

savor

# SIMPLY GRILLING



# BBQ PORK KEBABS and SPICY BUTTERMILK SAUCE

Serves: 8 - 10

Prep Time: 45 minutes

Cook Time: 5 - 6 minutes

## INGREDIENTS

### Pork:

2/3 cup ketchup  
3 tablespoons maple syrup  
1/4 cup apple cider vinegar  
1 teaspoon kosher salt  
1/2 teaspoon ground  
black pepper  
1/2 teaspoon cayenne  
2 teaspoons smoked paprika  
2 1/2 pounds boneless  
pork roast (loin)

### Spicy Buttermilk Sauce:

1 cup buttermilk  
1/2 cup sour cream  
1 lemon, juiced  
1 teaspoon kosher salt  
1/2 teaspoon ground  
black pepper  
1 to 2 teaspoons hot sauce

## PREPARATION

1. In a bowl, whisk together ketchup, maple syrup, vinegar, salt, pepper, cayenne, and paprika to make a marinade.
2. Cut pork into 1-inch chunks and place in bowl with marinade, mixing well. Allow pork to marinate at least 30 minutes up to 4 hours.
3. In a bowl, whisk together buttermilk, sour cream, lemon juice, salt, black pepper, and hot sauce. Set aside in refrigerator until ready to eat.
4. Heat a grill over medium heat and lightly oil the grates. Thread pork onto 8 to 10 skewers, leaving some space between pieces.
5. Place pork skewers on the grill and cook, turning occasionally, for 5 to 6 minutes. Pork should be slightly pink inside. Transfer to a platter and serve with sauce.



## CHEF TIP:

Using bamboo wood skewers? Be sure to soak them in water for 30 minutes prior to cooking. This will protect the skewers so they don't catch fire when they're on the grill!

## CHEF TIP:

To be sure that poultry is fully cooked, use a meat thermometer and take the internal temperature of the chicken. The chicken breast should reach 165 degrees F when ready to eat.



# GRILLED BUTTERMILK CHICKEN

*Serves: 4 - 6*

*Prep Time: 2 hours 45 minutes*

*Cook Time: 15 minutes*

## INGREDIENTS

- 2 cups buttermilk
- 2 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- 1 lemon, juiced
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2 cloves garlic, minced
- 1 1/2 to 2 pounds boneless, skinless chicken breast

## PREPARATION

1. In a bowl or large resealable bag, add buttermilk, maple syrup, Dijon, lemon, salt, pepper, and garlic; mix well. Add chicken and coat completely. Place in refrigerator to marinate 2 to 12 hours.
2. Remove chicken from refrigerator and allow to sit at room temperature for 30 minutes before cooking.
3. Heat a grill over medium heat and lightly oil the grates.
4. Place chicken on the grill and cook 7 to 8 minutes on one side. Turn and cook on other side 7 to 8 minutes. Transfer to a platter and tent with foil, allow to rest 5 minutes.

# SUMMER SQUASH RICOTTA PIZZA

*Serves: 4 if a meal, 8 if a side dish or appetizer*

*Prep Time: 20 minutes*

*Cook Time: 10 - 12 minutes*

## INGREDIENTS

- |  |   |
|--|---|
| 1 large zucchini<br>(approximately 1 pound)      | 1 pound prepared pizza dough,<br>room temperature |
| 1 large yellow squash<br>(approximately 1 pound) | 16 ounces ricotta cheese                          |
| 1 teaspoon kosher salt                           | 4 tablespoons grated parmesan                     |
| 1/4 teaspoon ground black pepper                 | Optional:   |
| 2 tablespoons extra virgin olive oil             | 1/4 teaspoon red pepper flakes                    |
| 1 lemon, juiced                                  | 1/4 cup chopped pistachios                        |
|  | 1/4 cup basil, chiffonade or chopped              |

## PREPARATION

1. Heat a grill over medium heat and lightly oil the grates.
2. Using a vegetable peeler or spiralizer, cut the summer squash into ribbons. They will look like the wide pasta noodle known as pappardelle.
3. In a bowl, add squash ribbons, salt, pepper, oil, and lemon juice and mix well.
4. Divide pizza dough into 4 equal pieces. Using a rolling pin or your hands, gently stretch each piece of dough into a personal size pizza, approximately 8 to 10 inches in diameter, and place on an oiled baking sheet. Note: perfect circles of dough not necessary!
5. Place each small dough round onto the grill and cook for 2 minutes. Flip and cook an additional 1 minute then remove from grill and place back on baking sheet.
6. Top each pizza with one-quarter of the squash mixture. Top each pizza with 3 to 4 dollops of ricotta cheese. Sprinkle each pizza with 1 tablespoon of grated parmesan.
7. Return the pizzas to the grill and close the cover. Cook until toppings are warmed through, crust is crispy, and cheese is golden brown to your liking, approximately 5 to 8 minutes. Remove from grill and garnish with red pepper flakes, pistachios, and/or basil.



## CHEF TIP:

Summer squash ribbons are a beautiful part of this dish, but there will be some leftover squash that didn't make it to ribbon status. Not to worry! Chop up the extra squash and use it as part of a frittata, omelet, or scrambled eggs tomorrow morning.



## CHEF TIP:

This recipe works well with other types of cabbage as well. If swapping out green cabbage for purple, cook for the same amount of time. However, Napa Cabbage will cook in less time, so keep an eye on the grill.

# GRILLED CABBAGE WITH HERBED YOGURT SAUCE

Serves: 6      Prep Time: 15 minutes  
Cook Time: 20 minutes

## INGREDIENTS

### Cabbage:

- 1 large head (approximately 2 ½ - 3 pounds) green cabbage
- 4 tablespoons vegetable or canola oil
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper

### Herbed Yogurt Sauce:

- 1 cup plain Greek yogurt
- ¼ cup mint, minced
- ¼ cup parsley, minced
- 1 lemon, juiced
- 1 teaspoon kosher salt

## PREPARATION

1. Heat a grill over medium heat and lightly oil the grates.
2. Cut cabbage in half through the core then cut each half into 3 wedges, keeping core intact. Drizzle oil over cabbage wedges and sprinkle with salt and pepper.
3. Place cabbage on the grill and cook until tender and deeply charred, approximately 10 minutes per side.
4. In a bowl, add yogurt, mint, parsley, lemon, and salt and mix well.
5. On a platter, spread herbed yogurt sauce and arrange cabbage on top or serve cabbage with sauce on the side.

# GRILLED CAULIFLOWER STEAKS WITH SCALLION BUTTERMILK SAUCE

Serves: 4      Prep Time: 15 minutes  
Cook Time: 20 minutes

## INGREDIENTS

### Cauliflower:

- 1 large or 2 medium heads cauliflower
- 4 tablespoons vegetable or canola oil, divided
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

### Scallion Buttermilk Sauce:

- 1 bunch scallions, bottom trimmed off
- 1 cup buttermilk
- 2 clove garlic, minced
- 2 limes, juiced
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper

## PREPARATION

1. Heat a grill over medium heat and lightly oil the grates.
2. Remove leaves and trim the bottom stem of the cauliflower. On a cutting board, place cauliflower with the core side down. Carefully slice the cauliflower at the midline from top to bottom. Cut each side again from top to bottom so that there are four 1-inch "steaks." Reserve any loose florets.
3. Drizzle cauliflower steaks, florets, and scallions with 3 tablespoons oil, salt, and black pepper.
4. Place cauliflower steaks on the grill and cook until tender and charred, approximately 10 minutes per side.
5. In a grill basket, add florets, toss with remaining 1 tablespoon oil, and place on grill, tossing often, until cooked through, approximately 6 to 8 minutes.
6. Place scallions on grill, turning occasionally, until charred, 2 to 3 minutes. Slice charred scallions.
7. In a bowl, add charred scallions, buttermilk, garlic, lime juice, salt, black pepper.
8. On a platter, arrange cauliflower steaks and florets. Drizzle with Scallion Buttermilk Sauce or serve sauce on the side.



## CHEF TIP:

Did you know that cauliflower is available in different colors? Many grocery stores and farmer's markets carry more than white cauliflower. Look for a range of options, including orange, purple, and green!

## CHEF TIP:

Dial the heat level up or down! Your choice of chile pepper will spice up the marinade as much or as little as you like.



## CHEF TIP:

This is a great dish to make a day ahead. The marinade can be made up to 5 days before using and the chicken can be added to the marinade in the morning, ready for you at dinner time!

# GRILLED CHILE YOGURT CHICKEN

Serves: 6 - 8

Prep Time: 2 hours 40 minutes

Cook Time: 10 - 12 minutes

## INGREDIENTS

- 1 cup plain whole milk yogurt
- 5 cloves garlic, peeled
- 3 chile peppers (example: jalapeno or habanero), chopped
- 2-inch piece of ginger, peeled and chopped
- 1/2 cup lime juice
- 1/2 cup cilantro
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 2 teaspoons kosher salt
- 1 tablespoon vegetable or canola oil
- 2 to 2 1/2 pounds boneless, skinless chicken thighs

## PREPARATION

1. In a blender, add yogurt, garlic, chile peppers, ginger, lime juice, cilantro, cumin, coriander, salt, and oil. Puree until smooth consistency.
2. In a bowl or large resealable bag, add puree mixture and chicken and mix well. Place in refrigerator to marinate 2 to 12 hours.
3. Remove chicken from refrigerator and allow to sit at room temperature for 30 minutes before cooking.
4. Heat a grill over medium heat and lightly oil the grates.
5. Place chicken on the grill and cook 10 to 12 minutes, turning every 1 to 2 minutes, till cooked through. Transfer to a platter.

# GRILLED SPICED BROCCOLI

Serves: 4      Prep Time: 15 minutes

Cook Time: 12 - 15 minutes

## INGREDIENTS

- 2 medium heads (approximately 1 ½ - 2 pounds) broccoli
- 1 teaspoon kosher salt
- 1 cup plain Greek yogurt
- 1 tablespoon Dijon mustard
- ¼ teaspoon ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 lemon, juiced
- 1 tablespoon vegetable or canola oil

## PREPARATION

1. Heat a grill over medium heat and lightly oil the grates.
2. Trim broccoli stems and separate from heads, cutting stems off just below heads. Cut heads into large florets, but make sure they hold together. Peel and slice stems into ½ -inch planks.
3. In a bowl, add salt, yogurt, Dijon, pepper, chili powder, cumin, coriander, turmeric, lemon juice, and oil and whisk together. Add broccoli and coat well.
4. Place broccoli stems and florets on grill and cook until charred, turning occasionally, for 12 to 15 minutes. Transfer to a platter.



## CHEF TIP:

The broccoli stems are a bit more fibrous than the florets, so they may need to be cooked for the full 15 minutes while the florets can be taken off the grill after 12 minutes. To speed up the entire grilling process and have broccoli with a softer bite versus crisp-tender broccoli, you can par-boil prior to marinating. To do this, boil a pot of water, add a pinch of salt, then add the broccoli stems and florets. Cook for 1 to 2 minutes, drain, and place broccoli directly into an ice water bath. Then proceed to step 3.



# GRILLED STONE FRUIT WITH CRÈME FRAICHE

Serves: 4      Prep Time: 15 minutes  
Cook Time: 5 minutes

## INGREDIENTS

2 pounds plums and apricots, halved and pitted  
2 tablespoons olive oil  
1 cup crème fraiche (or sour cream)  
2 tablespoons honey

## PREPARATION

1. Heat a grill over medium-high heat and lightly oil the grates.
2. Place halved fruit on a baking sheet and drizzle cut sides with oil.
3. Place fruit on grill, cut side down, until charred and starting to soften and get juice, approximately 3 to 5 minutes depending on size of the fruit. Transfer to platter.
4. In a bowl, whisk crème fraiche and honey together well. Serve with fruit.

## CHEF TIP:

Can't find Crème Fraiche? No problem! Plain sour cream works well, it will just be a bit more tangy if used instead of Crème Fraiche. Or, you can make your own Crème Fraiche! Stir 2 tablespoons of buttermilk into 2 cups heavy cream in a glass or stainless steel container with a lid. Leave the container out at room temperature, partially covered, until it reaches a thickness you like, anywhere from 8 to 24 hours. Stir well and refrigerate up to 2 weeks.

# LAMB BURGERS WITH TZATZIKI

Serves: 4

Prep Time: 20 minutes

Cook Time: 10 minutes

## INGREDIENTS

### Lamb Burgers:

1/4 cup bread crumbs	1 teaspoon kosher salt
1/4 cup onion, minced	1 teaspoon ground cumin
1/4 cup ricotta cheese	1 teaspoon ground coriander
1 large egg, beaten	1/4 teaspoon ground cinnamon
1 clove garlic, minced	1/4 teaspoon red pepper flakes
1/4 cup fresh mint, minced	1 pound ground lamb

### Tzatziki:

1/2 English cucumber, grated	1 tablespoon extra virgin olive oil
1 cup plain Greek yogurt	1 teaspoon kosher salt
2 tablespoons fresh mint, minced	1/4 teaspoon ground black pepper
1 lemon, juiced	Optional: 4 hamburger buns

## PREPARATION

1. In a bowl, add bread crumbs, onion, ricotta, egg, garlic, mint, salt, cumin, coriander, cinnamon, red pepper flakes, and ground lamb and mix together well. Shape into 4 equal patties.
2. In a second bowl, mix together grated cucumber, yogurt, mint, lemon, oil, salt, and pepper.
3. Heat a grill over medium heat and lightly oil the grates.
4. Add the burgers to the grill and cook on one side for 5 minutes. Flip and cook on other side for 5 minutes more. Transfer to a platter and serve with tzatziki and optional buns.

## CHEF TIP:

Adding herbs, vegetables, and cheese to a burger recipe provides taste, texture, moisture, and additional nutrients. The refreshing Tzatziki pairs well with the lamb, adding an extra boost of flavor. Make a chunkier Tzatziki using the large holes on a box grater or a smoother version with the small holes – both taste great!





### **CHEF TIP:**

We recommend that you buy the largest scallops you can find, which will keep the inside from cooking too quickly, making them a better choice for grilling. Scallops tend to cook best when kept dry and cool, so don't skip step 2 where you pat them dry then keep them in the refrigerator after skewering until you're ready to grill.

# SCALLOP SKEWERS WITH YOGURT TAHINI SAUCE

Serves: 4      Prep Time: 15 minutes  
Cook Time: 5 - 6 minutes

## **INGREDIENTS**

### **Scallops:**

16 large or 12 jumbo dry-packed sea scallops  
1/2 teaspoon kosher salt  
1/4 teaspoon ground black pepper

### **Yogurt Tahini Sauce:**

1/2 cup plain Greek yogurt  
1/3 cup tahini  
1 lemon, juiced  
1 teaspoon kosher salt

## **PREPARATION**

1. Heat a grill over medium-high heat and lightly oil the grates.
2. Remove crescent-shaped tendon from the side of each scallop. Pat scallops dry with a paper towel. Thread scallops on 4 skewers so that the flat side of the scallop is perpendicular to the skewer and season with salt and pepper. Note: if using bamboo skewers, soak in water for 30 minutes prior to using.
3. Place scallops on grill and cook 3 to 4 minutes. Turn over and cook 1 to 2 minutes, just until cooked through. Scallops should be slightly opaque in the middle. Transfer to a platter.
4. In a bowl, add yogurt, tahini, lemon, and salt and mix well.
5. Serve scallops with yogurt tahini sauce.