

# The Tanknannny™ BBQ Cook Book!



# Herb Marinated Tenderloin

PREP TIME 20 Min

COOK TIME 8 Min

READY IN 4 Hrs 28 Min

Original recipe yield 2 4-ounce fillets

**SERVINGS:** 2

## INGREDIENTS (Nutrition)

- \* 1 (8 ounce) fillet beef tenderloin
- \* 6 fresh sage leaves
- \* 1 clove garlic, cut into sixths
- \* 4 fresh thyme sprigs

## DIRECTIONS

1. Cut a few 2-inch slits in the side of the fillet; stuff the sage leaves and garlic pieces into the slits. Wrap the thyme sprigs around the fillet. Store in refrigerator to allow the meat to absorb the flavors for 4 to 12 hours.
2. Preheat an outdoor grill for medium heat; lightly oil the grate. Cut the tenderloin in half and season with salt and pepper.
3. Cook the fillets 4 to 6 minutes per side, until no longer pink, or to desired doneness.

# Whiskey Hamburgers

"Hamburgers with a splash of Jack Daniels whiskey and beer."

PREP TIME     5 Min  
COOK TIME    10 Min  
READY IN      15 Min

**SERVING** : Original recipe yield 6 burgers

## INGREDIENTS (Nutrition)

- \* 1 1/2 pounds ground beef
- \* 1/4 cup beer (such as Sam Adams®)
- \* 1 tablespoon Worcestershire sauce
- \* 1 (1.5 fluid ounce) jigger whiskey (such as Jack Daniels®)
- \* 2 teaspoons garlic powder
- \* 1 teaspoon onion powder
- \* 1 teaspoon salt
- \* 1 teaspoon ground black pepper

## DIRECTIONS

1. Preheat an outdoor grill for medium-high heat; lightly oil the grate.
2. Combine the ground beef, beer, Worcestershire sauce, whiskey, garlic powder, onion powder, salt, and pepper in a bowl; mix until evenly combined. Shape the mixture into 6 patties.
3. Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, 5 to 8 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

# Laura's Stuffed Burgers with Zinfandel Sauce

"These burgers are bursting with flavor! Seasoned meat stuffed with fontina and bacon topped with Gorgonzola and a red Zinfandel mushroom sauce!"

PREP TIME      20 Min  
COOK TIME      30 Min  
READY IN        50 Min

**SERVINGS:** 2 burgers

## INGREDIENTS (Nutrition)

- \* 3/4 pound ground beef
- \* 1 (1 ounce) package dry onion soup mix
- \* 1 cup minced red onion
- \* 1 1/2 teaspoons Worcestershire sauce
- \* 2 teaspoons garlic, minced
- \* 1 tablespoon Dijon mustard
- \* 2 ounces fontina cheese, cubed
- \* 3/4 cup bacon bits
- \* 1 tablespoon olive oil
- \* 1 cup minced red onion
- \* 6 ounces button mushrooms, sliced
- \* 1 teaspoon minced garlic
- \* 1 (14 ounce) can low-sodium beef broth
- \* 1 cup full-bodied red wine, such as Zinfandel
- \* 1 (4 ounce) container crumbled Gorgonzola cheese
- \* 2 Kaiser rolls, split

## DIRECTIONS

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Mix together the ground beef, onion soup mix, 1 cup minced red onion, Worcestershire sauce, garlic, and Dijon mustard with your hands. Shape the mixture into 4 patties of equal size. Place about half of the fontina cheese and bacon bits in the center of 2 of the patties; top with the other 2 patties and press edges of the patties to seal the cheese and bacon inside.
3. Heat the olive oil in a large skillet over medium-high heat. Cook 1 cup red onion in the hot oil until translucent, about 5 minutes. Add the mushrooms and garlic to the onions; cook and stir until the mushrooms are softened, about 5 minutes. Pour the beef broth and Zinfandel into the skillet and bring to a simmer; allow to cook until the liquid reduces by about half.
4. Cook burgers on the preheated grill to your desired degree of doneness, 7 to 10 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Top the burgers with equal amounts of the Gorgonzola cheese; cook until the Gorgonzola begins to melt, about 1 minute more. Place the burgers on the Kaiser rolls and top with the Zinfandel reduction sauce to serve.

# Grilled Salmon

"A simple soy sauce and brown sugar marinade, with hints of lemon and garlic, are the perfect salty-sweet complement to rich salmon fillets."

PREP TIME 15 Min  
COOK TIME 16 Min  
READY IN 2 Hrs 31 Min  
SERVINGS  
(Help)

Servings: 6

## INGREDIENTS (Nutrition)

- \* 1 1/2 pounds salmon fillets
- \* lemon pepper to taste
- \* garlic powder to taste
- \* salt to taste
- \* 1/3 cup soy sauce
- \* 1/3 cup brown sugar
- \* 1/3 cup water
- \* 1/4 cup vegetable oil

## What to Drink?

Wine Pinot Noir  
Cocktail Sidecar  
Chilled Non-Alcoholic Special Lemonade

## DIRECTIONS

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

# Pizza On The Grill

"Even with a baking stone, a conventional oven is no match for a professional oven when it comes to making pizza. At home, or rather in your backyard, the grill is the way to go. The heat of a hot grill is perfect, and makes it possible to make incredible pizza at home. Use your favorite toppings, but keep in mind not to overload the pizza. Keep it light. Try it - everything is better on the grill!"

PREP TIME      45 Min  
COOK TIME      15 Min  
READY IN        3 Hrs

Servings: 16

## INGREDIENTS (Nutrition)

- \* 1 (.25 ounce) package active dry yeast
- \* 1 cup warm water
- \* 1 pinch white sugar
- \* 2 teaspoons kosher salt
- \* 1 tablespoon olive oil
- \* 3 1/3 cups all-purpose flour
- \* 2 cloves garlic, minced
- \* 1 tablespoon chopped fresh basil
- \* 1/2 cup olive oil
- \* 1 teaspoon minced garlic
- \* 1/4 cup tomato sauce
- \* 1 cup chopped tomatoes
- \* 1/4 cup sliced black olives
- \* 1/4 cup roasted red peppers
- \* 2 cups shredded mozzarella cheese
- \* 4 tablespoons chopped fresh basil

## What to Drink?

Wine    Barbera

## DIRECTIONS

1. In a bowl, dissolve yeast in warm water, and mix in sugar. Proof for ten minutes, or until frothy. Mix in the salt, olive oil, and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes. Place dough in a well oiled bowl, and cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hour, or until doubled again.

2. Preheat grill for high heat. Heat olive oil with garlic for 30 seconds in the microwave. Set aside. Punch down dough, and divide in half. Form each half into an oblong shape 3/8 to 1/2 inch thick.

3. Brush grill grate with garlic flavored olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas. Working quickly, brush oil over crust, and then brush with 2 tablespoons tomato sauce. Arrange 1/2 cup chopped tomatoes, 1/8 cup sliced black olives, and 1/8 cup roasted red peppers over crust. Sprinkle with 1 cup cheese and 2 tablespoons basil. Close the lid, and cook until the cheese melts. Remove from grill, and set aside to cool for a few minutes while you prepare the second pizza.

# Grilled Soy-Sesame Asparagus

"This asparagus pairs especially well with Asian types of grilled foods, such as kebabs or satays."

Grilled Soy-Sesame Asparagus Recipe

PREP TIME 10 Min

COOK TIME 8 Min

READY IN 18 Min

SERVINGS

(Help)

**Servings:** 4

## INGREDIENTS (Nutrition)

- \* 1 tablespoon toasted sesame oil
- \* 1 tablespoon soy sauce
- \* 3 cloves garlic, minced
- \* 1 teaspoon brown sugar
- \* 1 1/2 pounds fresh asparagus, trimmed
- \* 2 tablespoons toasted sesame seeds

## What to Drink?

Wine Sauvignon Blanc

## DIRECTIONS

1. Preheat grill for high heat.
2. In a bowl, mix sesame oil, soy sauce, garlic, and brown sugar. Place asparagus in the bowl, and toss to coat.
3. Lightly oil a fine-mesh grill grate. Place asparagus on grate, and cook 8 minutes, until tender but firm. Garnish with sesame seeds to serve.

# Grilled Bacon Jalapeno Wraps

"Jalapenos are stuffed with cream cheese, wrapped with bacon, and barbecued on the grill."

PREP TIME 10 Min  
COOK TIME 10 Min  
READY IN 20 Min  
SERVINGS  
(Help)

**Servings:** 6

## INGREDIENTS (Nutrition)

- \* 6 fresh jalapeno peppers, halved lengthwise and seeded
- \* 1 (8 ounce) package cream cheese
- \* 12 slices bacon

## What to Drink?

Wine	Riesling
Cocktail	Shaggy's Manhattan
Chilled Non-Alcoholic	Boston Iced Tea

## DIRECTIONS

1. Preheat an outdoor grill for high heat.
2. Spread cream cheese to fill jalapeno halves. Wrap with bacon. Secure with a toothpick.
3. Place on the grill, and cook until bacon is crispy.

# Southwestern Lamb Chops

PREP TIME 15 Min  
COOK TIME 15 Min  
READY IN 30 Min  
SERVINGS

Servings: 4

## INGREDIENTS

- \* 1 cup orange juice
- \* 2 jalapeno peppers, seeded and finely chopped\*
- \* 1 teaspoon ground cumin
- \* 1/2 teaspoon salt
- \* Dash pepper
- \* 3/4 cup halved, sliced sweet onion
- \* 4 teaspoons cornstarch
- \* 1/4 cup cold water
- \* 1 cup fresh orange sections
- \* 2 tablespoons minced fresh cilantro
- \* 8 lamb loin chops (1-inch thick)

## DIRECTIONS

1. In a saucepan, combine orange juice, jalapeno, cumin, salt if desired and pepper. Cook over medium-high heat until mixture begins to simmer. Stir in onion.
2. Combine cornstarch and water until smooth; add to the sauce. Bring to a boil over medium heat; cook and stir for 2 minute or until thickened and bubbly. Remove from the heat. Stir in oranges and cilantro; keep warm.
3. Grill the lamb chops, covered, over medium-hot heat for 12-14 minutes, turning once, or until a meat thermometer reads 140 degrees F rare; 160 degrees F, medium-well; or 170 degrees F, well done. Serve with orange sauce.

## FOOTNOTES

\*When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

\*Nutritional Analysis: One serving (prepared without salt) equals 274 calories, 9 g fat (0 saturated fat), 87 mg cholesterol, 83 mg sodium, 18 g carbohydrate, 2 g fiber, 29 g protein. Diabetic Exchanges: 4 lean meat, 1 fruit.

# Indian Style Sheekh Kabab

"This is a spicy and extremely flavorful recipe which will surely be a hit at any BBQ party."

PREP TIME      15 Min  
COOK TIME      10 Min  
READY IN        2 Hrs 25 Min

**Servings:** 8

## **INGREDIENTS** (Nutrition)

- \* 2 pounds lean ground lamb
- \* 2 onions, finely chopped
- \* 1/2 cup fresh mint leaves, finely chopped
- \* 1/2 cup cilantro, finely chopped
- \* 1 tablespoon ginger paste
- \* 1 tablespoon green chile paste
- \* 2 teaspoons ground cumin
- \* 2 teaspoons ground coriander
- \* 2 teaspoons paprika
- \* 1 teaspoon cayenne pepper
- \* 2 teaspoons salt
- \* 1/4 cup vegetable oil
- \* skewers

## **What to Drink?**

Wine	Zinfandel
Cocktail	Marie's Summer Marvel
Chilled Non-Alcoholic	Special Lemonade

## **DIRECTIONS**

1. In a large bowl, mix ground lamb, onions, mint, cilantro, ginger paste, and chile paste. Season with cumin, coriander, paprika, cayenne, and salt. Cover, and refrigerate for 2 hours.
2. Mold handfuls of the lamb mixture, about 1 cup, to form sausages around skewers. Make sure the meat is spread to an even thickness. Refrigerate until you are ready to grill.
3. Preheat grill for high heat.
4. Brush grate liberally with oil, and arrange kabobs on grill. Cook for 10 minutes, or until well done, turning as needed to brown evenly

# Marinated Grilled Shrimp

"A very simple and easy marinade that makes your shrimp so yummy you don't even need cocktail sauce!"

PREP TIME      15 Min  
COOK TIME      6 Min  
READY IN        55 Min

**Servings:** 6

## INGREDIENTS (Nutrition)

- \* 3 cloves garlic, minced
- \* 1/3 cup olive oil
- \* 1/4 cup tomato sauce
- \* 2 tablespoons red wine vinegar
- \* 2 tablespoons chopped fresh basil
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon cayenne pepper
- \* 2 pounds fresh shrimp, peeled and deveined
- \* skewers

## What to Drink?

Wine	Chardonnay
Cocktail	Sidecar
Chilled Non-Alcoholic	Special Lemonade

## DIRECTIONS

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

## FOOTNOTE

\* The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

# California Grilled Veggie Sandwich

PREP TIME 30 Min  
COOK TIME 20 Min  
READY IN 50 Min

**SERVINGS:** 4

## INGREDIENTS (Nutrition)

- \* 1/4 cup mayonnaise
- \* 3 cloves garlic, minced
- \* 1 tablespoon lemon juice
- \* 1/8 cup olive oil
- \* 1 cup sliced red bell peppers
- \* 1 small zucchini, sliced
- \* 1 red onion, sliced
- \* 1 small yellow squash, sliced
- \* 2 (4-x6-inch) focaccia bread pieces, split horizontally
- \* 1/2 cup crumbled feta cheese

## What to Drink?

Wine                                      Rose  
Chilled Non-Alcoholic      Special Lemonade

## DIRECTIONS

1. In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.
2. Preheat the grill for high heat.
3. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.
4. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

# Grilled Rock Lobster Tails

"Grilled rock lobster tails lightly seasoned with lemon and garlic. Ready in no time at all, and oh so delicious!"

PREP TIME      15 Min  
COOK TIME      12 Min  
READY IN        27 Min

**SERVINGS:**      2

## INGREDIENTS (Nutrition)

- \* 1 tablespoon lemon juice
- \* 1/2 cup olive oil
- \* 1 teaspoon salt
- \* 1 teaspoon paprika
- \* 1/8 teaspoon white pepper
- \* 1/8 teaspoon garlic powder
- \* 2 (10 ounce) rock lobster tails

## What to Drink?

Wine	Chardonnay
Cocktail	Sidecar
Chilled Non-Alcoholic	Special Lemonade

## DIRECTIONS

1. Preheat grill for high heat.
2. Squeeze lemon juice into a small bowl, and slowly whisk in olive oil. Whisk in salt, paprika, white pepper, and garlic powder. Split lobster tails lengthwise with a large knife, and brush flesh side of tail with marinade.
3. Lightly oil grill grate. Place tails, flesh side down, on preheated grill. Cook for 10 to 12 minutes, turning once, and basting frequently with marinade. Discard any remaining marinade. Lobster is done when opaque and firm to the touch.

## FOOTNOTE

\*The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

# Deer Poppers

"If you don't like the gamey taste of deer meat this recipe is for you!! These make great appetizers. Even people who don't like deer meat liked these!"

COOK TIME      30 Min  
READY IN        30 Min

Original recipe yield 20 appetizers

## INGREDIENTS (Nutrition)

- \* 1 pound venison steaks, cubed
- \* 1/2 teaspoon Greek seasoning, or to taste
- \* 1/4 teaspoon steak seasoning, or to taste
- \* 1 (16 ounce) bottle Italian salad dressing
- \* 1/2 cup jalapeno pepper slices
- \* 10 slices bacon, cut in half
- \* toothpicks, soaked in water

## What to Drink?

Wine	Syrah
Cocktail	Sangria! Sangria!
Chilled Non-Alcoholic	Michigan Fizz

## DIRECTIONS

1. Season the venison meat with Greek seasoning and steak seasoning. Place in a bowl, and pour in enough Italian dressing to cover. Refrigerate for at least 2 hours to marinate, but preferably overnight.
2. Preheat the grill for medium heat. Drain the marinade from the meat, and discard the marinade. Place a slice of jalapeno on top of a piece of meat, then wrap with a slice of bacon. Secure with a soaked toothpick. Repeat with remaining meat.
3. Grill the deer poppers for 15 to 20 minutes, turning occasionally to brown the bacon. Serve and enjoy!

# Chicken and Sun-Dried Tomato Bruschetta

"This recipe is the definition of versatility - if the weather's mild, use the grill outside to prepare this appetizer. In colder months, use your oven instead. The amount of ingredients for this recipe can be scaled back or multiplied to accommodate any range of party guests. You can also alter the amount of most of the ingredients according to your personal preference. You'll enjoy this variation on regular old bruschetta appetizers!"

PREP TIME      15 Min  
COOK TIME      30 Min  
READY IN        45 Min

**Servings:** 8

## INGREDIENTS (Nutrition)

- \* 2 skinless, boneless chicken breast halves
- \* 1 1/4 cups Italian salad dressing, divided
- \* 4 cups fresh spinach, torn
- \* 1/3 cup crumbled feta cheese
- \* 8 sun-dried tomatoes, packed without oil, chopped
- \* 1 (1 pound) loaf focaccia bread, cut into 1/2-inch thick slices
- \* 1/4 cup olive oil

## What to Drink?

Wine	Chardonnay
Cocktail	Tom Collins
Chilled Non-Alcoholic	Mock Tea Sangria

## DIRECTIONS

1. Place the chicken and 1 cup salad dressing in a bowl. Cover, and marinate at least 3 hours in the refrigerator.
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Discard dressing used for marinating, and grill chicken 7 minutes per side, or until juices run clear. Cool and shred.
4. In a large bowl, mix the cooked chicken, spinach, feta cheese, sun-dried tomatoes, and remaining dressing.
5. Brush the focaccia bread with olive oil, and cook 1 minute per side on the prepared grill, or until lightly toasted. Place portions of the chicken mixture on the toasted focaccia to serve.

## FOOTNOTE

\*The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

# Barbecued Ribs

"Two day ribs, but worth the effort!"

PREP TIME      30 Min  
COOK TIME      3 Hrs  
READY IN        11 Hrs 30 Min

**SERVINGS:** 8

## **INGREDIENTS** (Nutrition)

- \* 4 pounds baby back pork ribs
- \* 4 cloves garlic, sliced
- \* 1 tablespoon white sugar
- \* 1 tablespoon paprika
- \* 2 teaspoons salt
- \* 2 teaspoons ground black pepper
- \* 2 teaspoons chili powder
- \* 2 teaspoons ground cumin
- \* 1/2 cup dark brown sugar
- \* 1/2 cup cider vinegar
- \* 1/2 cup ketchup
- \* 1/4 cup chili sauce
- \* 1/4 cup Worcestershire sauce
- \* 1 tablespoon lemon juice
- \* 2 tablespoons onion, chopped
- \* 1/2 teaspoon dry mustard
- \* 1 clove crushed garlic

## **What to Drink?**

Wine              Syrah  
Cocktail          Classic Whiskey Sour

## **DIRECTIONS**

1. Preheat oven to 300 degrees F (150 degrees C). Place ribs on a rack in a shallow roasting pan. Scatter 4 cloves of sliced garlic over ribs. Cover, and bake for 2 1/2 hours. Cool slightly.
2. In a small bowl, mix together white sugar, paprika, salt, black pepper, chili powder, and ground cumin. Rub spices over cooled ribs. Cover, and refrigerate overnight.
3. In a small saucepan, mix together brown sugar, cider vinegar, ketchup, chili sauce, Worcestershire sauce, lemon juice, onion, dry mustard, and 1 clove garlic. Simmer over medium-low heat, uncovered, for 1 hour. Reserve a small amount for basting; the remainder is a dipping sauce.
4. Preheat grill for medium heat.
5. Place ribs on grill. Grill, covered, for about 12 minutes, basting with the reserved sauce, until nicely browned and glazed. Serve with remaining sauce for dipping.

# Big Al's K.C. Bar-B-Q Sauce

"This is a Kansas City-style sauce that I make in my restaurant. It is sweet and smoky with a little bite."

PREP TIME      15 Min  
COOK TIME      20 Min  
READY IN        35 Min

**Original recipe yield 6 cups of sauce**

## INGREDIENTS (Nutrition)

- \* 2 cups ketchup
- \* 2 cups tomato sauce
- \* 1 1/4 cups brown sugar
- \* 1 1/4 cups red wine vinegar
- \* 1/2 cup unsulfured molasses
- \* 4 teaspoons hickory-flavored liquid smoke
- \* 2 tablespoons butter
- \* 1/2 teaspoon garlic powder
- \* 1/2 teaspoon onion powder
- \* 1/4 teaspoon chili powder
- \* 1 teaspoon paprika
- \* 1/2 teaspoon celery seed
- \* 1/4 teaspoon ground cinnamon
- \* 1/2 teaspoon cayenne pepper
- \* 1 teaspoon salt
- \* 1 teaspoon coarsely ground black pepper

## DIRECTIONS

1. In a large saucepan over medium heat, mix together the ketchup, tomato sauce, brown sugar, wine vinegar, molasses, liquid smoke and butter. Season with garlic powder, onion powder, chili powder, paprika, celery seed, cinnamon, cayenne, salt and pepper.
2. Reduce heat to low, and simmer for up to 20 minutes. For thicker sauce, simmer longer, and for thinner, less time is needed. Sauce can also be thinned using a bit of water if necessary. Brush sauce onto any kind of meat during the last 10 minutes of cooking.

# Grilled Prime Burger with Hot Pepper and Smoked Gouda

Serves 4

## INGREDIENTS:

- 1½ pounds Certified Angus Beef LLC Prime ground chuck
- 4 sun-dried tomatoes (oil-packed), drained and pureed
- 5 tablespoons mayonnaise
- 1 poblano pepper, seeded (for more heat try a scotch bonnet pepper)
- 8 thin slices smoked Gouda
- Petite greens
- 4 onion hamburger buns
- Salt and pepper to taste

## DIRECTIONS:

1. Shape ground chuck into four patties. Season to taste with salt and pepper
2. Mix together mayonnaise and sun-dried tomatoes.
3. Grill patties on medium-high heat to an internal temperature of 160°F.
4. Grill pepper until tender; slice into thin strips.
5. Top buns with mayonnaise, hamburger, pepper, Gouda and petite greens.

# Grilled Sirloin “Steak and Eggs”

Serves 4

## INGREDIENTS:

- 1 pound Certified Angus Beef LLC sirloin steak
- 1 chipotle pepper, seeded and pureed
- 5 tablespoons mayonnaise
- 8 slices of your favorite bread, toasted
- 4 eggs
- Petite greens
- Salt and pepper to taste

## DIRECTIONS:

1. Season steak with salt and pepper and grill over medium-high heat to medium rare (140°F internal temperature) or desired doneness.
2. Remove steak from grill and allow rest 4 – 6 minutes; slice on bias.
3. Combine chipotle peppers, mayonnaise and spread on toast.
4. Cook eggs sunny-side up.
5. Top toast with steak, eggs and greens. Serve with fresh fruit.

Recipe provided by Certified Angus Beef LLC

# Grilled Sirloin Mini Sandwiches

Serves 4

## INGREDIENTS:

- 1 pound Certified Angus Beef LLC sirloin steak
- ½ red onion, sliced evenly into 4 slices
- 8 slices cheddar cheese
- ¼ cup whole grain mustard
- 4 mini buns, cut in half
- Salt and pepper to taste

## DIRECTIONS:

1. Season steak with salt and pepper; grill on medium-high heat to medium rare (140°F internal temperature) or desired doneness.
2. Remove steak from grill and allow to rest 4 - 6 minutes. Slice on bias into thin pieces.
3. Grill onion over medium heat until tender.
4. Create sandwich by topping buns with steak, onion, cheese and mustard. Serve with your favorite chips.

Recipe provided by Certified Angus Beef LLC

# Mediterranean Grilled New York Strip Steak

## INGREDIENTS:

- 4 12-ounce Certified Angus Beef LLC New York strip steaks
- 1 beefsteak tomato, cut into 4 even slices
- ½ red onion, cut into 4 even slices
- 4 tablespoons unsalted butter
- Mediterranean Rub to coat (recipe below)

## DIRECTIONS:

1. Season steaks with Mediterranean Rub and grill over medium-high heat to medium rare (140°F internal temperature) or desired doneness.
2. Remove steaks from grill and allow to rest 4 - 6 minutes.
3. Grill tomato and onion over medium heat.
4. Top each steak with 1 tablespoon butter, grilled tomato and grilled onion.

Recipe provided by Certified Angus Beef LLC

# Mediterranean Rub

Serves 4

## INGREDIENTS:

- 1 tablespoon hand-crushed rosemary
- 1½ tablespoons thyme
- ½ tablespoon coffee
- ½ tablespoon sea salt
- ½ tablespoon cracked black pepper

## DIRECTIONS:

1. Combine all ingredients.
2. Rub mixture into beef. Makes about 4 tablespoons.

Recipe provided by Certified Angus Beef LLC

# Beer Marinated Grilled Flank Steak

Serves 8

## INGREDIENTS:

- 4 pounds Certified Angus Beef LLC flank steak
- 2 12-ounce bottles Guinness Draught
- 1 yellow onion, chopped
- 1 garlic, chopped
- 3 jalapeño peppers, seeded and chopped
- Salt and pepper to taste

## DIRECTIONS:

1. Combine first five ingredients and place in zipper-locking plastic bag. Marinate overnight in refrigerator.
2. Remove steak; discard marinade and season with salt and pepper. Grill over medium-high heat to 140°F for medium rare.
3. Let steak rest 4 to 5 minutes; slice across grain and serve.

Recipe provided by Certified Angus Beef LLC