCH



50 MINUTES

A perfect combination of flavors and textures. Remove excessive fat from the bacon for a more balanced result.

INGREDIENTS

4 EGGPLANTS
7 OZ/200 G SLICED BACON
OIL, AS NEEDED
SALT AND PEPPER, TO TASTE

Be careful not to add too much salt since the bacon is already quite salty.



PREPARATION

1. Wash the eggplants and dry them with paper towels. Cut in thick slices and reserve.
2. Cut the bacon in pieces the same length as the eggplant slices.
3. Make brochettes alternating eggplant and bacon slices.
4. Cook on the hot grill brushed with oil. Add salt and pepper to taste and rotate them for grilling. Serve immediately.





CAPRESE

SANDWICH



SERVES 4



DIFFICULTY: LOW



LUNCH



40 MINUTES

These fast, easy and tasty sandwiches are a great choice for a light lunch.

INGREDIENTS

8 BREAD SLICES
7 OZ/ 200 G MOZZARELLA CHEESE
1 TOMATO
FRESH BASIL LEAVES, TO TASTE
OLIVE OIL, AS NEEDED
SALT AND PEPPER, TO TASTE

PREPARATION

1. To assemble the sandwiches, put 1.7 oz/50 g mozzarella cheese, some tomato slices and basil leaves on each slice of bread. Drizzle with olive oil and add salt and pepper to taste.
2. Cover with another slice of bread and put on the hot grill. Toast on both sides until the cheese melts a bit. Serve immediately.

These sandwiches can also be made with other ingredients such as ham, cheddar cheese, sausages or your choice of vegetables.



MEDITERRANEAN

ROLLS



SERVES 6



DIFFICULTY: MEDIUM



APPETIZER



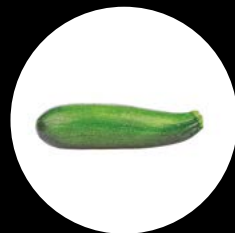
1 HOUR

These rolls can also be prepared with eggplant instead of zucchini.

INGREDIENTS

2 ZUCCHINIS
1 TBSP BROWN SUGAR
2 TBSP OLIVE OIL
1 TBSP FRESH ROSEMARY, CHOPPED
SALT AND BLACK PEPPER, TO TASTE
6 TOMATOES
7 OZ/200 G FETA CHEESE
3.5 OZ/100 G PITTED BLACK OLIVES

A delicious and tempting bite to serve before the main course.



PREPARATION

1. Wash the zucchinis and cut them lengthwise in thin slices ($\frac{3}{8}$ "/2 mm thick). Put the slices on the hot grill previously brushed with olive oil. Sprinkle them with rosemary and some salt. Cook them until they are browned on both sides. Remove from heat and reserve.
2. Wash and cut the tomatoes in wedges. Put them on a baking pan previously brushed with olive oil and sprinkle them with brown sugar, add salt and pepper to taste and drizzle them with some more olive oil. Cook in a preheated oven at medium temperature (356°F/200°C) for 30 minutes, or until they are tender and golden. Remove from heat and reserve.
3. To assemble the rolls, roll the zucchini slices around a tomato wedge, a feta cheese cube and an olive cut in half. Hold in place with a toothpick. Put the rolls on the grill a few minutes before serving.





BLUE CHEESE

BRUSCHETTAS



SERVES 8



DIFFICULTY: LOW



APPETIZER



45 MINUTES

*Delicious bittersweet bruschettas.
Apples can also be replaced with pears.*

INGREDIENTS

2 APPLES
MELTED BUTTER, AS NEEDED
1 TBSP SUGAR
8 BREAD SLICES
7 OZ/200 G BLUE CHEESE
SAGE LEAVES, TO GARNISH

PREPARATION

1. Wash the apples, cut in half and remove the core. Cut each half in slices $\frac{1}{8}$ " / 2 cm thick. Mix them with melted butter.
2. Grill the apple and bread slices on both sides. Sprinkle with sugar and cook them until they caramelize.
3. Put the caramelized apple slices on a toast. Distribute 1 piece of blue cheese on each and garnish with a sage leaf. Serve right away.

Clericot is a delicious aperitif before lunch. Wash and cut in wedges or small pieces: 2 oranges, 2 grapefruits, 8 strawberries and 2 green apples. Cover the fruit with chilled white wine and stir.



GRILLED

VEGETABLES



SERVES 4



DIFFICULTY: LOW



LUNCH



50 MINUTES

These vegetables can be served on their own or in sandwiches, combined with different varieties of bread, cheese and mayonnaise.

INGREDIENTS

1 EGGPLANT
1 YELLOW SQUASH
1 ZUCCHINI
1 RED BELL PEPPER
1.7 FL OZ/50 ML OLIVE OIL
4 TBSP LEMON JUICE
1 TBSP FRESH HERBS
SALT AND PEPPER, TO TASTE



PREPARATION

1. Cut the eggplant, yellow squash, zucchini and pepper in thin slices or strips.
2. In a bowl, mix the olive oil, lemon juice, chopped fresh herbs, salt and pepper.
3. Heat the grill and distribute the vegetables. Cook for 2 minutes, approximately. Turn over, brush with the oil mixture and cook for another 2 or 3 minutes.

Grilled vegetables are a great option as a side dish or for those who do not eat meat.





COLORFUL

BROCHETTES



SERVES 4



DIFFICULTY: LOW



LUNCH



45 MINUTES

Boil the corn for a few minutes before preparing the brochettes because they need longer cooking time than the rest of the vegetables.

INGREDIENTS

2 SLIGHTLY COOKED CORN COBS
1 PURPLE ONION
1 YELLOW BELL PEPPER
1 ZUCCHINI
4 CHERRY TOMATOES
OLIVE OIL, AS NEEDED
SALT AND PEPPER, TO TASTE,
FRESH ROSEMARY, TO TASTE

PREPARATION

1. Cut the corn cobs into even slices; cut the onion and pepper in cubes; cut the zucchini in thick slices and then each slice in half; cut the cherry tomatoes in half.
2. Thread the vegetables on to brochette skewers previously brushed with olive oil, alternating them.
3. Brush each brochette with olive oil, add salt and pepper to taste. Cook on the hot grill rotating them. Serve with rosemary twigs on top.

Make sure to avoid overcooking the brochettes. The vegetables should have a crisp texture.



CARROT AND

ASPARAGUS WITH BALSAMIC VINEGAR



SERVES 4



DIFFICULTY: LOW



SIDE DISH



40 MINUTES

Let the vegetables marinate with the balsamic vinegar and olive oil overnight, if possible, so that their flavor is enhanced.

INGREDIENTS

8 THIN CARROTS
8 ASPARAGUS
3 TBSP BALSAMIC VINEGAR
1 TBSP OLIVE OIL
SALT AND PEPPER, TO TASTE



PREPARATION

1. Wash and dry the carrots and asparagus. Put them in a large bowl.
2. Add balsamic vinegar and olive oil. Mix well to combine them with the mixture. Add salt and pepper to taste.
3. Cook the vegetables on the hot grill, rotating them. Serve right away.

A great side dish for fish such as salmon or hake.





BABY POTATO

__AND CHERRY TOMATO BROCHETTES__



SERVES 4



DIFFICULTY: LOW



LUNCH



40 MINUTES

Simple and colorful brochettes for all tastes.

INGREDIENTS

10.5 OZ/300 G BABY POTATOES
3.5 OZ/100 G CHERRY TOMATOES
OLIVE OIL, AS NEEDED
SALT AND PEPPER, TO TASTE

PREPARATION

- 1. Wash the potatoes and tomatoes and dry them with paper towels.*
- 2. Assemble the brochettes alternating the vegetables. Brush with olive oil and add salt and pepper to taste.*
- 3. Put them on the hot grill and cook rotating them from time to time, so that they cook all around. Serve immediately.*

If baby potatoes are not available, replace them with potato cubes of the same size as the cherry tomatoes.



MARINATED

BUTTERNUT SQUASH



SERVES 4



DIFFICULTY: LOW



SIDE DISH



50 MINUTES

A delicious side dish, ideal for poultry or fish.

INGREDIENTS

1.3 LB/600 G BUTTERNUT SQUASH
1 TBSP HONEY
2 TBSP OLIVE OIL
SALT AND PEPPER, TO TASTE



PREPARATION

1. Wash the squash and dry it with paper towels. Cut it in thick slices and put them on a shallow pan. Reserve the seeds.
2. In a bowl, mix the honey and olive oil until they integrate well. Brush the butternut squash with this mixture on both sides and add salt and pepper to taste.
3. Dry the seeds in the oven until they are crisp. Reserve.
4. Cook the butternut squash slices on the grill until they are tender. Serve sprinkled with the seeds.

Butternut squash can also be marinated in balsamic vinegar.





QUINOA

BURGERS



SERVES 6



DIFFICULTY: MEDIUM



LUNCH



50 MINUTES

A tempting recipe, very easy to make. These burgers can be made a day ahead of time and reserved, ready to be grilled.

INGREDIENTS

BURGERS

4 CUPS COOKED QUINOA
2 CUPS COOKED LENTILS
½ CUP COOKED, DRAINED SPINACH
½ ONION
1 TSP CURRY
3 TBSP FRESH HERBS, CHOPPED
1 GARLIC CLOVE
SALT AND PEPPER, TO TASTE
1 TBSP OLIVE OIL

SANDWICHES

6 HAMBURGER BUNS
FRESH SPINACH LEAVES
COOKED MUSHROOMS
PESTO, TO TASTE

PREPARATION

1. Put the cooked, chilled quinoa and lentils in a bowl. Knead with your hands until obtaining a thick mixture.
2. Process the rest of the ingredients and add to the mixture. Knead again to combine. Add more salt and pepper, if required.
3. Shape the burgers with your hands. Cook them on the hot grill, previously brushed with oil.
4. Assemble the sandwiches: open the buns in half stacking on each fresh spinach leaves, 1 burger, cooked mushrooms and pesto.

To make pesto, put 3 cups fresh basil, 2 garlic cloves, ½ cup grated Parmesan cheese, ½ cup olive oil and salt in a blender. Blend until obtaining a homogeneous mixture.



MIXED

BROCHETTES



SERVES 4



DIFFICULTY: LOW



LUNCH



40 MINUTES

These tasty brochettes must be made with cheese that will not melt, such as halloumi or provolone.

INGREDIENTS

12 CHERRY TOMATOES
10.5 OZ/300 G HALLOUMI OR PROVOLONE
CHEESE
1 ZUCCHINI
OLIVE OIL, AS NEEDED
SALT AND PEPPER, TO TASTE
FRESH CHOPPED CILANTRO, TO TASTE



PREPARATION

1. Wash and dry the cherry tomatoes. Cut the chosen cheese into bite-sized cubes. Wash and dry the zucchini, cut into thick slices and cut slice in half.

2. Assemble the brochettes alternating the ingredients. Drizzle with olive oil and add salt and pepper.

3. Grill the brochettes, rotating them so that they cook all around. Serve immediately sprinkled with fresh chopped cilantro.

It is important to cook these brochettes over high temperature so that the ingredients get seared quickly and do not soften too much.





GRILLED

SWEET POTATO



SERVES 4



DIFFICULTY: LOW



SIDE DISH



1 HOUR

This preparation can be served as a side dish or as a delicious bite while other delicacies cook on the grill

INGREDIENTS

4 SWEET POTATOES
1 TBSP OLIVE OIL
2 TBSP MELTED BUTTER
SALT AND PEPPER, TO TASTE
1 GREEN CHILI PEPPER
LIME AND PARSLEY, TO SERVE

PREPARATION

1. Wash the sweet potatoes, dry well and cut into long sticks. Put them in a large bowl.
2. Add olive oil, melted butter, salt and pepper to taste. Toss them to Infuse them with the mixture.
3. Cook on the hot grill until they are golden on the outside and tender inside . Serve with finely sliced green chili, lime wedges and fresh parsley leaves.

These sweet potatoes can also be served with mayonnaise or ketchup, if desired.



BROCCOLI

PIZZA



SERVES 8



DIFFICULTY: MEDIUM



LUNCH



45 MINUTES

This light and healthy pizza can be served with orange juice or fresh lemonade.

INGREDIENTS

DOUGH

0.7 OZ/20 G FRESH YEAST

1 TSP HONEY

1 TSP FLOUR

5 FL OZ/150 ML LUKEWARM WATER

9 OZ/250 G WHOLE WHEAT FLOUR

1 TSP SALT

½ TBSP OLIVE OIL

TOPPING

½ HEAD OF BROCCOLI, CUT IN PIECES

1 GARLIC CLOVE

2 TBSP PESTO

OLIVE OIL, TO TASTE

5 OZ/150 G GOAT CHEESE

SALT AND PEPPER, TO TASTE

CHOPPED GREEN ONION, TO GARNISH



PREPARATION

1. In a bowl, dissolve the yeast in 0.8 fl oz/25 ml lukewarm water, add honey and flour, and mix. Allow the mixture to rest for a few minutes, until foamy and expanded.

2. Put the whole wheat flour, salt and oil in another bowl. Add the yeast mixture and mix.

3. Add lukewarm water little by little until all ingredients are combined and form a dough. Turn onto a surface sprinkled with flour and knead for a few minutes, until obtaining a soft, elastic dough.

4. Put the dough in a bowl, cover and allow it to rest in a warm place for 20 minutes, until it doubles in bulk.

5. Cut the broccoli in pieces and blanch in boiling water for 2 minutes, remove and dip in cold water. Peel and crush the garlic until it is pureed. Put the broccoli flowers in a bowl with 2.5 fl oz/80 ml olive oil and the garlic puree.

6. Roll out the dough into an oval of the desired shape and thickness. Heat the grill to a high temperature. Brush the dough with olive oil, put on the grill and cook for 3 to 5 minutes, until golden and crisp.

7. Cover the pizza with pesto, distribute the shredded goat cheese and broccoli flowers. Drizzle with olive oil and add salt and pepper. Sprinkle the green onion on top and serve.





BUTTERNUT

SQUASH BURGERS



SERVES 4



DIFFICULTY: MEDIUM



LUNCH



1 HOUR

These burgers can also be made with white rice instead of whole rice.

INGREDIENTS

BURGERS

- 1 CUP COOKED WHOLE RICE
- ½ CUP BUTTERNUT SQUASH PUREE
- ½ CUP COOKED BLACK BEANS
- 3 TBSP CHOPPED PARSLEY
- 1 PINCH NUTMEG
- 1 TSP SALT
- 1 TBSP SUNFLOWER OIL

SANDWICHES

- 4 WHOLE WHEAT HAMBURGER BUNS
- FRESH SPINACH LEAVES, TO TASTE
- 4 TOMATO SLICES
- 3.5 OZ/100 G MOZZARELLA CHEESE
- 1 AVOCADO

PREPARATION

1. To make the burgers, put all ingredients except oil in a bowl and mix with your hands until obtaining a compact mixture.
2. Take portions and form balls with your hands, then flatten them to shape them into burgers.
3. Brush the grill with oil and cook the burgers over high heat on both sides.
4. Assemble the sandwiches: cut the buns open and stack spinach leaves, 1 butternut squash burger, 1 tomato slice, 1 mozzarella cheese slice and avocado. Cover with the top of the buns and serve.

These burgers can also be served directly on a plate, with a side of fresh spinach leaves and tomato salad.





CHAPTER VI

DESSERTS



PEACHES

IN WHISKEY



SERVES 4



DIFFICULTY: MEDIUM



DESSERT



50 MINUTES

*An elegant dessert for a special diner´s glamorous finale.
Plums can also be used instead of peaches.*

INGREDIENTS

4 PEACHES
4 TBSP WHISKEY
3.5 OZ/100 G BUTTER
4.5 OZ/125 G SUGAR
1 TSP VANILLA EXTRACT
4 FL OZ/125 ML ORANGE JUICE
WHIPPED CREAM AND COARSELY CHOPPED
ALMONDS, TO SERVE

PREPARATION

1. Wash and dry the peaches. Cut in half and remove the pits.
2. Melt the butter in a frying pan. Add sugar and stir over medium heat until the mixture begins to caramelize. Add vanilla and orange juice and bring to a boil. Add the peaches and stir to blend with the caramel. Pour the whiskey and flame. Allow the liquid to boil and remove the peaches.
3. Put the peaches on the hot grill previously brushed with melted butter. Grill on both sides until browned.
4. Remove the peaches from the grill and serve with whipped cream and coarsely chopped almonds.

This recipe can also be made with rum instead of whiskey.



FRUIT

BROCHETTES



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

A practical, healthy dessert. It can be eaten without silverware, directly with your hands.

INGREDIENTS

2 PEACHES
2 SLICES PINEAPPLE
4 PLUMS
1 GREEN APPLE
2 TBSP MELTED BUTTER



PREPARATION

1. Wash and dry all the fruit carefully. Remove seeds and pits and cut into even pieces.
2. Thread the fruit on to brochette skewers previously brushed with butter. Brush the fruit with butter, as well.
3. Put the brochettes on the hot grill and rotate them while cooking so that they brown all around. Serve immediately.

The choice of fruit can vary according to taste and season.





GRILLED

BANANAS WITH CHOCOLATE



SERVES 4



DIFFICULTY: MEDIUM



DESSERT



50 MINUTES

*An exceptional dessert for those with a sweet tooth.
Add a scoop of chocolate ice cream, if you wish.*

INGREDIENTS

4 BANANAS
JUICE OF ½ LEMON
4 TBSP SUGAR
MELTED BUTTER, AS NEEDED
CHOCOLATE SAUCE, TO TASTE
CHOPPED WALNUTS, AS NEEDED

PREPARATION

- 1. Peel the bananas and cut them in half lengthwise. Brush them with lemon juice and sprinkle them with sugar.*
- 2. Grill the bananas on the grill previously brushed with melted butter. Cook on both sides until they brown.*
- 3. Serve with chocolate sauce and some chopped walnuts sprinkled on top.*

Drizzle some rum on the bananas for a special touch.



PINEAPPLE

WITH VANILLA ICE CREAM



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

*Enjoy this delicious dessert after dinner
with a glass of iced champagne.*

INGREDIENTS

8 SLICES PINEAPPLE
3 TBSP HONEY
2 TBSP MELTED BUTTER
VANILLA ICE CREAM, TO SERVE



PREPARATION

1. Put the pineapple slices on a shallow pan. Mix the honey and melted butter in a bowl.
2. Brush each pineapple slice on both sides with the honey and butter mixture. Grill them over high heat on both sides, until lightly golden.
3. Serve each slice with a vanilla ice cream scoop on top. Drizzle with some melted honey and garnish with fresh mint leaves.

Use chocolate ice cream or other flavors instead of vanilla, if desired.





S'MORES



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

*An exceptional dessert for those with a sweet tooth.
Add a scoop of chocolate ice cream, if desired.*

INGREDIENTS

16 MARSHMALLOWS
12 GRAHAM CRACKERS

PREPARATION

1. Thread the marshmallows on to previously wet brochettes skewers. Put them on the hot grill and cook them until they are soft and golden.

2. Assemble the S'mores by putting 2 marshmallows on a cracker. Cover with another cracker, put 2 more marshmallows on top and cover with one more cracker, having 3 layers of crackers and 2 of marshmallows. Serve immediately.

These S'mores can also be made with chocolate chip cookies instead of Graham crackers.



CARAMELIZED

APPLES



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

These delicious apples make an ideal dessert for dinner. They can be served on their own or with vanilla ice cream.

INGREDIENTS

4 APPLES
JUICE OF ½ LEMON
2 TBSP MELTED BUTTER
3 TBSP LIGHT BROWN SUGAR
1 PINCH GROUND CINNAMON
CASHEW NUTS, TO SERVE



PREPARATION

1. Remove and discard the top and bottom slice of each apple. Remove the core and cut the apples into thick slices. Put them in a bowl and mix them with lemon juice.
2. Put the apple slices in a shallow pan, brush each slice with butter and sprinkle with sugar on both sides.
3. Put the apples on the hot grill previously brushed with butter and cook on both sides until they brown.
4. Serve the apples sprinkled with cinnamon and chopped cashew nuts.

It is fundamental to use lemon juice to prevent the apples from turning brown.





WATERMELON

WITH HONEY



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

*A tasty and fresh dessert, both light and delicious.
Ideal for a frugal, outdoor lunch.*

INGREDIENTS

- 4 WATERMELON SLICES (CUT IN TRIANGLES)
- 2 TBSP HONEY
- 1 TBSP LEMON JUICE
- 1 TBSP MELTED BUTTER

PREPARATION

1. Put the watermelon slices in a shallow pan. In a bowl, mix honey, lemon juice and melted butter.
2. Brush the watermelon with this mixture on both sides. Put on the hot grill and cook on both sides until they are slightly brown.
3. Brush once more with the mixture and serve immediately.

Serve with a dollop of whipped cream, if desired.



FRUIT

PIZZA



SERVES 10



DIFFICULTY: MEDIUM



DESSERT



2 HOURS

*A hearty dessert, very easy to serve.
Ideal for a meal with many guests.*

INGREDIENTS

0.8 OZ/25 G FRESH YEAST
2 TSP SUGAR
1 ½ CUP/340 ML WATER
1.1 LB/500 G FLOUR
0.2 OZ/5 G SALT
½ CUP/120 ML SUNFLOWER OIL
GREEK YOGURT, AS NEEDED
FRESH FRUIT, YOUR CHOICE
3 TBSP HONEY
SLICED ALMONDS, AS NEEDED

*Greek yoghurt can be replaced with cream
cheese or whipped cream.*



PREPARATION

1. Dissolve the yeast and sugar in lukewarm water. Cover and allow it to rest in a warm place for 5 minutes, until it is foamy.
2. Put the flour and salt in a bowl and make a hole in the middle. Pour the yeast mixture and oil in the hole and start combining all ingredients to form a dough.
3. Turn the dough onto a clean surface and knead until obtaining a smooth, elastic dough. Put it in a bowl previously brushed with oil and cover with plastic wrap. Allow it to rise in a warm place until it doubles in bulk. Once it has risen, knead a little to deflate the dough.
4. Heat the grill to a high temperature. Divide the dough into 4 pieces and roll out each one into a circle 0.2"/5 mm thick, approximately. Brush slightly with sunflower oil, put on the grill and cook for 3 to 5 minutes, until golden and crisp.
5. Allow the pizzas to cool to room temperature and cover with Greek yogurt and fresh fruit. Drizzle with honey and sprinkle with sliced almonds.





GRAPEFRUIT

WITH AMARETTO



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

Cognac or Cointreau can be used instead of Amaretto.

INGREDIENTS

4 LARGE GRAPEFRUITS
1.8 OZ/50 G BUTTER
4 TBSP SUGAR
AMARETTO, TO TASTE
MARSHMALLOWS, TO TASTE
FRESH MINT LEAVES, TO GARNISH

PREPARATION

1. Wash and dry the grapefruits. Cut in half and brush the pulp with melted butter.
2. Sprinkle the pulp with sugar and drizzle with Amaretto.
3. Place the grapefruits on the hot grill with the pulp down. Grill for a few minutes, until browned and tender.
4. Serve the grapefruits in a bowl, with grilled marshmallow brochettes. Garnish with fresh mint leaves.

A light, refreshing dessert, ideal to be served after for an abundant meal.



FRUIT AND

MARSHMALLOW BROCHETTES



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

Juicy fruit and spongy marshmallows make a delicious combination of textures.

INGREDIENTS

12 MARSHMALLOWS

2 PEACHES

8 STRAWBERRIES

Cut the fruit right before assembling the brochettes so that they maintain their texture and moistness.



PREPARATION

1. Wash and dry the fruit. Cut in pieces the same size as the marshmallows.

2. Thread the fruit and marshmallows on previously wet brochette skewers. Put the brochettes on the hot grill and cook rotating them to brown all around.





PEARS WITH

ICE CREAM AND RUM



SERVES 4



DIFFICULTY: LOW



DESSERT



40 MINUTES

An exquisite and refined dessert, ideal to be served with ice cream or whipped cream.

INGREDIENTS

4 PEARS
2 TBSP RUM
1 TBSP LEMON JUICE
1 TBSP MELTED BUTTER
WHITE CHOCOLATE ICE CREAM AND
WALNUTS, TO SERVE
FRESH MINT LEAVES, TO GARNISH

PREPARATION

1. Wash and dry the pears. Cut them in half and remove the core.
2. In a bowl, mix rum, lemon juice and melted butter and add the pears. Mix well and allow them to rest for 15 minutes.
3. Put the pears on the hot grill previously brushed with melted butter, and cook on both sides until slightly golden. Brush with the rum and butter mixture frequently while cooking.
4. Serve the grilled pears with a white chocolate ice cream scoop and walnuts. Garnish with fresh mint leaves.

For a non alcoholic version, replace rum with apple juice.



BANANA

HAZELNUT SANDWICHES



SERVES 2



DIFFICULTY: LOW



DESSERT



15 MINUTES

Peanut butter can be used instead of nutella. Alternatively, you can mash the bananas first and spread the mixture onto bread slices.

INGREDIENTS

4 SLICES WHITE BREAD
4 TABLESPOONS NUTELLA
2 BANANAS, SLICED
2 TABLESPOONS COCONUT FLAKES
COOKING SPRAY, AS NEEDED

Cut the fruit right before assembling the sandwiches so that they maintain their texture and moistness.



PREPARATION

1. In a grill, lightly toast bread slices. Spread 1 tablespoon of nutella on each slice of bread. Spray the other side with cooking spray. Sprinkle coconut on top of each slice of bread.
2. Arrange bananas onto two slices of bread in a single layer. Sandwich slices together.
3. Place sandwiches back in the grill. Grill each side for about 2 minutes, or until you see grill marks on the bread. Cut the sandwiches in half and serve immediately.



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