WORLD TABLE BOOKS

Grill Everyday

Good food over a steady fire.



100 RECIPES / FULLY ILLUSTRATED EDITION

A PLACE AT THE TABLE

The pleasure of cooking outdoors

A bright chicken skewer. Tender fish. Warm flatbread and fruit fresh from the grill.



Grilling brings food, fresh air and good company together. These one hundred recipes explore the everyday possibilities of a steady fire: quick dinners, patient roasts, colorful vegetable plates and generous baking under a closed lid.

Explore ten chapters, from chicken, burgers and seafood to vegetable mains, breads, sides and dessert. Each recipe gives measured ingredients, a clear method, estimated nutrition, storage advice and four preparation photographs. Choose a dish for its flavor, then let heat and timing bring it to life.

Cook with care. Share with pleasure. Make room at the table.

BEFORE YOU BEGIN

Make the recipe work for you

Read once, then cook

Read the full ingredient list and method before starting. Gather the equipment and prepare ingredients in the stated form. Steps are arranged so you can work while the grill heats or a component rests.

Know your portion

Serves means equal portions of the complete measured batch. For individual pastries, croquettes and breadsticks, divide the stated yield into those servings. Divide all listed sauces, toppings and side dishes between those portions.

Use cues alongside the clock

Times are estimates. Food thickness, wind, grill design and batch size affect them. Check tenderness, texture and internal temperature. Chilling and resting are listed separately and need extra time.

Follow the written quantities

Photographs show preparation and serving ideas; they do not establish exact weights, portion counts or doneness. Use the ingredient list and written method when cooking.

Make a thoughtful substitution

Each recipe includes a practical swap. A substitution can change texture, cooking time, allergens and nutrition. Use a product label when you need brand-specific nutrition.

Find your next recipe

Click a chapter in the contents, a recipe on its chapter page or a title in the alphabetical finder. Use Contents in the footer to return to the main list.

MEASURE WITH CONFIDENCE

A useful kind of precision

Metric amounts are the reference. US weights and spoon measures are rounded guides; a kitchen scale gives the most consistent result.

1 US teaspoon	5 ml
1 US tablespoon	15 ml
1 US cup	240 ml, rounded for cooking
1 US fluid ounce	29.57 ml
1 ounce, weight	28.35 g
1 pound, weight	454 g, rounded

Weigh in the listed state

Weigh meat and seafood raw unless stated otherwise. Drain canned beans and seafood; retain tomato juices when listed. Follow the stated weight: whole birds and fish include bones that you remove later; trimmed produce is weighed after preparation unless stated otherwise. Flour, grains and cornmeal are dry unless explicitly labeled cooked.

Measure small amounts sensibly

Use level spoons for fine salt, baking powder and ground spices. Salt grain size changes its volume: the spoon guide assumes fine table salt. Oil and spice spoon values are approximate. Weigh when precision matters.

A cup is not a universal weight

A cup of flour weighs much less than a cup of yogurt. Flour cup guides depend on the type and how loosely the cup is filled. Do not pack flour. For batter and bread recipes, use the gram amount.

COOK WITH CARE

Temperature, time and texture

Use a clean food thermometer in the thickest part, avoiding bone and the pan. Color and a browned surface cannot tell you whether the center is ready.

Chicken and turkey	74°C / 165°F
Ground beef, pork or lamb	71°C / 160°F
Whole-cut beef, pork and lamb	63°C / 145°F + 3-minute rest
Fish and shrimp	63°C / 145°F
Egg dishes	71°C / 160°F
Reheated cooked leftovers	74°C / 165°F

Cool and store promptly

Refrigerate perishable food within 2 hours, or within 1 hour if the room is hotter than 32°C / 90°F. Divide large batches into shallow containers. Keep the refrigerator at 4°C / 40°F or below; do not wait for a large pot to become completely cold on the counter.

Take extra care with cooked rice

Cool rice promptly, ideally within 1 hour, and refrigerate in shallow portions. Use within 24 hours and reheat only once, until steaming throughout. Reheating does not undo poor storage.

Keep raw and ready-to-eat foods apart

Use separate clean tools for raw meat and cold sauces. Do not rinse raw poultry. Wash produce and use pasteurized dairy. Cook egg mixtures to 71°C / 160°F. Keep refrigerator pickles chilled; these recipes do not establish shelf stability or provide canning instructions. Follow seafood supplier instructions. Charcoal grilling belongs outdoors.

UNDERSTAND THE FIRE

Two zones. More control.



Direct heat for a browned surface

Food sits above active burners or settled coals. Use it for brief searing, thin cutlets, skewers and vegetables. A browned surface is a texture cue; check the center separately.

Indirect heat for gentle cooking

Food sits away from active burners or coals, with the lid closed. Use it for whole birds, roasts, ribs and baking. Keep a cooler zone available even in direct-heat recipes, so you can move food when the surface colors too fast.

Set the grill before adding food

On gas, heat the grill, then turn off burners beneath the indirect area. On charcoal, bank settled coals to one side; keep vents clear and adjust airflow as directed by the manufacturer. Lid readings estimate air temperature, not food temperature.

Choose tools that belong over heat

Use grill-approved metal cookware, baskets and dry heatproof gloves. Keep raw and serving tools separate. Clear excess grease and brush food with measured oil. Keep water and electrical equipment away from unsafe contact; never use charcoal indoors.

A LITTLE PLANNING

Cook once, enjoy it well

Build a short plan around food you want to eat. A well-stored batch saves time; a refrigerator full of forgotten containers does not.

Choose two anchors

Pick a main dish and a side that share a similar grill temperature. Scale ingredient quantities by the same factor, then use a larger pan or work in batches. Cooking times do not scale in the same way.

Work in a useful order

Start a long marinade, dough rise or slow indirect cook first. Wash and cut vegetables while the grill heats. Mix cold sauces with clean tools before handling raw meat or seafood, and refrigerate them while the hot food cooks.

Portion the complete batch

Divide the finished components evenly before storing. Keep cold sauces, salads and bread separate. Mark containers with the recipe and preparation date; follow the shorter storage limit if combining dishes.

Match the meal to the day

Rice dishes belong early in the plan because of their 24-hour refrigerator limit. Cold salads and dairy dishes often have shorter keeping times. Follow the individual recipe. Freeze suitable cooked portions promptly if you need them later.

Reheat with care

Reheat only the portion needed. Stir microwave-heated food and check the center, not just the edges. Add cold sauce after reheating. Thaw frozen portions in the refrigerator and use promptly.

NUMBERS WITH CONTEXT

Useful estimates, honest portions

A vegetable side, a generous burger and a sweet fruit dessert serve different purposes. Read the portion alongside the numbers and choose the dish for its flavor.

What the numbers include

Calories, protein, carbohydrate and fat are estimated per serving of the complete listed recipe. Sauces, grains, fruit and measured toppings are included. Extra oil, bread and unlisted garnishes are not. Listed stock is included; brands can change its contribution.

Why your result may differ

Food composition varies with the brand, cut, fat level, draining and portion size. Meat cuts, sausages, grilling cheese, coconut milk and packaged stock can differ substantially. Use the label on the product you buy when the figures need to be more specific.

What carbohydrate means here

Carbohydrate is total carbohydrate, not net carbohydrate. Values are rounded. Calories may not exactly equal protein x 4 + carbohydrate x 4 + fat x 9 because food data use more detailed energy factors and fiber contributes differently.

Edible weights and retained coatings

Bones, shells and discarded trimmings are excluded using estimated yields. Unused marinade, grate oil and discarded fruit skins are estimated. Whole fish, shellfish and bone-in cuts have greater uncertainty. These assumptions affect the figures; actual yields can differ.

Sides and optional additions

Measured additions are counted unless the recipe says otherwise. Unlisted bread, extra cheese and optional garnishes change the meal. Check the allergen note and packaged ingredients; a substitute can change both the figures and the allergens.

CLICK TO EXPLORE

Ten chapters. An outdoor kitchen.

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CHAPTER 01

EVERYDAY GRILL ESSENTIALS



Simple complete plates introduce steady heat, careful timing and a clean finishing sauce.

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RECIPE 001

Grilled Lemon Oregano Chicken with Zucchini

Bright lemon, dried oregano and a parsley finish complement juicy chicken and lightly charred zucchini. Even cutlets cook predictably while the vegetables finish separately.

Serves 2 / Prep 15 min / Cook 20 min / Marinate + rest 23 min

323 kcal	43 g	9 g	13 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Chicken breast, two even cutlets
360 g / 12.7 oz

Zucchini, lengthwise slices
300 g / 10.6 oz

Lemon juice
35 g / 1.2 oz

Olive oil
14 g / 0.5 oz

Garlic, minced
8 g / 0.3 oz

Dried oregano
2 g / 0.07 oz

Parsley, chopped
10 g / 0.4 oz

Salt
2 g / 0.07 oz

Black pepper
1 g / 0.04 oz

Sunflower oil, for greasing the grate
5 ml / 0.2 US fl oz

Equipment: Lidded two-zone grill, tongs, kitchen scale, food thermometer, grill-safe metal pan.

THE METHOD

Grilled Lemon Oregano Chicken with Zucchini

01 **Prepare even cutlets and marinate**

Split chicken breasts horizontally or pound gently to an even 3/4-inch (2 cm) thickness. Cut zucchini lengthwise into 1/2-inch (1.3 cm) slices. Mix half the oil, half the lemon juice, garlic, oregano and half the salt and pepper. Coat chicken and refrigerate 20 minutes; keep remaining ingredients separate for vegetables.

02 **Prepare the grill and season the zucchini**

Preheat a clean grill for 10-15 minutes with a medium-high direct zone, about 400-450°F (200-230°C), and a cooler indirect zone. Lightly oil the grate. On an indoor grill pan, use medium-high heat and allow 3 minutes to preheat. Brush zucchini with remaining oil and salt. Use a clean brush that has not contacted raw chicken.

03 **Grill the chicken**

Lift chicken from marinade and discard marinade. Grill 5-7 minutes per side, moving to the cooler zone if needed.

04 **Grill the zucchini**

Grill slices for 3-4 minutes per side until tender and marked. Remove as they finish; do not wait for the chicken if the vegetables are ready.

05 **Check and rest**

Chicken must reach 165°F (74°C) at the thickest point. Rest on a clean plate for 3 minutes.

06 **Finish**

Drizzle remaining lemon juice over chicken and zucchini, add parsley and divide equally between two plates.

COOK'S NOTE

If chicken sticks, give it another 30-60 seconds before lifting. Move it to indirect heat if the marinade starts scorching. Zucchini should bend slightly but retain its shape. Cut equal slices to avoid some collapsing while others remain hard.

ILLUSTRATED PREPARATION

Grilled Lemon Oregano Chicken with Zucchini



01 / Prepare two evenly flattened raw chicken cutlets and lengthwise zucchini slices.



02 / Mix lemon, oregano, garlic and oil; keep vegetable seasoning separate from poultry.



03 / Grill chicken cutlets and zucchini in separate clean areas of a two-zone grill.



04 / Rest fully cooked chicken on a clean platter and finish with zucchini, lemon juice and parsley.

Make it your own: Use summer squash instead of zucchini at the same trimmed weight.

Storage: Refrigerate in shallow covered containers within 2 hours; keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked portions to 165°F (74°C), adding a little water if needed.

Allergens: No major allergens in the listed plain ingredients. Check product labels and cross-contact.

CHAPTER 02

CHICKEN & TURKEY



From quick cutlets to a whole bird, let thickness and a checked center guide the cooking.

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RECIPE 011

Grilled Peri-Peri Chicken

Bright chili, lemon and garlic make a lively coating for chicken thighs. Reserve clean sauce before marinating so the finished plate gets a fresh, sharp spoonful.

Serves 4 / Prep 20 min / Cook 20 min / Marinate + rest 65 min

292 kcal	40 g	3 g	12 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Boneless skinless chicken thighs, unfolded
800 g / 28.2 oz

Red bell pepper, seeded
100 g / 3.5 oz

Red chili, stem removed
10 g / 0.4 oz

Garlic, peeled
12 g / 0.4 oz

Lemon juice
40 ml / 1.4 US fl oz

Red wine vinegar
15 ml / 0.5 US fl oz

Olive oil
25 ml / 0.8 US fl oz

Smoked paprika
4 g / 0.1 oz

Dried oregano
2 g / 0.07 oz

Fine salt
5 g / 0.2 oz

Parsley, chopped
10 g / 0.4 oz

Equipment: Lidded two-zone grill, tongs, kitchen scale, food thermometer.

THE METHOD

Grilled Peri-Peri Chicken

01 Blend the marinade

Blend bell pepper, chili, garlic, lemon juice, vinegar, oil, paprika, oregano and salt into a coarse sauce. Taste before adding any chicken. Reserve 80 g in a separate clean container in the refrigerator for serving.

02 Prepare and marinate

Unfold thighs, trim loose fat and pat dry. Coat with the remaining sauce in a covered container and refrigerate for 1 hour. Wash hands and the preparation surface; do not return utensils from the raw bowl to reserved sauce.

03 Set two heat zones

Preheat a gas or charcoal grill for 10-15 minutes to about 400°F (205°C). Leave a cooler indirect area available and clean the grate. Lift thighs from the marinade and let thick excess drip off; discard this raw-contact marinade.

04 Grill the chicken

Arrange thighs unfolded over direct heat. Cook about 5-7 minutes per side, turning with tongs. Move them to the cooler zone and close the lid if the chili paste begins to darken before the centers cook; thick pieces may take 18-20 minutes total.

05 Measure and rest

Check the thickest part of at least two thighs with a thermometer. Every piece must reach 165°F (74°C). Place cooked thighs on a clean platter and rest 5 minutes; keep raw and cooked utensils separate.

06 Finish and portion

Spoon the reserved clean sauce over the rested chicken and sprinkle with parsley. Divide into four equal portions. Rice, bread or a separate salad are optional extras and are not included in the listed nutrition.

COOK'S NOTE

If thick sauce scorches, move to indirect heat instead of adding fresh raw marinade. The reserved sauce is uncooked and deliberately kept away from raw poultry; use a separate clean spoon.

ILLUSTRATED PREPARATION

Grilled Peri-Peri Chicken



01 / Blend red pepper and chili sauce



02 / Coat unfolded raw chicken thighs in marinade



03 / Turn browned chicken thighs on a two-zone grill



04 / Rest the cooked thighs and spoon over clean peri-peri sauce.

Make it your own: Use a milder red chili or red bell pepper for less heat at the same weight.

Storage: Refrigerate promptly in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked poultry to 165°F (74°C). Keep cold salad components separate; prepare leafy salads fresh.

Allergens: No major allergens in the listed plain ingredients. Check product labels and cross-contact.

CHAPTER 03

BEEF & BURGERS



Steaks, burgers and kofta combine browned surfaces with fresh, measured accompaniments.

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RECIPE 021

Ribeye with Chimichurri

A juicy ribeye needs little embellishment beyond an herb-rich chimichurri. Spoon the clean sauce over rested steak rather than scorching it on the grate.

Serves 4 / Prep 25 min / Cook 18 min / Rest 5 min

522 kcal	33 g	2 g	43 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Boneless ribeye steaks, 2 steaks 1 inch thick
700 g / 24.7 oz

Sunflower oil
10 ml / 0.3 US fl oz

Fine salt
5 g / 0.2 oz

Black pepper
1 g / 0.04 oz

Parsley, chopped
25 g / 0.9 oz

Garlic, minced
8 g / 0.3 oz

Red wine vinegar
25 ml / 0.8 US fl oz

Olive oil
35 ml / 1.2 US fl oz

Dried oregano
1 g / 0.04 oz

Chili flakes
1 g / 0.04 oz

Equipment: Lidded two-zone grill, tongs, kitchen scale, food thermometer.

THE METHOD

Ribeye with Chimichurri

01 Make chimichurri

Chop parsley finely and mix in a clean bowl with garlic, vinegar, olive oil, oregano and chili flakes. Set aside; it must not touch raw steak. This uncooked sauce is added after grilling, so garlic does not burn on the grate.

02 Prepare the steaks

Pat steaks dry and trim hanging exterior fat. Keep them about 1 inch (2.5 cm) thick. Rub with sunflower oil, salt and black pepper. Do not pierce or score them. A thinner steak needs less cooking time and must be probed sooner.

03 Heat two zones

Preheat a clean lidded grill to 425-450°F (220-230°C) for 10-15 minutes. Leave an indirect zone available. Place steaks over direct heat with space around them; monitor flare-ups from ribeye fat.

04 Brown and finish

Cook about 4-5 minutes per side, turning once. If the exterior browns before the center reaches target, move to indirect heat and close the lid for 2-4 minutes. Do not repeatedly press the steaks or baste with the clean herb sauce while raw.

05 Measure and rest

Insert a thermometer sideways into the center, avoiding large seams of fat. Reach at least 145°F (63°C), then rest on a clean board for 5 minutes; this includes the required minimum 3-minute rest. Time alone does not determine doneness.

06 Slice and serve

Slice against the grain and divide the edible steak into four portions. Spoon the clean chimichurri over each. The listed nutrition includes all sauce allocated to four servings; potatoes, bread and salad are optional extras.

COOK'S NOTE

Move steaks away from flare-ups instead of pouring water into a hot grill. Probe each steak; one may finish earlier.

ILLUSTRATED PREPARATION

Ribeye with Chimichurri



01 / Chop parsley for chimichurri



02 / Season two ribeye steaks



03 / Sear steaks over direct heat



04 / Slice rested steak against grain

Make it your own: Use strip steak instead of ribeye at the same raw edible weight.

Storage: Refrigerate cooked food in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked leftovers to 165°F (74°C). Refrigerate cold accompaniments separately; prepare leafy salads fresh.

Allergens: No major allergens in the listed plain ingredients. Check product labels and cross-contact.

CHAPTER 04

PORK & LAMB



Gentle indirect heat and brief direct finishes bring out the flavor of pork and lamb.

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RECIPE 031

Grilled Pork Souvlaki

Lemon, oregano and garlic season pork cubes for loosely threaded skewers. A crisp tomato and cucumber salad balances the hot grill flavors.

Serves 4 / Prep 25 min / Cook 20 min / Marinate + rest 35 min

494 kcal	31 g	7 g	38 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Pork shoulder steaks, excess fat trimmed
700 g / 24.7 oz

Sunflower oil
20 ml / 0.7 US fl oz

Fine salt
5 g / 0.2 oz

Black pepper
1 g / 0.04 oz

Lemon juice
35 ml / 1.2 US fl oz

Garlic, minced
10 g / 0.4 oz

Dried oregano
3 g / 0.1 oz

Parsley, chopped
15 g / 0.5 oz

Tomatoes, diced
300 g / 10.6 oz

Cucumber, diced
300 g / 10.6 oz

Olive oil, for salad
15 ml / 0.5 US fl oz

Equipment: Lidded two-zone grill, tongs, kitchen scale, food thermometer, metal skewers.

THE METHOD

Grilled Pork Souvlaki

01 Prepare the meat

Remove tough sinew and cut shoulder steaks into cubes; use steak cuts, not large stew pieces. Pat dry without washing raw meat. Keep a separate board and utensils for raw preparation; the finished side or clean sauce must not touch that board. For this recipe, cut 1-inch (2.5 cm) cubes.

02 Season with measured ingredients

Mix sunflower oil, salt, pepper, lemon juice, garlic and oregano, then coat the pork. Keep tomatoes, cucumber, parsley and salad oil clean and separate. Marinate the meat covered in the refrigerator for 30 minutes. Thread onto eight metal skewers, leaving small gaps between cubes; keep fruit or vegetables on separate skewers.

03 Prepare two zones

Preheat a lidded grill for 10-15 minutes to about 400°F (205°C), leaving an indirect zone with no active burner or coals underneath. Clean the grate. The air-temperature reading is approximate; watch the food and avoid direct flames.

04 Grill and turn

Grill skewers 12-18 minutes total, turning every 3 minutes. Keep food in one layer with space around it. If the outside browns before the center cooks, move it to the indirect zone and close the lid. Use clean utensils after the final doneness check.

05 Check the center and rest

Whole-cut pork must reach 145°F (63°C), followed by a minimum 3-minute rest. Probe the thickest part without touching bone or a metal skewer. Timer ranges are estimates and may increase with thicker pieces or a crowded grill. Transfer cooked meat to a clean platter and rest at least 5 minutes.

06 Finish and divide

Toss tomatoes, cucumber, parsley and salad oil together in a clean bowl. Serve one quarter of the pork skewers and salad per person. Optional bread, potatoes or rice are not included unless listed among the ingredients. Discard raw-contact marinade and wash raw-meat equipment before serving.

COOK'S NOTE

Move food to the indirect zone if the exterior browns faster than the center cooks. Check the thickest pieces separately; surface color does not prove a safe internal temperature.

ILLUSTRATED PREPARATION

Grilled Pork Souvlaki



01 / Trim pork shoulder steaks



02 / Mix lemon oregano marinade



03 / Thread pork cubes on metal skewers



04 / Grill browned pork souvlaki skewers

Make it your own: Use chicken thigh cubes instead of pork; cook every thick piece to 74°C / 165°F.

Storage: Refrigerate cooked food in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked leftovers to 165°F (74°C). Refrigerate cold accompaniments separately; prepare leafy salads fresh.

Allergens: No major allergens in the listed plain ingredients. Check product labels and cross-contact.

CHAPTER 05

FISH



Protect delicate flesh, handle whole fish carefully and remove every portion as it finishes.

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RECIPE 041

Dill Salmon with Lemon Asparagus

Dill and lemon complement salmon's richness, with tender asparagus alongside. Start the vegetables first if their stalks are thick.

Serves 4 / Prep 25 min / Cook 18 min

425 kcal	36 g	5 g	29 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Skin-on Atlantic salmon fillets, 4 equal 1-inch-thick portions
650 g / 22.9 oz

Asparagus, woody ends removed
400 g / 14.1 oz

Olive oil, for salmon
15 ml / 0.5 US fl oz

Olive oil, for asparagus
15 ml / 0.5 US fl oz

Lemon juice
30 ml / 1.0 US fl oz

Fresh dill, chopped
15 g / 0.5 oz

Fine salt
4 g / 0.1 oz

Black pepper
1 g / 0.04 oz

Sunflower oil, for greasing the grate
5 ml / 0.2 US fl oz

Equipment: Lidded two-zone grill, tongs, kitchen scale, food thermometer, wide spatula.

THE METHOD

Dill Salmon with Lemon Asparagus

01 Prepare the fish

Use four 1-inch (2.5 cm) fillets and remove pin bones. Keep raw fish chilled until the grill is ready. Pat the surface dry and check carefully for pin bones with clean fingertips; remove bones with fish tweezers rather than cutting away large pieces of flesh.

02 Prepare flavor and sides

Brush salmon with its oil and half the salt and pepper. Toss asparagus with its separate oil and remaining seasoning; mix clean lemon juice and dill for finishing. Keep the finishing ingredients and serving tools separate from raw fish.

03 Preheat and oil

Preheat a clean grill for 10-15 minutes to about 400°F (205°C), keeping an indirect zone available. Clean the grate and grease it with the listed 5 ml / 1 teaspoon of sunflower oil, using the grill manufacturer's recommended method. Fish is delicate: have a wide fish spatula and a clean serving platter ready.

04 Grill with care

Start salmon skin-side down over direct heat for 5-6 minutes, then move it to indirect heat, still skin-side down, for 4-7 minutes. Grill asparagus separately 6-10 minutes, turning once. No flipping of the salmon is required. Finish indirectly if the surface colors before the center is ready.

05 Check the thick center

Insert a thermometer sideways into the thickest edible section, avoiding bones and the grate. Reach 145°F (63°C). Lift fish carefully with a wide spatula and check each portion independently. Appearance and flaking support the texture check but do not replace the thermometer.

06 Finish and divide

Divide salmon and asparagus among four plates and spoon lemon-dill dressing over them. Optional bread or grains are excluded unless listed.

COOK'S NOTE

If fish sticks, allow another 30 seconds for the surface to release before gently lifting. Cooking time varies with thickness; start probing before the listed timer ends.

ILLUSTRATED PREPARATION

Dill Salmon with Lemon Asparagus



01 / Pat salmon fillets dry and check for pin bones.



02 / Mix dill-lemon seasoning and trim asparagus.



03 / Grill salmon and asparagus separately.



04 / Plate cooked salmon with tender asparagus.

Make it your own: Use trout fillets instead of salmon at the same edible weight; check earlier if thinner.

Storage: Refrigerate cooked food in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked leftovers to 165°F (74°C). Refrigerate cold accompaniments separately; prepare leafy salads fresh.

Allergens: Contains fish. Check packaged products for additional allergens and cross-contact.

CHAPTER 06

SHRIMP & SEAFOOD



Brief grilling and covered steaming give seafood its own carefully timed place at the table.

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RECIPE 051

Garlic-Lime Shrimp with Corn Salad

Quickly grilled shrimp meet a colorful salad of already-cooked corn, tomato and lime. Make the cold salad with clean utensils before handling the shrimp.

Serves 4 / Prep 25 min / Cook 12 min

302 kcal	36 g	21 g	10 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Raw shrimp, peeled and deveined, edible weight
650 g / 22.9 oz

Sunflower oil
20 ml / 0.7 US fl oz

Garlic, finely minced
10 g / 0.4 oz

Lime juice, for shrimp
25 ml / 0.8 US fl oz

Fine salt
4 g / 0.1 oz

Sweet paprika
3 g / 0.1 oz

Corn kernels, cooked and cooled
300 g / 10.6 oz

Tomatoes, diced
250 g / 8.8 oz

Cilantro, chopped
15 g / 0.5 oz

Olive oil, for salad
15 ml / 0.5 US fl oz

Lime juice, for salad
25 ml / 0.8 US fl oz

Equipment: Lidded two-zone grill, tongs, kitchen scale, food thermometer, metal skewers.

THE METHOD

Garlic-Lime Shrimp with Corn Salad

01 Prepare the fish

Use large shrimp, peeled and deveined, with tails left on if desired. Thaw fully in the refrigerator and dry well.

02 Prepare flavor and sides

Mix shrimp oil, garlic, 25 ml lime juice, salt and paprika. Coat shrimp immediately before grilling; do not soak for hours. Separately toss cooked corn, tomatoes, cilantro, salad oil and salad lime juice. Keep salad chilled.

03 Preheat and oil

Preheat a clean two-zone grill to 400°F (205°C) for 10-15 minutes. Keep an indirect area available to finish gently if the surface colors too quickly. Prepare a clean serving platter and the equipment listed below.

04 Grill with care

Thread shrimp onto metal skewers and grill 2-3 minutes per side, about 4-6 minutes total. Remove as soon as fully cooked; large shrimp need more time than small ones. Use a fine probe where practical; flesh should be opaque and firm, not translucent. Move to the cooler area if the surface colors before the center is ready.

05 Check the thick center

Check the thickest edible center for 145°F (63°C) with a fine-tip food thermometer, avoiding the grate or shell. The flesh should be firm and opaque. Remove pieces independently as they finish, using clean serving tools.

06 Finish and divide

Divide shrimp and clean corn salad among four plates. The corn is already cooked before recipe prep begins; cooking fresh corn from raw adds time.

COOK'S NOTE

Dry the seafood thoroughly before seasoning. Keep the clean finishing ingredients separate and remove each piece as soon as its center is ready.

ILLUSTRATED PREPARATION

Garlic-Lime Shrimp with Corn Salad



01 / Dry peeled, deveined raw shrimp.



02 / Mix cooked corn, tomato and cilantro salad.



03 / Grill shrimp-only metal skewers.



04 / Serve opaque cooked shrimp beside the cold corn salad.

Make it your own: Use cooked, cooled frozen sweet corn instead of fresh corn kernels at the same weight.

Storage: Refrigerate cooked food in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked leftovers to 165°F (74°C). Refrigerate cold accompaniments separately; prepare leafy salads fresh.

Allergens: Contains crustacean shellfish. Check packaged products for additional allergens and cross-contact.

CHAPTER 07

VEGETABLES & PLANT-BASED PLATES



Vegetables, tofu, tempeh and grilling cheese make colorful plates with satisfying textures.

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RECIPE 061

Sesame Tofu with Bok Choy

Thick tofu slabs brown gently beside tender bok choy. Sesame dressing, reserved clean before brushing, adds a savory finish.

Serves 4 / Prep 20 min / Cook 14 min / Press 20 min

387 kcal	38 g	11 g	25 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Extra-firm tofu, drained
800 g / 28.2 oz

Bok choy
600 g / 21.2 oz

Soy sauce
35 ml / 1.2 US fl oz

Sesame oil
15 ml / 0.5 US fl oz

Sunflower oil
15 ml / 0.5 US fl oz

Rice vinegar
25 ml / 0.8 US fl oz

Ginger, grated
12 g / 0.4 oz

Garlic, grated
8 g / 0.3 oz

Sesame seeds
12 g / 0.4 oz

Equipment: Lidded two-zone grill, tongs, kitchen scale, grill basket.

THE METHOD

Sesame Tofu with Bok Choy

01 **Press and portion**

Wrap tofu in a clean towel, place a plate on top and weight gently for 20 minutes. Cut into eight slabs about 3/4 inch (2 cm) thick. Thin tofu breaks more readily. Halve bok choy lengthwise and wash grit from the bases; dry thoroughly.

02 **Make the dressing**

Whisk soy sauce, sesame oil, vinegar, ginger and garlic. Reserve half in a clean bowl for serving. Brush the remaining half onto tofu shortly before cooking; discard any liquid that touches uncooked tofu.

03 **Prepare the grill**

Preheat a clean grill to medium-high, about 400°F (205°C), with a cooler zone. Brush tofu and bok choy with the measured sunflower oil. A grill basket or flat grill-safe plate helps protect fragile pieces.

04 **Grill tofu**

Lay tofu across the bars and cook 5-7 minutes on the first side without moving it. Turn with a wide spatula and cook another 4-6 minutes until browned and hot through. If it sticks, allow another minute before lifting.

05 **Char bok choy**

Cook bok choy cut-side down for 3-4 minutes, then turn and cook 2-3 minutes more. Move thick bases to the cooler side and close the lid briefly until tender while leaves retain some texture.

06 **Finish**

Divide two tofu slabs and bok choy among each of four plates. Spoon the reserved dressing over the vegetables and sprinkle with sesame seeds. Rice is an optional addition and is excluded from the nutrition estimate.

COOK'S NOTE

Dry tofu well for a browned surface. Shield thin bok choy leaves from flames.

ILLUSTRATED PREPARATION

Sesame Tofu with Bok Choy



01 / Press tofu under a plate



02 / Cut thick tofu slabs and halve bok choy



03 / Turn browned tofu with wide spatula



04 / Plate tofu and charred bok choy with sesame

Make it your own: Use certified gluten-free tamari instead of soy sauce at the same volume.

Storage: Refrigerate cooked food in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked leftovers to 165°F (74°C). Refrigerate cold accompaniments separately; prepare leafy salads fresh.

Allergens: Contains wheat, soy, sesame. Check packaged products for additional allergens and cross-contact.

CHAPTER 08

FLATBREADS, PIZZA & BAKED DISHES



A closed lid and steady indirect heat turn the grill into an outdoor oven.

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RECIPE 071

Grilled Garlic Flatbreads

Soft yeast dough puffs over a clean grate into eight simple flatbreads. Garlic and parsley oil goes on after cooking to preserve its fragrance.

Serves 8 / Prep 25 min / Cook 20 min / Rise + rest 80 min

232 kcal	6 g	39 g	6 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

All-purpose flour
400 g / 14.1 oz

Water, lukewarm
250 ml / 8.5 US fl oz

Instant yeast
5 g / 0.2 oz

Fine salt
7 g / 0.2 oz

Olive oil, for dough
20 ml / 0.7 US fl oz

Olive oil, for finishing
25 ml / 0.8 US fl oz

Garlic, finely grated
8 g / 0.3 oz

Parsley, chopped
15 g / 0.5 oz

Equipment: Lidded two-zone grill, tongs, kitchen scale.

THE METHOD

Grilled Garlic Flatbreads

01 **Mix the dough**

Combine flour, yeast and salt. Add water at about 95°F (35°C) and the remaining 15 ml / 1 tablespoon of dough oil. Stir until no dry flour remains, then knead on a clean surface for 8-10 minutes until smooth and elastic. Avoid adding lots of extra flour.

02 **Let it rise**

Use 5 ml / 1 teaspoon of the dough oil to grease a bowl; place the dough in it, cover and leave 60-75 minutes at a warm room temperature until roughly doubled. Timing depends on room temperature. Divide into eight equal pieces and rest, covered, 10 minutes.

03 **Roll the breads**

Flatten each piece into a round or oval about 6-7 inches (15-18 cm) across and 1/8-3/16 inch (3-5 mm) thick. Roll between sheets of baking parchment if the dough is sticky; remove the paper before grilling. Mix finishing oil, garlic and parsley separately; keep it off the raw dough so garlic will not burn.

04 **Heat the grate**

Preheat a clean grill to medium-high, about 400°F (205°C), with a cooler zone. Grill two or three breads at a time, leaving space for turning. Dough should be soft but firm enough to lift.

05 **Cook both sides**

Cook 2-3 minutes on the first side until puffed and marked. Turn and cook another 2-3 minutes, moving to the cooler side if spots darken quickly. There should be no gummy raw layer when the first bread is torn open.

06 **Brush and share**

Brush hot cooked breads with the garlic-parsley oil. Serve one bread per portion. Keep finished breads wrapped loosely in a clean towel while remaining batches cook; the listed cooking time allows several batches.

COOK'S NOTE

Burnt outside and raw center usually mean excessive heat or thick dough. Rest dough briefly if it springs back during rolling.

ILLUSTRATED PREPARATION

Grilled Garlic Flatbreads



01 / Knead soft dough on worktop



02 / Shape the rested pieces into thin rounds or ovals



03 / Turn puffed flatbread on grill



04 / Brush cooked bread with garlic parsley oil

Make it your own: Use chopped chives instead of parsley at the same weight for the finishing oil.

Storage: Refrigerate leftover garlic-oiled flatbreads within 2 hours and use within 2 days, or freeze up to 1 month. Cool on a rack before wrapping. Refresh over gentle indirect heat.

Allergens: Contains wheat. Check packaged products for additional allergens and cross-contact.

CHAPTER 09

SIDES, SALADS & FIRE-ROASTED SOUPS



Build a varied meal with browned vegetables, crisp salads, warm grains and smooth soups.

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RECIPE 081

Grilled Corn with Lime Butter

Sweet corn turns slowly over moderate heat until juicy and lightly browned. Spread lime-chili butter over the hot cobs after cooking.

Serves 4 / Prep 15 min / Cook 16 min

183 kcal	4 g	24 g	10 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Corn on the cob, edible kernels about
500 g / 17.6 oz

Butter, softened
40 g / 1.4 oz

Lime juice
20 ml / 0.7 US fl oz

Lime zest
3 g / 0.1 oz

Fine salt
3 g / 0.1 oz

Chili powder
2 g / 0.07 oz

Cilantro, chopped
12 g / 0.4 oz

Equipment: Lidded two-zone grill, tongs, kitchen scale.

THE METHOD

Grilled Corn with Lime Butter

01 **Prepare four ears**

Use four medium corn cobs providing roughly 500 g edible kernels. Remove husks and silk, rinse briefly and pat dry. The weight excludes cobs; whole-cob weight will be higher.

02 **Make lime butter**

Mix softened butter, lime juice, zest, salt and chili until combined. Reserve in a clean bowl. Do not brush the full butter mixture onto raw corn where it can drip and burn.

03 **Heat the grill**

Preheat to medium, about 375°F (190°C), with a cooler side. Clean the grate. Place corn over direct heat across the bars so it cannot roll easily.

04 **Turn regularly**

Cook 12-16 minutes, turning a quarter-turn every 3-4 minutes. Kernels should become juicy and tender with scattered browned spots. Move ears away from flare-ups or very dark areas.

05 **Check tenderness**

Test one kernel at the thickest part; it should be tender rather than raw and starchy. Finish with lid closed on the cooler side for a few minutes if necessary. Large ears may need extra time.

06 **Dress and serve**

Spread lime butter over hot cooked corn and sprinkle cilantro. Serve one cob per person. The estimate includes the butter; use small holders or tongs because the cobs stay hot.

COOK'S NOTE

Turn regularly to avoid one burnt side. Apply butter after grilling.

ILLUSTRATED PREPARATION

Grilled Corn with Lime Butter



01 / Remove husks and silk from corn



02 / Stir softened lime chili butter



03 / Turn corn cobs on moderate grill



04 / Spread butter on charred cooked corn

Make it your own: Use lemon juice and zest instead of lime at the same amounts.

Storage: Refrigerate cooked food in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3 days. Reheat cooked leftovers to 165°F (74°C). Refrigerate cold accompaniments separately; prepare leafy salads fresh.

Allergens: Contains milk. Check packaged products for additional allergens and cross-contact.

CHAPTER 10

FRUIT & DESSERTS



Clean grates and gentle heat bring warmth to ripe fruit and generous baked desserts.

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RECIPE 091

Grilled Pineapple with Lime Yogurt

Pineapple spears warm and brown quickly over a clean grate. Chilled honey-lime yogurt brings a bright contrast at the table.

Serves 4 / Prep 15 min / Cook 8 min / Rest 2 min

156 kcal	7 g	28 g	3 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Pineapple, peeled and cored
600 g / 21.2 oz

Plain Greek yogurt, 2% fat
240 g / 8.5 oz

Honey
25 g / 0.9 oz

Lime juice
20 ml / 0.7 US fl oz

Lime zest
3 g / 0.1 oz

Sunflower oil
8 ml / 0.3 US fl oz

Equipment: Lidded two-zone grill, tongs, kitchen scale.

THE METHOD

Grilled Pineapple with Lime Yogurt

01 **Cut the fruit**

Peel pineapple deeply enough to remove tough eyes, remove the woody core and cut flesh into eight long spears about 3/4 inch (2 cm) thick. The listed weight is prepared edible fruit, not a whole unpeeled pineapple.

02 **Mix the yogurt**

Stir yogurt, honey, lime juice and zest in a clean bowl. Refrigerate until serving. Honey is added to the yogurt rather than the grill, where it can burn quickly.

03 **Heat and brush**

Preheat a clean grill to medium, about 375°F (190°C). Brush spears lightly with the measured oil. Keep a cooler zone available; use a clean grate without meat residue.

04 **Grill surfaces**

Cook pineapple 3-4 minutes per side until marked and hot through. Turn with tongs and avoid squeezing. Move away from flames if juice causes flare-ups.

05 **Check the texture**

Fruit should soften slightly while holding its shape. Grill marks alone are not a reason to keep cooking until the fruit becomes mushy. Let stand 2 minutes off the grill.

06 **Serve**

Put two spears on each plate with a quarter of the cold yogurt. Serve warm fruit with cool sauce immediately. Keep any yogurt leftovers chilled separately.

COOK'S NOTE

Clean the grate before cooking dessert. Honey belongs in the cool sauce, not over flames.

ILLUSTRATED PREPARATION

Grilled Pineapple with Lime Yogurt



01 / Cut peeled pineapple into eight spears



02 / Mix lime honey yogurt



03 / Turn pineapple on clean grill



04 / Serve pineapple with chilled lime yogurt

Make it your own: Use thick unsweetened soy yogurt instead of Greek yogurt; nutrition and allergens change.

Storage: Cool fruit or baked desserts promptly and refrigerate in covered containers within 2 hours (1 hour above 90°F / 32°C). Use within 2 days. Keep dairy toppings refrigerated separately. Fruit desserts are best freshly made. Serve chilled or gently warm the fruit or baked component separately; do not heat yogurt, mascarpone or whipped cream.

Allergens: Contains milk. Check packaged products for additional allergens and cross-contact.

Sample recipe finder

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