

Sam

the cooking guy™

FlipGrill™

Recipe Book



AROMA



big in taste,
small in effort



the cooking guy™



Sam the cooking guy™ | Flip Grill Recipe Book | by: **AROMA**®

Thank you for buying a Sam the Cooking Guy Flip Grill. The obvious thing to tell you is how great the Flip Grill is and what an excellent decision you've because you can do so many things with it.

And all that's true, but the really great part is that I hope it will inspire you to share it with friends and family. I don't mean loan it to them, I just mean it's the perfect thing for cooking with a group of people. We like to put it in the middle of the table and let everyone participate. Whether it's quesadillas, a stir fry or even Raclette (see the Raclette recipe) the design makes it perfect for entertaining. Enjoy it, use it and have a ball.

I hope you both are very happy together.



ingredients:

2 ounces goat cheese
4 tablespoons sun-dried tomato pesto
4 thick boneless chicken breasts
4 wooden skewers
2 teaspoons olive oil
Kosher salt and freshly ground pepper

Goat Cheese Stuffed Chicken Breasts

preparation:

- In a small bowl combine goat cheese and pesto - mix well
- Place chicken in a re-sealable bag with oil and gently pound to an even thickness - but not too flat
- Cut a slit to make a pocket in the center of each chicken breast, lengthwise (be careful not to slice all the way through the chicken) and fill each pocket with 1/4 of the filling - use skewers to seal opening
- Heat grill side to setting 6, drizzle chicken lightly with olive oil and season well with Kosher salt & fresh ground pepper
- Grill on each side until fully cooked

serves 4

Pesto Shrimp on the Flip

preparation:

- Thread 2 shrimp on each skewer
- Coat shrimp well with pesto and let sit about 15 minutes - reserve some pesto for serving.
- Heat Flip Grill to 7 with the grill side up
- Grill a couple of minutes on each side and serve with a little extra pesto - what, you wanted me to make it more difficult?

makes 12 skewers

ingredients:

24 medium/large shrimp, de-veined
with shell & tail removed
7 ounces pre-made pesto
12 wooden skewers



ingredients:

2 boneless, skinless chicken breasts
Olive oil
Kosher salt and pepper to taste
Juice from 1 lime
5 ounce bag 'ready romaine'
4-6 ounces Caesar dressing
Shredded parmesan

Grilled Chicken Salad

preparation:

- Put chicken, olive oil, Kosher salt, pepper and lime juice - seal bag
- Using something heavy, carefully flatten chicken breasts to an even thickness of about a half inch
- Heat Flip Grill, with the grill side up, to 7 and cook chicken 3-4 minutes then turn and cook on the second side for an additional 2-3 minutes or so (not too long so it stays juicy)
- While it cooks, toss romaine in a bowl with enough dressing to coat, then put on plates
- Remove chicken from grill and slice thinly and place on top of salads - top with shredded parmesan and serve

serves 4

Grilled Tuna Burger

preparation:

- Lightly drizzle fillets with oil and season both sides with salt & pepper
- Combine mayo, capers, onion and lemon juice and set aside
- Heat grill side to 7 and put on fillets
- Cook until both sides are seared and nicely browned, but still a little pink in the middle
- Toast buns, spread on some sauce and then tuna fillets

serves 4

ingredients:

Four 6-ounce yellow fin fillets
Olive oil
Salt & pepper
1/2-cup mayo
2 tablespoons capers
2 tablespoons red onion, diced
Juice of 1/2 lemon
4 burger buns, but maybe something interesting like a good wheat or multi-grain

ingredients:

- 1 pound ground lamb
- 1/2 cup red onion, diced small
- 1/4-cup fresh mint leaves, chopped fine
- 1 tablespoon dried oregano, chopped fine
- 1/2 teaspoon each Kosher salt and fresh ground pepper
- 1 piece Feta cheese, big enough to get five 2"x3/4" rectangular blocks

Lamb Patties with Oregano and Feta

preparation:

A nice change from hamburger - which everyone knows is not really made from ham, right?

- Combine lamb, onion, mint, oregano, salt & pepper into a bowl and mix really well
- Separate lamb mixture into 5 equal portions and form into patties using the feta squares as the center - get it?
- Heat grill side of the Flip Grill to 7 and grill until done and evenly cooked

serves 5

Raclette - The Old School Way

preparation:

This is always part of our New Year's Eve food lineup - and an important part at that. We use it essentially as an appetizer. It's not just good, but also a very social and fun food to eat. Think fondue, but the cheese melts in the little trays rather than in a pot.

- Steam, boil, microwave or bake potatoes until cooked
- With griddle side facing up, place a 1/8 inch slice of cheese in each tray and place trays in their holders under Flip Grill
- Turn to setting 10
- While cheese begins to melt, slice 6 potatoes in half and place them cut side down on the griddle
- Once the cheese has melted, drizzle it over the potatoes and serve with the onions and pickles
- The idea is to get potato with melty cheese, pickle and some onion in each bite
- As soon as you remove the cheese - put the next slices in the trays...you'll want to keep eating - trust me

serves 4

ingredients:

- 1 pound Raclette cheese
- 12 ounces pound baby potatoes
- 10 ounces Cornichon pickles
(the little guys)
- 2 ounces cocktail onions
(the little martini-style guys)



ingredients:

1-6 ounce can tuna, the packed in water kind
1/4 cup red bell pepper, diced fine
2 tablespoons mayo
salt & pepper to taste
4 slices whole wheat bread
2 slices pepperjack cheese
2 eggs, beaten
butter

Tuna Christo

preparation:

This is the less sophisticated cousin of the classic "Monte Christo", but easily as good.

- Mix tuna, red pepper, mayo and salt & pepper
- Spread mixture evenly on 2 of the bread slices, add cheese and top with second slice of bread
- Heat griddle side to 6, and melt butter evenly across surface
- Dip both sides in beaten egg
- Cook sandwiches on both sides until golden brown and cheese is melted
- Serve warm

serves 2

Open Faced Spicy Roast Beef Sandwiches

preparation:

- Heat griddle side to 6 and add the oil and onion slices
- Cook until they are nicely browned and well softened, then remove from griddle, put in a bowl and set aside
- Still at setting 6, separate roast beef into 4 little piles and place on the griddle
- While the piles are grilling, stick sliced Kaiser halves in toaster until just slightly brown
- When roast beef has started to get a nice color on the bottom, flip each little pile over and add cheese allow to melt a bit
- Put mustard on each toasted Kaiser half, and then a bunch of the onions
- Remove roast beef and put on top of the onion bed and eat, of course

serves 4

ingredients:

- 1-tablespoon olive oil
- 1 large red onion, thinly sliced
- 1 pound deli-counter roast beef, thinly sliced
- 2 onion Kaiser rolls or suitable equivalent, sliced in half each
- 4 slices pepper jack cheese
- 1/3 cup spicy brown mustard

ingredients:

- 8 ounces crab meat
- 1/4 cup red bell pepper, finely diced
- 4 tablespoons green onion, thinly sliced
- 2 teaspoons cumin
- 2 tablespoons diced jalapeños
- 1/2 cup Monterey Jack cheese, shredded
- Juice of 1/2 lime
- 6 flour tortillas
- sour cream and salsa for garnish

Crab Quesadillas

preparation:

There's good crab and there's not-so-good crab. Here's a tip - If it's spelled with a 'k', as in 'krab', it won't be crab - but it will be krappy.

- Mix all ingredients except tortillas really well in a medium bowl
- Heat griddle side to 6
- Spread out approximately 1/3 of the mix on each of 3 tortillas, then top with a second tortilla
- Place on griddle and squish down with a spatula
- Cook until lightly brown on both sides
- Cut into wedges and serve with sour cream and salsa

serves 5

Chili Salmon

preparation:

Chili oil is one of those very simple things that adds a ton of flavor. I love it.

- With skin side down, season salmon well with Kosher salt and pepper and cover with chili oil - let sit 10 minutes
- Heat grill side to 6 and add salmon carefully - with the skin side up
- Cook until about 1/2 way done, which should be about 5 minutes
- Flip salmon and cook on second side about 3 or 4 more minutes
- Put on plates and cover the top of each piece with the green onions

serves 4

ingredients:

4-8 ounce salmon fillets,
the skin-on-the-bottom-kind
Kosher salt and pepper to taste
6 tablespoons chili oil
1 cup green onions, chopped fine

ingredients:

Eight-2 inch thick slices egg bread
(or whatever your favorite might be)
1/3 cup whipped cream cheese
1/3 cup grape jelly
3 large eggs
3 tablespoons milk
1-tablespoon sugar
1/2 tablespoon ground cinnamon
powdered sugar (for making it look
totally awesome)



Jelly Stuffed French Toast

preparation:

All the gooey goodness of a jelly doughnut, but in French Toast.

- Make a slice in the middle of each piece of bread and form a small pocket
- In each pocket put some cream cheese and then jelly
- Beat eggs and stir in milk, sugar and cinnamon
- Heat the griddle side to 6 and cook French Toast on both sides until golden brown
- Serve with a dusting of powdered sugar

serves 4

Flip-Grilled Peaches

preparation:

- Heat flat side of grill to setting 7 and add peaches
- Cook until they start to get browned on the edges, then add the butter and brown sugar
- Stir butter and brown sugar into peaches and continue to cook for another few minutes - then push to one side of grill
- Butter both sides of pound cake and place on grill until both sides are golden brown
- Remove from heat and serve peaches over pound cake - top with whipped cream

serves 8

ingredients:

One-16 ounce bag frozen peaches,
thawed
Four-1 inch slices pound cake
3 tablespoons butter
1 1/2 tablespoons brown sugar
Whipped cream
That's it.



ingredients:

4 slices of bread - I'd go with a heavy grain here
Peanut Butter - chunky or smooth; it's your call
Fruit jelly or preserves - my favorite here is
raspberry but again, it's up to you
Butter

Grilled PB & Jelly... Really

preparation:

Makes two sandwiches - and if you use the grill side it comes out looking very cool!

- Heat grill side to setting 6
- Spread PB on one slice of bread, and the J on the other
- Put both slices together with the gooey stuff in the middle - as if that wasn't obvious
- Lightly butter outside of one slice and place face down on grill
- Squish down and flatten a little with a spatula
- Butter top piece of bread and flip over once the bottom has browned slightly
- Cut into wedges and enjoy its gooey goodness

serves 2

Indoor Flip Grill S'mores

preparation:

- Heat griddle to 6, and gently warm both sides of 2 slices of the pound cake - about a minute each side
- Remove from the griddle and sprinkle about half the chocolate chunks on each of the warm cake slices, then spread about half of the marshmallow on each of the non-warmed slices and put one of each slice together, gently press to close
- Grill on each side for 2 - 3 minutes until cake is golden brown and the marshmallow and chips are all melty-gooey

serves 8

ingredients:

One 9x5" loaf pound cake -
sliced lengthwise into 4 equal slices
3/4 cup (approx) marshmallow crème
1 cup mini milk chocolate chunks



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