

Learning to Cook with

SHAO  TM

Smokeless Grill Recipes

BBQ Chicken

3/11/2020

304

Yield: 2 portions		Portion: 1 portion
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> Chicken Breast, boneless/skinless Olive oil Salt, kosher Black Pepper, ground	6 each 2 tsp. To taste To taste	<ul style="list-style-type: none">• Pre-heat the grill with the “Grill Plate”. To 400 degrees and turn the fan on.• Toss the chicken in the oil, salt and pepper in a mixing bowl.• Place the chicken on the grill and place the glass lid on the grill.• Cook on each side for 4 minutes.
BBQ Sauce (Store bought)	½ cup	<ul style="list-style-type: none">• Brush the chicken liberally with the bbq sauce and continue to cook for 1 minutes on each side to lightly brown.• Remove from heat and serve.



Shaq Burger

2/20/2020

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Yield: 4 Each		Portion: 1 Each
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> Yellow Onions, Sliced Olive Oil Butter Salt, kosher Black Pepper, ground	1 Each 1 Tbsp. 2 Tbsp. To taste To taste	<ul style="list-style-type: none"> • With the griddle on 450 degrees. Add the onions with the olive oil. • Stir onions until the start to brown and season with salt and pepper. • Add butter and continue to brown until well caramelized.
Beef Chuck, 80-20 Salt, kosher Black Pepper, ground	2 Lbs.	<ul style="list-style-type: none"> • Form the patties into 8 oz each. Have Shaquille do this. • Use the griddle plate and turn on at 450 degrees. • Use spatula to flip burgers. Cook for 2 minutes per side.
American Cheese	8 slices	<ul style="list-style-type: none"> • Top the burgers with the American cheese and onions.
Burger Buns, brioche Shaq Sauce (BBQ Aioli) Pickles	4 each ½ cup 4 oz.	<ul style="list-style-type: none"> • Toast the buns on the griddle with a little bit of butter. • Put sauce on both sides of the buns. • Add pickles to the bottom bun. • Top with the cooked burgers.
<u>Action</u>		<ul style="list-style-type: none"> • Have Shaquille assemble the burgers.
<u>Talking Points</u>		<ul style="list-style-type: none"> • The browning effect on the food producing flavor without smoke. • Non-Stick • Quick Clean-up.
Note: I can bring the buns and the sauce with me.		



Honey Mustard Salmon

2/20/2020

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Yield: 2 portions		Portion: 1 portion
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
Ingredients Salmon, fresh Olive oil Salt, kosher Black Pepper, ground	1 lb 2 tsp. To taste To taste	<ul style="list-style-type: none"> Season salmon on both sides and oil the outside of fish Turn grill on to 400 degrees with the grill plate. Cook fish for 5 minutes on one side.
Butter Garlic Salt, kosher Black Pepper Lemon Zest	¼ cup 2 cloves 1 tsp ½ tsp ½ tsp	<ul style="list-style-type: none"> Melt the butter with the rest of the ingredients. Brush on the fish.
Mayonnaise Dijon Mustard Honey Thyme, fresh chopped Lemon Juice	¼ cup 2 Tbsp. 2 Tbsp. ½ tsp. 1 tsp.	<ul style="list-style-type: none"> Mix all ingredients in a mixing bowl. Top the fish with the sauce and finish cooking in the airfryer at 400 degrees for 5 minutes.
Action		<ul style="list-style-type: none"> This is Shaquille recipe, so he will make this start to finish and feels comfortable with it.
Talking Points		<ul style="list-style-type: none"> Non-Stick grill Roasting features of air fryer. Moistness and flavor locked in.
Note:		



Mexican Style Corn on The Cob

2/20/2020

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Yield: 8 Each		Portion: 1 Each
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> Ears of Corn Olive Oil Spray Salt, kosher Black Pepper, ground	8 Each To Coast To Season To Season	<ul style="list-style-type: none"> • Make sure the corn is cleaned from the silk. • Par boil the corn for 3 minutes. • Spray with the oil and season with Salt and Pepper. • Turn on the grill to 450 degrees. • Cook the corn on each side until golden brown. (about 10 minutes)
Sour Cream Mayonnaise Cilantro, chopped Chipotle Powder Lime Zest Lime Juice Sugar Salt, kosher Black Pepper, fresh ground	½ cup ½ cup ½ cup ¼ tsp. ¼ tsp. 2 Tbsp. 1 Tbsp. 1 tsp. 1/4 tsp.	<ul style="list-style-type: none"> • Mix all ingredients well. • When the corn is done cooking. Toss the cooked corn in a bowl with the sauce. • Put on serving platter with the cob ear holders in two for the host and Shaquille to try.
Cotija Cheese, grated	½ cup	<ul style="list-style-type: none"> • Sprinkle with the cheese and serve.
<u>Action</u>		<ul style="list-style-type: none"> • Shaquille can toss the corn in the bowl with the sauce and put on a serving plate. • Shaquille can sprinkle the cheese.
<u>Talking Points</u>		<ul style="list-style-type: none"> • Make sure to get the corn brown to bring out the sweetness. • Cooking on high temperatures still doesn't produce smoke.
Note: Need Corn on the Cob Ear holders.		



Buttermilk Pancakes

2/20/2020

300

Yield: 8 Cups		Portion: 1 Cup
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> All Purpose Flour Sugar Salt Baking Powder Baking Soda	4 Cups ¾ cup 2 tsp. 1 ½ tsp. 1 ½ tsp.	<ul style="list-style-type: none"> Mix all ingredients in a mixing bowl.
Whole Milk Buttermilk Eggs	2 cups 1 ¼ cups 4 each	<ul style="list-style-type: none"> Add all liquid ingredients.
Butter (melted)	5 oz.	<ul style="list-style-type: none"> Drizzle in melted butter and mix well. Turn grill on to 380 degrees with the griddle plate. Ladle or spoon with Shaq utensils the pancake mix onto the grill. Top with any of the toppings or plain. When bubbles form, flip over.
<u>Action</u>		<ul style="list-style-type: none"> Shaquille can add the toppings to the batter as the pancakes are cooking.
<u>Talking Points</u>		<ul style="list-style-type: none"> Regulated heat for easy cooking Non-Stick and no need for spray. Very quick cooking time.
Note: Have blueberries, chocolate chips, bananas nuts etc... to put on while cooking.		



Shrimp Skewers with Pesto

3/11/2020

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Yield: 6 skewers		Portion: 1 portion
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
Ingredients Shrimp, 16/20 Cherry Tomatoes Red Onion Poblano Peppers Button Mushrooms Zucchini Olive Oil Spray Salt, kosher Black Pepper, ground	1 pound 1 pint 1 each 1 each 6 each 1 each To coat To taste To taste	<ul style="list-style-type: none"> • Pre-heat the grill with the “Grill Plate”. To 400 degrees and turn the fan on. • Skewer the shrimp and vegetables alternating them on 8” bamboo skewers. • Spray with olive oil and season with salt and black pepper. • Place the skewers on the grill and place the glass lid on the grill. • Cook on each side for 4 minutes.
Pesto Sauce (From Blender Demo)	$\frac{3}{4}$ cup	<ul style="list-style-type: none"> • Brush the skewers liberally with the pesto sauce and continue to cook for 1 minutes on each side to lightly brown. • Remove from heat and serve.



Turkey Burger

3/11/2020

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Yield: 6 burgers		Portion: 1 portion
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> Olive Oil Yellow Onion, diced Button Mushrooms Chicken Broth Chipotle Puree Salt, kosher Black Pepper, ground	2 Tbsp. ½ cup 1 lb. 8 fl oz 2 Tbsp. 1 Tbsp. 1 tsp.	<ul style="list-style-type: none"> • In a sauce pot over medium high heat, sauté the onions in the oil until translucent. • Add the mushrooms and continue to cook, giving the mushrooms a little golden color if possible. • Add the remaining ingredients and cook until most of the liquid has evaporated. • Puree in a food processor and cool.
Turkey, ground breast meat	1.5 lbs.	<ul style="list-style-type: none"> • In a mixing bowl, combine the turkey and the mushroom puree. • Form 6 oz patties. • Pre-heat the “Griddle Plate” at 400 degrees. • Place the burgers on the heated plate and cook for 4 minutes per side. • Have the lid on the burgers as they are cooking.
Wheat Buns with Oat Tops Swiss Cheese, sliced Butter Lettuce Tomato, sliced Avocado	6 each 6 oz. 6 leaves 1 each 1 each	<ul style="list-style-type: none"> • Melt the cheese on the patties. • Assemble with the remaining ingredients.

