



# **PIT BOSS**

## **WINTER**

# **BBOQ**

**CHRISTMAS & NEW YEAR**

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**RECIPES IDEAS**

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**BY CHEF ROHAN**

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# Introduction

Residing in the North of France, Chef Rohan is passionate about the USA. His passion took him to Texas, Tennessee, Mississippi, Louisiana, and Georgia to learn BBQ and is now the pioneer of American BBQ in Belgium and France.

With nearly 30 years of experience, 5 restaurants, a catering service, BBQ academies, many publications, radio, TV shows, and working as an independent expert with the most famous BBQ Brands - he also trains many professional cooks as well as hundreds of BBQ hobbyists each year.

In North of France, the winter season is very long. It's cold and humid maybe 5 to 6 month between October and March. So, if you're passionate about the BBQ as I am, you don't have any other choice than to deal with that. But I can tell you that in fact the best time to barbecue is in the middle of winter. I find it even more fun than during summer.

When it's freezing cold and you warm your hands on the BBQ, or have a coffee right in front of the fire while the meat is cooking, these are moments that are remembered and that make you forget the daily worries. Cooking barbecue in the middle of winter is great!

The recipes I offer you here are ideal for fall and winter. I wanted to show you that there are a lot of very simple gourmet recipes that you can make on your BBQ and that will delight everyone during the holidays.

I wish you a lot of fun making them.

*Chef Rohan*



# What you will need to use this book

I assure you right away, you will not need a lot of equipment that you do not already have at home.

### 1. A MEASURING KIT IN CUPS:

It is not an obligation, but it will simplify your task significantly. Having been trained in the USA, and reading only American cookbooks, I got into the habit of doing everything in cups, tablespoons, teaspoons, ... When I talk about c.à.s. in my ingredient lists, I'm actually talking about tablespoons. When I'm talking about c.à.c, I'm actually talking about teaspoons ... My recipes are simple and don't require the same precision as gourmet French baking, but if you want to be specific, use a kit of cups and spoons. They can be found almost everywhere for a few bucks. Below is the exact metric conversion table.



|                 |        |
|-----------------|--------|
| 1 CUP           | 240 ML |
| 1/2 CUP         | 120 ML |
| 1/3 CUP         | 80 ML  |
| 1/4 CUP         | 60 ML  |
| 1 TBSP (1 TBSP) | 15 ML  |
| 1 TSP (1 TSP)   | 5 ML   |

### 2. ALUMINUM FOIL:

Try to find the thickest and widest possible aluminum foil. I use 18 inches (45cm) wide aluminum.

### 3. ALUMINUM BASKETS:

Always helpful! If you have a gas BBQ, the aluminum skillet can be used to put wood chips on top of the burners. If you have a charcoal BBQ, the rack will be useful for recovering cooking fats during long cooking of the shoulder, brisket and poultry.

### 4. RESEALABLE FREEZER BAGS:

If you do not have a vacuum sealer, you can use resealable freezer bags to marinate certain meats.

### 5. CAST IRON KITCHEN EQUIPMENT:

It is not mandatory, but I really recommend cast iron pans for BBQ cooking. Cast iron is the most practical and efficient. Indestructible and easy to maintain, your cast iron pots and pans will follow you all your life. I recommend at least a 10 inches pan (25cm), which will also serve as a pie pan and a Dutch oven for all casseroles.

### 6. A HIGH TEMPERATURE PROTECTIVE GLOVE:

Many of my recipes involve handling pans and other casseroles on the BBQ. I can only recommend that you get at least one high-temperature glove to protect your hands from burns.

### 7. A SMOKE TUBE:

If your BBQ is not equipped with a cold smoking chamber and you want to make the cold smoking recipes, you will need a smoking tube. These micro-perforated tubes allow you to smoke meats, fish, cheeses, etc. without having to light your BBQ. They use the same pellets as your BBQ, so you have a wide

variety at your disposal. In addition to cold smoking, you can also use the smoking tubes to add smoke during your hot cooking.

## The variety of pellet

The pellets are made from 100% compressed sawdust, without any additives. There are either unique flavors like apple, cherry, etc; and blends which are mixtures of different essences like "fruit wood" which is a mixture of cherry, apple and maple. But even pellets with a unique flavor are sometimes mixed with neutral woods for reasons of consistency of combustion. Not all wood burns in the same way, you too can create your own mixes to obtain a unique flavor that is different from what is commercially available. If you want to see how the pellets are made, scan the QR code.



|                   | BEEF | PORK | POULTRY | PISCES | LAMB | GAME | PASTRY | COLD SMOKING |
|-------------------|------|------|---------|--------|------|------|--------|--------------|
| BEECH             | ✓    | ✓    | ✓       | ✓      | ✓    | ✗    | ✓      | ✓            |
| OAK               | ✓    | ✓    | ✓       | ✓      | ✓    | ✓    | ✗      | ✗            |
| APPLE             | ✓    | ✓    | ✓       | ✓      | ✗    | ✗    | ✓      | ✓            |
| CHERRY            | ✓    | ✓    | ✓       | ✓      | ✓    | ✗    | ✓      | ✓            |
| HICKORY           | ✓    | ✓    | ✓       | ✗      | ✓    | ✓    | ✗      | ✗            |
| CLASSIC HARDWOOD  | ✓    | ✓    | ✓       | ✗      | ✓    | ✓    | ✗      | ✗            |
| MESQUITE          | ✓    | ✓    | ✓       | ✗      | ✗    | ✓    | ✗      | ✗            |
| COMPETITION BLEND | ✓    | ✓    | ✓       | ✓      | ✓    | ✓    | ✓      | ✓            |
| FRUIT HARDWOOD    | ✓    | ✓    | ✓       | ✗      | ✗    | ✗    | ✓      | ✓            |
| WHISKEY BARREL    | ✓    | ✓    | ✓       | ✗      | ✓    | ✓    | ✗      | ✓            |
| CHARCOAL          | ✓    | ✓    | ✓       | ✓      | ✓    | ✓    | ✓      | ✓            |

# Cooking techniques on a pellet grill

On a Dansons pellet grill, whether it is a Pit Boss or a Louisiana Grills, there are eight cooking techniques. The four most used techniques we will be looking at are smoking, grilling, baking, and braising. The other techniques are more or less derived from the first four.

## SMOKING:

Yeah! It is impossible to talk about barbecue to an American, without talking about smoking. It is THE cooking technique for ribs, pulled pork shoulder, famous brisket, beer can chicken, and all large pieces of meat in general ...

To tell you the truth, when you talk about barbecue to an American, they think of smoking. And what we commonly call barbecue, they call 'grilling'. Food is never in direct contact with the heat source.

Hot smoking is between 170°F and 280°F, but we will generally smoke at 225°F.

Cold smoking consists of smoking fish, meats, cold meats, cheeses and peanuts at temperatures below 85°F. We will use an accessory to be able to smoke sawdust or pellets without lighting the BBQ. Some models allow you to add an element to the BBQ (smoke box) and to cold smoke while lighting the BBQ.

## SEARING (DIRECT COOKING)

Is the best known by everyone since, as the name suggests, it consists of placing the meat directly above the heat source. It is also the most difficult to

control because the intensity of the heat generally causes food to dry out. We are talking about temperatures over 400°F.

Food mainly cooks by radiation.

We will use this type of cooking to color a piece of meat without burning it. The Dansons BBQs are all equipped with a sear plate that you can slide to open it. This allows you to grill your meat directly above the flames as if you were above the embers of a wood or charcoal BBQ.

## GRILLING:

The grill is the same as searing, but we will not open the searing plate to access the flame. We will simply grill the food on a very hot grate but out of the fire so that it does not burn. For example, vegetables will be roasted out of the fire.

## CHAR-GRILLING:

Char-Grilling is used when we really want to grill meat directly above the flame, but with maximum intensity to crust (darken) the meat. Some people (including myself) love this little burnt taste on the fat of a beautiful rib steak.

## BAKING:

Here you are using your BBQ as an oven. During this process it is necessary to keep the lid closed. It is thanks to this technique that we can make pizzas, bread, pastry, ... a great part of baking is the subtle woody flavor you can taste in your food ! What's better than a pizza cooked over a real wood fire?

## BRAISING:

Braising is a two-step method that includes dry cooking and then simmering in a liquid. We generally start by searing a piece of meat on a direct heat source to color it, and then we cook it slowly in a saucepan in a broth for example. As well, you can also start by smoking a piece of meat before simmering it. This is what we will do with the Red Wine Rooster recipe.

## ROASTING:

This involves cooking the meat for long periods at high temperatures you will see this in the grilled Sunday chicken. One of the benefits of pellet BBQs is that you don't need a spit to roast a piece of meat because it's the heat that goes around your meat, like in a fan oven that does the roasting.

## BBQ:

In BBQ mode, food is smoked but at temperatures above 280°F for long periods.

## MIXED METHODS:

Several methods can be used for the same recipe. For example, the Reverse Sear consists of smoking a piece of meat for a certain time to give it the smoky taste, and then searing it very quickly to have a nice crust.

clean your BBQ, which should be done every 3 or 4 times you cook, simply vacuum the ash pan and the bottom of the tank. It is imperative for good combustion to ensure that the vents are not obstructed by ash. You must also ensure there is no grease that accumulates in the bottom of the cooking chamber because it could ignite and cause a fire , making your BBQ unusable.

The grates must always be clean, as well as the drain pan that protects the bottom of the BBQ. To clean them, I advise you, after having finished your cooking, to heat the BBQ to the maximum for a few minutes so that all cooking residues on the grates are charred. Then simply brush the grates with a brush.

You can also degrease them regularly with a good degreaser and then rinse them with hot water. The drain pan should be cleaned with a brush as often as possible and greases should be cleaned.

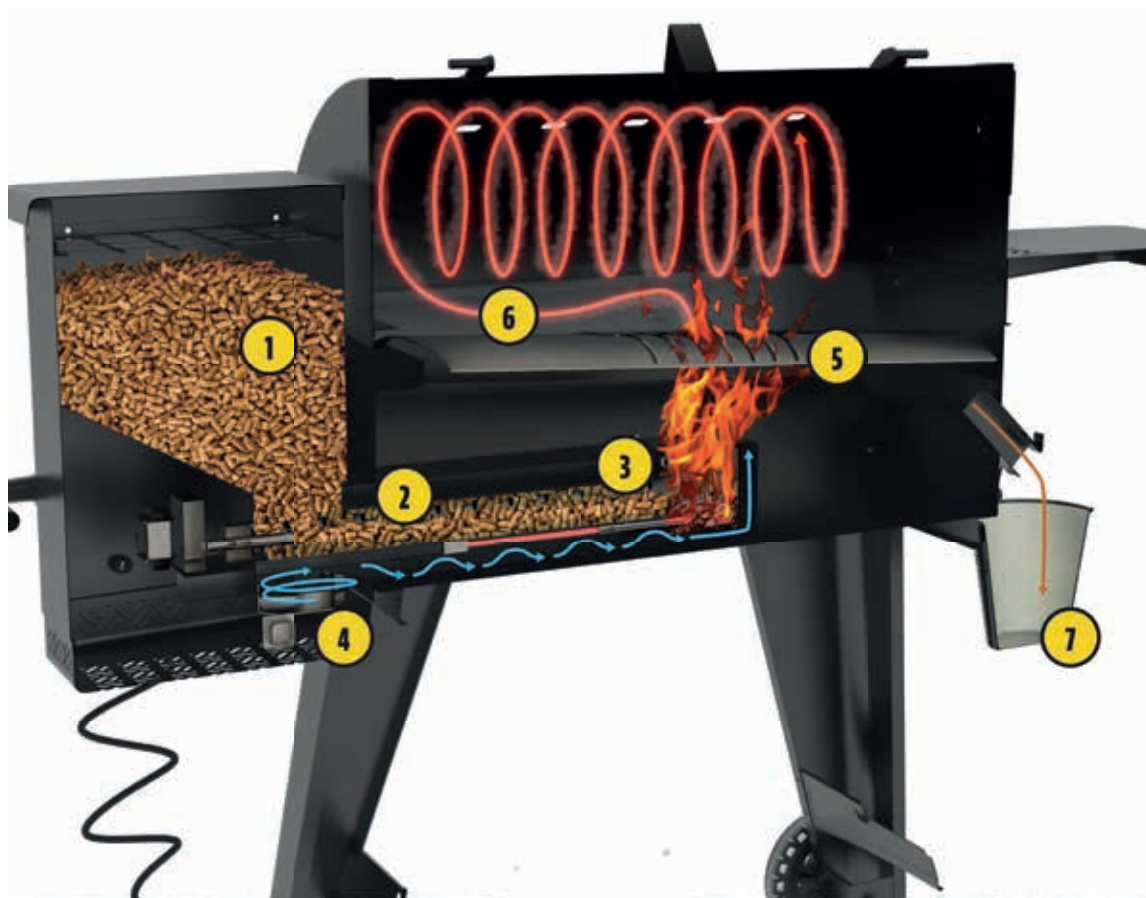


## Cleaning my pellet grill

As with all BBQs, if you want to get the most out of your pellet grill, you have to keep it in perfect condition all the time. The pellets must also be stored in a dry place as wet pellets will create an auger jam. To



# Anatomy and operation of a pellet grill



## Anatomy

- |                 |                      |
|-----------------|----------------------|
| ① Pellet hopper | ⑤ Sliding sear plate |
| ② Auger         | ⑥ Heat convection    |
| ③ Fire Pot      | ⑦ Drip bucket        |
| ④ Fan           |                      |

## Operation

The operation of a pellet grill is very simple:

1. You choose the right temperature on the controller.
2. The auger pushes pellets into the fire pot.
3. The spark plug heats the pellet in the fire pot.
4. The fan blows air to activate the fire and circulate heat and smoke.
5. The controller compares the desired temperature with the BBQ temperature probe, and signals the auger to move forward to give more pellets or to stop.
6. The controller very regularly checks the temperature and gives its orders accordingly.





# Starters



# Cold Smoked Duck Breast

## Ingredients

- 1 duck breast
- 1 lb coarse salt
- 1 lb dark brown sugar



## Step 1

Mix salt and sugar in a bowl.

In a stainless-steel dish, spread a layer of the salt / sugar mixture.

Lay the duck breast fat side down and cover with the rest of the mixture.

## Step 2

Place the dish in the fridge for 24 hours.

After 24 hours, take the dish out of the fridge and rinse the duck breast in cold water. Sponge lightly with a paper towel.

## Step 3

Don't light your grill!

Fill the smoking tube with sweet pellet (fruit, maple, beech, ...) Light the pellets with a torch and let burn for 10 minutes. Blow the flame off. Place the duck breast, fat side up on the grate and close the lid. Let smoke for 4 hours. Wait 24 hours before consuming.

You can also dry the duck breast for 1 week in a cool, dry place.







# Cold Smoked Salmon

## Ingredients

- 1 salmon filet
- 1 cup coarse salt
- 1 cup dark brown sugar



## Step 1

Mix salt and sugar in a bowl.

In a stainless-steel dish, spread a layer of the salt / sugar mixture. Lay the salmon filet skin side down and cover with the rest of the mixture.

## Step 2

Place the dish in the fridge for 10 hours.

After 10 hours, take the dish out of the fridge and rinse the salmon with cold water. Sponge lightly with a paper towel. Now put the salmon back in the fridge for 24 hour.

## Step 3

Don't light your grill!

Fill the smoking tube with sweet pellet (fruit, maple, beech, ...) Light the pellets with a torch and let burn for 10 minutes. Place the salmon skin side down on the grate and close the lid. Let smoke for 4 hours. Wait 24 hours before consuming.



# Toast Marie-Jeanne

## Ingredients

- 4 toasted French bread slices
- 8 smoked salmon slices
- 4 eggs
- 4 egg yolks
- 1/4 cup lemon juice
- 1/4 cup of water
- 2 sticks of melted and warm butter
- Salt and pepper
- 4 Tbsp lumpfish roe

## Step 1

Prepare the Hollandaise sauce: Prepare a waterbath. In a small saucepan, off the heat, whisk the egg yolks with the lemon juice and water. Place the pan in the simmering water while whisking constantly until the sauce thickens. Add progressively the warm melted butter while whisking. Season with salt and pepper and keep warm.

## Step 2

To poach the eggs, crack your egg into a bowl or into a saucer. Add a drop of vinegar. Bring a pan of water filled at least 5cm deep to a simmer. Stir the water to create a gentle whirlpool. Slowly tip the egg into the centre. Cook for 3-4 minutes or until the white is set. Lift the egg out with a slotted spoon and drain it on kitchen paper.

## Step 3

Dress your toasts with 2 slices of salmon, the poached egg, Hollandaise sauce and one tablespoon of lumpfish roe. Season with salt and cracked black pepper.





# Butternut/coco cream & cold smoked salmon

## Ingredients

- 3 slices cold smoked salmon
- 600gr (20 oz) butternut
- 2 shallots
- 1 cup coconut milk
- 2 cups chicken broth
- sal/pepper
- one pinch paprika
- 2 Tbsp olive oil

## Step 1

Peel and mince the shallots. Cut the butternut into pieces.

## Step 2

In a large saucepan, heat the olive oil and brown the shallot for a few minutes. Add the butternut and chicken broth. Season with pepper and bring to a boil, then lower the heat and cook for about twenty minutes.

When the butternut pieces are tender, mix them with the broth. Add the coconut milk and mix to obtain a smooth, creamy texture. Keep the soup warm.

## Step 3

When ready to serve, cut the smoked salmon into strips. Pour the soup into small bowls then place a few strips of salmon. Sprinkle with paprika and a little fleur de sel.





# Norwegian Cold Smoked Eel Toasts

## Ingredients

- Eel filets
- 3 liters of water (12 cups)
- 300 gr of coarse salt (1 1/4 cup)
- 2 Tbsp of sugar
- 2 cloves
- 1 Tbsp of juniper berries
- 1 bay leaf
- 1 Tbsp of mustard seeds
- 1 Tbsp of thyme or Provence herbs

### FOR THE SAUCE:

- 1/2 cup prepared horseradish
- 1/4 cup mayonnaise
- cracked black pepper



## Step 1

Mix salt and sugar in a bowl. Add 2 cups of boiling water to dissolve. Add the rest of cold water. Mix all the other ingredients.

## Step 2

Lay down the eel filets in a large dish. cover with the brine and place the dish in the fridge for 12 hours.

After 12 hours, take the dish out of the fridge and rinse the eel filets with cold water.

## Step 3

You can cold smoke the eel filets with a smoking tube for 2 hours or you can also smoke and dry the filets at 45-50°C (check the video) Fill the smoking tube with sweet pellet (fruit, maple, beech, ...) Light the pellets with a torch and let burn for 10 minutes. Place the eels, skin side down on the grate and close the lid. Let smoke for 4 hours. Wait 24 hours before consuming.

## Step 4

Toast some fresh French bread, prepare the sauce by mixing mayonnaise and horseradish. Dress the toast with some eel and horseradish sauce.





# Béarnaise salmon

Béarnaise is not the easiest sauces to make. However, nothing beats a homemade Bearnaise!

## Step 1

Preheat your BBQ for direct cooking, sear plate open, thermostat to the max and let the grate heat up. Oil your salmon fillets, salt and pepper.

## Step 2

Boil the vinegar and white wine in a small saucepan with the shallot and 1 Tbsp. tarragon leaves. Reduce to only 3 or 4 tablespoons of liquid. Filter to keep only the liquids.

## Step 3

In a waterbath, whisk the reduction with the 4 egg yolks until it thickens, and it is fluffy. Remove the pan from the waterbath and add the melted butter without stopping to whip. Add the chopped tarragon, salt and pepper.

## Step 4

Place the salmon fillets on the grill. The grate must be really hot so that the fish does not stick on it. You can also oil the grill by soaking a paper towel with olive oil; hold the paper towel with tongs to scrub the grid. Take care, if the sear plate is open that paper will not ignite. Grill the salmon fillets for about 30 seconds on each side for medium cook.

## Ingredients

4 salmon fillets  
Olive oil  
Salt and pepper

### FOR THE BÉARNAISE SAUCE

- ¼ cup white wine or tarragon vinegar
- ½ cup dry white wine
- 1 large shallot, chopped
- 2 Tbsp fresh tarragon
- 4 egg yolks
- ½ cup melted clarified butter





## WOOD PELLET GRILLS



PB340TGW1 - TAILGATER



PB700FBW1 - CLASSIC



PB1000XLW1 - AUSTIN XL



PB550 NAVIGATOR



PB850 NAVIGATOR



PB1150 NAVIGATOR

## COMBO GRILLS



PB1230 NAVIGATOR - COMBO PELLET & GAS



PBMEMU1 - MEMPHIS ULTIMATE GAS, CHARCOAL & ELECTRIC SMOKER

## VERTICAL SMOKERS



PBV3P1 - 3 SERIES PELLET



PBV3D1 - 3 SERIES DIGITAL ELECTRIC

## CHARCOAL GRILLS



PBCSL200 - PORTABLE



PBK24 KAMADO - BLACK

## PORTABLE GAS GRILLS



SPORTSMAN 2 - 2 BURNER



SPORTSMAN 3 - 3 BURNER



# ACCESSORIES



SPORTSMAN 2  
DELUXE CART



SPORTSMAN 3  
DELUXE CART



GRILL & SMOKER COVERS



SIDE SMOKER



PIG TAIL



EXTENDED CLEANING BRUSH



SPATULA



2 REPLACEMENT MEAT PROBES



CAST IRON GRIDDLE



BIG HEAD SPATULA



ALL-IN-ONE TOOL



3 PIECES TOOL SET



MAGNETIC CUTTING BOARD



GREASE BUCKET



GREASE BUCKET LINERS (6 PACK)



PIZZA STONE



BUTCHER PAPER



175 -300MM EXPANDING SMOKE  
TUBE



6 PIECE CAST IRON STARTER SET

# APPAREL



BULL HOODIE



BULL T-SHIRT



GRILLING MASTER T-SHIRT



BASEBALL HAT

# WOOD PELLET FUEL (9KG BAGS)



COMPETITION BLEND



APPLE BLEND



HICKORY BLEND



WHISKEY BARREL BLEND



CHERRY BLEND



MESQUITE BLEND



CHARCOAL BLEND



# Grilled lobster tail, caper butter

## Ingredients

- 4 lobster tails
- Some seasonal vegetables (broccoli, green peas, asparagus, Brussels sprouts, for example).
- Olive oil
- Salt pepper
- 1 stick salted butter
- 2 Tbsp capers
- 1 tsp rosemary
- 2 limes cut in half

## Step 1

Prepare the caper butter by mixing the salted butter with the capers and the chopped rosemary. Preheat your BBQ for direct cooking, sear plate open, thermostat at 500°F (260°C).

## Step 2

Cut your vegetables, oil them with an olive oil spray, salt and pepper. Sear the vegetables directly over the flames to color them and then move them out of the flames. Leave them on the side on the grill so that they keep cooking without burning. Do not forget to grill the lemons (This not only allows avoid to cool the meat when you squeeze them, but also allows the juice to flow more easily)

## Step 3

Oil the lobster tails, salt and pepper. Grill the lobster tails directly over the flame, about 2 minutes on each side. Close the sear plate and place the lobster tails on their shell. Drop a tbsp of caper butter directly on the flesh and close the lid for 1 minute so that the butter melts.

## Step 4

Dress your plates and squeeze some lime juice over the lobster tails.





# Grilled octopus, spicy oil

The secret of grilled octopus lies in the quality of the basic product.

If you do not find any fresh, buy already prepared tentacles.

Avoid frozen octopus because it will tend to be a little chewier.

## Ingredients

- About 2 lbs octopus
- 1 cup olive oil
- The juice of a large lemon
- 6 garlic cloves, chopped
- 1 red pepper, chopped
- 1 tsp salt
- 1 tsp black pepper
- 2 Tbsp chopped cilantro or flat parsley
- 1 Tbsp chopped fresh thyme
- 1 Tbsp fresh rosemary
- A few grilled lemons for their juice before serving

## Step 1

If you have already cooked octopus, skip this step.

If you have fresh octopus, you should cook it. To do this, boil a large pot of salted water. Immerse the octopus 3 times 30 seconds in boiling water and take it out each time. Then lower the heat and immerse the octopus for about 40 minutes in simmering but not boiling water.

## Step 2

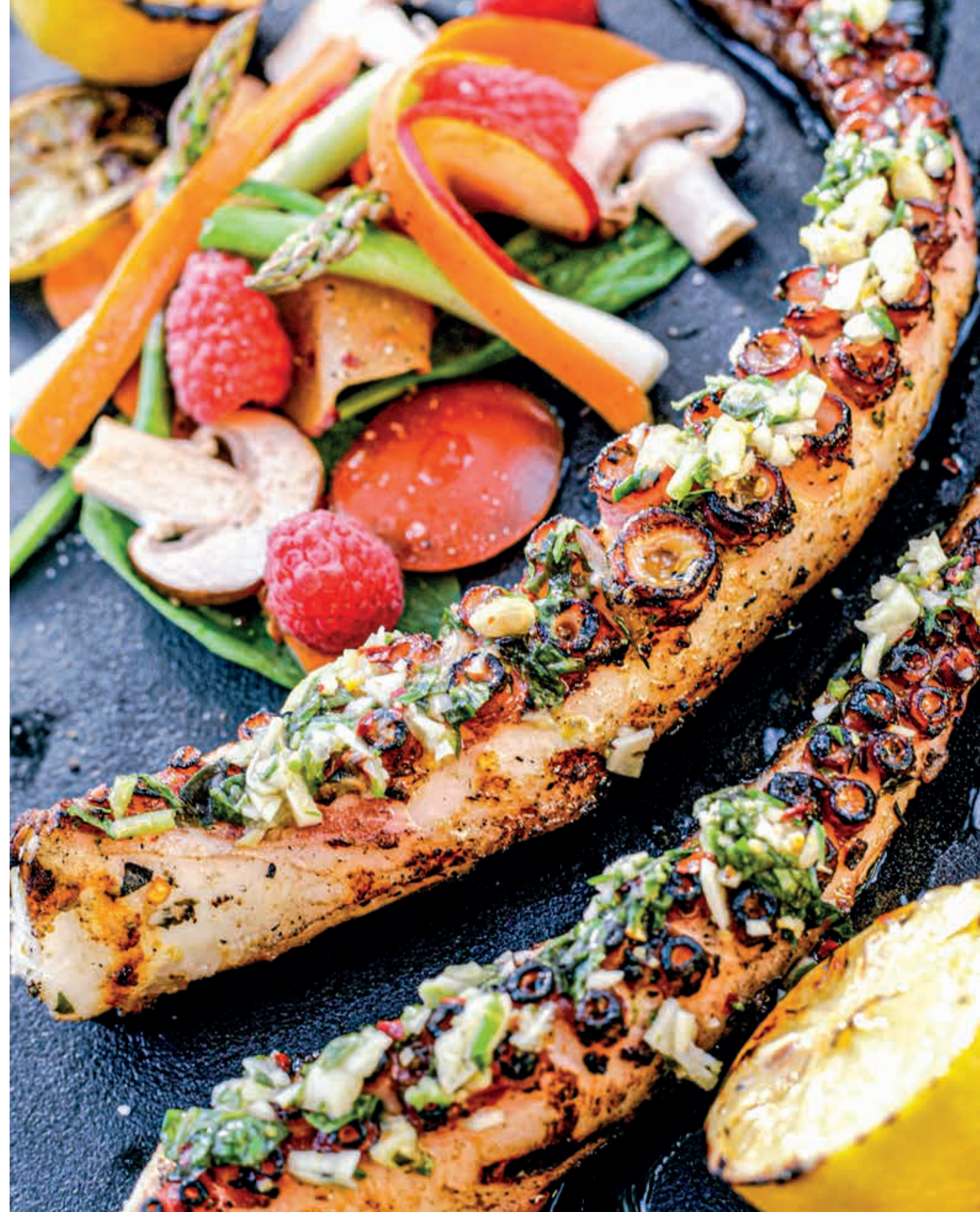
Prepare the marinade. In a large dish, pour the olive oil and the rest of the ingredients and mix. Marinate the octopus in the fridge for 2 hours.

## Step 3

Preheat your grill for direct cooking, sear plate open, thermostat to the max. When the BBQ is hot, remove the octopus from the marinade, and drain it. If there is too much oil on the meat, you may have too many flames when cooking. Place the octopus directly over the flames, as if you were grilling a piece of meat. Flip it regularly so that it does not burn. Cooking takes approximately 5 minutes in total.

## Step 4

Just before serving, spread a little marinade on the octopus, and squeeze the grilled lemons over it.





A close-up photograph of two large, round scallops resting on a bed of sliced endives. The scallops are perfectly seared, showing a golden-brown crust with distinct grill marks. The endives are cooked and slightly wilted. The entire dish is presented on a vibrant blue ceramic plate, which is garnished with a fine sprinkle of orange zest and small, light-colored seeds. The lighting is bright, highlighting the textures of the food.

# Grilled scallops, cilantro and orange endives

Simple and amazing, this recipe will delight your guests anytime.

## Step 1

Preheat your grill for direct cooking, sear plate open, thermostat at maximum.

## Step 2

Melt the butter and brown the endives. When they are colored, pour some water in the pan. Sprinkle with coriander seeds and brown sugar. Reduce the temperature of the BBQ 300°F (150°C). Cover and cook for 30 minutes, lid closed.

## Step 3

Oil the scallops and salt. Remove the pan from the grill and increase the thermostat again to the maximum. Grill the scallops for 30 seconds on each side.

## Step 4

Prepare your plates by placing the scallops on the endives. Sprinkle with the chopped orange zest.

## Ingredients

- 8 scallops
- 8 endives
- 1 tsp coriander seeds
- 2 Tbsp butter
- 1 Tbsp brown sugar
- Salt/pepper
- the zest of an orange



# Simply grilled oysters

The secret of grilled octopus lies in the quality of the basic product.

If you do not find any fresh, buy already prepared tentacles.

Avoid frozen octopus because it will tend to be a little chewier.

## Ingredients

- 6 oysters per person
- olive oil
- salt/pepper
- 2 lemons
- 1 cup Sour cream
- 1 bunch of chives, chopped
- 1 red onion, chopped



## Step 1

Preheat your grill. In the video, I use the kamado with charcoal. But you can also use a pellet grill. Set the temperature to the maximum, sear plate open. You will grill the oysters directly above the flames.

## Step 2

Prepare the sauce while your BBQ is heating. Just mix the sour cream, the juice of 1/2 lemon, the chopped chives and the chopped red onion in a bowl. Keep cold.

## Step 3

When your grill is ready, grill the oysters directly above the flames in your pellet grill, or place the closed oysters on the charcoal. As soon as the oysters open, they are cooked. Remove the upper shell and drizzle a bit of olive oil. Season with salt pepper and squeezed lemon juice on top.

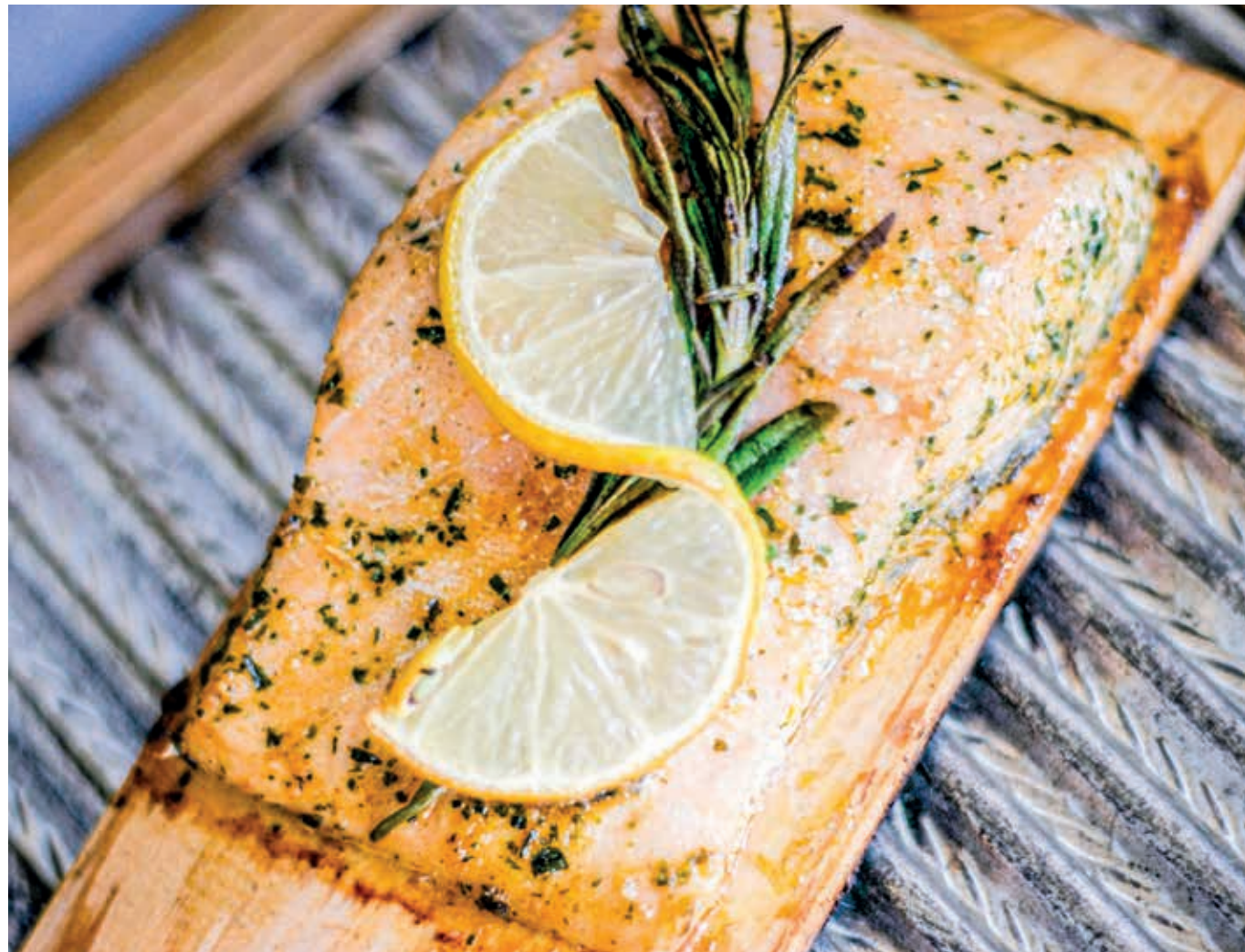




# Planking

With its unique and incredible flavors, this cooking technique comes from Canada. You can find special cooking planks in specialty BBQ stores, but you can also use untreated cedar planks that you will find in woodwork shops. We mainly use cedar, but maple works very well too. Soak the board in cold water for at least 30 minutes before putting it on the grill.

As soon as the cooking is finished, clean the board with fresh water and a sponge. Keep dry. A board can be used 4 or 5 times without losing its flavor.



# Salmon fillets on cedar board

## Ingredients

- 4 salmon fillets
- 1 or 2 cedar planks
- 1 cup of Worcestershire
- 1 cup of soy sauce (ideally unsalted)
- 3 cloves garlic, chopped
- 6 Tbsp maple syrup
- 1 Tbsp finely chopped rosemary

Personally, I like salmon when it's medium or medium rare. But you can increase the cooking time with the lid closed if you want the salmon to be well done.

## Step 1

Mix all the marinade ingredients in a container until the sugar is dissolved.

Add the salmon fillets to the marinade. They must marinate for at least 30 minutes.

Be careful not to marinate them for more than an hour, because the salt in the Worcestershire and soy sauce will cook the salmon.

## Step 2

Soak your cedar plank in a bucket of cold water, keeping the board submerged using a heavy object.

## Step 3

Preheat your grill for direct cooking, sear plate open, and thermostat to the maximum.

Take the board out of the water and wipe the surface that will be in contact with the fish with paper towels. Place your board directly above the flames and place your marinated salmon fillets on it. Let the board heat up and burn for 3 or 4 minutes before closing the lid. The board should burn from below, but without making flames. When the surface of the salmon in contact with the board begins to change color and cook, close the lid for 5 or 6 minutes. The salmon will cook evenly outside. Two minutes before the end of cooking, brush the salmon fillets with maple syrup and close the lid again for 2 minutes.





**Main Courses**



# A word about doneness

When you have grilled thousands of ribeyes, bone-in ribeyes, steaks, etc ... you no longer ask yourself the question of when to remove the meat from the grill ... You just know! The color of the meat, its shine, its general appearance, the marked areas, we know. Besides, I think we have a clock in our stomachs that warns us when it's time to take the meat off the heat.

But when you're a beginner, it is much less obvious. So the question is whether or not there is a foolproof method of knowing the right doneness? There are many empirical methods like the meat hardness test which is compared to the hardness of the thumb muscle during cooking, but it is far from foolproof ... It just gives you an idea. It is all the more unreliable that it must be taken into account that the internal temperature of the meat continues to rise from 10 to 15°F when it is removed from the heat and left to rest! Yep, **the temperature of the meat keeps rising out of the fire ...** This means that, if I want a medium, I have to take my meat out of the BBQ when it is still medium rare because, for beef, rare is at 130°F and medium at 145°F. So if I take into account that the temperature of the meat will rise by 10°F during the rest, off the heat, I should remove it at 135°F if I want to be precise. The only foolproof method is to measure the internal temperature of the meat with a probe and take into account the rise in temperature off of the heat. But you're in luck since the Pit Boss or Louisiana Grills pellet grills are all equipped with digital probes.

Then there is the **resting time**. I don't know if you've ever had the experience at a restaurant or at home, but if you eat meat that has just come off of the heat, you will see that the taste and tenderness of the meat changes over time. The reason is that when a meat is seared at high temperature, the proteins which act a little like rubber bands, become extremely strong when the meat is seared, and gradually relax when not in contact with heat. It is in your interest to let a piece of meat rest before tasting it. The rest time ranges from 5 minutes for a 10oz ribeye to 15 minutes for a nice 40oz bone-in ribeye. To let the meat rest, you just have to wrap it in aluminum foil and leave it in a warm place such as an oven at 100°F. Some also use a cooler or airtight frigolite boxes ... No matter the way, it's the result that counts.

# Cooks Temperatures

| BEEF, LAMB, VEAL, GAME, DUCK FILET |              |
|------------------------------------|--------------|
| RARE                               | 120 TO 125°F |
| MEDIUM RARE                        | 130 TO 135°F |
| MEDIUM                             | 140 TO 145°F |
| MEDIUM WELL                        | 150 TO 155°F |
| WELL DONE                          | > 160°F      |
| PORK                               |              |
| MEDIUM                             | 140 TO 145°F |
| WELL DONE                          | > 160°F      |
| BIRDS                              |              |
| WELL DONE                          | 160 TO 165°F |
| BRISKET, BEEF RIBS (LOW & SLOW)    |              |
| 203°C                              |              |
| PORK RIBS, PORK SHOULDER           |              |
| 195 TO 205°F                       |              |



# Stuffed Pork Chops

Pork chops work well with apple, bourbon and maple syrup. If you have the opportunity to have beautiful Iberico pork chops, this will be a must!

## INGREDIENTS

- 4 large pork chops (at least 1 1/2 inches thick)
- 4 Tbsp Classic rub (p.15)
- 1/2 cup dried cranberries
- 1 apple, thinly sliced
- 1/2 cup maple syrup
- 1/3 cup bourbon

## Step 1

Cut a pocket into the thickness of the pork chops to stuff the cranberries and apple slices. Sprinkle some rub of your choice on each side.

## Step 2

Preheat your grill for indirect cooking, sear plate closed, thermostat at 225°F (110°C). Place the stuffed pork chops on the grate and close the lid. Let it smoke for 30 minutes.

## Step 3

In a bowl, mix the maple syrup and bourbon. Caramelize the pork chops with this mixture with a brush every 10 minutes until the internal temperature of the meat is 160°F (70°C)

## Caramelized apples

Remove the core and simply cut your apples in half. drop a tsp butter in each half. Season with salt, pepper and a pinch of nutmeg. Put your apples on the grill and brush with the maple/bourbon mixture. Cook at the same time as the meat in the barbecue.





# Bourbon/Maple Turkey Breast

A super nice recipe for your next Thanksgiving meal.

## INGREDIENTS

- 1 turkey breast
- 1/3 cup rub of your choice
- ½ cup bourbon
- ½ cup maple syrup

## Step 1

Sprinkle some rub on the turkey breast, and let it marinate for at least 4 hours in the fridge, ideally overnight.

## Step 2

Preheat your grill for indirect cooking, searing plate closed, thermostat at 225°F (110°C). When the BBQ is ready, place the meat on the grate and close the lid. Cook for approximately 1 hour 30 minutes and insert the temperature probe into the thickest side of the meat.

## Step 3

Open the lid and, using a brush, baste the turkey fillet every 10 minutes with the apple juice and maple syrup mixture. Close the lid each time. check the internal temperature of the turkey. Once 160°F is reached, you can serve.

## Sweet potato chips

Just cut your sweet potatoes into slices about 1/8 of an inch thick (no need to peel the potatoes). Place the slices on a sheet of baking paper and salt. Don't let them overlap. Bake them at 400°F (200°C) for 10 minutes and flip. Let cook for another 10 minutes.







# Thanksgiving Turkey

Fear not ! Just because it's a huge piece of meat, doesn't mean it's hard to cook!  
The perfect meal for Thanksgiving or Christmas!

## INGREDIENTS

- 1 whole turkey 10-12 Lbs
- 2 or 3 Tbsp rub of your choice
- 1 spray bottle of cooking oil
- 1 large bag of bread stuffing
- 1 large onion, chopped
- 3 cloves of garlic
- 700 ml chicken broth
- 1 green apple, chopped
- A handful of herbs (flat parsley, thyme, rosemary)
- 1 beaten egg
- 1 large cup chopped celery
- 1/2 Lbs sausage meat



## Step 1

Prepare the stuffing. If you are preparing it on the BBQ, open the sear plate for direct cooking and light the BBQ, thermostat at the maximum. Preferably use a cast iron pan. Heat the pan and pour 2 tbsp. olive oil. Add the sausage meat. When the meat is almost cooked, add the onions, celery and chopped apples. Mix for 2 or 3 minutes and add the chopped garlic at the last minute. Remove the pan from the BBQ. Close the sear plate, close the lid and reduce the temperature to 300°F (145°C).

## Step 2

In a bowl, add the chicken broth, beaten egg, bread stuffing and fresh herbs. Mix everything. Take the turkey out of the fridge, remove the neck if it is still in, and pat it dry with paper towels inside and out. Lightly oil the turkey with the oil spray and apply a very light layer of rub. Rub is mainly for color in this recipe.

## Step 3

Stuff the inside of the turkey with the stuffing. Do not hesitate to press the stuffing a bit so that it completely fills the turkey. Tie the legs of the turkey over the stuffing. Finally place the turkey in the BBQ and close the lid.

## Step 4

After about an hour of cooking, open the BBQ and spray a bit of oil on the turkey. Repeat every hour until the turkey AND stuffing reach an internal temperature of 165°F (74°C).



# Grilled Duck Breast with pear mousse

## Ingredients

- 4 duck breasts
- 8 pears
- Salt/pepper

### PEAR MOUSSE :

- 1 tsp vanilla extract
- 1 tsp butter
- 2 pears
- 1/2 cup water
- 1/2 cup sugar
- 1/3 cup cream
- 2 Tbsp. rice vinegar
- 1 Siphon (whipped cream maker)

## Step 1

Prepare the mousse base. Peel the pears and cut them into a small diced form. In a saucepan, melt the butter and cook the pears for 10 minutes over medium heat. Add the water, sugar, vanilla extract and rice vinegar. Bring everything to a boil. Turn off the heat and let cool.

## Step 2

Preheat your grill for direct cooking, sear plate open, thermostat to the max. Salt the duck breasts .  
When the BBQ is very hot, place the duck breasts on their fat side over the flames. Be careful, the grease will melt and cause a lot of flames. You have to flip the breasts very often to avoid this. If there are really too many flames, move the meat away from fire or close the lid. Insert the temperature probe into one of the duck breasts. They are cooked medium when the internal temperature reaches 150°F (65°C). Grill the half-pears directly on the grill.

## Step 3

When the duck and pears are cooked, pour the cold sauce into a siphon (whipped cream maker), add the cream and shake well before serving.





# Lamb wings

## blackberry and garlic glaze

### Ingredients

- 4 lamb shanks
- 1 cup blackberries
- 3 garlic cloves, chopped
- 1 cup lamb rub (p.16)
- 1/2 cup simple syrup or honey or agave syrup

### Step 1

Trim the shanks. Lightly oil the meat and sprinkle with some rub. Let marinate for a few hours in the fridge.

### Step 2

Preheat your grill for indirect cooking, sear plate closed, thermostat at 225°F (110°C). When the BBQ is hot, place the shanks on the grate and smoke for about 1 hour 30 minutes.

### Step 3

While the shanks are cooking, you can prepare the glaze, which will also serve as a sauce.

Finely chop the garlic cloves. In a small saucepan, pour the syrup, 1/2 cup blackberries and chopped garlic. Heat over low heat and mash the blackberries as much as possible with a fork. As soon as the mixture simmers, mix everything with a hand blender.

### Step 4

Open the BBQ and brush the lamb shanks with the sauce. Close the BBQ for 10 minutes and you're ready to serve.







# Opakapaka on a bed of leeks

## Hollandaise sauce

### Step 1

Cut the leeks into sections of identical size. Melt a little butter in a frying pan and place the sections on very low heat. Cover and let them melt for about 20 minutes. We don't want to color or mark them, so go on very low heat.

Preheat your grill for direct cooking, sear plate open, thermostat at 500°F (260°C).

- 4 Opakapaka fillets (or other fish with very firm flesh)
- 4 leeks
- 4 egg yolks
- 1/4 cup lemon juice
- 1/4 cup of water
- 2 sticks of melted and warm butter
- Salt and pepper

### Step 2

Prepare the Hollandaise sauce: Prepare a waterbath. In a small saucepan, off the heat, whisk the egg yolks with the lemon juice and water. Place the pan in the simmering water while whisking constantly until the sauce thickens. Salt and pepper and keep warm.

### Step 3

Oil the fish fillets, salt and pepper. Grill the fillets directly over the flame, about 3 minutes per side. Do not hesitate to flip very often so that they do not burn. If you feel the cooking is too fast and they are darkening, simply close the sear plate so that the fish is no longer in direct contact with the flame.

### Step 4

Dress your plates by placing the sections of leeks, then the fish fillets on top. Then pour a little Hollandaise sauce.



# Black Cherries Planked Pork Tenderloin

## Ingredients

- 1 pork tenderloin
- 1 or 2 cedar planks
- 1 can prepared black cherries
- 1/2 cup liquid honey
- 1/2 cup rub of your choice

## Step 1

Sprinkle some rub of our choice on the pork tenderloin and massage well. Let marinate for at least 2 hours in the fridge. Soak your cedar plank in a bucket of cold water while keeping the board immersed using a heavy object.

## Step 2

Preheat your grill for direct cooking, sear plate open, thermostat at 400°F (200°C). Drain the cedar plank and place the marinated pork tenderloin on it. Place everything in the barbecue, directly above the flame. Close the BBQ lid and cook for 30 minutes.

## Step 3

While the fillet is cooking, mix the contents of the can of cherries and honey in a small saucepan and heat over low/medium heat. Brush the cherry sauce several times to caramelize the meat. The fillet takes about 45 minutes to cook.

## Step 4

Dress your plates. Slice the fillet and serve with cherry sauce.





# Christmas Piglet Ham



## Step 1

Make the brine. In a bowl, dissolve salt and sugar with boiling water. Add cold water and mix. Place the ham in a large dish. Inject that brine to the meat with an injector. Pour the rest of the brine over the meat and let marinate in the fridge for 2 or 3 days.

## Step 2

Remove the meat from the brine and place it in a large pot of cold water for 2 hours.

## Step 3

In a large pot, pour all the ingredients of the broth and bring to a boil. Let cool. Cook the ham in the broth at 75°C (167°F) until an internal temperature of 65°C (150°F). I use a sous-vide cooker to be accurate. Remove the ham from the broth and let it cool.

## Step 4

Now, smoke the ham in your smoker at 90°C (200°F) for 1 hour. Mix all the ingredients of the glaze and brush the meat several times with that glaze.

You can eat the ham warm or cold and it will stay good for 1 week in the fridge.

## Ingredients

- 1 piglet ham (suckling pig)

### FOR THE BRINE

- 1/2 gallon cold water
- 3/4 cup salt
- 1/4 cup sugar
- 1/2 cup boiling water

### FOR THE BROTH:

- about 2 gallons water
- 2 carrots
- 1 cup celery, diced
- 1 cup fennel, diced
- 1 leek, diced
- 1 large onion quartered
- 10 garlic cloves, peeled and crushed
- 2 cups dry white wine
- 2 Tbsp salt
- 1 Tbsp black peppercorns
- 4 cloves

### GLAZE:

- 1/2 cup honey
- 1/2 cup maple syrup
- 1 big pinch of paprika
- 1 pinch of ground cardamom





# Raisin Quail

## Step 1

In a bowl pour the raisins and wet with the Cognac at least 1 hour before cooking. Peel the white grapes. If you want to have it easier, you can immerse them for 1 or 2 minutes in boiling water so that the skin is easier to remove.

## Step 2

Preheat your grill for indirect cooking, sear plate closed, thermostat at 225°F (110°C). Brush the quails with a little olive oil, salt and pepper. Wrap each quail with one slice of smoked bacon. When the BBQ is hot, place the quails on the grate and close the lid. Smoke 40 minutes.

## Step 3

While quails are smoking, prepare the sauce by frying the white grapes in butter, add the chicken broth and the raisins macerated in the Cognac. Pour the Cognac as well. Let thicken while quails are cooking.

## Step 4

You can dress your plates by placing the quails on a slice of toasted bread, and the sauce on the side.

## Ingredients

- 8 quails
- 8 slices of bread
- 8 slices of smoked bacon
- Olive oil
- Salt and pepper

### RAISIN SAUCE:

- 1 large cup white grapes
- 1/2 cup of raisins
- 1/2 cup of Cognac or Brandy
- 1/2 cup chicken stock
- 1 Tbsp butter





# Mustard Grilled Mahi-Mahi

The Mahi-Mahi is a large fish that can be found in the tropical and subtropical regions of all the oceans, and occasio- nally in the Mediterranean Sea.

## Ingredients

- 4 Mahi-Mahi or another firm-fleshed fish filets.
- 1/2 cup mustard seeds
- Dijon mustard

### FOR THE SAUCE:

- 1 shallot
- 1 glass of white wine
- 1 cup cream
- 2 Tbsp Dijon mustard
- 1 Tbsp butter

## Step 1

Brush the fish fillets with Dijon mustard. Be generous. Then sprinkle the mustard seeds over it. Marinate in the fridge for 2 hours.

## Step 2

Prepare the sauce. In a small saucepan, melt butter and sauté the shallots until translucent. Add white wine and let it reduce by half over medium heat. Finally add cream and Dijon mustard. Stir and let thicken. Keep warm.

## Step 3

Light the BBQ for direct cooking, sear plate open, thermostat to the max. Oil the barbecue grate and when it is very hot, grill the fish fillets directly over the flame, about 2 minutes per side.

## Suggestion

At the same time as you grill the fish fillets, you can also grill some green asparagus tips. You just need to lightly oil them (I do this with oil spray), and salt and pepper them





# WOOD PELLET GRILLS

# ACCESSORIES



FOUNDERS PREMIER 800



FOUNDERS PREMIER 1200



FOUNDERS LEGACY 800



FOUNDERS LEGACY 1200

# WOOD PELLET VERTICAL SMOKER



LG 7 SERIES WOOD PELLET SMOKER



SPATULA



ALL-IN-ONE TOOL



3 PIECES TOOL SET



BIG HEAD SPATULA



CLEANING BRUSH AND REPLACEMENT HEAD



ADVANCED MEAT PROBES - 2 PACK



FOIL BUCKET LINERS



GREASE BUCKET



PIZZA STONE



GRILL COVERS

# WOOD PELLET FUEL (18KG BAGS)



COMPETITION



APPLE



HICKORY



WHISKEY



CHERRY



MESQUITE



CHARCOAL



# Morrocan style Lamb Leg

This recipe is fantastic with some couscous, mint and raisins on the side.

## Ingredients

### FOR THE RUB:

- 1 Tbsp ground ginger
- 1 Tbsp ground black pepper
- 1 Tbsp ground cardamom
- 1 Tbsp cinnamon
- 1/2 Tbsp of salt
- 1 Tbsp turmeric
- 1 Tbsp all spices
- 1 Tbsp ground nutmeg

### FOR THE MEAT:

- 1 leg of lamb, about 4 pounds
- 3 tbsp liquid honey
- 100g pistachios powder
- 50g sliced almonds
- 1 instant thermometer or the meat probe of your pellet grill

## Step 1

Mix the spices in a bowl. Lightly oil the surface of the meat with olive oil and sprinkle the spice mixture on all sides. Allow the meat to marinate in the fridge while you prepare your BBQ for indirect cooking at 225°F. Sear plate closed if you use a pellet grill.

## Step 2

When the BBQ is hot, place the meat on the grate and close the lid.

## Step 3

The cooking time depends on the size of your leg of lamb as well as the temperature of your BBQ. But count at least 2:30 to 3:00. Regularly check the temperature of your meat with your meat probe.

## Step 4

When the temperature of your meat reaches 110°F, brush the honey over the entire surface of the leg. Close the BBQ lid again.

The meat will be perfectly medium cooked when the internal temperature is 144°F. Remove the meat from the BBQ and sprinkle half the surface of the leg with the pistachio powder and the other half with the sliced almonds.

We made a couscous with raisins and mint as a side.





# Lamb chops honey and raspberry vinegar

## Ingredients

- 3 lbs lamb chops or T-bones
- ½ cup fresh raspberries + a few to garnish
- ½ cup raspberry vinegar
- 1 tsp horseradish
- ¼ cup honey
- Some seasonal vegetables (e.g. broccoli, green peas, Brussels sprouts)
- Olive oil
- Salt pepper

## Step 1

In a small saucepan, pour the raspberry vinegar, fresh raspberries, horseradish and honey. Bring to a boil and reduce the heat. Allow to reduce the time to prepare the vegetables and cook the meat.

## Step 2

Preheat your grill for direct cooking, sear plate open, thermostat to the max. Cut your vegetables, oil them with an olive oil spray, salt and pepper.

Sear the vegetables directly above the flame to color them and move them out of the flame. Leave them on the side on the grill so that they keep cooking, but without burning.

## Step 3

Oil the meat, salt and pepper. Grill the lamb ribs directly over the flame, about 2 minutes per side. The lamb is usually served medium, so you can close the sear plate now and close the BBQ lid, letting the lamb chops and vegetables cook for a few more minutes.

## Step 4

Dress your plates by pouring a little sauce on each piece of meat.





# Beef Wellington

## Step 1

Finely chop the mushrooms, garlic and shallots and fry them in a pan with olive oil. Cook until the vegetables are completely dry. Brown all sides of your pure fillet by searing it in another pan or directly over the flames in your BBQ.

## Step 2

Spread a large sheet of plastic wrap on the work surface. Layer the Parma ham slices, superimposing them slightly to form a carpet. Spread the vegetable mixture over it. With a brush, spread a nice layer of mustard on all sides of tenderloin, place it in the center of the carpet. Now wrap the carpet around the tenderloin, tighten well by rolling the wrap on the work surface but holding the ends. Put the roll in the freezer for 1 hour.

## Step 3

Lightly flour your work surface and roll out a sheet of puff pastry over it. Depending on the size and shape of your tenderloin, you may need a second sheet of puff pastry. Take the meat out of the freezer and wrap it in puff pastry. Seal the ends and brush with egg yolk.

## Step 4

Preheat your grill for indirect cooking, sear plate, thermostat at 400°F (200°C). Heat a pizza stone in the BBQ for a few minutes. Sprinkle a little flour on the stone and place the roll. Cook for about 45 minutes or until the internal temperature of the meat is 130°F (54°C)

## Step 5

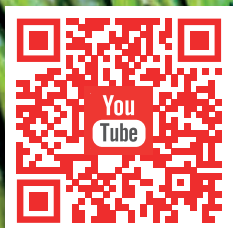
While the meat is cooking, prepare the wine sauce. In a small saucepan, sauté the garlic and shallots with a little olive oil. Then add red wine, honey and beef broth. Reduce by about half and add the cold butter in small pieces while whisking. Salt and pepper to taste.

## Ingredients

- 1 beef tenderloin (2 Lbs)
- 2 sheets of puff pastry
- 1/2 Lbs brown mushrooms like Porcini
- 5 slices Parma ham
- 2 Tbsp Dijon mustard
- Plastic wrap
- 1 Tbsp olive oil
- 1 small shallot, minced
- 1 garlic clove, minced
- 1 egg yolk

### FOR THE SAUCE

- 1 shallot, minced
- 1 garlic clove, minced
- 1 Tbsp olive oil
- 1/2 stick butter
- 1 Tbsp honey
- 1 cup red wine
- 1 cup beef broth
- Salt and pepper





# Bourbonnaise Filet Mignon



## Ingredients

- 4 filet mignons
- Beef rub of your choice or simply salt & pepper

### FOR THE SAUCE:

- 1 Tbsp country mustard
- Juice of 1 lemon
- ½ cup bourbon
- ¼ cup beef broth
- 2 Tbsp brown sugar
- 1 tsp coarse ground black pepper
- 1/2 stick cold butter

## Step 1

Prepare the sauce. In a small saucepan, over medium heat, pour the bourbon and the crushed pepper. As soon as it smokes, add the beef broth, lemon juice, mustard and brown sugar. Reduce for 5 minutes and keep warm.

## Step 2

Preheat your grill for direct cooking, sear plate open, thermostat to the maximum. Season the fillets with salt and pepper (or sprinkle some rub if you prefer)

## Step 3

When the barbecue grate is hot, sear the filet mignons directly over the flames, 2 minutes on each side. Insert the temperature probe into one of the filet mignons. Close the BBQ lid and cook until the temperature of the probe reads 130°F (54°C) if you like your meat rare.

## Step 4

Take the filet mignon out of the BBQ and let it rest for a few minutes while the sauce finishes. To do this, raise the temperature of the pan over medium heat. Add the cold butter in pieces, while whisking vigorously.



# Orange Veal Loin

This recipe is basically intended for a veal chop.  
But after trying with a veal tenderloin, my choice is made.

## Ingredients

- 1 veal fillet +/- 2-3 lbs
- your favorite steak rub
- 1 shallot
- 1 Tbsp tomato paste
- 1 Tbsp butter
- 3/4 cup fresh orange juice

## Step 1

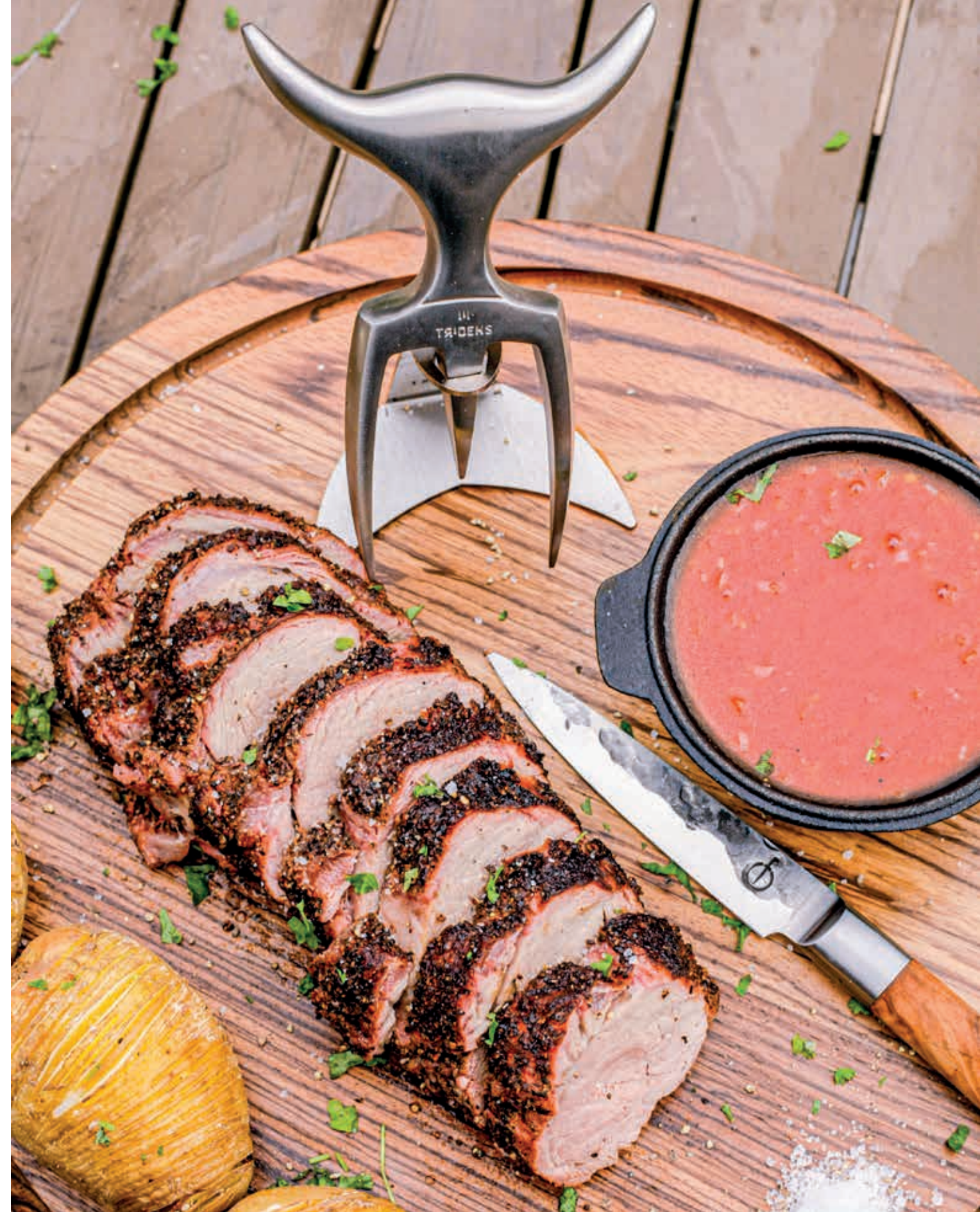
Preheat your grill for indirect cooking, sear plate closed at 225°F (110°C). Sprinkle some Special Steak rub over the meat.

## Step 2

You should know that the smoke stick better to the meat when it is still cold. So place it quickly on the barbecue grate and close the lid. Depending on the temperature and thickness of your meat, the smoking time can vary from 1 hour to 3 hours, and therefore, the most effective is to use a temperature probe. We want to smoke the meat until the internal temperature is 136°F (58°C).

## Step 3

While the meat is cooking, prepare the sauce. Chop the shallot. Melt the butter in a small saucepan, and sauté the shallot. When it is translucent, add the orange juice and the tomato paste. Salt and pepper, and reduce until the consistency of the sauce suits you.







# Sea Bass Filet With Chorizo Risotto

You will need a griddle to cook the sea bass filets on your grill. This recipe is really a m

## Ingredients

- 4 sea bass filets
- 1 chorizo, sliced in small cubes
- olive oil
- 1/2 cup grated Parmesan
- 1/2 cup dry white wine
- 2 cups risotto rice (Arborio)
- 1 onion, sliced
- salt/pepper
- 1 thyme sprig
- 4 cups chicken stock
- 1 Tbsp butter

### FOR THE VIRGIN SAUCE:

- 1/4 cup olive oil
- 1/4 cup white balsamic vinegar



## Step 1

To make de risotto, melt the onion in 2 Tbsp olive oil in a large pan on medium heat. Don't let the onion brown. Then add the rice into the pan. Toss the rice until translucent. Deglaze with the wine, then add 1 cup of chicken stop. Never stop to toss and add chicken stock during 17 minutes. Once the rice is cooked, add 1 Tbsp butter, the grated Parmesan and chorizo cubes (keep 4 Tbsp chorizo cubes for the virgin sauce). Keep warm.

## Step 2

To make the virgin sauce, just mix the oil with the vinegar and add the reserved chorizo cubes.

## Step 3

Light your grill, let the griddle heat up. Generously oil the griddle and the sea bass filets and let cook slowly, skin side, until the meat of the fish turns white.

Remove the fish from the griddle, and serve. I use cookie-cutters for the risotto. Finish with 1 Tbsp of virgin over the fish.



# Mackerel filets, creamy peas, thyme and lemon ricotta



## Ingredients

- 8 mackerel filets
- 4 sprigs of thyme
- 1 Tbsp of lemon zest
- salt, pepper

### FOR THE CREAMY PEAS

- 1 cup peas
- 2 cups whole milk
- 1/2 cup of 35% cream
- 1 Tbsp butter
- 1 white onion

### FOR THE RICOTTA

- 2/3 cup ricotta
- Zest of 1/2 lemon
- 1 Tbsp olive oil
- 2 tsp lemon juice

### GARNISH

- 1/2 cup peas
- 1/2 bunch of scallion
- Salt pepper
- Thyme leaves



## Step 1

Creamy peas: peel and chop the onion. Sweat the onion in uncoloured butter, add the peas, milk and cream, season and cook quickly uncovered. Mix as soon as the peas are cooked, then refrigerate.

## Step 2

For the garnish: cook the peas in well salted water for 1 minute at the boil, then remove them in cold water. Chop the scallions. Season.

## Step 3

For the ricotta: combine the ricotta with a whisk with the olive oil, lemon zest and juice. Season and refrigerate.

## Step 4

You can already dress your plates with the pea cream, ricotta, scallions, and peas. Heat up your grill to the maximum and put a griddle on the grate. In order to cook the fish without sticking the skin, the griddle must be really hot (at least 300°C - 600°F). Oil your fish filets on both sides, season with salt and pepper and add some thyme leaves. Sear the filets, skin side on the griddle until the meat turn white.





Desserts

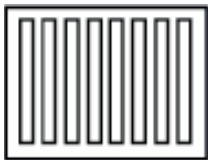


# Caramelized pear , chocolate

A dessert very simple to prepare, and so good!

## Ingredients

- 4 pears
- Liquid honey
- 2 Tbsp powdered sugar
- Caramelized pecans
- 1 cup dark chocolate
- 1/3 cup heavy cream



## Step 1

Immerse the pears in boiling water for 3 minutes. Drain the pears and let them cool. Gently peel the skin without damaging the fruit.

## Step 2

Light the BBQ at 300°F (145°C), searing plate closed. Apply a layer of liquid honey to each pear with a brush and sprinkle with fine sugar. When the barbecue is ready, place the pears on the grate and close the BBQ for 40 minutes. Pears will color and caramelize.

## Step 3

While the pears are cooking, prepare the chocolate sauce . melt chocolate in a waterbath Add cream and stir. Turn off the heat and leave the chocolate sauce in the waterbath.

## Step 4

When the pears are caramelized, coat the bottom of the plates with the chocolate sauce, put a pear and sprinkle with chopped pecans.





# Caramelized Pineapple Slices

Pineapple icecream, Rum and pecans...

## Ingredients

- 4 pineapple slices
- 1/4 cup rum
- some cane sugar
- toasted pecans

### INGREDIENTS FOR THE ICE CREAM:

- 3 large pineapple slices
- 2 TBSP vanilla extract or 1 vanilla bean
- 50gr (1/4 cup) sugar
- 1 cup milk
- 1 cup cream
- 2 egg yolks
- 2 Tbsp rum + some to marinate the pineapple.

## Step 1

Let's make the icecream. Beat the egg yolks with 1/4 cup sugar in your electric mixer until its whitened and foamy. Add cream, milk and vanilla extract and mix.

## Step 2

Heat a waterbath to cook the cream untill it thicken. Keep mixing with a woodspoon during 15-20 minutes. Once the cream stick to the woodspoon, it's cooked. Let cool.

## Step 3

Crush the 3 pineapple slices and add to the cream with 2 Tbsp of Rum. Freeze the cream in your ice cream machine.

## Step 4

Marinate the 4 pineapple slices in a ziplock bag with 1/4 cup of rum, at least 2 hours in your fridge.

## Step 5

Remove the pineapple slices from the bag and sprinkle some sugar on both sides of each slice. Grill directly over the flames of your grill untill the slices caramelize. Serve the grilled pineapple slices with ice cream and sprinkle some crushed toasted pecans.







# Raspberry financiers

Serve warm with raspberry ice cream.

## Ingredients

- 1/2 cup butter
- 1/4 cup flour
- 3 Tbsp almond powder
- 4 Tbsp ground hazelnuts
- 1/2 cup icing sugar, packed
- 4 egg whites
- 2 handfuls of fresh or frozen raspberries

## Step 1

Melt the butter then let it cool.

In a bowl, mix the sifted flour with the almond powder and the hazelnut powder (it is quite possible to replace the hazelnut powder with 3 Tbsp of almond powder, and vice versa) and the icing sugar.

Add the 4 egg whites, then mix. Pour in the melted butter and mix again to obtain a smooth dough.

## Step 2

In small silicone molds, incorporate your dough up to 3/4 of the mold, then add 3 raspberries on each financier.

## Step 3

Light up your grill to 200°C (450°F). Place the mold on the grate and cook 30 minutes. The financiers are cooked when borders are golden brown.

If you want to make your own raspberry ice cream, you can follow the same recipe as for the pineapple ice cream, but without rum and replacing the pineapple with 1 cup frozen raspberries.



