



MAPLE MUSTARD GRILLED CHICKEN THIGHS

4 Servings / Preparation Time: 5 min.
Program:



Ingredients

- 1/4 cup (50 ml) maple syrup
- 2 tbsp (30 ml) grainy Dijon mustard
- 3/4 tsp (4 ml) each salt and pepper
- 1/2 tsp (2 ml) dried thyme
- 2 garlic cloves, minced
- 8 boneless, skinless chicken thighs

- 1. Whisk** the maple syrup with the mustard, salt, pepper, thyme and garlic until well combined; measure out 2 tbsp (30 ml) and set aside. Toss the chicken thighs with the remaining maple mixture until evenly coated.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chicken thighs on the grill and close the lid.
- 3. Cook** until the indicator light has changed to red. Remove from the grill and brush the tops with the reserved maple mixture.

Tips

- Make these chicken thighs part of a wholesome meal by serving with steamed brown rice and broccoli spears.
- Shred leftover chicken thighs and combine with lettuce, tomato and Cheddar cheese in a flour tortilla to make a quick wrap.



WELL DONE



GRILLED BUFFALO CHICKEN WINGS



Makes 1 lb (500 g) / Preparation Time: 5 min.

Program:



Ingredients

- 1/2 cup (125 ml) all-purpose flour
- 1 tbsp (15 ml) paprika
- 1 tsp (5 ml) each salt and pepper
- 1 lb (500 g) chicken wings
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) melted butter
- 2 tbsp (30 ml) Louisiana-style hot sauce

- 1. Combine** the flour with the paprika, salt and pepper in a large resealable plastic bag. Add the chicken wings and shake until well coated. Transfer the wings to a large bowl and drizzle with oil; toss until evenly coated. Discard excess flour mixture.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chicken wings on the grill and close the lid, pressing firmly so the plates come in contact with the wings.
- 3. Cook**, rotating and flipping the wings occasionally, until the indicator light has changed to red. Meanwhile, stir the melted butter and hot sauce in a large bowl. Add the hot, cooked wings and toss until evenly coated.

Tips

- For the classic pub experience, serve the wings with blue cheese or ranch dressing for dipping and a side of carrot and celery sticks.
- Add cayenne pepper to the flour mixture to give the wings a spicy kick.
- For a sweeter chicken wing, omit the butter and hot sauce, and toss the wings in barbecue sauce, honey garlic sauce or serve the wings dry with lemon wedges on the side.



WELL DONE



GREEK-STYLE CHICKEN SKEWERS



4 Servings / Preparation Time: 10 min.

Program:



Ingredients

- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 2 tsp (10 ml) dried oregano
- 1 tsp (5 ml) finely grated lemon zest
- 3/4 tsp (4 ml) each salt and pepper
- 1/2 tsp (2 ml) ground paprika
- 6 garlic cloves, minced
- 4 boneless, skinless chicken breasts, cut into chunks
- Tzatziki sauce

- 1. Whisk** the oil with the lemon juice, oregano, lemon zest, salt, pepper, paprika and garlic in a large bowl. Add the chicken and toss to coat. Thread the chicken onto 8-inch (20 cm) wooden skewers.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the skewers on the grill and close the lid.
- 3. Cook**, in batches, until the indicator light has changed to red. Serve the chicken skewers with tzatziki sauce on the side.

Tips

- Serve the skewers on a bed of cooked, seasoned rice, with a Greek salad for a complete meal.
- Serve the chicken in a pita topped with tzatziki, chopped tomatoes, cucumber and red onion for a traditional Mediterranean wrap.



WELL DONE



OPTIGRILL

GRILLING CAN TURN A SANDWICH INTO A MEAL

In 1762, when Lord Sandwich's butler came up with the very practical idea of having a whole meal on the go by "sandwiching" it between two slices of bread, he certainly never imagined his descendants would also put his invention on the grill! Every culture in the world is enthusiastically adopting grilling to create thousands of sandwich variations with paninis, wraps, pastry sheets, bagels and Pan Bagnat...



Nomadic pleasures

Enjoy the great outdoors right at home. Just turning it on makes you feel free and on vacation waiting for the gang to drop in for a casual meal. Grilled sandwiches can be eaten standing or sitting, whatever suits you. So quick to prepare, the party can begin right away. Making a sandwich is simply a matter of stacking ingredients between two slices of bread. Everyone gets what they want and no one has to cook. You don't have to leave the house to instantly feel like a happy nomad sinking his teeth into a delicious meal, savoring every bite.

Hot, hot sandwiches!

Closer to a regular complete hot meal, carefully prepared grilled sandwiches can be basic or quite sophisticated. Gourmet variations of French toast and croque-monsieur, Italian panini or the traditional English club sandwich all explode with flavor once the heat of the grill crisps the bread and melts the cheese.

You might like to dip a slice of bread in a mix of beaten eggs and milk or brush on some olive oil or mustard before grilling, or drizzle sauce or maple syrup over it after it is grilled to perfection – yummy! Adding cheese highlights contrasting flavors and provides an extra tender layer. With ham, tomatoes and other raw ingredients, you can build a delicious multiple-layer sandwich.

Vary the size and type of bread (country-style, whole grain, bagel, etc.). Let your imagination run free and wrap raw ingredients in a crêpe, wrap, pastry sheet, rice leaf or corn tortilla to create either a down-home experience or take it all the way to Vietnam or Mexico.

Set up your OPTIGRILL as a hot sandwich take-out stand: put smiles on their faces and fill their stomachs by varying flavors and recipes. The thickness sensor automatically sets the correct temperature to produce a deliciously crispy sandwich. Become a hot sandwich expert!





APPLE CHEDDAR FRENCH TOAST SANDWICH WITH HAM

4 Servings / Preparation Time: 15 min.
Program:



Ingredients

- 8 slices cinnamon raisin bread
- 4 slices ham
- 1 apple, cored and thinly sliced
- 4 slices Cheddar cheese
- 3 eggs, beaten
- 1/3 cup (75 ml) milk
- 2 tbsp (30 ml) maple syrup (approx.)
- A pinch of salt

- 1. Layer** 4 slices of bread with the ham, apple and cheese; top the sandwiches with the remaining bread. Whisk the eggs with the milk, maple syrup and salt. Dip each sandwich into the milk mixture for 5 seconds or until lightly saturated.
- 2. Turn the grill on.** Select the  program and press . Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 3. Cook**, in batches, until the indicator light has changed to red. Cut the sandwiches in half and serve with additional maple syrup on the side.



WELL DONE

Tips

- Replace the ham with another cooked breakfast meat, such as bacon or sausage.
- For a European spin on this sandwich, use sliced Brie, pear and turkey as the filling.

FOUR CHEESE GOURMET GRILLED CHEESE



2 Servings / Preparation Time: 5 min.

Program:



Ingredients

- 1 tbsp (15 ml) melted butter
- 1 tbsp (15 ml) finely chopped fresh parsley
- 1 tbsp (15 ml) finely grated Parmesan cheese
- 1 garlic clove, minced
- A pinch of black pepper
- 4 slices fresh crusty bread, about 1/2-inch (1 cm) thick
- 4 slices Cheddar cheese
- 1/4 cup (50 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) shredded Gruyere cheese

- 1. Blend** the butter with the parsley, Parmesan cheese, garlic and pepper until well combined. Spread the butter mixture evenly over one side of each slice of bread. Place a slice of Cheddar, on the unbuttered side, of the other 2 slices of bread. Toss the mozzarella with the Gruyere and sprinkle over the Cheddar. Top the sandwiches with the remaining bread, buttered-side-out.
- 2. Turn the grill on.** Select the  program and press . Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 3. Cook** until the indicator light has changed to red or until the cheese is melted and the bread is toasted.



WELL DONE

Tips

- The combination possibilities for this sandwich are endless! Add bacon, ham, salami, turkey, tomato, basil, sage or roasted red peppers.
- Substitute any combination of favorite cheeses for those suggested in the recipe.
- Serve this sandwich with a hot bowl of soup for a warming lunch or light supper.



SPICY GRILLED VEGETABLE ITALIAN PANINI

4 Servings / Preparation Time : 15 minutes
Programs:







Ingredients

- 1/4 cup (50 ml) olive oil
- 2 tbsp (30 ml) balsamic vinegar
- 3/4 tsp (4 ml) each salt and pepper
- 4 garlic cloves, minced
- 1 zucchini, sliced into 1/2-inch (1 cm) thick rounds
- 1 red bell pepper, sliced into strips
- 1/2 small red onion, sliced into 1/2-inch (1 cm) thick rounds
- 1/4 cup (50 ml) pesto such as artichoke, basil or sundried tomato
- 8 slices fresh Italian bread, about 1/2-inch (1 cm) thick
- 1/4 cup (50 ml) pickled hot peppers
- 1 cup (250 ml) shredded cheese such as provolone, Asiago or mozzarella



WELL DONE

- 1. Whisk** the oil with the vinegar, salt, pepper and garlic. Add the zucchini, red bell pepper and onion; toss to coat.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the vegetables on the grill and close the lid.
- 3. Cook** the vegetables, in batches, for 3 to 5 minutes or until well marked and tender. Spread the pesto over 4 slices of bread. Top with vegetables, pickled peppers and cheese. Top the sandwiches with remaining slices of bread.
- 4. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place two sandwiches on the grill and close the lid. Cook until the indicator light has changed to red. Repeat with the remaining two sandwiches.

Tips

- Kick up the heat by adding more hot peppers or a few slices of hot Italian salami. Or, omit the peppers for a tamer sandwich.
- Make this sandwich a new flavor experience every time by changing the cheese. Try sliced bocconcini, shredded Parmesan, Emmental, goat cheese or even Gorgonzola.



GRILLED CLUB SANDWICH WITH BACON





2 Servings / Preparation Time: 5 min.

Programs:



Ingredients

- 4 slices bacon
- 2 tbsp (30 ml) mayonnaise
- 1 tbsp (15 ml) apple butter
- 4 slices sourdough bread, about 1/2-inch (1 cm) thick
- 4 slices oven roasted deli turkey
- 2 slices Cheddar cheese
- 1 small tomato, sliced
- 1 cup (250 ml) baby spinach leaves

- 1. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the bacon on the grill and close the lid.
- 2. Cook** until the indicator light has changed to red. Transfer to a plate and tent with foil. Carefully wipe the plates with a paper towel.
- 3. Stir** the mayonnaise with the apple butter and spread evenly over two slices of bread; top with bacon, turkey and cheese. Top the sandwiches with the remaining two slices of bread.
- 4. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the sandwiches on the grill and close the lid.
- 5. Cook** until the indicator light has changed to red. Transfer the sandwiches to a plate. Carefully open up the sandwiches and add the tomato and spinach leaves before serving.

Tips

- Turn this sandwich into a hearty breakfast by topping it with a sunny-side-up egg just before serving.
- Replace the deli turkey with thinly sliced, leftover roast turkey or chicken.

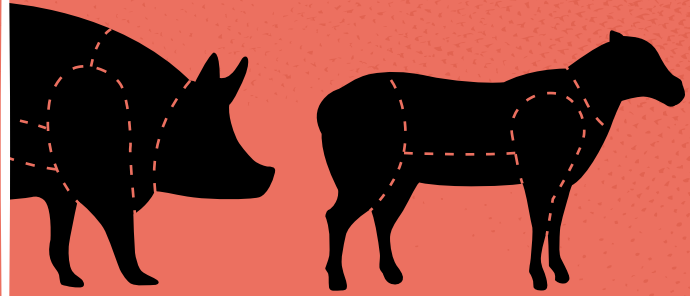




OPTIGRILL

SAUSAGES, RIBS OR CHOPS, GRILLING AT ITS BEST

Pork is at its best on the grill. And lamb too! They satisfy every whim by taking on the colors and flavors of their seasonings. Western style sprinkled with herbs, meat caramelizes quickly on the grill and comes out tender and juicy. Glazed Asian style with spices and a deep red sauce, sweet n' sour pork is heavenly. And what can we say about chorizo and other sausage – simply mouth watering. Pure temptation, pork is also one of the most affordable grilling meats.



Hot dogs and sausages

For a successful party, throw different types and sizes of sausage on the grill. Pork lovers have created a veritable sausage culture that turned chorizo, bratwurst and all varieties of sausages and hot dogs into international hits.

Made-to-measure grilling

Foods come in all sizes, thicknesses and types – OPTIGRILL can handle them all. It accurately calculates cooking times and maintains the correct setting until everything is just right so you can confidently prepare all types of ribs or sausages. Delicious racks of spareribs and lamb or pork ribs give voracious eaters a bone to gnaw on.

Lean pork needs only its own fat coating to turn into a melt-in-your-mouth delight. Nicely veined chops and thick tenderloins that you can then cut in thin slices are also wonderful on the grill.

With grilled lamb, can méchoui be very far away? This tender marinated meat can be grilled to a degree of pinkness that pleases the most fickle.

Bacon grilled on the red setting will put the finishing touch on a cookout to celebrate every cut of meat.



APPLE CHEDDAR STUFFED SAUSAGES

4 Servings / Preparation Time: 15 min.
Program:



Ingredients

- 3/4 cup (175 ml) coarse homemade breadcrumbs
- 1/2 cup (125 ml) chopped tart apple
- 2 green onions, finely chopped
- 1 tbsp (15 ml) Dijon or honey mustard (approx.)
- 1 tbsp (15 ml) maple-flavored barbecue sauce
- 4 bratwurst sausages
- 3/4 cup (175 ml) shredded Cheddar cheese

1. Toss the breadcrumbs with the apple, green onion, mustard and barbecue sauce until well combined. Slice the sausages almost all the way through so they lay flat and open like a book. Divide the breadcrumb mixture evenly between the sausages.
2. Turn the grill on. Select the  program and press . Generously grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the sausages on the grill and close the lid.
3. Cook until the indicator light has changed to red. Carefully remove the sausages from the grill and sprinkle with cheese. Serve with additional mustard on the side.



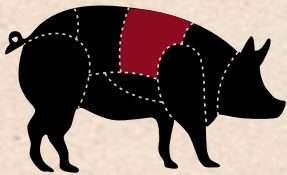
WELL DONE

Tips

- Serve sausages with a colorful rice pilaf and crunchy coleslaw.
- Make homemade breadcrumbs by placing slightly stale bread in a food processor and pulsing until small.

CHIPOTLE PINEAPPLE PORK CHOPS

4 Servings / Preparation Time: 10 min.
Programs:







Ingredients

- 1/3 cup (75 ml) ketchup
- 2 tbsp (30 ml) brown sugar
- 1 tbsp (15 ml) chopped chipotle peppers in adobo sauce
- 1 tbsp (15 ml) Worcestershire sauce
- 1 tsp (5 ml) ground cumin
- 2 garlic cloves, minced
- 3/4 tsp (4 ml) each salt and pepper
- 4 boneless pork chops, about 1-inch (2.5 cm) thick and 6 oz (175 g) each.
- 4 pineapple rings
- Chopped fresh coriander leaves
- Lime wedges



MEDIUM

- 1. Whisk** the ketchup with the brown sugar, chipotle peppers, Worcestershire sauce, cumin and garlic. Cook in the microwave, on high, for 2 minutes or until hot and bubbling. Sprinkle the salt and pepper over both sides of each pork chop. Brush some of the ketchup mixture over the pork chops, reserving some for later.
- 2. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the pork chops on the grill and close the lid.
- 3. Cook** until the indicator light has changed to orange. Transfer the pork chops to a plate and tent with foil. Rest for 5 minutes. Meanwhile, brush some of the remaining ketchup mixture over the pineapple rings.
- 4. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the pineapple on the grill and close the lid.
- 5. Cook** for 3 to 5 minutes or until well marked. Place the pineapple rings on the pork chops and brush with any remaining sauce. Sprinkle with coriander and serve with lime wedges on the side.

Tips

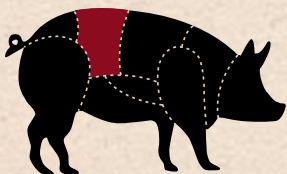
- Chipotle peppers in adobo sauce can be found in the ethnic or Latin aisle of the grocery store.
- Fresh or canned pineapple work equally well in this recipe.



JAMAICAN JERK PORK TENDERLOIN

4 Servings / Preparation Time: 10 min.

Program:





Ingredients


- 2 tbsp (30 ml) Jamaican jerk spice paste
- 1 pork tenderloin, about 1 lb (500 g)
- 1 mango, peeled and finely chopped
- 1/2 cup (125 ml) finely chopped red bell pepper
- 1/2 cup (125 ml) finely chopped celery
- 1/4 cup (50 ml) finely chopped green onion
- 1/4 cup (50 ml) finely chopped coriander leaves
- 2 tbsp (30 ml) fresh lime juice
- 1 tbsp (15 ml) canola oil
- 1 tsp (5 ml) honey
- 1/4 tsp (1 ml) each salt and pepper
- Lime wedges



WELL DONE

- 1. Brush** the jerk paste all over the tenderloin. Marinate at room temperature for 30 minutes or in the refrigerator for up to 24 hours.
- 2. Meanwhile, toss** the mango with the red bell pepper, celery, green onion, coriander, lime juice, oil, honey, salt and pepper; set aside.
- 3. Turn the grill on. Select** the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the tenderloin on the grill and close the lid.
- 4. Cook** until the indicator light has changed to red. Transfer the tenderloin to a cutting board and tent with foil. Rest for 5 minutes before slicing. Serve with the mango salsa and lime wedges on the side.

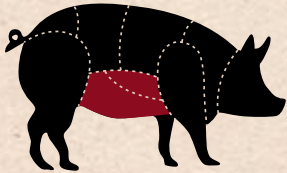
Tips

- Jamaican jerk paste can be purchased in the international or spice section of the grocery store.
- Serve the pork and salsa with cooked rice or flour tortillas.
- Substitute fresh pineapple for the mango if preferred.
- Use the  program and try chicken breasts instead of the pork tenderloin.





SWEET AND SAUCY BONELESS BBQ 'RIBS'

4 Servings / Preparation Time : 15 minutes
Program:



Ingredients

- 1 pork tenderloin, about 1 lb (500 g)
- 2 tsp (10 ml) each chili powder and mustard powder
- 1 tsp (5 ml) garlic powder
- 1 tsp (5 ml) onion powder
- 3/4 tsp (4 ml) each salt and pepper
- 1/4 cup (50 ml) smoky barbecue sauce
- 1/4 cup (50 ml) apricot jam, melted
- 1 tbsp (15 ml) yellow mustard

- 1. Slice down** the length of the tenderloin, without going all the way through, so it opens up like a book. Pound the meat to an even thickness. Score the meat, slicing about halfway through, at 1-inch (2.5 cm) intervals to resemble a rack of ribs.
- 2. Stir** the chili powder with the mustard powder, onion powder, garlic powder, salt and pepper. Rub the spice mixture evenly over the pork. Let stand for 30 minutes. Meanwhile, whisk the barbecue sauce with the jam and mustard until smooth. Microwave, on HIGH, for 60 seconds or until warmed through. Measure out 2 tbsp (30 mL) sauce and brush all over the pork; reserve remaining sauce.
- 3. Turn the grill on.** Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the pork on the grill and close the lid.
- 4. Cook** until the indicator light has changed to red. Remove the pork from the grill and tent with foil; rest for 5 minutes. Slice at the scored intervals to resemble 'ribs'. Serve with remaining sauce on the side.

Tips

- Use a mallet or a small, heavy-bottom saucepan to pound the meat.
- Serve with coleslaw, oven-baked sweet potato fries and green beans for a nutritious BBQ menu that can be enjoyed anytime of year.
- The rub mixture is a bit spicy so reduce the chili powder to 1 tsp (5 mL) for milder 'ribs'.

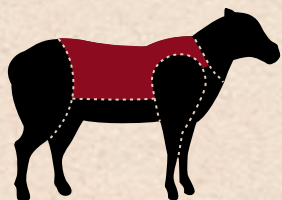


WELL DONE





HERB CRUSTED LAMB CHOPS

4 Servings / Preparation Time: 10 min.
Program:



Ingredients

- 1/4 cup (50 ml) finely chopped fresh parsley
- 1 tbsp (15 ml) finely chopped fresh rosemary
- 1 tbsp (15 ml) finely chopped fresh thyme
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) Dijon mustard
- 3/4 tsp (4 ml) each salt and pepper
- 4 garlic cloves, minced
- 8 lamb loin chops, about 1 1/2 lb (750 g)

- 1.** Toss the parsley with the rosemary and thyme. Stir in the oil, mustard, salt, pepper and garlic to form a paste; spread all over the chops.
- 2.** Turn the grill on. Select the  program and press . Lightly grease the cooking plates with cooking spray. Once the purple indicator light has stopped flashing, place the chops on the grill and close the lid.
- 3.** Cook until the indicator light has changed to the color of desired doneness; yellow for rare, orange for medium or red for well done. Transfer the chops to a plate and tent with foil. Rest for 5 minutes before serving.

Tips

- Serve lamb chops, as an entrée, with mini potatoes and grilled vegetables. Or, serve on their own, as hors d'œuvres.
- For entertaining, ask the butcher to 'French' the lamb chops, which means to scrape the rib bones clean, giving them a more elegant presentation.



RARE



MEDIUM



WELL DONE

