



Basics of Cooking 8:

Grilling



DEMONSTRATION

HONEY BBQ RIBS

Serves 4-6

Sauce

½ cup	Butter
2-4 Tbsp	Hot Sauce (Frank's Red Hot or Tapatio)
¼ cup	Honey
1 cup	BBQ Sauce of Choice
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Saucepan
- Whisk

1. In a saucepan on medium heat whisk together butter, hot sauce, and honey until well incorporated. Whisk in BBQ sauce. Remove from the heat, season with salt and pepper. Set aside.

Ribs

1 rack	Pork Ribs, trimmed
<u>OR</u>	
2 lbs	Country Style Ribs
3-4 cups	Chicken Stock
2-3 Tbsp	Cider Vinegar
<u>OR</u>	
3-4Tbsp	Cajun/Creole Seasoning

Equipment

- Cook's knife
- Roasting pan
- Sheet tray
- Aluminum foil
- Basting brush/mop
- Tongs
- Grill/grill pan

1. Preheat oven to 300°.

Either

1. Season ribs with salt and pepper. Place ribs into roasting pan. Pour stock and vinegar over ribs to almost cover (add water if needed). Place in oven for 2.5 hours until tender but not falling off the bones. Move ribs from roasting pan to sheet tray. Let cool to room temperature. Cover and refrigerate to chill.

Or

1. Season ribs with Cajun/Creole seasoning and salt and pepper. Wrap ribs tightly in a few layers of aluminum foil. Place onto sheet tray and into oven for 1.45 hours until nice and tender but not falling off the bones. Remove from oven. Let cool to room temperature. Refrigerate to chill.

Then

1. Heat a well-oiled grill/grill pan to med-high heat. Grill ribs for a few minutes on each side, flipping 2-3 times, until they start to get nice grill marks. Baste on BBQ sauce and continue to cook for another couple of minutes. Remove from the grill, cut into individual ribs, and serve immediately.

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Basics Week 8



ARGENTINIAN TRI TIP WITH CHIMICHURRI

Serves 8

Steak

1 lb	Tri-Tip/Flank/Hanger Steak
1 Tbsp	New Mexico Chili Powder
1 Tbsp	Cumin, Ground
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Grill/grill pan
- Blender or immersion blender
- Sheet tray
- Wooden spoon

Directions

1. Season tri-tip with cumin, chili, and pepper (rub in well).
2. Heat a grill/grill pan to high heat. Season steak with salt. Grill for 3-4 minutes on each side until nicely marked with grill lines. For medium or well-done; reduce the heat to med-low to low (or place over indirect heat) and cook until desired doneness.
3. Serve with Chimichurri sauce.

Chimichurri

1 bunch	Parsley Leaves
2-3 Tbsp	Oregano Leaves
2 Tbsp	Red Wine Vinegar
2 Clove	Garlic, peeled & cut in ½
½ tsp	Red Pepper Flakes
½ medium	Lemon, zested
2 Tbsp	Red Onion, minced (optional)
1/2 cup	Olive Oil
To Taste	Salt & Pepper

Equipment

- Cook's knife
- Blender/food processor

Directions

1. Place sauce ingredients into blender/food processor. Puree until smooth.
2. Season with salt & pepper.



GRILLED ASPARAGUS & SCALLIONS WITH GRILLED PEPPER ROMESCO

Serves 6-8

Romesco Sauce

2 large	Red Bell Peppers, roasted
1/2 cup	Hazelnuts, toasted
2 cloves	Garlic, peeled and trimmed
½ cup	Tomatoes, fire roasted, diced
½ Tbsp	Chili Powder
1 Tbsp	Smoked Paprika
2 Tbsp	Red Wine Vinegar
¾ cup	Olive Oil
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Metal tongs
- Prep bowl and lid
- Food processor
- Fine strainer
- Spatula, rubber

1. Char whole pepper on all sides. Remove from heat, place in mixing bowl, and cover. Let cool enough to handle. Remove charred skin and seeds.
2. Place peppers and remaining ingredients into food processor. Puree until smooth. You can strain mixture through fine strainer while pushing sauce through with a rubber spatula if you want a smoother sauce. Season with salt and pepper.

Vegetables

1-2 bunches	Thin Asparagus
2-3 bunches	Scallions
1-2 Tbsp	Olive Oil
To Taste	Salt & Pepper

Equipment

- Cook's knife
- Sheet tray, small
- Skewers, soaked
- Grill/grill pan
- Metal tongs

1. Carefully skewer vegetables. Coat with the olive oil. Season with salt.
2. Place vegetables onto well-oiled, med-high grill. Cook for a couple of minutes on each side until tender. Season with salt and pepper. Serve with romesco sauce.



VEGETABLE KEBABS

Serves 6-8

Ingredients

- 2 cups Cremini mushrooms, cut in half or quartered
- 1 cup Cherry tomatoes
- 1 Red bell pepper, cut into 1-inch dice
- 1 Green bell pepper, cut into 1-inch dice
- 1 Red onion, cut into 1-inch dice
- 1 Zucchini, sliced into thick rounds
- 1 Yellow zucchini, sliced into thick rounds
- ¼ cup Olive oil
- 3 cloves Garlic, minced
- 1 Lemon, juiced
- 1 tsp Dried oregano
- 1 tsp Dried basil
- 1 tsp Ground sumac
- To taste Salt and freshly ground black pepper

Equipment

- Mixing bowl
- Sharp knife
- Shallow dish
- Skewers
- Plastic wrap
- Grill or grill pan

Directions

1. Preheat your grill or oven at 400° F.
2. In a small bowl, whisk together olive oil, garlic, lemon juice, oregano, basil, and sumac; season with salt and pepper, to taste.
3. Thread mushrooms, tomatoes, bell peppers, onion and zucchini onto skewers. Place the onion on each end.
4. Alternate between the different vegetables, leaving a small space between each.
5. Brush olive oil mixture onto the skewers and let sit for 10-15 minutes.
6. Place skewers onto a grill and cook until done, turning occasionally. Don't be scared of a little browning or charring around the edges. If using oven, place skewers onto a baking sheet. Brush olive oil mixture onto the skewers and let sit for 10-15 minutes. Place into oven and roast until tender, about 10-12 minutes.
7. Serve immediately. You can drizzle with olive oil and balsamic or the herb garlic oil.



BAGUETTE BRUSCHETTA WITH PESTO

Serves 6-8

Ingredients

½ bunch	Basil, leaves picked off
¼ bunch	Parsley, leaves picked off
1-2 cloves	Garlic, peeled & smashed
¼ cup	Walnuts or Pine Nuts
¼ cup	Parmesan Cheese, freshly grated
¼ cup	Olive Oil
1 Tbsp	Chili Oil (optional)
1 large	Baguette, cut ½ inch thick on a bias
½ cup	Olive Oil
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Food processor
- Bread knife
- Plate
- Grill/grill pan
- Tongs

Directions

1. Place basil, parsley, garlic, nuts, and cheese into food processor. Slowly pour in olive oil (and optional chili oil if using) while pureeing mixture until smooth. Season with salt and pepper.
2. Pour ½ cup olive oil onto plate. Dip one side of each bread slice into oil to coat. Season with salt. Place bread onto a med-high grill and cook on both sides for a minute or two until nicely grill-marked.
3. Spread some pesto onto each bread slice.



BEEF SLIDERS

Serves 4 - 8

Ingredients

3 lbs	Ground beef, chicken, or turkey
8	Burger buns
8 slices	Cheese (optional)
To taste	Condiment(s) of choice
To taste	Salt and pepper

Equipment

- Chef's knife
- Sauté pan
- Spatula
- Grill/grill pan
- Sheet tray
- Mixing bowl

Directions

1. With wet hands, shape the mixture into patties. Place a thumbprint dent in the top of each burger (this will help them to stay flat while cooking). Season with salt and pepper.
2. Heat grill/grill pan to med-high heat. Cook patties for a few minutes on each side, flipping often, until nicely browned and to desired doneness.
3. Top burgers with a slice of cheese and condiment(s) of choice.