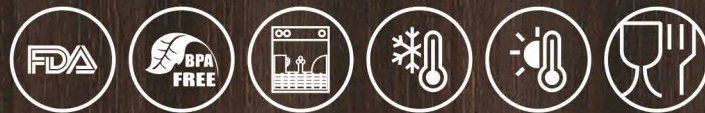




Ofargo

# BBQ & GRILL

## Recipes Secrets e-Book



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## About Ofargo

Ofargo Co., Limited, doing business as Ofargo, is a global e-commerce company based in the world factory—China that designs, develops, and sells outdoor grill and kitchen tools by online business. Ofargo is engaged in becoming the world's leader in outdoor BBQ, grill & smoking tools, kitchenware and backyard cooking gears.

Ofargo is primarily known for its turkey or grill tools and accessories, for its great valued products and friendly customer services. Its high-quality and affordable product lines are divided into high-end elegant products as gift idea, great-valued but well-priced ones as daily tools and economical options for occasional supply, varying subject to individual needs and practical situations.

Recognizing the increasingly potential market for mobile shopping trends, Ofargo is persistently focus on selling directly to the target markets via regional web shops and Amazon marketplaces. Specialized in heavy duty products and flexible services, Ofargo is committed to injecting all of your enjoyment into every juicy bite.



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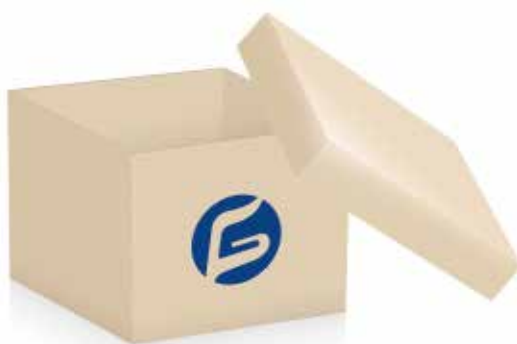
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## 1. Friendly Reminders (Must-Read Firstly)

As we know, BBQ & Grill at your backyard or outdoors is one of the most interesting and exciting entertainment activities, but Safety First, Enjoyment Second. In other words, before Ofargo BBQ & Grill Tools bring enjoyable experience into your every juicy and delicious bite of meat, you are recommended to take time to read our "Friendly Reminders" first. We believe, your family and friends will thank you for that.



### 1.1 Cleaning and Maintenance Tips



Dishwasher Safe



Hand Washable



Although our heavy duty products are FDA complaint and high-qualified with extremely care in 30+ production processes, it is still necessary to care for and clean Ofargo BBQ & Grill tools and accessories properly. After all, they fly across half of the world to arrive at your home. More importantly, the final purpose is to keep your family healthy and safe before experiencing BBQ & Grill enjoyment. Come on, let's move on the following steps:

- Before the first time you use Ofargo BBQ & Grill tools, please wash them gently in warm water with a dime-sized amount of dishwashing liquid, or you can place them in the dishwasher instead of washing by hand.
- After use, please clean and dry each product part, especially the parts with grooves which might stick food residues. Complete clean and dry habit can help prevent growth of bacteria and keep your products clean and hygienic.





• If the product have removable silicone or rubber parts, it is recommended to wash them by hand or detach them before put them in dishwasher, for longer lifetime of use.

Tips: More attention should be paid for those parts in your cleaning!

For Examples:



Handle Grooves



Handle Grooves



Gaps Between Woven Strips

## 1.2 Choking Hazards for Children



### ⚠ WARNING:

CHOKING HAZARD -- Small parts. Not for children under 3 years or any individuals who have a tendency to place inedible objects in their mouths!

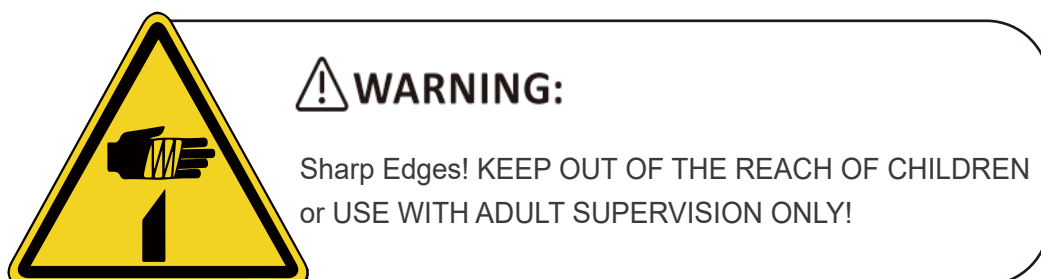
From the time your child starts picking up things with her fingers until the age of 3 or more, you'll need to be vigilant about choking hazards. Children under 4 are the most likely to choke on something. This is partly because they tend to explore their world by putting things in their mouth.

Ofargo BBQ & Grill tools may contain some small parts or components, which might be no larger than 1/2 inch. You should pay attention to keep Ofargo products away from children or supervise young children whenever they're trying to use them.

**How to avoid small objects:** Don't let young children play with buttons, coins, safety pins, magnets, batteries, balloons, small rocks, or anything with parts smaller than 1 1/4 inches around or 2 1/4 inches long. You can use a toilet paper roll or buy a "small objects choke tester" to help you evaluate the safety of an object. If the object fits entirely into the cylinder, it's a choking hazard.



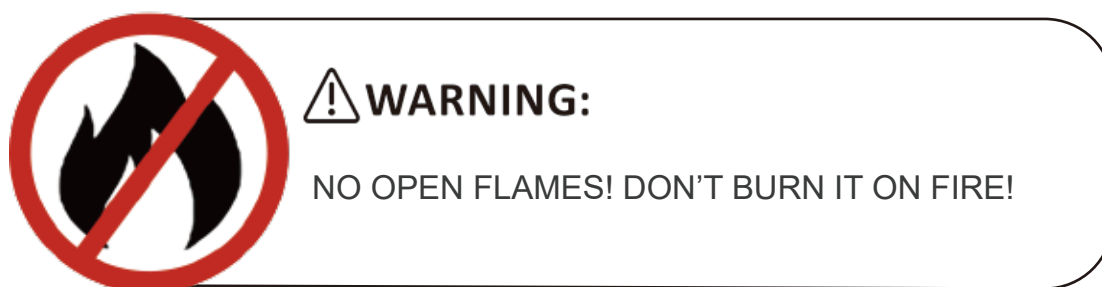
## 1.3 Watch Out Sharp Edges



As we know, common BBQ & Grill tools contain sharp edges, like stainless steel brush bristles, meat claw tips, marinade injector needles, etc. To reduce the risk of injury, it is important for you to read and understand this warnings and instructions before using products. Please use them with care. Failure to follow the warnings and instructions may result in cutting yourself or others.

**Cautions:** Keep them out of the reach of children; any children who use them must be under adult's supervision!

## 1.4 Be Not Directly Exposed Open Fire—Burn Ban



Some Ofargo BBQ & Grill tools heat-resistant parts are made of food-grade silicone or rubber. Those components can stand low and high temperatures, but they cannot burn in open flames. In case of burning your hands, please pay attention to the following cautions.

- Heat-resistant Only, Non-fireproof Material. So keep them away from open flames.
- Do not leave them in your meat you are grilling or warming in the microwave.



## 2. BBQ & Grill Tips and Instructions



Along with the warm scented breezes of a summer day, no one can resist the temptations of eating BBQ & Grill food. Whether you are a seasoned meat eater, a vegetarian, or just love the taste of the smoky flavors, grilling food over a slow flame is irresistible. And the great thing about barbecued & grilled food is that it tastes all the better when you eat it outside!

BBQ & Grill is great for all types of meats—chicken, beef, lamb, pork or seafood and you can even use your BBQ & Grill equipments to cook vegetables and desserts. BBQ & Grill can be done in summer to relieve the heat of cooking indoors, or can be done in winter to bring the flavors of summer to you in the coldest months. It can even be done indoors on a stove- top or electric grill. BBQ & Grill is also considered to be a very healthful way of cooking.

In fact, BBQ & Grill is not just simply roasting meat over hot coals, which has become an art. The true BBQ chef master would consider that merely grilling the food. BBQ should be done in particular way with the meat slowly cooking over low heat. That is what really creates the succulence and enhances the smokiness. Generally speaking, marinade sauce can be considered to create a different taste in some instances, although it is not always necessary to enhance the flavor of the meat.

Hey guys, why not move on now? Come on! Let's sit back in your backyard haven, light up your BBQ & Grill equipments, have a cool drink standing by and go to it. The all you have to do is enjoy the results!



## 2.1 BBQ Methods

BBQ cooking methods are divided into using wood, charcoal or propane.

- The type of wood BBQ being burned results in different flavors infusing the meat being cooked. Typical and popular wood types used include mesquite, hickory, maple, pecan, apple and oak. Coniferous woods should never be used for barbequing because they contain tar and resins which can create undesirable flavors and unwanted chemicals can permeate into the food.
- Charcoal BBQ usually consists of setting fire to a commercially bought bag of charcoal briquettes, or alternatively lump charcoal. So, it is often thought to be preferable the gas or propane method because it creates a more authentic smoky flavor.
- In recent years, gas or propane BBQ has become the more popular method for BBQ cooking. Using a gas or propane BBQ is believed to be easier to light, the heat easier to control and the outcome more predictable than with the wood or charcoal methods. In short, it is more convenient for today's average backyard BBQ & Grill lovers. The smoky wood flavor can be added to food cooked on gas barbeques with the use of a 'smoker box' or by a simple perforated foil pouch in which soaked wood chips grill alongside the meat on the barbeque. Sometimes the sauce can provide the smoky flavor.

Whichever method you use to BBQ & Grill, it has always been one of the great flavorful ways of cooking food. Meat cooked on a barbeque always seems more succulent, vegetables have more taste and potatoes are fluffier. Everything just seems to taste better when you barbeque it.

## 2.2 Grill Methods

### ● Gas Grills

Nowadays, BBQ & Grill has become a standard American tradition for families. The reasons are clear as to why, not only does the food that comes from barbequing and grilling have a taste that is unmatched by other cooking methods, but it also gives a family a reason to gather outdoors. Today, over 90% of families in the United States hold or attend barbeque or grill at least once a year. About 70% of all of the barbeques are held on a gas grill.

Gas grills work by a spark igniting the gas within the grill. Gas grills typically have a knob or button in which you push, which in turn activates a small hammer. The hammer hits the top of an ignition crystal. Then the burner mixes the gas with oxygen and spreads it all over the cooking surface. This makes the gas grill one of the easiest, and fastest grills to use.

Gas grills come in all shapes and sizes, which makes them ideal for just about any type of BBQ party. Smaller gas grills give you the portability needed to plan BBQ parties away from home. Larger gas grills are handy and efficient for cooking larger amounts of food quickly, and without the mess of other types of grills.

You also have to remember that you must also purchase the gas for your grill. Propane can be purchased at your local grocery store, superstore, or from a dealer. Bottoms come in all sizes, including miniature versions for portable gas grills.





## ● Natural Gas Grills

Summertime would not be complete without at least one outdoor BBQ & Grill. Once upon a time, there was a very limited array of foods that you could cook on your grill. Today, modern conveniences allow you to cook pretty much any type of food on your grill.

The easiest grill to use is by far the natural gas grill. Natural gas grills are designed to hook directly into your home's natural gas line, eliminating the need to provide the fuel source. This cuts out all trips to the grocery store for more charcoal or propane.

Another advantage when using a natural gas grill is the ability to control the temperature in which you are cooking. Natural gas grills have burner controls which allow you to produce different temperatures for the different cooking areas on your grill. This allows you to cook your meat on one side while keeping your side dish warm on the other.

Natural gas grills have the ability to come with many different types of cooking surfaces. These different cooking surfaces include a BBQ surface, a flat grill, and a ribbed grill. Some grills even offer these types of surfaces as none stick, which allow you to cook a whole array of foods that you would not be able to cook on a grill otherwise. Some gas grills even contain a Wok type surface for cooking pasta and rice dishes, or a full rotisserie set that allows you to cook rotisserie chicken.

Natural gas grills are by far the easiest type of grill to clean. With other grills such as charcoal and smoker grills, you have to remove the wood and charcoal briquettes each time. Natural grills only have to be wiped down. Some natural gas grills even have a none stick feature.

Natural gas grills are not portable as you will need to be able to hook them up to your natural gas line, so weight should not be that big of an issue when you go to purchase your first grill. Instead, you should look at the surface area available.

## ● Charcoal Grill

When you have decided that you want to start BBQ & Grill, what more, you have done your research and decided that a charcoal grill is the right type of grill for you. So now you have to pick out the charcoal grill that suits you best.

One of the first things to consider when purchasing your first charcoal grill is what you will be using it for. If you plan on traveling and using your charcoal grill, you will want something small enough to travel with you. Smaller charcoal grills are ideal for cookouts, camping, and tail gate parties, but would not be useful if you were cooking for a larger amount of people. Smaller grills that are easy to transport usually cost under 20 dollars, so you may want to consider purchasing a separate grill for smaller occasions.

Safety should also be a major concern when you are picking out your first charcoal grill. Since your grill will contain hot coals, the number one concern should be whether or not your grill is sturdy. Look for a charcoal grill with a sturdy structure and sturdy legs. If your grill does not have sturdy legs, its chances of falling over is much greater. When a charcoal grill falls over, it sends hot coals



flying. Many charcoal grills also have built in safety features such as a water reservoir and smothering valves. Undoubtedly, when you are cooking with fire, accidents can happen. In the case that your grill gets out of control or becomes too hot, these safety features will prevent potentially dangerous fires.

One of the most noticeable features when using charcoal is the flavor of the food you cook. To cook with a charcoal grill, you must buy charcoal briquettes and lighter fluid. Charcoal is a one use item, and will need to be discarded after each use. Charcoal can be picked up at your local superstore, gas station, or grocery store, and is typically pretty inexpensive. Charcoal must be light and allowed to burn until the charcoal is no longer on fire, but is red embers. The best way to get the pile to burn is by stacking it in a pyramid.

## 2.3 Tips for Better BBQ & Grill

If you are new to barbequing grilling, chances are you have run into some problems when it comes to BBQ & Grill, which, like anything else, takes practice. Learning from your mistakes, as well as the mistakes of other will help you learn quickly.

- Before you begin cooking, spray your cooking area with a nonstick cooking spray. This will prevent your meat from sticking when you are rotating or removing it. If your meat sticks and tears, you will lose a large amount of juice, and your meat may dry out.
- Never place food on the grill until the temperature is correct. The fluctuation in temperatures will cause your food to dry out or burn. If you are using a charcoal grill, make sure that the coals are completely gray before putting the meat on the grill. This will allow the temperatures to level out, and the majority of the lighter fluid to burn off.
- Cooking with charcoal lighter fluid can be good or bad. The lighter fluid will cause the food you are cooking to taste different then with other types of grills. Alternatively, attempting to not use lighter fluid may cause a lot of frustration due to the fact that charcoal can be difficult if not impossible to light without lighter fluid.
- You must properly prepare the meat you are cooking, before cooking it. You should never attempt to cook meat on a grill when it is still frozen, or even partially frozen. Thaw your meat by sitting it out about 12 to 24 hours before you plan on cooking it, or by thawing it in a microwave. If you meat is thawed, but in the refrigerator, set it out long enough for the meat to get to room temperature.
- Once meat is cooked, never put it back in on the same plate you had it on when it was raw. This could cause the spread of many unwanted illnesses. Do not handle cooked meat with the same utensils that you used when it was raw.
- Never poke you meat while it is cooking. Poking holes in meat will cause the juice inside to leak out into the bottom of the grill. Not only will this make your food dry and unappealing in the end, but it also could potentially ruin your barbeque grill. At the very least, it will cause a buildup of unwanted grease and juices on your grill, which will make cleanup harder.



- Once the meat is on the grill, try not to open the lid to many times. Each time you open the lid, you change the temperature in the grill. The constant change in temperature and the air flow will cause your meat to dry up quickly.
- Remember that the higher the heat is not always the better. While it is ok to quickly cook food, turning the heat up will just cause the meat to dry up and potentially burn.
- While using tin foil or aluminum foil will make cleaning easier, it will cause your food to have more of a fried taste than a grilled taste.
- If you are planning on using your favorite barbeque sauce, be sure to wait as long as possible to put it on the meat. Putting barbeque sauce on too early will not only potentially cause your meat to dry out, but it could also burn.
- According to the American Cancer Research Institute, cooking your meat over a direct flame causes a chemical reaction between the amino acids and creatine found in meats. This reaction results in the creation of a cancer-causing agent known as heterocyclic amines (HCAs). The good news is that research suggests marinades containing acidic liquids like vinegar, wine, citrus juices, and beer, can drastically reduce the formation of HCAs on both the inside and surface of meat by up to 99%. Acids also discourage the growth of listeria and other harmful bacteria, ensuring your meats are healthier and safer for consumption.

## 2.4 Cleaning Your BBQ & Grill Equipments

When purchasing your BBQ grill equipments, think of it as an investment rather than just another item for your outdoor entertainment. You should expect this item to become a large part of your outdoor activities for many years to come. But like any other investments, proper maintenance and care is needed to ensure that your BBQ grill tools and accessories will work for you for many years to come.

Leaving your grill tools messy after each use will not only make it harder on you when you finally do clean them, but it will also drastically decrease the lifespan of your grill tools. If your grill sits dirty, you increase the risk of rust.

While some maintenance and cleaning is specific to the type of BBQ grill you own (gas, electric, charcoal or smoke barbecue grill), the majority of maintenance that should be carried on does not change from grill to grill.

**Tips:** While no one likes to clean their grill, it is necessary to maintain your grill if you want it to last its intended lifetime. One problem you will face is the fact that Charcoal grills stay hot for a long period of time. You can remedy this situation 2 ways. First you can leave your grill open, allowing it to burn out. This method typically burns a lot of the grease off, but can potentially cause problems if you are not near your BBQ grill.

You do not want to start a fire. Another way is to completely close off your grill and deny the fire oxygen. As soon as the grill is cold, or cold enough not to burn you, you will want to clean the grill. Leaving the grill dirty for any amount of time will cause the buildup to become hard, and may make it harder to remove. Use a wire brush to clean off the surface areas of your grill, and then spray cooking oil on the surface. Take the racks off and clean them with dishwashing soap. Rinse the racks off, and replace them in the grill.



## 5 Steps for better cleaning & maintenance

### Step 1- Gathering the Necessary Items

You will need some common household items on hand when it comes time to clean your BBQ grill equipments.

- \* Ofargo stainless steel grill brush with wire bristles
- \* Ofargo grill gloves (heat resistant)
- \* Steel wool pads, preferably that contains soap already.
- \* Mild dish soap
- \* Sponge or dishcloth
- \* Spray cooking oil
- \* Dry baking soda
- \* Aluminum foil

### Step 2- Brushing Your Grill Off

The first thing that should always be done to your grill is a routine brushing. Next, wear Ofargo grill gloves for better cleaning work safety, especially for cleaning metal tools. Then using your Ofargo stainless steel grill brush with wire bristles (or other brush suitable to your type of grill) you should brush off all the surfaces. By routinely brushing your barbeque grill, you will prevent any type of buildup. If buildup from food is left to long, it can become increasingly difficult to remove, and can end up causing problems such as rust.

### Step 3- Spray Cooking Oil

Once you are sure that your grill is free of all buildup and debris, and that your grill is completely cooled off, you will want to spray it down with a light layer of cooking oil.

Spraying it down with cooking oil will prevent your barbeque grill from rusting. It is especially important to make sure you barbeque grill is completely cold, as spraying cooking oil on a hot surface may cause the oil to heat up and ignite, which could be potentially dangerous to you and your barbeque grill.

### Step 4- Use Baking Soda and Aluminum Foil on Your Grill

Baking soda is a very nice cleaning and polishing agent. Once you have removed any extra debris and buildup, lightly scrubbing your barbeque grill with baking soda will give it that extra shine, similar to the day that you brought it home from the store. This can also be used on handles and knobs to remove any extra buildup that cannot be taken off with [Ofargo wire bristle grill brush](#).



Aluminum foil can also be used to keep your grill looking nice. Gently rub the aluminum foil on your grill, and you will notice that it removes grim and buildup. This is a cheap and inexpensive way to clean your grill.

### Step 5- Clean Your Grill Racks & Grates

The racks and grates in your grill are especially important as this is where the food touches when it is cooking. You can use [Ofargo grill brush](#) to remove as much buildup as possible (please follow the "[Tips for Ofargo Grill Brush to Clean Grill Grates](#)" for better cleaning effect instructions). Once you remove as much as possible, start washing the racks or grates with dish soap. If the racks or grates are really dirty, you may also want to use the steel wool pads. Keep it in mind that if you





want to clean Ofargo Grill Mats, you can also use Steel Wool Pad to clean food grease buildup firstly before dishwashing (please follow the “[Tips for Clean Ofargo Grill Mats](#)” for better cleaning effect instructions). Be sure to completely rinse off all soap and residue even wire bristles or steel wools falling from grill brush or Steel Wool Pads before cooking on these racks or grates again.

### Tips for Ofargo Grill Brush to Clean Grill Grates



- ★ Pre-Heat Grill
- ★ Use the grill scraper to gently scrape off the dirt or grease on the grill
- ★ Fill a small container with water to dip the grill cleaning brush in frequently while brushing, This creates a steam cleaning effect when the wet brush touches the hot grill for deep cleaning
- ★ Work in square sections defined by horizontal grates. Please don't glide over horizontal grates as you would with a wire brush
- ★ Angling the BBQ grill brush backwards slightly can provide a deeper clean
- ★ After brushing your grill, rub your grates with tin or oiled paper ball to ensure there is no food, dirt, or wire bristles left on grates (No matter how well a wired brush is made, there is still a chance that bristles may fall out of the brush head)

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### Tips for Clean Ofargo Grill Mats





★ To prevent your hands from burning, we recommend to start the following steps when grill mats cool down.

★ Before cleaning, mats should be soaked in warm dish soap water for 5 minutes, so that it can dissolve food stubborn stains and take off grease buildup.

★ After that, we can use normal non-sharp brushes (like steel wool pad) to scrape the burnt food debris or grease buildup on the mat surface. This step shows your cleanup knacks a real grill master is talented, maybe you will be next talented Grill Fanatic.

★ Wash them by hand or on the top rack of dishwasher.

★ Last but not least, air-dry and storage them for next use.

## Kitchen Utensils Set (8 Packs)



### Hand Washable (Recommended)

To prolong wooden handle life, they're suggested to be washed by hand in warm soapy water. Don't use steel scouring pad to scratch utensils.



### Hanging Storage for Hygiene

After cleaning, just hang them up-to-down to dry and avoid harboring bacteria growth. Hanging for ventilation keeps your kitchen no messes.



### Don't Stay in Hot Cookware Long Time

Although heat-resistant and melt-free, but don't leave them in hot pans for long time. None of them is willing to have that suck experience.



### Odor-Free & Stain-Resistant

Never pick up food odors or stains. Newly utensils might retain fresh wood odor when open box. Don't worry, for it will fade away as soon as contact air.



### 3. Grill Master's Recipes Secrets

#### 3.1 Marinade Recipes Secrets



Although recipes vary in quantity, start with equal parts oil and acid for a base. Generally, brine, salted butter, or stock are great starting points, but don't be afraid to extend these either by smoking the salt for extra flavor, adding in-season herbs and spices, or off the shelf products like garlic and pepper.

As for volume of marinade, remember as a starting point: 60ml of marinade treats about 1kg of meat, so 1 cup (250ml) of marinade treats about 4kg of meat. The more complex recipes may benefit from the liquid being brought to a boil, and then simmered for 20 minutes while stirring occasionally.



**5~15% OFF**



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## Secret 1: Beer & Butter Poultry Injection



**Profile:** This marinade injects a rich and buttery flavor directly into the meat of any type of poultry. Particularly good on turkey, the secret to using this injection marinade is to keep it just warm enough for the butter to stay liquid. We recommend this recipe for Thanksgiving or other holiday turkeys. You will be pleasantly surprised at how effective and delicious it is.

### What You'll Need

1 cup/240 mL melted butter  
1/2 can beer  
2 tablespoons/30 mL salt  
2 tablespoons/30 mL Worcestershire sauce

2 tablespoons/30 mL Tabasco  
1 tablespoon/15 mL soy sauce  
2 teaspoons/10 mL garlic powder  
2 teaspoons/10 mL onion powder

### How to Make It

- 1** Combine all ingredients in a saucepan over a low heat. Stir and heat until salt is dissolved and the sauce is even and runny.
- 2** Remove from heat and keep warm (but not hot) enough to inject.
- 3** Fill marinade injector with the mixture and inject into turkey breast, legs, and thighs. Season outside and under the skin with whatever rub you're using. Cook as directed. Baste remaining marinade onto meat surface skin with Ofargo silicone basting brush.

## Secret 2: Cajun Turkey Injection Marinade



**Profile:** Deep fried turkey actually started as a Cajun dish, and the first step is a delicious injection marinade. This traditional marinade recipe is combined and then injected straight into the turkey. Make sure that you mix this marinade well before you load it into the needle. If you are deep frying this turkey wipe off any excess marinade before it hits the oil.





## What You'll Need

1 cup lemon juice  
1/2 cup liquid crab boil  
1/2 cup olive oil  
1/2 cup butter (melted)  
2 tablespoons onion powder

2 tablespoons garlic powder  
2 tablespoons Cajun seasoning  
1 teaspoon Tabasco Sauce  
1 teaspoon cayenne pepper

## How to Make It

- 1 Place all ingredients in a saucepan. Simmer over medium-low heat until butter is melted. Stir and continue heating until sauce has completely liquefied. Remove from heat and let the mixture cool for 5 minutes.
- 2 Use while still warm enough to remain in a liquid state. Inject directly into the breast, leg, and thigh meat. Do this a few times to make sure the marinade is well dispersed throughout the turkey. Wipe away any excess that may leak out. Deep fry as directed

## Secret 3: Italian Herb Turkey Injection Marinade



Profile: Lots of injection marinades are built around a Cajun flavor. This one is mild in heat, but rich in herb flavors. Make sure that the herbs you use are ground so that they will fit through your injection needle.

## What You'll Need

3/4 cup olive oil  
3/4 cup red wine  
1 tablespoon Italian seasoning

1 tablespoon balsamic vinegar  
1 teaspoon black pepper

## How to Make It

- 1 Make sure that your Italian seasoning is finely ground. If you need to, run it through a spice grinder or a mortar and pestle.
- 2 Combine all ingredients and mix well. This marinade will settle so you need to give it a stir every time you reload the needle.
- 3 Season the outside if you like. Cook turkey as directed. Discard remaining marinade.



## Secret 4: Beer and Honey Turkey Injection



**Profile:** This turkey injection combines a traditional Cajun flavor with beer and honey that results in a delicious, well-balanced taste. Since this injection marinade contains honey, it needs to be warm (but not hot) when it is injected into the turkey.

### What You'll Need

1 cup beer (try a dark ale)  
1/2 cup honey

1/2 cup apple cider  
1 tablespoon Cajun seasoning

### How to Make It

- 1 Place apple cider into a saucepan and bring to a simmer over medium heat.
- 2 Stir in honey and mix until smooth.
- 3 Remove pan from heat and stir in beer and Cajun Seasoning. Let stand 3-4 minutes.
- 4 Pat surface of turkey dry with paper towels. Load the syringe with marinade mixture. Make sure it is still warm or the turkey will start to thicken.
- 5 Inject mixture into the breast, thigh, and leg meat of the turkey.

## Secret 5: Boston Butt Injection Marinade



**Profile:** This marinade works well for injecting pork roasts that will be smoked and pulled. Make sure you grind the herbs and spices well so it won't clog the injection needle.



## What You'll Need

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 2 teaspoons/10 mL salt             | 1 medium onion (pureed)              |
| 2 teaspoons/10 mL pepper           | 1 tablespoon/15 mL water             |
| 1 teaspoon/5 mL parsley (flakes)   | 1/2 cup/120 mL vinegar               |
| 1 tablespoon/15 mL oregano (dried) | 1 cup/240 mL olive oil               |
| 1/2 teaspoon/2.5 mL rosemary       | 1/2 cup/120 mL basil (chopped fresh) |
| 1 large clove garlic (minced)      |                                      |

## How to Make It

- 1 Using a mortar and pestle or spice grinder to grind herbs and spices. Puree onion with 1 tablespoon of water in blender. Combine spices and onion with remaining ingredients and inject into meat. Cover pork (or whatever meat you are injecting) with plastic wrap and place into refrigerator for 8 to 24 hours.
- 2 Grill or smoke as directed

## Secret 6: Pork Injection Marinade



**Profile:** This is a great recipe for a pork injection solution. The secret here is to add your pork rub to the mixture to get the flavor inside and out.

## What You'll Need

- |  |   |
|--|---|
| 1 cup/240 mL apple juice or cider        | 1 1/2 teaspoons/7.5 mL                      |
| 1/4 cup/60 mL cider vinegar              | pork rub (use the same rub as on your meat) |
| 1/4 cup/60 mL water                      | 2 tablespoons/30 mL real maple syrup        |
| 2 tablespoons/30 mL Worcestershire sauce | 1 tablespoon/15 mL melted butter            |



## How to Make It

- 1 Coat meat with pork rub. Combine marinade ingredients in a small plastic or glass bowl.
- 2 Using meat injection syringe, inject the mixture into several different spots in the pork roast. This will make enough to inject one 8-pound pork butt. Discard any remaining marinade that has come into contacts with the syringe and raw meat.
- 3 If making ahead of time, store in an air tight container in the refrigerator for up to 1 week after preparation.

## Secret 7: Butter Based Injection Sauce



Profile: Remember that an injection sauce is essentially a marinade and needs to spend some time with the meat for best results. You should plan on using this injection marinade several hours before you start cooking. This is great with any kind of poultry, particularly turkey.

## What You'll Need

1/2 cup/120 mL chicken broth  
2 tablespoons/30 mL butter  
1 tablespoon/15 mL lemon juice  
1/2 teaspoon/2.5 mL garlic powder

1/2 teaspoon/2.5 mL finely ground pepper  
1/2 teaspoon/2.5 mL salt  
1/4 teaspoon/2.5 white pepper

## How to Make It

- 1 Melt butter over low heat in a small saucepan. Add all of the remaining ingredients except for the salt. Mix well. Add salt until mixture has a slight, but not overpowering
- 2 Remove mixture from heat and allow to cool for 8 minutes. Load into meat injector and slowly inject into various spots in the bird. The breast meat really benefits from this mixture.
- 3 Save any leftover mixture to use as a baste while the chicken or turkey is on the grill. Otherwise, discard. Cook as directed.





## Secret 8: Honey-Glazed Pork Chops



Profile: A basic glaze for an easy dinner. Serve with favorite pasta and steamed vegetables.

### What You'll Need

9 lbs pork loin  
1 jar Honey Bacon BBQ Cajun Injector marinade  
1 jar Montreal Steak Seasoning

1 jar honey  
garlic powder, to taste

### How to Make It

- 1** Remove the pork loin from wrapper and rinse under cold water. Place pork loin on a large cutting board and lightly score the loin with a sharp knife, delineating eventual cuts for individual chops.
- 2** Using a meat injector, liberally inject each individual chop with marinade between the score marks. Then cut the loin into individual chops, adhering to the score marks previously made.
- 3** Liberally sprinkle each chop with steak seasoning and garlic powder. Cook as directed.

## Secret 9: Chocolate Chili Steak Marinade



Profile: This is a perfect recipe for steak. Marinade injector works well for injecting flavors into steak. Make sure you grind the herbs and spices well so it won't clog the injection needle. It is a little spicy.



## What You'll Need

1 tablespoon unsweetened cocoa powder	1/2 teaspoon garlic powder	1/2 cup beef stock
1 tablespoon chili powder	1/4 cup olive oil	
1 tablespoon lime juice	1 teaspoon honey	
2 tablespoons balsamic vinegar	1 1/2 teaspoons ground coriander seeds	salt to taste

## How to Make It

- 1 Mix the cocoa powder, chili powder, lime juice, balsamic vinegar, garlic powder, olive oil, honey, and ground coriander in a blender until smooth.
- 2 Add the beef stock and blended mix to a pot and stir. Bring to a boil, let the marinade thicken slightly, and then season with salt. Leave the mixture to cool completely.
- 3 Inject the marinade into your steak and let it sit for 30 minutes. If you feel inclined, set some of the sauce aside before injecting the rest into your meat and use it as a drizzle once your steak has been grilled to your liking.

## Secret 10: Herb Injected Grilled Chicken



Profile: This is a succulent, very flavorful and easy to make grilled chicken. The subtle flavor of the herbs enhance the chicken without overpowering it.

## What You'll Need

4 thighs (or other chicken pieces)	1 tablespoon white wine vinegar
2 tablespoons olive oil	1 tablespoon dry sherry
1 tablespoon finely minced fresh herbs (any single herb or combination of rosemary)	

## How to Make It

- 1 In a small pan over medium heat combine olive oil, sherry, vinegar and herbs. Simmer for 15-20 minutes. Allow to come to room temperature.
- 2 Inject marinade into chicken. It's best to inject as many holes as possible using a small amount of marinade each time.
- 3 Grill indirectly turning chicken over 1/2 way. Cook until done, about 30-45 minutes depending on size.



## 3.2 Full Meal Recipes Secrets

### 1)Recipes Secrets for Chicken and Turkey

#### Secret 1: The Big Easy Southern Thanksgiving Turkey Recipe



Nothing brings the family together like a delicious, golden-fried turkey for Thanksgiving. But without the proper equipment, your cooked bird may be all style, and no substance. So, fried turkey has gained notice for its unique flavor profile and quick cooking process. Moreover, don't forget Ofargo Meat Claws for shredding.

#### What You'll Need

1 whole turkey, 12-13 pounds  
2 tablespoon vegetable or peanut oil

1 cup herb seasoning or dry rub

#### INGREDIENT TIPS

##### TYPES OF OIL

It does not matter which of the two you use - vegetable or peanut. Both are mild in flavor and also have higher smoke points, making them excellent for deep frying. We do recommend avoiding heavier oils like olive. These tend to be richer in flavor and will affect the taste of food.

#### How to Make It

- 1 Prepare turkey for cooking - remove the giblets, neck, etc.
- 2 Remove any plastic or metal ties used to hold legs or cavity in place.
- 3 Rinse the turkey in tepid water and pat dry with paper towels.
- 4 Apply dry rub on outside of turkey - if your hands are small enough you can also work rub in between the skin and the meat on the breast and leg/thigh area.
- 5 Lightly spray or brush oil on outside of turkey.
- 6 Truss the legs and place turkey legs down in the cooking basket.

**HOT TIP:** To help prevent sticking, oil the wire in the cooking basket before placing turkey in it. Insert meat thermometer in the breast so that the tip does not touch bone and the dial is easily read when the basket is in the cooker. Insert meat thermometer in the breast so that the tip does not touch bone and the dial is easily read when the basket is in the cooker.



- 7 Light the burner according to instructions in manual - no pre-heating required.
- 8 Plan to cook the turkey for approximately 10 minutes per pound - and monitor the temperature closely as the last "planned" 20 minutes begin.
- 9 When the thermometer registers about 3 degrees below the target temperature of 165 °F - turn off the cooker and remove the cooking basket with the turkey in it. Place the basket on a shallow sheet pan and allow to rest for about 15 minutes while the turkey continues to cook from internal heat. Remove the turkey from the cooking basket.

**HOT TIP:** You can use your hands to make sure the turkey doesn't get hung up while trying to remove...and invert the basket and allow the turkey to gently "fall" out.

- 10 After the turkey rests for about 20 - 30 minutes total it will be ready to carve and shred.

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## Secret 2: Very Classic Dry-Brined Roast Turkey



As Thanksgiving and the holiday season approaches, thoughts to turn to plum juicy turkeys, roasted to perfection, served with gravy and all the trimmings.....But how many times have you had sat down to dinner to be disappointed by a dry and flavorless bird? Keep in mind that the brine doesn't just keep the meat juicy—it helps deliver that beautiful browned skin. If you feel like skipping the infused-butter baste, brush occasionally with a light coat of extra-virgin olive oil to get that golden brown skin. Finally, use Ofargo Meat Claws to shred your classic roast turkey.

## What You'll Need

- |   |                                   |                       |
|---|-----------------------------------|-----------------------|
| 3 tablespoons light brown sugar                             | 2 sprigs rosemary                 | 2 teaspoons soy sauce |
| 2 garlic cloves, crushed                                    | 1/2 cup (1 stick) unsalted butter |                       |
| 3/4 cup Diamond Crystal or 7 tablespoons Morton kosher salt |                                   |                       |
| 1 12-14-pound turkey, neck and giblets removed, patted dry  |                                   |                       |

## How to Make It

- 1 Place salt and brown sugar in a medium bowl and work together with your fingers to incorporate. Place turkey on a flat or V-shape roasting rack set inside a large roasting pan. Pack dry brine all over turkey, inside and out, nudging some into areas where the skin naturally separates from the bird, such as around the neck and top of the breast and between the legs and breast. Chill, uncovered, at least 12 hours and up to 2 days.
- 2 Place oven rack in lower third of oven; preheat to 425°F. Rinse turkey and pat dry. Rinse roasting pan and rack if needed. Place turkey, breast side up, on rack in roasting pan and pour 1 cup water into pan. This will prevent drippings from burning. Roast turkey, rotating pan back to front halfway through and adding more water by 1/2-cupfuls as needed to maintain some liquid in the pan, until skin is browned all over, 35-45 minutes.





- 3 Meanwhile, cook rosemary, garlic, butter, and soy sauce in a small sauce pan over medium heat until bubbling and fragrant, about 5 minutes; keep warm.
- 4 Reduce oven temperature to 350°F and continue to roast turkey, basting with butter mixture every 10–15 minutes and rotating pan every 30 minutes or so if bird is browning unevenly, until an instant-read thermometer inserted into the thickest part of breast registers 150°F (temperature will continue to climb as the bird rests), 40–70 minutes longer. Transfer turkey to a cutting board and let rest at least 30 minutes and up to 1 hour before carving and shredding



## Secret 3: Homemade Turkey Noodle Soup



Homemade soups are much easier to make than you think and the Turkey Noodle Soup makes the perfect lunch or light dinner during the chilly winter months.

Homemade soup can be made in just about 45 minutes, but if you have the time let it simmer for just a little longer to build the flavor profile

## What You'll Need

- |  |                                |
|--|--------------------------------|
| 2 carrots diced  | 1 cup of frozen peas           |
| 4 stalks celery diced  | olive oil for sautéing veggies |
| sea salt and pepper to taste   | 1 medium onion diced           |
| 4 cups homemade turkey stock or store bought chicken or veggie stock |                                |
| 2 cups turkey meat diced or pulled into small easy to eat pieces     |                                |
| 2-4 cups uncooked egg noodles or your favorite pasta shape           |                                |

## How to Make It

### TURKEY STOCK

- 1 place all your scraps and turkey carcass in a large pot with the peels and vegetable scraps from the soup prep. Cover with water and bring to a boil. Allow stock to simmer and reduce by 60-70% or about 4 cups of stock. This process should take about an hour or a little longer.

### TURKEY SOUP

- 1 heat a medium stockpot and add olive oil to sweat down the veggies (mirepoix)
- 2 Add in diced celery, carrots and onion stir well and season with a little sea salt and black pepper, allow to cook for 3-4 minutes



- 3 Add turkey stock and turkey meat, bring to a boil then reduce to a simmer allowing to cook for at least 30 minutes. I like to let my soups simmer for 90 minutes whenever possible.
- 4 While soup is cooking in another pot cook your egg noodles a little on the al dente side, then rinse and chill until you serve the soup.
- 5 finish seasoning the soup as needed and add in frozen peas, allow to cook for 5 minutes longer before serving.
- 6 Add a heaping helping of cooked noodles to the bowl and ladle over the hot soup and serve with your favorite crusty bread.

**HOT TIP:** The trick to any noodle soup is not adding the noodles to the very end of the process, allowing them to cook just enough before serving. A great way to ensure your noodles are perfect every time is to cook them ahead of time. Make sure to rinse and chill them down and when you're ready to serve simply place the noodles in the bowl and ladle the hot soup over top of them. This will help cool the soup down just a bit and the noodles will be plump and firm! It's going to be oh so delicious, just serve it with a salad and some crusty bread and you've got dinner!



## Secret 4: Classic BBQ Chicken And Slaw Sliders



Along with the warm scented breezes of a summer day, no one can resist the temptations of eating BBQ & Grill food. You might be eager to go out for a BBQ grill party. Don't forget to cook this succulent shredded (or pulled) chicken sandwiches, because they are infused with smoky, spicy barbecue sauce.

### What You'll Need

5 pounds boneless, skinless chicken thighs  
brine solution  
3/4 cup yellow mustard  
4 tablespoons kosher salt  
2 tablespoons course pepper  
4 teaspoons garlic powder

4 teaspoons ground bay leaf  
2 teaspoons paprika  
apple juice  
BBQ sauce  
6 cups coleslaw  
24 slider buns



## How to Make It

- 1 Inject or wet brine the chicken thighs with a basic brine solution. Leave them to rest in the refrigerator for 2 hours.



- 2 Preheat the smoker or grill to approximately 230°F. Hickory or mesquite wood is recommended.
- 3 Mix the mustard, salt, pepper, garlic powder, bay leaf, and paprika together. Coat the thighs thoroughly and place them on a rack in the smoker.
- 4 Smoke the chicken for about 90 minutes. Remove the pieces from the smoker and place them in a foil pan with a little apple juice to cover the base. Cover the pan with foil and put the chicken back on the smoker for another 90 minutes, or until the internal temperature reaches 170 °F.
- 5 Once cooked, remove the chicken from the heat and let it rest for 10 minutes before tearing it into small pieces using your Ofargo Meat Claws.



- 6 Add your favorite barbecue sauce and mix well.
- 7 Serve on lightly toasted slider buns with coleslaw.

## Secret 5: Balsamic Chicken With basilmomma



A truly great dish that your whole family can enjoy does not have to be fussy or fancy. Sometimes it helps to start with basic ingredients and go from there, like chicken breasts and bacon in your freezer, shallots in your vegetable basket, and a few red potatoes in your pantry. Don't forget the balsamic vinegar.

This meal is truly indulgent. The flavors are so rich your family or dinner guests will think you cooked this all afternoon. They don't need to know your little secret. This flavor-packed dinner can be on the table in less than an hour and there will not be leftovers!



## What You'll Need

1 cup water	Salt/fresh pepper	5 lbs red potatoes cut in 1/2 with skins on
1/4 C balsamic vinegar		salt and fresh pepper to taste
1 lb shallots thinly sliced. I buy mine in bulk		<b>SMASHED RED POTATOES</b>
1 package of low-fat cream cheese cut into cubes		1/3 C skim milk
6 slices of lean bacon snipped into strips with scissors		
8 lb boneless chicken breasts or 1 4 chicken cut into pieces		
1 bulb of garlic medium sized, roughly chopped (or a little less if you like)		

## How to Make It

- 1 Cook bacon in a deep skillet over low heat until crisp. Transfer with a slotted spoon to a paper towel lined plate. Reserve the bacon fat in the skillet.
- 2 After the bacon is done cooking, add the chicken breasts to the skillet of bacon drippings and brown on both sides and mostly cooked through. You may have to do this in batches. Remove and place on a plate for later.
- 3 Pour off most of the bacon grease and return to the heat. Add the shallots and sauté over medium heat. Stir occasionally and sauté covered, until soft and golden, about 10 minutes.
- 4 Remove lid and cook for another 10 minutes. Add the garlic and 1 cup of water and allow to lightly boil for 1 minute. Return the chicken to the skillet, turning the pieces to coat them. Simmer uncovered until the chicken is completely cooked and the garlic is tender, about 20 minutes.
- 5 Transfer the chicken to a serving dish. Add the balsamic vinegar to the skillet with the shallots and allow to boil until thickened. Mash the garlic a little with the back of a wooden spoon. Once thickened, pour over the chicken breasts.
- 6 Sprinkle with the bacon. I like to also give a dusting of freshly ground pepper too!

**HOT TIP:** We do recommend you to take the ingredients above by using our Ofargo Kitchen Tongs for healthy and avoiding the growth of bacteria.



### SMASHED RED POTATOES

- 1 Boil the potatoes until just tender and drain.
- 2 Add the cream cheese, salt, pepper and milk and, using a hand masher, break up the pieces. (I like to leave it a little chunky to give it a rustic feel)
- 3 Stir lightly to combine





## 2) Recipes Secrets for Pork

### Secret 1: Pulled Pork Stuffed Sweet Potatoes



Pulled pork is delicious, and there's nothing wrong with just eating it straight off the plate (or straight out of the oven!). Enter the sweet potato. Oven-baked sweet potatoes deliver everything you wanted from a bun, but without all the junk you didn't need. They're the perfect base to top with a pile of meat and an extra drizzle of sauce, whether it's game day or just time for a tasty lunch.

Fried onions would be a tasty side for these (especially if you have some tasty bacon fat to fry them in). And of course, you don't actually have

to make the pulled pork from scratch: if you have some left over from another recipe, you can just bake the potatoes and bring on the BBQ sauce. That makes it a fast and easy weeknight dinner and a great way to give leftovers a new life.

### What You'll Need

2 lbs. boneless pork loin;	1 tsp. chili powder;
4 large sweet potatoes, washed;	1 tsp. paprika;
1 red onion, thinly sliced;	½ tsp. ground cumin;
2 green onions, thinly sliced;	¼ cup apple cider vinegar;
2 garlic cloves, minced;	1 cup homemade BBQ sauce, plus extra for drizzling;
½ cup beef stock;	Sea salt and freshly ground black pepper;

### How to Make It

- 1 In a small bowl, combine the chili powder, cumin, paprika, and salt and pepper to taste.
- 2 Rub the mixture evenly over the pork.
- 3 Place the onion, garlic, pork, and beef broth in a slow cooker.
- 4 Cover and cook on low for 8 hours.
- 5 Preheat your oven to 400 °F.
- 6 Put the sweet potatoes in the oven and bake for 45 minutes, or until potatoes are tender.
- 7 Remove the meat from the slow cooker and place in a large bowl. Use a slotted spoon to remove the onion chunks and place in the same bowl as the pork. Using two forks, pull the meat apart.
- 8 Add the BBQ sauce and the apple cider vinegar to the slow-cooker, and cook the sauce for another 30 minutes on low. Once the sauce is done, mix it with the pork.
- 9 Slit each sweet potato down the middle.
- 10 Fill each sweet potato with the pulled pork. Sprinkle with green onions, and drizzle with extra BBQ sauce to serve.





## Secret 2: Appalachian BBQ Spare Ribs



Appalachian BBQ spare ribs are smoky, sticky, sweet and spicy.

I believe every grill lover will never forget this style of barbecue dish, which can cause you to recall the past impressive BBQ party stories. And it's always stuck with me. Serve roasted brown butter and garlic Brussels sprouts with shaved Parmesan and grilled corn on the cob with fresh herbs along with the ribs. Don't wait any more, just roll up your sleeves to do it!

### What You'll Need

DRY RUB	RIBS	
2-3 tablespoons olive oil		2 minced jalapenos, seeds removed and discarded
1 tablespoon chili powder		2 cups ketchup
1 tablespoon smoked paprika		3/4 cup apple cider
1 teaspoon garlic powder		1/4 cup apple cider vinegar
1/2 teaspoon ground cayenne pepper		1 grated crisp apple, peel removed and discarded
1 teaspoon kosher salt		1/2 cup light brown sugar, packed
1 teaspoon ground pepper		3 tablespoons honey
APPALACHIAN BBQ SAUCE		1 tablespoon chili powder
2 tablespoons olive oil		1/2 tablespoon paprika
1 yellow onion, finely diced		1/2 tablespoon ground ginger
4-6 cloves garlic, minced		Kosher salt and fresh ground peppercorn, to taste
2-3 disposable Char-Broil hickory wood chip packets, applying new packet to grill every 90 minutes		2 slabs pork spare ribs, trimmed and membrane removed

### How to Make It

- 1 Dry Rub Instructions:** Pulse the olive oil and all the other spices and herbs in a food processor to create the rub. Season additionally to taste. Set aside.
- 2 Appalachian BBQ Sauce Instructions:** In heavy bottom pan over high heat, bring oil to a gentle simmer. Toss in the garlic and onion, then sauté 10-15 minutes or until beginning to caramelize. Turn down heat to low and add all remaining ingredients. Cover. Simmer for 30-45 minutes, stirring regularly, until the sauce thickens. Remove pan from heat. Let cool for 5-10 minutes then puree in a food processor until smooth. Set aside.
- 3 BBQ'ing Spare Ribs - Grilling Instructions:** Rinse the ribs with cold water, then pat entirely dry with paper towel. Then lay the trimmed ribs over a plastic wrap-lined baking sheet, brush with oil, then massage a liberal degree of dry rub across all portions of the slab. Wrap the ribs tightly with underlying plastic wrap and marinate in the refrigerator for 6 hours, up to over night.
- 4 Remove ribs from refrigeration and plastic 1 hour prior to grilling.**



- 5 At least 30 minutes prior to cooking, preheat grill to low (225°F), using the 2-zone cooking method. Place wood chip smoker box in back corner of hot zone. Place ribs on a cutting board, brush one final time with sauce, then rest 10-15 minutes prior to slicing and serving.
- 6 Once grill is at 225°F, remove ribs from plastic and rewrap tightly in tin foil. Lay ribs bone-side down over cool zone grates. Cook for 90 minutes, rotating once after 45 minutes.
- 7 Remove the ribs from grill and discard tin foil. Place the racks back over cool zone grill grates, bone-side down, for an additional 45 minutes, basting intermittently with oil and rotating every 10-15 minutes. Remove ribs from the grill grates and turn both sides of the grill to maximum heat.
- 8 Place ribs over the grill's direct heat zone, brushing every 2-3 minutes with layer upon caramelized layer of Appalachian BBQ Sauce. Remove slabs from grill when juices run clear and the internal temp has reached 180°F
- 9 Place ribs on a cutting board, brush one final time with sauce, then rest 10-15 minutes prior to slicing and serving.



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## Secret 3: Lollipop Pork Chops



This just might be one of the best pork chops you've ever had. Start with a double thick cut pork rib chop, add a flavorful spice rub and then grill to perfection. Because of the thickness of this chop it needs a little special care to get it cooked through the middle without burning the surface, but it really is as easy as it is delicious. These chops are served with a delectable creamy Dijon aioli. Add to this a side of grilled vegetables for the perfect meal.

### What You'll Need

2 2-inch thick pork rib chops  
 1 tablespoon/15 mL onion power  
 1 tablespoon/15 mL paprika  
 2 teaspoons/10 mL sea salt  
 1 teaspoon/5 mL dried marjoram  
 1 teaspoon/5 mL coarse ground black pepper  
 1/2 teaspoon/2.5 mL garlic powder  
 1/2 teaspoon/2.5 mL cinnamon

1/2 teaspoon/2.5 mL allspice  
 Dijon Mustard Aioli:  
 1/3 cup/80 mL mayonnaise  
 1 tablespoon/15 mL Dijon mustard  
 2 teaspoons/10 mL cider vinegar  
 Pinch of salt  
 2 dashes cinnamon



## How to Make It

- 1 Trim excess fat from pork chops. Make cuts through the band of fat that runs around the edge of the chop.
- 2 Combine all spice ingredients and apply to the surface of the chops.
- 3 Cover and refrigerate for 30 minutes. Remove chops from refrigerator and preheat grill to a high heat and prepare for indirect grilling.
- 4 Place pork chops on the hot portion of the grill and sear each side for about 2-3 minutes. Watch for burning and flare-ups.
- 5 Move to the indirect grilling space and close the lid. Continue cooking for 20 to 30 minutes (depending on your grill). Check for an internal temperature of 145 degrees F/65 degrees C. Remove from grill when done and allow to rest for 5 minutes before serving. Served with a Dijon Mustard Aioli on the side.

### Dijon Mustard Aioli:

Combine all ingredients and keep refrigerated until serving. Aioli will keep for up to 3 days store in an air-tight container in the refrigerator.

## Secret 4: Peppered Pork Loin With A Sweet Chili Pecan-fruit Sauce



Dinner shouldn't take you all night to make and shouldn't cause you added stress. It's a time to celebrate the day through by sharing a meal with your family and friends.

Not only is the Peppered Pork Loin delicious, it's easy to make and can be on your table in about 30 minutes. Of course, the Sweet Chili-Pecan Fruit Sauce just adds another layer of deliciousness!

Quick and easy to make the Peppered Pork Loin will bring smiles to your dinner table. Take a break from weeknight monotony with this delicious dish!

## What You'll Need

- |   |  |
|---|--|
| 1 in pork tenderloin seasoned and cut half                          | 1/2 cup cranberries                      |
| 1 teaspoon sea salt   | 1 in small tangerine segments            |
| 1 teaspoon black pepper cracked is better                           | 1 teaspoon tangerine zest                |
| 1 tablespoon unsalted butter  | 1/2 cup toasted pecans                   |
| 1/2 cup diced pineapple   | 1 cup sweet chili sauce more if you like |
| 1 tablespoon chopped cilantro or parsley                            |  |
| 1 teaspoon cajun seasonings or paprika if you don't like heat       |  |
| 1 tablespoon all purpose flour gluten free flour can be substituted |  |





## How to Make It

- 1 cut pork loin in half and season liberally with sea salt, black pepper and cajun seasoning. Set aside until needed.
- 2 toast pecans in a hot sauté pan and set aside
- 3 add butter in a small saucepan over medium heat and allow to melt.
- 4 add pineapple and cook for 1 -2 minutes.
- 5 add cranberries, tangerine segments, zest and sweet chili sauce. Bring to quick boil and remove from heat.
- 6 Add in pecans, mix well. Set aside until needed. (can be cold or at room temperature)
- 7 lightly coat pork loin with flour.
- 8 Heat a large sauté pan over medium heat, add olive oil as needed and place both pieces of pork loin into pan. Do not disturb them for 4-5 minutes
- 9 turn pork over and allow other side to cook for about 4-5 minutes. Sear any ends that may not have gotten cooked.
- 10 Continue cooking pork loin in sauté pan over medium low heat (adding a little more oil as needed) or in a preheated oven at 350 degrees for about 10 minutes.
- 11 The internal temperature of the pork should be 165 degrees or less if you like medium well pork.
- 12 Slice into medallions after allowing the pork to rest for 10 minutes, or serve whole with the fruit sauce and your favorite side dishes.

## Secret 5: Pork Barbecue Sloppy Joe Sandwiches



A tasty barbecue sauce flavors these pork sloppy joes, making them similar to a quick pulled pork. If you grind your own pork or mince it in a food processor, use pork loin with a little fat or lean pork shoulder.

## What You'll Need

- |                                    |   |
|------------------------------------|---|
| 1 1/2 to 2 pounds lean ground pork | 1 1/2 tablespoons Worcestershire sauce                |
| 1 tablespoon vegetable oil         | 1 1/2 tablespoons brown sugar (light or dark, packed) |
| 1 cup onion (chopped)              | 1 teaspoon black pepper (freshly ground)              |
| 1/2 cup bell pepper (chopped)      | 1/4 teaspoon cayenne pepper                           |
| 1 clove garlic (minced)            | Dash ground allspice                                  |
| 1 cup ketchup                      | 6 to 8 buns (split and toasted)                       |
| 1/4 cup water                      |   |



## How to Make It

- 1 Use lean ground pork in this recipe or grind 1 1/2 to 2 pounds of pork loin or lean pork shoulder.
- 2 In a large skillet over medium-high heat, heat the oil. Add the ground pork and cook, stirring and breaking up, until no longer pink. Remove to a plate and set aside.
- 3 Add the onion and bell pepper; cook, stirring, until the onion is lightly browned, about 4 minutes. Add the garlic and continue cooking for 2 minutes. Add the pork back to the skillet; add the ketchup, water, Worcestershire sauce, brown sugar, peppers, and allspice. Bring to a simmer. Simmer, uncovered, for about 10 minutes, stirring occasionally.
- 4 Taste and add salt, if needed.
- 5 Serve over split toasted buns with coleslaw and fries.



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## 3) Recipes Secrets for Beef

### Secret 1: Grilled Beef Tri-Tip with Red Wine and Garlic Marinade



Tri-tip is also known as triangle steak. It comes from the bottom sirloin cut of beef. It is often used to make hamburgers, but the tradition of grilling it sprang up in Santa Maria, California in the 1950s. It is a lower-cost cut of beef that has full flavor and less fat.

Sliced tri-tip steak can pair well the usual barbecue or grilling sides, or you can select a menu that is more French or Italian-focused. You might let your choice of wine inspire you.

## What You'll Need

- |   |                                |
|---|--------------------------------|
| 2 to 3-pound tri-tip steak                              | 4 cloves garlic, finely minced |
| 1/2 cup hearty red wine, such as Cabernet or Sangiovese | 1/4 cup olive oil              |

## How to Make It

- 1 Put the tri-tip steak in a food storage bag with the marinade of wine, garlic, and olive oil. Seal and refrigerate it for 4 to 6 hours, turning frequently.
- 2 Remove the steak from the refrigerator; discard the marinade.
- 3 Grill the over hot coals for about 10 to 12 minutes on each side for medium-rare steak.
- 4 If desired, brush the steak lightly with your favorite barbecue sauce before and after turning.



- 5 Let the steak rest for a few minutes then slice it into thin slices at an angle across the grain. The resting period when you take the steak off the grill is important. If you cut the steak immediately, it will lose more juice, making it drier and less flavorful.

**For the rest of the meal, you can serve the steak with cold sides such as a tossed green salad and potato salad on a hot day. You could grill vegetables to serve as sides, especially those that are in season, along with baked potatoes and corn on the cob. If there happen to be leftovers, you can use the beef for steak sandwiches.**

## Secret 2: Shredded Beef Chili With A Kick



A long day, nothing planned for dinner, in no mood to cook, but craving something delicious. This is a new recipe to spice up your burger. While it might not be authentic barbecue, these beef stew is loaded up with flavor and are slow cooked to tender perfection. It is really great for weeknight meals, informal gatherings, and tailgating.

### What You'll Need

- |  |   |
|--|---|
| 3 pounds beef chuck roast                  | 3 cans diced tomatoes                             |
| 3 tablespoons olive oil                    | 5 tablespoons chili powder                        |
| 1/4 cup beef rub                           | 2 teaspoons salt                                  |
| 1 large onion, chopped                     | 2 teaspoons pepper                                |
| 3 garlic cloves, minced                    | 1 teaspoon ground cumin                           |
| 2 small green bell peppers, chopped        | 1 teaspoon dried red pepper flakes                |
| 16 oz red kidney beans, rinsed and drained | shredded cheddar or Monterey jack cheese to serve |
| 16 oz pinto beans, rinsed and drained      | sour cream to serve                               |
| 16 oz black beans, rinsed and drained      | corn chips to serve                               |

### How to Make It

- 1 Set your cooker to roast at 225°F.
- 2 Prepare your beef by rinsing it, patting it dry, applying a coat of olive oil, and then caking it with your favorite beef rub.



- 3 Let the roast cook for approximately 6 hours, or until the internal temperature reaches at least 195°F. Remove the meat, wrap it in heavy-duty foil, and then let it rest for 90 minutes.
- 4 When ready, pull the beef into small shards of meat.
- 5 In a large pot, sauté the chopped onion and minced garlic over medium high heat until they're transparent and soft.
- 6 Add the green bell peppers, beans, tomatoes, seasonings, and shredded beef to the pot and mix well. Place the lid on top, reduce the heat to low, and allow the chili to simmer for 20–30 minutes while stirring occasionally.
- 7 Serve with sour cream, shredded cheese, and corn chips.

## Secret 3: T-bone Grilled Steak and Mushrooms Recipe



Love steak topped with sautéed mushrooms? Grill these T-Bone steaks while the mushrooms simmer. When you put it all together you have the perfect meal.

### What You'll Need

- |  |                                 |
|--|---------------------------------|
| 4 t-bone steaks, 1-inch thick, about 3/4-pound/340 g a piece | 2 tablespoons/30 mL heavy cream |
| 2 cups/475 mL low sodium beef broth                          | 2 tablespoons/30 mL butter      |
| 8 ounces/225 g mushrooms, cremini or button, sliced          | salt and pepper to taste        |

### How to Make It

- 1 Preheat grill to high heat.
- 2 For charcoal make a two layer fire, so you have a hot side and a medium-hot side.
- 3 Melt butter in a frying pan over a medium heat.
- 4 Add mushrooms to the frying pan and sauté until mushrooms have sweated off most of their moisture.
- 5 Add beef broth to the frying pan and stir, reducing the heat until the liquid starts to thicken.
- 6 Add heavy cream to the frying pan and turn heat to low.
- 7 Season t-bone steaks with salt and pepper as desired.





- 8 Place on hot grill and cook for about 90 seconds to 2 minutes per side, as long as you get good grill marks.
- 9 Reduce heat or move to the medium-hot side of the grill. Continue grilling for 5 to 7 minutes or until the steaks reach the desired doneness.
- 10 Remove steaks from the grill then cover and allow to rest for 5 minutes.
- 11 Give the mushrooms a stir.
- 12 When steaks are ready, plate, and top with 1/4 of the mushrooms each.

## Secret 4: reverse seared prime rib roast



Whether it is a holiday dinner or just a special occasion, a slow roasted, juicy prime rib is an impressive centerpiece to the most important of meals. Prime rib comes from the rib eye primal cut. Yes, from the same place you get your rib eye steaks. The good news is that prime rib is quite easy to make.

### What You'll Need

- |   |                                    |
|---|------------------------------------|
| 6 pound boneless beef rib roast, tied and trimmed   | 2 tablespoons coarse ground pepper |
| 2 cups beef stock   | 1 teaspoon granulated garlic       |
| <b>BEEF SEASONING</b>   | 1/4 teaspoon cayenne pepper        |
| 2 tablespoons kosher salt   | 1/4 teaspoon dried parsley         |
| 1 1/2 tablespoons beef base (a jarred paste sold under the brand name "Better than Boullion") |                                    |

### INGREDIENT TIPS

#### BEEF BASE

You can substitute with a paste made from 6-8 crushed beef bouillon cubes and a little water.

### How to Make It

- 1 Prep the beef roast. Thin the beef base with about 1 teaspoon of water and slather all over the beef roast. Mix together the beef seasoning and sprinkle all over the sides of the beef roast, leaving the ends not seasoned. Place on a rack and let sit at room temperature for 1 hour.



- 2 Prepare the grill. Fill your fire bowl with Char-Broil Center Cut Lump Charcoal. If you want a strong wood flavor, you can add wood chunks to the coal but I find for beef rib roasts, the smoke from natural hardwood lump coal is the right amount for a balance flavor. Light the coal and bring the grill up to 250°F, occasionally closing the vents as you approach 250°F. Insert the water pan/heat diffuser and the main grate. Keep the lid closed and let the fire get stabilized while the beef tempers.
- 3 Slow roast the beef. Place the beef roast on the main cooking grate, centered over the water pan/heat diffuser, close the dome lid, and using a remote probe thermometer, cook until the internal temperature reaches 125-127°F for medium rare (about 3 hours). Add 2 cups of beef stock to the water pan when the roast reaches an internal temperature of 90-95°F.
- 4 Rest the beef. This is a crucial step for the reverse sear and can't be rushed. The beef needs to be taken off the grill, placed on a cooling rack and allowed to rest. It will continue cooking and the internal temperature will rise 7-10 degrees. Once this has occurred and the temperature starts to decline you can sear the beef. This rest should take anywhere from 15 to 30 minutes. Take out the water pan and pour the beef stock into a fat separator.
- 5 Sear the beef. Your Kamander should now be set up for direct heat since you removed the water pan/heat diffuser. Open the vents and let the cooking temperature rise to 500°F. Sear the roast directly over the flames on all 4 sides for about 1 minute per side.
- 6 Rest the beef. Once done searing, allow the roast to rest for 10 minutes. Meanwhile, pour out the beef stock from the fat separator, taste, and adjust seasoning with salt and pepper as desired.
- 7 Slice and serve. Slice the roast into half-inch slices. Lightly sprinkle the cut sides of the slices with fine sea salt or a finishing salt to boost the flavor. Serve au jus on the side.

## Secret 5: ROAST BEEF STUFFED MEATLOAF



Sunday dinner won't be the same after serving up this Pit Boys style Meatloaf to family and friends at your Pit. It is not difficult to cook as you think. Come on! Roll up your sleeves to make it!

### What You'll Need

Ground chuck — 4 Pound  
Onion — 1 , finely chopped  
Garlic cloves — 4 , minced  
Corn bread crumbs — 4 Cup (64 tbs)  
Egg — 4 , lightly beaten  
Dry mustard — 3 Teaspoon  
Worcestershire sauces — 4 Tablespoon

Fresh ground black pepper — 1 Teaspoon  
Salt — 1 Teaspoon  
Milk — 1 Cup (16 tbs)  
Deli roast beef slices — 5  
Bacon slices — 4  
Tomato paste — 1 Tablespoon



## How to Make It

### GETTING READY

- 1 Preheat grill. Grease a loaf pan and a muffin pan with butter.

### MAKING

- 2 In a mixing bowl, take ground chuck, onion, garlic, bread crumbs, egg, mustard, Worcestershire sauce, pepper and salt, mix well. Add milk, mix again.
- 3 Fill the loaf pan with the prepared mixture till half way, swirl about 3-4 deli roast beef slices, fill the remaining pan with the mixture. Arrange 2 slices of bacon and spread some tomato paste.
- 4 Fill half of each mold of the prepared muffin pan with the beef mixture, break small pieces from the deli roast and place in each mold, fill the muffin with the remaining beef mixture.
- 5 Cut the bacon slices in thirds and place 1 piece on each mold. Place both the pan at indirect heat on the grill and cook at 350 °F for about an hour or until the internal temperature is 160 °F. When halfway through, drain the excess fat. Muffins will take lesser time than the meatloaf. Allow to sit for some time once done.
- 6 Serve the muffins with mashed potato and green beans.
- 7 Cut the meatloaf in slices, place on a bread slice, place a slice of cheese and cap with another bread slice.

## 4)Recipes Secrets for Lamb

### Secret 1: Smoke Roasted Rack of Lamb



These French cut Racks of Lamb are marinated in a flavorful herb-Dijon marinade, then grilled to perfection. This recipe is simply a delicious treat for special occasions, but simple enough for a family meal.

### What You'll Need

- |                                |  |
|--------------------------------|--|
| 2 lamb racks (French cut)      | 2 tablespoons/30 mL Worcestershire sauce |
| 1/4 cup/60 mL balsamic vinegar | 2 teaspoons/30 mL soy sauce              |
| 1/4 cup/60 mL Dijon mustard    | 1 teaspoon/5 mL basil                    |
| 1/4 cup/60 mL dry red wine     | 1 teaspoon/5 mL thyme                    |
| 4 cloves garlic, minced        | 1 teaspoon/5 mL black pepper             |
| Zest of 1 lemon                | Salt to taste                            |



## How to Make It

- 1 Combine vinegar, lemon zest with the herbs and spices. Marinate racks of lamb in this mixture for about 12 hours.
- 2 Preheat grill and prepare for indirect grilling at about 300 °F.
- 3 Combine Dijon mustard, red wine, Worcestershire sauce and soy sauce in a bowl.
- 4 Remove lamb racks from marinade and place on grill over indirect heat. Grill for one hour or until done, basting with mustard sauce for the first 30 minutes.
- 5 Remove from grill when done (an internal temperature of 145 F.) and let rest for 10 minutes. Carve and serve.

## Secret 2: Pulled Leg Of Lamb Potato Bake



Cooking succulent lamb and herby potatoes together means the potatoes absorb all the lovely juices

## What You'll Need

- |   |                                  |
|---|----------------------------------|
| 5 pounds leg of lamb, boneless and trimmed      | 1 large onion, sliced into rings |
| olive oil                                       | 1 packet of dry onion soup mix   |
| 1/2 cup lamb rub                                | 2 tablespoons dried thyme        |
| 6 large potatoes, peeled and sliced into rounds | kosher salt to taste             |
| 1 1/2 cups double cream                         | pepper to taste                  |
| 3 garlic cloves, crushed                        | 1 1/2 cups shredded cheddar      |

## How to Make It

- 1 Prepare your smoker or grill to cook at 250°F. Hickory or cherry wood is recommended.
- 2 Rinse the meat and then thoroughly pat it dry with paper towels.
- 3 Coat your lamb in olive oil, apply your preferred rub, and then cook for approximately 8 hours or until the internal temperature reaches 195°F. When the lamb is done, allow it to rest for 30 minutes.





- 4 In the meantime, prepare a deep casserole dish with non-stick cooking spray and preheat your oven to 350°F.
- 5 Combine the cream and onion soup mix in a jug. Make sure the powder is mixed in thoroughly.
- 6 Shred the meat with your Ofargo Meat Claws and prepare to layer your ingredients. Keep the shredded cheese aside.



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- 7 Start by adding a single layer of potato rounds to the bottom of your casserole dish. Scatter some onion rings and garlic over the potato, add a layer of pulled lamb, and then pour some of the cream mixture on top. Sprinkle with pepper, thyme, and salt. Make certain the layers are evenly spread and that you continue layering until all the ingredients are used.
- 8 Cover the dish with foil and then bake in the preheated oven for about 90 minutes. The potatoes are done when they're soft.
- 9 Remove the foil and spread the shredded cheese on top. Return the dish to the oven and grill until the cheese has melted. Serve with a salad.

## Secret 3: Lamb Burgers with Lemon-Caper Aioli and Fennel Slaw



For this lamb burgers recipe, you'll want to splurge on good sturdy bakery buns that can absorb the extra liquid from the slaw and burger without disintegrating.

## What You'll Need

### Aioli

¼ cup rinsed salt-packed capers  
 1 cup mayonnaise  
 2 tablespoons olive oil  
 1 teaspoon finely grated lemon zest

3 tablespoons (or more) fresh lemon juice  
 1 teaspoon Dijon mustard  
 2 garlic cloves, finely grated  
 Kosher salt



### Assembly

3 tablespoons fresh lemon juice	1½ pounds ground lamb, preferably grass-fed
2 teaspoons crushed dried mint	Kosher salt
Freshly ground black pepper	4 tablespoons olive oil, divided
4 potato or ciabatta rolls, toasted	3 celery stalks, thinly sliced on the diagonal
Boquerones (marinated white anchovies; for serving)	¼ large sweet onion, thinly sliced
½ fennel bulb, thinly sliced; plus ¼ cup chopped fennel fronds (optional)	

## How to Make It

### Aioli

- 1 Place capers in a small bowl and pour in warm water to cover. Let soak 20 minutes. Drain, rinse, and pat dry. Coarsely chop.
- 2 Whisk capers, mayonnaise, oil, lemon zest, lemon juice, mustard, and garlic in a medium bowl; taste and season with salt and more lemon juice, if desired.
- 3 Do Ahead: Aioli can be made 1 day ahead. Cover and chill.

### Assembly

- 1 Shape lamb into 4 patties about 1" thick, season with salt, and let sit at room temperature 30 minutes.
- 2 Heat 2 Tbsp. oil in a large skillet, ideally cast iron, over medium. Cook lamb patties, working in batches if needed, until browned (they won't take on as much color as a beef burger), 5–7 minutes. Turn and cook until browned on second side, about 5 minutes for medium-rare. Transfer patties to a plate and let rest 10 minutes.
- 3 Meanwhile, toss celery, fennel, fennel fronds (if using), onion, lemon juice, dried mint, and remaining 2 Tbsp. oil in a medium bowl. Season slaw with salt and pepper.

**Generously spread aioli on cut sides of buns and build each burger with a lamb patty, 3 or 4 boquerones, and a mound of slaw. This is a messy burger, so the bib is not optional.**

## Secret 4: Slow-Grilled Leg of Lamb with Mint Yogurt and Salsa Verde



Ask your butcher for a whole leg, which will include part of the sirloin.



## What You'll Need

### Mint Yogurt

1 garlic clove, finely chopped  
2 cups whole-milk plain Greek yogurt  
1 cup chopped fresh mint  
1 tablespoon (or more) fresh lemon juice  
Kosher salt and freshly ground black pepper

### Lamb

1 cup rosemary leaves  
 $\frac{3}{4}$  cup peeled garlic cloves (from about 2 heads)  
 $\frac{3}{4}$  cup extra-virgin olive oil, plus more for serving  
1  $5\frac{1}{2}$ – $6\frac{1}{2}$ -pound whole bone-in leg of lamb, shank attached  
Kosher salt and freshly ground black pepper  
1 cup chopped preserved lemons  
 $\frac{1}{2}$  cup chopped fresh mint

### Salsa Verde

6 oil-packed anchovy fillets  
4 garlic cloves, chopped  
 $\frac{3}{4}$  cup extra-virgin olive oil  
 $\frac{3}{4}$  cup chopped fresh parsley  
 $\frac{1}{2}$  cup chopped fresh mint  
2 tablespoons drained capers  
1 tablespoon fresh lemon juice  
Kosher salt and freshly ground black pepper

## How to Make It

### Mint Yogurt

- 1 Mix garlic, yogurt, mint, and lemon juice in a medium bowl. Season with salt, pepper, and more lemon juice, if desired.

**Do Ahead:** Mint yogurt can be made 1 day ahead. Cover and chill.

### Salsa Verde

- 1 Process anchovies, garlic, oil, parsley, mint, capers, and lemon juice in a food processor until herbs are finely chopped; season with salt and pepper.

**Do Ahead:** Salsa verde can be made 1 day ahead. Cover and chill.

### Lamb

- 1 Prepare grill for medium-high, indirect heat (for a charcoal grill, bank coals on one side of grill; for a gas grill, leave one or two burners off).
- 2 Blend rosemary, garlic, and  $\frac{3}{4}$  cup oil in a blender or food processor until rosemary and garlic are finely chopped. Season lamb all over with salt and pepper and smear with rosemary mixture.
- 3 Grill lamb, fat side up, over direct heat, turning often and moving to cooler side of grill as needed to control flare-ups, until evenly browned all over, 15–20 minutes (lamb and marinade are both very fatty, so monitor closely and move off the grill for a moment if flare-ups get too intense). Position lamb over indirect heat and grill until an instant-read thermometer inserted into the thickest part of lamb registers  $135^{\circ}$ , 1  $\frac{1}{2}$ –2 hours. (The leg is composed of several muscle groups; take the temperature in multiple spots for the most accurate reading.)
- 4 Transfer lamb to a cutting board and let rest 5 minutes. Holding bone, thinly slice lamb against the grain, continuing until you reach the bone. Rotate lamb and continue to thinly slice (slice only as much as you are serving.)
- 5 Top lamb with lemons and mint; serve with mint yogurt and salsa verde.

**Do Ahead:** Lamb can be marinated 1 day ahead; chill. Lamb can be grilled 2 hours ahead; hold at room temperature. Grill over high to reheat, about 4 minutes, before slicing and finishing as directed above.



## Secret 5: Spiced Marinated Lamb Chops with Garlicky Yogurt



These quick-cooking lamb chops make dinner feel instantly fancy.

### What You'll Need

2 garlic cloves  
1½ cups whole-milk plain Greek yogurt  
1 lemon  
Kosher salt  
Freshly ground black pepper  
2 teaspoons ground cumin

1 teaspoon ground coriander  
¾ teaspoon ground turmeric  
¼ teaspoon ground allspice  
8 rib lamb chops (about 1–1¼ inches thick)  
2 tablespoons vegetable oil, divided

### How to Make It

- 1 Peel 2 garlic cloves, then finely grate with a micro plane into a medium bowl.
- 2 Add 1½ cups yogurt to bowl with garlic. Cut 1 lemon in half crosswise and squeeze 1 half into yogurt mixture with one hand, using your other hand to catch seeds. Season yogurt mixture with salt and pepper and whisk to combine. Transfer ½ cup yogurt mixture to a small bowl; set aside for serving.
- 3 Whisk 2 tsp. cumin, 1 tsp. coriander, ¾ tsp. turmeric, and ¼ tsp. allspice into remaining yogurt mixture; set aside.
- 4 Season both sides of 8 lamb chops with salt and pepper on a rimmed baking sheet or large plate.
- 5 Using your hands, evenly coat all meaty surfaces of chops with spiced yogurt mixture. Let chops sit at room temperature 30 minutes, or cover and chill up to 12 hours.
- 6 Heat 1 Tbsp. oil in a large skillet over medium-high. Wipe off excess marinade from lamb chops. Working in 2 batches, cook lamb until nicely browned, about 3 minutes per side (the yogurt in the marinade will help them take on color quickly).



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- 7 Transfer chops to a plate. Pour off fat from skillet (no need to wipe it out). Repeat with remaining 1 Tbsp. oil and chops.
- 8 Serve lamb chops with reserved yogurt mixture alongside.





## 5) Recipes Secrets for Seafoods

### Secret 1: Oven-Baked Seafood Spaghetti



This traditional Italian recipe calls for a variety of shellfish, many of which are strictly Mediterranean and difficult to find outside of that area. This updated version omits the more obscure shellfish. If the shells of the shellfish (clams, etc.) are pretty, scrub them very well before you begin making the sauce, and don't shuck them after they have opened: Put them -- shells and all -- in the cartoccio and they'll add a special touch to the finished dish.

### What You'll Need

- |  |                                      |
|--|--------------------------------------|
| 1/4 cup olive oil  | 5 fresh basil leaves                 |
| 1 clove garlic (peeled and crushed)  | 2 tablespoons fresh parsley (minced) |
| Optional: 20 small squid (calamari)  | 3/4 pound dried spaghetti            |
| 20 clams   | Fine sea salt, to taste              |
| 16 prawns (or large shrimp)  | 16 mussels                           |
| 1/2 fresh red Chile pepper (stemmed, seeded, and thinly sliced)  |                                      |
| 3 moderately ripe tomatoes (blanched, peeled, seeded, and finely chopped, or 10 to 15 cherry tomatoes, halved) |                                      |

### How to Make It

- 1 Wash all the shellfish very well. Set a pot with 3 quarts of lightly salted water to boil over high heat.
- 2 In the meantime, pour the olive oil into a large skillet and add the garlic, the chile pepper, and the seafood. Cook over a low flame for 5 minutes, then add the chopped tomatoes, basil, and parsley. Simmer for 15 minutes.,
- 3 Preheat your oven to 450 °F .
- 4 Keep an eye on the pasta pot as the sauce simmers, and when the water boils add the pasta.
- 5 Let it cook until half done (usually about 4 minutes), then drain it well in a colander and transfer it while it is still dripping to the skillet with the sauce. Toss the pasta-and-sauce mixture by moving the skillet as you would if you were flipping an omelet. Roll out a long sheet of aluminum foil or parchment paper and fold up the sides to make a box-like container. Transfer the pasta to the container, fold the aluminum foil or paper over it, and crimp the edges together to make a sealed pouch (you can also make individual pouches for your guests if you wish). Bake in the oven for 5 minutes, at which point the pouch will have puffed up. Slide it onto a serving dish and open it at the table.



## Secret 2: Grilled Sea Bass with Garlic Butter



This is a wonderful yet simple way to prepare sea bass. The garlic butter sauce blends nicely with the mild flavor of this light and tender fish. Serve with rice and grilled vegetables for a complete meal.

### What You'll Need

2 pounds/900 g sea bass	2 cloves garlic, minced
3 tablespoons/45 mL butter	1/4 teaspoon/1.25 mL garlic powder
Juice of 1 medium lemon	1/4 teaspoon/1.25 mL paprika
1 1/2 tablespoons extra-virgin olive oil	1/4 teaspoon/1.25 mL onion powder
2 tablespoons/ 30 mL fresh Italian parsley, finely chopped	1/4 teaspoon/1.25 mL sea salt

### How to Make It

- 1 To prepare butter sauce, combine butter, lemon juice, garlic, and parsley, in a small saucepan. Remove from heat once butter has melted.
- 2 Preheat grill for medium high heat. Right before placing fish onto grill, make sure to oil the grill grates. This can be achieved by using a large pair of tongs, folded paper towels and a high smoke point oil. Olive oil will work in a pinch. Dip paper towel into oil and run across the grates at least 3 times to create a non-stick surface. This will keep the fish from breaking during the cooking process.
- 3 Combine onion powder, garlic, paprika, pepper, and salt in a small bowl.
- 4 Sprinkle mixture on both sides of fish.
- 5 Place fish onto the grill and cook for 7 minutes. Turn fish and coat with butter sauce. Cook for about 7 more minutes.
- 6 Once fish reaches an internal of at least 145 degrees F., remove from heat, drizzle with olive oil, and serve with your favorite sides.

## Secret 3: Pan-Roasted Salmon with Fennel Salad



Leave the skin on the salmon to insulate and help protect the delicate flesh as it cooks. Bonus: It cooks up as crisp as cracklings in the process.



## What You'll Need

- |  |   |
|--|---|
| 1/2 fennel bulb, plus 2 tablespoons fronds                                 | Kosher salt and freshly ground black pepper |
| 2 tablespoons fresh orange juice   | 2 tablespoons grape seed or vegetable oil   |
| 2 tablespoons olive oil  |   |
| 1 1-pound skin-on salmon fillet, preferably wild-caught, cut into 4 pieces |   |

## How to Make It

- 1 Preheat oven to 350°. Using a mandoline, finely shave fennel; transfer to a medium bowl. Add fennel fronds, orange juice, and olive oil; toss to combine. Season salad with salt and pepper.
- 2 Heat grape seed oil in a large ovenproof skillet over medium-high heat. Season salmon pieces with salt and pepper. Place salmon in skillet skin side down. Cook without moving, pressing gently on fillets with a spatula to ensure skin is in full contact with pan, until skin is golden and crisp, about 5 minutes. Transfer skillet to oven (do not turn fish over) and roast until salmon is just opaque in center, 3-4 minutes for medium-rare (time will depend on thickness of fish and desired doneness).
- 3 Divide fennel salad among plates. Top with salmon skin side up.

## Secret 4: Mustard-Crusted Branzino



This Mustard-Crusted Branzino is great butterflied—a quick and easy method for cooking a whole fish. Ask your fishmonger to do it for you.

## What You'll Need

- |                                   |  |
|-----------------------------------|--|
| 1/4 cup olive oil                 | 1 cup coarse fresh breadcrumbs, preferably sourdough |
| 2 tablespoons whole grain mustard | Kosher salt and freshly ground black pepper          |
| 1 garlic clove, finely grated     | 2 pounds 1½–2 whole branzino or trout, butterflied   |
| 1 tablespoon chopped fresh thyme  | Lemon wedges (for serving)                           |

## How to Make It

- 1 Preheat oven to 450°. Whisk oil, mustard, garlic, and thyme in a small bowl. Using your fingertips or a rubber spatula, mix in breadcrumbs, squeezing or pressing to saturate bread, until evenly coated; season with salt and pepper.
- 2 Open up fish and place, skin side down, in a large ovenproof pan or on a rimmed baking sheet; season with salt and pepper. Top with breadcrumb mixture, pressing to adhere. Roast until breadcrumbs are golden brown and fish is cooked through, 10–15 minutes.
- 3 Serve fish with lemon wedges.



## Secret 5: Tarragon Roasted Halibut with Hazelnut Brown Butter



If using skin-on hazelnuts, rub them inside a clean kitchen towel after they've been toast-ed--the skins will slip right off. Serve the fish with a lightly dressed butter lettuce and herb salad.

### What You'll Need

- |  |                                   |
|--|-----------------------------------|
| 1/2 cup blanched hazelnuts   | 1/2 cup (1 stick) unsalted butter |
| 1 large bunch fresh tarragon   | 1/4 cup fresh lemon juice         |
| 4 tablespoons olive oil, divided   | Lemon halves                      |
| Kosher salt, freshly ground pepper                                       |                                   |
| 1 3-3 1/2-pound skinless halibut fillet (halved lengthwise if very wide) |                                   |

### How to Make It

- 1 Preheat oven to 350°. Spread hazelnuts in a single layer on a rimmed baking sheet and toast, stirring occasionally, until golden, 8-10 minutes. Coarsely chop; set aside.
- 2 Reduce oven temperature to 300°. Scatter tarragon sprigs on a large rimmed baking sheet. Place halibut on top, drizzle with 2 tablespoons oil, and season with salt and pepper. Roast until halibut is just opaque in the center, 20-30 minutes, depending on thickness of fish.
- 3 Meanwhile, melt butter in a small saucepan over medium-high heat. Cook, stirring often, until butter foams, then browns (don't let it burn), about 5 minutes. Remove from heat; let brown butter cool slightly. Stir in lemon juice, hazelnuts, and remaining 2 tablespoons oil; season with salt and pepper.
- 4 Serve fish with hazelnut brown butter sauce and lemon halves.

## 6)Recipes Secrets for Salads

### Secret 1: Antipasto Hand Salad



Doesn't the idea of spooning a marinated mixture of meaty salami, salty cheese, olives, and juicy tomatoes into leaves of cold, crispy romaine sound, like, delicious?! That's because it is.





## What You'll Need

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 8 oz. cherry or grape tomatoes       | 1 small garlic clove            |
| 1 Tbsp. red wine vinegar             | 1 Tbsp. extra-virgin olive oil  |
| 2 oz. unsliced spicy salami          | 1 tsp. chopped or dried oregano |
| 2 oz. Parmesan cheese                | 1 romaine heart (about 8 oz.)   |
| ¼ cup Castelvetrano olives (about 8) |                                 |

## How to Make It

- 1 Cut 8 oz. cherry tomatoes into quarters. Transfer to a medium bowl, then pour 1 Tbsp. vinegar over. Let sit while you prep remaining ingredients.
- 2 Cut 2 oz. salami into small pieces about ¼" thick.
- 3 Grate 2 oz. cheese on the large holes of a box grater.
- 4 Pit ¼ cup olives, then cut into quarters.
- 5 Add salami, Parmesan, and olives to bowl with tomatoes.
- 6 Using a microplane, finely grate 1 garlic clove into same bowl.
- 7 Add 1 Tbsp. oil and 1 tsp. oregano and toss to combine.
- 8 Slice off bottom of 1 romaine heart and divide into leaves.
- 9 Serve hearts alongside salad, using each leaf as a boat for the salad.

## Secret 2: Pasta Salad with Spring Vegetables and Tomatoes



Is it still pasta salad if it's not swimming in mayo? Why, yes it is.

## What You'll Need

- |   |  |
|---|--|
| <b>Tomatoes</b>   | <b>Peas and Onions</b>                                   |
| 9 garlic cloves, crushed                                      | 8 ounces spring onions (about 3 large)                   |
| 3 sprigs thyme  | 2 tablespoons olive oil, divided                         |
| 3 2-inch strips orange zest                                   | 8 ounces sugar snap peas, trimmed, halved (about 3 cups) |
| 1 3-inch piece ginger, peeled, cut into very thin matchsticks | Kosher salt  |
| 4 cups cherry tomatoes  | <b>Assembly</b>  |
| 6 tablespoons fresh orange juice                              | 12 ounces casarecce, fusilli, or penne                   |
| ¼ cup olive oil   | Kosher salt  |
| 1 tablespoon light brown sugar                                | 2 tablespoons (or more) fresh lemon juice                |
| ¼ teaspoon kosher salt  | 2 cups thinly sliced basil, divided                      |
| Freshly ground black pepper                                   | 2 cups thinly sliced mint, divided                       |
|   | Freshly ground black pepper                              |
|   | Olive oil (for drizzling)                                |



## How to Make It

### Tomatoes

- 1 Preheat oven to 325°. Toss garlic, thyme, orange zest, ginger, tomatoes, orange juice, oil, brown sugar, salt, and a pinch of pepper in a 13x9" baking dish. Roast, gently tossing mixture every 20 minutes, until tomatoes are tender and just bursting but still intact, 50–60 minutes. Pluck out and discard thyme and orange zest.

### Peas and Onions

- 1 Separate spring onion stems from bulbs. Cut stems in half lengthwise, then cut crosswise into 2" pieces. Slice bulbs through root end into quarters. Heat a dry medium skillet, preferably cast iron, over high. Add 1 Tbsp. oil, then sugar snap peas, and shake pan so sugar snaps spread out in a single layer. Cook, tossing once, until charred on both sides, about 4 minutes. Transfer to a large bowl.
- 2 Heat remaining 1 Tbsp. oil in same skillet. Add spring onion stems and bulbs, arranging in a single layer. Cook, tossing once, until charred, about 4 minutes. Transfer to bowl with sugar snap peas; season with salt.

### Assembly

- 1 Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, transfer to a large bowl, and let cool, tossing around now and again to make sure it's not sticking.
- 2 Add tomato mixture, sugar snap peas and spring onions, lemon juice, 1½ cups basil, and 1½ cups mint to pasta and toss gently to combine (you don't want to break up the tomatoes too much); season with salt, pepper, and more lemon juice if desired.
- 3 Serve pasta salad topped with remaining ½ cup basil and ½ cup mint and a drizzle of oil.

## Secret 3: Gluten-Free Potato Salad



Potato salad is a classic family favorite. This gluten-free recipe is one that everyone can dig into, gluten-free or not. And it's perfect for a backyard cookout, picnic, or other outdoors eating event.

The ingredients are typical of most potato salads. The only difference is the use of gluten-free mayonnaise.

## What You'll Need

- |  |  |                               |
|--|--|-------------------------------|
| 6 medium russet potatoes (Idahos)      | 1 1/2 teaspoons salt   | Garnish: 1/2 teaspoon paprika |
| 1 teaspoon salt (for cooking potatoes) | 1/2 teaspoon white pepper  |                               |
| 1 cup gluten-free mayonnaise           | 1 cup celery (chopped)   |                               |
| 2 tablespoons apple cider vinegar      | 1/2 cup yellow onions (chopped)                                  |                               |
| 1 tablespoon prepared mustard          | 3 green onions (sliced)  |                               |
| Optional: 2 teaspoons cane sugar       | 1/2 cup curly parsley (fresh, chopped, save a sprig for garnish) |                               |
| 2 teaspoons celery seed                | 3 large eggs (hard-cooked, chopped)                              |                               |



## How to Make It

- 1 Peel and cook the potatoes in boiling, salted water until tender, about 30 to 40 minutes.
- 2 Drain and cool.
- 3 Cut the potatoes into 1/2- to 1-inch cubes and place in a large bowl.
- 4 In a small mixing bowl, whisk together mayonnaise, vinegar, mustard, optional sugar, celery seed, salt, and pepper. Set aside.
- 5 Gently fold celery, onions, green onions, parsley, and eggs into the bowl with the cubed potatoes. Pour dressing over vegetables and fold gently until thoroughly combined.
- 6 Chill for several hours, or up to two days before serving.
- 7 Just before serving, garnish with paprika and a sprig of parsley.

**Note: Make sure your work surfaces, utensils, pans, and tools are free of gluten. Always read product labels. Manufacturers can change product formulations without notice. When in doubt, do not buy or use a product before contacting the manufacturer for verification that the product is free of gluten.**

## Secret 4: German Cream Dressing Recipe for Lettuce Salad - Salatsauce



This German cream salad dressing, or salatsauce, is the perfect match for butter lettuce, also known as Boston lettuce or Bibb lettuce, or any crisp greens, for that matter.

Many people who have visited Germany come back raving about their salads. Root vegetables often find their way, raw and cooked, into salads, and many people like the fact they don't mix everything up with the lettuce but include several small portions of different salads on the same plate.

## What You'll Need

For the Dressing:

- 1/4 cup cream (heavy, or half-and-half)
- 2 teaspoons lemon juice (fresh)

Milk, if necessary

For the Salad:

- 2 teaspoons sugar

6-8 cups salad greens (crisp, washed and dried, torn into bite-size pieces)

Optional: sliced or chopped tomatoes, or other ingredients you like



## How to Make It

- 1 In a large bowl, whisk together 1/4 cup heavy cream or half-and-half, 2 teaspoons fresh lemon juice and 2 teaspoons sugar until the sugar dissolves.
- 2 Add a little milk to thin, if necessary.
- 3 Add salad greens and tomatoes and any other ingredients, if using, shortly before serving and toss to coat.

**Tip: Use crisp lettuce types to accompany this salad dressing. This salad goes well with Wiener-schnitzel or bratwurst.**

## Secret 5: GRILLED BRUSSELS SPROUTS



Brussels sprouts are bountiful in the fall. They pair well with a traditional holiday menu. Most people who think that they don't like these little cabbages have never had them grilled crisp, tender and served with a flavorful vinaigrette. Follow the recipe below for a for a delicious grilled sprouts with a balsamic vinaigrette.

## What You'll Need

- |   |                                   |
|---|-----------------------------------|
| 1 pound brussels sprouts                  | 3/4 teaspoon smoked paprika       |
| 4 tablespoons extra virgin olive oil      | 1 teaspoon apple cider vinegar    |
| 3 tablespoons coarse ground dijon mustard | 1/4 teaspoon fresh-cracked pepper |
| 3 cloves garlic, minced                   | 1/8 teaspoon kosher salt          |
| 1 sprig thyme                             |                                   |

## How to Make It

- 1 Preheat grill to 400. Chop Brussel Sprouts in half length-wise and place in a medium-sized bowl.
- 2 In a small mixing bowl, mix the olive oil, dijon mustard, garlic, thyme, smoked paprika and apple cider vinegar. Pour over brussels sprouts and toss until evenly coated.
- 3 Place brussels sprouts in a non-stick grill basket and place over direct heat. Grill for about 3-5 minutes per side until nicely charred.
- 4 Take off heat and add fresh-cracked pepper and salt to taste.





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