

## Lime-Grilled Scallops with Red Pepper Coulis

*An indoor countertop grill is ideal for low-fat cooking. These lime-spiked scallops can be paired with steamed rice or a simple green salad.*

In the bowl of a food processor, process the bell peppers on high speed until a smooth puree forms. Push the puree through a chinois or other fine-mesh sieve set over a bowl; discard the solids.

In a small saucepan over medium heat, bring the bell pepper puree to a boil and cook until reduced to ¼ cup, 12 to 14 minutes.

In another small saucepan over medium-low heat, warm the olive oil. Add the garlic and fry, stirring constantly, until tender, about 1 minute. Add the bell pepper puree, lime juice, salt and pepper and whisk until blended; keep warm.

Preheat an indoor electric grill on high heat according to the manufacturer’s instructions.

In a small bowl, combine the lime zest with salt and pepper. Skewer 4 scallops onto each of 4 stainless-steel skewers and coat the scallops with the zest mixture. Grill until the scallops are opaque throughout, 2 to 4 minutes per side.

Stir the cilantro into the red pepper coulis. Taste and adjust the seasonings with salt and pepper. Drizzle the coulis over the scallops. Serves 4.

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## Grilled Marinated Skirt Steak

*This skirt steak is enlivened with a marinade that includes piment d’espelette, a ground spice made from red peppers grown around the village of Espelette, in the heart of France’s Basque country.*

In a small bowl, stir together the salt, piment d’espelette and black pepper. Rub the mixture on both sides of the skirt steak.

In a bowl, whisk together the orange juice, sherry, brown sugar, olive oil, garlic and red pepper flakes. Place the marinade and the steak in a nonreactive bowl, cover with plastic wrap, and refrigerate for at least 1 hour or up to 4 hours.

Preheat an indoor electric grill on high heat according to the manufacturer’s instructions.

Remove the steak from the marinade and pat dry with paper towels. Grill the steak for 3 to 4 minutes per side for medium-rare, or until done to your liking. Transfer the steak to a carving board, cover loosely with aluminum foil and let rest for 5 minutes. Cut the steak against the grain into thin slices and arrange on a warmed platter. Serves 2 or 3.

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### Ingredients for Lime-Grilled Scallops with Red Pepper Coulis

3 red bell peppers, seeded and chopped

2 Tbs. extra-virgin olive oil

Pinch of minced garlic

Juice of 1 lime

Salt and freshly ground pepper, to taste

Zest of 2 limes

16 large sea scallops, rinsed and patted dry

1 Tbs. finely slivered fresh cilantro

### Ingredients for Grilled Marinated Skirt Steak

1 Tbs. salt

1 Tbs. piment d’espelette

1 tsp. freshly ground black pepper

1 lb. skirt steak, trimmed of excess fat

⅓ cup fresh orange juice

⅓ cup dry sherry

3 Tbs. firmly packed light brown sugar

2 Tbs. olive oil

2 garlic cloves, minced

¼ tsp. crushed red pepper flakes

## Introducing the Smoking Gun

This ingenious tool provides the easiest way we’ve found to infuse foods and drinks before or after cooking with natural smoky flavor, such as apple wood or hickory. There’s no extra heat involved and no cleanup. All the heat is contained in the anodized aluminum smoking chamber, resulting in cool smoke at release. The tool is gentle enough for use on delicate fruits and vegetables without changing texture or temperature and compact enough to use with only one hand.

## Wood and Herb Flavoring Options

Choose aromatic additions to enhance food in the same way that you choose spices or herbs.

**Alder wood** marries well with salmon and other fish and light meats.

**Apple wood** enhances chicken and game birds, pork, salmon, sweet glazes and fruit sauces.

**Cherry wood** is similar to apple and complements poultry and seafood.

**Hickory wood** delivers a slightly nutty flavor to pork, chicken and turkey.

**Mesquite wood** enhances fish, chicken, turkey and pork.

**Oak wood** complements pork and beef.

**Pecan wood** is similar to hickory and pairs well with chicken and pork.

**Dried basil stems** infuse a wide variety of foods with a sweet herbal scent.

**Dried rosemary sprigs** give a pleasantly woody flavor to beef, lamb, pork, chicken, and meaty fish fillets or steaks. Fresh rosemary sprigs can be used to skewer meat and grilled as kabobs.

**Mixed herbs** create fragrant smoke that suits a wide variety of foods; they are sometimes sold in tea-bag-type packages.

**Grapevine cuttings**, a by-product of wine making, add fruity flavor to such grilled foods as beef, lamb, chicken and fish.

Adapted from Williams-Sonoma *Essentials of Grilling*, by Denis Kelly, Melanie Barnard, Barbara Grunes, Michael McLaughlin & Bob & Coleen Simmons (Oxmoor House, 2006).

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# Technique Class: Indoor Grilling

Whether the product of a happy accident or clever invention, grilling is the oldest cooking method. There is a primal satisfaction in preparing food over an open flame that is difficult to find in any other cooking technique. We have refined the method over the centuries, with the use of grills, racks, charcoal, gas and electric grills, but the essential spirit of grilling remains the same.

Most people associate grilling with warm summer weather. However, the advent of the popular gas grill and indoor electric grill has made cold-weather grilling more widely possible. It’s a time-saver, too, eliminating the time needed to prepare the coals.

The recipes in this brochure take a straightforward approach to grilling that is ideal for using on your indoor electric grill—direct-heat grilling. In theory, indoor electric grills and grill pans can be used in the same manner as outdoor gas grills, but because they don’t include a cover, their use is limited to direct-heat cooking. Most recipes for direct-heat grilling can be successfully prepared on indoor equipment. The timing may be longer, however, as these grills generally do not get as hot as outdoor gas or charcoal grills. Watch for the visual clues that indicate the food is done. Be sure your kitchen has adequate ventilation to whisk away smoke and odors. Like outdoor grilling, indoor grilling requires that you trim and remove excess fat from meat and poultry, which alleviates fires and excess smoke.

The proper equipment makes all the difference when grilling indoors. A stovetop grill pan should be heavy duty with ridges that sear the food and raise it away from accumulated fat. Both traditional and nonstick surfaces are available. A countertop electric grill, equipped with an adjustable thermostat, offers a broad surface for cooking everything from steaks to kabobs.

## Flavoring Materials

Grilling contributes some flavor in the form of smoke that rises from small flare-ups caused by fat and juices dripping into the heating element. More flavor can be added through the smoke from aromatic wood chunks, chips or shavings, as well as from dried herbs or grapevine cuttings.

Wood chips and shavings are the best choice for home grilling and can be used conservatively with indoor grilling. A new innovation called the smoking gun allows food to be infused with smoke either before or after cooking. A high-quality liquid smoke added to marinades is another way to impart smoky flavor to food cooked on an indoor grill.

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## Preparing Food for Grilling

One of the keys to successful grilling is to add flavor to food by seasoning it before grilling. Old grilling recipes warned cooks not to salt meat before cooking or it would dry out. In today's thinking, salt, pepper, herbs and other seasonings applied before grilling not only contribute flavor but also form a savory, caramelized crust that keeps meat, poultry and fish juicy and tender.

With the exception of fattier cuts (pork shoulder, spareribs) and foods that have marinated in an oil-based marinade, it is a good idea to coat food with oil before grilling it. You can rub or brush on oil or use an oil spray. (If you are using an oil spray, do not use it near a lighted grill.) Apply salt, pepper, herbs and/or spices after coating the food with oil.

Oiling the surface of an indoor grill, in addition to oiling the food, is essential when cooking fish and shellfish, most vegetables, and lean meats and poultry. For best results, make sure that the grill is clean before cooking. While the grill is hot, before and after cooking, scrub it well with the manufacturer's recommended tool or a wet washcloth.

### Ingredients for Pollo al Mattone (Chicken Cooked under Bricks)

1 chicken, about 4 lb.

¼ cup plus 3 Tbs. extra-virgin olive oil

2 garlic cloves, crushed

1 dried hot chili, crumbled

Salt and freshly ground pepper, to taste

## Direct-Heat Grilling

This intense, high-heat method is used for searing and for cooking small or thin food items that are ready in 25 minutes or less. The foods most commonly used with direct-heat grilling include steaks, chops, burgers, lamb racks, butterflied meats and poultry, pork tenderloin, sausages, boneless poultry pieces, fish fillets and steaks, small whole fish, shellfish, kabobs and most vegetables.

For direct-heat grilling, foods are place directly over the hot coals of a charcoal grill, or directly over the preheated heat elements of a gas or indoor electric grill. The surface of the food sears and caramelizes over the high heat, while juices are sealed inside. Direct-heat grilling is usually done with an uncovered grill.

## Making Good Grill Marks

Marking your grilled foods with professional-looking cross-hatching is easier to do than you might think, and the distinctive marks create an attractive presentation.

1. Prepare the grill by preheating—the higher the heat, the better.
2. Clean the grill well, oil it generously and place the food directly on the surface, arranging the pieces so they line up in the same direction.
3. After one-fourth of the total cooking time has elapsed, use a spatula or tongs to rotate each piece 45 or 90 degrees, depending on whether you prefer diagonal or square grill marks, and continue to cook to the halfway point.
4. At the halfway point, turn the food over, keeping the pieces lined up, and proceed to grill the food.
5. Repeating steps 2 and 3, finish cooking the food.
6. To preserve the cross-hatching, it is best not to move the food again. If you must turn it, try to keep it in the same relative position and angle.

## Pollo al Mattone (Chicken Cooked under Bricks)

*The clay content of Tuscan soil makes the region's terra-cotta tiles and pottery some of the most prized in the world. Wherever terra-cotta bricks are made, this recipe for chicken, weighted with bricks as it cooks, is common. The weight keeps the chicken flat so the skin emerges wonderfully crisp and the meat tender and juicy.*

Lay the chicken on its back. Separate the breast into halves by cutting down the center of the breastbone. Turn the chicken, flatten it and, using the heel of your hand, crack the backbone. Turn the wings back and fold the tips under the breast. Make small slits on either side of the breast tips, then insert the ends of the drumsticks into each opening. Pour the ¼ cup olive oil into a dish large enough to hold the flattened chicken, then add the garlic, chili, salt and pepper. Lay the chicken in the marinade and turn to coat with the mixture. Cover and marinate at room temperature for 1 hour, turning the chicken from time to time.

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In a large, heavy fry pan over medium-high heat, warm the 3 Tbs. olive oil. When the oil is hot, remove the chicken from the marinade and lay it, skin side up, in the pan. Top with a heavy cast-iron pan and fill the pan with 2 stacked bricks or other weights. Reduce the heat to medium and cook for 15 minutes.

Remove the weights, then transfer the chicken to a plate and drain off all but 1 Tbs. of the fat from the pan. Return the chicken, skin side down, to the pan and weight it down again. Continue to cook until the juices run clear when the thigh is pricked with a fork, 15 to 25 minutes more.

Transfer the chicken to a cutting board, cut into serving pieces and divide among warmed individual plates. Serves 4.

Adapted from Williams-Sonoma *Savoring Tuscany*, by Lori De Mori (Time-Life Books, 2001).

## Creamy Polenta with Grilled Vegetables

*Italian polenta is traditionally made from coarsely ground yellow corn. When cooking it, be sure to use a heavy pot to prevent sticking and scorching. Here, we pair the polenta with grilled vegetables, which make a delicious accompaniment to our chicken mattone.*

If using wooden skewers, soak them in water to cover for 20 to 30 minutes.

To make the polenta, in a large saucepan over medium-high heat, bring the milk to a boil. Slowly whisk in the polenta, then reduce the heat to medium. Cook, stirring occasionally, until thick and creamy, about 15 minutes. Stir in the butter, cream and cheese, and season with salt and pepper. Remove the pan from the heat and cover to keep warm.

In a small bowl, whisk together the garlic, parsley, lemon juice, salt and pepper, then whisk in the olive oil. Put the tomato halves in a shallow bowl and gently coat with ¼ cup of the olive oil mixture. Reserve the remaining mixture.

Thread the eggplant slices lengthwise onto wooden or stainless-steel skewers. Thread the zucchini rounds and the tomato halves onto separate skewers.

Preheat an indoor electric grill on medium-high heat according to the manufacturer's instructions. Lightly oil the grill.

Working in batches, place the skewers on the grill (place the tomatoes cut sides down) and grill until the vegetables are tender, 3 to 4 minutes per side. Transfer to a platter, drizzle with the reserved olive oil mixture and garnish with lemon wedges. Serve immediately with the polenta. Serves 6 to 8.

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Visit [williams-sonoma.com](http://williams-sonoma.com) to search our extensive recipe collection, find menus and tips for entertaining, and browse an expanded selection of products in every category.

### Ingredients for Creamy Polenta with Grilled Vegetables

For the polenta:

8 cups milk

2 cups Italian polenta

3 Tbs. unsalted butter, cut into 1-inch pieces

½ cup heavy cream

¾ cup grated Parmigiano-Reggiano cheese

Salt and freshly ground pepper, to taste

2 garlic cloves, minced

2 Tbs. minced fresh flat-leaf parsley

3 Tbs. fresh lemon juice

1 tsp. salt

Freshly ground pepper, to taste

¼ cup extra-virgin olive oil

6 small tomatoes, halved crosswise

2 Asian eggplant, cut diagonally into ½-inch slices

3 zucchini, cut into ½-inch rounds

Lemon wedges for serving (optional)