

125 BEST  
**INDOOR  
GRILL**

RECIPES



FROM STEAKS TO CHOPS, CHICKEN AND MORE

**ILANA SIMON**





# Chicken Shish Kabobs

**MAKES  
18 APPETIZERS**

*The advantage of shish kabobs is that you can assemble and prepare them ahead of time. For amazing appetizers, simply throw them on the grill once your guests arrive.*

If your contact grill has more than one temperature setting, set it to high for this recipe.

## Tip

A combination of red, orange, green and yellow peppers makes a colorful, scrumptious dish that looks fantastic too.

## Make Ahead

Prepare marinade up to 1 day in advance. Cover and refrigerate.

• Eighteen 9-inch (23 cm) bamboo skewers

2	cloves garlic, minced	2
3 tbsp	prepared chili sauce	45 mL
2 tbsp	cranberry sauce	25 mL
1½ tsp	prepared horseradish	7 mL
1½ tsp	cider vinegar	7 mL
1 tsp	Worcestershire sauce	5 mL
1 tsp	dried onion flakes	5 mL
½ tsp	kosher salt	2 mL
¼ tsp	freshly ground black pepper	1 mL
Pinch	hot pepper flakes	Pinch
4	boneless, skinless chicken breasts, cut in 1-inch (2.5 cm) chunks	4
2	large bell peppers, different colors, cut in 1-inch (2.5 cm) chunks	2
1 cup	whole mushrooms, halved	250 mL
1	onion, quartered and separated into thin pieces	1

1. Soak bamboo skewers in hot water for 30 minutes.
2. In a small bowl, whisk together garlic, chili sauce, cranberry sauce, horseradish, cider vinegar, Worcestershire, onion flakes, salt, pepper and hot pepper flakes.
3. Thread chicken pieces onto the skewers alternately with peppers, mushrooms and onions. Place skewers in a single layer in a shallow dish.
4. Brush marinade all over skewers. Cover and refrigerate for a minimum of 20 minutes or for up to 1 hour. Meanwhile, preheat contact grill.
5. Spray both sides of contact grill with vegetable cooking spray or oil. Place chicken skewers on grill, close lid and grill for 5 to 6 minutes, or until chicken is no longer pink inside.





# Orange Soy Ginger– Glazed Salmon

SERVES 4

*This Asian-influenced salmon fillet, coated in toasted sesame seeds, teams well with brown rice and stir-fried vegetables.*

If your contact grill has more than one temperature setting, set it to medium-high for this recipe.

### Tip

Toast sesame seeds in small nonstick skillet, over medium heat, for 3 to 5 minutes, or until golden brown.

### Make Ahead

Prepare marinade up to 1 day in advance. Cover and refrigerate.

2	cloves garlic, minced	2
1 tsp	grated orange zest	5 mL
¼ cup	freshly squeezed orange juice	50 mL
3 tbsp	soy sauce	45 mL
1½ tsp	minced gingerroot	7 mL
1 lb	salmon fillet, cut into 4 pieces	500 g
2 tbsp	toasted sesame seeds (see tip, at left)	25 mL
	Additional freshly squeezed lemon juice	

1. In a small bowl, whisk together garlic, orange zest, orange juice, soy sauce and gingerroot.
2. Place salmon fillets in a shallow dish and brush with marinade, coating evenly. Cover and refrigerate for a minimum of 20 minutes or for up to 1 hour. Meanwhile, preheat contact grill.
3. Spray both sides of contact grill with vegetable cooking spray or oil. Sprinkle toasted sesame seeds on salmon fillets. Place salmon on grill, close lid and grill for 4 to 6 minutes, or until fish is opaque and flakes easily with a fork. Sprinkle with freshly squeezed lemon juice.

### Variation

Use other firm fillets, such as steelhead trout, in place of salmon and cook for 4 to 6 minutes, or until fish is opaque and flakes easily with a fork.



Acknowledgments

Introduction

## APPETIZERS

Grilled Eggplant Baba  
Ghanouj

Crostini with Grilled  
Eggplant and Chèvre

Wild Mushroom Bruschetta

Jalapeño Poppers

Mushroom-Filled Beef  
Rollups

Beef Rollups with Asparagus  
and Goat Cheese

Chicken Shish Kabobs

Chinese-Style Breaded Veal  
Nuggets

Bacon-Wrapped Scallops

Crab Cakes with Red  
Pepper Aioli

Chipotle Chili–Spiked  
Shrimp

Shrimp Satay

Tempura Shrimp and  
Vegetables

Spicy Shrimp

Pea Soup with Grilled  
Hot Dogs  
Lentil Soup with  
Grilled Garlic

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Chicken Caesar Salad

Tex-Mex Pasta Salad

Italian Vegetable and Orzo  
Salad

Thai Chicken Noodle Salad

Grilled Asparagus

Grilled Tofu

Grilled Vegetables

Low-Fat Potato Pancakes

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Grilled Cheese and  
Asparagus Rolls

Grilled Cheese Sandwich

Grilled French Toast

“Monterey” Cristo  
Sandwiches

Reuben Sandwiches

Tuna Melts #1

Tuna Melts #2

Maple-Glazed Sausage  
Sandwiches

Salami and Red Pepper  
Panini with Asiago

Smoked Cheese and Turkey  
Breast Panini

Three-Meat Panini with  
Provolone

Grilled Mango and Brie  
Quesadillas

Mexican Cheese Quesadillas

Chicken and Monterey  
Jack Quesadillas

Pita Pizzas

## BURGERS

Ultimate Hamburger

All-in-One Cheeseburgers

Seasoned Beef Burgers

Caesar Burgers

French Quarter Burgers

Smoky Mexican Burgers

Curry Beef Burgers

Thai Curry Burgers

Burgers with Horseradish  
and Caramelized Onions

Italian Veal Burgers

Sausage Burgers

Portobello Mushroom  
Burgers

Hickory Chicken Burgers

Tarragon Mustard Chicken  
Burgers

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Creamy Turkey Burgers

Pimiento Turkey Burgers

Turkey Mango Burgers

Turkey Thyme Burgers

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Beer-Basted Beef

Beef Souvlaki

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“Stir-Fry”

Barbecued Steak

Mustard-Infused Steak

Fajitas

Pita Fajitas

Pepper Steak

Mexican Steak

Grilled Salisbury Steak

Moroccan Steak

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Barbecued Chicken with  
a Difference

Weekday Barbecued  
Chicken

Jerk Chicken

Southern “Fried” Chicken

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Four-Ingredient Chicken

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Breasts

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Ginger, Soy and Lime  
Chicken

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Szechuan Chicken

Sticky Sesame Chicken

Teriyaki Chicken

Green Peppercorn and  
Gruyère Turkey Fillets

Orange Rosemary Turkey  
Thighs

## MAIN ENTRÉES: FISH AND SEAFOOD

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“Fried” Catfish

Herbed Halibut

Lemon-Pepper Fish Fillets

“Pan-Fried” Grilled Pickerel

Mustard Lemon Herb  
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Sweet-and-Sour Rainbow  
Trout

Cumin Lemon Tuna Steaks

Honey Dill Salmon with  
Dijon

Honey Orange Salmon with  
Thyme

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Orange Soy Ginger–Glazed  
Salmon

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Moroccan Shrimp

Singapore Shrimp

Susie’s Lime Shrimp

Thai Shrimp<sup>4</sup>

## MAIN ENTRÉES: PORK, LAMB AND VEAL

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the Grill

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Maple-Glazed Pork  
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Lamb Kofte with Tzatziki

Minty Grilled Lamb  
Chops

Veal Marsala

Veal Parmigiana

## DESSERTS

Angel Food Cake and Fruit  
Kabobs

Black Forest Pound Cake

Caramel Pound Cake

Grilled Bananas

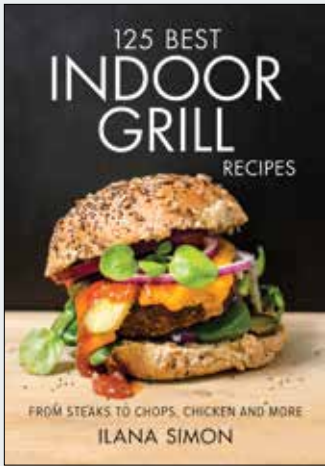
Grilled Brie Pockets

Grilled Fruit Kabobs

Just Like Campfire S’mores

Tortilla S’mores

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## ABOUT THE AUTHOR

**Ilana Simon** is a food writer, editor and author of *125 Best Fondue Recipes* and *125 Best Ground Meat Recipes*. She lives in Winnipeg, Manitoba.

# 125 BEST INDOOR GRILL RECIPES

From Steaks to Chops, Chicken and More

*Delicious meals that will let you enjoy the ease of grilling all year round.*

Indoor grills are versatile, usable year-round and the perfect kitchen alternative to outdoor BBQing especially on days that the weather doesn't cooperate with dinner plans. This updated and beautifully repackaged edition of the bestselling *125 Best Indoor Grill Recipes* features over 125 recipes for every meal of the day along with advice on how to enjoy delicious grilled meals without the fuss of using an outdoor grill and without the trouble of even leaving the house.

*Blackened Red Fish* will deliver the sizzling southern flavor of New Orleans while the *Caesar Salad Burger* will give you the best of two worlds. The *Three Meat Panini with Provolone* takes a simple sandwich to new heights and the *Portobello Mushroom Burger* is the ultimate in vegetarian cuisine. Other delicious recipe options include *Beef Souvlaki with Tzatziki Sauce*, *Cilantro Lime Chicken*, *Shrimp Satay*, *Southern Fried Chicken* and *Honey Dill Salmon with Dijon*.

Indoor grill-chefs will love these great recipes and practical indoor grilling tips and techniques. *125 Best Indoor Grill Recipes* is hands-down the perfect companion for indoor grill enthusiasts.

- Indoor grills continue to trend well among consumers of all ages on account of their versatility and year-round usability. In 2017, U.S. retail sales of indoor grills amounted to approximately 375 million USD.
- Fresh new cover treatment perfect for reaching a new and untapped audience.
- Has recently been leading the market online as a suggested purchase for customers buying indoor grilling appliances.

## MARKETING & PUBLICITY

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