



Go anywhere. Cook anything.

Cooking Guide & Recipe Suggestions



The e2go grill cooking guide

Tip and Hints...



Lighting and pre-heating the e2go grill

▶ Position the barbecue so that any breeze or wind available, will be heading to the front of the e2go grill. This will help facilitate any smoke from the cooking process to come out of the rear vent of the hood and blow away from your working area.

▶ Fully open the hood of the barbecue. Turn on the gas supply at the bottle, then depress and turn the e2go Grill gas control knob anti-clockwise slowly to the high position. Once lit, shut the hood and preheat for 8 minutes, or until the hood mounted temperature gauge reaches the middle 12 o' clock position. You will then have reached the ideal cooking temperature of 185°C.

▶ During roasting or grilling, maintain a constant temperature by adjusting the gas control knob as required. Weather temperature and wind conditions will vary the efficiency of the barbecue and slight adjustments will need to be made.



Preparing to grill directly onto the griddle and flat plate

▶ Prepare the cooking surface by carefully wiping the grill bars all over with an oil moistened cotton cloth. This will help season the surface of the cooking area and also help prevent the foods from sticking to them.

▶ When grilling foods it's recommended to turn the food items only once during the cooking process. Grill the presentation side first, then turn only once and finish the cooking process.

▶ Grilled and roasted meats need to be rested immediately after being cooked. Resting time should be at least half of the original cooking time. If you grill a steak for a total time of 10 minutes, then you should rest the meat for 5 minutes.



How much food to barbecue

- ▶ Only use no more than two thirds of the cooking surface when grilling. Do not overload the e2go Grill with a full grill plate of food items. The barbecue relies on convection heat (hot moving air) to create a perfect cooking environment. Too much food will block the air movement and so it's better to grill in smaller batches.
- ▶ A much better result is achieved when a steak is turned over onto a clean, new hot part of the grill plate. This will sear and seal the steak much quicker and give a better end result.



- ▶ Resting meats allows the internal juices to warm up evenly and settle into the muscle tissue. This prevents the juices to escape out when cut. Resting should be done in a warm position and covered, but not fully enclosed. If fully enclosed, the meat will steam from its own heat and become overcooked.

Locking in the flavour

Barbecued foods get their unique flavour from the smoke that they produce. Juices are released from the meats and foods during the cooking process and these juices, combined with various seasonings create flavoured smoke. By keeping the hood down, these flavours are transferred to the foods being grilled or roasted.



Roasting

- ▶ Select a roasting pan the fits neatly into the centre part of the grill area. The e2go grill has a high mounted hood, so large chickens and meat joints can fit in quite sufficiently.
- ▶ Line the baking trays with baking paper to reduce the chance of foods sticking and burning. Extra flavour and moisture can be achieved by lining the top of the baking paper with sliced onions, fresh herbs and seasonings, then placing the meats for roasting on top.
- ▶ Begin the roasting process by using high heat to brown the meats first, then turn down to finish the cooking process. Baste several times during the cooking process to add flavour and moisture to the roast.

- ▶ The use of a standard meat thermometer will allow you to roast to the exact rareness required. A perfectly roasted chicken will be 85°C internally and a rare loin of lamb or beef fillet will be 57°C in its centre.





Grilled Spatchcock with Wasabi Mustard Butter

Preparation time: 40 mins

Cooking time: 20 mins

Serves: 1 or 2 people

INGREDIENTS

4 spatchcock

2 tablespoons dijon mustard

2 cloves garlic, crushed

wasabi mustard butter

250g soft butter

2 teaspoons chopped thyme leaves

1 tablespoon chopped coriander

1 tablespoon chopped dill

1 tablespoon chopped chives

1 clove garlic, crushed

1 teaspoon wasabi powder or wasabi paste

(found in the asian section of your supermarket)

2 teaspoons dijon mustard

2 teaspoons soy sauce

METHOD

Cut down either side of the backbone of the spatchcock and remove. Flatten the bird slightly by pressing down on it and spread with the combined garlic and mustard. Set aside.

To make the butter: Mix all ingredients together and process in a food processor. Shape into a cylinder and wrap in foil.

Heat barbecue and cook spatchcock for about 20 minutes until skin is brown and crisp.

Test by piercing the thigh with a sharp knife – the juices should run clear.

Serve with wilted spinach, kipfler potatoes and a generous slice of the butter.

Tip: Use a sharp knife or poultry shears/ scissors to cut the spatchcock.

BBQ Pork Ribs

Preparation time: 1 1/2 hours

Cooking time: 1 hour

Serves: 2-4 people

INGREDIENTS

2kg pork spare ribs

1 cup (250ml) tomato puree

3 tbs (1/4 cup) honey

2 tbs sweet chilli sauce

1/4 cup (60ml) hoisin sauce

1/4 cup (60ml) lemon juice

2 garlic cloves, crushed

oil to brush

METHOD

Preheat the oven to 190C

Arrange the ribs in a single layer in a roasting dish and cook for 45 minutes or until tender. Once cooked transfer to either a glass or ceramic dish, and drain away any excess fat. Allow the ribs to cool slightly.

Combine the tomato puree, honey, sweet chilli sauce, hoisin sauce, lemon juice and garlic. Pour the marinade over the ribs, making sure they are covered and evenly coated. Once marinade has been spread evenly cover and refrigerate for at least 1 hour.

Preheat the barbecue to high and brush a little with oil. Cook the pork ribs for 15 minutes, turning occasionally and basting with any of the remaining marinade until golden and crisp.





Mushroom lamb kofta

Preparation time: 45 mins
Cooking time: 20 mins
Serves: 4 people

INGREDIENTS

1 tbs olive oil
 300g cup mushrooms, finely chopped
 3/4 cup flat leaf parsley leaves
 1 small red onion, chopped
 2 garlic cloves, chopped
 1 tsp ground coriander
 1 tsp ground cumin
 1/4 tsp ground cinnamon
 400g lamb mince
 Olive oil cooking spray
 Warm naan bread, yoghurt and tabouli, to serve

METHOD

Heat a large non-stick frying pan over high heat until hot. Add oil and mushrooms and cook, stirring often, for 5 minutes or until mushrooms tender. Remove from heat. Set aside for 10 minutes. Drain excess liquid.

Combine parsley, onion, garlic and spices in a food processor. Process until finely chopped. Add the mushrooms and mince, use the pulse button to process until well combined. Season with salt and pepper.

Use wet hands to mould heaped tablespoons of mixture around eight metal skewers, squeezing the mixture tightly. Place on a tray. Cover and refrigerate 30 minutes if time permits.

Preheat barbecue plate on medium-high. Spray the skewers with oil, turning to coat all sides. Barbecue for 10-15 minutes or until just cooked through. Serve with warm naan bread, yoghurt and tabouli.

Mini Hamburgers

Preparation time: 45 mins
Cooking time: 15 mins
Serves: 5-10 people

INGREDIENTS

10 hamburger buns, halved
 500g minced beef
 1/3 cup dry breadcrumbs
 1 large onion, grated
 20ml (1 tbs) Worcestershire sauce
 1/3 cup tomato sauce, plus extra to serve
 1/2 tbs mixed dried herbs
 1 egg yolk
 80ml (1/3 cup) olive oil
 10 slices tasty cheese, quartered
 BBQ sauce and baby rocket leaves to serve
 Cocktail sticks to serve

METHOD

Using a 4cm pastry cutter to cut out 30 rounds from the tops and 30 rounds from the bottoms of the 10 hamburger buns and set them aside.

Place the minced beef, breadcrumbs, grated onion, Worcestershire and tomato sauce, mixed herbs and egg yolk in a bowl. Season with salt and pepper and mix well together.

Use wet hands to form 30 small burgers. Refrigerate the mixture for 30 minutes to chill.

Heat the barbecue, then place the patties on either the grill plates or flat plate and cook for 1 -2 minute each side, they should still be rare in the centre.

Place the buns on the grill plate, to have a warm toasty bun. Then top the bun with your quartered cheese slice.

Sit each burger on a bun base. Top with barbecue sauce and rocket, place the tops on the burgers and secure with a cocktail stick.





Greek Quail Kebabs with creamy basil and feta sauce

Preparation time: 60 mins

Cooking time: 45 mins

Serves: 6-8 people

INGREDIENTS

800g quail medallions, halved
 2 teaspoons dried mint
 2 teaspoons crushed black pepper
 3 cloves garlic, crushed
 1 large lemon, peeled and flesh finely chopped
 2 tablespoons olive oil
 salt and pepper to taste
 1 red capsicum, cut into 2cm dice
 1 red onion, cut into a large dice
 250g haloumi, cut into 12 pieces
 12 medium fresh bay leaves

feta sauce

300g danish feta, crumbled
 1 clove garlic, crushed
 1/4 cup chopped basil
 2 tablespoons lemon juice
 3 tablespoons olive oil
 Greek pitta bread
 Olive oil for brushing

METHOD

Combine quail with mint, garlic and lemon flesh. Add oil and mix well; season with salt and pepper. Marinate for 1 hour.

Thread 2 quail pieces onto a skewer, followed by a piece of capsicum, and then 2 pieces of quail. Thread a piece of onion and haloumi and finish with 2 pieces of quail and a bay leaf.

Brush skewers with any left over marinade and set aside.

To make the feta sauce; place feta, garlic, basil and lemon juice into the bowl of a food processor and process until smooth. Add oil and mix until sauce is smooth and runny.

Heat the grill to a medium high heat. Cook kebabs for 3 minutes each side to your liking. During the last 5 minutes brush pitta bread with oil and cook on barbecue until warm.

Serve kebabs drizzled with feta sauce and warm pitta bread to mop up the juices.

Tip: You will need 12 x 20cm bamboo skewers, soaked in cold water for 30 minutes

Grilled salmon with capers, chilli and chives

Preparation time: 45 mins

Cooking time: 20 mins

Serves: 2 people

INGREDIENTS

2 x 150 g salmon portions (skin off, pin boned and cut even)
 10 ml Jingilli extra virgin olive oil to taste
 Salt flakes freshly cracked black pepper
 1/2 small bird's eye chilli (sliced thin)
 1 tablespoon small baby capers
 2 tablespoons lemon juice
 20g unsalted cold butter
 2 tablespoons chopped continental parsley and chives
 2 portions cooked sliced Dutch cream potatoes
 1 small zucchini (sliced and grilled)

METHOD

Heat a heavy non stick pan and add the olive oil.

Season the salmon and cook on high until you have a good colour. This should take no more than three minutes. Turn the salmon over and add the sliced chilli, capers and lemon juice to the pan.

Grill for only 1 minute, then turn off the heat and add in the butter, spooning over the salmon until creamy, then add in the chopped parsley and chives.

Present on the sliced potatoes and grilled zucchini.





Chicken and Sage Rolls with Prosciutto & Spinach

Preparation time: 30 mins

Cooking time: 45 mins

Serves: 4-6 people

INGREDIENTS

12 small chicken tenderloin fillets
Freshly ground black pepper to taste
24 fresh sage leaves
6 thin prosciutto slices (cut each into two long strips)
4 cups washed and spun baby spinach
1/2 cup pine nuts (toasted)
1/2 medium red onion (sliced thin)
2 tablespoons apple balsamic vinegar
2 tablespoons extra virgin olive oil

METHOD

Combine together the baby spinach, roasted pine nuts and sliced red onions. Whisk the apple balsamic vinegar with extra virgin olive oil and a little seasoning. Set both aside until required.

Place two sage leaves onto each chicken tenderloin, lightly season with pepper and wrap well with the thin prosciutto.

Heat the grill plate on high for 5 minutes and lightly oil using a clean cloth. Turn down to low and add the chicken rolls. Grill turning several times for 10 minutes or until just cooked.

Dress the baby spinach salad mix and toss lightly, place onto 4 plates and top each with 3 chicken rolls.

Tip: For a moist succulent result, remove the chicken rolls from the hot plate several minutes before they are fully cooked. Place them in a warm place covered with foil. Make them all the same size to ensure they have the same cooking time.

Grilled Peaches with a Raspberry Coulis

Preparation time: 20 mins

Cooking time: 15 mins

Serves: 3-4 people

INGREDIENTS

4 peaches, peeled and cut in half
2 tablespoons of vegetable oil
1/2 teaspoon of nutmeg

Raspberry Coulis

200g raspberries (frozen are also okay to use)
2 tablespoons castor sugar
1 teaspoon lemon juice
2 tablespoons water

METHOD

If using frozen raspberries, take them out of the freezer to defrost about 15 minutes before use.

Place all the sauce ingredients in a food processor or blender and process to a thin pouring consistency.

Brush the peach halves with the oil and sprinkle a pinch of the nutmeg over the inside of the peaches.

Place the peaches on a very hot grill, cut side down first, cook for about a minute on each side.

Once cooked, serve two halves on a plate and spoon over your raspberry coulis.





Crispy Based Mediterranean Pizza's

Preparation time: 45 mins

Cooking time: 5 mins

Serves: 2-4 people

INGREDIENTS

Pizza Dough

Makes 4 x 30cm pizzas

500g strong/pizza flour or plain flour

1 x 8g sachet dry yeast

270ml lukewarm water

1 teaspoon salt

1 tablespoon olive oil

Olive oil to grease

Topping

Pizza cheese -

Passata

Salami

Roasted red peppers

Rocket

Olive oil & Olives

METHOD

Place the yeast and water into a bowl and whisk to combine. Rest in a warm place for 10 minutes or until it begins to foam. Combine the flour and salt in a bowl and make a well in the centre. Pour in the yeast mixture and gently mix to combine. Once the dough comes away from the sides of the bowl turn the dough onto a floured work surface. Knead for 8 minutes or until elastic to touch. Place the dough into a clean bowl lightly greased with the olive oil, cover with a damp tea towel. Put bowl and dough into a warm place to rest until dough doubles in size. (May take up to 30 minutes.) To make a 30cm pizza you'll need 190g of dough. Once weighed flatten and roll the dough to a thickness of 5mm. Place onto a lightly oiled pizza pan, or a pizza stone.

It's great if you can roll the dough out no longer than 30 minutes before using. Keep covered or wrapped prior to rolling to prevent drying out. Should you need to leave the dough for an hour or more place in the fridge then remove and bring to room temperature before using.

Place the pizza stone on it's rack onto the BBQ and heat it on high. Place the prepared pizza on the metal tray that comes with the stone. Then onto the BBQ for 4 minutes with lid down. Transfer the pizza onto stone for the final 2 minutes.

Grilled Spanish Chicken with Yoghurt, Lime and Spice

Preparation time: 45 mins

Cooking time: 45 mins

Serves: 4-6 people

INGREDIENTS

400g Chicken thigh fillets/
or breast fillets

2 tablespoons cumin seeds

1 tablespoon coriander seeds

1 teaspoon smoked spanish paprika

1 clove garlic (crushed)

2 green onions

(shallots/spring onions)

1 lime juice (juice only)

1 cup greek style yoghurt

50ml extra virgin olive oil

METHOD

Place a small saucepan on the cook top and set on low. Dry grill the cumin seeds and coriander seeds until fragrant. Remove and grind fine in a mortar and pestle.

Place the spice mix into a a blender along with the paprika, garlic, green onions, half the lime juice and yoghurt.

Process quickly until just blended then coat the chicken fillets. Refrigerate for several hours or until required.

Heat the grill on high for 5 minutes, lightly oil the surface carefully and add the chicken. Turn down the heat to low and grill on all sides for 12 minutes or until just cooked. Present on steamed rice or in some flat bread with a little rocket or baby spinach





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