

## Recipes for your Pampered Chef GRILL PAN!!

*Delicious and easy recipes brought  
to you by your Pampered Chef*

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### IN THE KNOW...

*To create the perfect sear, preheat Grill  
Pan for 4-5 minutes on medium high  
heat. Let cool before cleaning.  
HAND WASH only.*

from YOUR Culinary Coach, Kathie Rotz

### Pork Tenderloin with White Bean Salsa

2 pork tenderloins (about 1 pound each)  
2 tablespoons **Jamaican Jerk Rub**  
1/2 small onion  
2 tablespoons chopped fresh cilantro  
6 slices bacon  
1 can (15.5 ounces) small white beans, rinsed  
and drained  
1 cup red salsa  
2 garlic cloves, pressed

Heat **Grill Pan** over medium heat 5 minutes.  
Rub jerk rub over entire surface of pork. Spray  
pan with vegetable oil using **Kitchen Spritzer**.  
Grill pork 18-20 minutes or until **Pocket  
Thermometer** registers 155°F for medium  
doneness or 165°F for well done, turning every 5  
minutes using **Chef's Tongs**. Remove pork to  
**Cutting Board** and tent with aluminum foil; let  
stand 5-10 minutes.

Meanwhile, chop onion with **Food Chopper**.  
Chop cilantro using **Chef's Knife**. Set onion and  
cilantro aside into separate **Pinch Bowls**. Slice  
bacon into 1/2-inch pieces; set aside.

Cook bacon in (10-in.) Skillet over medium  
heat about 8 minutes or until crisp. Remove  
bacon from pan; drain on paper towels. Drain all  
but 1 tablespoon of the bacon grease from pan.  
Add onion to pan; cook and stir using **Bamboo  
Spoon** 3-5 minutes or until softened. Add  
beans, salsa and garlic pressed with **Garlic  
Press**. Bring to a boil and remove from heat. Stir  
in bacon and cilantro. Slice pork using **Carving  
Set**. Serve pork topped with bean mixture.

Yield: 8 servings

Cook's Tip: If desired, reserve a little chopped  
cilantro and sprinkle on top of tortillas as a  
garnish.

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### Stuffed Chipotle Burgers

*Chipotle Mayonnaise*

1 teaspoon **Chipotle Rub**  
1/4 cup reduced-fat mayonnaise  
1/4 cup low-fat plain yogurt

*Burgers*

1 -4-ounce block feta cheese  
2 pounds 90% lean ground beef  
1/2 cup low-fat plain yogurt  
2 tablespoons **Chipotle Rub**  
8 whole wheat buns  
Toppings such as lettuce leaves and tomato

Heat **Grill Pan** over medium heat 5 minutes. For  
chipotle mayonnaise, combine mayonnaise,  
yogurt and rub in **Prep Bowl** using **Skinny  
Scraper**. Cover and refrigerate until ready to  
use.

For burgers, cut cheese into eight 1/4-inch-  
thick squares using **Utility Knife**; set aside.  
Place ground beef, yogurt & rub into **Classic  
Batter Bowl**; mix gently but thoroughly. Divide  
meat mixture into 8 equal portions. Place 1  
cheese square into each meat portion and form  
patty around cheese, sealing edges so cheese  
is no longer visible.

Grill burgers until done, flipping once with **Panini  
Spatula**. Spread mayonnaise over buns using  
**Small Spreader**; place burgers into buns. Top  
with lettuce and tomato slices, if desired.  
Yield: 8 burgers

Cook's Tip: Prepare grill for direct cooking over  
medium coals. Grill, covered, 18-20 minutes or  
until **Pocket Thermometer** registers 155°F,  
turning once.

Feta cheese is a firm, crumbly white cheese with  
a salty, slightly acidic flavor. It is sold in blocks  
packed in a whey brine and can be found in the  
deli or gourmet cheese section of most grocery  
stores. Be sure to choose plain, unseasoned  
feta for this recipe.

### Venezuelan-Style Grilled Skirt Steak

<b>Marinade and Steak</b>	<b>Arepas</b>
1 lime	1 1/4 cups warm water
1 tablespoon hot sauce	1 teaspoon olive oil
2 garlic cloves, pressed	1/8 teaspoon salt
1 tablespoon olive oil	1 cup harina pan (corn flour)
1 pound skirt steak	
1/2 cup (2 oz) cotija cheese, grated	

#### **Olive Topping**

1/2 small red onion, finely chopped  
2 plum tomatoes, seeded and diced  
1/2 cup thinly sliced green olives  
1/4 cup finely chopped fresh cilantro  
2 tablespoons lime juice  
1 tablespoon hot sauce

For marinade and steak, press lime into **Pinch Bowl** using **Citrus Press**. Add hot sauce, garlic and oil; whisk together with **Stainless Mini Whisk**. Using **Boning Knife**, trim any visible fat from steak and cut crosswise into 4-inch pieces. Place steak and marinade into resealable plastic bag; refrigerate 20 minutes or up to 2 hours.

For arepas, combine water, oil and salt in **Classic Batter Bowl**. Add harina pan; mix well until dough starts to form. Add cheese and mix well. Divide dough into 4 pieces; roll into 4-inch disks.

Heat **Grill Pan** over medium heat 5 minutes. Spray pan with oil using **Kitchen Spritzer**. Grill arepas 15-20 minutes or until golden brown, turning every 5 minutes using **Small Slotted Turner**; set aside and keep warm.

Meanwhile, for olive topping, combine ingredients in **Small Batter Bowl** using **Mix 'N Scraper(R)**.

Heat Grill Pan over medium heat 5 minutes. Remove steak from marinade; discard marinade. Cook steak 4-6 minutes or until Pocket Thermometer registers 145°F, turning once. Carve steak across the grain into thin slices. Top arepas with steak and olive topping. Yield: 4 servings

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### Grilled Tilapia with Pineapple Salsa

#### *Pineapple Salsa*

1/2 of medium pineapple 1/4 small red onion  
1 serrano pepper  
2 T chopped fresh cilantro  
1/8 tsp salt  
1 lime

#### *Tilapia*

1 TBSP **Southwest Seasoning Mix**  
3 T Garlic Oil or Olive oil  
4 boneless, skinless tilapia fillets (approx 4 oz each)

Heat **Grill Pan** over medium high heat 5 minutes. As pan heats, cut pineapple with **Pineapple Wedger**. Slice each pineapple piece lengthwise into three strips. Arrange strips in a single layer over Grill Pan; cook 25-3 minutes on each side or until grill marks appear. Set aside on cutting board.

While pineapple cooks, chop onion. Cut Serrano pepper lengthwise in half; remove and discard seeds. Chop Serrano pepper and cilantro. Combine onion, Serrano pepper, cilantro and salt in small batter bowl. Zest lime to measure 1 tsp zest. Juice lime to measure 1 T juice. Add zest and juice to batter bowl; mix well.

Whisk seasoning mix and oil in 4qt bowl. Add tilapia; turn to coat. Place two tilapia fillets onto grill pan. Cook 2 minutes or until grill marks appear. Turn tilapia over; cook 2 minutes or until tilapia flakes easily with a fork. Remove from pan. Wipe out pan and repeat with remaining fillets.

As tilapia cooks, chop pineapple and add to onion mixture in batter bowl; mix well. To serve, top tilapia with pineapple salsa.

### Glazed Chicken w/Apple Salad

#### **Dressing & Apple Salad**

2 T cider vinegar  
2 T apple jelly  
1/3 cup mayonnaise  
1 Granny Smith apple  
1 red apple (such as Gala)  
1/2 cup lightly packed watercress, plus additional for serving

#### **Chicken & Glaze**

4 boneless, skinless chicken breasts (4-6oz ea)  
1/2 tsp salt  
1/4 tsp black pepper  
2 T apple jelly  
1 tsp **Dijon Mustard Rub**  
1 T brown sugar

For dressing, combine vinegar, jelly & mayo; set aside. For salad, slice apples into julienne strips. Remove leaves from watercress stems (discard stems); coarsely chop watercress leaves. Combine apples and water cress in 2qt bowl; set aside.

For chicken, heat Grill Pan over medium high heat 5 minutes. Meanwhile, flatten chicken to an even thickness using flat side of Meat Tenderizer. Brush with oil and season with salt and pepper. Cook chicken 4-6 minutes or until grill marks appear. Turn chicken over; cook 4-6 minutes or until center of chicken is no longer pink.

While chicken is cooking, prepare glaze. Combine jelly, mustard and brown sugar in prep bowl. Brush chicken with glaze during last minute of cooking.

To serve, arrange additional watercress on serving plates, if desired. Pour dressing over apple salad just before serving; toss gently to coat. Top watercress with salad and chicken.

Yield: 4 servings

## **PANINI PIZZAZZ!!!**

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### **Chimichurri Steak Salad**

#### **Steak**

1lb boneless top sirloin steak approx ¾-inch thick

½ tsp salt

#### **Salad**

2 heads romaine hearts, approx 8 cups

1 cup grape tomatoes

#### **Chimichurri Salsa**

1 cup chopped fresh parsley

½ tsp salt

¼ cup olive oil

1 garlic clove, pressed

¼ tsp ground cayenne pepper

2 T red wine vinegar

For steak, heat **Grill Pan** over medium high heat 5 minutes. As pan heats, rub steak with salt. Place into pan; cook 6-8 minutes or until grill marks appear. Turn steak over and cook an additional 6-8 minutes or until Pocket Thermometer registers 155°F for medium doneness. Remove from heat; transfer steak to cutting board. (temp will rise to 160°F.)

As steak cooks, prepare salsa. Chop parsley and combine with oil, vinegar, salt, garlic and cayenne pepper in 1 quart bowl. Spoon 3 T salsa evenly over steak. Let stand 10 minutes.

While steak stands, prepare salad. Thinly slice lettuce and cut tomatoes in half lengthwise. Place lettuce and tomatoes in large serving bowl. Pour remaining salsa over salad and toss

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gently. Divide among plates and top with thinly sliced steak. Yield: 4 servings

### **Grilled Vegetable Panini**

3 tablespoons butter or margarine, melted  
2 garlic cloves, pressed  
8 slices (1/2-3/4 inch thick) sourdough bread  
1 medium red bell pepper  
1 small red onion  
1 medium eggplant  
1 medium yellow summer squash  
1 medium zucchini  
Salt and ground black pepper to taste  
8 slices (1 ounce each) Provolone cheese

Melt butter in microwave on HIGH 20-25 seconds or until melted; add garlic. Brush one side of each slice of bread with butter mixture; set aside.

Slice bell pepper crosswise into 1/2-inch-thick rings. Slice onion crosswise into 1/2-inch-thick slices. Cut eggplant, yellow squash and zucchini lengthwise into 1/2-inch slices.

Heat Grill Pan over medium-high heat. Lightly spray pan with vegetable oil using Kitchen Spritzer. Place bell pepper and onion into pan. Season with salt and black pepper. Cook 3-4 minutes on each side or until vegetables are crisp-tender. Remove from pan; set aside and keep warm. Spray pan again with vegetable oil. Cook eggplant, yellow squash and zucchini 3-4 minutes on each side or until crisp-tender. Remove from pan; set aside and keep warm.

To assemble sandwiches, arrange four pieces of bread buttered side down; top each with 1 slice cheese, 2 slices each eggplant, yellow squash, zucchini and bell pepper rings, and 1 slice red onion. Top with remaining cheese and remaining bread, buttered side up.

Heat pan over medium heat. Cook sandwiches 1-2 minutes on each side or until cheese is melted and grill marks appear on surface of bread, turning once with Nylon Turner. Serve immediately.

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Yield: 4 sandwiches

### **Barbecue Beef Panini Sandwiches**

1/4 cup (50 mL) light mayonnaise  
2 tbsp (30 mL) barbecue sauce  
8 slices crusty Italian bread  
8 slices (3/4 oz/20 g each) thinly sliced cheddar cheese  
12 oz (350 g) thinly sliced deli roast beef  
1/2 cup (125 mL) thinly sliced red onion

In small bowl, combine mayonnaise and barbecue sauce; mix well. Lightly spray one side of each bread slice with oil using the **Kitchen Spritzer**. Place bread slices oil side down; spread with mayonnaise mixture.

Heat **Grill Pan and Grill Press** over medium-low heat 5 minutes. Meanwhile, top each of four bread slices with one slice cheese, roast beef and red onion. Top with remaining cheese and remaining bread slices, oil side up.

Place sandwiches onto Grill Pan; place press on top. Grill sandwiches 1-2 minutes on each side or until bread is golden brown and cheese is melted, carefully turning sandwiches over halfway through. Serve immediately.

Yield: 4 sandwiches

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## Executive Grill Pan Recipes

### Stovetop Grilled Pizzas

2 T Basil oil or olive oil  
1 tsp Italian Seasoning Mix  
1 garlic clove, pressed  
1 pkg, refrigerated pizza crust  
8 oz fresh mozzarella cheese, sliced  
1½ cups fresh baby arugula leaves  
1 plum tomato, sliced  
3 oz very thinly sliced prosciutto  
1 oz shaved fresh parmesan cheese  
½ tsp coarsely ground black pepper  
Additional Basil oil, optional  
1 lemon, cut into wedges

Heat Grill Pan over medium high heat 5 minutes. Combine oil, seasoning mix and garlic in prep bowl.

Unroll dough onto cutting board; cut in half crosswise to form two squares. Brush one side of each dough square with half of the oil mixture using silicone Basting Brush. Place one dough square, oil side down, on pan. Brush top with half of the remaining oil. Cook 2-3 minutes or until grill marks appear; turn over and top with half the mozzarella cheese. Cook an additional 2 minutes; remove crust from pan. Repeat with remaining piece of dough oil mixture and mozzarella cheese.

Arrange arugula, tomato and prosciutto over crusts. Shave parmesan cheese over pizzas using vegetable peeler and sprinkle with black pepper. Drizzle with additional oil, if desired. Cut each pizza into quarters using pizza cutter. Squeeze lemon wedges over pizzas just before

#### IN THE KNOW...

*For best results when grilling indoors or out, set a timer according to recipe directions and only turn your food once half way through. This will allow the food to cook more evenly with delicious results every time!*

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serving.

Yield: 4 servings

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### Ultimate Peppercorn Burgers

1 small onion  
1 tbsp (15 mL) vegetable oil  
2 slices firm white sandwich bread  
1/3 cup (75 mL) milk  
1 tbsp (15 mL) Crushed Peppercorn & Garlic Rub  
1 lb (500 g) 85% lean ground beef such as chuck  
4 onion rolls, split  
Additional toppings such as steak sauce, sliced tomatoes or cooked bacon (optional)

Heat Grill Pan over medium heat 5 minutes. As pan heats, slice onion crosswise into 1/2-in. (1-cm) rings using Chef's Knife; brush with oil. Cook onion 2-3 minutes on each side or until grill marks appear and onion is tender. Remove from pan; tent with foil and set aside.

As onion cooks, remove and discard crusts from bread; tear bread into pieces. Combine bread, milk and peppercorn rub in Stainless (4-qt./4-L) Mixing Bowl. Mix until a smooth paste forms. Sprinkle ground beef over bread paste and mix gently until incorporated.

Form meat mixture into four thin patties, about 4 in. (10 cm) in diameter. Grill patties 3-4 minutes or until grill marks appear. Turn patties over using Jumbo Slotted Turner; cook 3-4 minutes or until internal temperature reaches 160°F (71°C) and patties are no longer pink in center. Transfer burgers to paper towel-lined plate.

To serve, place burgers in rolls. Top with onions and serve with additional toppings, if desired.

Yield: 4 servings

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Cook's Tips: We recommend using 85% lean ground chuck for best flavor and tenderness. Other types of ground beef such as ground round can be substituted.

If desired, 3 garlic cloves, pressed, 1/2 tsp (2 mL) salt and 1/2 tsp (2 mL) coarsely ground black pepper can be substituted for the peppercorn rub.

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### Grilled Garlic Bread

1 loaf (1 pound) Italian Bread  
1/3 cup butter, melted  
4 garlic cloves, pressed  
1½ tsp Pantry® Rosemary Seasoning Mix OR Pantry® Italian seasoning Mix

Heat Grill Pan over medium heat 5 minutes. Using Serrated Knife, slice bread half lengthwise.

Microwave butter in Easy Read Measuring Cup on high 45 seconds or until melted. Press garlic into butter using garlic press. With silicone basting brush, brush butter mixture generously over cut surfaces of bread; sprinkle with seasoning mix, if desired. Cut each into six 2 inch slices.

Place bread slices on Grill Pan, buttered side down. Grill 1½-2 minutes on each side or until toasted, turning with Chef's tongs.

Yield: 12 servings

**Grilled Peach Melba Dessert**

4 firm, ripe medium peaches      1 tsp fresh  
lemon juice  
8 slices (1oz each) angel food cake 1½ tsp  
butter  
½ cup red raspberry preserves      2 T hot  
water  
1 cup vanilla ice cream              ¾ cup  
raspberries  
Mint leaves, optional

Cut each peach into 6 wedges. Place in 2qt bowl. Sprinkle with lemon juice; toss gently; set aside.

Heat Grill Pan over medium heat 5 minutes. Place of the cake slices in pan, pressing gently onto bottom. Toast 1-3 minutes on each side or until lightly toasted. Repeat with remaining cake slices.

Add butter to pan. Use silicone basting brush to spread melted butter. Add peaches; cook 4-5 minutes, turning once. Remove pan from heat. In 1 quart bowl, mix preserves and water.

Assembly: Place 1 cake slice and 3 peach wedges on each of 8 dessert plates. Drizzle raspberry sauce over peaches. Top cake with scoop of ice cream. Sprinkle with raspberries, garnish with mint, if desired.

Yield: 8 servings

*Last edited 3/5/12*