



Recipe by Robert Irvine

GRILLED NEW YORK SIRLOIN

Serves 4

INGREDIENTS

- 4 NY sirloin steaks, 1" thick, room temperature
- 1 tablespoon grape seed oil

SPICE RUB:

- 2 teaspoons kosher salt
- 2 tsp each, garlic powder, paprika, brown sugar
- 1 tsp each, onion powder, coriander, cumin, oregano
- 1/2 teaspoon ground black pepper

HERB BUTTER

- 1 stick butter room temperature
- 1 1/2 teaspoons lemon zest
- 1 teaspoon fresh lemon juice
- 2 teaspoons dijon mustard
- 1 1/2 tablespoons finely chopped fresh parsley & thyme

DIRECTIONS

SPICE RUB

- Place steaks on a baking sheet or in a 9x13 pan and pat dry with paper towels. Drizzle steaks with oil over all sides of the steaks.
- Mix together all of the spice rub ingredients in medium bowl.
- Rub all sides of each steak generously with the rub (use all the rub). Let sit 60 minutes before cooking or cover steaks with plastic wrap and refrigerate 24-48 hours. This will help the steak taste aged.

HERB BUTTER

- Mash all of the Herb Butter ingredients together in a medium bowl until blended. Add to a piece of parchment paper or plastic wrap and form into a log as you roll up the paper/wrap. Twist the end of the paper/wrap and place in the refrigerator until firm (about 1 hour) or ready to use.

GRILL

- Remove steaks from refrigerator 20 minutes before cooking to bring to room temperature.
- Clean, grease and heat grill to medium high heat.
- Add steaks and grill to desired doneness
- Transfer steaks to a cutting board or platter. Add a generous slice of Herb butter to each steak and let rest for 10 minutes before slicing
- Serve with additional butter if desired.



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MARINATED GRILLED SALMON

Serves 4

INGREDIENTS

- 6 salmon fillets 6 ounces each
- 5 tablespoons grape seed oil
- 1 tablespoons brown sugar
- 1 tablespoons soy sauce
- 1 teaspoon lemon zest
- 1 teaspoon Dijon mustard
- 1 tablespoon parsley leaves chopped
- 2 teaspoons thyme leaves chopped
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon minced garlic

DIRECTIONS

- Place the oil, brown sugar, soy sauce, lemon zest, Dijon mustard, parsley, thyme, salt and pepper in a bowl, whisk to combine.
- Reserve 1 tablespoon of the marinade for later use. Add the garlic to the bowl.
- Add the salmon and marinade to a container and coat the salmon with the marinade.
- Marinate in the refrigerator for at least 1 hour, or up to 8 hours
- Remove the salmon from the marinade and scrape off any excess bits of herbs or garlic
- Preheat the grill to medium high heat.
- Add the salmon fillets and cook for 4-5 minutes on each side or until salmon is opaque throughout.
Brush the reserved marinade over the salmon fillets, then serve.



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GRILLED CILANTRO LIME CHICKEN

Serves 4

INGREDIENTS

- 4 tablespoons grape seed oil
- 2 limes juiced
- 1/4 cup freshly chopped cilantro
- 4 cloves garlic, minced
- 1 teaspoon cumin
- Pinch crushed red pepper flakes
- 4 bone-in, skin-on chicken thighs or breasts
- Kosher salt
- Freshly ground black pepper
- Cooked white rice, for serving

DIRECTIONS

- Whisk together 2 tablespoons oil, lime juice, cilantro, garlic, cumin, and red pepper flakes. Add chicken and toss to coat. Let marinate in fridge 30 minutes and up to 2 hours.
- When ready to cook preheat the grill on medium high.
- Season chicken with salt and pepper, then add to the grill skin-side down
- Grill until skin is golden and crispy, about 4 minutes. Flip and cook until chicken is cooked through, 10 to 12 minutes.



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GRILLED VEGETABLE KABOBS

Serves 4

INGREDIENTS

- 8 each pieces of onion 1.5 x 1.5 inches wide
- 8 each Domestic mushrooms
- 8 each pieces of Red peppers
- 8 each pieces of Zucchini
- 8 each pieces of Cauliflower
- 8 each pieces of Cherry tomatoes

Marinade

- 1/4 cup grape seed oil
- 1/4 cup fresh lemon juice
- 3 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 cloves garlic minced
- 1 teaspoon rosemary, parsley & thyme
- Kosher salt to taste
- Freshly ground black pepper to taste

DIRECTIONS

- If using wood skewers soak them first in water for 1 hour
- If using metal, lightly coat with grape seed oil
- Once the skewers are ready start adding the vegetables alternating them so there is two of each item on each skewer for individual serving. Or skewers the same vegetables on the same skewers
- Coat the vegetables with the marinade and grill each one for the amount of time they need.