



## **Basic Hamburger**

Serves 4

### **Ingredients:**

1 to 1½ pound ground beef chuck (80% lean meat)  
½ to 1 teaspoon salt  
freshly ground black pepper  
4 hamburger buns  
toppings and condiments

### **Directions:**

1. Gently mix the beef with the salt and pepper. Divide the meat into 4 equal portions and then form the hamburgers, begin careful not to over-handle the meat. One good way to do this is to throw the meat back and forth between your hands like a baseball, packing the meat each time you catch it. Flatten the balls into patties, making an indentation in the center of each patty.
2. Pre-heat the grill until hot – when you hold your hand 1 to 2 inches above the grill grates, you want to pull it away after 2 or 3 seconds. Place the grill plate in one side of the BBQ Grill Pan, and place the griddle plate in the other side. Pre-heat the pan on the BBQ for 2 to 3 minutes. When the BBQ Pan is ready, place burgers on the grill plate, season with salt and pepper, and cook to desired degree of doneness (see below), flipping once.

Cooking Times for Burgers:

Rare – 3 minutes per side

Medium – 5 minutes per side

Well – 6 minutes per side

3. Lightly brush the hamburger buns with a little oil or butter and toast on the griddle plate. You can also use the griddle plate to cook toppings for the burgers, such as sliced mushrooms, onions or bacon. Place the cooked burger patties on the toasted hamburger buns and serve the burgers with your choice of toppings – tomato ketchup, mustard, relish, mayonnaise, onions, tomatoes, lettuce, mushrooms, etc...



## **Grilled Brined Pork Chops with Grilled Peaches and Basil**

Serves 4

### **Ingredients:**

#### *Brine:*

4 cups water  
 $\frac{2}{3}$  cup kosher salt  
 $\frac{1}{3}$  cup brown sugar  
 $\frac{1}{3}$  cup maple syrup  
8 cloves garlic, smashed  
2 tablespoons grated fresh gingerroot  
6 cloves  
1 teaspoon hot red pepper flakes  
2 cups ice cubes

4 double-cut bone-in pork chops  
vegetable oil  
2 tablespoons butter, melted  
2 tablespoons balsamic vinegar  
2 peaches, stones removed and sliced  
fresh basil leaves, shredded

### **Directions:**

1. Make the brine by bringing all the brine ingredients except the ice cubes to a boil in a saucepan. After the brine boils and the salt and sugar have dissolved, add the ice cubes to help cool the liquid. Once the brine is cool, add the pork chops and let them marinate in the brine in the refrigerator for 6 to 12 hours.
2. Pre-heat the BBQ grill for at least 10 minutes. Place the grill plate in one side of the BBQ Grill Pan, and place the griddle plate in the other side. Pre-heat the pan on the BBQ for 2 to 3 minutes. Remove the pork chops from the brine and pat them dry with paper towels. Brush the chops very lightly with vegetable oil and place on the grill plate for 4 to 6 minutes per side, rotating the chops to get cross-hatch grill marks. Don't season the chops again with salt. Grill until the internal temperature of the pork chops reaches 150° F. Remove the chops from the grill to a resting plate and loosely cover with foil.
3. While the pork chops are resting, mix together the melted butter and balsamic vinegar. Toss the peaches with this mixture and then place them on the griddle side of the BBQ pan for 3 to 4 minutes, or until nicely browned, warm and tender. Plate the pork chops and serve with the grilled peach halves and a sprinkling of fresh basil.



## **Grilled Buffalo Wings**

Serves 4

### **Ingredients:**

2 pounds chicken wings  
2 tablespoons vegetable oil  
salt  
freshly ground black pepper

#### *Buffalo Hot Sauce:*

¼ cup hot sauce  
¼ cup butter, melted

#### *Blue Cheese Dip:*

1 cup sour cream  
½ cup mayonnaise  
2 to 4 ounces blue cheese, crumbled (depending on how much you like blue cheese)  
1 clove garlic, minced  
1 tablespoon white wine vinegar  
2 tablespoons chives, chopped  
freshly ground black pepper

1 head of celery, cut into stalks

### **Directions:**

1. Pre-heat the grill until hot – when you hold your hand 1 to 2 inches above the grill grates, you want to pull it away after 2 or 3 seconds. While the grill is pre-heating, trim any excess fat off the chicken wings and toss together in a large bowl with the oil, salt and pepper. Set aside. Place the perforated plates in the BBQ Grill Pan. Pre-heat the pan on the BBQ for 2 to 3 minutes.
2. Prepare the Buffalo hot sauce by combining the hot sauce and melted butter together in a large second bowl. Set the sauce aside.
3. Prepare the blue cheese dip by combining all the ingredients in a third bowl and refrigerate until serving.
4. When the BBQ Pan is ready, place the chicken wings on the pan. Grill for about 10 to 12 minutes, tossing occasionally. When cooked through, remove the wings to the large bowl with the Buffalo hot sauce. Toss together to glaze all the wings.
5. Serve the wings with the blue cheese dip and celery stalks.





## **Grilled Peanut Butter and Bacon Sandwiches**

Serves 4

### **Ingredients:**

8 slices Texas toast bread (thick sliced white bread)  
¾ cup tablespoons peanut butter (chunky or smooth)  
8 slices bacon, cooked and cut in half  
2 tablespoons butter, softened

### **Directions:**

1. Spread the butter on one side of all eight slices of bread. Spread peanut butter on the other side of all eight slices. Assemble the sandwiches by placing four pieces of bacon on four of the slices of peanut buttered bread, and top with the remaining four slices of peanut buttered bread.
2. Pre-heat the grill until hot – when you hold your hand 1 to 2 inches above the grill grates, you want to pull it away after 2 or 3 seconds. Place the griddle plates in the BBQ Grill Pan. Pre-heat the pan on the BBQ for 2 to 3 minutes. Add the assembled sandwiches to the BBQ pan and brown on both sides until nicely browned – about 3 to 4 minutes.
3. Remove, cut in half and serve.



## **Grilled Shrimp Rolls**

Serves 4

### **Ingredients:**

2 tablespoons fresh lemon juice (about 1 large lemon)  
2 tablespoons hot sauce  
2 teaspoons paprika  
2 cloves garlic, smashed  
½ cup olive oil  
½ teaspoon salt  
20 small shrimp (about ½ pound)  
4 split top hot dog buns  
melted butter  
½ cup mayonnaise  
¼ cup pickle relish  
salt, to taste  
½ lemon, to squeeze

### **Directions:**

1. Combine the lemon juice, hot sauce, paprika, garlic cloves, olive oil and salt in a mixing bowl. Add the shrimp and toss well to coat. Let the shrimp marinate for about 30 minutes.
2. Pre-heat the grill until hot – when you hold your hand 1 to 2 inches above the grill grates, you want to pull it away after 2 or 3 seconds. Place the griddle plates in the BBQ Grill Pan. Pre-heat the pan on the BBQ for 2 to 3 minutes.
3. While the BBQ is pre-heating, combine the mayonnaise and pickle relish in a small bowl. Season with salt and some fresh lemon juice.
4. Brush the sides of the hot dog buns with butter and use one side of the BBQ Pan to toast the buns on all sides until nicely browned. As the buns are just finishing, drain the shrimp from the marinade and place the shrimp on the other side of the BBQ Pan. Cook for about 2 to 3 minutes per side. Then, assemble the rolls by spreading some of the pickle mayonnaise on the buns and filling with about 5 shrimp per sandwich.

## **Lemon Rosemary Grilled Chicken Breasts**

Serves 4

### **Ingredients:**

¼ cup olive oil  
2 lemons, zest and juice  
2 sprigs fresh rosemary, leaves chopped  
2 cloves garlic, chopped  
lots of freshly ground black pepper  
4 chicken breasts (boneless, but skin on)  
salt

### **Directions:**

1. Combine the olive oil, lemon zest, lemon juice, rosemary, garlic and lots of black pepper together in a sealable zipper style plastic bag or mixing bowl.
2. Add the chicken breasts to the marinade and let them marinate for 30 minutes to 4 hours, refrigerated.
3. Pre-heat the grill until hot – when you hold your hand 1 to 2 inches above the grill grates, you want to pull it away after 2 or 3 seconds. Place the grill plate(s) in the BBQ Grill Pan. Pre-heat the pan on the BBQ for 2 to 3 minutes.
4. When the BBQ pan is ready, remove the chicken from the marinade, shaking off any excess marinade, and place on the grill plate. Grill for 6 to 8 minutes per side, seasoning with salt as you grill. The chicken should be firm to the touch and have an internal temperature of 165° F when cooked through. Use the other side of the BBQ Pan to cook vegetables using the perforated plate if you like.



## Tequila Lime Grilled Shrimp

Serves 4

### **Ingredients:**

½ cup tequila  
zest of one lime  
¼ cup fresh lime juice  
2 cloves garlic, minced  
¼ cup cilantro leaves, chopped (plus more for garnish)  
⅛ teaspoon hot red pepper flakes  
½ cup olive oil  
1½ pounds jumbo shrimp, peeled & de-veined (about 32 shrimp)  
salt

### **Directions:**

1. Combine the tequila, lime zest, lime juice, garlic, cilantro, red pepper flakes and olive oil in a zipper sealable plastic bag or a mixing bowl. Add the shrimp and mix together to coat all the shrimp in the marinade. Refrigerate and marinate for 30 minutes to as long as 4 hours.
2. Pre-heat the grill until hot – when you hold your hand 1 to 2 inches above the grill grates, you want to pull it away after 2 or 3 seconds. Place the perforated plates in the BBQ Grill Pan. Pre-heat the pan on the BBQ for 2 to 3 minutes. Remove the shrimp from the marinade, shake well and toss onto the BBQ Pan. Grill the shrimp for 2 to 3 minutes per side seasoning with salt, or until cooked through but not overcooked. Serve with lime wedges and fresh cilantro leaves if desired.

