



125 Best Indoor Grill Recipes

By Ilana Simon

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125 Best Indoor Grill Recipes By Ilana Simon

Enjoy the ease of grilling year round.

Indoor grills are very popular (especially the George Foreman grill). Millions of consumers rely on this kitchen appliance to create low-fat grilled food without the fuss of an outdoor grill or leaving the kitchen.

125 Best Indoor Grill Recipes includes tantalizing recipes that work anytime -- from quick weekday suppers to weekend entertaining:

- Blackened Red Fish -- the sizzling southern flavor of New Orleans
- Greek-inspired Beef Souvlaki with Tzaziki Sauce
- Cilantro Lime Chicken
- Caesar Burger - Caesar Salad crossed with a hamburger
- Portobello Mushroom Burger -- the ultimate in vegetarian cuisine
- Three Meat Panini with Provolone -- a simple sandwich taken to new heights
- Shrimp Satay
- Southern Fried Chicken
- Honey Dill Salmon with Dijon
- Fajitas
- Teriyaki Chicken.

More than 2.5 million indoor grills are sold each year. Indoor grill-chefs will love these great recipes and practical indoor grilling tips and techniques.

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Editorial Review

Review

Appetizers, salads and side dishes, sandwiches and main entrees are all addressed and offer easy to follow direction for recipes across the board. This book shows that good times around the grill aren't limited to the backyard. (Kristy Halley Speers *Cookbook Digest*)

If you own an indoor grill, you'll want to own this book. (Doug Moslely *National Barbecue News*)

About the Author

Ilana Simon is a food writer and editor. This is her third cookbook.

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Introduction

Everyone loves a good barbecue. That smoky, seared flavor derived from barbecuing is synonymous with summer, carefree cuisine and great grilled gastronomy.

Now, there's a new kid on the barbecue block: the electric indoor grill, which lets you enjoy grilling all year round from the comforts of your kitchen. No fuss, no mess, no fat -- no brainer!

Indoor grills have taken the North American market by storm, jiving with an increasing penchant for high protein, low-carb meals. They are now widely available at department stores, supermarkets, drugstores and via the Internet. They have become the microwaves of the twenty-first century as the must-have appliance for every household. An estimated 2.5 million indoor grills are sold each year. Indoor grills promise -- and deliver -- convenience, versatility and uncomplicated cooking. What's not to like about that?

The easy-to-use appliance replicates the outdoor barbecue taste and texture without the worries of singeing your hair, burning the meat, flame flare-ups or any of the other pesky problems associated with outdoor grilling. The result is mouth-watering, grilled, lower-fat fare in mere minutes.

Ideal for any apartment, house or cottage, your portable indoor grill will create healthy and economical meals, usually in less than fifteen minutes. And, as you'll soon discover, it's wonderful, for more than simply cooking burgers and hot dogs! Indoor grilling is a fast and satisfying way to prepare gourmet meals such as pesto chicken and honey dill salmon with Dijon mustard, or to rustle up your favorite comfort foods such as grilled tuna melts and saucy pork chops.

True, the indoor grill is perfect for fast and flavorful family meals on busy weekdays when time is of the essence. You'll come to rely on homemade teriyaki chicken breasts, perfect panini and fast fajitas. You'll rarely be tempted to go the fast-food route when you can so easily prepare your own fast food -- from chicken nuggets to maple-glazed pork chops to the ultimate hamburger -- on the indoor grill in less time than it takes to order in a pizza.

However, the indoor grill is also suited to entertaining dinner guests. You can skillfully grill succulent pepper steak, lamb kofte, coconut mango chicken or honey orange salmon with thyme. For a cocktail party, whip up bacon-wrapped scallops, spicy shrimp kabobs, tempura vegetables and grilled eggplant baba

ghanouj. Brunch or lunch favorites include French toast, grilled cheese and asparagus rolls, Reuben sandwiches, chicken Caesar salad and Thai noodle salad.

Not only can you create classy, delicious cuisine for family and friends, but you can do it quickly and almost effortlessly. You can marinate meat, poultry, fish or seafood earlier in the day and prepare all of the accompaniments, such as rice pilaf, vegetables and salad, in advance. When your guests arrive, you can grill the "all set to go" appetizers (most are ready in minutes!), enjoy time visiting and then grill the main entrée just before you are ready to sit down to dinner. Entertaining doesn't get much easier than that!

Unlike with a backyard barbecue, there's no need to constantly check, flip and fret about your grill grub or be anxious about running out of propane. No worries, either, about whether the food will be charred on the outside but undercooked on the inside. The uniform heat of the indoor grill results in evenly and thoroughly cooked foods, especially in the covered contact grill, which I highly recommend.

One of the most enticing aspects of the indoor grill is its accessibility. You don't need to be a barbecue authority, or even have outdoor barbecue experience. Anyone can learn to indoor grill, and with the help of 125 Best Indoor Grill Recipes, you will become hooked on the fabulous fish, the moist boneless, skinless chicken breasts and thighs, the flavorful steaks and burgers. And you will be amazed at the mealtime options open to you, rain or shine, when you can confidently assume grilling duties and count on your handy indoor grill to serve up speedy suppertime solutions.

If you already own an indoor grill, you'll discover a world of possibilities you may never have considered. If you're a novice indoor griller, you will be amazed at what this little appliance can do for your dinner menu.

You will love my innovative twist on typically deep-fried faves such as grilled southern fried chicken, jalapeño poppers and tempura shrimp and vegetables. And my original indoor grill recipes such as chicken and bean burritos, blackened red fish and veal Parmagiana will motivate you to adapt your own favorites to the indoor grill. I have also included a myriad of marinades to season and spice up main entree meats, poultry and fish. Finally, my selection of creative vegetarian dishes such as portobello mushroom burgers, Asian-flavored grilled tofu and grilled potato pancakes will inspire you. As you become more comfortable taking your indoor grill in new directions, you will discover and enjoy its many capabilities, from aromatic grilled vegetables to awesome grilled fruit.

Prepare to tempt your taste buds, expand your grilling horizons and explore the variety of recipes found in this cookbook. Thanks to 125 Best Indoor Grill Recipes, you'll never run out of ideas for your indoor grill, and you'll learn it has more potential than you ever imagined.

Enjoy the thrill of the indoor grill!

Users Review

From reader reviews:

Donald Howard:

Exactly why? Because this 125 Best Indoor Grill Recipes is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will surprise you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content on the inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of advantages than the other book have got such as help improving your expertise and your critical thinking

means. So , still want to postpone having that book? If I were being you I will go to the publication store hurriedly.

Marc Starr:

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