

ON THE GRILL

15 recipes for superb grilling

Tefal[®]

OptiGrill[™]



OUTBACK WHISKEY MARINATED STEAK

4 Servings / Marinating Time: 4 to 24 hours / Preparation Time: 15 min.
Programme:



Ingredients

- 125 ml apple juice or cider
- 75 ml whiskey
- 75 ml maple syrup or runny honey
- 1 tbsp (15 ml) Dijon mustard
- 1 tbsp (15 ml) Worcestershire sauce
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 2 sprigs fresh rosemary
- 4 trimmed rump steaks, about 2 cm thick (about 150 g each)
- Salt and freshly ground black 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. Pat the steak dry with paper towel. Season the steak with the salt and pepper on both sides.
- 3.** Turn the grill on. Select the  programme and press . 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 colour of desired level of cooking; yellow for rare, orange for medium or red for well done. Transfer the steak to a cutting board and cover 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 50 ml and becomes a rich caramel colour. Strain the sauce and discard the solids. Serve the steak drizzled with the whiskey sauce and garnished with a few fresh rosemary leaves.

Tips



RARE



MEDIUM



WELL DONE

- For the best flavour, "bruise" the rosemary sprigs by firmly tapping the sprigs with the back of a chef's knife until fragrant.
- Serve with crispy, oven-baked chips and baked beans to complete this steakhouse meal.
- You can replace the maple syrup with honey for a softer taste if preferred.



CLASSIC GRILLED STEAK AND POTATOES

4 Servings / Preparation Time: 20 min.

Programme:



Ingredients

- 550 g small size King Edward or Maris Piper potatoes
- 1 tbsp sunflower oil + extra for greasing
- About 1 tbsp Steak seasoning
- 4 Sirloin steaks (about 150 g each), 2cm thick
- 4 tbsp tomato ketchup
- 1 tsp Worcestershire sauce
- 1/2 tsp chilli sauce (optional)

- 1.** Cook the potatoes in the microwave or boiling water until fork-tender but still firm; cool until easy to handle. Cut each potato in half and then cut into 1 cm thick slices. Toss the potatoes with the oil and half the steak seasoning. Stir the Tomato sauce with the Worcestershire sauce and chilli sauce until well combined; set aside.
- 2.** Turn the grill on. Select the  programme and press . Once the purple indicator light has stopped flashing, place the potatoes on the grill and close the lid.
- 3.** Cook the potatoes, in batches, for 5 minutes or until cooked and well marked. Transfer to a plate and keep warm.
- 4.** Meanwhile, pat the steaks dry with a paper towel. Sprinkle the steak seasoning over both sides of each steak.
- 5.** Select the  programme and press . Once the purple indicator light has stopped flashing, place the steaks on the grill and close the lid.
- 6.** Cook until the indicator light has changed to the colour of desired level of cooking; yellow for rare, orange for medium or red for well done. Transfer the steaks to a plate and cover with foil. Rest for 5 minutes.
- 7.** Serve the steaks with the potatoes seasoned with black pepper and the sauce mixture on the side.

Tips

- Change the flavour of this recipe by replacing the Steak Seasoning with a peppercorn medley.
- Serve the steak and potatoes with steamed broccoli or cauliflower florets.



RARE



MEDIUM

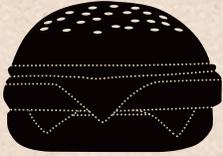


WELL DONE



ULTIMATE BURGER

4 Servings / Preparation Time: 10 min.
Programme:



Ingredients

- 500 g lean minced beef
- 1/2 onion, finely chopped
- 1 tbsp flat-leaf parsley, finely chopped
- 2 1/2 tsp Dijon mustard
- Freshly ground black pepper, to season
- 2 tbsp (30 ml) mayonnaise
- 4 slices thick cut back bacon
- 4 processed cheese slices
- 4 burger buns, cut in half
- Lettuce leaves
- Sliced tomato

1. In a bowl mix the beef, onion, parsley, 1 teaspoon of the Dijon mustard and plenty of black pepper using clean hands until well combined. **Form** the minced beef into four burgers about 8 cm in diameter. 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  programme and press . Once the purple indicator light has stopped flashing, place the bacon on the grill and close the lid. Press the OK button again.
3. **Cook** until the indicator light has changed to orange. Transfer the bacon to a plate and cover with foil. Carefully wipe the plates with a paper towel.
4. **Select** the  programme and press . Once the purple indicator light has stopped flashing, place the burgers on the grill and close the lid, and lightly press down the lid so it makes good contact with the burgers.
5. **Cook** until the indicator light has changed to the colour of desired doneness; yellow for rare, orange for medium or red for well done. Place each burger on the base of a bun topped with lettuce and tomato, then immediately top each burger with a cheese slice. Garnish the burger with bacon, a dollop of the mayo mixture and the top half of the bun.

Tips

- Serve this hearty burger with a tossed garden salad for a balanced meal.
- For the best results ask your butcher to mince some rump steak or use good quality beef mince.
- You can use ciabatta rolls instead of burger buns, if preferred.



RARE



MEDIUM



WELL DONE



HONEY HOISIN CHICKEN BREASTS

4 Servings / Marinating time: 1 hr to 24 hr /
Preparation Time: 10 min.

Programme:



Ingredients

- 125 ml hoisin sauce
- 3 tbsp runny honey
- 2 tbsp (30 ml) fresh lime juice
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) sesame oil
- 1 tbsp finely grated ginger
- 4 garlic cloves, crushed
- 4 boneless, skinless chicken breasts
- Sunflower oil, for greasing
- Toasted sesame seeds
- 2 spring onions, sliced

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 and cool completely.
2. Place the chicken in a resealable plastic bag and pour in the remaining hoisin mixture. Marinate in the refrigerator for between 1 and 24 hours.
3. Turn the grill on. Select the  programme and press . Once the purple indicator light has stopped flashing, place the chicken on the grill and close the lid. Discard marinade.
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 spring onion just before serving.



WELL DONE

Tips

- Serve with stir-fried vegetables on a bed of cooked rice.
- To avoid overcooking thin thickness chicken fillets, you may prefer to cook until the indicator light has changed to orange (Medium cooking level).

GREEK-STYLE CHICKEN SKEWERS

4 Servings / Preparation Time: 10 min.
Programme:



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
- Pinch of salt
- Freshly ground black pepper, to season
- 1/2 tsp (2 ml) ground paprika
- 3 large garlic cloves, crushed
- 4 boneless, skinless chicken breasts, cut into chunks
- Tzatziki sauce (see tips)

- 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  programme and press . Once the purple indicator light has stopped flashing, place the skewers on the grill and close the lid.
- 3. Cook**, in batches of 6 until the indicator light has changed to red (cooking time about 10 minutes). 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.
- To make homemade Tzatziki sauce, peel and de-seed ¼ cucumber then grate. Hang the grated cucumber in a muslin bag or tea towel to squeeze of all the excess liquid. Mix together 125 g Greek natural yogurt, grated cucumber, 1 crushed small garlic clove, 1 tsp lemon juice, a dash of extra virgin olive oil and 1½ tsp chopped fresh mint plus salt and pepper to taste.



WELL DONE



HAM, CHEESE AND TOMATO GOURMET GRILLED SANDWICH

2 Servings / Preparation Time: 5 min.
Programme:



Ingredients

- 20 g softened butter
- 1 tbsp finely chopped fresh parsley
- 1 tbsp (15 ml) finely grated fresh Parmesan cheese
- 1 garlic clove, crushed
- A pinch of black pepper
- 4 slices fresh crusty white bloomer bread, about 1/2-inch (1 cm) thick
- About 125 g Cheddar cheese, cut in 5 mm thick slices
- 70g sliced ham
- 6 slices tomato

- 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 slices of Cheddar on the unbuttered sided of 2 slices of bread, then top each with a slice of ham, slices of tomato and cover with more Cheddar slices. Top the sandwiches with the remaining bread, buttered-side-out.
- 2. Turn the grill on.** Select the  programme and press . Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 3. Cook** until the cheese is melted and the bread is toasted.

Tips

- The combination possibilities for this sandwich are endless! Swap ham for cooked bacon, salami, or turkey. Use finely chopped fresh basil or sage instead of parsley.
- Add your favourite mustard for a spicier taste.
- Serve this sandwich with a hot bowl of soup for a warming lunch or light supper.



GRILLED CLUB SANDWICH WITH BACON

2 Servings / Preparation Time: 5 min.

Programmes:



Ingredients

- 4 slices back bacon
- 2 tbsp (30 ml) mayonnaise
- 1 tbsp (15 ml) apple sauce
- 4 slices white bloomer loaf or sourdough bread, about 1/2-inch (1 cm) thick
- 4 slices oven roasted deli turkey
- About 125 g mature Cheddar cheese, cut 5 mm thick
- 1 small tomato, sliced
- A handful of baby spinach leaves

- 1. Turn the grill on.** Select the  programme 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. Press OK again.
- 2. Cook** until the indicator light has changed to red. Transfer to a plate and cover with foil. Carefully wipe the plates with a paper towel.
- 3. Stir** the mayonnaise with the apple sauce and spread evenly over one side of two slices of bread; top with bacon, turkey and cheese. Top the sandwiches with the remaining two slices of bread.
- 4. Select** the  programme and press . Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 5. Cook** until the cheese is melted and the bread is toasted. 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, cooked roast turkey or chicken.



SWEET CHILLI PINEAPPLE GAMMON STEAKS

2 Servings / Preparation Time: 10 min.

Programme:



Ingredients

- 2 unsmoked gammon steaks, 1 cm thick (about 225 g each)
- 4 canned pineapples slices, drained
- 60 ml sweet chilli sauce (bottled)
- Chopped coriander leaves

- 1.** Trim the rind and any excess fat from the gammon steaks using kitchen scissors; set aside. Pat the pineapple slices dry with paper towel.
- 2.** Turn the grill on. Select the  program and press . Once the purple indicator light has stopped flashing, place the pineapple on the grill and close the lid
- 3.** Cook for about 3 to 4 minutes or until well marked. Transfer to a plate and keep warm.
- 4.** Select the  program and press . Once the purple indicator light has stopped flashing, place the gammon steaks on the grill and close the lid. Press down lightly so the plates make good contact with the gammon.
- 5.** Cook until the indicator light has changed to orange. Transfer gammon to a serving plate and top with pineapple. Serve with the sweet chilli sauce on the side.

Tips

- For best results choose a Thai-style sweet chilli sauce suitable as a table sauce. For a spicier taste, swap sweet chilli sauce for hot chilli sauce.
- Fresh sliced pineapple works equally well in this recipe.

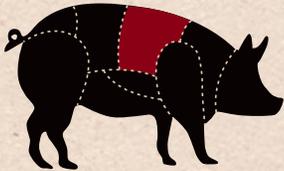


MEDIUM



ITALIAN SAUSAGE & SUN-DRIED TOMATO RISOTTO

4 servings / Preparation time: 10 min.
Programme:



Ingredients

- 75 g sun-dried tomatoes in oil (drained weight), drained
- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 100 ml dry white wine
- 900 ml hot chicken stock
- 275 g Arborio risotto rice
- 3 Italian or Sicilian sausages (about 225 g in total)
- 40 g grated Parmigiano Reggiano (Parmesan) cheese + extra to serve
- 2 tbsp finely chopped fresh flat-leaf parsley + extra to serve (optional)

- 1.** Pat dry the sun-dried tomatoes and cut into slices; set aside.
- 2.** Heat oil in a large saucepan; cook onion and garlic until soft. Stir in the rice and cook over medium heat for 1 minute; then add the wine and cook for further 1 minute; stirring continuously. Increase heat and add the hot stock 100 ml at a time, adding more stock once the rice comes back to the boil. Cover and simmer gently until all the liquid is absorbed (about 20 minutes total cooking time).
- 3.** Turn on the grill. Select the  program, and press . Once the purple indicator light has stopped flashing, place the sausages horizontally on the grill and close the lid.
- 4.** Cook until the indicator light has changed to red. Transfer cooked sausages to a cutting board and cut into 1 cm thick slices; keep warm.
- 5.** Stir sliced sausage, tomatoes, cheese and 2 tablespoons of the chopped parsley into risotto. Serve sprinkled with the remaining chopped parsley and additional grated Parmigiano Reggiano cheese, if desired.

Tips

- Sicilian or Italian sausages are flavoured with fennel, garlic and herbs. If you cannot find them, you can use any good quality, spicy-flavoured fresh pork sausages instead.
- Arborio rice is most commonly used in risottos because it can absorb a lot of liquid. The key to this recipe's success is using authentic Arborio rice

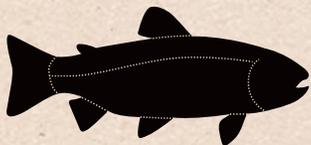


WELL DONE

TILAPIA FILLETS PUTTANESCA-STYLE

4 Servings / Preparation Time: 15 min.

Programme:



Ingredients

- 1 1/2 tbsp finely chopped fresh parsley
- 1 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1 tsp white wine vinegar
- 1 garlic clove, crushed
- Salt and freshly ground black pepper, to season
- Pinch of caster sugar
- 4 tilapia fillets, about 100 each
- 1 small red onion, cut in 1 cm slices
- 1/2 tbsp sunflower oil
- 4 vine ripened tomatoes, deseeded & cut in 1.5 cm pieces
- 8 green olives, halved
- 1 1/2 tbsp capers in brine, drained
- 1 tsp (5ml) finely grated lemon zest



MEDIUM

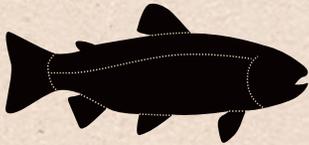
- 1. Whisk** the parsley with the lemon juice, olive oil, vinegar and garlic. Sprinkle salt and pepper on both sides of the fillets. Brush the parsley mixture over the upper side of the fillets.
- 2. Fry** the onions in the oil until soft. Add the tomatoes, olive and capers and cook gently for a few minutes; season with salt and pepper. Keep warm while cooking the fish.
- 3. Turn the grill on.** Select the  programme and press . Once the purple indicator light has stopped flashing, place the fillets on the grill and close the lid.
- 4. Cook** until the indicator light has changed to orange. Serve the fillets parsley side up with the tomato mixture on the side, sprinkled with the lemon zest.

Tips

- Serve the fish with steamed couscous.
- Tilapia are farm-raised fish with a fine flesh, without any bones, and a delicate mild taste. It's firm texture makes it excellent for grilling.

SALMON WITH DILL CREAM SAUCE

4 Servings / Preparation Time: 15 min.
Programme:



Ingredients

- About 8 sprigs fresh dill, stalks removed
- 3 spring onions, cut into 1.5 cm pieces
- 2 tbsp (30 ml) fresh lemon juice
- 2 tsp (10 ml) finely grated unwaxed lemon zest
- 1 garlic clove, crushed
- 1/2 tsp salt
- Freshly ground black pepper, to season
- 50 ml olive oil
- 125 ml soured cream
- 4 skinned salmon fillets, about 125 g each



RARE

- 1. Place** the dill leaves, shallots, lemon juice, lemon zest, garlic and 1/4 tsp 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 soured 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  programme and press . 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 soured cream mixture on the side.

Tips

- Removing the salmon when the indicator light changes to yellow results in a restaurant quality salmon fillet with a slightly coral and moist centre. If you prefer longer cooking, cook to indicator light changes to orange (medium).
- For an elegant dinner, serve the salmon with steamed baby potatoes and wilted leafy greens such as baby spinach.





HERB PARMESAN POTATOES

2 Servings / Preparation Time: 15 min.
Programme:



i'm the chef!

Ingredients

- 500 g small size King Edward or Maris Piper potatoes
- 2 tbsp (30 ml) olive oil
- 1 tsp (5 ml) Italian seasoning
- 1/2 tsp salt
- Freshly ground black pepper, to season
- 3 tablespoons finely grated fresh Parmesan cheese

- 1.** Cook the potatoes in microwave or in boiling water until just tender; cool until easy to handle. Cut each potato into 1 cm thick slices. 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  programme and press . Once the purple indicator light has stopped flashing, place the potatoes on the grill and close the lid.
- 3.** Cook for 5 minutes, in batches if necessary, 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.

GRILLED MEDITERRANEAN VEGETABLE PASTA SALAD

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

Programme:



I'm the chef!

Ingredients

- 3 tbsp (45 ml) red wine vinegar
- 2 tsp (10 ml) fresh lemon juice
- 1 tbsp (15 ml) runny honey
- 1 garlic clove, crushed
- 1/2 tsp salt, Freshly ground black pepper, to season
- 125 ml extra virgin olive oil
- 1 courgette, cut in 1 cm thick slices
- 1/2 small aubergine, cut in 1 cm thick slices and halved
- 1 red pepper, sliced into thick strips
- 1/2 red onion, cut into 1 cm thick slices
- 300 g dried penne pasta, cooked
- 100 g feta cheese, coarsely crumbled
- 3 tablespoons chopped fresh basil leaves
- 50 g chopped kalamata olives
- 3 tablespoons 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 courgette, aubergine, red pepper and onion to coat; set aside the remaining dressing for the salad.
- 2. Turn the grill on.** Select the  programme and press . 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 about 3 minutes or until tender and well marked. Cool the vegetables completely. Cut the courgette slices in half and the aubergine in quarters. Toss the vegetables 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 prawns 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 but add the basil leaves just before serving.
- This salad makes a great on-the-go lunch option.



GRILLED CRAB CAKES

Makes 12 crab cakes / Preparation Time: 20 min / Freezing time: 1 hour.

Programme:



I'm the chef!

Ingredients

- 60 g celery, very finely chopped
- 1/2 small red pepper, very finely chopped
- 2 tbsp very finely chopped fresh parsley
- 125 ml mayonnaise, divided
- 2 spring onions, very finely chopped
- 1 tbsp (15 ml) Dijon mustard
- 1 garlic clove, crushed
- 1/4 tsp (1 ml) each salt and pepper (approx.)
- 2 cans (drained weight 170 g each) lump crabmeat, well drained
- 100 g panko breadcrumbs (approx.), divided
- 125 ml thousand island dressing
- Lemon wedges

- 1. Stir** the celery with the chopped red pepper, parsley, 50 ml mayonnaise, the spring onion, mustard, garlic, salt and pepper. Stir in the crab and 1/2 cup (125 ml) breadcrumbs just until well combined. Squeeze the mixture together in balls and then shape into small patties. 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. Turn the grill on.** Select the programme and press . Once the purple indicator light has stopped flashing, place the crab cakes on the grill and close the lid.
- 3. Cook**, in batches, for 3 minutes or until heated through and well marked. Serve the crab cakes with the thousand island dressing 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 in the Asian aisle at some large supermarkets or online.



STEAK AND MUSHROOM TERIYAKI KEBABS

Makes 4 / Preparation Time: 20 min.

Programme:



I'm the chef!

Ingredients

- 3 tbsp (45 ml) runny honey
- 25 ml sodium reduced soy sauce
- 1 tbsp (15 ml) Japanese rice vinegar
- 1 garlic clove, crushed
- 500 g trimmed rump steak, cut into 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) cornflour

- 1.** Whisk the honey with the soy sauce, vinegar and garlic in a large bowl; transfer to a microwave-safe bowl and set aside. Alternately thread the steak and vegetables onto four 30 cm wooden skewers.
- 2.** Turn the grill on. Select the **(M)** programme and press **(OK)**. Once the purple indicator light has stopped flashing, place the kebabs 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 level.
- 4.** Meanwhile, whisk the cornflour into the honey mixture. Microwave, on high, stirring once, for 60 seconds or until thick and glossy; brush evenly over the kebabs just before serving.

Tips

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



RARE



MEDIUM



WELL DONE

