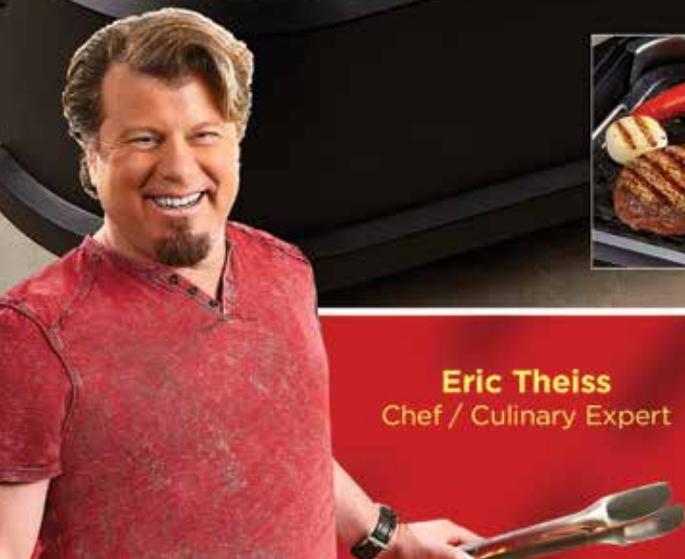


AMERICA'S #1 GRILLED-FOOD FAVORITES

Eric Theiss



Eric Theiss
Chef / Culinary Expert

POWER
SMOKELESS GRILL™



**POWER
SMOKELESS GRILL™**



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MEXICAN STREET CORN

Serves 6

INGREDIENTS

½ cup mayonnaise
½ cup sour cream
½ tsp. salt
1 tbsp. paprika
1 tbsp. chili powder
6 corn cobs
1 cup queso fresco
¼ cup cilantro, chopped

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 375° F.
2. Combine the mayonnaise, sour cream, salt, paprika, and chili powder in a bowl to make the mayonnaise mixture. Reserve the mayonnaise mixture in the bowl.
3. Place the corn on the Grill Plate, cover the Grill with its Lid, and grill all sides of the corn.
4. Remove the grilled corn from the Grill Plate. Brush the grilled corn with the mayonnaise mixture and sprinkle with the queso fresco and cilantro.
5. Serve as a side with steak.



GRILLED CHORIZO PIZZA

Serves 4

INGREDIENTS

- 3 tbsp. olive oil, divided
- 1 onion, chopped
- ½ red sweet pepper, sliced
- ½ green sweet pepper, sliced
- ½ yellow sweet pepper, sliced
- 2 chorizo links, cut bias
- 1 pizza dough
- ½ cup tomato sauce
- 1 cup shredded Jack cheese

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 330° F.
2. Place a sauté pan on the stove top. Heat 2 tbsp. olive oil over medium-high heat and then cook the onion and peppers until soft (about 5 mins.).
3. Add the chorizo and cook until browned (about 3 mins.).
4. Brush the bottom of the pizza dough with 1 tbsp. olive oil. Place the pizza dough on the Grill Plate and cook for 3 mins.
5. Flip the dough over and cook for another 3 mins.
6. Top the pizza dough with the sauce, Jack cheese, onion, peppers, and chorizo and continue cooking until the cheese is melted (about 4 mins.).

ERIC'S CHICKEN FILET SANDWICH

Serves 4

INGREDIENTS

4 boneless chicken breasts

Eric's Everyday Rub

2 tbsp. crushed sea salt
2 tbsp. coarse ground black pepper
2 tbsp. granulated garlic
2 tbsp. granulated onion
1 tbsp. dried basil
½ tbsp. red pepper flakes
1 tbsp. coriander
1 tsp. dry mustard
1 tsp. brown sugar

4 brioche rolls, cut in half
½ cup butter
16 pickle slices
1 cup shredded lettuce
8 slices tomatoes

Eric's Special Mayonnaise

¼ cup mayonnaise
½ shallot minced
1 baby roasted red pepper, diced
1 tbsp. sweet chili sauce

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Combine the Eric's Everyday Rub ingredients in a bowl. Rub the chicken with ¼ cup Eric's Everyday Rub.
3. Place the chicken on the Grill Plate. Cook each side until the chicken reaches an internal temperature of 165°F (about 5 mins. per side).
4. Remove and reserve the chicken.
5. Butter the insides of each roll half. Place the roll halves (cut side down) on the Grill and grill them until browned.
6. Combine the Eric's Special Mayonnaise ingredients in a separate bowl.
7. Serve the chicken between the buns topped with the pickle slices, lettuce, tomatoes, and Eric's Special Mayonnaise.

SPATCHCOCKED LEMON THYME CHICKEN

Serves 4—6

INGREDIENTS

1 3-lb chicken
1 tsp. pink salt
½ tsp. ground black pepper
2 cloves garlic, minced
4 sprigs thyme, chopped
1 lemon, sliced
2 tbsp. olive oil

DIRECTIONS

1. Remove the backbone of the chicken. Remove the breastbone, leaving the chicken intact.
2. Rub the chicken with the pink salt, ground black pepper, garlic, thyme, lemon, and olive oil.
3. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 300° F.
4. Place the chicken on the Grill Plate, cover the Grill with its Lid, and cook all sides of the chicken until the chicken reaches an internal temperature of 165° F (about 15 mins.).
5. Serve with roasted potatoes.

GRILLED CHICKEN PARMESAN



Makes 6

INGREDIENTS

6 boneless chicken breasts
1 tbsp. sea salt
1 tbsp. ground black pepper
¼ cup olive oil
¼ cup basil pesto
1 ½ cups marinara sauce
2 cups shredded mozzarella cheese

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Rub the chicken breasts with the salt, ground black pepper, and olive oil in a bowl.
3. Place the chicken breasts on the Grill Plate and grill each breast each side of the chicken breasts until they reach an internal temperature of 165° F (5–6 mins. per side).
4. Brush the chicken breasts with the pesto and then top with the marinara sauce and mozzarella.
5. Cover the Grill with its Lid and continue cooking until the cheese is melted.
6. Remove and serve with pasta or salad.

GRILLED CHICKEN WITH CORN SALAD

Serves 4

INGREDIENTS

Marinade

½ cup olive oil
¼ cup sherry vinegar
1 shallot, minced
4 tsp. paprika
1 tsp. kosher salt
½ tsp. ground black pepper
2 cloves garlic, minced

4 boneless chicken breasts,
pounded thin

Grilled Corn Salad

4 ears of corn, shucked
½ cup red onion, diced
juice of 1 lime
½ tsp. kosher salt
½ tsp. ground black pepper
¼ cup chopped cilantro
½ jalapeño, minced
½ cup grape tomatoes, quartered

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Whisk together the marinade ingredients in a bowl.
3. Place the chicken breasts in the marinade and marinate for 1 hr. in the refrigerator.
4. Remove the chicken from the marinade and place the chicken on the Grill Plate. Cook each side of the chicken until the chicken reaches an internal temperature of 165° F (about 4–5 mins. per side). Remove and reserve the chicken.
5. Place the corn on the Grill and char each side of the corn. Cut the kernels from the cob and reserve in a second bowl.
6. Whisk together the rest of the grilled corn salad ingredients in a third bowl and toss with the corn kernels to combine.
7. Serve with the finished chicken.

CHIPOTLE CHICKEN BOWL

Serves 4



INGREDIENTS

Marinade

juice of ½ lime
¼ cup olive oil
1 1-oz packet taco spice mix

4 boneless chicken breasts

Lime Rice

3 ½ cups water
2 cups rice
1 tbsp. olive oil
2 tsp. salt
juice of ½ lime

4 boneless chicken breasts
½ cup red bell pepper, sliced
½ cup green bell pepper, sliced
½ cup red onion, diced
½ cup tomatoes, diced
½ cup corn kernels
½ cup black beans, drained
½ jalapeño pepper, diced
½ cup sour cream
½ cup guacamole

DIRECTIONS

1. Whisk together the marinade ingredients in a small bowl.
2. Place the chicken in the marinade and marinate for 15 mins.
3. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
4. Place the chicken breasts on the grill and grill each side until the chicken reaches an internal temperature of 165° F (about 5 mins. per side).
5. Place a saucepan on the stove top. Bring the water to a boil over high heat. Add the rice, olive oil, and salt. Reduce the heat and simmer until the rice is cooked through (15–20 mins.).
6. Toss with the lime juice to finish the lime rice.
7. Cut the chicken into strips.
8. Divide the cooked rice and vegetables between four bowls. Top each bowl with the strips from one chicken breast.

BBQ CHICKEN

Serves 4

INGREDIENTS

BBQ Sauce

- 1 tbsp. canola oil
- ½ cup onions, chopped
- 1 cup ketchup
- ¼ cup Dijon mustard
- 3 tbsp. rice vinegar
- 3 tbsp. brown sugar
- 1 tbsp. water
- ¼ tsp. ground black pepper
- ⅛ tsp. salt
- ½ tsp. paprika

-
- 4 chicken legs
 - 4 chicken thighs
 - 1 tsp. salt
 - 1 tsp. ground black pepper

DIRECTIONS

1. Place a saucepan on the stove top. Heat the canola oil over medium-high heat and sauté the onions until soft.
2. Add the remaining BBQ sauce ingredients and bring to a boil. Reduce the heat and simmer for 10 mins.
3. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
4. Season the chicken with the salt and ground black pepper and grill (skin side down) for 20 mins.
5. Brush the chicken with the BBQ sauce, turn the chicken over, brush the other side, and cook until the chicken reaches an internal temperature of 165° F.

BLACKENED TROUT TACOS



Serves 4

INGREDIENTS

Pineapple Salsa

½ pineapple, cored, peeled & diced small
1 pint cherry tomatoes, quartered
½ red onion, diced
1 jalapeno, seed & diced
1 tbsp. lime juice
½ bunch cilantro, chopped
½ tsp. salt

Cabbage Slaw

¼ red cabbage, sliced
¼ green cabbage, sliced
½ red onion, sliced
¼ cup chopped cilantro
zest of ½ lime
juice of 1 lime

Blackening Seasoning

1 ½ tsp. paprika
1 tsp. oregano
1 tsp. garlic powder
½ tsp. cayenne pepper
½ tsp. cumin
½ tsp. kosher salt
1 tsp. brown sugar
1 tsp. dried thyme
2 tbsp. oil

8 small corn tortillas
1 1-lb steelhead trout side

DIRECTIONS

1. Combine the pineapple salsa ingredients in a small bowl. Reserve the pineapple salsa in the bowl.
2. Combine the cabbage slaw ingredients in a second small bowl and mix. Reserve the cabbage slaw in the refrigerator.
3. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
4. Combine the blackening seasoning ingredients in a third bowl and mix. Sprinkle the seasoning on both sides of the trout.
5. Place the trout on the Grill Plate and cook each side of the trout for 3–5 mins. Remove and reserve the trout.
6. Place the tortillas on the Grill Plate and cook until browned (about 5 mins.)
7. Transfer the tortillas to a serving platter. Slice the trout and then top the tortillas with the cabbage slaw and the trout slices. Drizzle the pineapple salsa over the top.

WINE- & TARRAGON- INFUSED SALMON

Serves 6

INGREDIENTS

½ cup white wine
4 sprigs tarragon
1 lemon, sliced
6 4-oz salmon filets
½ cup extra virgin olive oil
2 tbsp. soy sauce
1 tsp. ground black pepper
1 shallot, minced

DIRECTIONS

1. Place the wine, tarragon, and lemon in the Power Smokeless Grill's Water Tray.
2. Place the Grill Plate on the Grill and preheat the Grill to 350° F.
3. Season the salmon with the olive oil, soy sauce, ground black pepper, and shallots.
4. Place the salmon on the Grill Plate, cover the Grill with its Lid, and grill each side of the salmon for 4–5 mins. per side.
5. Remove and serve with grilled asparagus.

SURF & TURF



Serves 2

INGREDIENTS

1 lb cowboy steak

Eric's Meat Rub

2 tbsp. crushed sea salt

2 tbsp. brown sugar

2 tbsp. ground black coffee

1 tbsp. granulated garlic

1 tbsp. granulated onion

1 tbsp. cumin

1 tbsp. coriander

1 tbsp. ground black pepper

1 lb 8-10 shrimp

juice of ¼ lemon

½ tsp. pink salt

½ tsp. coarse ground black pepper

1 shallot, minced

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 375° F.
2. Combine the Eric's Meat Rub ingredients in a bowl. Rub the steak with 1 tbsp. Eric's Meat Rub.
3. Grill the steak on both sides until desired doneness is reached.
4. In a bowl combine the shrimp, lemon juice, salt, pepper and shallots.
5. When the steak is almost done, place the shrimp on the Grill Plate and grill until fully cooked (about 8 mins.).
6. Serve the steak with the shrimp.

ERIC'S SOUTHERN BBQ RIBS

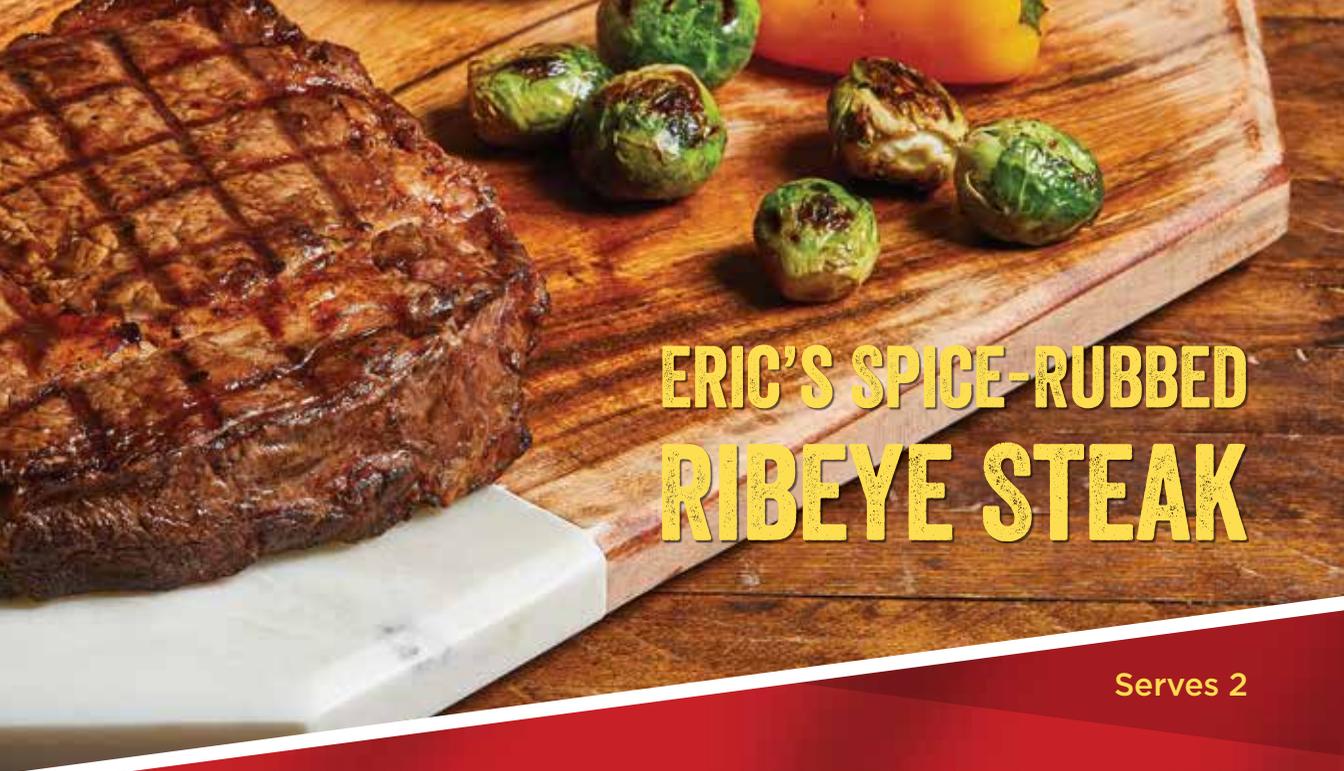
Serves 3

INGREDIENTS

3 half racks baby back ribs
2 cups BBQ sauce
¼ cup molasses
¼ cup brown sugar
½ tsp. liquid smoke
1 tsp. garlic powder
1 tsp. onion powder

DIRECTIONS

1. Place a large pot on the stove top. Boil the ribs for 30 mins. over high heat.
2. Combine the BBQ sauce, molasses, brown sugar, liquid smoke, garlic powder, and onion powder in a bowl and mix to make the sauce.
3. Dip the cooked ribs into the sauce.
4. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 300° F.
5. Place the ribs on the Grill Plate, cover the Grill with its Lid, and grill each side until tender (3–4 mins. per side).



ERIC'S SPICE-RUBBED RIBEYE STEAK

Serves 2

INGREDIENTS

- 1 tsp. chipotle powder
- 1 tsp. granulated garlic
- 1 tsp. granulated onion powder
- 1 tsp. pink salt
- 1 tsp ground black pepper
- 1 tbsp. brown sugar
- 1 tsp. paprika
- 1 tsp. coriander
- 2 12-oz ribeye steaks
- 2 tbsp. olive oil

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 425°F.
2. Combine the chipotle powder, garlic, onion powder, pink salt, ground black pepper, brown sugar, paprika, and coriander in a bowl and mix to make the spice mixture.
3. Rub the steaks with the spice mixture.
4. Place the steaks on the Grill Plate. Drizzle the steaks with the olive oil and grill each side until the desired doneness is reached (5–6 mins. per side).



SKIRT STEAK

WITH BALSAMIC SHALLOTS

Serves 4

INGREDIENTS

Marinade

- ¼ cup balsamic vinegar
- 2 tsp. brown sugar
- 1 tbsp. sea salt
- 1 tsp. cracked black pepper
- 2 cloves garlic, chopped
- ½ cup extra virgin olive oil

-
- 10 shallots, peeled
 - 1 lb skirt steak

DIRECTIONS

1. Whisk together all the marinade ingredients in a bowl.
2. Marinate the steak and shallots in the marinade for 30 mins. in the refrigerator.
3. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
4. Place the steak on the Grill Plate and grill each side until the desired doneness is reached (about 5 mins. per side).

FLANK STEAK & GRILLED VEGETABLE FAJITA

Serves 4

INGREDIENTS

- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 large onion, sliced
- 1 flank steak
- 1 1 ⅛-oz package fajita seasoning
- 3 tbsp. olive oil
- 8 flour tortillas
- 1 cup guacamole
- 1 cup salsa
- ¾ cup sour cream
- ¼ cup cilantro, chopped

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Place the red and green pepper and onion on the Grill Plate and sauté until soft (about 5 mins.).
3. Rub the steak with the fajita seasoning and olive oil.
4. Place the steak on the Grill Plate and grill each side of the steak until the desired doneness is reached (5–6 mins. per side).
5. Remove and reserve the steak. Place the tortillas on the grill the tortilla's.
6. Slice the meat and serve with the tortilla's, vegetables, guacamole, salsa, sour cream, and cilantro.



STUFFED BACON MAC & CHEESE BURGERS

Serves 4

INGREDIENTS

- 1 ½ lb ground beef
- ⅓ cup shredded cheddar cheese
- ¾ cup macaroni and cheese
- 3 strips cooked bacon, quartered
- 4 brioche rolls, cut in half
- ½ cup margarine

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Divide the ground beef evenly into four balls and then cut each ball in half.
3. Press one ball half into the lid of a mayonnaise container to form the first half of one patty.
4. Stuff the patty with 1 tbsp. cheddar cheese, 2 tbsp. macaroni and cheese, and 3 bacon quarters. Then, seal with another piece of ground beef to form the finished burger. Repeat with the remaining three burgers.
5. Place the burgers on the Grill Plate, cover the Grill with its Lid, and cook each side of the burgers for 4–5 mins. per side.
6. Remove and reserve the burgers.
7. Spread the margarine on the insides of the roll halves and grill the roll halves (cut side down) until browned.
8. Place the burgers between the roll halves.

DONUT HAMBURGER

Serves 6

INGREDIENTS

18 slices bacon, halved
6 glazed donuts, cut in half
24 oz ground beef
½ tsp. salt
½ tsp. ground black pepper
6 slices American cheese

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Weave together 6 half slices of bacon so that 3 vertical half slices are woven together with 3 horizontal half slices. Repeat to make six bacon weaves.
3. Place the bacon weaves on the Grill Plate and cook until crisp (5–8 mins.).
4. Place the donuts (cut side down) on the Grill and grill until browned (3–5 mins.). Remove and reserve the donuts.
5. Season the ground beef with the salt and ground black pepper. Form the ground beef into six 4-oz burgers.
6. Place the burgers on the Grill and cook each side for 5–8 mins.
7. Place each burger on a bottom donut half and then top with the bacon weaves, American cheese, and the other half of the donut.
8. Place the hamburgers on the Grill and cook until the cheese melts.



MOZZARELLA-STUFFED BURGER

Serves 4

INGREDIENTS

- 1 ½ lb ground beef
- 2 ½ oz shredded mozzarella cheese
- 1 red bell pepper, roasted & quartered
- 4 brioche rolls, cut in half
- ½ cup margarine

DIRECTIONS

1. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Divide the meat into four even balls and then cut each ball in half.
3. Press one ball half into the lid of a mayonnaise container to form the first half of the patty.
4. Stuff the patty with one quarter of the mozzarella cheese and red bell pepper. Then, seal with another piece of ground meat to form the finished burger. Repeat with the remaining three burgers.
5. Place the burgers on the Grill Plate, cover the Grill with its Lid, and cook each side for 4–5 mins.
6. When done, remove and reserve the burgers.
7. Spread the margarine on the insides of the buns. Place the buns (cut side down) on the Grill and grill them until browned.
8. Place the burgers on the buns.

GRILLED PORK CHOPS WITH BABY PEPPERS & DIJON

Serves 4

INGREDIENTS

Marinade

- ¼ cup honey
 - 2 tbsp. Dijon mustard
 - 2 tbsp. grainy mustard
 - 2 tbsp. apple cider vinegar
 - 1 tbsp. soy sauce
 - 2 cloves garlic, chopped
 - ½ tsp. salt
 - ½ tsp. ground black pepper
-

- 4 6-oz pork chops
- 1 lb sweet baby peppers,
halved

DIRECTIONS

1. Whisk together the marinade ingredients in a bowl.
2. Marinate the pork in the marinade for 30 mins. in the refrigerator.
3. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 375°F.
4. Place the pork and peppers on the Power Grill. Cook the peppers and each side of the pork until cooked through (3–5 mins. per side).



CILANTRO LIME SHRIMP

Serves 4

INGREDIENTS

- ¼ tsp. salt
- ⅛ tsp. cayenne pepper
- ¼ cup olive oil
- 4 cloves garlic, minced
- 3 tbsp. chopped cilantro
- 2 tbsp. lime zest
- 2 tbsp. lime juice
- 1 lb U15 shrimp, peeled & deveined

DIRECTIONS

1. Combine all the ingredients in a bowl and reserve for 30 mins. in the refrigerator.
2. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
3. Place the shrimp on the Grill Plate and grill the shrimp until cooked through (3–5 mins.).

FRUIT KABOBS WITH MINT-ORANGE SYRUP

Serves 6

INGREDIENTS

Mint-Lime Syrup

1 cup sugar

2 tbsp. triple sec liqueur

1 cup fresh mint leaves

12 bamboo skewers

Kabobs

12 large strawberries, tops removed

12 pineapples, cut into large chunks

12 cantaloupes, cut into large chunks

12 slices kiwi

DIRECTIONS

1. Bring the sugar, triple sec liqueur, and mint leaves to a boil in a saucepan over high heat. Boil for 1 min. and then remove from the heat. Let cool for 30 mins. to finish the syrup.
2. Place the Grill Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
3. Split the strawberries, pineapples, cantaloupes, and kiwi evenly between the skewers.
4. Place the skewers on the Grill Plate and each side until caramelized (3-5 mins. per side).
5. Serve with the mint-orange syrup.

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