

Your Personal Chef

BY Chef Brian



Chef Brian's Kitchen welcomes the re-birth of the "George Foreman Grill." I own four different G.F Grills, and mostly I use them for catered events. Yet lately, over the past couple months, I have been using them throughout the weeks to prepare meals in my home; and in doing so I have found a lost love....

I had forgotten how great and versatile these electric grills can be; they can serve so many different purposes. If someone is instructed in how to use this tool properly, the George Forman type portable-electric grills can be the ideal cooking necessity for any dorm-room living situation or simple kitchen and makes a great "Panini Press."

For catered events, I can use these portable grills to set up a "Specialty Themed Food Station." A build-your-own Panini press sandwich station is a great luncheon buffet item. For a breakfast station, these little grills are nice for quick cooking filet mignon and other small steaks; the big steaks take too much time for a buffet.

In the three photographs here we see:

Herbed Salmon wrapped with bacon and a Sweet Chile Ginger Crème
Crispy Bacon-wrapped Angus Burger – No Bun – So Good!

Grilled 20-ounce, Angus, Bone-in Ribeye Steak with Horseradish Whole-grain Mustard Crème

This bacon-wrapped burger has very sophisticated flavors. Imagine a self-contained, juicy Angus beef hamburger, with NO-BREAD; instead, wrap the seasoned ground beef with bacon. The bacon cooks crispy and acts as a crust around the cooked meat and other choice ingredients. This hamburger has NO CARBS and is delicious. The flavor profiles which are cooked with the bacon are red onion, tomatoes and scallions, then paired here with a Sweet Chile Ginger Crème.

The Herbed Salmon is a real winning recipe for your repertoire. Season a salmon fillet with sea salt, pepper, onion powder, dry tarragon, dill weed, olive oil, and lemon juice. Next, lay atop the filet sliced tomatoes and scallions. Overlay 4-5 strips of bacon and wrap it around the seasoned fish and vegetables, put the salmon-bacon bundle on the hot grill and cook till very crisp and completely cooked through the center. It is served here with a Sweet Chile Ginger Crème.



Grilled 20-ounce, Angus, Bone-in Ribeye Steak with Horseradish Whole-grain Mustard Crème

The third photo is a "double-prepped" Ribeye Steak. First, the meat is trimmed and seasoned and cold smoked on the stove-top. To "cold-smoke" an item: in a thin metal roasting pan set a small pile (aprox. ¼ cup) of fine-cut wood chips, cut close to the size of saw dust or as small as you can. Heat the pan on the stove burner until the wood starts to smoke; place the seasoned meat on a rack fitted the size of the pan and about 3-5 inches above the smoking wood. Turn to a medium heat and cover tightly with a lid or foil. Smoke for 20 minutes and then grill on the George Forman Grill till done to desired temperature. Again, as with the other dishes, this protein is served with baby spinach, tomatoes and a seasoned sour cream based sauce.



Herbed Salmon wrapped with bacon and a Sweet Chile Ginger Crème



Crispy Bacon-wrapped Angus Burger – No Bun

So as always, if you have any questions or would like a price quote for a catering event, please feel free to write me at chefbrian310@yahoo.com and please view my website for more information chefbrian310.tripod.com.