



GRILLING GAME CHANGERS



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Grilling Tips



cookingclarified
with *Chef Danielle Turner*

Even a novice cook can prepare a great meal on the grill. With a few tips and techniques I can help you turn a simple backyard barbecue into a culinary delight. So put these 10 grilling tips to use next time you fire up the grill.

1 Don't Over-Accessorize

Don't be fooled into thinking you need every grill tool or gadget on the shelf. Odds are they'll end up gathering dust in your pantry of forgotten appliances. Save your money and start with the basics.

Avoid Sticky Situations

There's nothing worse than leaving precious chicken skin or half your steak on the grates of your grill. Help prevent your food from sticking to the grill by brushing both the grill and the food lightly with oil.



3 Don't Be a Serial Flipper

Foods should be flipped on the grill, or in a pan for that matter, only once. That's it. Place it on the grill. Let it cook without moving. Flip it and let it finish cooking. All the flipping and re-flipping slows down the cooking process and for delicate foods like fish, can cause the food to fall apart.

Keep It Safe

Keep tools, plates and platters that come into contact with raw food separate from those for cooked foods.



5 Know the Difference Between Direct & Indirect Heat

For direct heat, place food over the hottest part of the grill. Foods that take more time to cook should be cooked over indirect heat, not directly over the flame.

...more grilling tips



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6 Save Your Sauces

Brush foods with sauces in the last few minutes of cooking, especially if they're made with ingredients that contain lots of sugar. The sugar will burn, leaving the outside of your food burnt and the inside uncooked.

No Pressure!

Don't press food flat while it's on the grill. You'll send the food's juices straight into the fire.

7

8 Hold the Salt

Season meats just before grilling. Salting too early will draw out the moisture in the meat, making it difficult to brown meat properly.

Mise en Place

Mise en Place is the art of gathering all of the ingredients you need for a recipe before you start cooking. It'll help you stay organized and save you time.

9

10 Be Skewer Savvy

Soak wooden skewers in water for at least 30 minutes before grilling. This will keep them from catching fire once they're placed over an open flame. Choose metal skewers that are either twisted or square. Smooth, round metal skewers may not hold the food in place, making it easy for food to move or spin.

The right tools will help you grill your best. Here are three grilling must-haves:

1

Meat Thermometer

You'll need this to make sure your meats/poultry are fully cooked. Insert the thermometer into the thickest part of the meat or poultry, being careful not to touch any bones.

2

Long-Handled Tools

Tongs, spatulas and basting brushes with long handles will keep your hands & arms safe while working over an open flame.

3

Wire Brush

Purchase a brush with stiff, wire bristles for scrubbing your grill clean. Scrub while your grill is still hot before any foods stuck to your grates harden.

Preheat, please!

Preheat your grill 15 to 25 minutes before you start cooking to make sure it reaches the right temperature (and to kill any bacteria). Your grill should be 400-450°F for high, 350-400°F for medium-high, 300-350°F for medium and 250-300°F for low heat. A properly heated grill sears foods on contact, keeps the insides moist and helps prevent sticking.

Make Your Mark

Nothing says 'cooked by a foodie' more than food served with perfectly caramelized grill marks. You know, those dark brown lines that form something of a checkerboard pattern on your grilled meats. To create those perfect crosshatch or grill marks, place your food on the grill at a 45 degree angle. Let it cook without moving for several minutes then use tongs to pick up the food and rotate it 90 degrees.

Place it back on the grill and continue grilling until your marks are even.

Let It Rest

Allow meats and poultry to rest after removing them from the grill. This will allow the juices to redistribute throughout the food so they won't spill out onto your cutting board when you slice them.

Recipes



These recipes are the real grilling game changers! They're simple, delicious and will get you grilling outside the box with new flavors that will WOW your friends and family. My three burger sauces upgrade basic ketchup, mustard and mayo into fantastic sauces ready to dress up your burgers and dogs. They're also great as sandwich spreads and French fry dips.

Grilling isn't just for meat anymore. I'm teaching you how to get fresh fruit on the grill for a fabulous salad and a tasty skewer that makes the perfect appetizer. Last, but not least, my Bowie Steak Seasoning rounds out your grilling game changers. Use it as a dry rub on your beef or chicken or mix a tablespoon or two into your burger mix to turn your hamburgers into something truly special.

Now let's get grilling! Enjoy!

Chef Danielle

Smoky Chipotle Ketchup



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Makes about 1 cup.

1 cup ketchup
3 chipotles in adobo,
minced
1 tablespoon chili
powder
1/2 teaspoon garlic
powder

Stir all ingredients
together in a
medium bowl.
Store in an airtight
container in the
fridge for up to 1
week.



Curry Balsamic Honey Mustard



Makes about
1 1/2 cups

1 cup Dijon mustard
2 teaspoons curry
powder
1/2 cup honey
1 tablespoon balsamic
vinegar

Stir all ingredients
together in a medium
bowl.

Store in an airtight
container in the
fridge for up to 1
week.



Garlic Herb Mayo

Makes about 1 cup

1 cup mayonnaise
1 small garlic clove, minced
1/2 teaspoon dried parsley or
1 1/2 teaspoons chopped fresh parsley
1/2 teaspoon dried tarragon or
1 1/2 teaspoons chopped fresh tarragon
1/2 teaspoon dried basil or
1 1/2 teaspoons chopped fresh basil
1/2 teaspoon freshly squeezed lemon
juice
Pinch each of salt and pepper

Stir all ingredients together in a medium bowl. Store in an airtight container in the fridge for up to 2 days.



Grilled Prosciutto-Wrapped Mango Skewers



Mango, prosciutto and a tangy balsamic glaze create the perfect storm of sweet, salty and sour in these party-perfect skewers.



TIPS:

Soak wooden skewers to prevent them from burning on the grill.

Choose a ripe mango. It should give slightly when gently squeezed.

Balsamic glaze should be thick like syrup once it cools. Use leftover glaze by drizzling over salad greens.

TOOLS:

Small Pot

Rubber Spatula or Wooden Spoon

Wooden or Metal Skewers

Grill or Grill Pan

TECHNIQUES:

Slicing a Mango

Simmering

Grilling

Recipe

Two blue curved arrows pointing downwards from the word 'Recipe'.

Grilled Prosciutto-Wrapped Mango Skewers



Makes about 15 skewers.

Balsamic Glaze:

1/2 cup balsamic vinegar
1 tablespoon honey

1.5 oz prosciutto, sliced paper thin (about 3 slices)
1 medium ripe mango, cut into 1/2-inch slices

Stir vinegar and honey together in a small pot over medium heat. Simmer until thickened, about 10 minutes. Remove from heat and set aside.

Cut prosciutto into strips that are about 1/2-inch wide and 4-inches long. Place each mango slice on a skewer and wrap with one piece of prosciutto. Press prosciutto gently as you wrap so it will stick to itself and the mango.



Heat grill or grill pan over medium high heat. Place skewers on hot grill and cook until prosciutto begins to crisp, about 4 minutes per side.

Arrange skewers on platter. Serve with balsamic glaze for dipping or drizzling. Sprinkle with shredded Parmesan cheese, optional.

HOW TO GRILL PEACHES



1. Choose peaches that are ripe, but not too soft. Soft fruit may not withstand the heat of the grill.
2. Preheat grill to medium high.
3. Rinse peaches and pat them dry. Cut them in half lengthwise and remove the pit in the center. You can grill the halves (cut side down) or cut the halves into wedges at least 3/4-inch thick. If they're too thin, they'll slip through your grill grates.
4. Brush the grill grates with oil or lightly brush the peaches with oil to prevent sticking.
5. Place peach slices on the grill and cook until softened, 1-2 minutes per side.

TOOLS:

Grill Pan or Grill

Grill Brush

Tongs

Medium Bowl

Grilled Peach Salad with Goat Cheese & Spinach



Serves four.

1 tablespoon maple syrup
1 teaspoon balsamic vinegar
3 medium peaches, pitted and cut into 3/4-inch slices
6 cups spinach
1/2 cup crumbled goat cheese
1/3 cup finely-chopped nuts
1 tablespoon extra virgin olive oil
Balsamic Reduction - recipe above

Heat grill to medium high heat and brush lightly with oil.

Stir maple syrup and balsamic vinegar together in a medium bowl. Add peaches and toss until evenly coated.

Place peaches on grill and cook, turning once, until they begin to brown and soften, about a minute on each side.

Place spinach in large bowl. Add grilled peaches, goat cheese and nuts. Drizzle with olive oil and balsamic reduction.



Bowie Steak Seasoning

Why Should Montreal Have All The Fun?

Nothing says summer fun more than a steak - or anything else - on the grill! Add big flavor to your meats, poultry and even your grilled vegetables with a spice rub, like my Bowie Steak Seasoning.



Makes about 1/2 cup.

- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon light brown sugar
- 1 tablespoon dried oregano
- 1 tablespoon ground black pepper
- 2 tablespoons coarse kosher salt
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon garlic powder
- 1 tablespoon onion powder

Whisk all ingredients together in a medium bowl. Store in an airtight container.

Use it as a dry rub on your beef or chicken or mix a tablespoon or two into your burger mix to turn your hamburgers into something truly special.

About Chef Danielle



Chef Danielle is a personal chef, cooking instructor, food stylist and food writer. She is the editor & chef at CookingClarified.com where she teaches the ABCs of cooking with tips, tools, techniques & recipes to make cooking simple. Chef Danielle lives and cooks adventurously in wilds of suburban Washington, DC. No salad or cookie are safe in her presence.



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