

“Grillin’ With Heat!”



So You Like Chile Peppers and Hot Sauces?

Brought To You By:

www.chile-pepper-sauces.com

And Chef Jay.

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by:

Carolina Country Cooking

“Isn’t It Time You Had Some Real Food For A Change?”

[Http://www.carolina-country-cooking.com](http://www.carolina-country-cooking.com)

Introduction:

In the world of barbecue, there are generally 2 methods used to cook meat. Slow cooking, over indirect, low heat allows the meat to absorb more of the smoky flavor, and is normally used when cooking larger pieces of meat. Quick grilling, over direct, medium to high heat is the method of choice when cooking smaller pieces of meat, and when you have limited time.

The recipes you'll find in "Grillin' With Heat!" are easy, quick grilling meals. They will allow you time to enjoy a summer get together with family or friends, and a tasty fun meal at the same time.



You'll notice I like to use Chipotle puree when grilling, the smoky flavor and heat add a great deal of taste to any piece of meat. I also offer suggested sauces with certain dishes. If you don't have the time to whip up the sauce, by all means use your favorite bottled brand. But, when you have time, try these, I promise you will love them. Several recipes include hot sauce as an ingredient, you can use your favorite bottled brand or go to my website for suggestions on making your own from scratch.



Finally, if you really enjoy grilling out and find yourself doing it more often, I would strongly suggest you purchase a grill wok, or grilling pan of some sort. They are inexpensive and make it very simple to grill your favorite vegetables to go with any dish. Just spray some oil on the pan, add your vegetables, sprinkle with seasonings and hot sauce, place over high heat, and toss occasionally. Trust me, grilled vegetables will add to all your meals when grillin with heat!

Entrees:

Smoky Texas T-Bone, marinated in Adobo puree
Creamy Avocado Sauce

Fiery Beef Fajita Tacos
Chipotle Cream Sauce
Poblano Cream Sauce
Grilled Salsa

Grilled Honey-Lime Chicken Breast Sandwiches

Jalapeno Stuffed Barbecue Chicken Drumsticks

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Spicy Pork Burgers

Southwest Style Hamburgers
Mayo Chipotle Salsa

Southwest Style Hot Dogs
Mustard Salsa

New York Style Hot Dogs
Spicy onions and ketchup

Smoky Texas T-Bone, marinated in Adobo puree

Ingredients:

- 1 can Chipotles in Adobo sauce
- 2 green bell peppers, cut into 8 pieces
- 4 jalapenos, stems removed, cut in half
- 4 T-bone steaks

Directions:

- For puree: Take one can of Chipotles in Adobo sauce, pour contents into a blender, add 1 or 2 tsp of water, blend to a smooth consistency, adding more water if necessary.
- Place T-Bone Steaks in a plastic bag, and add 2 tablespoons of the marinade for each steak you want to marinate. Allow the puree to cover the steaks, and refrigerate for at least 2 hours, up to 24 hours.
- Preheat grill to a medium heat, grill steaks over direct heat for 7 to 10 minutes per side, to desired doneness. Serve with grilled peppers and Creamy Avocado Sauce. For vegetables, in a lightly oiled grill pan, or grill wok, place peppers brushed with olive oil over direct heat for 15 to 20 minutes. Toss every few minutes to avoid charring.

Creamy Avocado Sauce

Ingredients:

- 6 tomatillos, cleaned and quartered
- 3 serranos, sliced, stem removed
- 1/4 cup water
- 2 oz. cream cheese
- 1 ripe avocado, seeded and removed from skin
- 1 tablespoon cilantro, finely chopped

Directions:

- In a small saucepan, bring water to a boil, add tomatillos and serranos.
- Cover and simmer 7-10 minutes, until tomatillos are soft.
- Stir in cream cheese, remove from heat, allow to melt.
- Transfer mixture to blender, add avocado and cilantro, blend until smooth.

Fiery Beef Fajita Tacos

Ingredients:

2 Tbsp lemon juice
1 avocado, seeded, peeled, cut into pieces
1 lb. Eye round steak
2 red bell peppers, cut into 1 inch pieces
3 jalapenos, whole
1 medium onion, cut into wedges
1 Tbsp olive oil
1 Tbsp hot sauce
8 flour tortillas
grilled salsa
cream sauce

Directions:

- Toss avocado pieces in lemon juice in a small bowl, cover and set aside
- Cut steak into 1 inch pieces. On skewers, place pieces of steak, onion, bell pepper, and jalapenos. Combine olive oil and hot sauce in small container. Brush with olive oil and hot sauce mixture.
- Place kabobs on preheated grill over medium heat. Grill for 10 to 12 minutes, turn midway through, brush occasionally with hot sauce. Grill tortillas over heat for 1 to 2 minutes.
- On each tortilla, place a few pieces each of steak, onion and peppers(slice jalapenos). Add cream sauce, and salsa, as desired.

Accompaniments for Fajitas

Chipotle cream sauce

1/3 cup sour cream
1 Tbsp fresh cilantro, finely chopped
1 Tbsp chipotle puree
- combine ingredients, cover and chill until served

Poblano cream sauce

1/3 cup sour cream
1 Tbsp fresh cilantro, finely chopped
3 Tbsp fresh poblano, finely chopped
- combine ingredients, cover and chill until served

Continued ->

Grilled Salsa

5 tomatoes

3 jalapeno peppers, whole

1 Tbsp fresh cilantro, finely chopped

½ onion, cut into wedges

1 Tbsp olive oil

- place jalapenos and onion wedges on skewers
- brush tomatoes, jalapenos and onion with olive oil
- place tomatoes and skewers with jalapenos and onions on grill over medium heat for 20 minutes, turning frequently, when done allow to cool and remove stems from jalapenos.
- place all ingredients in blender and blend to desired consistency.

Honey-Lime Chicken Breast Sandwiches

Ingredients:

- 1 lime, juiced
- 2 Tbsp honey
- 1 tsp cumin powder
- 1 tsp cayenne powder
- 1 Tbsp cilantro, finely chopped(a handful)
- 2 Tbsp olive oil
- 4 boneless chicken breasts
- 4 crusty rolls, split

Directions:

- In a medium bowl, combine lime juice, honey, cumin, cayenne, cilantro, and olive oil. Coat chicken in dressing, set aside for 15 minutes.
- Preheat grill to medium heat. Place chicken breasts over heat and cook 7 minutes per side, or until done(160 degrees F).

Toast buns on grill for 1 to 2 minutes. Spread avocado cream sauce over buns, add chicken breast, and lettuce, tomato or onion. Serve with Sweet and Spicy Coleslaw and tortilla chips.

Jalapeno Stuffed Chicken Drumsticks

Ingredients:

2 jalapenos, sliced lengthwise into 4 pieces each
4 cloves garlic, halved
1 cup barbecue sauce
2 Tbsp hot sauce
8 chicken drumsticks

Directions:

- To stuff drumsticks, carefully lift skin of each drumstick and insert 1 piece of jalapeno and 1 piece of garlic. Mix barbecue sauce together with hot sauce. Brush each piece of chicken generously with sauce.

Preheat grill to medium heat. Place drumsticks over direct heat for 30 minutes, turning and brushing midway through. Move drumsticks away from heat, brush with more sauce and allow to cook an additional 20 minutes over indirect heat, turning midway through. When done coat with remaining sauce if desired.

Cranberry-Chipotle Pork Chops

Ingredients:

- 1 cup cranberry sauce, from can
- 3 Tbsp cider vinegar
- 2 Tbsp chipotle puree(recipe below)
- 1 Tbsp olive oil
- 1 Tbsp pepper
- 4 pork chops, cut 1" thick

Directions:

- To prepare glaze ahead of time, in a small pan over low heat, combine cranberry sauce, vinegar, and chipotle. When warmed through, transfer to blender and pulse until smooth. Set glaze aside for later.
- Preheat grill to medium-high heat. Brush pork chops with oil and pepper. Place on grill for 3 minutes per side. Brush with glaze and cook an additional 3 minutes per side.
- Serve chops with remaining glaze to be used as needed.

Spicy Pork Burgers

Ingredients:

2 Tbsp water
2 Tbsp hot sauce
2 Tbsp fine bread crumbs
4 cloves garlic, minced
3 tsp ginger
3 tsp curry powder
½ tsp salt
½ tsp allspice
1 ½ lb ground pork
1 sweet onion, sliced
Lettuce leaves
6 hamburger buns

Directions:

- In large bowl, combine water, hot sauce, bread crumbs, garlic, ginger, curry powder, salt and allspice. Add ground pork, mix well. Shape into 6 patties.
- Over a medium heat grill, cook patties 15 minutes or until done(160 degrees F), turning once.
- Serve on buns, toasted on grill for 1 to 2 minutes, with onion, lettuce.

Southwestern Style Hamburgers

Ingredients:

1 ½ lb lean ground hamburger

3 jalapenos, diced

½ tsp salt

½ tsp pepper

6 hamburger buns

1 tomato, sliced

Lettuce leaves

½ cup mayonnaise

½ cup grilled salsa (recipe below)

1 Tbsp chipotle puree (recipe below)

Directions:

- In a large bowl, combine hamburger, jalapeno, salt and pepper, form into 6 patties.
- Grill patties over medium heat for 15 minutes, or until done (160 degrees F), turning once halfway through.
- In a small bowl, combine mayo, salsa and chipotle.
- Toast hamburger buns over grill for 1 to 2 minutes each, place one burger and mayo salsa on each bun along with lettuce and tomato slice.

Serve with grilled salsa and tortilla chips.

Southwest Style Hot Dogs

Ingredients:

2 tomatoes, diced

2 serrano peppers, diced(or jalapenos will work)

½ medium onion, diced

3 Tbsp mustard

1 Tbsp cilantro

6 spicy sausage links, hot dog size(or regular hot dog franks will do)

6 hot dog buns

Directions:

- Prepare mustard salsa ahead of time. In a small bowl, combine tomato, serranos, onion, mustard and cilantro. Stir together and set aside.
- Preheat grill to medium heat. Place dogs directly over heat for 5 minutes, careful not to let them get too black, turn and cook for 3 more minutes. Remove from heat.

Toast buns for 1 to 2 minutes. Remove from grill, insert dog and cover with salsa.

New York Style Hot Dogs

Ingredients:

2 large onions, sliced
2 sticks butter
½ cup water
3 Tbsp ketchup
2 Tbsp hot sauce
6 all beef hot dogs
6 hot dog buns

Directions:

- Prepare onions ahead of time. In a medium pan over low heat, melt butter. Add onions, simmer for 15 minutes. Add water ketchup and hot sauce, simmer 10 minutes more, or until liquid is gone. Set aside to add to dogs later.
- Preheat grill to medium heat. Place dogs directly over heat for 5 minutes, careful not to let them get too black, turn and cook for 3 more minutes. Remove from heat.

Toast buns for 1 to 2 minutes. Remove from grill, insert dog and cover with onion mixture.

Spicy Side Dishes:

Sweet and Spicy Coleslaw

Red Potatoes wrapped in foil

Grilled Corn on the Cob with Spicy butter

Sweet and Spicy Coleslaw

Ingredients:

1/3 cup cider vinegar

1/3 cup water

¼ cup ketchup

3 Tbsp brown sugar

1 tsp salt

1 tsp hot sauce

½ tsp black pepper

1 bag coleslaw mix

1 green bell pepper, seeded, sliced into thin strips

Directions:

- In medium bowl, whisk together cider vinegar, water, ketchup, brown sugar, salt, hot sauce and pepper.

- Add coleslaw mix and bell pepper to dressing, mix together.

Cover and refrigerate at least one hour to allow flavors to combine. Stir again before serving.

Red Potatoes in foil

Ingredients:

2 lb small red potatoes, quartered

1 head garlic, separated into cloves

¼ cup olive oil

1 Tbsp lemon pepper

½ Tbsp cayenne(or ground habanero if you have it)

Directions:

- In a large bowl, combine potatoes, garlic and olive oil. Season with lemon pepper, and cayenne or habanero pepper.
- In heavy duty foil, fold potatoes in foil, sealing completely, crimp edges to make a potato pocket.
- Place packet over medium heat grill for 40 minutes. Shake occasionally for even cooking. Allow to cool, open packet carefully to avoid steam, serve hot.

Grilled Corn with Spicy Butter

Ingredients:

½ cup butter, melted

½ tsp salt

½ tsp black pepper

¼ tsp paprika

1 tsp cayenne pepper

8 ears corn, with husks

Directions:

- In a small bowl, combine butter, salt, pepper, paprika and cayenne.

- Over medium heat, grill 8 ears of corn with husks still on. Turning often, grill 15-20 minutes.

Remove husks and silk from corn, brush with spicy butter and serve hot.