

THE NEW

WOOD PELLET

SMOKER & GRILL COOKBOOK

BY WILLY STONE



DELICIOUS BARBECUE RECIPES

AND SMOKING TECHNIQUES TO SURPRISE YOUR GUESTS

BY GRILLING LIKE A PRO. WITH COOKING TIPS AND TRICKS

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Introduction

A pellet flame broil is a kind of barbecue that depends on tube-shaped hardwood sawdust pellets as fuel for the barbecuing. The sawdust is sourced from spots, for example, saw factories and timber yard. The wood pellet resembles a long pill and has a breadth of about $\frac{1}{4}$ inch. The small size of the pellets empowers them to consume neatly without leaving a great deal of fiery debris. A concoction called lignin will be discharged into the smoke when the wood pellets are copied and add a wood terminated flavor to the meat. Other than that, it does not contain some other added substance.

What are the Portions of a Pellet Grill?

The enlistment fan guarantees that the smoke from the hardwood pellet is coursed appropriately in the cook chamber. This ensures the flavor is circulated equally on the meat. The twist drill moves the wood pellets into the flame pot. The twist drill can move delayed for low-temperature cooking, or it can run at a quick rate for high-temperature baking.

The warmth diffuser transmits and scatters the warmth equitably on the cooking surface of the barbecue to guarantee that all zones of the meat are cooked well. The dribble dish is situated over the warmth diffuser, and it gets the oil that tumbles from the flame broil. The capacity container is the place you store the wood pellet energizes. Topping the capacity container off to the edge keeps you from always having to return to refill it. The speedster will sparkle red and consume the pellets in smoke while you go to unwind and doing different things.

Points of interest:

You can cook practically any sort of meat on the pellet barbecue.

The flame broil can be preheated inside a period of 10 - 15 minutes.

You can set physically set the temperature on the advanced controller anyplace in the middle of 175° F to 500° F. Some pellet flame broils enable you to change the temperature by a 5 ° F increase.

Many pellet barbecues offer Bluetooth include enables you to utilize a Bluetooth gadget to screen the cooking. It additionally accompanies a meat test for checking the cooking time.

Different sizes of pellet flame broils are accessible from family to business size units. The drunker the capacities, the more costly it is. The business size

unit offers more spaces to flame broil meat as an enormous overall hoard for a horde of individuals. A portion of the leading brand names is Traeger, Yoder Smokers, and Memphis Wood Fire Grills.

The wood pellets that fuel the barbecuing are accessible in a wide range of sorts of flavors including cherry, birch, apple, maple, whiskey, and hickory. You can blend the pellets add more than one character to the meat.

A single 20-pound sack of pellets is adequate for flame broiling the sustenance a few times. The flame broil will expend around 2 pounds of pellets consistently. Be that as it may, the real utilization of the pellets will rely upon different factors, for example, temperature and wind. In case you are fire cooking open air and there happens to be a great deal of wind, you should utilize more pellets to give the fuel.

Burdens:

It is subject to power so it might be poorly arranged for you to flame broil the meat in a spot that does not have any electrical outlet close by. You have to connect it to a standard 110v electrical outlet in the house.

A pellet barbecue can be costly, and the littlest family unit will cost at any rate a couple of hundred dollars.

There will, in general, be secondary smoke when you set a higher temperature. The best temperature to cook is 250 degrees.

Extra Tips

It is savvy to contribute more cash forthright to purchase a quality pellet flame broil that will keep going for a long time. Pellet flame broils produced using 304 or 430 evaluation tempered steel are the best as they are safe against rust. To see whether a barbecue is a high quality, you can check whether it has an active development including equipment, joints, and flame broil. Perusing surveys and posing inquiries on the discussion can assist you with making the correct choice,

Chapter 1. The Fundamentals of Smoking

What Is Wood Pellet Smokers Grill?

A pellet grill is essentially a multi-functional grill which has been so designed that the compressed wood pellets end up being the real source of fuel. They are outdoor cookers and tend to combine the different striking elements of smokers, gas grills, ovens, and even charcoal. The very reason which has cemented their popularity since ages have to be the kind of quality and flavor that they tend to infuse in the food you make on them.

Not only this, by varying the kind of wood pellet you are using, but you can also bring in the variation in the actual flavor of the food as well. Often, the best chefs use a mix and match technique of wood pellets to infuse the food with their signature flavor that have people hooked to their cooking in no time.

The clinical definition of a wood pellet smoker grill is smoking, grilling, roasting, and baking barbecue using compressed hardwood sawdust such as apple, cherry, hickory, maple, mesquite, oak, and other wood pellets. It is a pit. Wood pellet smoker grills provide the flavor profile and moisture that only hardwood dishes can achieve. Depending on the manufacturer and model, the grill temperature on many models can be well over 150 ° F to 600 ° F. Gone are the days when people say they cannot bake on wood pellet smoking grills!

Wood pellet smoker grills offer the succulence, convenience, and safety not found in charcoal or gas grills. The smoke here is not as thick as other smokers common to you. Its design provides the versatility and benefits of a convection oven. A wood pellet smoker grill is safe and easy to operate.

How do they work?

The grill would run on electricity and therefore it needs to be plugged in for the sake of deriving power. The design is such that pellets have to be added to the hopper that in turn will funnel down owing to the presence of a rotating auger and a motor.

The auger aims to make sure that the pellets get pushed down to the fire pot at the pre-configured speed which is determined by the yard control panel showing the temperature. As soon as the pellets reach the fire pot, there is an ignition rod that creates a flame that in turn causes the production of smoke.

Also, a fan is present at the bottom which helps in pushing both the generated heat and smoke upwards on the grill and thereby allows for the convection style of even cooking.

This happens to be the basic mechanism of the working of a wood pellet grill. Knowing the different parts of the wood pellet grill and also the working mechanism will prepare you in a much better way to ensure that you can use the grill in the right manner.

However, before we venture further into the recipes, we are going to shift our focus on some important points about these grills. This is because the right knowledge is crucial to ensuring that you know what you are getting into.

Chapter 2. All About That Flavor

Different types of wood pellets, such as apple, cherry, hickory, mesquite, and others, are used to obtain specific flavors in foods. Each type of wood pellet is considered suitable for certain types of foods. Knowing this is critically important so that you can get the best flavors out of your cooking.

Applewood pellets are generally used when the food's main ingredient is pork, chicken, or vegetables.

Cherry wood pellets are perfect for baking food, including pork, lamb, chicken, and beef.

Hickory wood pellets make pork, beef, vegetables, and even poultry exceptionally delicious.

Along with these three types, there are other wood pellet options, such as alder, maple, mesquite, pecan, and oak. Pork dishes can get the best flavors with almost all kinds of wood pellets except oak and mesquite. Oak, alder, and mesquite types are more effective when you want to cook fish, shrimp, or other kinds of seafood.

The Flavored Pellets

These pellets are made from 100% flavored food. It is made sure that there are no artificial fillers that are incorporated into it. The flavors can vary from one manufacturer to another but some of the common choices which you are likely to come across are as follows

- Tennessee whiskey barrel: Mostly suited for making different types of red meats and leaves an aromatic tangy flavor for your food
- Texas mesquite: Mostly suited for all types of tex-mex cuisine and lends a spicy flavor with a very strong typical aroma
- Pennsylvania cherry: Ideally suited for meats and has a very distinctive taste. It leaves the food slightly sweet but not without infusing a tinge of tart to it.
- Georgia pecan: One of the evergreen choices that works amazing for beef, seafood, pork, poultry, vegetables, and more. This is a mild and nutty smell.
- New England apple: Ideally suited for pork and dishes that involve a great deal of baking. It leaves a mild sweetness in the

flavor and the smoky touch adds the wow touch.

- Wisconsin hickory: The best choice when you want to smoke your favorite meats or even for fishes that involve roasting. It has a smoky flavor like bacon.

Non-flavored

Just as the name implies, these pellets come with no flavor of their own. They are standard wood pellets and most chefs and people who care about their food are not likely to prefer them.

Blended

The blended wood pellets, just like their name implies, are a mix of both flavored and non-flavored ones. Based on the company you are buying it from, you may get a blend of different types. Read the details and then choose wisely.

Single Flavor Food Grade Wood Pellets

S/N	WOOD PELLET FLAVOR	DESCRIPTION	RECOMMENDED FOOD(S)
1	Apple	Has a smoky, mild, and sweet flavor	Suitable for baking desserts as well as poultry meat and pork
2	Alder	This has a mild and neutral flavor with a touch of sweetness. A bit smoky as well without overwhelming the meats being cooked	Perfect for fish and chicken
3	Mesquite	This has a strong smoky flavor with a sharp and spicy undertone	Appropriate for BBQ and pork

4	Hickory	Has a rich, smoky flavor with a bacon-like aroma	Suitable for beef, poultry, pork and veggies
5	Cherry	Has a hearty smoky flavor that is slightly sweet but also sour	Suitable for fish, pork and chicken
6	Oak	This is a bit stronger than cherry or apple but milder than hickory	Excellent for fish and veggies
7	Maple	This has a mild flavor with a hint of sweetness	Great for turkey and pork
8	Pecan	Has a nutty flavor and a bit spicy	Excellent for beef and chicken

Chapter 3. Why Smoking

Mastering the art of smoking foods makes the objective of every cook around the world. And to be able to perfect the smoking foods; there are some basics and instructions each of us needs to follow to achieve it.

So now that you are ready to begin, start by lighting your smoker and get started, here are some tips that can help you enjoy the taste you are seeking:

1. Smoking food needs low heat and keeps it low for a few hours allowing the smoke to penetrate through the meats. Maintaining consistent heat makes a key factor that can positively affect your smoking process and this process can be quite simple. You can use a chimney starter to get your coals to a temperature of about 250° F. And if you don't have a thermometer, the best way to determine the right temperature is to hold your hand on top of the coals.

It is very simple; all you have to do is to pile the coals over the bottom; then add the smoking wood and put the meat onto the grill right into the opposite side of the coals you use. You can always add coals from time to time to maintain the same temperature.

2. Smoking meat needs patience

Smoking meat is a long process that needs a few hours. For instance, slow cooking meat through smoking it breaks down the meat into tender pieces and keeps its flavors and juiciness.

There are different types of meat, each type takes between about 5 to 7 hours to be perfectly smoked. Make sure not to peek at your ingredients while it is smoking, except for adding more coals to maintain a balanced temperature or to refill the water pan.

3. Decide whether you want the smoking process to be dry or wet:

The wet smoking process includes a pan filled with water and coals that can create a smoky atmosphere that will help moisturize the meat. You can also use fruit juice or any other type of equipment to add extra favors. Wet smoking results in a flavorful bark that people will love.

4. Make sure to choose the right meat for you

Not all types of meat are suitable for smoking meat; turkey and chicken make a good meat choice; but since the smoking process takes a long time, the skin won't stand up. Besides, bringing will help you through the process of smoking.

5. Using a rub is substantial in any smoking process

Making the rub is very important before smoking food and for a perfect rub you can combine about ½ cup of kosher salt with 1 tablespoon of lemon pepper, ½ cup of brown sugar, 1 tablespoon of black pepper, and about 2 teaspoons of chili flakes; then Rub this mixture over the meat right before you start smoking.

6. Choose the right wood

To smoke meat properly you should carefully choose the wood you are going to use. For instance, applewood will offer you a sweet and fruity smoke that goes very well with pork while using Hickory wood makes a perfect choice that you can use with red meat like ribs. You can use alder meat with poultry, fish, and any type of white meat.

Pecan wood burns in a cooler way in comparison to other woods and makes a perfect choice to cook pork and brisket roasts. You can also use oak wood, cherry wood, and other types of food according to the type of meat and the type of flavor you want to use.

7. The importance of bringing in the process of smoking:

Bringing any type of meat can keep its meat keeps it from drying out during the process of smoking food. The salt within the brine can make the used proteins more water-absorbent. Indeed, when the sodium and the chloride ions get into the protein tissue so that they can hold onto the moisture. It is recommended to soak the meat in the brine for about 10 to 12 hours right before smoking it.

Chapter 4. Steps to Smoke like a Pro

The Wood Pellet Smoker-Grill is a durable and cost-effective option for anyone who wants to smoke or grill without worrying all the time. Because of its quality of construction, it works effectively for a long time. You only need to spend a few minutes after cooking to maintain its cleanliness. This keeps the fuel efficiency high and allows for controlled wood pellet burning.

Choose your Smoker

The major and foremost step is to choose a smoker. You can invest in any type of smoker: charcoal smoker, gas smoker, or an electric smoker. A charcoal smoker runs for a long time and maintain steadier heat in the smoker and give meat pure flavors. A good choice for beginner cooks for smoking meat is a gas smoker where there is no need to monitor temperature, but it comes with a downside that meat won't have much flavor compared to charcoal. On the other hand, the simplest, easiest, and popular smoker is an electric smoker. Cooking with an electric smoker involves only two-step: turn it on, put meat in it, and walk away. #2: Choosing Fuel and the Smoking Method

Wood chips add a unique flavor to the meat, therefore, select that wood chips that would enhance the taste of meat. Some wood chips have a stronger flavor, some have mild while others are just enough to be alone for smoking.

You have two choices to smoke meat, either using wet smoking, dry smoking, liquid smoke, or water smoking.

Soaking Chips of Wood

Wood chips need to soak to the last longer for fueling smoking. The reason is dry wood that burns quickly, and this means, adding fuel to the smoker which can result in dry smoked meat. There isn't any need for using wood chips when smoking for a shorter time. Soak wood chips in water for at least 4 hours before starting smoking. Then drain chips and wrap and seal them in an aluminum foil. Use toothpick or fork for poking holes into the wood chips bag.

Set Smoker

Each type of smoker has its way to start smoking. For charcoal or wood smoker, first, light up half of the charcoals and wait until their flame goes

down. Then add remaining charcoal and wood chips if using. Wait they are lighted and giving heat completely, then push charcoal aside and place the meat on the other side of grilling grate. This is done to make sure that meat is indirectly smoked over low heat. Continue adding charcoal and/or soaked wood chips into the smoker.

For gas/propane or electric smoker, just turn it on according to manufacturer guideline and then add soaked wood chips into chip holder and fill water receptacle if a smoker has one. Either make use of the incorporated thermostat or buy your own to monitor the internal temperature of the smoker. When the smoker reaches to desired preheated temperature, add meat to it.

Selecting Meat for Smoking

Choose the type of meat that tastes good with a smoky flavor. Following meat goes well for smoking.

Beef: ribs, brisket, and corned beef.

Pork: spareribs, roast, shoulder, and ham.

Poultry: whole chicken, a whole turkey, and big game hens.

Seafood: Salmon, scallops, trout, and lobster.

Getting Meat Ready

Prepare meat according to the recipe. Sometimes meat is cured, marinated, or simply seasoned with the rub. These preparation methods ensure smoked meat turns out flavorful, tender, and extremely juicy.

Brine is a solution to treating poultry, pork, or ham. It involves dissolving brine ingredients in water poured into a huge container and then adding meat to it. Then let soak for at least 8 hours and after that, rinse it well and pat dry before you begin smoking.

Marinate treat beef or briskets and add flavors to it. It's better to make deep cuts in meat to let marinate ingredients deep into it. Drain meat or smoke it straightaway.

Rubs are commonly used to treat beef, poultry, or ribs. They are a combination of salt and many spices, rubbed generously all over the meat. Then the meat is left to rest for at least 2 hours or more before smoking it.

Before smoking meat, make sure it is at room temperature. This ensures the meat is cooked evenly and reaches its internal temperature at the end of the smoking time.

Placing Meat in the Smoker

Do not place the meat directly overheat into the smoker because the main purpose of smoking is cooking meat at low temperatures. Set aside your fuel on one side of the smoker and place the meat on the other side and let cook.

Smoking time: The smoking time of meat depends on the internal temperature. For this, use a meat thermometer and insert it into the thickest part of the meat. The smoking time also varies with the size of meat. Check recipes to determine the exact smoking time for the meat.

Basting Meat

Some recipes call for brushing the meat with thin solutions, sauces, or marinade. This step not only makes meat better in taste, but it also helps to maintain moisture in meat through the smoking process. Read the recipe to check out if basting is necessary.

Taking out meat: When the meat reaches its desired internal temperature, remove it from the smoker. Generally, poultry should be removed from the smoker when its internal temperature reaches 165 degrees F. For ground meats, ham, and pork, the internal temperature should be 160 degrees F. 145 degrees F is the internal temperature for chops, roast, and steaks.

Chapter 5. The Smoke

Wood-fired smoke is what sets the pellet grill apart from others on the market. That smoky goodness is what makes everyone come back for seconds and thirds. Getting a great smoke is the goal of every pit master and what takes you to that next level as a griller.

To become a master, take the time to get to know your grill, the different techniques of smoking, and the importance of pellets in producing different kinds of smoke. Each of these has a different effect on your finished food and should be considered with every smoke.

Apart from the type of bar, which can be chosen in most models, there are fixed, semi-fixed, and portable grills.

If we have a large garden we may be interested in installing a working grill, which can be found in different sizes from 100 euros (although a good one, for 5 or 6 people, does not fall below 300). These are modeling whose installation is more complex, but they are a good option in country houses where there is adequate space to install it. However, these are less versatile instruments and whose purchase is made almost as a function of the available space.

Types of Smoking

There can be many reasons to have a good Smoker but let us first find out what is smoking after all.

Smoking is a cooking process of browning, flavoring, or preserving food by showing it to smoke coming from the woods after burning it in high flame. Usually fish and meats are the most preferred smoked dishes, though vegetables, cheese, and other foodstuffs can also be smoked. Few ingredients of whiskey and smoked beer are also smoked.

There are different types of smoking.

Cold smoking

Usually, the Smokehouse temperature for cold smoking is around 68-86 degrees F. In this process, the food is not cooked or smoked, cold smoking only provides a Smokey flavor to it, and still, the meat and vegetables remain moist. This technique is mostly a flavor enhancer for the food, which is, later, going to be roasted, baked, or cooked in any other process rather than

smoking.

To cold-smoke meat like a pro, you will need to measure preservatives and salt correctly, set the temperature of the smoker rightly, measure the internal temperature of the meat with a high-quality thermometer, clean and maintain the chamber of the smoker properly and finally safely store meat to avoid bacteria growth (sodium nitrate can help to prevent bacteria growth).

Hot smoking

In hot smoking, we use a combination of heat and smoke to cook food and get them served immediately. Most food cooked by this method is marinated for hours before being cooked. Hence, there is no need for curing since the meat/food is prepared and served immediately.

Hot Smoking occurs between the temperatures of 126-176 degrees F. In this temperature, the food is thoroughly cooked, moist, and very flavorful. In hot smoking, it is not preferred to smoke the food in more than 186 degrees F because doing so will make the food shrink excessively, lose all its moisture and fat content, and reduces the yield. The time required for smoking varies depending on the type of food that is being hot smoked. When carrying out hot smoking, there is a need to pay attention to the internal temperature of the food.

Smoke roasting

Smoke roasting or referred to as "smoke baking" is the process that has the characteristics of smoking along with the roasting or baking. In North America, this method of smoking the food is often known as "pit baking," "barbecuing," or "pit roasting." The food is usually cooked to the temperature of 180 degrees F in an oven by putting it on a pan full of hardwood chips, which gives an effect of a smoke bath.

Chapter 6. The Grill

The grill is the cooking system in which the food rests on bars, of different shapes and sizes, and, under these, the fuel in the form of firewood or coal heats at the same time the iron and the food that, little by little, is cooking.

A very important aspect to consider when choosing a grill is the type of bar that can be round, in V or square.

The round bar is the most generous with the product since when falling on the embers the fat of the product that we are cooking generates a cloud of smoke that aromatizes it. This can indeed raise the flame, but if we know how to handle it, the result is superior from the gastronomic point of view.

The V-bar, on the other hand, is easier to handle, since it picks up the fat that releases the food to a grease trap and it is more difficult for flames to be generated, but instead we lose in aromas. It is a system that is widely used in hospitality, since it allows cooking more quickly and without problems, but does not make much sense for a domestic grill.

Also, the square bar is similar from the gastronomic point of view to the round. It is very popular in the United States, but in Europe, it is difficult to find it.

Apart from the type of bar, which can be chosen in most models, there are fixed, semi-fixed, and portable grills.

If we have a large garden we may be interested in installing a working grill, which can be found in different sizes from 100 euros (although a good one, for 5 or 6 people, does not fall below 300). These are modeling whose installation is more complex, but they are a good option in country houses where there is adequate space to install it. However, these are less versatile instruments and whose purchase is made almost as a function of the available space.

The semi-fixed grills are prefabricated structures designed to cram in a reserved space for these. They usually also have a drawer to collect the ashes. It is a good option if there is adequate space to install it and we do not want to get involved with a grille, much more expensive.

The Barbecue

The barbecue is simply a grill with a lid, an additive that at first glance may

not be decisive but that makes the invention a much more complex kitchen system, because, if it is lowered, it transforms it into an oven that cooks food from the controlled form. Also, thanks to the lid, the barbecue serves to smoke food, both cold and hot, and makes the instrument much safer, because if you have to leave the fire for any reason just lower this and close the shot to stay calm.

The barbecue is, in fact, a relatively recent invention. In 1950, George Stephen, known as the Newton of the barbecues, had a party to inaugurate his new house, he did not know how to control the fire of his work grill and the food was scorched. That was when he thought about creating an improved grill.

There is nothing like cooking open flame food. The techniques are simple, cleaning is easy and grilled food tastes amazing.

Chapter 7. Cooking Tips & Tricks

How to Pick the Best Wood Pellets

What makes a wood pellet smoker and grill unique is the very thing that fuels it -- wood pellets. Wood pellets are compressed sawdust, made from either pine wood, birch wood, fir wood, or crop stalks. Culinary-wise, wood pellets are used mostly as fuel for pellet smokers and grills, although they can also be used for household heating. What makes wood pellets for cooking special, though, is that they come in flavors. And speaking of flavors, here is a quick wood pellet flavor guide for you:

Apple & Cherry Pellets: These pellets possess a smoky, mild, sweet flavor. They can enhance mild meat and are usually the go-to flavor for cooking pork or poultry. Despite being able to produce great smoke, these pellets are very mild.

Alder Pellets: This type of pellet is mild and neutral, but with some sweetness in it. If you're looking for something that provides a good amount of smoke but won't overpower delicate meat like chicken and fish, this is the flavor to go to.

Hickory Pellets: Hickory pellets produce a rich, Smokey, and bacon-like flavor. These are the pellets that are widely used for barbecue. Since this type of pellet is rich and Smokey, it can tend to be overwhelming. If that is the case, consider mixing it with apple or oak pellets.

Maple Pellets: If you are looking for something that is mild and comes with a hint of sweetness, maple pellets are the best option for you. They are great to use on turkey or pork.

Mesquite Pellets: A favorite option for Texas BBQ, mesquite pellets are characterized by a strong, spicy, and tangy flavor.

Oak Pellets: Oak pellets come in between apple and hickory. They are a bit stronger than the former and a bit milder than the latter and are an excellent choice when you're cooking fish or vegetables.

Pecan Pellets: Pecan is an all-time favorite. It's very similar to Hickory, but with a touch of vanilla, nutty flavor. The perfect pellets for beef and chicken, pecan pellets are very palatable and suits all occasions.

Qualities of a Good Brand of Wood Pellets

With the hundreds of different varieties and brands of wood pellets, it is often difficult to identify which brand to consider. If you are not sure what brand to opt for, it might help to try at least the top three brands you know of and compare their efficiency.

Appearance

The first factor to consider when choosing a brand of wood pellets is the appearance of the pellets. After using wood pellets for some time, you will be able to tell and judge their quality simply by how they appear. The first thing to check is the length of the pellets. Brands adhere to certain standards, so this is not a concern. Nevertheless, you need to understand that when it comes to pellet fuels, length matters, as it will affect the performance of the pellets. The dust you will find in the packaging is also another to consider. It is normal to see fines once you open the bag, but if there's an unusual number of fines, it means the pellets aren't of good quality.

Texture

The texture of the pellets is another thing. Wood pellets have a certain texture in them. If you feel that the pellets are smooth and shiny, it means they are of good quality. The same is true if the pellets do not have cracks. If the pellets are too rough with unusual ricks on the surface, it means the pellets are bad. This is usually a result of incorrect pressing ratio and moisture content of the raw materials used in making the pellets.

Smell

Wood pellets are made by exposing them to high temperatures within a sealed space. During the process, the lignin contained in the biomass material is mixed with other elements, producing a smell of burnt fresh wood. If the pellets smell bad, there is a huge chance they have not been processed properly or contain impure, raw material.

Aside from the appearance, texture, and smell of the wood pellets, another way to check their quality is to see how they react with water. Place a handful of pellets in a bowl of water and allow them to settle for several minutes. If the pellets dissolve in the water and expand quickly, this means they are of good quality. On the other hand, if the pellets do not dissolve within minutes but instead expand and become hard, it means they are of bad quality.

Finally, try burning some of the pellets, as well. If the wood pellets are of

excellent quality, the flame they produce will be bright and brown. If the flame they produce, on the other hand, is dark in color, it means the quality of the pellets is not good. Also, good-quality pellets produce a little ash, so if the pellets leave you with a lot of residues, it is a sign that the pellets are bad.

Cooking Temperatures, Times, and Doneness

With so many recipes to try with your pellet grill, it is easy to get overwhelmed right away. One important thing to keep in mind is that lower temperatures produce smoke, while higher temperatures do not. Follow this useful guide below to know the temperature and time it requires to get the perfectly flavored meat each time.

- Beef briskets are best cooked at 250 degrees using the smoke setting for at least 4 hours by itself and covered with foil for another 4 hours.
- Pork ribs should be cooked at 275 degrees on the smoke setting for 3 hours and covered with foil for another 2-3 hours.
- Steaks require 400-450 degrees for about 10 minutes each side.
- Turkey can be cooked at 375 degrees for 20 minutes per pound of meat. For smoked turkey, the heat settings should be around 180-225 degrees for 10-12 hours or until the inside of the turkey reaches 165 degrees.
- Chicken breasts can be cooked at 400-450 degrees for 15 minutes on each side.
- A whole chicken cooks at 400-450 degrees for 1.5 hours or until the internal temperature reaches 165 degrees.
- Bacon and sausage can be cooked at 425 degrees for 5-8 minutes on each side.
- Hamburgers should be cooked at 350 degrees for at least 8 minutes for each side.
- You can smoke salmon for 1-1.5 hours and finish with a high setting for 2-3 minutes on each side.
- Shrimps cook at 400-450 degrees for 3-5 minutes on each side. If you prefer a smokier flavor, set the temperature at 225 degrees for about 30 minutes.

Chapter 8. Beef

Corned Beef with Cabbage

Preparation time: 20min

Cooking time: 5h

Servings: 6 - 8

Ingredients:

1 Cabbage head, chopped into wedges

1 lb. Potatoes

2 cups halved Carrots

2 tbsp. Dill, chopped

¼ tsp. of Garlic salt

½ cup unsalted butter

1 can Beer (12 oz.)

4 cups Chicken Stock

3 - 5 lbs. (1 piece) Beef Brisket, corned

Directions:

Preheat the grill to reach 180F.

Rinse the meat and use paper towels to pat dry and place on the grate. Smoke 2 hours.

Increase the temperature, 325F with the lid closed.

Transfer the brisket in a pan for roasting. Sprinkle with seasoning. Pour the beer and stock in the pan.

Cover with foil tightly and let it cook 2 ½ hours.

Remove the foil and add the potatoes and carrots. Season with garlic salt and add butter slices.

Cover with foil again. Cook 20 minutes. Add the cabbage recover and cook for an additional 20 minutes.

Serve garnished with chopped dill and enjoy.

Nutrition:

Calories: 180

Proteins: 9g

Carbohydrates: 19g

Fat: 8g

Beer Beef

Preparation time: 15min

Cooking Time: 7h

Servings: 8 - 12

Ingredients:

1 Beef Brisket 9 - 12 lbs. the fat outside trimmed

5 garlic cloves, smashed

1 Onion, sliced

5 tbsp. of Pickling Spice

1 tbsp. of curing salt for each lb. of meat

½ cup of Brown sugar

1 ½ cups Salt

3x12 oz. Dark beer

3 quarts Water, cold

Rib seasoning

Directions:

In a stockpot combine the curing salt, brown sugar, salt, beer, and water. Stir until well dissolved.

Add the garlic, onion and pickling spice. Place in the fridge.

Add the meat in the brine but make sure that it is submerged completely.

Brine for 2 - 4 days. Stir once every day.

Rinse the brisket under cold water. Sprinkle with rib seasoning.

Preheat the grill to 250F.

Cook the brisket for 4 to 5 hours. The inside temperature should be 160F.

Wrap the meat in a foil (double layer) and add water (1 ½ cup). Place it back on the grill and let it cook for 3 to 4 hours until it reaches 204F internal temperature.

Set aside and let it sit for 30 min. Crave into thin pieces and serve. Enjoy!

Nutrition:

Calories: 320

Proteins: 38g

Carbohydrates: 14g

Fat: 12g

Hickory Pellets Smoked Beef Roast

Preparation time: 52 hours

Cooking time: 58 hours and 20 minutes

Servings: 6

Ingredients:

4 lbs. of beef roast boneless

1 can (11 oz) beef stock

1/2 oz of allspice

Directions:

Combine the beef stock and dry salad dressing mix in a bowl.

Pour this mixture evenly over beef.

Load the wood tray with one small handful of hickory pellets and preheat the smoker to 250° F. Add the tray to the smoker.

Smoke beef for approximately 4 to 6 hours.

Your beef is ready when internal temperature reaches 150 - 160°F.

Remove from smoker and let rest for 15 minutes.

Slice and serve warm.

Nutrition:

Calories: 439

Carbohydrates: 1.7g

Fat: 22g

Fiber: 0.5g

Protein: 56g

Smoked Beef Brisket in White Wine Marinade

Preparation time: 30 minutes

Cooking time: 5 hours

Servings: 8

Ingredients:

4 lb. of beef brisket

2/3 cup of soy sauce or tamari sauce

2/3 cup water

1/4 cup of dry white wine

2 tsp fresh lemon juice

1/4 cup of brown sugar

1/2 tsp garlic powder

1/2 tsp of ground ginger

Directions:

In a container, combine all ingredients for the marinade. Place in the beef and marinate overnight.

Remove the beef from marinade and pat dry on a kitchen towel.

Start the pellet grill on SMOKE with the lid open until the fire is established. Set the temperature to 250 °F and preheat, lid closed, for 10 to 15 minutes.

Smoke from 4 to 5 hours. After the roast has been in the smoker for around 3 hours check the internal temperature. You are looking for a temperature of 150 - 160°F.

Remove from Smoker and let cool for 10 - 15 minutes.

Slice and serve.

Nutrition:

Calories: 486

Carbohydrates: 8.2g

Fat: 33.8g

Fiber: 0.1g

Protein: 33.7g

The South Barbacoa

Preparation time: 15 minutes

Cooking time: 3 hours

Servings: 12

Ingredients:

1 and ½ teaspoon pepper

1 tablespoon dried oregano

1 and ½ teaspoon cayenne pepper

1 and ½ teaspoon chili powder

1 and ½ teaspoon garlic powder

1 teaspoon ground cumin

1 teaspoon salt

3 pounds boneless beef chuck roast

Directions:

Add dampened hickory wood to your smoker and pre-heat to 200 degrees Fahrenheit

Take a small bowl and add oregano, cayenne pepper, black pepper, garlic powder, chili powder, cumin, salt, and seasoned salt

Mix well

Dip the chuck roast into your mixing bowl and rub the spice mix all over

Transfer the meat to your smoker and smoker for 1 and a ½ hours

Make sure to turn the meat after every 30 minutes, if you see less smoke

formation, add more Pellets after every 30 minutes as well

Once the meat shows a dark red color with darkened edges, transfer the meat to a roasting pan and seal it tightly with an aluminum foil

Preheat your oven to 325 degrees Fahrenheit

Transfer the meat to your oven and bake for 1 and a ½ hours more

Shred the meat using two forks and serve!

Nutrition:

Calories: 559

Fats: 5g

Carbohydrates: 57g

Fiber: 1g

Chapter 9. Chicken

Chicken Breast with Lemon

Preparation time: 15min

Cooking Time: 15min

Servings: 6

Ingredients:

6 Chicken breasts, skinless and boneless

½ cup Oil

1 - 2 Fresh thyme sprigs

1 tsp. ground black pepper

2 tsp. Salt

2 tsp. of Honey

1 Garlic clove, chopped

1 Lemon the juice and zest

For service: Lemon wedges

Directions:

Make the marinade: In a bowl combine the thyme, black pepper, salt, honey, garlic, and lemon zest and juice. Stir until dissolved and combined. Add in the oil and whisk to combine.

Clean the breasts and pat dry. Place them in a plastic bag. Pour the pre-made marinade and massage to distribute evenly. Place in the fridge, 4 hours.

Preheat the grill to 400F with the lid closed.

Drain the chicken and grill until the internal temperature reaches 165F, about 15 minutes.

Serve with lemon wedges and a side dish of your choice.

Nutrition:

Calories: 230

Proteins: 38g

Carbohydrates: 1g Fat: 7g

Pellet Smoked Chicken Burgers

Preparation time: 20 minutes

Cooking time: 1 hour and 10 minutes

Servings: 6

Ingredients:

2 lb. ground chicken breast

2/3 cup of finely chopped onions

1 Tbsp of cilantro, finely chopped

2 Tbs fresh parsley, finely chopped

2 Tbs of olive oil

1/2 tsp of ground cumin

2 Tbsp of lemon juice freshly squeezed

3/4 tsp of salt and red pepper to taste

Directions:

In a bowl add all ingredients; mix until combined well.

Form the mixture into 6 patties.

Start your pellet grill on SMOKE (oak or apple pellets) with the lid open until the fire is established. Set the temperature to 350 °F and preheat, lid closed, for 10 to 15 minutes.

Smoke the chicken burgers for 45 - 50 minutes or until cooked through, turning every 15 minutes.

Your burgers are ready when internal temperature reaches 165 °F .

Serve hot.

Nutrition:

Calories: 221

Carbohydrates: 2.12g

Fat: 8.5g

Fiber: 0.4g

Protein:32.5g

Perfect Smoked Chicken Patties

Preparation time: 20 minutes

Cooking time: 50 minutes

Servings: 6

Ingredients:

2 lb. ground chicken breast

2/3 cup minced onion

1 Tbsp cilantro (chopped)

2 Tbs fresh parsley, finely chopped

2 Tbs olive oil

1/8 tsp crushed red pepper flakes, or to taste

1/2 tsp ground cumin

2 Tbsp fresh lemon juice

3/4 tsp kosher salt

2 tsp paprika

Hamburger buns for serving

Directions:

In a bowl combine all ingredients from the list.

Using your hands, mix well. Form mixture into 6 patties. Refrigerate until ready to grill (about 30 minutes).

Start your pellet grill on SMOKE with the lid open until the fire is established). Set the temperature to 350 °F and preheat, lid closed, for 10 to 15 minutes.

Arrange chicken patties on the grill rack and cook for 35 to 40 minutes turning once.

Serve hot with hamburger buns and your favorite condiments.

Nutrition:

Calories: 258

Carbohydrates: 2.5g

Fat: 9.4g

Fiber: 0.6g

Protein: 39g

Smoked Chicken Breasts with Dried Herbs

Preparation time: 15 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

4 chicken breasts boneless

1/4 cup garlic-infused olive oil

2 clove garlic minced

1/4 tsp of dried sage

1/4 tsp of dried lavender

1/4 tsp of dried thyme

1/4 tsp of dried mint

1/2 Tbsp dried crushed red pepper

Kosher salt to taste

Directions:

Place the chicken breasts in a shallow plastic container.

In a bowl, combine all remaining ingredients, and pour the mixture over the chicken breast and refrigerate for one hour.

Remove the chicken breast from the sauce (reserve sauce) and pat dry on kitchen paper.

Start your pellet grill on SMOKE (hickory pellet) with the lid open until the fire is established). Set the temperature to 250 °F and preheat, lid closed, for 10 to 15 minutes.

Place chicken breasts on the smoker. Close pellet grill lid and cook for about

30 to 40 minutes or until chicken breasts reach 165 °F .

Serve hot with reserved marinade.

Nutrition:

Calories: 391

Carbohydrates: 0.7g

Fat: 3.21g

Fiber: 0.12g

Protein: 20.25g

Grilled Chicken with Pineapple

Preparation Time: 1 hour

Cooking time: 1 hr. 15 mins

Servings: 6

Ingredients:

2 lbs. Chicken tenders

1 c. sweet chili sauce

¼ c. fresh pineapple juice

¼ c. honey

Directions:

Combine the honey, pineapple juice, and sweet chili sauce in a medium bowl. Whisk together thoroughly.

Put ¼ cup of the mixture to one side.

Coat the chicken in the sauce.

Place a lid over the bowl and leave it in the fridge for 30 minutes to marinate.

Heat the grill to high heat.

Separate the chicken from the marinade and grill for 5 minutes on each side.

Use the reserved sauce to brush over the chicken.

Continue to grill for a further 1 minute on each side.

Take the chicken off the grill and let it rest for 5 minutes before servings.

Nutrition:

Calories: 270

Fat: 2 g,

Carbohydrates: 25 g,

Protein: 33 g

LEMON CHICKEN BREAST

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

6 chicken breasts, skinless and boneless

½ cup oil

1-3 fresh thyme sprigs

1 teaspoon ground black pepper

2 teaspoon salt

2 teaspoons honey

1 garlic clove, chopped

1 lemon, juiced and zested

Lemon wedges

Directions:

Take a bowl and prepare the marinade by mixing thyme, pepper, salt, honey, garlic, lemon zest, and juice. Mix well until dissolved

Add oil and whisk

Clean breasts and pat them dry, place in a bag alongside marinade and let them sit in the fridge for 4 hours

Pre-heat your smoker to 400 degrees F

Drain chicken and smoke until the internal temperature reaches 165 degrees, for about 15 minutes

Serve and enjoy!

Nutrition:

Calories: 230

Fats: 7g

Carbohydrates: 1g

Fiber: 2g

WHOLE ORANGE CHICKEN

Preparation time: 15 minutes + marinate time

Cooking time: 45 minutes

Servings: 4

Ingredients:

1 whole chicken, 3-4 pounds backbone removed

2 oranges

¼ cup oil

2 teaspoons Dijon mustard

1 orange, zest

2 tablespoons rosemary leaves, chopped

2 teaspoons salt

Directions:

Clean and pat your chicken dry

Take a bowl and mix in orange juice, oil, orange zest, salt, rosemary leaves, Dijon mustard and mix well

Marinate chicken for 2 hours or overnight

Pre-heat your grill to 350 degrees F

Transfer your chicken to the smoker and smoke for 30 minutes skin down. Flip and smoke until the internal temperature reaches 175 degrees F in the thigh and 165 degrees F in the breast

Let it rest for 10 minutes and carve

Enjoy!

Nutrition:

Calories: 290

Fats: 15g

Carbohydrates: 20g

Fiber: 1g

Chapter 10. Turkey

Smoked Turkey

Preparation time: 8 hours

Cooking Time: 5 hours

Servings: 6 - 8

Ingredients:

1 Turkey (12 to 14 lb.) thawed or fresh, excess skin trimmed

$\frac{3}{4}$ lb. Butter, unsalted

Brine:

2 Gallons Water and ice

cups of Sugar

2 cups Salt

Rub:

$\frac{1}{2}$ cup Black pepper, ground

$\frac{1}{2}$ cup Salt

Directions:

One day before you want to cook the turkey Preparation time is it for brining.

In a saucepan combine the sugar and salt. Add water and let it boil until dissolved. Pour the mixture into a big bucket and add water and ice 2 gallons.

Place the turkey in the brine and if it starts to float place a large plate on top so that it stays submerged, Cover the bucket and refrigerate until the next day.

Preheat the grill 180F with the lid closed.

Remove the turkey and make sure the cavity is also empty of brine. Place the turkey on a piece of a cooking sheet.

Sprinkle and rub black pepper and salt on the whole turkey but not inside.

Cook on the grill for 2 hours. After 2 hours increase the temperature to 225F

and cook 1 more hour. Increase again to 325F. When the color of the turkey is according to your taste place it in a pan. Cut the unsalted butter into squares and place it on the meat.

Wrap the turkey in a foil and cook on the grill until it reaches 165F (breast) internal temperature and the thigh 180F.

Let it rest 30 minutes and serve.

Nutrition:

Calories: 380

Proteins: 40g

Carbohydrates: 3g

Fat: 16g

Smoked Turkey Patties

Preparation time: 20 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

2 lbs. turkey minced meat

1/2 cup of fresh parsley finely chopped

2/3 cup of onion finely chopped

1 red bell pepper finely chopped

1 large egg at room temperature

Salt and pepper to taste

1/2 tsp dry oregano

1/2 tsp dry thyme

Directions:

In a bowl, combine well all ingredients.

Make from the mixture patties.

Start pellet grill on (recommended apple or oak pellet) lid open, until the fire is established (4-5 minutes). Increase the temperature to 350 °F and allow to pre-heat, lid closed, for 10 - 15 minutes.

Place patties on the grill racks and cook with lid covered for 30 to 40 minutes.

Your turkey patties are ready when you reach a temperature of 130 °F .

Serve hot.

Nutrition:

Calories: 251

Carbohydrates: 3.4g

Fat: 12.5

Fiber: 0.9g

Protein: 31.2g

Apple Smoked Turkey

Preparation time: 30 Minutes

Cooking time: 3 Hours

Servings: 5

Ingredients:

4 Cups applewood chips

1 Fresh or frozen turkey of about 12 pounds

3 Tablespoons of extra-virgin olive oil

1 tablespoon of chopped fresh sage

2 and ½ teaspoons of kosher salt

2 Teaspoons of freshly ground black pepper

1 and ½ teaspoons of paprika

1 Teaspoon of chopped fresh thyme

1 Teaspoon of chopped fresh oregano

1 Teaspoon of garlic powder

1 Cup of water

½ Cup of chopped onion

½ Cup of chopped carrot

½ Cup of chopped celery

Directions:

Soak the wood chips into the water for about 1 hour; then drain very well.

Remove the neck and the giblets from the turkey; then reserve and discard the liver. Pat the turkey dry; then trim any excess of fat and start at the neck's cavity

Loosen the skin from the breast and the drumstick by inserting your fingers and gently push it between the meat and skin and lift the wingtips, then over back and tuck under the turkey

Combine the oil and the next 7 ingredients in a medium bowl and rub the oil under the skin; then rub it over the breasts and the drumsticks

Tie the legs with the kitchen string.

Pour 1 cup of water, the onion, the carrot, and the celery into the bottom of an aluminum foil roasting pan

Place the roasting rack into a pan; then arrange the turkey with the breast side up over a roasting rack; then let stand at the room temperature for about 1 hour

Remove the grill rack; then preheat the charcoal smoker grill to medium-high heat.

After preheating the smoker to a temperature of about 225°F

Place 2 cups of wood chips on the heating element on the right side.

Replace the grill rack; then place the roasting pan with the turkey over the grill rack over the left burner.

Cover and smoke for about 3 hours and turn the chicken halfway through the cooking time; then add the remaining 2 cups of wood chips halfway through the cooking time.

Place the turkey over a cutting board; then let stand for about 30 minutes

Discard the turkey skin; then serve and enjoy your dish!

Nutrition:

Calories: 530,

Fat: 22g,

Carbohydrates: 14g,

Protein: 41g,

Dietary Fiber 2g

Smoked turkey with garlic and herbs

Preparation time: 60 Mins

Cooking time: 3 Hours

Servings: 7

Ingredients:

1 Batch of Garlic-Herb Dry Brine

1 Turkey of 12 pounds; remove the neck and the giblets

1 Medium quartered onion

1 Halved garlic head

3 Thyme sprigs, sage, and rosemary

Directions:

Rub the dry brine over the turkey; then chill in the refrigerator for about 6 hours

About 30 minutes before smoking it, remove the turkey from the refrigerator; then rinse the dry brine off under running cold water and pat the turkey dry

Stuff the cavity of the chicken with the onion, the garlic, and the herb sprigs, and set it aside.

In the meantime; prepare a charcoal smoker grill and set a foil roasting pan right into the middle of the lower rack; then surround the pan with the hot charcoal and place the top rack; then cover the grill and preheat it to a temperature of about 325° F

When the grill is preheated; put a layer of soaked wood chips on top of the coals

Place the turkey over the grill rack and smoke it for about 2 and ¼ hours
whole checking every hour

Remove the turkey to a large platter and let it rest for about 15 minutes

Slice the turkey; then serve and enjoy its taste!

Chapter 11. Pork

Pork Collar with Rosemary Marinade

Preparation time: 15min

Cooking Time: 30min

Servings: 6

Ingredients:

1 Pork Collar (3 - 4lb.)

3 tbsp. Rosemary, fresh

3 minced Shallots

2 tbsp. chopped Garlic

½ cup of Bourbon

2 tsp. Coriander, ground

1 bottle of Apple Ale

1 tsp. ground Black pepper

2 tsp. Salt

3 tbsp. oil

Directions:

In a zip lock bag combine the black pepper, salt, canola oil, apple ale, bourbon, coriander, garlic, shallots, and rosemary.

Cut the meat into slabs (2 inches) and marinate in the refrigerator overnight.

Preheat the grill to 450F with the lid closed. Grill the meat for 5 minutes and lower the temperature to 325F. Pour the marinade over the meat. Cook 25 minutes more.

Cook until the internal temperature of the meat is 160F.

Serve and enjoy!

Nutrition:

Calories: 420

Proteins: 30g

Carbohydrates: 4g

Fat: 26g

Simple Pork Tenderloin

Preparation time: 15min

Cooking Time: 20min

Servings: 4 - 6

Ingredients:

2 Pork Tenderloins (12 - 15 oz. each)

6 tbsp. hot Sauce, Louisiana style

6 tbsp. melted butter

Cajun seasoning as needed

Directions:

Trim the silver skin from the meat.

In a large bowl combine the hot sauce and melted butter. Roll the meat in this mixture. Season with Cajun seasoning.

Preheat the grill to 400F with the lid closed.

Grill the meat for 8 minutes on each side. The internal temperature should be 145F. If you want well - done cook until 160F.

Let it rest for a few minutes before cutting. Serve with your favorite side dish and enjoy!

Nutrition:

Calories: 150

Proteins: 20g

Carbohydrates: 0

Fat: 3g

Smoked Honey - Garlic Pork Chops

Preparation time: 1 hour

Cooking time: 1 hour and 15 minutes

Servings: 4

Ingredients:

1/4 cup of lemon juice freshly squeezed

1/4 cup honey (preferably a darker honey)

3 cloves garlic, minced

2 Tbs soy sauce (or tamari sauce)

Salt and pepper to taste

24 ounces center-cut pork chops boneless

Directions:

Combine honey, lemon juice, soy sauce, garlic, and the salt and pepper in a bowl.

Place pork in a container and pour marinade over pork.

Cover and marinate in a fridge overnight.

Remove pork from marinade and pat dry on kitchen paper towel. (reserve marinade)

Start your pellet on Smoke with the lid open until the fire is established (4 - 5 minutes). Increase temperature to 450 °F and preheat, lid closed, for 10 - 15 minutes.

Arrange the pork chops on the grill racks and smoke for about one hour (depending on the thickness)

In a meantime, heat remaining marinade in a small saucepan over medium heat to simmer.

Transfer pork chops on a serving plate, pour with the marinade, and serve hot.

Nutrition:

Calories: 301.5

Carbohydrates: 17g

Fat: 6.5g

Fiber: 0.2g

Protein: 41g

PORK COLLAR AND ROSEMARY MARINADE

Preparation time: 15 minutes + marinate time

Cooking time: 30 minutes

Servings: 4

Ingredients:

1 pork collar, 3-4 pounds

3 tablespoons rosemary, fresh

3 shallots, minced

2 tablespoons garlic, chopped

½ cup bourbon

2 teaspoons coriander, ground

1 bottle of apple ale

1 teaspoon ground black pepper

2 teaspoons salt

3 tablespoons oil

Directions:

Take a zip bag and add pepper, salt, canola oil, apple ale, bourbon, coriander, garlic, shallots, rosemary and mix well

Cut meat into slabs and add them to the marinade, let it refrigerate overnight

Pre-heat your smoker to 450 degrees F

Transfer meat to smoker and smoke for 5 minutes, lower temperature to 325 degrees F

Pour marinade all over and cook for 25 minutes more until the internal temperature reaches 160 degrees F

Serve and enjoy!

Nutrition:

Calories: 420

Fats: 26g

Carbohydrates: 4g

Fiber: 2g

ROASTED HAM

Preparation time: 15 minutes

Cooking time: 2 hours 15 minutes

Servings: 4

Ingredients:

8-10 pounds ham, bone-in

2 tablespoons mustard, Dijon

¼ cup horseradish

1 bottle BBQ Apricot Sauce

Directions:

Pre-heat your smoker to 325 degrees F

Cover a roasting pan with foil and place the ham, transfer to smoker and smoke for 1 hour and 30 minutes

Take a small pan and add sauce, mustard and horseradish, place it over medium heat and cook for a few minutes

Keep it on the side

After 1 hour 30 minutes of smoking, glaze ham and smoke for 30 minutes more until the internal temperature reaches 135 degrees F

Let it rest for 20 minutes, slice, and enjoy!

Nutrition:

Calories: 460

Fats: 43g

Carbohydrates: 10g

Fiber: 1g

FINE INDIAN SMOKED T-BONE

Preparation time: 20 minutes + 4-8 hours marinate time

Cooking time: 45-60 minutes

Servings: 12

Ingredients:

1-pound beef tenderloin, cut into 1-inch cubes

2 pounds strip steak, cut into 1-inch cubes

1 large onion, cut into 1-inch cubes

1 bell pepper, cut into 1-inch cubes

1 zucchini, cut into 1-inch cubes

10 ounces cherry tomatoes

¼ cup olive oil

½ cup steak seasoning

Directions:

Take a large bowl and add tenderloin, strip steak, onion, zucchini, bell pepper, tomatoes and mix well with olive oil

Season with steak seasoning and stir until the meat has been coated well

Cover the meat and allow it to refrigerate for 4-8 hours

Pre-heat your smoker to 225 degrees Fahrenheit using your desired wood

Make the kebabs by skewering meat and veggies alternatively

Make sure, to begin with, meat and end with meat

Transfer the skewers to your smoker rack and smoke for 45 minutes

Remove once the internal temperature reaches 135 degrees Fahrenheit (for a RARE finish)

Serve and enjoy!

Nutrition

Calories: 559

Fats: 5g

Carbohydrates: 57g

Fiber: 1g

Smoked Venison Ribs

Preparation time: 10 Mins

Cooking time: 10 Hours

Servings: 10

Ingredients:

1 Cup of apple cider vinegar

1 Bottle of beer; the darker the better

3 to 4 stalks of chopped celery

3 to 4 chopped carrots

3 to 4 chopped red bell peppers

1 Medium peeled head of garlic

1 Medium chopped sweet onion

6 Pounds of venison ribs

Directions:

Preheat a charcoal smoker to a temperature of about 225° F Pour the vinegar and mix it with the beer into a pan; then add the celery, the carrots, the peppers, the garlic, and the onions. Rub the venison ribs with the Cajun seasoning and put it into the roasting pan; then cover with a plastic wrap; then add an aluminum foil as a final cover

Smoke the ribs for about 6 to 8 hours

Add 1 tablespoon of vinegar with the beer mixture and the applewood for about 2 additional hours

Nutrition:

Calories: 547

Fat: 16.3g

Carbohydrates: 7g

Protein: 44g

Dietary Fiber 1 g

Chapter 12. Lamb

Smoked Lamb Chops with Bay Leaves

Preparation time: 15minutes

Cooking time: 3 hours

Servings: 6

Ingredients:

3 lbs. of lamb chops

1/2 cup of olive oil

1 Tbs salt or to taste

1 cup of water

6 bay leaves crushed

2 cloves of crushed garlic

1 Lemon juice (freshly squeezed)

Directions:

Combine all ingredients and rub well lamb chops.

Place lamb chops into a container and refrigerate overnight.

Start the pellet grill on SMOKE (recommended apple, oak pellet) with the lid open until the fire is established. Set the temperature to 250 °F and preheat, lid closed, for 10 to 15 minutes.

Smoke lamb chops for 3 hours.

Remove from smoker and let rest for 15 minutes.

Serve.

Nutrition:

Calories: 598

Carbohydrates: 1g

Fat: 49g

Fiber: 0.06g

Protein: 42.3g

Smoked Lamb Chops with Fresh Herbs

Preparation time: 15 minutes

Cooking time: 3 hours and 15 minutes

Servings: 8

Ingredients:

12 lamb chops

Salt and ground black pepper, to taste

4 cloves of garlic finely chopped

3 Tbsp of fresh basil finely chopped

3 tsp of fresh marjoram leaves finely chopped

3 tsp of fresh thyme leaves, finely chopped

Directions:

Sprinkle lamb chops lightly with the salt and pepper.

In a bowl, combine fresh herbs and garlic; generously rub into chops.

Wrap well, and chill at least 2 hours.

Start the pellet grill on SMOKE with the lid open until the fire is established.

Set the temperature to 250 °F and preheat, lid closed, for 10 to 15 minutes.

Place chops on grill racks and smoke for 3 hours.

Allow resting for 10 to 15 minutes before serving.

Nutrition:

Calories: 313.6

Carbohydrates: 0.7g

Fat: 21.4g

Fiber: 0.2g

Protein: 27.4g

Smoked Lamb Skewers

Preparation time: 15 minutes

Cooking time: 1 hour and 15 minutes

Servings: 6

Ingredients:

Marinade

1/3 cup garlic-infused olive oil

1 juice of 1 lime or lemon

1 onion finely chopped

1 tsp fresh thyme, chopped

1/2 tsp cumin

1 tsp fresh rosemary finely chopped

salt and freshly ground pepper

Meat

2 lbs. lamb meat without bones, cut into chunks

Directions:

Place lamb chunks in the refrigerator for one hour.

Combine all ingredients for the marinade in a large dish or container.

Add the lamb chunks and toss to coat.

Cover with the plastic membrane and refrigerate overnight.

Pat dry the lamb on a kitchen paper.

Start the pellet grill on SMOKE with the lid open until the fire is established.

Set the temperature to 225 °F and preheat, lid closed, for 10 to 15 minutes.

Thread the lamb meat on a wooden (wooden skewers have been soaked) or metal skewers.

Place skewers on a grill rack and smoke for 1 1/4 hours.

Serve hot.

Nutrition:

Calories: 420.5

Carbohydrates: 2.5g

Fat: 32.5g

Fiber: 0.4g

Protein: 28.3g

Mouthwatering Lamb Chops

Preparation time: 15 minutes + marinate time

Cooking time: 10-20 minutes

Serving: 4

Ingredients:

FOR MARINADE

½ cup of rice wine vinegar

1 teaspoon liquid smoke

2 tablespoons extra virgin olive oil

2 tablespoons dried onion, minced

1 tablespoon fresh mint, chopped

LAMB CHOPS

8 (4 ounces) lamb chops

½ cup hot pepper jelly

1 tablespoon Sriracha

1 teaspoon salt

1 teaspoon freshly ground black pepper

Directions:

Take a small bowl and whisk in rice wine vinegar, liquid smoke, olive oil, minced onion, and mint

Add lamb chops in an aluminum roasting pan, pour marinade over meat and turn well to coat

Cover with plastic wrap and marinate for 2 hours

Pre-heat your smoker to 165 degrees F

Take a small saucepan and place it over low heat, add hot pepper jelly and

sriracha, keep it warm

Once ready to cook chops, remove them from marinade and pat dry

Discard marinade

Season chops with salt, pepper, and transfer to the grill grate

Close and smoke for 5 minutes

Remove chops from grill and increase the temperature to 450 degrees F

Transfer chops to grill and sear for 2 minutes per side until the internal temperature reaches 145 degrees F

Serve chops and enjoy!

Nutrition:

Calories: 227

Fats: 21g

Carbohydrates: 0g

Fiber: 2g

RACK OF LAMB

Preparation time: 20 minutes

Cooking time: 75 minutes

Servings: 4

Ingredients:

FOR PASTE

1/2 cup olive oil

1/2 cup dry mustard

1/4 cup hot chili powder

2 tablespoons freshly squeezed lemon juice

2 tablespoon onion, minced

1 tablespoon paprika

1 tablespoon dried thyme

1 tablespoon salt

1 American rack of lamb, 7-9 chops

MINT SAUCE

¼ cup fresh mint leaves, chopped

¼ cup hot water

2 tablespoons apple cider vinegar

2 tablespoons brown sugar

½ teaspoon salt

½ teaspoon fresh ground pepper

Directions:

Take a small bowl and mix in olive oil, mustard, chili powder, lemon juice, onion, paprika, thyme, Worcestershire sauce, salt

Pre-heat your smoker to 200 degrees F

Rub the paste all over the lamb and transfer to the smoker, smoke for 75 minutes until internal temperature reaches 145 degrees F

Remove lamb from heat and let it rest for a few minutes, serve with mint sauce

Enjoy!

Nutrition:

Calories: 920

Fats: 83g

Carbohydrates: 11g

Fiber: 1g

Chapter 13. Ribs and Chops

Grilled Barbecue Beef Ribs

Preparation time: 20 minutes

Cooking time: 1 hour 20 minutes

Servings: 4

Ingredients:

1/2 cup of Dijon mustard.

2 tablespoons of cider vinegar.

3 lbs. of spareribs.

4 tablespoons of paprika powder.

1/2 tablespoon of chili powder.

1 1/2 tablespoon of garlic powder.

2 teaspoons of ground cumin.

2 teaspoon of onion powder.

1 1/2 tablespoon of ground black pepper to taste.

2 tablespoons of salt to taste.

2 tablespoons of butter which is optional.

Directions:

Preheat a Wood Pellet Smoker and Grill to 350 degrees F, using a small mixing bowl, add in the mustard and the vinegar then mix properly to combine. Rub the mixture on the spareribs, coating all sides. Using another mixing bowl, add in the paprika powder, chili powder, garlic powder, cumin, onion powder, salt, and pepper to taste then mix properly to combine.

Reserve a small quantity of the mixture, seasoned the spareribs with the rest of the spice mixture, coating all sides. Wrap the seasoned ribs in aluminum foil, top with the butter if desired then place the ribs on the preheated grill.

Grill the ribs for about one hour until it is cooked through. Make sure you flip after every twenty minutes. Once the ribs are cooked through, remove from the grill, unwrap the aluminum foil then grill the ribs for another two to five minutes until crispy.

Let the ribs cool for a few minutes, slice, and serve.

Nutrition:

Calories 1001

Carbohydrates 6g

Fiber 5g

Fat 81g

Protein 55g

BARBEQUE BABY BACK RIBS

Preparation time: 15 minutes

Cooking time: 1 hour 30 minutes

Servings: 6

Ingredients:

2 racks baby back ribs.

3/4 cup of chicken broth.

3/4 cup of soy sauce.

1 cup of sugar.

6 tablespoons of cider vinegar.

6 tablespoons of olive oil.

3 minced garlic cloves.

2 teaspoons of salt to taste.

1 tablespoon of paprika.

1/2 teaspoon of chili powder.

1/2 teaspoon of pepper to taste.

1/4 teaspoon of garlic powder.

A dash of cayenne pepper.

Barbecue sauce.

Directions:

Using a large mixing bowl, add in half of the sugar, soy sauce, vinegar, oil,

and garlic then mix properly to combine. This makes the marinade. Place the pork ribs in a Ziploc bag, pour in about 2/3 of the prepared marinade then shake properly to coat. Let the ribs marinate in the refrigerator overnight.

Using another mixing bowl, add in the rest of the sugar, salt, and seasonings on the list then mix properly to combine. Rub the ribs with the mixture, coating all sides then set aside. Preheat a Wood Pellet Smoker Grill to 250 degrees F, place the ribs on the preheated grill and grill for about two hours.

Blast the ribs with the reserved marinade and cook for an additional one hour. Once cooked, let rest for about five to ten minutes, slice, and serve.

Nutrition:

Calories 647

Fat 41g

Carbohydrate 30g

Fiber 1g

Protein 37g

Chapter 14. Seafood

Fish Stew

Preparation time: 20min

Cooking Time: 25min

Servings: 8

Ingredients:

1 jar (28oz.) Crushed Tomatoes

2 oz. of Tomato paste

¼ cup of White wine

¼ cup of Chicken Stock

2 tbsp. Butter

2 Garlic cloves, minced

¼ Onion, diced

½ lb. Shrimp divined and cleaned

½ lb. of Clams

½ lb. of Halibut

Parsley

Bread

Directions:

Preheat the grill to 300F with closed lid.

Place a Dutch oven over medium heat and melt the butter.

Sauté the onion for 4 - 7 minutes. Add the garlic. Cook 1 more minute.

Add the tomato paste. Cook until the color becomes rust red. Pour the stock and wine. Cook 10 minutes. Add the tomatoes, simmer.

Chop the halibut and together with the other seafood add in the Dutch oven. Place it on the grill and cover with a lid.

Let it cook for 20 minutes.

Season with black pepper and salt and set aside.

Top with chopped parsley and serve with bread.

Enjoy!

Nutrition:

Calories: 188

Protein: 25g

Carbohydrates: 7g

Fat: 12g

Smoked Crab legs

Preparation time: 5 Minutes

Cooking time: 15 Minutes

Servings: 5

Ingredients:

1 Pinch of black pepper

$\frac{3}{4}$ Stick of butter to the room temperature

2 Tablespoons of chopped chives

1 Minced garlic clove

1 Sliced lemon

3 Lobster, tail, about 7 ounces

1 Pinch of kosher salt

Directions:

Start your Wood Pellet Grill on smoke with the lid open for about 3 to 7 minutes

Preheat to about 350°F; then blend the butter, the chives, the minced garlic and the black pepper in a bowl

Cover with a plastic wrap and set aside

Blend the butter, the chives, the minced garlic, and the black pepper in a bowl; then cover with a plastic wrap and set it aside.

Butterfly the lobster tails into the middle of the soft part of the underside of the shell and don't cut completely through the center of the meat

Brush the tails with olive oil and season with 1 pinch of salt

Smoke Grill the lobsters with the cut side down for about 5 minutes

Flip the tails and top with 1 tablespoon of herbed butter; then grill for an additional 4 minutes

Remove from the smoker grill and serve with more quantity of herb butter

Top with lemon wedges; then serve and enjoy your dish!

Nutrition:

Calories: 90

Fat: 1g

Carbohydrates: 0g

Dietary Fiber: 1 g

Protein: 20g

Spicy smoked Shrimp

Preparation time: 30 Minutes

Cooking time: 15 Minutes

Servings: 3

Ingredients

2 lbs. of peeled and deveined shrimp

6 Oz of Thai chilies

6 Garlic cloves

2 Tablespoons of a chicken rub of your choice

1 and ½ teaspoons of sugar

1 and ½ tablespoons of white vinegar

3 Tablespoons of olive oil

Directions:

Place all your ingredients besides the shrimp in a blender; then blend until you get a paste

Place the shrimp in a bowl; then add in the chili garlic mixture; then place in the refrigerator and let marinate for about 30 minutes

Remove from the fridge and thread the shrimp on metal or bamboo skewers for about 30 minutes

Start your Wood pellet smoker to about 225° F and preheat with the lid closed for about 10 to 15 minutes

Place the shrimp on a grill and cook for about 2 to 3 minutes per side or until the shrimp are pink

Serve and enjoy your dish!

Nutrition:

Calories: 20

Fat: 10g

Carbohydrates: 10g

Dietary Fiber: 0 g

Protein: 16g

Smoked Shrimp

Preparation time: 10 Mins

Cooking time: 3 Hour

Servings: 10

Ingredients:

2 Pounds of jumbo shrimp

½ Cup of extra virgin olive oil

6 Finely chopped garlic cloves

2 Tablespoons of finely chopped parsley

½ Teaspoon of cayenne pepper

½ Teaspoon of black pepper

½ Teaspoon of salt

1 Bag of charcoal

1 Chimney starter

2 bags of wood chips

Directions:

Light a charcoal smoker for about 30 minutes before starting to cook

Wrap the wood chips into an aluminum foil pouch; then punch some holes into the foil and set aside to let the smoke escape

Season the shrimp with the garlic, the parsley, the cayenne pepper, the black pepper, and the salt.

Drizzle the virgin olive oil on top of the prepared shrimps; then skewer the shrimps on a prepared kabob and place the shrimp kabobs on the smoker when the temperature reaches about 225° F

Put the wood chip foil pouch on top of the charcoal or right into the inside of the metal smoker box

Smoke the shrimp for around 30 to 35 minutes

Serve and enjoy your smoked shrimps

Nutrition:

Calories: 283

Fat: 23.4 g

Carbohydrates: 2g

Protein: 20g

Dietary Fiber 0.1 g

Smoked Bacon Wrapped Scallops

Preparation time: 8 Minutes

Cooking time: 40 Minutes

Servings: 7

Ingredients:

10 to 12 jumbo scallops

8 to 10 slices of bacon

½ Cup of butter

1 Pinch of salt

1 Pinch of pepper

Toothpicks

Some aluminum foils

Directions:

Light a charcoal smoker for about 30 minutes

Wrap the wood chips into an aluminum foil pouch; then punch little holes into the foil to let the smoke escape

Take the strips of bacon; then wrap each slice around each of the jumbo scallops and use toothpicks to secure bacon slices around the scallops

Melt a small quantity of butter in a medium bowl with a basting brush; coat the bacon and the scallops

Place the bacon-wrapped scallops in a sheet of aluminum foil; then place the wood chip foil pouch over the charcoal

Smoke the scallops for about 30 minutes; then remove the scallops from the smoker and let rest for about 5 minutes

Serve and enjoy your dish!

Nutrition:

Calories: 283

Fat: 23.4 g

Carbohydrates: 2g

Protein: 20g

Dietary Fiber 0.1 g

Grilled Tilapia “Ceviche”

Preparation Time: 30 minutes

Cooking time: 10 mins

Servings: 4

Ingredients:

1 lb. tilapia filets

¼ c. chopped parsley

¼ c. chopped fresh cilantro

¼ c. freshly squeezed lime juice

2 tbsps. olive oil

½ tsp. red chili flakes

5 minced green onions

2 diced tomatoes

2 sliced celery stalks

½ minced green bell pepper

Salt

Pepper

Directions:

Mix lime juice, olive oil, vegetables, and herbs in a large bowl.

Grilling:

Preheat the grill to 400F.

Sprinkle pepper and salt on both sides of the tilapia and place on the grid.

Close the dome and cook for 3 minutes.

Gently flip the fish and cook for another 2-3 minutes or until the fish is opaque. Set aside.

Flake apart the tilapia filets and gently stir into the vegetable mixture to combine.

Serve room temperature or chilled.

Nutritional:

Calories: 220,

Fat: 4 g,

Carbohydrates: 17 g,

Protein: 33 g

Grilled Whole Trout

Preparation Time: 30 minutes

Cooking time: 20 mins

Servings: 2

Ingredients:

2 whole trout

2 tbsps. olive oil

½ tsp. salt

¼ tsp. pepper

4 garlic cloves

½ sliced lemon

½ bunch fresh parsley

Directions:

Brush the inside of the cavity and outside of the fish with olive oil and season with salt and pepper.

Stuff lemon, garlic, and parsley inside the cavity of each fish.

Grilling:

Preheat the grill to 400F.

Place the fish directly on the grid and close the dome for 10 minutes.

Gently flip the fish and close the dome for an additional 5-10 minutes or until the fish is cooked through.

Nutritional

Calories: 242,

Fat: 11 g,

Carbohydrates: 31 g,

protein: 92 g

Grilled Shrimp Melody

Preparation Time: 30 minutes

Cooking time: 15 mins

Servings: 4

Ingredients:

1 lb. potatoes

2 sliced ears of corn

6 tbsps. melted butter

8 oz. chicken breasts

1 lb. Shrimp

2 tbsps. fresh lemon juice

2 tsp. fresh thyme

2 minced garlic cloves

2 tsp. seafood seasoning

2 tbsps. chopped parsley

Directions:

Preheat the grill to a high temperature.

Arrange 8 pieces of aluminum foil.

Divide the potatoes, shrimp, chicken, and corn onto the sheets of foil.

Using a medium bowl, mix the minced garlic, melted butter, chopped thyme, and lemon juice. Whisk together thoroughly.

Pour the mixture over the shrimp mix and season with the seafood seasoning.

Wrap the foil around the shrimp mix and arrange on the grill, cook for 15 minutes.

Remove from the grill, garnish with the parsley and serve.

Nutrition:

Calories: 111,

Fat: 6 g,

Carbohydrates: 10 g,

Protein: 13 g

Grilled Shrimp with Pineapple and Coconut

Preparation Time: 30 minutes

Cooking time: 1 hr. 25 mins

Servings: 4

Ingredients:

½ c. coconut milk

4 tsp. Red Tabasco Sauce

2 tsp. soy sauce

¼ c. fresh orange juice

juice of 2 limes

40 pieces large-sized shrimp

¾ lb. sliced pineapple

Canola oil

Chopped cilantro

Directions:

Combine the lime juice, orange juice, soy sauce, Tabasco sauce, soy sauce, and coconut milk in a medium bowl. Whisk together thoroughly.

Add the shrimp and coat by tossing and leave it to marinate in the fridge for 2 hours.

Preheat the grill to a medium temperature, take the shrimp out of the marinade, and thread them onto skewers.

Brush the grill lightly with canola oil and arrange the shrimp on the grill.

Grill for 3 minutes on both sides and then brush them with the marinade.

Grill for a further 2 minutes on both sides and brush with the marinade.

Take the shrimp off the grill, garnish with the cilantro and serve.

Nutrition:

Calories: 329,

fat: 3 g,

Carbohydrates: 52 g

protein: 22 g

Chapter 15. Jerky

Smoked Jerky

Preparation time: 20min

Cooking Time: 6h

Servings: 6 - 8

Ingredients:

1 Flank Steak (3lb.)

½ cup of Brown Sugar

1 cup of Bourbon

¼ cup Jerky rub

2 tbsp. of Worcestershire sauce

1 can of Complete

½ cup Cider Vinegar

Directions:

Slice the steak into ¼ inch slices.

Combine the remaining ingredients in a bowl. Stir well.

Place the steak in a plastic bag and add the marinade sauce. Marinade in the fridge overnight.

Preheat the grill to 180F with closed lid.

Remove the flank from marinade. Place directly on a rack and the grill.

Smoke for 6 hours.

Cover them lightly for 1 hour before serving. Store leftovers in the fridge.

Nutrition:

Calories: 105

Protein: 14g

Carbohydrates 4g:

Fat: 3g

Smoked Venison Jerky

Preparation time: 15 minutes

Cooking time: 9 Hours

Servings: 14

Ingredients:

5 Pounds of elk hamburger

¼ Cup of soy sauce

¼ Cup of Teriyaki sauce

¼ Cup of Worcestershire sauce

1 Tablespoon of paprika

1 Tablespoon of Chili powder

1 tablespoon of crushed red pepper

3 Tablespoons of hot sauce

1 Tablespoon of pepper

1 Tablespoon of garlic powder

1 Tablespoon of onion salt

1 Tablespoon of salt

Directions:

Mix all the ingredients for the seasoning with the elk hamburger into a large bowl and set it aside for about 12 hours

Light a charcoal smoker and let the temperature reach about 160° F; then make sure that the temperature is about 225° F during the smoking process

Remove the elk out of your refrigerator and start making jerking strips

Add smoker wood chips to your smoker; then rub a little bit of olive oil to the smoker

Rub 2 tablespoons of olive oil over the smoker grate and make sure the foil is very well coated with foil; then place the meat over the foil; the foil should be coated with oil too

Smoke the jerky for about 3 hours; then warm the dehydrator in the last 30

minutes of the smoking process

Line the prepared dehydrator with the smoked elk jerky meat and keep it in there for about 5 to 6 hours

Serve and enjoy your dish!

Nutrition:

Calories: 200.3

Fat: 7g,

Carbohydrates: 5g

Protein: 14g

Dietary Fiber 0 g

LOVELY BEEF JERKY

Preparation time: 15 minutes

Cooking time: 12 hours 15 minutes

Serving: 12s

Ingredients:

2 cups teriyaki sauce

1 cup of soy sauce

1 cup brown sugar

1 dash Worcestershire sauce

¼ pounds fresh pineapple, peeled

2 garlic cloves

2 pounds ground beef, cut into ½ inch strips

Directions:

Take a large-sized bowl and add teriyaki sauce, brown sugar, soy sauce, and Worcestershire sauce

Add garlic and pineapple to a food processor and process until smooth

Pour the pineapple mixture into the sauce mix and stir, transfer the whole mixture to a re-sealable bag

Transfer the beef to the bag as well and coat it well, squeeze out as much air as possible and zip the bag

Store in your fridge and allow it to marinate for 6-8 hours

Add your desired wood Pellets to your smoker and heat it to 225 degrees Fahrenheit

Drain the beef from the marinade and transfer to your smoker

Smoke for 6-8 hours until the jerky is chewy but not crispy

Serve and enjoy!

Nutrition

Calories: 207

Fats: 4.3g

Carbohydrates: 28g

Fiber: 0.4g

Chapter 16. Cheese, Nuts, And Pieces of Bread

Nut Mix on the Grill

Preparation time: 15minutes

Cooking Time: 20minutes

Servings: 8

Ingredients:

3 cups Mixed Nuts, salted

1 tsp. Thyme, dried

1 ½ tbsp. brown sugar, packed

1 tbsp. Olive oil

¼ tsp. of Mustard powder

¼ tsp. Cayenne pepper

Directions:

Preheat the grill to 250F with closed lid.

In a bowl combine the ingredients and place the nuts on a baking tray lined with parchment paper. Place the try on the grill. Cook 20 minutes.

Serve and enjoy!

Nutrition:

Calories: 65

Protein: 23g

Carbohydrates 4g:

Fat: 52g

Fresh Peach Crisp

Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

2 peaches, halved

Vanilla Ice Cream

1 c. good quality granola

Directions:

Place the peach halves on a 400F grill and cover with the dome for 5 minutes.

Remove the peaches and place them, cut side up, in a bowl. Top with vanilla ice cream and granola.

Nutrition:

Calories: 163,

Fat: 5 g,

Carbohydrates: 25 g,

protein: 3 g

Grilled Steak with American Cheese Sandwich

Preparation Time: 20 minutes

Cooking time: 55 minutes

Servings: 4

Ingredients:

1 pound of beef steak.

1/2 teaspoon of salt to taste.

1/2 teaspoon of pepper to taste.

1 tablespoon of Worcestershire sauce.

2 tablespoons of butter.

1 chopped onion.

1/2 chopped green bell pepper.

Salt and pepper to taste.

8 slices of American Cheese.

8 slices of white bread.

4 tablespoons of butter.

Directions:

Turn your Wood Pellet Smoker and Grill to smoke and fire up for about four to five minutes. Set the temperature of the grill to 450 degrees F and let it preheat for about ten to fifteen minutes with its lid closed.

Next, place a non-stick skillet on the griddle and preheat for about fifteen minutes until it becomes hot. Once hot, add in the butter and let melt. Once the butter melts, add in the onions and green bell pepper then cook for about five minutes until they become brown, set aside.

Next, still using the same pan on the griddle, add in the steak, Worcestershire sauce, salt, and pepper to taste then cook for about five to six minutes until it is cooked through. Add in the cooked bell pepper mixture, stir to combine then heat for another three minutes, set aside.

Use a sharp knife to slice the bread in half, butter each side then grill for about three to four minutes with its sides down. To assemble, add slices of cheese on each bread slice, top with the steak mixture then your favorite toppings, close the sandwich with another bread slice then serve.

Nutrition:

Calories 589g

Carbohydrates 28g

Protein 24g

Fat 41g

Fiber 2g

Mustard Creamy Cheese Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 5

Ingredients:

2 tablespoons of butter.

2 tablespoons of all-purpose flour.

1/4 teaspoon of salt to taste.

A dash of pepper to taste.

1 cup of milk.

1/2 cup of cheddar cheese.

1/2 teaspoon of dry mustard.

A dash of garlic powder.

Directions:

Place a saucepan over medium-low heat then add in the butter. Once the butter melts, add in the flour and cook for about one minute with a regular stir. Add in the milk, salt, and pepper to taste, stir to combine, decrease the heat to low then cook for a few minutes until the sauce thickens. Add in the rest of the ingredients on the list, stir to combine, and cook until the cheese melts completely. Serve with your favorite grilled chicken

Nutrition:

Calories 289

Fat 19g

Carbohydrates 19g

Fiber 1g

Protein 11g

Leek and Cheddar Cheese Sauce

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

1 tablespoon of oil

2 sliced leeks.

2 tablespoons of butter

2 tablespoons of plain flour.

1 cup of semi-skimmed milk.

1 cup of grated Cheddar cheese.

Directions:

To prepare this tasty sauce, heat a large, non-stick frying pan and add the oil; put in the leeks, cover, and fry for ten minutes.

As the above process is going on, get a small saucepan and melt the butter in it before stirring in the flour; then cook for one or two minutes. Reduce the heat, and whisk in the milk slowly before bringing it to boil while still stirring until a thick mixture is achieved.

Add seasoning taste after which the cheese is then stirred in until it melts.

Once the grilled chicken is ready, the sauce can be poured over it and then place on the grill for another two or three minutes until it's golden and bubbling.

Nutrition:

Calories 101.4

Carbohydrates 7.7g

Fiber 1g, Protein 4.2g

Fat 6.2g.

Chapter 17. Vegetables and Sides

Smoked Cauliflower

Preparation time: 15 Minutes

Cooking time: 10 Minutes

Servings: 3-4

Ingredients:

1 Head of cauliflower

1 Cup of parmesan cheese

1 Tablespoon of olive oil

2 Crushed garlic cloves

¼ Teaspoon of Paprika

½ Teaspoon of salt

½ Teaspoon of pepper

Directions:

Start your Wood Pellet smoker grill with the lid open for about 4 to 5 minutes

Set the temperature on about 180°F and preheat with the lid closed for about 10 to 15 minutes

Cut the cauliflower into florets of medium-sized; then place the cauliflower right on top of the grate and mix all the ingredients except for the cheese

After about 1 hour, remove the cauliflower; then turn the smoker grill on high for about 10 to 15 minutes

Brush the cauliflower with the mixture of the ingredients and place it on a sheet tray

Place the cauliflower back on the grate for about 10 minutes

Sprinkle with the parmesan cheese

Serve and enjoy your smoked cauliflower!

Nutrition:

Calories: 60

Fat: 3.6g

Carbohydrates: 3.1g

Dietary Fiber: 1g

Protein: 4g

Smoked Peppers

Preparation time: 5 minutes

Cooking time: 20 Minutes

Servings: 4

Ingredients:

1 Bag of pearl onions, of about 14.4 oz

1 Bag of 1 lb. of small sweet peppers

Cooking sprays, like butter or olive oil

1 Pinch of Garlic salt

1 Pinch of Black pepper

¼ Teaspoon of steak seasoning

Directions:

Preheat your wood pellet smoker grill to a temperature of about 350° F

Spray the rack of your wood pellet smoker grill with cooking spray and cut the tops of the peppers into half; then remove the seeds

Spray the peppers with cooking spray and cover with the garlic salt, the black pepper, and the seasoning; then place on top of the rack

Smoke the peppers for about 15 to 20 minutes

Serve and enjoy!

Nutrition:

Calories: 62

Fat: 3.6g,

Carbohydrates: 0g

Dietary Fiber: 1.4g

Protein: 1g

Smoked Aubergines

Preparation time: 10 Minutes

Cooking time: 30 Minutes

Servings: 3

Ingredients:

2 Medium whole aubergine

2 Medium spring onions

2 Teaspoons of toasted sesame seeds

4 Teaspoons of miso paste

2 Teaspoons of soy sauce

1 Teaspoon of sesame oil

1 Garlic clove

1 Inch of fresh ginger, cube

Directions:

Add the miso, the soy, and the sesame oil to a bowl; then crush a garlic clove

Grate the ginger and stir with the help of a teaspoon until you get a paste

Slice the aubergine into half; then score the flesh to create a pattern of diamond shape

Add the miso paste on top of the aubergine

Brush to add the miso concoction to the aubergine flesh

through diagonal scoring of the aubergine

Let the paste to rest for about 30 minutes

Place the aubergine with the side up over indirect heat at a temperature of about 320°F

Smoke for about 30 minutes

Add a few cherry woods pellets to the coals for any extra flavor.

Turn the aubergine over onto direct heat and cook for about 60 seconds

Serve and enjoy your dish!

Nutrition:

Calories: 112

Fat: 6g

Carbohydrates: 8g

Dietary Fiber: 4 g

Protein: 5g

Smoked Mackerel

Preparation time: 15 Minutes

Cooking time: 30 Minutes

Servings: 9

Ingredients:

½ Teaspoon of Garam Masala

1 Pinch of dried red chili flakes

1 Tablespoon of softened butter

3 and ½oz of smoked mackerel fillets

To prepare the raita

2 Tablespoons of Greek-style plain yogurt

1 Tablespoon of roughly chopped fresh mint

Half a lime, only use the juice

½ Thinly sliced halved cucumber

6 Roughly chopped radishes

1 Pinch of salt

Directions:

Start by making the raita and to do that, combine the yogurt with the mint and 1 squeeze of lime juice in a medium bowl and season it with 1 pinch of salt

Add in the cucumber and the radishes; then cover and put in the refrigerator until you are ready to use it

Preheat the charcoal grill to a high heat and line a baking pan with a kitchen foil.

In a medium bowl, combine the Garam Masala with the chili and the butter; then spread the butter over the mackerel

Place the fillets over the baking tray and place it on the smoker and close the smoker with a lid

Smoke the mackerel for about 30 minutes

Remove the mackerel from the smoker; then set it aside for about 5 minutes

Serve and enjoy your mackerel with the raita!

Nutrition:

Calories: 283

Fat: 23.4 g

Carbohydrates: 2g

Protein: 20g

Dietary Fiber 0.1 g

Grilled Sweet Potatoes

Preparation Time: 30 minutes

Cooking time: 30 mins

Servings: 4

Ingredients:

Potato Ingredients:

2 lbs. chopped sweet potatoes

4 tbsps. extra virgin olive oil

½ tsp. salt

Dressing Ingredients:

¼ c. chopped cilantro

1 tsp. lime zest

2 tbsps. fresh lemon juice

¼ c. extra virgin olive oil

1 tsp. salt

Directions:

Preheat the grill to a high temperature.

Place potatoes in a medium bowl and pour the olive oil and salt over the top.
Toss to coat.

To make the dressing, combine the ingredients into a medium-sized bowl and whisk together thoroughly.

Arrange the potatoes onto the grill and cook for 6 minutes on each side.

Remove potatoes from the grill and place them in the bowl with the dressing.
Coat by tossing and serve.

Nutrition:

Calories: 160,

Fat: 11 g,

Carbohydrates: 16 g,

Protein: 1 g

Grilled Potato Salad

Preparation Time: 30 minutes

Cooking time: 20 mins

Servings: 4

Ingredients:

24 oz. Baby potatoes

4 garlic cloves

4 tbsps. Oil

¼ tsp. Salt

¼ tsp. Pepper

1 tbsp. Rice wine vinegar

1 tbsp. Chives

3 tbsps. Fresh Dill

Dill cream

1 c. Sour cream – 1 cup

2 tbsps. Lemon juice – 2 tbsp.

1 tbsp. chopped onion

Salt

Pepper

Sugar

Directions:

Preheat the grill to medium-high heat.

In a bowl, smash black garlic with 1 tbsp. oil and salt. Add the pepper, vinegar, and remaining oil.

Strain the potatoes and toss just enough vinaigrette, so they lightly coat.

Grill the potatoes until they are lightly charred.

Toss with fresh herbs and rest of the vinaigrette.

Serve with sour cream.

To make the cream, whisk all the ingredients in a bowl.

Nutrition:

Calories: 182,

Fat: 11 g,

Carbohydrates: 18 g,

Protein: 3 g

Grilled Yellow Squash

Preparation Time: 30 minutes

Cooking time: 20 mins

Servings: 8

Ingredients:

4 medium Yellow squash

½ c. extra virgin olive oil

2 crushed garlic cloves

Salt

pepper

Directions:

Preheat the grill for medium heat.

Using a medium pan, heat olive oil and add garlic cloves.

Cook over medium heat until the garlic becomes fragrant and sizzle.

Brush the slices of squash with garlic oil. Then season with salt and pepper.

Grill squash slices until they reach the desired tenderness, about 5 to 10 minutes per side. Occasionally turn and brush with additional garlic oil.

Nutrition:

Calories: 87

Fat: 7 g

Carbohydrates: 6 g

Protein: 2 g

Chapter 18. Other Meats You Can Smoke

Smoked Rabbit in "Topsy" Marinade

Preparation time: 20 minutes

Cooking time: 4 hours and 15 minutes

Servings: 6

Ingredients:

2 1/2 lb. rabbit cut into pieces

For marinade:

1 cup of white wine

1/2 cup olive oil

1 Tbs white vinegar

3 cloves of garlic, mashed

1 1/2 tsp rosemary

1 tsp mustard

1/2 tsp cumin

Salt and ground pepper to taste

Directions:

In a large bowl, combine ingredients for marinade ingredients and place the rabbit meat.

Cover with plastic wrap and refrigerate overnight.

Remove meat from marinade and pat dry on a paper towel.

Start the pellet grill on SMOKE with the lid open until the fire is established. Set the temperature to 250 °F and preheat, lid closed, for 10 to 15 minutes.

Place the rabbit onto the grill racks and let it smoke for 4 hours or until it reaches an internal temperature of 160 °F .

Remove from the smoker, and let it rest for 15 minutes before serving.

Nutrition:

Calories: 451

Carbohydrates: 1.5g

Fat: 28.6g

Fiber: 0.4g

Protein: 38g

Classic Smoked Duck Breast

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 2

Ingredients:

Pepper (half teaspoon)

Thyme, fresh (two tsp.)

Duck breasts (2)

Paprika, smoked (one teaspoon)

Salt (one teaspoon)

Directions:

Chop the thyme and combine it with the pepper, salt, and smoked paprika.

Put the mixture liberally on the duck.

Put the duck in the smoker at 250 degrees F for at least 60 to 70 minutes.

Before slicing and serving the duck, let it rest for a few minutes.

Nutrition:

Protein: 44 g

Potassium: 628mg

Carbohydrates: 1 g

Cholesterol: 174 mg

Sodium: 1292 mg

Saturated fat: 2 g

Total fat: 9 g

Total calories: 282

BBQ Duck Breast

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 2

Ingredients:

Your favorite BBQ sauce (1 c.)

Thyme, fresh (two tsp.)

Paprika, smoked (one teaspoon)

Salt (one teaspoon)

Pepper (half teaspoon)

Directions:

Chop the thyme and combine it with the pepper, salt, and smoked paprika.

Put the mixture liberally on the duck.

Put the duck in the smoker at 250 degrees F for at least 60 to 70 minutes.

Before slicing and serving the duck, let it rest for a few minutes. Then top with your favorite barbecue sauce.

Nutrition:

Protein: 44 g

Potassium: 628mg

Carbohydrates: 1 g

Cholesterol: 174 mg

Sodium: 1292 mg

Saturated fat: 2 g

Total fat: 9 g

Total calories: 299

Tea Smoked Duck

Preparation time: 1 hour 20 minutes

Cooking time: 4 hours

Servings: 4

Ingredients

Tangerine wedges (for garnish)

Kumquat (fresh)

Fresh black tea as strong as possible (1 c.)

2 ducks (quartered and cleaned)

Directions:

Boil the tea leaves in water and let it cool. Soak the duck in it for 2 hours.

Put the duck in the smoker at 250 degrees F for at least 60 to 70 minutes.

Before slicing and serving the duck, let it rest for a few minutes. Then garnish with tangerines and cumquats.

Nutrition:

Protein: 72.8 g

Cholesterol: 481.8 mg

Sodium: 399.6 mg

Saturated fat: 83.8 g

Total fat: 249.4 g

Total calories: 2561.4

Sweet-Spicy Duck Breast

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 2

Ingredients:

Your favorite spicy sauce (0.75 c.)

Paprika, smoked

(one teaspoon)

Honey (0.25 C) Salt (one teaspoon)

Thyme, fresh (two tsp.)

Duck breasts (2)

Pepper (half teaspoon)

Directions:

Chop the thyme and combine it with the pepper, salt, and smoked paprika.

Put the mixture liberally on the duck.

Put the duck in the smoker at 250 degrees F for at least 60 to 70 minutes.

Before slicing and serving the duck, let it rest for a few minutes. Mix the honey and spicy sauce together and drizzle over the duck.

Nutrition:

Protein: 44 g

Potassium: 628mg

Carbohydrates: 1 g

Cholesterol: 174 mg

Sodium: 1292 mg

Saturated fat: 2 g

Total fat: 9 g

Total calories: 313

Chapter 19. Rub and Sauces

Cilantro Lime Mayo Sauce

Works well for grilled pork and beef.

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 4

Ingredients:

4 tablespoons of lime juice.

1/2 teaspoon of hot sauce.

1 peeled garlic clove

1 cup of cilantro leaves.

1 teaspoon of Dijon mustard.

1 cup of mayonnaise.

Salt and black pepper to taste.

Directions:

Using a food processor, add in the lime juice, hot sauce, garlic, cilantro, and mustard then blend it all. Continue the blending until the cilantro is fine and smooth.

Then add mayonnaise and blend for a few minutes to achieve a uniform texture. Using black pepper and salt, season to taste.

Nutrition:

Calories 18.6

Carbohydrate 2.8g

Protein 1.8g

Fat 0.1g

Peanut Sauce

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

3 tablespoons of roasted and crushed peanuts.

1 cup of coconut milk.

3/4 tablespoon of palm sugar.

1 teaspoon of red curry paste.

Salt to taste.

Directions:

Start by heating the coconut milk followed by the smashed peanuts and then bring to boil.

Add the palm sugar which should then be followed by curry paste; stir adequately.

Season with salt to taste. The sauce will thicken as it cools.

Nutrition:

Calories 35

Carbohydrates 4g

Protein 1g

Fat 2g

Cider Mop Sauce

This is perfect for both grilled pork and beef

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

1 tablespoon of unsalted butter

2 tablespoons of peeled and grated ginger.

2 sliced shallots.

6 smashed cloves of garlic.

1 1/2 cups of bourbon.

A liter of sweet apple cider.

1 cup of apple jelly.

1/4 cup of dark molasses.

1 bay leaf.

2 teaspoons of coriander seeds.

1/2 teaspoon of black peppercorns.

2 sprigs of sage.

2 tablespoons of lemon juice.

1/2 teaspoon of kosher salt to taste.

Ground black pepper to taste

Directions:

Heat the butter in a saucepan of medium size over moderate heat. Put in the garlic, ginger, and shallots.

Cook for about five minutes ensuring to stir constantly, until the veggies are soft and brown.

Then remove the pan from the heat and add the bourbon gradually.

Put the pan back on the heat and add the following ingredients: apple jelly, bay leaf, coriander seeds, peppercorns, molasses, apple cider, and sage. Bring the entire mixture to a boil and reduce until it is viscous and gives you around one and a half cups.

You can now add lemon juice, along with salt and black pepper, to taste.

Nutrition:

Calories 59.5

Carbohydrates 14.5g

Protein 1g

Fat 1g.

Chapter 20. Desserts

Banana Boats

Preparation Time: 30 minutes

Cooking time: 10 mins

Servings: 4

Ingredients:

4 green bananas

Chocolate chips

Miniature marshmallows

Peanut butter chips

Crushed cookies

Directions:

Split a banana lengthwise from end to end leaving the peel intact on the opposite side.

Top with desired toppings.

Wrap the banana in heavy-duty aluminum foil.

Grilling:

Place the bananas on a 400F grill and close the dome for 10 minutes.

Unwrap and serve topped with vanilla ice cream, whipped cream, or by themselves.

Nutrition:

Calories: 310

Fat: 17 g

Carbohydrates: 40 g

Protein: 4 g

Grilled Pineapple Sundaes

Preparation Time: 30 minutes

Cooking time: 5 mins

Servings: 4

Ingredients:

4 fresh pineapple spears

Vanilla Ice Cream

Jarred Caramel Sauce

Toasted Coconut

Directions:

Place pineapple spears on a 400F grill and close the dome for 2 minutes.

Turn the pineapple and close the dome for another 2 minutes.

Turn the pineapple once more and close the dome for another minute.

Serve pineapple topped with ice cream, caramel sauce, and toasted coconut.

Nutrition:

Calories: 112

Fat: 1 g

Carbohydrates: 29 g

Protein: 0.4g

Blueberry Cobbler

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

4 cups fresh blueberries

1 teaspoon grated lemon zest

1 cup sugar, plus 2 tablespoons

1 cup all-purpose flour, plus 2 tablespoons

Juice of 1 lemon

2 teaspoons baking powder

¼ teaspoon salt

6 tablespoons unsalted butter

$\frac{3}{4}$ cup whole milk

$\frac{1}{8}$ teaspoon ground cinnamon

Directions:

In a medium bowl, combine the blueberries, lemon zest, 2 tablespoons of sugar, 2 tablespoons of flour, and lemon juice.

In a medium bowl, combine the remaining 1 cup of flour and 1 cup of sugar, baking powder, and salt. Cut the butter into the flour mixture until it forms an even crumb texture. Stir in the milk until a dough form.

Select BAKE, set the temperature to 350°F, and set the time to 30 minutes. Select START/STOP to begin preheating.

meanwhile, pour the blueberry mixture into the Multi-Purpose Pan, spreading it evenly across the pan. Gently pour the batter over the blueberry mixture, then sprinkle the cinnamon over the top.

When the unit beeps to signify it has preheated, place the pan directly in the pot. Close the hood and cook for 30 minutes, until lightly golden.

When cooking is complete, serve warm.

Nutrition:

Calories: 408

Total fat: 13g

Saturated fat: 8g

Cholesterol: 34mg

Sodium: 194mg

Carbohydrates: 72g

Fiber: 3g

Protein: 5g

Rum-Soaked Grilled Pineapple Sundaes

Preparation time: 15 minutes

Cooking time: 8 minutes

Servings: 6

Ingredients:

½ cup dark rum

½ cup packed brown sugar

1 teaspoon ground cinnamon, plus more for garnish

1 pineapple, cored and sliced

Vanilla ice cream, for serving

Directions:

In a large shallow bowl or storage container, combine the rum, sugar, and cinnamon. Add the pineapple slices and arrange them in a single layer. Coat with the mixture, then let soak for at least 5 minutes per side.

Insert the Grill Grate and close the hood. Select GRILL, set the temperature to MAX, and set the time to 8 minutes. Select START/STOP to begin preheating.

While the unit is preheating, strain the extra rum sauce from the pineapple.

When the unit beeps to signify it has preheated, place the fruit on the Grill Grate in a single layer (you may need to do this in multiple batches). Gently press the fruit down to maximize grill marks. Close the hood and grill for about 6 to 8 minutes without flipping. If working in batches, remove the pineapple, and repeat this step for the remaining pineapple slices.

When cooking is complete, remove, and top each pineapple ring with a scoop of ice cream. Sprinkle with cinnamon and serve immediately.

Nutrition:

Calories: 240

Total fat: 4g

Saturated fat: 2g

Cholesterol: 15mg

Sodium: 32mg

Carbohydrates: 43g

Fiber: 3g

Protein: 2g

Charred Peaches with Bourbon Butter Sauce

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

4 tablespoons salted butter

¼ cup bourbon

½ cup brown sugar

4 ripe peaches, halved and pitted

¼ cup candied pecans

Directions

Insert the Grill Grate and close the hood. Select GRILL, set the temperature to MAX, and set the time to 12 minutes. Select START/STOP to begin preheating.

While the unit is preheating, in a saucepan over medium heat, melt the butter for about 5 minutes. Once the butter is browned, remove the pan from the heat and carefully add the bourbon.

Return the saucepan to medium-high heat and add the brown sugar. Bring to a boil and let the sugar dissolve for 5 minutes, stirring occasionally.

Pour the bourbon butter sauce into a medium shallow bowl and arrange the peaches cut side down to coat in the sauce.

When the unit beeps to signify it has preheated, place the fruit on the Grill Grate in a single layer (you may need to do this in multiple batches). Gently press the fruit down to maximize grill marks. Close the hood and grill for 10 to 12 minutes without flipping. If working in batches, repeat this step for all the peaches.

When cooking is complete, remove the peaches and top each with the pecans. Drizzle with the remaining bourbon butter sauce and serve immediately.

Nutrition:

Calories: 309

Total fat: 16g

Saturated fat: 8g

Cholesterol: 31mg

Sodium: 106mg

Carbohydrates: 34g

Fiber: 4g

Protein: 2g

Grilled Pound Cake with Fresh Mint and Berries

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 6

Ingredients:

3 tablespoons unsalted butter, at room temperature

6 slices pound cake, sliced about 1-inch thick

1 cup fresh raspberries

1 cup fresh blueberries

3 tablespoons sugar

½ tablespoon fresh mint, minced

Directions:

Insert the Grill Grate and close the hood. Select GRILL, set the temperature to MAX, and set the time to 8 minutes. Select START/STOP to begin preheating.

While the unit is preheating, evenly spread the butter on both sides of each slice of pound cake.

When the unit beeps to signify it has preheated, place the pound cake on the Grill Grate. Close the hood and cook for 2 minutes.

After 2 minutes, flip the pound cake and cook for 2 minutes more, until golden brown. Repeat steps 3 and 4 for all of the pound cake slices.

While the pound cake cooks, in a medium mixing bowl, combine the raspberries, blueberries, sugar, and mint.

When cooking is complete, plate the cake slices and serve topped with the berry mixture.

Nutrition:

Calories: 215

Total fat: 12g

Saturated fat: 7g

Cholesterol: 82mg

Sodium: 161mg

Carbohydrates: 27g

Fiber: 2g

Protein: 2g

Chocolate-Hazelnut and Strawberry Grilled Dessert Pizza

Preparation time: 10 minutes

Total cooking time: 6 minutes

Servings: 4

Ingredients:

2 tablespoons all-purpose flour, plus more as needed

½ store-bought pizza dough (about 8 ounces)

1 tablespoon canola oil

1 cup sliced fresh strawberries

1 tablespoon sugar

½ cup chocolate-hazelnut spread

Directions:

Insert the Grill Grate and close the hood. Select GRILL, set the temperature to MAX, and set the time to 6 minutes. Select START/STOP to begin preheating.

While the unit is preheating, dust a clean work surface with the flour. Place

the dough on the floured surface and roll it out to a 9-inch round of even thickness. Dust your rolling pin and work surface with additional flour, as needed, to ensure the dough does not stick.

Brush the surface of the rolled-out dough evenly with half the oil. Flip the dough over, and brush with the remaining oil. Poke the dough with a fork 5 or 6 times across its surface to prevent air pockets from forming during cooking.

When the unit beeps to signify it has preheated, place the dough on the Grill Grate. Close the hood and cook for 3 minutes.

After 3 minutes, flip the dough. Close the hood and continue cooking for the remaining 3 minutes.

Meanwhile, in a medium mixing bowl, combine the strawberries and sugar.

Transfer the pizza to a cutting board and let cool. Top with the chocolate-hazelnut spread and strawberries. Cut into pieces and serve.

Nutrition:

Calories: 377

Total fat: 18g

Saturated fat: 4g

Cholesterol: 0mg

Sodium: 258mg

Carbohydrates: 53g

Fiber: 4g

Protein: 7g

Conclusion

So now that we have reached the end of the cookbook, I am very optimistic that you are well acquainted with some of the finest smoker grill recipes which will make you a pro at grilling, BBQ, and cooking in general.

Sometimes seeing so many recipes briefly can be very overwhelming. So, go through this cookbook as and when needed and make sure to follow the instructions in the recipe thoroughly.

You have obtained every secret to cooking with a Wood Pellet Smoker-Grill, and you have tons of great recipes to try again and again. Plus, with this smoker-grill, you can expect the same delicious flavors every single time. All you need to do is follow the ingredients and instructions accurately. You have many kinds of recipes, so you can try a new dish every day and test your cooking skills. Practicing will improve your ability to obtain great flavors from this smoker-grill.

When you put a smoker to right use and use the best kind of pellets, the flavor induced is so amazing that not only you but every guest who ends up eating the food is sure to be amazed at the exceptional culinary skills which you possess. I have put in a lot of love, effort, and time in this cookbook to make sure that every recipe is as good as I wanted it to be. Of course, like always, most recipes allow you to do a little makeshift if suppose you are missing out on some ingredients. However, to get the best results, we want you to stick to the details as closely as it is possible for you.

To start cooking, go through the process of using your Wood Pellet Smoker-Grill and understanding the benefits, so you can leverage the equipment to its fullest ability when cooking.

That way, you will be trying different methods of cooking, such as smoking, grilling, searing, and more. The instructions are simple, so you just need to follow them as they are presented.

The Wood Pellet Smoker-Grill is much easier than your traditional grills and smokers, so you do not have to feel concerned at all. Just give yourself the required initial practice to obtain a complete understanding of the functionality of this appliance. With regular practice, you will grow more confident and comfortable using the smoker-grill to cook a variety of dishes.

So, make the most of this amazing cookbook and try these recipes so that you

could take your taste buds for a real ride.

I hope you enjoy cooking these recipes as much as I enjoyed jotting it down for you. I'm telling this from personal experience that once you get hooked to the BBQ style of cooking; there is no way you're going to stay away from it.

Last but not the least, you have to make sure that you end up buying the best kind of smokers and use the perfect pellets, or else you will lose out on getting the real authentic flavor for these perfect recipes. Tweak them a little if you so desire, but I believe they are as perfect as you would want them to be.

So, be all set to enjoy the good cooking times.