

FAVORITE GRILLING RECIPES FROM GRILLING COMPANION

BY STEVE WILSON & TOM SETZER



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ABOUT THE AUTHORS

Steve Wilson: Father and husband who often smells of smoke and owns very few shirts without stains. More specifically, I grew up in the Tampa Bay area (there aren't many of us natives) and went to college at the University of South Florida (GO BULLS!). If you don't see me spending time at home with my awesome wife and two sons, I am probably out on the water somewhere, coaching my son's baseball team or tailgating in a parking lot. I am the youngest of 3 boys so I had to eat whatever was put in front of me, which I think explains why I am really into all kinds of food. I like to grill or smoke pretty much anything and everything and am fortunate to have a family that is patient enough to wait 10 minutes before each dinner so I can take photos of our meal.

Tom Setzer: I'm a software engineer by training, but perform duties of executive chef in my house at night (and top dish washer). I live in Tampa, Florida with a wonderful wife and two boys. I've traveled throughout the world, experiencing the wonderful variety of culture and food. From Chicago hot dogs under the 'L' to North Carolina pulled pork to fresh crapes on the streets of Paris, I have tasted all that came across my plate. I love to travel and usually like to pick destinations where food is a focus of the trip (loved Italy). I've taken numerous cooking courses and classes, and have found my love in outdoor cooking where I can relax over a hot grill and a cold beer with friends and family.



HOW TO GRILL FILET MIGNON

Filet Mignon...even the name sounds intimidating. Most captains of the grill panic at the shear mention of this great piece of meat. Nightmares of burning, drying and otherwise screwing up this fine cut of beef can make even the most seasoned grill chef break out in hives! Not to fear though, we will show you how easy it can be with step by step directions.

LESS IS MORE...

When grilling filet mignon (and almost any other grilled steak for that matter), less is definitely more. Less seasoning, less grilling time, less flipping, less poking and prodding...you get the point. So there is no need to panic, filet mignon is such a prime cut of meat that it is very easy to grill a masterpiece, especially if you purchase high quality and all-natural filets. Before you even touch that steak, let's look at what you should never, ever do to that poor juicy steak.

- **NEVER** puncture your steak! We will talk about how to tell if it is done later.
- **NEVER** close the lid! My Dad used to say "if you are looking, you are not cooking". Sorry Dad, that's not true for steak...
- **NEVER** cook it too long. The best way to upset your steak is to cook it too long. There is nothing worst than a \$15 piece of beef jerky. Remember, you can always throw it back on for a few more minutes.

GRILLING FILET MIGNON, STEP BY STEP...

Let's break this thing down so you can see how easy this is going to be.

Step 1 – Seasoning. You paid a lot for this filet, give it some credit that it is going to hold it's own in the taste department. The only seasoning I recommend to help this steak out is some fresh ground black pepper. Save the course salt for the end, some say it draws out juices. I doubt it does, but why take the chance?

HOW TO GRILL FILET MIGNON CONTINUED

Step 2 – Leave it alone! In order to reduce grilling time and ensure consistent cooking throughout he steak, we must bring the filet to room temperature. This is your easiest step, once it's seasoned just leave it on the kitchen counter. Your patience will be rewarded, trust me...just let it get into the "zone" by itself and move onto these next steps. Let it sit for at least 45 minutes. Go on, leave it alone, move on to the next step!

Step 3 – Fire it up! We are going to use direct heat to grill this delicious steak, so fire up your grill and set it and leave it at the highest temperature setting. You will know she is ready when you can't hold your hand 2 inches above the grates for more than 5 seconds (don't try and be tough, you know it hurts...). If you are a charcoal griller, follow this guide for lighting a charcoal grill and et up your grill for hot, direct grilling by creating a pile 2 coals high.

Step 4 – Sear in those juices! Ok, the moment of truth, your steak has been getting itself ready on the counter and now it's game time! Using TONGS (remember, don't EVER puncture that beautiful steak's flesh!) place your steaks on the grill and do NOTHING for at least 2 minutes. The nly exception to this rule is if you have to play firefighter and splash a little water on a pesky flame. A little flare up is fine, but if a flame burns for more than 30 seconds, splash a tiny bit of water on it to put it out.

Step 5 – Grill marks! All we are doing here is creating those cool looking grill marks. After about 2 minutes (for mediumrare, a little more for Medium), lift, turn your steak 90 degrees and then set it back down for another 3 minutes (again, for medium-rare, a little more if you have to have it more one).

Step 6 – Flip once! After a total of about 5 minutes, it's time to flip that steak for the one and only time. Gently lift, flip and set it back down in the same spot and leave it alone again for about 2 more minutes.

Step 7 - Rotate again. This is getting easy, you know what is next. Repeat Step 5 on this side now!

Step 8 – Check it. Now it is time to check your steak for the perfect doneness. The very best way to ensure proper doneness is by using an instant-read meat thermometer. The Thermapen is by far the best meat thermometer on the market. A favorite of TV and restaurant chefs, it is highly accurate, instant, automatically turns on and off (no buttons to mess with) and never needs calibration. Highly recommended if you cook a lot, get it here. Insert the thermometer into the side of the steak to measure the very center and then check out our grilling tips for a temperature chart to determine your preferred doneness. Better yet for you iPhone owners, download our FREE MeatTemps iPhone app for an easy to use meat doneness reference.

Step 9 – Remove and rest. Take it off the grill now, you are done with the heat section! Remove it and set it on a plate or platter and leave it alone.

Your beautiful filet has been through a tramatic experience. It went from refrigerated to room temperature to a HOT grill. This plays havoc on the juices inside so we need to give it some time to collect itself. Now that it is on the platter, let it rest again for 2 - 3 minutes (which will now seem like 2 hours!). This allows the juices to re-distribute, so they don't all run out when you slice into that beautiful hunk of beef.

Step 10 - Enjoy! Go ahead, enjoy it!

See? I told you that was easy! Less IS more when grilling filet mignon. Try a less expensive cut of meat next time. You don't have to pay a lot of money or get real fancy when grilling steak, just focus on technique. Also remember to throw in some grilled chicken for those guests or family members that don't eat red meat. Check out some of our other grilling recipes to get more ideas for your next cookout, including chicken.

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GRILLING LOBSTER TAILS

What better way to impress your grilling friends than to serve up grilled lobster tails. Don't tell them, but grilling lobster tails is pretty easy to do! And delicious. The hardest part of this recipe is deciding which guests are worthy of this awesome treat. Add a nice steak to the menu and you will have friends for life! Follow these easy steps for grilling lobster tails.

FIRST THINGS FIRST

If the lobster tails are frozen, start by thawing them to room temperature by placing them in a plastic bag and then submerge them in a warm bowl of water.

PREPARE BASTING SAUCE

Next create a basting sauce. Melt the butter in a small dish in the microwave, or warm in a small pan and remove from heat. Mince the garlic or use a garlic press to mince the garlic and add to warm butter. Add one tablespoon of fresh squeezed lemon juice and stir.

HALVE THE TAIL

Lay the tails bottom side up on a cutting board. Using a large knife, cut the tails in half lengthwise. Use kitchen scissors to get all the way through the shell if you need to. Using a brush, thoroughly baste the flesh side of the tails with the butter mixture.

PREP THE GRILL

Clean and oil the grate to prevent sticking. Using a gas grill, turn the grill to medium-high heat. For charcoal, distribute the coals so there is an even heat.

GRILLING LOBSTER TAILS

INGREDIENTS:

2 8oz to 10oz lobster tails 4 tablespoons butter 1 garlic clove 1 lemon salt and pepper Once the grill is hot, give the lobster tails one last baste, add a bit of salt and pepper and place them flesh side down on the hot grill. Be careful of flare-ups from the dripping butter. Cook flesh side down for 4 to 5 minutes until light grill marks show. Flip the lobster tails to shell side down. Baste with the butter mixture several times during the next 3 to 6 minutes until the lobster meat is firm and opaque.

FINALLY...

Tie on your lobster bibs, heat some butter, and dig in. Or, better yet, add a few filets to the grill, and you have a beautiful Surf and Turf. Follow us on Twitter to get updates on our latest recipes, tips and grilling articles we find around the Internet.



PLANKED AND GRILLED MEATLOAF

INGREDIENTS:

- 1 cedar or other grilling plank, soaked for a few hours in water 1.5 pound lean ground beef 1.5 pounds "fatty" ground beef (like sirloin or round) 3/4 cup breadcrumbs 1 egg 1 carrot peeled 1 onion 1 red or green pepper
- 2 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon Kosher salt
- 1/2 teaspoon cayenne pepper

Glaze:

- 1/2 cup ketchup
- 1 tablespoon honey
- 1 teaspoon cumin
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot sauce

My wife looked at me a little funny on this one. Yes, I was serious, I was going to stick a meatloaf on a piece of wood and then grill it. It was a beautiful Spring-like day and I had ground beef and a few cedar planks, so why not? Meatloaf is not one of those items we (well, most of us) often think about grilling. The logistics of getting the thing on and of of the grill in one piece seem like a nightmare. Well, that's where the plank of wood comes in. Not only does the plank make a great platform for cooking a meatloaf, it also provides a nice smokey taste to the loaf and even provides a great platter to serve on the table. That's right, just slide it off of the grill, slice and serve on the plank! You can use your favorite meatloaf recipe if you'd like, but I'll share mine as well if you are looking for a new one. Let's get going...

DIRECTIONS

- 1. Put the carrot, red pepper, onion and garlic in a food processor and pulse until chunky (not quite pureed).
- Transfer the vegetables to a large bowl and add the ground beef. 2.
- 3. Add the bread crumbs, salt, cumin, cayenne pepper and egg to the bowl and combine all ingredients thoroughly with the meat. Your hands are your best tools for this so roll up your sleeves and get dirty!
- Form the meatloaf into some kind of shape that fits onto the plank. I used a 4. large Tupperware container for mine, but go crazy. A thinner meatloaf will cook quickly. A thicker meatloaf will take longer to cook and develop a nice crust on the outside while the inside is very juicy.
- 5. Light the grill and prepare for indirect grilling. You know the drill by now, light half of your burners on a gas grill or pile all of the coals to one side. We are looking for around 350 degrees here...
- The plank will soak up most of the drippings from the meatloaf, but it is still good 6. to stick a drip pan under the cool side of the grill to catch any left over grease.
- 7. Transfer your plank with the meatloaf onto the cool side of the grill and close the lid.



- 8. Combine all of the glaze ingredients in a bowl.
- 9. After the meatloaf has been grilling for around 30 minutes, brush all sides with the glaze and then close the lid again.
- 10. Now sit back and relax and wait until a meat thermometer in the center of the meatloaf hits 150 degrees. Don't peak on the meatloaf too much or you will loose a lot of heat. Mine took around an hour and a half at 350 degrees, but it all depends on the shape of your meatloaf. Obviously, we want to cook for temperature and not time.
- 11. When the meatloaf has cooked through, use a large spatula to transfer the plank of delicious meatloaf to a large platter and allow the meatloaf to rest for about 10 minutes before carving.
- 12. Slice large slices and serve on the platter!





ANCHO CHILI AND CINNAMON SHRIMP

This one is simple but oh so good. You can use either shrimp in the shell or peeled, depending on what aspect of the Great Shell Debate you subscribe to.

DIRECTIONS

Mix the oil, chili and cinnamon in a bowl large enough to fit the shrimp, preferably one that has a good lid. If you can't find ancho chili powder, you can use regular chili powder which adds garlic powder, cumin, oregano and salt to the ancho chili. But nothing wrong with an extra bit of flavor.

If you go with peeled shrimp, you can just add them to the marinade.

If you go with shrimp in the shell, I recommend a partial butterfly. Using a sharp knife, or one with a sharp serrated edge, cut through the shell along the top (back?) of the shrimp so that you cut halfway through the shrimp from the head down to the tail. This will let the marinade get in and flavor the shrimp better. Add the butterflied shrimp to the marinade.

Put on the lid, or a healthy few layers of plastic wrap and shake to get all the shrimp covered. Return to the fridge or better, on a bed of ice, for about 15 to 20 minutes.

For best results, put the shrimp on a skewer. I chose the lazy way and used my Weber Grill Basket.

Prepare the grill for direct medium heat grilling.

Grill for about 2 1/2 to 3 minutes on each side, or until the meat is no longer translucent.

Serve it up and enjoy.

(16 count) shrimp in the shell3 tablespoons olive oil1.5 tablespoons ancho chili powder2 teaspoons ground cinnamon

1 1/2 lbs uncooked jumbo

INGREDIENTS:



BLUEBERRY BARBECUE SAUCE

It is blueberry season down here in the South and it seems like there is a u-pick blueberry field on every corner. My Kindergartner in the back seat has become quite the reader these days, so he reads said u-pick signs on every corner and we have to constantly have the same conversation about how picking blueberries isn't something you just squeeze in on the way to T-ball. After a few days of nagging, the opportunity to finally put the kids to work in the blueberry fields came this weekend when I noticed that there was a blueberry festival at the local winery. Blueberry wine, blueberry beer and local food vendors? Yeah, let's go pick some berries. A few hours later, we were back home with 5 pounds of fresh-picked, delicious fresh blueberries.

This blueberry barbecue sauce is the result of one of my blueberry projects from this past weekend. You see, 5 pounds of berries is a lot, so I was looking for all kinds of ways to use them in recipes. I have tinkered with these ingredients quite a bit, but I think the results below are pretty awesome. Let me know if you have suggestions on how to make it better.

DIRECTIONS

- 1. Combine all of the ingredients in a medium sauce pan and heat over medium-high heat.
- 2. Once you hit the boiling point, turn the heat down and simmer for around 15 minutes until the sauce begins to thicken (as the berries break down), stirring occasionally.
- 3. Remove the pan from the heat and allow to cool to room temperature.
- 4. Pour the sauce into a blender, food processor or any other liquifying contraption you have
- 5. sitting around in the cabinets.
- 6. Blend the ingredients until liquified.
- 7. Brush the blueberry barbecue sauce over some grilled pork chops, chicken or ribs and serve with some extra sauce on the side!

Again, I think it's a pretty delicious sauce and something different to serve to your guests at the next cookout. Let me know if you make it even better and want to share with the rest of our grilling fanatics. Before we go though, my youngest son wanted to pass along a blueberry picking tip. If your hands get dirty, no sweat, just use your mouth:

INGREDIENTS:

2 cups fresh blueberries
1/2 cup balsamic vinegar
1/2 teaspoon Kosher salt
2 tablespoons red onion, roughly chopped
1/2 teaspoon cayenne pepper
3 tablespoons ketchup
3 tablespoons sugar
2 cloves garlic, roughly chopped
1/2 teaspoon Worcestershire sauce
1 teaspoon chili powder