

Grilled Peaches with Honey and Goat Cheese

Item:
Smokeless Grill



INGREDIENTS:

- 4 large ripe peaches, halved and pitted
- 2 tbsp melted unsalted butter
- 8 oz crumbled plain goat cheese
- 4 tsp honey or agave
- 1 lemon
- 3/4 c chopped pecans
- Rosemary sprigs to garnish

INSTRUCTIONS:

- Preheat Indoor smokeless grill for 8 minutes.
- Brush peach halves with melted butter and place flesh-down on grill.
- Grill for 6-7 minutes until grill marks are visible. Remove from grill
- Serve on a plate, sprinkle goat cheese, and drizzle honey or agave and a squeeze of lemon juice. Top with chopped pecans. Garnish with a rosemary sprig.
- Optional serving suggestion - top with a scoop of vanilla ice cream



Garlic Lime Roasted Shrimp Salad

Items:

Saladmachine Cone #3

EOC

Medium Bowl



INGREDIENTS:

- 1 lb. raw large shrimp - peeled and deveined
- 2 tbsp. Extra-virgin olive oil
- 1 large English cucumber
- 1 large firm avocado
- 1 lime, juiced
- 1 clove garlic, minced
- 1/4 c chopped fresh cilantro
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat EOC to 350 degrees. In a bowl, toss the shrimp in 1 tbsp olive oil. Spread out shrimp in EOC and sprinkle with salt and pepper
- Cover EOC and roast for 4 minutes until pink. Transfer shrimp onto a plate to cool.
- Process cucumber with cone #3. Add chunks of avocado, minced garlic, and chopped cilantro leaves. Pour in lime juice and remaining 1 tbsp olive oil. Toss well to coat. Season with salt and pepper to taste
- Once shrimp has cooled to room temperature, toss into the salad. Cover and chill until ready to serve
- **Optional serving suggestion - serve on a bed of lettuce or lettuce cups or in individual serving cups.



Not Your Mama's BBQ

Item:

Square Griddle



INGREDIENTS:

- 1 lb. Salmon Fillet - cubed
- 1 lb. Beef Sirloin - sliced thin & cubed
- 1 lb. Chicken thighs - sliced & cubed
- 1 tub extra firm tofu - sliced, drained & cubed
- Bamboo skewers

For the marinade :

- 12 oz. sprite
- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 1 cup garlic (chopped)
- 1/4 cup ketchup
- 1/4 cup calamansi or lemon juice
- Freshly ground black pepper

For the basting sauce:

- 1/4 cup banana ketchup
- 1/8 cup sprite

INSTRUCTIONS:

- Marinate beef, chicken and tofu in separate containers overnight. Salmon should only be marinated for 2-3 hours to prevent the citrus in the marinade from "cooking" the salmon.
- Skewer the meats, tofu and salmon and set aside.
- Preheat the square griddle.
- Start laying down the skewers on the griddle. baste skewers and rotate to cook each side for approximately 7 - 8 minutes. Adjust cooking time depending on how thinly sliced your meats are.
- Serve warm with or without any dipping sauce.



Fruit Parfaits

Items:

Electric Mixer

Saladmachine & Medium Bowl



INGREDIENTS:

- 2 cups sliced strawberries (Cone #4)
- 2 cups sliced bananas (Cone # 4)
- 2 cups blueberries

For the whipped cream cheese and heavy cream

- 1 - 8 oz. cream cheese – room temperature
- 2 cups heavy cream
- ½ cup powdered sugar
- 1 teaspoon vanilla extract
- Mint leaves for garnishing

INSTRUCTIONS:

Make the Vanilla Whipped Cream:

- To a bowl of an electric mixer fitted with a whisk attachment (hand mixer works well too), over medium, whip the cream cheese add vanilla, separately whip heavy cream add powder sugar, do not over whip, then fold the whip cream cheese with

with whip heavy cream.

- Spoon into a large piping bag fitted with a large star or round tip and place in the refrigerator until ready to use.

To Assemble:

- Prepare six 5 ounce dessert glasses or bowls. To glass dessert glasses (or bowls) add slices of strawberries, sliced bananas, pipe some cream, blueberries.
- Pipe whipped cream on top. Garnish with whole berries and mint leaves
- Makes six mini parfaits.

