

KITCHEN HQ

SMOKELESS GRILL

RECIPE BOOK



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CORNEB BEEF HASH

SERVING SIZE 4 PORTIONS

INGREDIENTS

2 whole grated potatoes
1 can corned beef
½ yellow onion, diced
Salt and black pepper to taste

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PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 400°F with the griddle plate.
- Cook the grated potatoes and diced onions on the griddle for 5 minutes, or until brown.
- Stir in corned beef, salt and pepper.
- Serve.
- Option: add a poached egg for a perfect breakfast!



SWISS SPINACH OMELET

SERVING SIZE 4 PORTIONS

INGREDIENTS

6 eggs, beaten
16-ounce bag of spinach
½ cup swiss cheese
Salt and black pepper to taste
Optional: 1 red bell pepper, diced

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PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 300°F with the griddle plate.
- In a bowl, mix eggs, salt and pepper, spinach, swiss cheese, and optional red bell peppers.
- Pour the mixture over the griddle surface.
- Cook until partially set, then flip with spatula and continue cooking until desired doneness.
- Serve and enjoy!



GRILLED AVOCADO TACOS

SERVING SIZE 2 PORTIONS

INGREDIENTS

2 ripe, fresh Hass avocados, halved and pitted

1 fresh lime or lemon juice

Cumin, sea salt and fresh ground pepper to taste

½ pound of cooked ground beef

Vegetarian Option: crumbled tofu, feta cheese and cilantro

PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 400°F with the grill plate.
- Cut avocado in half and remove seed with spoon.
- Drizzle avocado with fresh lime or lemon juice.
- Place avocado face down on the grill surface for 2-3 minutes, or until charred.
- Remove avocados from the grill and fill with cooked ground beef.
- Sprinkle sea salt, ground pepper, and cumin to taste.
- Vegetarian option: fill with crumbled tofu, feta cheese and cilantro.



VEGETARIAN POTSTICKERS

SERVING SIZE 6 PORTIONS

INGREDIENTS

2 tablespoons soy sauce	¼ cup chopped celery
1 tablespoon chili paste	1 teaspoon ginger powder
1 tablespoon honey	½ pound cauliflower rice
1 tablespoon white wine	24 wonton wrappers
1 tablespoon roasted sesame seeds	1 tablespoon vegetable oil
½ cup thinly sliced scallions	Egg wash
½ cup chopped carrots	

PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 350°F with the griddle plate.
- To create the filling, combine 1 tablespoon soy sauce, chili paste, honey, white wine, roasted sesame seeds, scallions, carrots, celery, ginger powder, cauliflower rice into a bowl. Set aside.
- To assemble the potstickers, place wonton wrappers on a flat surface. Then, spoon 1 tablespoon of filling into the center of each wrapper. Brush egg wash on the edges of the wonton wrappers and fold over the filling to create a half-moon shape. Pinch the edges together to seal.
- Pour vegetable oil on the griddle, then add the potstickers. Close the lid and cook 2-3 mins. per side, or until golden.
- Serve with the remaining soy sauce.



SPICY GRILLED MUSHROOM SKEWERS

SERVING SIZE 4 PORTIONS

INGREDIENTS

½ pound fresh mushrooms

¼ cup melted butter

½ teaspoon cayenne

½ teaspoon garlic salt

PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 400°F with the grill plate.
- Evenly thread mushrooms on metal or wooden skewers.
- Combine melted butter, cayenne pepper, and garlic salt into a mixture.
- Brush the mixture over mushrooms and place on the grill.
- Grill while turning occasionally for 10-15 minutes, or until tender.



DOWN SOUTH COUNTRY BOIL

SERVING SIZE 4 PORTIONS

INGREDIENTS

3 corn cobs, cut into 3 sections
4 red potatoes, halved & par-cooked
1 sweet onion, peeled & quartered
1 pound medium shrimp, peeled and deveined
1 pound sausage, cut into large chunks
¼ cup white wine
½ cup broccoli
Salt, black pepper and paprika to taste

PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 450°F with the grill plate.
- In a large bowl, combine cut corn cobs, halved red potatoes, quartered onion, shrimp, sausage chunks, white wine, broccoli, salt, black pepper and paprika.
- Evenly place the combined ingredients on the grill.
- Cover the grill with the lid and cook for 5 mins.



CHEESE STUFFED BURGERS

SERVING SIZE 4 PORTIONS

INGREDIENTS

1 ½ pounds ground beef	1 teaspoon cumin
1 cup shredded cheddar cheese	1 teaspoon chili powder
4 hamburger buns	Salt and black pepper to taste
1 teaspoon minced garlic	Cooking spray

PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 400°F with the grill plate.
- In a large bowl, combine the ground beef, minced garlic, cumin, chili powder, salt and pepper. Then, on a smooth surface, divide the ground beef into quarters, then each quarter into halves.
- Press half of the portions into small bases and the other half into flat patties.
- Fill each base with 1 tablespoon of cheddar cheese.
- Gently lay the flat patties on top of the filled bases and press the edges together to form a tightly sealed burger.
- Transfer the patties to the grill and cook each side for 8-10 minutes with the lid closed, or until desired doneness. Then, set aside.
- Add cooking spray inside the hamburger buns and grill (side down) until browned.
- Place the patties inside the hamburger buns and serve.



GARLIC BUTTER SKIRT STEAK

SERVING SIZE 4 PORTIONS

INGREDIENTS

1 pound skirt steak
1 teaspoon sea salt
1 teaspoon black pepper
1 tablespoon minced garlic
½ cup melted butter

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PREPARATION

- In a bowl, whisk together sea salt, black pepper, minced garlic and melted butter to create the marinade.
- Add skirt steak in the marinade. Cover the bowl and marinate the steak in the refrigerator for 30 mins.
- Preheat the Kitchen HQ Smokeless Grill to 350°F with the grill plate.
- Place the steak on the grill and cook each side for 5 mins or until desired doneness.



GRILLED LEMON BUTTER SALMON STEAKS

SERVING SIZE 2 PORTIONS

INGREDIENTS

2 salmon steaks
1 tablespoon minced garlic
1 lemon
2 fresh rosemary stems
½ stick melted butter
Salt and black pepper to taste

PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 350°F with the grill plate.
- In a bowl, whisk together the minced garlic, lemon juice, melted butter, salt and black pepper to create the marinade.
- Add salmon steaks inside the bowl and let marinate for 10-15 minutes.
- Gently place the salmon steaks with fresh rosemary stems on the grill and cook for 5 mins on each side.
- Serve with vegetables.



SHRIMP FRIED QUINOA

SERVING SIZE 4 PORTIONS

INGREDIENTS

3 tablespoons olive oil	½ pound medium shrimp, peeled & deveined
½ teaspoon kosher salt	½ cup cooked quinoa
½ teaspoon black pepper	3 eggs, beaten
2 garlic cloves, chopped	1 cup frozen peas
1 tablespoon finely chopped ginger	1 chopped onion
2 tablespoons low-sodium soy sauce	
Fresh parsley	

PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 390°F with the griddle plate.
- In a small bowl, whisk together the soy sauce, salt, ground pepper, garlic and ginger. Then, set aside.
- Caramelize the chopped onions on the griddle surface.
- Then, add shrimp and whisked ingredients on the griddle and cook thoroughly for 15 mins.
- Add the quinoa, peas and eggs and sauté for 15 mins.
- Garnish with parsley and serve.



HONEY GRILLED BRIE

SERVING SIZE 4 PORTIONS

INGREDIENTS

1 brie cheese wheel
½ cup walnuts
2 tablespoons honey
Cooking spray

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PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 350°F with the griddle plate.
- Spray the griddle surface with cooking spray.
- Place the brie on the griddle and drizzle with honey and walnuts. Close the grill with the lid and cook for 5-7 minutes, or until slightly softened.
- Serve with crackers.



GRILLED BANANA SPLIT

SERVING SIZE 4 PORTIONS

INGREDIENTS

4 ripe bananas, split
8 teaspoons unsalted butter, cut into small pieces
4 tablespoons honey
¼ cup coconut shavings
3 cups dulce de leche ice cream
¼ cup shaved almonds, walnuts or nuts of your choosing

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PREPARATION

- Preheat the Kitchen HQ Smokeless Grill to 250°F with the griddle plate.
- Split banana with skin intact leaving 1 inch uncut at both ends. Open the cut and spoon in 2 teaspoons of butter pieces, 1 tablespoon honey and coconut shavings.
- Gently place the bananas on the griddle and cook for 8-10 mins, or until mixture has melted.
- Move bananas to 4 separate sundae bowls, carefully flipping the bananas over to pour the melted sauce into the bottom of each bowl.
- Peel off the skin and top each bowl with dulce de leche ice cream and walnuts.
- Serve immediately and enjoy!



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