



Carrie's Experimental Kitchen

grilling

35 reader favorite main entree recipes
that are prepared on the grill

Carrie Palladino Farias



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forward

My name is Carrie Palladino Farias, welcome to my kitchen!

I am a wife and mother of two girls and two dogs living in northern New Jersey. My love for cooking started when I was a little girl and I cherish the moments spent in the kitchen with all of my maternal mentors, including my mother, stepmother, grandmothers, and aunts who taught me all of the important basics while being extremely patient yet never once asked me to leave the kitchen.

I started the food blog, [Carrie's Experimental Kitchen](#), in April 2011 to help organize my own recipes while at the same time helping my family and friends who were always looking for new recipes to make for their own families. I never measured when I cooked (yes, I'm one of those!), but had to start if I wanted to show them anything they could actually use and follow.

Since starting the blog, I penned my first cookbook entitled, [Carrie's Experimental Kitchen: A Collection of Mediterranean Inspired Family Meals](#); which contains over 180 of my original family favorite recipes. As well as contributed to several other cookbooks in the market. Since it's inception I have created well over 1,100 recipes and am now working on a series of eBooks featuring some of the most popular, reader favorite recipes.

At *Carrie's Experimental Kitchen* you'll find simple to make, family-friendly recipes created with what I happen have on hand that particular day or what I find during my weekly jaunts to the market. I love the freshness of Mediterranean-style cooking, more especially fresh herbs and produce, so most of my recipes incorporate those fresh, aromatic flavors. My recipes are easy to recreate at home and are simple to follow, without a laundry list of ingredients, so anyone can prepare these meals at home whether you're a kitchen novice or an experienced chef.

The best way to follow along on my journey is to subscribe to my [weekly email](#) where you will receive an update every Friday morning with the newest recipes I've experimented with that week. Of course, you can always follow along on [Facebook](#), [Pinterest](#), [Instagram](#) and [Twitter](#).

Thank you for taking the time to download this eBook and read Carrie's Experimental Kitchen. I hope you enjoy experimenting with my recipes as much as I've enjoyed creating them!

Carrie

chicken & shrimp

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chicken grilling tips

Here are some grilling tips for chicken I thought you might find helpful.

1. After you fire up the grill, don't poke the chicken. Instead, use tongs to turn it over. Using a fork to turn the chicken pokes holes in the meat, thus letting some of those juices go to waste.
2. The only time you need to cut into the meat is when you are cooking a whole chicken and it is almost done.
3. One trick I learned for grilling chicken on the bone is to simmer it in water first. Add chicken pieces to a large pot, cover with water, bring to a boil then reduce to a simmer; then allow to simmer for approximately 15-20 minutes. You can do this with or without the skin on. This accomplishes several things.
 - a. The chicken doesn't dry out on the grill (especially when using chicken breasts) before it has time to cook through.
 - b. It won't have that completely charred bbq sauce on the meat; which if you're like my family, the kids refuse to eat.
 - c. It reduces your grilling time which is helpful if you're entertaining a large crowd
 - d. If you are cooking for a crowd, you can prepare the chicken ahead of time, even the day before the event, so you can spend more time with friends and family and less time sweltering over the heat of the grill...BONUS in my opinion!
4. Grills vary, thickness of meat, bone-in or bone out, skin or no skin, and even the weather all effect the cooking times of chicken. Use a meat thermometer, look for golden brown skin, clear running juices, and monitor closely to cook to the best doneness. Get a grilling thermometer. The recommended internal temperature for chicken when it is finished is between 165 - 175 degrees and the juices run clear.
5. Don't serve the chicken right away. Let the chicken "rest". For grilling a whole chicken let it sit for about 15 minutes after taking it off the grill and before carving. For chicken pieces let them sit for about 5 minutes to let the juices run back into the meat. The chicken will be much juicier this way!

lemon dill grilled chicken



Lemon Dill Grilled Chicken marinated in a brine of fresh lemon juice and dill; then grilled are juicy and delicious.

Lemon Dill Grilled Chicken

Prep time: 5mins Cook time : 6mins Resting Time: 2 hr.. Total time: 2hr 11mins Servings: 12

Ingredients

- o 12 Chicken Tenderloins
- o 1 1/2 c. Cold Water
- o 3 tbsp. Kosher Salt
- o 3 tbsp. [Granulated Sugar](#)
- o 2 tbsp. Fresh Dill chopped
- o 1 Lemon zest and juice

Instructions

1. Combine the water, salt and sugar in a medium bowl and stir until the salt and sugar dissolve; then add the dill and lemon zest and juice. Mix well.
2. Add the chicken to a resealable plastic bag and pour in the brining liquid.
3. Seal the bag and refrigerate for 2 hours.
4. Preheat your grill and remove the chicken from the bag, discarding the liquid.
5. Grill the chicken approximately 3 minutes per side or until a minimum internal temperature of 165 degrees F.

grilled chicken parmesan sliders



These Grilled Chicken Parmesan Sliders take only 20 minutes to make and are much healthier than the classic sandwich. Get the kids involved in making dinner with this quick and easy recipe.

Grilled Chicken Parmesan Sliders

Prep time: 15mins Cook time : 5mins Total time: 20mins Servings: 8

Ingredients

- o 4 Thinly Sliced Boneless Chicken Breasts, cut half
- o 1/2 c . Prepared [Marinara Sauce](#)
- o 6-8 oz . Fresh Mozzarella, sliced into 8 equal slices
- o 8 in Ciabatta Slider Rolls, cut in half
- o 8 Pieces Whole Fresh Basil Leaves or 1/2 c. Chopped Fresh Basil
- o [Extra Virgin Olive Oil](#)
- o Kosher Salt, as desired

Instructions

1. Preheat the oven to 425 degrees F. Slice the rolls in half and drizzle them with a little extra virgin olive oil and salt. Place on a baking sheet and bake while the chicken is grilling (about 5-8 minutes) so they get extra crispy.
2. Grill the chicken breasts until they're cooked through; about 2-3 minutes per side.
3. Place the cooked chicken on a foil lined baking sheet, top each piece with sauce and a piece of mozzarella; then place under the broiler for 5-7 minutes until the cheese melts.
4. Place the chicken on the slider roll, top with fresh basil; then the top of the roll.

grilled chicken with dijon tarragon sauce



Grilled chicken topped with a low fat sauce made with nonfat Greek yogurt, Dijon mustard, chicken broth and fresh tarragon.

Grilled Chicken with Dijon Tarragon Sauce

Prep time: 5mins Cook time : 15mins Total time: 20mins Servings: 4

Ingredients

- o 4-4 ounce Boneless Chicken Breasts
- o 2 tbsp . Dijon Mustard
- o 1 tbsp . Fresh Tarragon, chopped
- o 2 Scallions, chopped
- o 1 c . Fat Free Chicken Broth
- o 2 tbsp . Nonfat Greek Yogurt
- o [Kosher Salt, to taste](#)
- o Fresh Ground Black Pepper, to taste

Instructions

1. Grill chicken breasts 8- 10 minutes or until cooked through; set aside and keep warm.
2. In a small saucepan, combine the mustard, tarragon, scallions and chicken broth. Bring to a boil, season with salt and pepper; then remove from heat.
3. Whisk in the yogurt; then pour the sauce over the chicken.

lemon yogurt & basil chicken kebabs



Boneless chicken marinated in Greek yogurt, fresh basil and lemon juice, skewered with fresh garden vegetables; then grilled to perfection.

Lemon Yogurt & Basil Chicken Kebabs

Prep time: 10 mins **Cook time :** 20 mins **Resting Time:** 2 hr.. **Total time:** 2 hr. 30 min **Servings:** 6

Ingredients

- o 4 pieces Boneless Chicken Breasts (or 10 Chicken Tenderloins cut into thirds); approximately 25-30 pieces
- o 1 c . Plain Greek Yogurt
- o 2 tbsp . Fresh Basil, chopped
- o 1 Lemon, zest and juice
- o 12 Skewers
- o 2" Pieces of cut raw vegetables (onions mushrooms, zucchini, tomatoes, peppers, etc.),

Instructions

1. In a medium sized bowl, combine the yogurt, basil, lemon zest and juice; mix well.
2. Add the chicken to a large resealable bag; then add the yogurt mixture. Refrigerate for at least 2 hours or up to overnight.
3. Soak wooden skewers in water for 30 minutes prior to grilling so the wood doesn't burn on the grill. Layer vegetables and chicken on the skewers; then grill until cooked through; approximately 15-20 minutes.

honey lime grilled chicken skewers



These three ingredient Honey-Lime Grilled Chicken Skewers are perfect for a quick weeknight meal or tasty appetizer or game day snack!

Honey Lime Grilled Chicken Skewers

Prep time: 10mins Cook time : 8mins Resting Time: 2hr Total time: 2 hr. 8mins Servings: 7

Ingredients

- o 14 Chicken Tenderloins
- o 1/2 c [Honey](#)
- o 1 Lime, zest and juice
- o 14 Skewers

Instructions

1. Whisk together the honey, lime zest and juice in a small bowl until smooth.
2. Add the chicken to a resealable plastic bag and add the honey mixture; then seal the bag and refrigerate for at least 2 hours. Remove from the refrigerator and discard the marinade.
3. If using wooden skewers, soak them in hot water for 5-10 minutes so that they don't burn upon grilling. (If using metal skewers, you can skip this step.)
4. Thread each tenderloin on the skewer and grill the chicken approximately 3-4 minutes per side or until the minimum internal temperature of 165 degrees F is reached.
5. (Optional) Cut some limes in half, grill them for a minute or two; then squeeze them on top of the chicken before serving.

**If using wooden skewers, soak them in warm water for 15 minutes prior to threading to avoid burning while grilling.*

mojito grilled chicken



Mojito Grilled Chicken made with boneless chicken breasts marinated in a brine of fresh mint, lime juice, rum and tonic water; then grilled to perfection.

Mojito Grilled Chicken

Prep time: 5mins Cook time : 15mins Resting Time: 2 hr.. Total time: 2 hr. 20mins Servings: 4

Ingredients

- 4- 6(ounce) Boneless Chicken Breasts
- 1/4 c . Fresh Mint
- 1/4 c . [Granulated Sugar](#)
- 1/4 c . Kosher Salt
- 1/4 c . Lime Juice
- 1/2 c . White Rum
- 2 c . Tonic Water

Instructions

1. Add the mint and sugar to a bowl and muddle the mint gently to release some of the oils. Do not shred; then add the remaining ingredients; mix well.
2. Place the chicken into a resealable plastic bag and add the marinade. Coat chicken well then refrigerate at least 2 hours up to overnight.
3. Grill the chicken on both sides until a minimum internal temperature of 165 degrees F; approximately 6-8 minutes per side.

grilled chicken with summer fruit salsa



This Grilled Chicken with Summer Fruit Salsa made with fresh peaches, mangoes and tomatoes is guaranteed to be a new Summer favorite.

Grilled Chicken with Summer Fruit Salsa

Prep time: 15mins Cook time : 15mins Total time: 30mins Servings: 4

Ingredients

- o 4- 6oz. Boneless Chicken Breasts
- o 1 Heirloom Tomato, , finely chopped
- o 1 Mango, peeled, de-pitted and finely chopped
- o 1 Peach, peeled, de-pitted and finely chopped
- o 1 tsp . Red Onion, minced
- o 1 Lime, juice only
- o 1 tsp . Fresh Cilantro, chopped
- o 1 tsp . Balsamic Vinegar
- o 2 tsp . [Extra Virgin Olive Oil](#)
- o Kosher Salt & Black Pepper, to taste

Instructions

1. Grill chicken until proper internal temperature is reached (minimum 165 degrees F.
2. While the chicken is grilling combine all of the remaining ingredients; then place on top of the chicken before serving.

* Summer Fruit Salsa makes 1 cup and can also be served on top of grilled pork or seafood.

general tso grilled chicken strips



Make the sweet, popular North American Chinese General Tso Chicken dish a little healthier by grilling instead of deep frying.

General Tso Grilled Chicken Strips

Prep time: 5mins Cook time : 12mins Resting Time: 2 hr.. Total time: 2 hr. 17mins Servings: 8

Ingredients

- o 16- 2(ounce) Chicken Tenderloins
- o 1/2 c. [Low Sodium Soy Sauce](#)
- o 1/2 c. Light Olive Oil (or other light oil)
- o 1/4 c. Ketchup
- o 3 tbsp. Light Corn Syrup
- o 1 1/2 tbsp. Cider Vinegar
- o 1 tsp. Garlic, minced
- o 1 tsp. Ginger, grated
- o 1/2 tsp. Red Pepper Paste

Instructions

1. First, combine the soy sauce and oil; then add it to a resealable bag or dish along with the chicken. Place in the refrigerator for at least 2 hours to marinate.
2. Next, combine the ketchup, corn syrup, vinegar, garlic, ginger and red pepper paste in a bowl and whisk until smooth.
3. Heat your grill; then take the chicken out of the marinade which you can discard. Brush the sauce on top of both sides of the chicken and cook for about 10- 12 minutes; flipping the chicken over and brushing the marinade on until it's gone. Total cooking time took approximately 12 minutes, but time may vary depending on the size of your chicken strips and how hot your grill is.

honey lemon grilled chicken



Boneless chicken breasts marinated in a combination of honey, lemon juice and rosemary; then grilled is a healthy, low fat delicious weeknight meal.

Honey Lemon Grilled Chicken

Prep time: 5mins Cook time : 15mins Resting Time: 2 hr.. Total time: 2 hr. 20 mins Servings: 4

Ingredients

- o 4- 6(ounce) Boneless Chicken Breasts
- o 1/2 c. [Honey](#)
- o 1 Lemon, zest and juice
- o 1 tbsp. Fresh Rosemary, chopped

Instructions

1. Add the honey, lemon zest and juice, and rosemary to a bowl and whisk until well blended.
2. Place the chicken in a resealable plastic bag; then add the honey mixture and refrigerate for at least 2 hours or overnight.
3. Remove the chicken from the refrigerator at least 15 minutes prior to grilling to bring the meat to room temperature, discard the marinade; then grill until minimum temperature of 165 degrees F. (approximately 10-15 minutes depending on thickness and temperature of your grill)

grilled chicken with béarnaise sauce



Top your grilled chicken with homemade Béarnaise Sauce made with white wine, butter and fresh tarragon.

Grilled Chicken with Béarnaise Sauce

Prep time: 15mins Cook time : 15mins Total time: 30mins Servings: 4

Ingredients

- o 4 Boneless Chicken Breasts
- o 1/4 c . White Wine
- o 1/4 c . White Vinegar
- o 3 tbsp . Minced Shallots
- o 2 tbsp . Fresh Tarragon, chopped
- o 2 tbsp . Water
- o 4 Large Egg Yolks
- o 7 oz . Butter, melted
- o 1 tbsp . Fresh Lemon Juice
- o Salt and Pepper, as desired

Instructions

1. Preheat your grill; then pound your chicken breasts using a meat mallet so they are uniform in thickness (between 1/2"-1").
2. Grill your chicken breasts until cooked through; approximately 3-5 minutes per side; keep warm and set aside.
3. In a small saucepan, combine the wine, vinegar, shallots and tarragon and bring to a boil. Allow to simmer 3-5 minutes; then remove from heat.
4. Combine the water and egg yolks in a small bowl; then gradually whisk the eggs into the wine mixture. You want to do this slowly so you don't cook the eggs.
5. Next, slowly whisk in the butter until the sauce is creamy; then add the lemon juice, salt and pepper. Mix until well combined; then strain through a fine sieve. Pour sauce over the chicken when ready to serve.

gremolata grilled chicken



Marinated chicken tenderloins in lemon juice, garlic, fresh parsley and extra virgin olive oil.

Gremolata Grilled Chicken

Prep time: 5mins Cook time : 10mins Resting Time: 2 hr.. Total time: 2 hr. 15 mins Servings: 6

Ingredients

- o 12 Chicken Tenderloins
- o 1 Lemon, zest and juice
- o 2 tbsp. Garlic, minced
- o 1/2 c. Fresh Parsley, chopped
- o 1/4 c. Extra Virgin Olive Oil
- o 12 Skewers

Instructions

1. In a small bowl combine the lemon zest and juice, garlic, chopped parsley and oil. Whisk together.
2. Add the chicken to a large resealable plastic bag and add the marinade and refrigerate for at least 2 hours or up to overnight.
3. Heat grill and remove the chicken from the bag. Grill chicken until it is cooked through; approximately 5-6 minutes per side (grilling times may vary depending on type of grill and whether or not you close the lid. Cooked chicken should be 165 internal degrees).

**If using wooden skewers, soak them in warm water for 15 minutes prior to threading to avoid burning while grilling.*

dijon maple grilled shrimp



Dijon Maple Grilled Shrimp Skewers are marinated in maple syrup and Dijon mustard; then skewered with fresh garden vegetables.

Dijon Maple Grilled Shrimp

Prep time: 20mins Cook time : 10mins Resting Time: 2 hr.. Total time: 2 hr. 30 mins Servings: 4

Ingredients

- o 2 lb. . Jumbo Shrimp 26/28ct, cleaned and deveined
- o 1 tbsp . Dijon Mustard
- o 1/2 c . Maple Syrup
- o Vegetables, cut large pieces (zucchini, onions, tomatoes, mushrooms, etc.)
- o 8-10 Skewers; depending on how many shrimp you want to place on the skewer

Instructions

1. Combine the Dijon mustard and the maple syrup with a whisk in a small bowl; then add the marinade and the shrimp to a resealable plastic bag or a covered bowl and refrigerate at least 2 hours up to overnight.
2. About 1/2 hour before you are ready to grill, soak your skewers in water if you're using the wooden kind. If you have metal skewers, there is no need to soak.
3. While the skewers are soaking, prepare your shrimp skewers. Cut some of your favorite garden vegetables in large pieces like zucchini, onions, mushrooms, tomatoes, etc.
4. When the vegetables are cut assemble the shrimp and vegetables onto the skewers and grill until the shrimp are cooked through and are not translucent. Depending on how high of a temperature you cook on your grill this could be anywhere from 5-10 minutes.

**If using wooden skewers, soak them in warm water for 15 minutes prior to threading to avoid burning while grilling.*

lemon basil shrimp skewers



Lemon Basil Grilled Shrimp marinated in fresh squeezed lemon juice, garlic, basil, white vinegar and oil are deliciously light and flavorful. Skewer them with your favorite vegetables; then serve over rice or pasta for a complete meal.

Lemon Basil Shrimp Skewers

Prep time: 15mins Cook time : 10mins Resting Time: 2 hr.. Total time: 2 hr. 25 mins Servings: 4

Ingredients

- o 2 lb.. Jumbo 21/25 Shrimp, peeled and deveined
- o 1 Lemon, zest and juice
- o 2 cloves Garlic, minced
- o 1 tbsp. Fresh Basil, chopped
- o 1 tbsp. White Vinegar
- o 2 tbsp. Extra Light Olive Oil (or other light oil)

Instructions

1. Place the cleaned shrimp in a resealable plastic bag while you make the marinade.
2. Combine the lemon, garlic, basil, and oil in a small bowl and whisk until it emulsifies; then add it to the shrimp. Seal the bag and coat all of the shrimp with the marinade; then refrigerate for at least 4 hours up to 24 hours.
3. When you're ready to grill the shrimp you can either use a grill basket or alternate the shrimp with your favorite vegetables on a skewer. Discard the marinade. (If you're using wooden skewers, make sure you soak them in water for at least 30 minutes prior to threading so that they don't burn when you grill them.)
4. Preheat your grill to 350-450°F; then grill the shrimp for 5-7 minutes, turning halfway through. (The outside of the shrimp should turn light pink and the inside will be white.)

**If using wooden skewers, soak them in warm water for 15 minutes prior to threading to avoid burning while grilling.*

greek honey lemon grilled pork chops



These Greek Honey Lemon Grilled Pork Chops made with fresh lemon, oregano, and honey create a simple, yet flavorful marinade.

Greek Honey Lemon Grilled Pork Chops

Prep time: 10mins Cook time : 12mins Resting Time: 2 hr.. Total time: 2hr 22 mins Servings: 4

Ingredients

- o 4 In Bone Center Cut Pork Chops
- o 1/2 c . [Honey](#)
- o 1 Lemon zest and juice
- o 1 tbsp . Fresh Oregano chopped
- o 1/2 c . [Extra Virgin Olive Oil](#)
- o 1 tsp . Kosher Salt
- o 1/4 tsp . Fresh Ground Black Pepper

Instructions

1. Combine the honey, lemon zest and juice, oregano, oil, salt and pepper in a bowl and add it to a resealable plastic bag along with the pork chops. Refrigerate for at least 2 hours or overnight.
2. Bring pork to room temperature 15 minutes prior to grilling; then grill pork chops approximately 5-6 minutes per side depending on your preferred doneness (minimum internal temperature 145 degrees F).

ribs with whiskey maple bbq sauce



Nothing says summer than a perfectly seasoned rack of ribs on the grill. These Ribs with Whiskey Maple BBQ Sauce are fall off the bone, melt in your mouth good. Try this sauce on grilled chicken too.

Ribs with Whiskey Maple BBQ Sauce

Prep time: 10mins Cook time : 2hr Total time: 2hr 10 mins Servings: 8

Ingredients

For the Ribs

- o 2 Racks Ribs St. Louis Style or Baby Back, approx. 6lbs
- o Prepared Whiskey Maple BBQ Sauce

For the Whiskey Maple BBQ Sauce

- o 1/2 c . Ketchup
- o 1/4 c . Light Brown Sugar
- o 1/2 c . Maple Syrup
- o 1/4 c . Whiskey
- o 1/2 tsp . [Garlic Powder](#)

Instructions

For the Ribs

1. Cut each rack in half through the middle. Place half racks into a large stockpot and fill with water until meat is submerged.
2. Bring the water to a boil; then reduce heat to low and simmer for 1 1/2-2 hours. Add extra water to cover ribs if it evaporates.
3. Remove the ribs from the water. If you're not grilling the ribs right away, allow them to cool, cover with foil and refrigerate until ready. Can be prepared the day before..
4. Brush the sauce on both sides of the ribs and either grill them until crispy or bake them in a 350 degree F oven for approximately 15-20 minutes until sauce is bubbling hot.

For the Whiskey Maple BBQ Sauce

1. Combine all of the ingredients in a small saucepan, bring to a boil; then allow to simmer for about 5 minutes. As it cools it gets thicker so just refrigerate until ready to use. You can make this up to 2 days ahead.

teriyaki grilled pork chops



Make your own teriyaki glaze with a few simple ingredients. Perfect on grilled pork, chicken, beef or seafood.

Teriyaki Grilled Pork Chops

Prep time: 10mins

Cook time : 15mins

Total time: 25mins

Servings: 4

Ingredients

- o 4- 6(ounce) Bone In Center Cut Pork Chops
- o 3/4 c. Low Sodium or Gluten Free Soy Sauce
- o 2 tbsp. Cornstarch or Arrowroot Starch
- o 3 tbsp. [Honey](#)
- o 1/2 tsp. Fresh Ginger or 1/4 tsp. Ground Ginger

Instructions

1. Preheat grill.
2. Combine the soy sauce and cornstarch in a small saucepan over high heat until there are no lumps; then add the honey and ginger. Whisk well to combine.
3. Bring to a boil, reduce heat; then simmer 1-2 minutes for a thinner sauce or 3-5 minute for a thick glaze.
4. Brush the glaze on the pork chops and grill until desired doneness (minimum temperature 145 degrees F) approximately 5 minutes per side; brushing more glaze on as it's cooking.

lemon basil grilled pork chops



These pork chops marinated in a brine with fresh lemon juice and basil are deliciously light, flavorful and juicy. Use the brine on grilled chicken too!

Lemon Basil Grilled Pork Chops

Prep time: 10mins Cook time: 15mins Resting Time: 2hr Total time: 2hr 25 mins Servings: 4

Ingredients

- o 4 Pork Chops
- o 3/4 c . Cold Water
- o 2 tbsp . [Granulated Sugar](#)
- o 2 tbsp . Kosher Salt
- o 1/4 c . Fresh Basil chopped
- o 1 Lemon; zest and juice
- o 1/4 tsp . Fresh Ground Pepper

Instructions

1. Trim any visible fat from your pork chops.
2. In a small bowl combine the water, sugar and salt and whisk until it dissolves.
3. Add basil, lemon zest and juice, and pepper. Mix well.
4. Add the pork chops to a resealable plastic bag and pour in the brine mixture; then refrigerate for 2 hours.
5. Take the pork out of the refrigerator approximately 15 minutes prior to cooking so that the meat comes to room temperature; discard the marinade.
6. Heat the grill and cook the pork chops until the internal temperature reaches a minimum of 145 degrees.

asian marinated pork spareribs



Pork spareribs slowly simmered until they're fall-off-the-bone tender; then brushed with an Asian marinade and grilled to perfection.

Asian Marinated Pork Spareribs

Prep time: 10mins Cook time : 2hrs Total Time: 2hr 10mins Servings: 8

Ingredients

For the Spareribs

- o 2 Full Rack Pork Spareribs
- o Prepared Asian Marinade

For the Asian Marinade

- o 3/4 c. [Low Sodium Soy Sauce](#)
- o 2 tbsp. Ketchup
- o 1 tbsp. [Stone Ground Mustard](#)
- o 1/2 c. [Honey](#)
- o 1 tsp. [Garlic Powder](#)
- o 1/4 c. Scallions, chopped

Instructions

For the Spareribs

1. Cut racks in half forming four racks; then place them in a large pot and cover with water. Bring the water to a boil; then reduce heat and simmer for 1 1/2 hours.
2. Remove ribs and brush with the prepared marinade; then you can either grill the ribs until they are browned or bake at 350 degrees F for 15-20 minutes.

For the Asian Marinade

1. Add all ingredients to a medium saucepan, mix well, then bring to a boil. Reduce the heat and allow to simmer for 20-25 minutes or until sauce has thickened. Let cool. (Can be prepared the day before and kept refrigerated)

corona grilled pork chops



Center cut boneless pork chops marinated in a brine of Corona beer, fresh lime juice and cilantro; then grilled to perfection.

Corona Grilled Pork Chops

Prep time: 5mins Cook time : 15mins Resting Time: 2hrs. Total Time: 2hr 20mins Servings: 8

Ingredients

- o 8 Boneless Center Cut Pork Chops
- o 1 bottle Corona Beer
- o 2 tbsp. [Granulated Sugar](#)
- o 2 tbsp. Kosher Salt
- o 1 Lime, zest and juice
- o 1 tbsp. Fresh Cilantro, chopped
- o 1 tbsp. [Honey](#)

Instructions

1. In a small bowl, combine the beer, sugar, and salt until it dissolves.
2. Add lime zest and juice, cilantro and honey and whisk together until well blended.
3. Add the pork chops and the marinade to a resealable plastic bag, and refrigerate for 2-8 hours. Remove the meat 15 minutes prior to grilling, discard the marinade; then grill the pork chops until the proper internal temperature is reached (minimum of 145 degrees F).

ribs with honey maple bbq sauce



Pork ribs slowly simmered; then basted with my homemade honey maple bbq sauce. Grill them or bake them in the oven, they're tender every time!

Ribs with Honey Maple BBQ Sauce

Prep time: 10mins Cook time : 2hrs Total Time: 2hr 10mins Servings: 8

Ingredients

For the Ribs

- o 2 full racks Pork Ribs
- o Prepared Honey Maple BBQ Sauce

For the Honey BBQ Sauce

- o 1/2 c. Ketchup
- o 1/2 c. [Honey](#)
- o 1/2 c. Light Brown Sugar
- o 1/4 c. Maple Syrup
- o 1/2 tsp. [Garlic Powder](#)

Instructions

For the Ribs

1. Cut racks in half forming four racks; then place them in a large pot. Cover the meat with water and bring to a boil. Reduce heat and simmer for 1 1/2-2 hours.
2. Remove the ribs and brush with prepared Honey Maple BBQ Sauce. Either grill until the ribs are browned or bake at 350 degrees F oven for 15-20 minutes.

For the Honey BBQ Sauce

1. Add all ingredients to a medium saucepan, whisk together and bring to a boil. Reduce heat and simmer until sauce thickens, approximately 10 minutes. Let cool. Makes 1 1/2 cups.

lemon ginger grilled pork chops



Lemon Ginger Grilled Pork Chops made with center cut boneless pork chops marinated in lemon juice, ginger, honey and soy sauce; then grilled.

Lemon Ginger Grilled Pork Chops

Prep time: 10mins Cook time : 15mins Resting Time: 2hrs Total Time: 2hr 25mins Servings: 4

Ingredients

- o 4- 6(ounce) Pork Chops, boneless, center cut
- o 1 Lemon, juice only
- o 1 tsp. Fresh Ginger, grated
- o 1 tsp. [Honey](#)
- o 2 tbsp. [Gluten Free Soy Sauce](#)
- o 1 tsp. [Sesame Oil](#)
- o 2 tbsp. [Canola Oil](#)

Instructions

1. In a bowl, add the lemon juice, ginger, honey, soy sauce, sesame and canola oils and whisk together.
2. Trim any fat from your pork chops and add them to a resealable plastic bag along with the marinade. Seal the bag and refrigerate for at least 2 hours.
3. Remove the bag from the refrigerator 15 minutes prior to grilling to bring the meat to room temperature so the meat cooks evenly. Cook until proper internal temperature.

cilantro lime grilled pork chops



Boneless, center cut pork chops marinated in a brine of fresh lime juice and cilantro.

Cilantro Lime Grilled Pork Chops

Prep time: 10mins Cook time : 15mins Resting Time: 2hrs Total Time: 2hr 25mins Servings: 4

Ingredients

- o 4- 6(ounce) Boneless Pork Chops
- o 3/4 c. Water
- o 2 tbsp. [Granulated Sugar](#)
- o 2 tbsp. Kosher Salt
- o 1 tbsp. Fresh Cilantro, chopped
- o 1 Lime, zest and juice

Instructions

1. In a small bowl, combine the water, sugar, and salt until it dissolves.
2. Add cilantro, lime zest and juice; then whisk together until well blended.
3. Add the pork chops and the marinade to a resealable plastic bag, and refrigerate for 2 hours.
4. Remove the meat from the bag, discard the marinade; then grill the pork chops until the minimum internal temperature of 145 degrees F is reached. (more if you prefer it well done.)

rosemary grilled pork skewers



Rosemary Grilled Pork Skewers made with boneless center cut pork marinated in fresh lemon juice, garlic, and rosemary; then skewered with fresh garden vegetables

Rosemary Grilled Pork Skewers

Prep time: 15mins Cook time : 10mins Resting Time: 2hr Total Time: 2hr 25mins Servings: 4

Ingredients

- o 1 1/2 lb. . Center Cut Pork Loin trimmed and cubed
- o 1/4 c . [Distilled White Vinegar](#)
- o 1/4 c . [Extra Virgin Olive Oil](#)
- o 1 Lemon zest and juice
- o 2 Cloves Garlic minced
- o 2 tbsp . Fresh Rosemary finely chopped
- o 1/2 tsp . Kosher Salt
- o 1/4 tsp . Fresh Ground Black Pepper
- o Vegetables cubed (I used baby portobello mushrooms, zucchini, onion and Roma tomatoes)
- o 8 Skewers

Instructions

1. Combine the vinegar, oil, lemon zest and juice, garlic, rosemary, salt and pepper in a bowl and whisk together.
2. Add the pork to a resealable plastic bag; then add in the vinegar mixture. Refrigerate for 2 hours.
3. Remove the pork from the refrigerator; then assemble skewers by alternating 3-4 pieces of pork and vegetables of your choice per skewer.
4. Grill 8-10 minutes or until the pork has reached the proper internal temperature of 145 degrees F.

**If using wooden skewers, soak them in warm water for 15 minutes prior to threading to avoid burning while grilling.*

beef grilling tips

Here are some grilling tips for beef I thought you might find helpful.

1. Before grilling steak, allow to sit at room temperature for 15 minutes prior to grilling.
2. Place your steak on a preheated grill. Sear the steak on high on both sides; then move to the side of the grill and finish cooking the steak to your liking.
3. The [USDA](#) recommends steaks and roasts be cooked to 145°F (medium) and then rested for at least 3 minutes.
4. To ensure food safety, ground beef should be cooked to a minimum 160°F (well done). Be sure to check with a [thermometer](#), as color alone is not a foolproof indicator.

Proper Internal Meat Temperatures

Rare--cool red center 125°F (52°C)

Medium Rare--warm red center 135°F (57°C)

Medium--warm pink center 145°F (63°C)

Medium Well--slightly pink center 150°F (66°C)

Well Done--little to no pink 160°F (71°C)

tuscan style grilled rib eye steak



This Tuscan-Style Grilled Rib Eye Steak marinated in fresh rosemary, garlic, balsamic vinegar and olive oil is so tender, it will melt in your mouth.

Tuscan Style Grilled Rib Eye Steak

Prep time: 5mins Cook time : 15mins Resting Time: 2hr Total Time: 20mins Servings: 2-4

Ingredients

- o 2 Boneless Rib Eye Steaks
- o 2 tbsp . Fresh Rosemary, chopped
- o 2 Cloves Garlic, minced
- o 1/4 c . [Extra Virgin Olive Oil](#)
- o 3 tbsp . Balsamic Vinegar
- o 1 tsp . Kosher or Sea Salt
- o 1/2 tsp . Fresh Ground Black Pepper

Instructions

1. Add the rosemary, garlic, oil, vinegar, salt and pepper to a small bowl and whisk together.
2. Add the steaks to a resealable plastic bag; then add the marinade mixture. Seal the bag and coat the beef.
3. Refrigerate for at least 2 hours or overnight; then grill to your liking.

**Serving size and cooking times will vary depending on how thick your steaks are; as well as your desired level of doneness.*

jack daniels tennessee honey marinated london broil



Beef London Broil marinated in Jack Daniels Tennessee Honey and spices.

Jack Daniels Tennessee Honey Marinated London Broil

Prep time: 5mins

Cook time : 15mins

Resting Time: 2hr

Total Time: 20mins

Servings: 6

Ingredients

- o 2 lb. . Top Round London Broil
- o 50 ml Jack Daniels Tennessee Honey
- o 1/4 c . Apple Cider Vinegar
- o 3/4 c . [Canola Oil](#)
- o 1/2 c . Scallions, chopped
- o 1 tbsp . [Garlic Powder](#)
- o 1/4 tsp . Kosher Salt
- o 1/8 tsp . Fresh Ground Black Pepper

Instructions

1. Whisk all of the ingredients together in a bowl; then add the London broil to a resealable plastic bag and add the marinade.
2. Refrigerate for at least 2 hours or overnight; then remove the meat 15 minutes prior to grilling to bring the meat to room temperature. Discard marinade.
3. Grill to desired doneness.

**Cooking times will vary depending on your desired level of doneness.*

sun dried tomato and basil stuffed flank steak



Tenderized flank steak stuffed with sun dried tomatoes, basil, garlic and Asiago cheese;

Sun Dried Tomato and Basil Stuffed Flank Steak

Prep time: 15mins

Cook time : 15mins

Total Time: 30mins

Servings: 8

Ingredients

- o 2 lb. . Flank Steak
- o 1/2 c . Chopped Sun Dried Tomatoes not in oil
- o 1/2 c . Fresh Basil chopped
- o 3 Cloves Garlic chopped
- o 1/4 c . Grated Asiago Cheese you can also use Pecorino Romano
- o Kitchen String

Instructions

1. Tenderize the flank steak using a meat mallet until it is uniform in thickness. (If you don't own a meat mallet, you can use a rolling pin or the bottom of a heavy glass.)
2. Combine the sun dried tomatoes, basil, garlic and Asiago cheese; then spread it on the beef leaving 1/4" around all sides.
3. Next, carefully roll the meat (longest side toward you); then tie it with kitchen string to hold it's shape. I used eight pieces of string; then cut the flank steak roll into eight pieces, cutting in between the string.
4. You can then refrigerate the pieces until you're ready to grill them (up to the night before) or grill them until they are cooked through to your desired level of doneness.

**Cooking times will vary depending on your desired level of doneness.*

cajun lime grilled rib eye steak



Rib eye steak marinated in Cajun seasonings combined with fresh lime juice, honey and a light oil; then grilled to your liking. Make it as mild or spicy as you like, either way, it will be your new favorite marinade!

Cajun Lime Grilled Rib Eye Steak

Prep time: 5mins

Cook time : 20mins

Resting Time: 2hr

Total Time: 25mins

Servings: 4

Ingredients

- o 4- (6-7oz) Rib Eye Steaks, uncooked weight
- o 1/2 tbsp. Cajun Seasoning
- o 3 Limes, juice only
- o 2 tbsp. [Honey](#)
- o 2 tbsp. [Canola Oil](#)
- o 1/2 tsp. Kosher Salt

Instructions

1. Combine all ingredients in a bowl and whisk until smooth; then add your steak and the mixture to a resealable plastic bag. Marinate the steak in the refrigerator for at least 2-24 hours
2. Preheat your grill. Remove the steak from the refrigerator and allow it to come to room temperature for at least 15 minutes prior to grilling.
3. Place your steak on the grill and discard the marinade. Sear the steak on high on both sides; then move to the side and finish cooking the steak to your liking.

**Cooking times will vary depending on your desired level of doneness.*

madeira marinated london broil



London Broil marinated in Madeira wine, extra virgin olive oil, fresh squeezed lemon juice, garlic and oregano; then grilled to perfection.

Madeira Marinated London Broil

Prep time: 15mins Cook time : 20mins Resting Time: 2hr Total Time: 2hr 35mins Servings: 4

Ingredients

- o 2 lb. . Top Round London Broil
- o 1/2 c . [Extra Virgin Olive Oil](#)
- o 1/4 c . Madeira Wine
- o 1 Lemon, juice and zest
- o 2 tbsp . Fresh Oregano, chopped
- o 2 Cloves Garlic, minced
- o 1 tsp . Kosher Salt
- o 1/4 tsp . Fresh Ground Black Pepper

Instructions

1. Trim any fat from your London broil and place in a resealable plastic bag or covered dish.
2. In a small bowl, whisk together the oil, wine, lemon juice and zest, oregano, garlic, salt and pepper until well blended; then add it to the bag.
3. Coat the meat in the marinade, seal the bag (or cover the dish) and refrigerate for a minimum of 2 hours and up to overnight.
4. Remove the meat and bring to room temperature for approximately 15 minutes prior to grilling. Discard the marinade.
5. Grill the meat until your desired doneness

**Cooking times will vary depending on your desired level of doneness.*

soy ginger grilled flank steak



Flank steak marinated in fresh ginger, ginger, soy sauce, and brown sugar; then grilled to perfection. A must-try on your summer grilling list.

Soy Ginger Grilled Flank Steak

Prep time: 10mins Cook time : 20mins Resting Time: 4hr Total Time: 4hr 30mins Servings: 6

Ingredients

- o 1-2 lb. . Flank Steak
- o 1/2 c . [Low Sodium Soy Sauce](#)
- o 1/4 c . [Canola Oil](#)
- o 1 tsp . Fresh Ginger, grated
- o 1 Clove Garlic, minced
- o 2 tbsp . Brown Sugar

Instructions

1. Tenderize the flank steak using a meat mallet until it is uniform in thickness. (If you don't own a meat mallet, you can use a rolling pin or the bottom of a heavy glass.)
2. Whisk all of the ingredients together in a small bowl.
3. Add the steak to a resealable plastic bag and pour in the marinade. Refrigerate for at least 4 hours. Remove the meat from refrigerator at least 15 minutes prior to grilling; discarding marinade.
4. Heat your grill; then grill meat to desired doneness (approximately 20 minutes).

**Cooking times will vary depending on your desired level of doneness.*

mediterranean stuffed flank steak



Tenderized flank steak stuffed with Kalamata olives, sun dried tomatoes, garlic, basil and feta cheese.

Mediterranean Stuffed Flank Steak

Prep time: 15mins

Cook time : 15mins

Total Time: 30mins

Servings: 8

Ingredients

- o 1 1/2-2 lb. . Flank Steak
- o 1/2 c . Sun Dried Tomatoes, chopped
- o 2 Cloves Garlic, chopped
- o 1/4 c . Fresh Basil, chopped
- o 8 Kalamata Olives, pitted and chopped
- o 1/2 c . Feta Cheese, crumbles
- o Kitchen String

Instructions

1. Using a meat tenderizer, pound flank steak until it is rectangular in shape and even thickness.
2. Add the tomatoes, garlic, basil, olives and cheese to a bowl and mix well.
3. Evenly spread the mixture on top of the steak, leaving a 1/2" border around all sides. Roll up the flank steak lengthwise and tie with eight pieces of kitchen string; spacing them out to where you will slice them.
4. Using a sharp knife, cut the rolled steak into six individual pieces. Season with salt and pepper just prior to grilling and grill until desired doneness.

**Cooking times will vary depending on your desired level of doneness.*

red wine rosemary marinated london broil



Beef London broil marinated in red wine, garlic, rosemary, balsamic vinegar and light olive oil.

Red Wine Rosemary Marinated London Broil

Prep time: 10mins Cook time : 20mins Resting Time: 4hrs Total Time: 4hr 30mins Servings: 6

Ingredients

- o 2 lb.. Beef Top Round London Broil
- o 1/2 c. Dry Red Wine
- o 2 cloves Garlic, minced
- o 2 tbsp. Fresh Rosemary, chopped
- o 1/4 c. Balsamic Vinegar
- o 1/4 c. Light Olive Oil
- o 2 tsp. Kosher Salt
- o 1 tsp. Fresh Ground Black Pepper

Instructions

1. Combine all of the ingredients together; then add the meat and the marinade to a resealable plastic bag. Place the bag in the refrigerator for at least 4 hours (you can refrigerate up to 24 hours before cooking).
2. When you're ready to grill your steak, take the meat out of the refrigerator at least 15 minutes prior so that it comes to room temperature. Remove the meat from the bag and discard the marinade prior to grilling and cook to your level of doneness.

**Cooking times will vary depending on your desired level of doneness.*

wine and balsamic marinated filet mignon



Wine & Balsamic Marinated Filet Mignon made with dry red wine, mustard, balsamic vinegar and fresh rosemary is an easy marinade that's perfect for rich meats like beef.

Wine and Balsamic Marinated Filet Mignon

Prep time: 10mins Cook time : 15mins Resting Time: 2hrs Total Time: 2hr 30mins Servings: 4

Ingredients

- o 4 Filet Mignon
- o 1/2 c. [Extra Virgin Olive Oil](#)
- o 1/4 c. Balsamic Vinegar
- o 1/4 c. Dry Red Wine
- o 1 tbsp. [Stone Ground Mustard](#)
- o 2 Cloves Garlic, minced
- o 1 tbsp. Fresh Rosemary, chopped
- o 1/4 tsp. Fresh Ground Pepper
- o 1/4 tsp. Kosher Salt

Instructions

1. Whisk all ingredients together until well blended. Add the meat and the marinade to a resealable bag and refrigerate for at least 2 hours.
2. Discard marinade and let rest at room temperature at least 15 minutes prior to grilling to your desired internal temperature.

**Cooking times will vary depending on your desired level of doneness.*

greek beef skewers



Greek Beef Skewers made with cubed London broil steak marinated in lemon juice, fresh oregano, garlic and light olive oil.

Wine and Balsamic Marinated Filet Mignon

Prep time: 15mins Cook time : 10mins Resting Time: 2hrs Total Time: 2hr 25mins Servings: 4

Ingredients

- o 1 lb.. London Broil (or other steak), cut into cubes
- o 1 Lemon, zest and juice
- o 2 tbsp. Fresh Oregano, chopped
- o 1 Garlic Clove, minced
- o 1/4 c. Light Oil
- o Salt & Pepper, to taste
- o Fresh Vegetables, large dice (tomatoes, mushrooms, onions, peppers, squash, etc.)
- o Skewers

Instructions

1. Combine the lemon, oregano, garlic, oil, salt and pepper in a bowl and whisk until smooth.
2. Add the beef cubes and marinade to a resealable plastic bag and refrigerate for at least 2 hours up to overnight.
3. Remove the meat from the refrigerator and allow to come to room temperature 15 minutes prior to grilling.
4. Thread the meat and vegetables onto the skewers; then grill until your desired internal temperature.

**Cooking times will vary depending on your desired level of doneness. If using wooden skewers, soak them in warm water for 15 minutes prior to threading to avoid burning while grilling*

flank steak stuffed with brie and zucchini



Tenderized flank steak stuffed with zucchini, Brie cheese, mushrooms and rosemary, tied with twine and sliced into individual portions.

Flank Steak Stuffed with Brie and Zucchini

Prep time: 15mins

Cook time : 15mins

Total Time: 30mins

Servings: 6

Ingredients

- o 1-2 lb. Flank Steak
- o 1 1/2 c. Zucchini, cut in half then sliced
- o 1 c. Mushrooms, sliced
- o 2 Cloves Garlic, minced
- o 1 tbsp. Fresh Rosemary, chopped
- o 1 tbsp. [Extra Virgin Olive Oil](#)
- o 4 oz. Brie, sliced
- o Kitchen String

Instructions

1. Using a meat tenderizer, pound flank steak until it is rectangular in shape and even thickness.
2. In a pan, heat oil and sauté the zucchini, mushrooms, garlic and rosemary until the vegetables get soft.
3. Evenly spread the zucchini mixture on top of the steak, leaving a 1/2" border around all sides; then add the cheese.
4. Roll up the flank steak lengthwise and tie with six pieces of kitchen string; spacing them out evenly to where you will slice them.
5. Using a sharp knife, cut the rolled steak into six individual pieces. Season with salt and pepper; then grill until desired doneness.

**Cooking times will vary depending on your desired level of doneness.*

pan asian grilled short ribs



Distinct flavors from Vietnam, Japan and China combine in this Pan Asian marinade made from Asian pears, oyster sauce, lemongrass and shallots.

Pan Asian Grilled Short Ribs

Prep time: 10mins Cook time : 20mins Resting Time 1day Total Time: 1day 25mins Servings: 4

Ingredients

- o 3 lbs. . Short Ribs (I used beef but you can substitute pork spareribs as well)
- o 1 Asian Pear peeled, deseeded and chopped
- o 1/2 c . Oyster Sauce
- o 2 tbsp . Minced Lemongrass
- o 1/4 c . Minced Shallots

Instructions

1. Combine the Asian pear, oyster sauce, lemongrass and shallots in a food processor and pulse until smooth.
2. Add the marinade to a resealable plastic bag along with the short ribs, massage the marinade over the ribs to make sure they are completely covered; then refrigerate overnight.
3. Remove the ribs from the refrigerator 20 minutes prior to grilling. Place the ribs on the grill, close the lid, and reduce the heat to medium. Turn the ribs every 3 to 5 minutes until they are cooked through approximately 15 to 20 minutes.

**Cooking times will vary depending on your desired level of doneness.*