

# ON THE GRILL

*32 recipes for perfect grilling*

**T-fal**<sup>®</sup>

OptiGrill<sup>™</sup>












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## INNOVATION



THICKNESS  
MEASUREMENT



COOKING LEVEL  
INDICATOR



# OPTIGRILL, THE PLEASURE OF GRILLING FOOD TO PERFECTION

*The secret of grilling foods to perfection is determining the right temperature and cooking time according to food type, size and thickness. Treat yourself and your taste buds to meat cooked rare or well done, and enjoy the pleasure of sharing and savouring.*

## The origins of grilling

We invented grilling right after we discovered fire. That was when we accidentally learned how to make meat and fish more tender, easy on the stomach and, best of all, delicious. One can easily imagine the succulent smell of the first piece of meat that accidentally fell on the embers. Probably the most exciting discovery of humankind! A pure delight that has remained unchanged throughout the ages.

## The art of grilling

Grilling is an ancestral method hunters and fishers have been using to prepare their catches, and it has evolved into a culinary style that all civilizations now rely on. The grill is a symbol of the fireplace - the kitchen appliance people gather around to make a meal - throughout history and everywhere in the world. Grilling is as much an opportunity to share good times as it is a cooking method. It is the ideal way to savour the best cuts of meat or fish, whether marinated or prepared according to a wide range of simple cross-cultural recipes, along with sauces whose secret formulation is passed on from one generation to the next.

## An instant pleasure

Grilling often requires improvisation. No fuss, easy preparation, and no mess. In the kitchen or outdoors, usually at the last minute, it is plain fun. Transforming raw to cooked takes only a few quick steps: the meal is ready, the table is set, and the time to savor has arrived!

*With this T-FAL OPTIGRILL recipe book, you can become an all-category grilling champion.*

## A revolution in grilling

Nothing beats good food grilled just the way you like it: rare, medium or well-done. Nothing is worse than either undercooked or charred overcooked meat. OPTIGRILL is the appliance you need to grill to perfection: not only is cooking success guaranteed each time, just the way you like it, the food comes out with nice grill marks.





## Perfect results

Sophisticated technology makes using OPTIGRILL easy: whether you want to cook burgers, red meat, poultry, sausages, fish, seafood or sandwiches, one of 6 automatic cooking programs will help you grill them to perfection. What's more, there is a manual setting for vegetables and fruits.

- Automatic or manual temperature settings grill foods just the way you like them.
- Automatic food thickness sensor to control temperature settings, which can be recorded for the next time.
- The appropriate temperature for each type of food. Mistakes are a thing of the past.

## Tender, juicy meat with grill marks

Simplified technology eliminates the pitfalls of traditional grills: carbonized food, overcooked or undercooked meat.

- When the grill is adequately preheated, an indicator light turns on. It conveniently and clearly indicates the cooking progress. The color of the indicator changes during the process, making it easy to determine when the food has reached the preferred doneness. At the beginning, the indicator is green; it then turns yellow indicating the meat is rare, orange when it is medium and red when it is well-done. A beep sounds between each phase until everything is cooked just the way you want it. Lifting the lid will not stop the process, so you can remove a piece of meat done rare while another continues to cook. Thanks to the sensor, the appliance automatically adapts to the quantity and the thickness of the food remaining on the grill.
- The temperature is precisely set to sear and mark the surface of the meat, slowly cooking it to retain tenderness and juices.

## 6 cooking programs to choose from

There is a special pre-programmed cooking process for each type of food to ensure optimal results. OPTIGRILL offers 6 pre-defined programs and 1 manual program:



Burger



Poultry



Sandwich



Sausage /  
Pork / Lamb



Red meat



Fish /  
Seafood



+ manual mode to grill vegetables  
and fruits

## Master of the grill

The grill is your best friend. You too can produce amazing results without the fear of overcooking or ruining the meal.

- A simple and convenient appliance that is as easy to use as it is to clean thanks to its dishwasher-safe non-stick cast aluminum plates and removable drip tray.
- Thanks to a wide range of programs, you can grill anything: meat, fish, hamburgers, paninis, seafood, vegetables and fruits – all exactly the way you like them.

***With T-FAL's OPTIGRILL, grilling is easy and your creation is delicious, guaranteed!***

# OPTIGRILL THE ART OF GRILLING BEEF

*No doubt about it, grilling was invented to cook tender cuts of meat. Now a days, beef has replaced the leg of wild boar or mammoth steak our ancestors used to feast on, but the pleasure remains the same: everyone loves to sink their teeth into a well-seared, tender and juicy cut of meat with grill marks on the surface.*



## The ideal setting

OPTIGRILL is especially designed to grill meat, particularly beef. In fact, that's why it was originally developed and is often the centerpiece of a cookout.

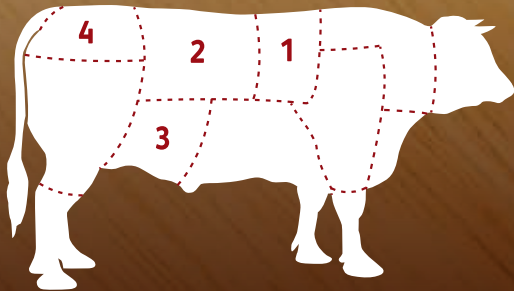
The indicator light helps you keep track of the cooking progress and determine when the meat is cooked exactly the way you like it. A beep sounds between each phase to signal meat doneness, i.e. rare, medium or well-done. When ready, you can remove a single piece of meat or all at once. The appliance is designed to automatically take into account the size and the thickness of each piece of meat you put on the grill. Plain or marinated meat will cook in minutes using the selected program. In the meantime, you can concentrate on the seasonings, a barbecue sauce and a salad to serve along with the meat.

## OPTIGRILL, how smart can you get!

Whether you're having prime rib, veal, boneless rib roast, filet, strip steak, flank steak, sirloin or ribeye, OPTIGRILL automatically sets the right temperature according to the size and the thickness of the meat. You always get optimal results: tender and juicy meat with grill marks on the surface.



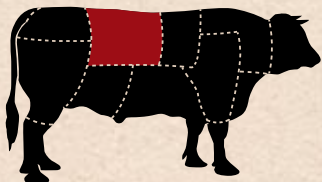
- 1 - Rib Eye
- 2 - Tenderloin / Striploin
- 3 - Flank
- 4 - Sirloin







# BEEF TENDERLOIN WITH MUSHROOMS & BLUE CHEESE

4 Servings / Preparation Time: 15 min.  
Program:



## Ingredients

- 4 beef tenderloin steaks, about 5 oz (150 g) each
- 1 tsp (5 ml) each salt and pepper, divided
- 1 tbsp (15 ml) butter
- 8 oz (250 g) sliced cremini mushrooms
- 2 garlic cloves, minced
- 1/2 tsp (2 ml) dried thyme
- 2 tbsp (30 ml) balsamic vinegar
- 1/4 cup (50 ml) finely chopped fresh parsley
- 1 oz (30 g) blue cheese, crumbled

1. **Pat** the steaks dry with a paper towel. Season the steaks with half of the salt and pepper, keeping the remaining for later use.
2. **Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the steaks on the grill and close the lid.
3. **Cook** until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Transfer the steaks to a plate; tent with foil. Rest for 5 minutes before serving.
4. Meanwhile, **melt** the butter in a large, nonstick skillet set over medium heat. Add the mushrooms, garlic, thyme and remaining salt and pepper. Cook, stirring occasionally, for 5 minutes or until browned and tender. Stir in the balsamic vinegar. Remove from heat and stir in the parsley. Serve the steaks topped with the mushroom mixture and crumbled blue cheese.



RARE MEDIUM WELL DONE

## Tips

- Fluffy mashed potatoes and tender-crisp green beans are the perfect accompaniments to complete this simple, yet elegant meal.
- Tenderloin is a very lean cut of beef and can become dry when overcooked. For the best results, do not cook the steaks past medium doneness.



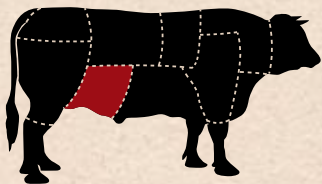




# LIME AND CORIANDER MARINATED FLANK STEAK



4 to 6 Servings / Preparation Time: 15 min.

Program:



## Ingredients

- 1 cup (250 ml) fresh coriander leaves
- 1/4 cup (50 ml) fresh lime juice
- 2 tbsp (30 ml) canola oil
- 6 garlic cloves, minced
- 2 green onions, chopped
- 2 jalapeno peppers, ribs and seeds removed
- 1 1/2 tsp (7 ml) ground cumin
- 1 flank steak, about 1 1/2 lb (750 g)
- 3/4 tsp (4 ml) salt

- 1. Combine** coriander, lime juice, oil, garlic, green onions, jalapenos and cumin in a food processor or blender; pulse until smooth. Place the steak in a resealable plastic bag and pour in the coriander mixture. Place in the refrigerator to marinate for at least 4 hours or up to 24 hours.
- 2. Remove** the steak from the marinade and shake off the excess marinade; discard remaining marinade. Sprinkle the salt all over the steak.
- 3. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the steak on the grill and close the lid.
- 4. Cook** until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Transfer the steak to a cutting board and tent with foil. Rest for 5 minutes before slicing very thin.

## Tips

- Serve the steak with a large tossed salad and baked potatoes.
- The sliced steak can be used as a filling for fajitas along with grilled peppers and onions, sour cream, salsa and guacamole.
- For tender flank steak, it is recommended not to cook the meat past medium doneness.



RARE



MEDIUM



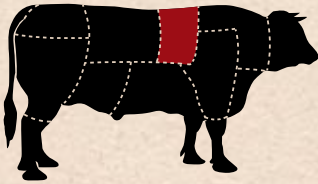
WELL DONE







# GRILLED RIB EYE STEAKS WITH CHIMICHURRI SAUCE

2 Servings / Preparation Time: 15 min.  
Program:



## Ingredients

- 2 tbsp (30 ml) red wine vinegar
- 1 tbsp (15 ml) fresh lemon juice
- 4 garlic cloves, very finely chopped
- 1 tsp (5 ml) each salt and pepper, divided
- 1/2 tsp (2 ml) hot pepper flakes
- 1 bay leaf
- 3 tbsp (45 ml) olive oil
- 1/2 cup (125 ml) very finely chopped fresh parsley
- 2 rib eye steaks, about 6 oz (175 g) each

1. Stir the vinegar with the lemon juice, garlic, half of the salt and pepper, the hot pepper flakes and bay leaf. Whisk in the olive oil until well combined; stir in the parsley. Let stand for at least 15 minutes; discard the bay leaf.
2. Meanwhile, pat the steaks dry with a paper towel. Sprinkle the remaining salt and pepper over both sides of each steak.
3. Turn the grill on. Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the steaks on the grill and close the lid.
4. Cook until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Transfer the steaks to a plate and tent with foil. Rest for 5 minutes. Serve the steaks with the chimichurri sauce on the side or drizzled over the top.

## Tips

- Enjoy a late summer harvest inspired supper by serving the steaks with corn on the cob and sliced fresh tomatoes.
- Substitute any premium beef such as strip loin for the rib eye steaks if preferred.



RARE



MEDIUM



WELL DONE



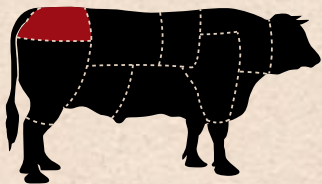




# PRAIRIE TOWN WHISKEY MARINATED STEAK



4 Servings / Preparation Time: 15 min.

Program:



## Ingredients

- 1/2 cup (125 ml) apple juice or cider
- 1/3 cup (75 ml) whiskey
- 1/3 cup (75 ml) maple syrup
- 2 tbsp (30 ml) Dijon mustard
- 1 tbsp (15 ml) Worcestershire sauce
- 1 onion, chopped
- 4 garlic cloves, chopped
- 2 sprigs rosemary
- 1 top sirloin steak, about 1 lb (500 g)
- 1/2 tsp (2 ml) each salt and pepper

- 1. Whisk** the apple juice with the whiskey, maple syrup, mustard and Worcestershire sauce. Stir in the onion, garlic and rosemary. Place the steak in a resealable plastic bag and pour in the whiskey mixture. Place in the refrigerator to marinate for at least 4 hours or up to 24 hours.
- 2. Remove** the steak from the marinade and shake off the excess marinade; transfer the remaining marinade to a saucepan and set aside. Season the steak with the salt and pepper on both sides.
- 3. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the steak on the grill and close the lid.
- 4. Cook** until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Transfer the steak to a cutting board and tent with foil. Rest for 5 minutes before slicing.
- 5. Meanwhile, bring** the leftover marinade to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 10 to 12 minutes or until the liquid is reduced to about 1/4 cup (50 ml) and becomes a rich caramel color. Strain the sauce and discard the solids. Serve the steak drizzled with the whiskey sauce.

## Tips



RARE MEDIUM WELL DONE

- For the best flavor, "bruise" the rosemary sprigs by firmly tapping the sprigs with the back of a chef's knife until fragrant.
- Serve with crispy, oven-baked French fries and baked beans to complete this steakhouse meal.

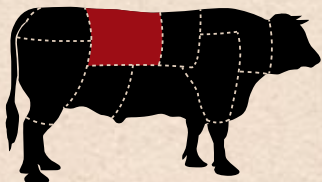




# MONTREAL GRILLED STEAK AND POTATOES





4 Servings / Preparation Time: 15 min.

Programs:



## Ingredients

- 4 medium Yukon Gold potatoes, about 2 lb (1 kg)
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) Montreal steak seasoning, divided
- 4 striploin steaks, about 6 oz (175 g) each
- 1/4 cup (50 ml) ketchup
- 1 tsp (5 ml) Worcestershire sauce
- 1/2 tsp (2 ml) hot sauce (optional)

- 1.** Cook the potatoes in the microwave for 6 minutes or until fork-tender but still firm; cool until easy to handle. Cut each potato in half and then cut into 1/2-inch (1 cm) thick strips down the length of the potato. Toss the potatoes with the oil and half the steak seasoning. Stir the ketchup with the Worcestershire sauce and hot sauce until well combined; set aside.
- 2.** Meanwhile, pat the steaks dry with a paper towel. Sprinkle the remaining steak seasoning over both sides of each steak.
- 3.** Turn the grill on. Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the steaks on the grill and close the lid.
- 4.** Cook until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Transfer the steaks to a plate and tent with foil. Rest for 5 minutes.
- 5.** Meanwhile, select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the potatoes on the grill and close the lid.
- 6.** Cook the potatoes, in batches, for 5 minutes or until tender and well marked. Serve the steaks with the potatoes and the ketchup mixture on the side.

## Tips

- Change the flavor of this recipe by replacing the Montreal Steak Seasoning with Cajun seasoning, Tex-Mex seasoning or a peppercorn medley.
- Serve the steak and potatoes with steamed broccoli or cauliflower florets.



RARE



MEDIUM



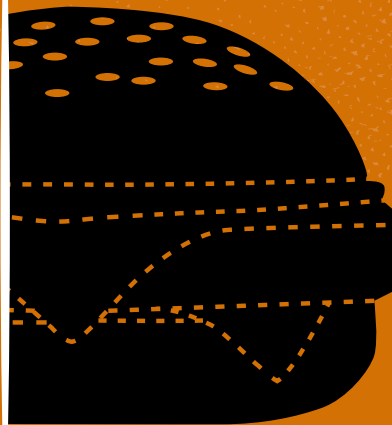
WELL DONE





# OPTIGRILL REINVENTING HOMEMADE HAMBURGERS

*According to legend, Genghis Khan invented steak tartare, the main ingredient of hamburger, in the 12th century. During his travels, he carried the meat pressed under his saddle to tenderize it. However, Germans from Hamburg gave it its name after introducing it to the United States more than eight hundred years later! Ever since, people everywhere in the world have copied the idea, greedily consuming this addictive layered creation that is fun to eat with our hands, just like in prehistoric days!*



## The perfect burger

OPTIGRILL is an intelligent grill that automatically senses the size and the thickness of the food you want to grill.

With OPTIGRILL's burger program, you can make absolutely perfect hamburgers quickly and on demand.

Simply put the ground patties on the grill and select the BURGER program. That's all there is to it! The patties will cook to perfection. Then, all you need do is put the patty on a bun and add your favorite condiments and sauces. Build a classic hamburger or your own special creation!





# ITALIAN MEATBALL BURGER

4 Servings / Preparation Time: 15 min.  
Program:



## Ingredients

- 1/2 cup (125 ml) dry breadcrumbs
- 1/2 cup (125 ml) grated Parmesan cheese
- 1/4 cup (50 ml) milk
- 1 tbsp (15 ml) Italian seasoning
- 1/2 tsp (2 ml) each salt and pepper
- 2 eggs, beaten
- 3 garlic cloves, minced
- 5 oz (150 g) each lean ground beef, veal and pork
- 4 Italian Kaiser buns, halved and toasted
- 1 cup (250 ml) warm marinara sauce
- 1 cup (250 ml) shredded mozzarella cheese

1. Stir the breadcrumbs with the Parmesan cheese, milk, Italian seasoning, salt, pepper, eggs and garlic until well combined. Crumble in the ground beef, veal and pork. Gently mix until mixture is evenly combined. Form the mixture into four equal patties.
2. Turn the grill on. Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the patties on the grill and close the lid.
3. Cook until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Spread half the marinara sauce evenly over the bottom of the Kaiser buns and top each with a patty. Spoon the remaining sauce over the patties and sprinkle with cheese; top with the remaining Kaiser buns.



RARE



MEDIUM



WELL DONE

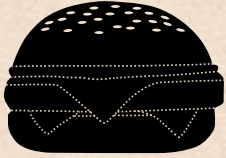
## Tips

- Add sautéed mushrooms, onions and peppers for an authentic Italian sandwich.
- Serve the burgers with a side of sautéed broccoli.
- Omit the veal and pork and replace with all beef for an equally delicious burger.

# BACON CHEESEBURGER





4 Servings / Preparation Time: 10 min.

Programs:



## Ingredients

- 1 lb (500 g) lean ground beef
- 3/4 tsp (4 ml) each salt and pepper
- 2 tbsp (30 ml) Dijon mustard
- 2 tbsp (30 ml) mayonnaise
- 4 slices bacon, about 1/4-inch (5 mm) thick
- 4 slices Cheddar cheese
- 4 hamburger buns
- Lettuce leaves
- Sliced tomato

- 1. Form** the ground beef into four patties and season all over with salt and pepper. Chill, covered, for up to 1 day or until ready to cook. Stir the mustard with the mayonnaise until well combined; set aside.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the bacon on the grill and close the lid.
- 3. Cook** until the indicator light has changed to red. Transfer the bacon to a plate and tent with foil. Carefully wipe the plates with a paper towel.
- 4. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the patties on the grill and close the lid.
- 5. Cook** until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Immediately, top each burger with a slice of cheese. Place each burger on a bun topped with lettuce and tomato. Garnish the burger with bacon and a dollop of the burger mixture.



RARE



MEDIUM



WELL DONE

## Tips

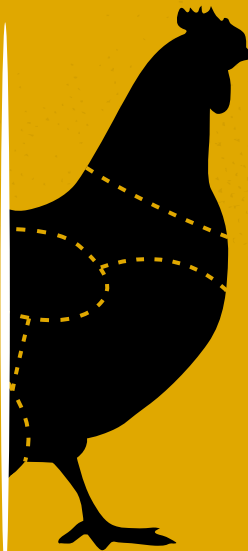
- Serve this hearty burger with a tossed garden salad for a balanced meal.
- Add a touch of sweetness to the burger by brushing the bacon with pure maple syrup before grilling.





# OPTIGRILL A MUST IF YOU LIKE JUICY GRILLED CHICKEN

*White poultry meat is sometimes preferred to red meat. Even the least carnivorous among us like it. Simply a matter of taste or diet choice, it is generally leaner, especially if the skin is removed. Not surprisingly, chicken nuggets are wildly popular in fast-food restaurants. Chicken and turkey legs, fillets and wings are delicious on the grill. Grill thinly sliced, cut it in cubes or skewered; seasoned with spices or marinated. With OPTIGRILL and recipes from all over the world, your repertoire will be unlimited.*



## Precise settings

OPTIGRILL is an intelligent grill that automatically senses the size and the thickness of the food you want to grill. It is ideal for all cuts of poultry that may be much smaller in size than the usual larger pieces of beef. Cooking a turkey breast or a chicken leg requires a different setting and temperature than prime rib. Grilling enthusiasts all agree that the hardest part is determining the right temperature to avoid carbonizing or drying out the meat due to excessively high heat.

## A nice variety

Kids often prefer chicken and turkey because white meat has a milder taste than red meat, while some people often choose it because it is leaner. Poultry is also less expensive. Who can resist golden chicken nuggets?

For an interesting mix of poultry meats to please discriminating diners, try duck breasts. You can also try grilling smaller-size poultry, like cornish game hens, which is very nutritious and has a more gamey taste than classic poultry. Grill leg or fillet pieces, or cut the bird in two and lay it flat on the grill. You can cook quail the same way.





# HONEY HOISIN CHICKEN BREASTS

4 Servings / Preparation Time: 10 min.  
Program:



## Ingredients


- 1/2 cup (125 ml) hoisin sauce
- 1/4 cup (50 ml) honey
- 2 tbsp (30 ml) fresh lime juice
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 ml) minced ginger
- 4 garlic cloves, minced
- 4 boneless, skinless chicken breasts
- Toasted sesame seeds
- Sliced green onion

1. Whisk the hoisin with the honey, lime juice, soy sauce, sesame oil, ginger and garlic until well combined; transfer one half of the mixture to a microwave-safe bowl. Cook in the microwave, on high, for 60 to 90 seconds or until steaming; set aside.
2. Place the chicken in a resealable plastic bag and pour in the remaining hoisin mixture. Marinate at room temperature for 30 minutes or in the refrigerator for up to 24 hours.
3. Turn the grill on. Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chicken on the grill and close the lid.
4. Cook until the indicator light has changed to red. Transfer the chicken to a cutting board. Slice the chicken and drizzle with the remaining warm hoisin mixture. Sprinkle with sesame seeds and green onions just before serving.



WELL DONE

## Tips

- Serve with stir-fried vegetables over cooked rice.
- Try the sauce mixture on boneless skinless salmon fillets using the  program.



# BUTTERMILK-ROSEMARY MARINATED CHICKEN THIGHS

4 Servings / Preparation Time: 10 min.  
Program:



## Ingredients

- 1 cup (250 ml) buttermilk
- 1/4 cup (50 ml) Dijon mustard
- 2 tbsp (30 ml) finely chopped fresh rosemary
- 4 garlic cloves, minced
- 8 bone-in, skinless, chicken thighs
- 3/4 tsp (4 ml) each salt and pepper

- 1. Whisk** the buttermilk with the mustard, rosemary and garlic. Place the chicken in a large resealable plastic bag and pour in the buttermilk mixture. Place in the refrigerator to marinate for at least 4 hours or up to 24 hours.
- 2. Remove** the chicken from the marinade and shake off any excess marinade; discard remaining marinade. Sprinkle the salt and pepper evenly over the chicken.
- 3. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chicken on the grill and close the lid.
- 4. Cook** until the indicator light has changed to red.

## Tips

- Serve with a tossed green salad and roasted potatoes.
- If you don't have buttermilk on hand, you can use low-fat, plain yogurt in the marinade instead.



WELL DONE









# MAPLE MUSTARD GRILLED CHICKEN THIGHS

4 Servings / Preparation Time: 5 min.  
Program:



## Ingredients

- 1/4 cup (50 ml) maple syrup
- 2 tbsp (30 ml) grainy Dijon mustard
- 3/4 tsp (4 ml) each salt and pepper
- 1/2 tsp (2 ml) dried thyme
- 2 garlic cloves, minced
- 8 boneless, skinless chicken thighs

- 1. Whisk** the maple syrup with the mustard, salt, pepper, thyme and garlic until well combined; measure out 2 tbsp (30 ml) and set aside. Toss the chicken thighs with the remaining maple mixture until evenly coated.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chicken thighs on the grill and close the lid.
- 3. Cook** until the indicator light has changed to red. Remove from the grill and brush the tops with the reserved maple mixture.

## Tips

- Make these chicken thighs part of a wholesome meal by serving with steamed brown rice and broccoli spears.
- Shred leftover chicken thighs and combine with lettuce, tomato and Cheddar cheese in a flour tortilla to make a quick wrap.



WELL DONE







# GRILLED BUFFALO CHICKEN WINGS



Makes 1 lb (500 g) / Preparation Time: 5 min.

Program:



## Ingredients

- 1/2 cup (125 ml) all-purpose flour
- 1 tbsp (15 ml) paprika
- 1 tsp (5 ml) each salt and pepper
- 1 lb (500 g) chicken wings
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) melted butter
- 2 tbsp (30 ml) Louisiana-style hot sauce

- 1. Combine** the flour with the paprika, salt and pepper in a large resealable plastic bag. Add the chicken wings and shake until well coated. Transfer the wings to a large bowl and drizzle with oil; toss until evenly coated. Discard excess flour mixture.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chicken wings on the grill and close the lid, pressing firmly so the plates come in contact with the wings.
- 3. Cook**, rotating and flipping the wings occasionally, until the indicator light has changed to red. Meanwhile, stir the melted butter and hot sauce in a large bowl. Add the hot, cooked wings and toss until evenly coated.

## Tips

- For the classic pub experience, serve the wings with blue cheese or ranch dressing for dipping and a side of carrot and celery sticks.
- Add cayenne pepper to the flour mixture to give the wings a spicy kick.
- For a sweeter chicken wing, omit the butter and hot sauce, and toss the wings in barbecue sauce, honey garlic sauce or serve the wings dry with lemon wedges on the side.



WELL DONE







# GREEK-STYLE CHICKEN SKEWERS



4 Servings / Preparation Time: 10 min.

Program:



## Ingredients

- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 2 tsp (10 ml) dried oregano
- 1 tsp (5 ml) finely grated lemon zest
- 3/4 tsp (4 ml) each salt and pepper
- 1/2 tsp (2 ml) ground paprika
- 6 garlic cloves, minced
- 4 boneless, skinless chicken breasts, cut into chunks
- Tzatziki sauce

- 1. Whisk** the oil with the lemon juice, oregano, lemon zest, salt, pepper, paprika and garlic in a large bowl. Add the chicken and toss to coat. Thread the chicken onto 8-inch (20 cm) wooden skewers.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the skewers on the grill and close the lid.
- 3. Cook**, in batches, until the indicator light has changed to red. Serve the chicken skewers with tzatziki sauce on the side.

## Tips

- Serve the skewers on a bed of cooked, seasoned rice, with a Greek salad for a complete meal.
- Serve the chicken in a pita topped with tzatziki, chopped tomatoes, cucumber and red onion for a traditional Mediterranean wrap.



WELL DONE





OPTIGRILL

# GRILLING CAN TURN A SANDWICH INTO A MEAL

*In 1762, when Lord Sandwich's butler came up with the very practical idea of having a whole meal on the go by "sandwiching" it between two slices of bread, he certainly never imagined his descendants would also put his invention on the grill! Every culture in the world is enthusiastically adopting grilling to create thousands of sandwich variations with paninis, wraps, pastry sheets, bagels and Pan Bagnat...*



## Nomadic pleasures

Enjoy the great outdoors right at home. Just turning it on makes you feel free and on vacation waiting for the gang to drop in for a casual meal. Grilled sandwiches can be eaten standing or sitting, whatever suits you. So quick to prepare, the party can begin right away. Making a sandwich is simply a matter of stacking ingredients between two slices of bread. Everyone gets what they want and no one has to cook. You don't have to leave the house to instantly feel like a happy nomad sinking his teeth into a delicious meal, savoring every bite.

## Hot, hot sandwiches!

Closer to a regular complete hot meal, carefully prepared grilled sandwiches can be basic or quite sophisticated. Gourmet variations of French toast and croque-monsieur, Italian panini or the traditional English club sandwich all explode with flavor once the heat of the grill crisps the bread and melts the cheese.

You might like to dip a slice of bread in a mix of beaten eggs and milk or brush on some olive oil or mustard before grilling, or dribble sauce or maple syrup over it after it is grilled to perfection – yummy! Adding cheese highlights contrasting flavors and provides an extra tender layer. With ham, tomatoes and other raw ingredients, you can build a delicious multiple-layer sandwich.

Vary the size and type of bread (country-style, whole grain, bagel, etc.). Let your imagination run free and wrap raw ingredients in a crêpe, wrap, pastry sheet, rice leaf or corn tortilla to create either a down-home experience or take it all the way to Vietnam or Mexico.

Set up your OPTIGRILL as a hot sandwich take-out stand: put smiles on their faces and fill their stomachs by varying flavors and recipes. The thickness sensor automatically sets the correct temperature to produce a deliciously crispy sandwich. Become a hot sandwich expert!







# APPLE CHEDDAR FRENCH TOAST SANDWICH WITH HAM

4 Servings / Preparation Time: 15 min.  
Program:



## Ingredients

- 8 slices cinnamon raisin bread
- 4 slices ham
- 1 apple, cored and thinly sliced
- 4 slices Cheddar cheese
- 3 eggs, beaten
- 1/3 cup (75 ml) milk
- 2 tbsp (30 ml) maple syrup (approx.)
- A pinch of salt

- 1. Layer** 4 slices of bread with the ham, apple and cheese; top the sandwiches with the remaining bread. Whisk the eggs with the milk, maple syrup and salt. Dip each sandwich into the milk mixture for 5 seconds or until lightly saturated.
- 2. Turn the grill on.** Select the  program and press . Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 3. Cook**, in batches, until the indicator light has changed to red. Cut the sandwiches in half and serve with additional maple syrup on the side.



WELL DONE

## Tips

- Replace the ham with another cooked breakfast meat, such as bacon or sausage.
- For a European spin on this sandwich, use sliced Brie, pear and turkey as the filling.

# FOUR CHEESE GOURMET GRILLED CHEESE

2 Servings / Preparation Time: 5 min.

Program:





## Ingredients

- 1 tbsp (15 ml) melted butter
- 1 tbsp (15 ml) finely chopped fresh parsley
- 1 tbsp (15 ml) finely grated Parmesan cheese
- 1 garlic clove, minced
- A pinch of black pepper
- 4 slices fresh crusty bread, about 1/2-inch (1 cm) thick
- 4 slices Cheddar cheese
- 1/4 cup (50 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) shredded Gruyere cheese



WELL DONE

- 1. Blend** the butter with the parsley, Parmesan cheese, garlic and pepper until well combined. Spread the butter mixture evenly over one side of each slice of bread. Place a slice of Cheddar, on the unbuttered side, of the other 2 slices of bread. Toss the mozzarella with the Gruyere and sprinkle over the Cheddar. Top the sandwiches with the remaining bread, buttered-side-out.
- 2. Turn the grill on.** Select the  program and press . Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 3. Cook** until the indicator light has changed to red or until the cheese is melted and the bread is toasted.

## Tips

- The combination possibilities for this sandwich are endless! Add bacon, ham, salami, turkey, tomato, basil, sage or roasted red peppers.
- Substitute any combination of favorite cheeses for those suggested in the recipe.
- Serve this sandwich with a hot bowl of soup for a warming lunch or light supper.





# SPICY GRILLED VEGETABLE ITALIAN PANINI

4 Servings / Preparation Time : 15 minutes  
Programs:







## Ingredients

- 1/4 cup (50 ml) olive oil
- 2 tbsp (30 ml) balsamic vinegar
- 3/4 tsp (4 ml) each salt and pepper
- 4 garlic cloves, minced
- 1 zucchini, sliced into 1/2-inch (1 cm) thick rounds
- 1 red bell pepper, sliced into strips
- 1/2 small red onion, sliced into 1/2-inch (1 cm) thick rounds
- 1/4 cup (50 ml) pesto such as artichoke, basil or sundried tomato
- 8 slices fresh Italian bread, about 1/2-inch (1 cm) thick
- 1/4 cup (50 ml) pickled hot peppers
- 1 cup (250 ml) shredded cheese such as provolone, Asiago or mozzarella



WELL DONE

- 1. Whisk** the oil with the vinegar, salt, pepper and garlic. Add the zucchini, red bell pepper and onion; toss to coat.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the vegetables on the grill and close the lid.
- 3. Cook** the vegetables, in batches, for 3 to 5 minutes or until well marked and tender. Spread the pesto over 4 slices of bread. Top with vegetables, pickled peppers and cheese. Top the sandwiches with remaining slices of bread.
- 4. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place two sandwiches on the grill and close the lid. Cook until the indicator light has changed to red. Repeat with the remaining two sandwiches.

## Tips

- Kick up the heat by adding more hot peppers or a few slices of hot Italian salami. Or, omit the peppers for a tamer sandwich.
- Make this sandwich a new flavor experience every time by changing the cheese. Try sliced bocconcini, shredded Parmesan, Emmental, goat cheese or even Gorgonzola.









# GRILLED CLUB SANDWICH WITH BACON

2 Servings / Preparation Time: 5 min.  
Programs:



## Ingredients

- 4 slices bacon
- 2 tbsp (30 ml) mayonnaise
- 1 tbsp (15 ml) apple butter
- 4 slices sourdough bread, about 1/2-inch (1 cm) thick
- 4 slices oven roasted deli turkey
- 2 slices Cheddar cheese
- 1 small tomato, sliced
- 1 cup (250 ml) baby spinach leaves

- 1. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the bacon on the grill and close the lid.
- 2. Cook** until the indicator light has changed to red. Transfer to a plate and tent with foil. Carefully wipe the plates with a paper towel.
- 3. Stir** the mayonnaise with the apple butter and spread evenly over two slices of bread; top with bacon, turkey and cheese. Top the sandwiches with the remaining two slices of bread.
- 4. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 5. Cook** until the indicator light has changed to red. Transfer the sandwiches to a plate. Carefully open up the sandwiches and add the tomato and spinach leaves before serving.

## Tips

- Turn this sandwich into a hearty breakfast by topping it with a sunny-side-up egg just before serving.
- Replace the deli turkey with thinly sliced, leftover roast turkey or chicken.



WELL DONE

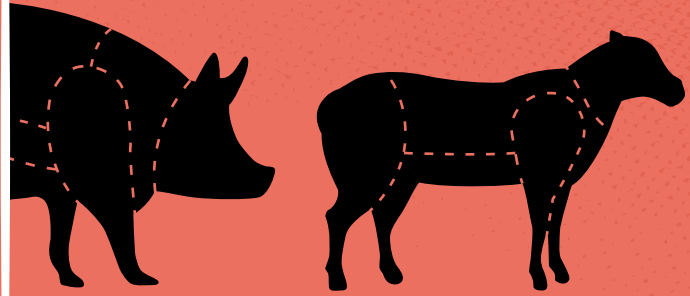




## OPTIGRILL

# SAUSAGES, RIBS OR CHOPS, GRILLING AT ITS BEST

*Pork is at its best on the grill. And lamb too! They satisfy every whim by taking on the colors and flavors of their seasonings. Western style sprinkled with herbs, meat caramelizes quickly on the grill and comes out tender and juicy. Glazed Asian style with spices and a deep red sauce, sweet n' sour pork is heavenly. And what can we say about chorizo and other sausage – simply mouth watering. Pure temptation, pork is also one of the most affordable grilling meats.*



## Hot dogs and sausages

For a successful party, throw different types and sizes of sausage on the grill. Pork lovers have created a veritable sausage culture that turned chorizo, bratwurst and all varieties of sausages and hot dogs into international hits.

## Made-to-measure grilling

Foods come in all sizes, thicknesses and types – OPTIGRILL can handle them all. It accurately calculates cooking times and maintains the correct setting until everything is just right so you can confidently prepare all types of ribs or sausages. Delicious racks of spareribs and lamb or pork ribs give voracious eaters a bone to gnaw on.

Lean pork needs only its own fat coating to turn into a melt-in-your-mouth delight. Nicely veined chops and thick tenderloins that you can then cut in thin slices are also wonderful on the grill.

With grilled lamb, can méchoui be very far away? This tender marinated meat can be grilled to a degree of pinkness that pleases the most fickle.

Bacon grilled on the red setting will put the finishing touch on a cookout to celebrate every cut of meat.





# APPLE CHEDDAR STUFFED SAUSAGES

4 Servings / Preparation Time: 15 min.  
Program:



## Ingredients

- 3/4 cup (175 ml) coarse homemade breadcrumbs
- 1/2 cup (125 ml) chopped tart apple
- 2 green onions, finely chopped
- 1 tbsp (15 ml) Dijon or honey mustard (approx.)
- 1 tbsp (15 ml) maple-flavored barbecue sauce
- 4 bratwurst sausages
- 3/4 cup (175 ml) shredded Cheddar cheese

- 1.** Toss the breadcrumbs with the apple, green onion, mustard and barbecue sauce until well combined. Slice the sausages almost all the way through so they lay flat and open like a book. Divide the breadcrumb mixture evenly between the sausages.
- 2.** Turn the grill on. Select the  program and press . Generously grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the sausages on the grill and close the lid.
- 3.** Cook until the indicator light has changed to red. Carefully remove the sausages from the grill and sprinkle with cheese. Serve with additional mustard on the side.



WELL DONE

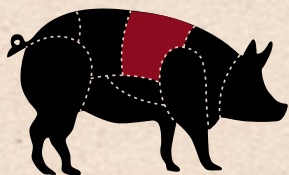
## Tips

- Serve sausages with a colorful rice pilaf and crunchy coleslaw.
- Make homemade breadcrumbs by placing slightly stale bread in a food processor and pulsing until small.

# CHIPOTLE PINEAPPLE PORK CHOPS

4 Servings / Preparation Time: 10 min.

Programs:







## Ingredients

- 1/3 cup (75 ml) ketchup
- 2 tbsp (30 ml) brown sugar
- 1 tbsp (15 ml) chopped chipotle peppers in adobo sauce
- 1 tbsp (15 ml) Worcestershire sauce
- 1 tsp (5 ml) ground cumin
- 2 garlic cloves, minced
- 3/4 tsp (4 ml) each salt and pepper
- 4 boneless pork chops, about 1-inch (2.5 cm) thick and 6 oz (175 g) each.
- 4 pineapple rings
- Chopped fresh coriander leaves
- Lime wedges



MEDIUM

- 1. Whisk** the ketchup with the brown sugar, chipotle peppers, Worcestershire sauce, cumin and garlic. Cook in the microwave, on high, for 2 minutes or until hot and bubbling. Sprinkle the salt and pepper over both sides of each pork chop. Brush some of the ketchup mixture over the pork chops, reserving some for later.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the pork chops on the grill and close the lid.
- 3. Cook** until the indicator light has changed to orange. Transfer the pork chops to a plate and tent with foil. Rest for 5 minutes. Meanwhile, brush some of the remaining ketchup mixture over the pineapple rings.
- 4. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the pineapple on the grill and close the lid.
- 5. Cook** for 3 to 5 minutes or until well marked. Place the pineapple rings on the pork chops and brush with any remaining sauce. Sprinkle with coriander and serve with lime wedges on the side.

## Tips

- Chipotle peppers in adobo sauce can be found in the ethnic or Latin aisle of the grocery store.
- Fresh or canned pineapple work equally well in this recipe.

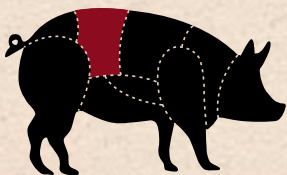






# JAMAICAN JERK PORK TENDERLOIN

4 Servings / Preparation Time: 10 min.  
Program:





## Ingredients


- 2 tbsp (30 ml) Jamaican jerk spice paste
- 1 pork tenderloin, about 1 lb (500 g)
- 1 mango, peeled and finely chopped
- 1/2 cup (125 ml) finely chopped red bell pepper
- 1/2 cup (125 ml) finely chopped celery
- 1/4 cup (50 ml) finely chopped green onion
- 1/4 cup (50 ml) finely chopped coriander leaves
- 2 tbsp (30 ml) fresh lime juice
- 1 tbsp (15 ml) canola oil
- 1 tsp (5 ml) honey
- 1/4 tsp (1 ml) each salt and pepper
- Lime wedges



WELL DONE

1. **Brush** the jerk paste all over the tenderloin. Marinate at room temperature for 30 minutes or in the refrigerator for up to 24 hours.
2. Meanwhile, **toss** the mango with the red bell pepper, celery, green onion, coriander, lime juice, oil, honey, salt and pepper; set aside.
3. **Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the tenderloin on the grill and close the lid.
4. **Cook** until the indicator light has changed to red. Transfer the tenderloin to a cutting board and tent with foil. Rest for 5 minutes before slicing. Serve with the mango salsa and lime wedges on the side.

## Tips

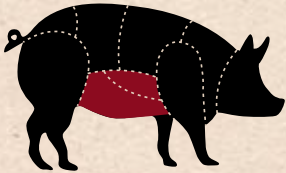
- Jamaican jerk paste can be purchased in the international or spice section of the grocery store.
- Serve the pork and salsa with cooked rice or flour tortillas.
- Substitute fresh pineapple for the mango if preferred.
- Use the  program and try chicken breasts instead of the pork tenderloin.







# SWEET AND SAUCY BONELESS BBQ 'RIBS'

4 Servings / Preparation Time : 15 minutes  
Program:



## Ingredients

- 1 pork tenderloin, about 1 lb (500 g)
- 2 tsp (10 ml) each chili powder and mustard powder
- 1 tsp (5 ml) garlic powder
- 1 tsp (5 ml) onion powder
- 3/4 tsp (4 ml) each salt and pepper
- 1/4 cup (50 ml) smoky barbecue sauce
- 1/4 cup (50 ml) apricot jam, melted
- 1 tbsp (15 ml) yellow mustard

- 1. Slice down** the length of the tenderloin, without going all the way through, so it opens up like a book. Pound the meat to an even thickness. Score the meat, slicing about halfway through, at 1-inch (2.5 cm) intervals to resemble a rack of ribs.
- 2. Stir** the chili powder with the mustard powder, onion powder, garlic powder, salt and pepper. Rub the spice mixture evenly over the pork. Let stand for 30 minutes. Meanwhile, whisk the barbecue sauce with the jam and mustard until smooth. Microwave, on HIGH, for 60 seconds or until warmed through. Measure out 2 tbsp (30 mL) sauce and brush all over the pork; reserve remaining sauce.
- 3. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the pork on the grill and close the lid.
- 4. Cook** until the indicator light has changed to red. Remove the pork from the grill and tent with foil; rest for 5 minutes. Slice at the scored intervals to resemble 'ribs'. Serve with remaining sauce on the side.

## Tips

- Use a mallet or a small, heavy-bottom saucepan to pound the meat.
- Serve with coleslaw, oven-baked sweet potato fries and green beans for a nutritious BBQ menu that can be enjoyed anytime of year.
- The rub mixture is a bit spicy so reduce the chili powder to 1 tsp (5 mL) for milder 'ribs'.



WELL DONE

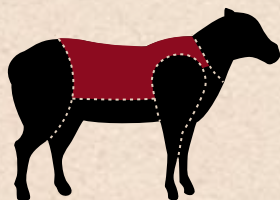








# HERB CRUSTED LAMB CHOPS

4 Servings / Preparation Time: 10 min.  
Program:



## Ingredients

- 1/4 cup (50 ml) finely chopped fresh parsley
- 1 tbsp (15 ml) finely chopped fresh rosemary
- 1 tbsp (15 ml) finely chopped fresh thyme
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) Dijon mustard
- 3/4 tsp (4 ml) each salt and pepper
- 4 garlic cloves, minced
- 8 lamb loin chops, about 1 1/2 lb (750 g)

- 1.** Toss the parsley with the rosemary and thyme. Stir in the oil, mustard, salt, pepper and garlic to form a paste; spread all over the chops.
- 2.** Turn the grill on. Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chops on the grill and close the lid.
- 3.** Cook until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Transfer the chops to a plate and tent with foil. Rest for 5 minutes before serving.

## Tips

- Serve lamb chops, as an entrée, with mini potatoes and grilled vegetables. Or, serve on their own, as hors d'œuvres.
- For entertaining, ask the butcher to 'French' the lamb chops, which means to scrape the rib bones clean, giving them a more elegant presentation.



RARE



MEDIUM



WELL DONE

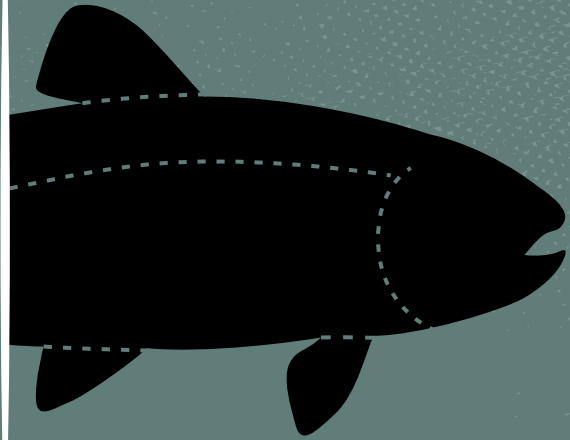




OPTIGRILL

# TASTY SEAFOOD TEMPTATIONS

*When it comes to grilling, fishermen are as good as hunters. Leaner, more refined and lighter, grilled fish and seafood are increasingly gaining popularity at cookouts. OPTIGRILL has a special button to help you cook them perfectly, every time.*



## Here and abroad

Grilling is the most ancient and natural cooking method. Maritime people developed local recipes and methods according to their environment and culinary culture. Fish is cleaned, seasoned and cooked either whole or as boneless fillets. Fish and seafood cook far more quickly than meat, so the meal will be ready in only a few minutes.

## Good ideas

Try recipes from every part of the world, especially the islands, to discover a rich assortment of seasonings and marinades and inspired grilling techniques.

Instead of just throwing the fish on the grill and risk it sticking to the surface, do like Robinson Crusoe and cooks from all over the world: wrap your fish in cabbage, vine or banana leaves – maybe even bacon.

Salmon, cod, tuna and swordfish fillets, trout, mackerel and sardines, squid, lobster, scampi and shrimps are all great on the grill. Add a little lemon juice, brush with olive oil, season with fennel or other fragrant herbs, a light sauce, and a few baby vegetables to create a deliciously fresh grilled meal.







# TILAPIA WITH TOMATO & OLIVE RELISH

4 Servings / Preparation Time: 15 min.  
Program:



## Ingredients

- 1/4 cup (50 ml) finely chopped fresh parsley
- 2 tbsp (30 ml) fresh lemon juice
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) white wine vinegar
- 3 garlic cloves, minced
- 3/4 tsp (4 ml) each salt and pepper, divided
- 4 tilapia fillets, about 5 oz (150 g) each
- 1 cup (250 ml) seeded and finely chopped tomato
- 1/4 cup (50 ml) finely chopped green olives
- 1 tsp (5 ml) finely grated lemon zest

1. Whisk the parsley with the lemon juice, olive oil, vinegar and garlic; divide into two equal portions. Sprinkle 1/2 tsp (2 ml) each salt and pepper on both sides of the fillets. Brush one portion of the parsley mixture over the fillets. Stir the remaining parsley mixture with the tomato, olives, lemon zest and remaining salt and pepper; set aside.
2. Turn the grill on. Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the fillets on the grill and close the lid.
3. Cook until the indicator light has changed to orange. Serve the fillets with the tomato mixture on the side.



MEDIUM

## Tips

- Serve the tilapia with green beans and cooked long grain rice.
- The relish can be stored, tightly covered, in the refrigerator for up to 3 days.

# SALMON WITH DILL CREAM SAUCE

4 Servings / Preparation Time: 15 min.  
Program:





## Ingredients

- 3/4 cup (175 ml) chopped fresh dill
- 1/4 cup (50 ml) chopped green onion
- 2 tbsp (30 ml) fresh lemon juice
- 2 tsp (10 ml) finely grated lemon zest
- 1 garlic clove, minced
- 3/4 tsp (4 ml) each salt and pepper, divided
- 1/4 cup (50 ml) olive oil
- 1/2 cup (125 ml) light sour cream
- 4 salmon fillets, about 4 oz (125 g) each



RARE

- 1. Place** the dill, green onion, lemon juice, lemon zest, garlic and 1/2 tsp (2 ml) each salt and pepper in a food processor. Pulse until finely chopped. With the motor running, slowly pour in the oil until well combined. Divide the mixture in half. Stir one portion with the sour cream; set aside. Season the salmon with the remaining salt and pepper. Brush the remaining dill mixture over the salmon.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the salmon on the grill and close the lid.
- 3. Cook** until the indicator light has changed to yellow. Serve the salmon with the reserved sour cream mixture on the side.

## Tips

- Removing the salmon during the yellow stage of cooking results in a restaurant quality salmon fillet with a slightly coral and moist center.
- For an elegant dinner, serve the salmon with steamed baby potatoes and wilted leafy greens such as Swiss chard or spinach.

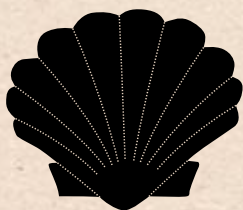




# PROSCIUTTO WRAPPED SCALLOPS WITH BASIL PESTO



Makes 16 scallops / Preparation Time: 15 min.

Program:



## Ingredients

- 2 cups (500 ml) packed fresh basil leaves
- 1/4 cup (50 ml) toasted pine nuts (approx.)
- 2 tbsp (30 ml) fresh lemon juice
- 1 garlic clove
- 1/2 tsp (2 ml) each salt and pepper
- 1/4 cup (50 ml) olive oil
- 1 lb (500 g) sea scallops, about 16
- 4 slices prosciutto

1. **Combine** the basil, pine nuts, lemon juice, garlic, salt and pepper in a food processor. Pulse until finely chopped. With the motor running, slowly drizzle in the oil until well combined; set aside.
2. **Pat** each scallop dry with a paper towel. Cut each slice of prosciutto into 4 long strips. Wrap a strip of prosciutto around each scallop and secure with a toothpick.
3. **Turn the grill on.** Select the  program and press . Once the purple indicator light has stopped flashing, place the scallops on the grill and close the lid.
4. **Cook** until the indicator light has changed to orange. Top each scallop with a dollop of pesto and a few additional pine nuts.

## Tips

- The scallops make an elegant starter. Or, for an entrée, toss some of the pesto with hot cooked pasta and top with cooked scallops.
- Extra pesto can be stored, tightly covered, in the refrigerator for up to 5 days. Use the pesto as a condiment for grilled chicken, sausages or as a sandwich spread.



MEDIUM







# GRILLED CALAMARI SALAD WITH LEMON-CAPER DRESSING

Makes 4 entrées or 8 appetizers / Preparation Time: 20 min.

Program:





## Ingredients

- 8 cleaned squid with tentacles, about 1 lb (500 g)
- 2/3 cup (150 ml) extra virgin olive oil
- 1/3 cup (75 ml) fresh lemon juice
- 1/4 cup (50 mL) capers, finely chopped
- 1 shallot, finely chopped
- 1/4 tsp (1 ml) each salt and pepper
- 12 cups (3 l) baby arugula leaves
- 1 cup (250 ml) thinly sliced roasted red pepper
- 1/2 cup (125 ml) thawed baby peas
- 1/2 cup (125 ml) thinly sliced red onion



MEDIUM

1. **Score** the squid, three-quarters of the way through, down the length of the body. Trim all the tentacles to be the same length. Wash and dry the body and tentacles of the squid well.
2. **Whisk** the olive oil with the lemon juice, capers, shallot, salt and pepper until well combined. Toss the squid with 1/4 cup (50 ml) of the dressing.
3. **Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the squid on the grill and close the lid.
4. **Cook**, in batches, until the indicator light has changed to orange. Toss the cooked squid with 2 tbsp (30 ml) of the remaining dressing. Toss the arugula with the roasted red pepper, red onion, peas and remaining dressing to coat. Serve the salad topped with the grilled calamari.

## Tips

- If purchasing un-cleaned squid: Pull the tentacles away from the body of the squid. Remove and discard the quill (a thin plastic-like shard) from inside the squid. Remove and discard the wings and purplish skin from the body of the squid. Trim the tentacles right above the eyes and check the center for the hard beak; discard.
- Serve this dish as a light entrée, or as the first course when entertaining.
- Simplify the preparation of this recipe by substituting 16 large shrimp or 8 sea scallops for the calamari.

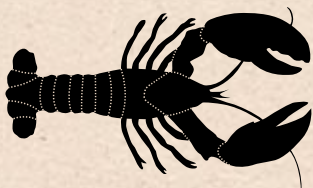




# GRILLED LOBSTER TAILS WITH WHITE WINE BUTTER SAUCE



2 to 4 Servings / Preparation Time: 10 min.

Program:



## Ingredients

- 1/4 cup (50 ml) white wine
- 2 tbsp (30 ml) fresh lemon juice
- 1 shallot, finely chopped
- 2 garlic cloves, minced
- 1/2 tsp (2 ml) each salt and pepper, divided
- 1/2 cup (125 ml) cold butter, cubed
- 4 lobster tails, about 3 oz (90 g) each
- Lemon wedges

- 1. Combine** the wine, lemon juice, shallot, garlic and half of the salt and pepper in a small saucepan set over medium-high heat. Bring to a boil and simmer until reduced to about 2 tbsp (30 ml). Remove from the heat and cool for 1 minute. Whisk the cold butter into the wine mixture, a few cubes at a time, until well combined; set aside and keep warm.
- 2. Lay** each lobster tail on its flat side; insert the tip of a heavy chef's knife at the base of the tail. Firmly press down to cut through the shell and three-quarters of the way through the meat. Spread the tails open like a book. Season the lobster meat with the remaining salt and pepper.
- 3. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the lobster on the grill and close the lid.
- 4. Cook** until the indicator light has changed to yellow. Serve the lobster with the warm butter sauce and lemon wedges on the side.

## Tips

- To keep the sauce warm, place the serving bowl over a second bowl of warm water and cover with foil.
- Serve the lobster as an appetizer on a bed of leafy greens or, as an entrée paired with cooked wild and long grain rice and steamed asparagus.



RARE





# OPTIGRILL SAUTÉ VEGETABLES AND FRUITS TO CREATE 1,001 AMAZING GRILLED FOOD VARIATIONS

*Grilling usually attracts the carnivores among us. But throw some vegetables and fruits on the grill, and it's easy to see that anything goes! You'll be surprised at how grilling brings out the flavor. Sad soup vegetables are way more attractive on the grill. As for fruits – peeling them is such a hassle! Just place them “as is” on the grill and, alakazam, out comes pure delicacies. Try it!*



## Manual setting

The manual setting is a seventh program quite apart from the others. You can use it for everything: grill chunks or sliced vegetables and fruits, potato or beet sticks, homemade bell pepper antipasto or eggplant slices, herb roasted potatoes, mixed leftover vegetables, etc.

The manual setting is perfect for all small-size foods. Vegetarians will love vegetable-tofu brochettes. Why not try your hand at mini Japanese Teriyaki brochettes, grilled shrimps, stuffed mussels or fisherman's breaded crab? From exotic to vegetarian, there are lots of variations to throw a well-rounded dinner party, including side dishes that go perfectly with grilled meats.

## Grilling is fun

Change your routine and snack on grilled vegetables and fruits for a change. Put a smile on the face of picky eaters who refuse anything green, yellow or red that grows from the earth. Light and flavorful, vegetables and fruits hot off the grill are great. And, you don't have to be a vegetarian to love them. Grilling is a fun and interesting option: cut your vegetables and fruits in chunks or thread them onto a skewer. So easy! You can even combine them with meat and fish if you like. Be sure to have a wide variety on hand for your cookout.

## Sunshine in your plate

Vegetables and fruits can be cooked in their skin, which acts like a shell to protect the delicious juicy pulp. Threaded on a skewer, each bite provides the tasty, unexpected flavor surprise of natural foods eaten raw. Grilling simply brightens fruits and vegetables and gives them a Mediterranean or exotic look. Go beyond tomatoes, eggplant and zucchini – think about grilling fennel, artichokes and bell peppers, brushed with a little oil and sprinkled with herbes de Provence.

OPTIGRILL proudly bears the trademark of gourmet culinary excellence and offers up the simple pleasure of quick and fun meal preparation. With OPTIGRILL, you can even imagine you're on a deserted island beach or camping in the woods!





# HERB PARMESAN POTATOES



4 Servings / Preparation Time: 15 min.  
Program:



i'm the chef!

## Ingredients

- 4 medium Yukon Gold potatoes, about 2 lb (1 kg)
- 2 tsp (30 ml) olive oil
- 1 tsp (5 ml) Italian seasoning
- 1 tsp (5 ml) each salt and pepper
- 1/4 cup (50 ml) grated Parmesan cheese

- 1. Cook** the potatoes in the microwave for 6 minutes or until fork-tender but still firm; cool until easy to handle. Slice each potato into 1/2-inch (1 cm) rounds. Whisk the olive oil with the Italian seasoning, salt and pepper. Brush the oil mixture over both sides of each slice.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the potatoes on the grill and close the lid.
- 3. Cook** for 5 minutes or until tender and well marked. Transfer the potatoes to a shallow serving platter and sprinkle with Parmesan cheese.

## Tips

- This simple, yet tasty side dish is a great partner for grilled chicken, steak, pork or fish.
- Experiment with using other seasonings or blends such as taco seasoning, dried dill or other grill-friendly flavors.

# GRILLED MEDITERRANEAN VEGETABLE PASTA SALAD

Makes 4 entrées or 8 side dishes | Preparation Time: 15 min.



Program:



*I'm the chef!*

## Ingredients

- 1/2 cup (125 ml) red wine vinegar
- 1/4 cup (50 ml) fresh lemon juice
- 1 tbsp (15 ml) honey
- 2 garlic cloves, minced
- 1 tsp (5 ml) each salt and pepper
- 1/2 cup (125 ml) olive oil
- 1 each zucchini and baby eggplant, sliced into 1/2-inch (1 cm) rounds
- 1 red bell pepper, sliced into thick strips
- 1/2 red onion, sliced into 1/2-inch (1 cm) rounds
- 6 cups (1.5 L) cooked short pasta such as rotini or penne
- 1/2 cup (125 ml) crumbled feta cheese
- 1/4 cup (50 ml) chopped fresh basil leaves
- 1/4 cup (50 ml) chopped kalamata olives
- 1/4 cup (50 ml) toasted pine nuts (optional)

- 1. Whisk** the vinegar with the lemon juice, honey, garlic, salt and pepper. Whisking constantly, slowly drizzle in the olive oil, until well combined. Toss just enough of the dressing mixture with the zucchini, eggplant, red pepper and onion to coat; set aside the remaining dressing for the salad.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the vegetables on the grill and close the lid.
- 3. Cook** the vegetables, in batches, for 3 to 5 minutes or until tender and well marked. Coarsely chop the vegetables and toss with the cooked pasta, remaining dressing, crumbled feta, basil and olives. Sprinkle with pine nuts (if using) just before serving.

## Tips

- Add protein to this recipe by stirring in chickpeas, cooked shrimp or sliced grilled chicken, steak or sausage.
- Serve this salad as an accompaniment to any grilled protein such as chicken, steak, pork, fish or seafood.
- This salad can be stored, tightly covered, in the refrigerator for up to 3 days.
- Leftover salad makes a great on-the-go lunch option.





# MAPLE GRILLED ROOT VEGETABLES

4 to 6 Servings / Preparation Time: 15 min.



Program:



*I'm the chef!*

## Ingredients

- 4 carrots, peeled
- 4 parsnips, peeled
- 2 sweet potatoes
- 1/4 cup (50 ml) maple syrup
- 2 tbsp (30 ml) melted butter
- 1 tbsp (15 ml) finely chopped fresh thyme
- 1 tsp (5 ml) finely grated orange zest
- 1 tsp (5 ml) each salt and pepper
- 4 tsp (20 ml) cider vinegar

- 1. Slice** each carrot and parsnip on the bias into 1-inch (2.5 cm) chunks. Slice the sweet potatoes into 1/2-inch (1 cm) thick rounds; cut each round in half. Place the vegetables in a large microwave-safe bowl. Cook the vegetables in the microwave, on high, for 6 minutes or until fork-tender but still firm.
- 2. Whisk** the maple syrup with the melted butter, thyme, orange zest, salt and pepper. Toss the vegetables with the syrup mixture.
- 3. Turn the grill on.** Select the  program and press . Once the purple indicator light has stopped flashing, place the vegetables on the grill and close the lid.
- 4. Cook**, in batches, for 5 minutes or until the vegetables are tender and well marked; tent the cooked vegetables with foil between batches.
- 5.** Meanwhile, **stir** the vinegar into the syrup mixture left in the bowl. Once all the vegetables are cooked, return to the bowl and toss gently in the syrup-vinegar mixture to coat.

## Tips

- Serve with roast pork or chicken.
- Substitute 2 tsp (10 ml) dried thyme for the fresh thyme.





# SUNDRIED TOMATO AND BALSAMIC TOFU KEBABS



4 Servings / Preparation Time: 15 min.  
Program:



*I'm the chef!*

## Ingredients

- 1/2 cup (125 ml) sundried tomato pesto
- 1/3 cup (75 ml) balsamic vinegar
- 1/4 cup (50 ml) finely chopped fresh basil leaves
- 1/4 tsp (1 ml) each salt and pepper
- 1 pkg (454 g) extra firm tofu, drained, patted dry and cut into 1-inch (2.5 cm) chunks
- 1 zucchini, sliced into 1/2-inch (1 cm) thick rounds
- 1 small yellow bell pepper, cut into chunks
- 3/4 cup (175 ml) cherry tomatoes

1. **Whisk** the pesto with the vinegar, basil, salt and pepper in a large bowl. Add the tofu, zucchini, yellow bell pepper and tomatoes; toss until evenly coated. Alternately thread the tofu and vegetables onto 8-inch (20 cm) wooden skewers.
2. **Turn the grill on.** Select the  program and press . Once the purple indicator light has stopped flashing, place half the skewers on the grill and close the lid.
3. **Cook**, in batches, for 6 to 8 minutes or until the vegetables are tender and the tofu is well marked. Brush the skewers with any remaining marinade before serving.

## Tips

- Serve the kebabs over cooked brown rice or couscous.
- For those who don't enjoy tofu, use mushrooms instead.
- For meat lovers, try cubed chicken or beef instead.
- For seafood lovers, try shrimp or scallops instead.
- Basil pesto can be substituted for the sundried tomato pesto







# GRILLED CRAB CAKES

Makes 12 crab cakes / Preparation Time: 25 min.



Program:



*I'm the chef!*

## Ingredients

- 1/2 cup (125 ml) very finely chopped celery
- 1/2 cup (125 ml) very finely chopped red bell pepper
- 1/2 cup (125 ml) very finely chopped fresh parsley
- 1/2 cup (125 ml) mayonnaise, divided
- 2 green onions, very finely chopped
- 2 tbsp (30 ml) Dijon mustard
- 1 garlic clove, minced
- 1/4 tsp (1 ml) each salt and pepper (approx.)
- 2 cans (120 g each) chunk crabmeat, drained well
- 1 1/4 cups (300 ml) panko breadcrumbs (approx.), divided
- 2 roasted red peppers
- 1/4 cup (50 ml) sour cream
- 4 tsp (20 ml) fresh lemon juice
- Lemon wedges

- 1. Stir** the celery with the red bell pepper, parsley, 1/4 cup (50 ml) mayonnaise, the green onion, mustard, garlic, salt and pepper. Stir in the crab and 1/2 cup (125 ml) breadcrumbs just until well combined. Form the mixture into 12 balls. Place the remaining breadcrumbs in a shallow dish. Roll each ball in the breadcrumbs until evenly coated; place on a parchment paper-lined baking tray. Freeze for 1 hour.
- 2. Meanwhile, place** the remaining mayonnaise, roasted red peppers, sour cream and lemon juice in a food processor. Pulse until mixture is smooth. Season with salt and pepper to taste; set aside.
- 3. Turn the grill on. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the crab cakes on the grill and close the lid.
- 4. Cook**, in batches, for 3 minutes or until heated through and well marked. Serve the crab cakes with the roasted red pepper sauce on the side.

## Tips

- The crab cakes can be prepared and stored, tightly covered, in the freezer for up to one month in advance. Cook from frozen, for 6 minutes or until heated through and well-marked.
- Pass these crab cakes around at a cocktail party as an appetizer.
- Serve the crab cakes as an entrée with steamed vegetables or over lightly dressed salad greens.
- Panko breadcrumbs are often used in Japanese cooking and can be found with the other breadcrumbs or in the Asian aisle at the grocery store.





# STEAK AND MUSHROOM TERIYAKI KEMBOBS

4 Servings / Preparation Time: 20 min.



Programs:



*I'm the chef!*

## Ingredients

- 1/3 cup (75 ml) honey
- 1/4 cup (50 ml) sodium reduced soy sauce
- 2 tbsp (30 ml) rice wine vinegar
- 6 garlic cloves, minced
- 1 lb (500 g) boneless steak of your choice, trimmed and cut into 1-inch (2.5 cm) cubes
- 12 small whole button mushrooms, stems removed
- 1/2 red pepper, cut into chunks
- 1/2 small red onion, cut into chunks
- 2 tsp (10 ml) cornstarch

- 1. Whisk** the honey with the soy sauce, vinegar and garlic in a large bowl; transfer one half to a microwave-safe bowl and set aside. Toss the steak, mushrooms, red pepper and onion with the remaining honey mixture until evenly coated. Alternately thread the steak and vegetables onto four 12-inch (30 cm) wooden skewers.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the kebobs on the grill and close the lid.
- 3. Cook** for 6 to 8 minutes or until the vegetables are tender and the beef is cooked to desired doneness.
- 4. Meanwhile, whisk** the cornstarch into the reserved honey mixture. Microwave, on high, stirring once, for 60 seconds or until thick and glossy; brush evenly over the kebobs just before serving.



RARE



MEDIUM



WELL DONE








## Tips

- Substitute boneless chicken or pork for the steak.
- Serve the kebobs over cooked rice or Asian noodles for a spin on stir-fry.





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