

CHEDDAR CORN MUFFINS

INGREDIENTS:

1 8 1/2 oz. box of corn bread mix
1 tbsp. honey
1/4 cup shredded cheddar cheese
1/2 tsp. cayenne
1/2 tbsp butter, melted
1 cup of water

DIRECTIONS:

1. Place the lid in the base and preheat in the microwave for (3) minutes.
2. Prepare the corn bread mix according to the directions on the box.
3. Stir in the honey, and cayenne.
4. Remove the preheated grill pan and add the water, then the steam tray, and finally the muffin insert. Grease the muffin insert with the melted butter.
5. Pour the cornbread mix into the pan muffin insert and sprinkle the cheese on top.
6. Place the support ring on top of the base and then place the lid on top.
6. Place the grill pan in the microwave and cook for 5 minutes. Remove grill pan from the microwave. Keep the lid on and allow to rest for 2-3 minutes.
7. Remove the lid, allow them to cool and serve.

GRILLED BACON WRAPPED SHRIMP STUFFED WITH HORSE RADISH

INGREDIENTS:

1/2 lb. large shrimp, peeled and deveined (about 6-7 shrimp)
1/4 cup fresh or jarred horseradish
6 strips of thin sliced bacon, each strip cut in half to make 3" strips
cocktail sauce for dipping
lemon wedge for garnish

DIRECTIONS:

1. Stuff each shrimp with about 1 tsp. of horseradish and then wrap with the bacon and place the shrimp in the grill pan.

2. Place the lid in the base and preheat in the microwave for 3 minutes.
3. Remove the grill pan and add the shrimp.
4. Place the grill press lid directly onto the shrimp and cook in the microwave for 4 minutes. Let them rest for 1 minute.
5. Remove the grill pan from the microwave and serve the shrimp with cocktail sauce and lemon.

WIENERS AND SAUERKRAUT

INGREDIENTS:

- 3 German wieners, about 2 oz. each (they are usually attached by the casing in pairs)
- 1/2 medium onion, thinly sliced
- 1 (14-oz.) can of sauerkraut, rinsed, drained
- 1 tsp. Caraway seed
- 1/4 cup lager (or favorite beer, or use chicken stock)
- Hot dog or other favorite rolls

DIRECTIONS:

1. Place the lid in the base and preheat in the microwave for 3 minutes.
2. Using kitchen shears, separate and place the wieners on the grill and place the grill press directly onto the brats without the support ring.
3. Place the grill pan in the microwave and cook for 4 minutes. Remove the wieners to a plate to rest.
4. Add the remaining ingredients to the grill pan. Place the support ring on top of the base and then place the lid on top.
5. Place the grill pan in the microwave and cook for 4 minutes, or until thoroughly heated.
6. In the meantime prepare the wieners with the buns, top them with the sauerkraut mixture and serve.

DRY RUBBED, GRILLED WINGS

INGREDIENTS:

3/4 lb. chicken wings, raw (about 5 pieces)
2 tbsp. poultry dry rub
1/2 cup blue cheese dressing

DIRECTIONS:

1. Ahead of time, thoroughly coat the wings with the dry rub. Set aside.
2. Place the lid in the base and preheat in the microwave for 3 minutes.
3. Place the wings in the grill and place the grill press directly onto the ribeye without the support ring.
4. Place the grill pan in the microwave and cook for 6 minutes. Let the wings rest for 5 minutes.
5. Remove the grill from the microwave and serve the wings with the blue cheese dressing for dipping.

RIBEYE STEAK WITH DRY RUB

INGREDIENTS:

one ribeye steak, about 1 lb.
1 tbsp. red meat dry rub

DIRECTIONS:

1. Ahead of time, rub the ribeye with the seasoning. Set aside.
2. Place the lid in the base and preheat in the microwave for 3 minutes.
3. Place the ribeye on the grill and place the grill press directly onto the ribeye without the support ring.
4. Place the grill pan in the microwave and cook for 4 minutes. Let the ribeye rest for 1 minute.
5. Remove the grill pan from the microwave and serve.

CRAB STUFFED PORTABELLA MUSHROOMS

INGREDIENTS:

2 large or 3 small Portobello mushroom caps
2 tbsp. olive oil
salt & pepper
1/4 cup scallion, thinly sliced
1/2 lb. jumbo lump crab meat
1 tbsp. fresh lemon juice
3 tbsp. mayonnaise
1/4 cup panko crumbs
1/4 cup grated parmesan cheese

DIRECTIONS:

1. Ahead of time, season the mushrooms. Set aside.
2. Place the lid in the base and preheat in the microwave for 3 minutes.
3. Meanwhile, combine the , scallion, mayonnaise, lemon juice, panko and cheese. Gently fold in the crab meat. Reserve.
4. Place the mushrooms on the grill and place the grill press directly onto the mushrooms without the support ring.
5. Place the grill pan in the microwave and cook for 4 minutes.
6. Remove the grill press and divide the crab mixture between the mushroom caps. Place the support ring on top of the base and then place the lid on top.
7. Place the grill pan in the microwave and cook for 3-4 minutes, or until thoroughly heated. Remove the grill from the microwave and serve.

STEAMED POTSTICKERS

INGREDIENTS:

6 frozen potstickers (any flavor)

1 cup of water

DIRECTIONS:

1. Place the lid in the base and preheat in the microwave for 3 minutes.
2. Remove the preheated grill pan and add the water, then the steam tray.
3. Place the potstickers on the steam tray.
4. Place the support ring on top of the base and then place the lid on top.
5. Place the grill pan in the microwave and cook for 4 minutes. Remove grill pan from the microwave.
6. Remove the lid and serve with your favorite dipping sauce

DRY RUBBED, GRILLED LAMB RIB CHOPS

INGREDIENTS:

3 Lamb Rib Chops , about 3 1/2 oz. each

1 tbsp. red meat dry rub

DIRECTIONS:

1. Ahead of time, rub the chops with the seasoning. Set aside.
2. Place the lid in the base and preheat in the microwave for 3 minutes.
3. Place the ribeye on the grill and place the grill press directly onto the lamb chops without the support ring.
4. Place the grill pan in the microwave and cook for 3 minutes. Let the chops rest for 4 minutes. It should be medium rare.
5. Remove the grill pan from the microwave and serve.

SWORDFISH

INGREDIENTS:

1 10 oz. Swordfish steak, fresh
1 tbsp. Fish dry rub
lemon wedge and pat of butter

DIRECTIONS:

1. Ahead of time, rub the swordfish with the seasoning. Set aside.
2. Place the lid in the base and preheat in the microwave for 3 minutes.
3. Place the swordfish on the grill and place the grill press directly onto the swordfish without the support ring.
4. Place the grill pan in the microwave and cook for 4 minutes. Let the swordfish rest for 4 minutes.
5. Remove the grill pan from the microwave and serve. Top with the butter a squeeze of lemon.

DAVID VENABLE'S PHILLY CHEESESTEAK DIP

INGREDIENTS:

1/4 yellow onion, thinly sliced
1/4 cup green bell pepper, finely chopped
1/4 cup red bell pepper, finely chopped
6 Oz. Cheesesteak meat, frozen and cut into 1" pieces
4 oz. cream cheese, softened and cut into 1" pieces
4 oz. Cheez Whiz dip
4 oz. Velveeta, cut into 1" pieces
1 baguette, rustic bread sliced for dipping
A couple dashes of Worcestershire sauce

DIRECTIONS:

1. Place the lid in the base and preheat in the microwave for 3 minutes.
2. Place the meat, peppers and onion in the grill and place the grill press directly onto the ribeye without the support ring.

3. Place the grill pan in the microwave and cook for 3 minutes.
4. Remove the grill press and add the cheese. Place the support ring on top of the base and then place the lid on top.
7. Place the grill pan in the microwave and cook for 3 minutes, or until thoroughly heated. Remove the grill, add a couple of dashes of Worcestershire, thoroughly stir the mixture together and serve.

DRY RUB RECIPES:

POULTRY:

- 2 tbsp. crushed sea salt
- 2 tbsp. paprika
- 1 tsp. tumeric
- 2 tsp. garlic
- 2 tbsp. granulated dried onion
- 1 tbsp. ground thyme
- 1 tsp. mustard powder
- 1/2 tsp. cayenne
- 2 tsp. dried lemon peel
- 1 tbsp. black pepper

EVERYDAY:

- 2 tbsp. crushed sea salt
- 2 tbsp. Crushed black pepper
- 2 tbsp. granulated garlic
- 2 tbsp. granulated onion
- 1 tbsp. dried basil
- 1/2 tsp. red pepper flakes
- 1 tsp. mustard powder
- 1 tbsp. coriander
- 1 tsp. dry mustard
- 1 tbsp. brown sugar

FISH:

1 tbsp. crushed sea salt
1 tbsp. onion powder
1 tsp. thyme
2 tsp. tarragon
1 tbsp. dried parsley
1 tbsp. dried chives
1 tbsp. ground white pepper
1 tbsp. dried lemon peel
1 tsp. celery seed

RED MEAT:

2 tbsp. crushed sea salt
2 tbsp. brown sugar
2 tbsp. ground black coffee
1 tbsp. granulated garlic
1 tbsp. granulated dried onion
1 tbsp. cumin
1 tbsp. coriander
1 tbsp. black pepper

**Information provided by Eric Theiss.*