

Grilling

Grilled Italian Style Beef



45-60

4

1

300-400g Stake beef (Top Sirloin)

10 pcs. watercress

1 tbs. chopped garlic

2 tbs. caper (or mustard pickles)

6-8 pcs. Green olive

[WD Roasted Garlic EV Olive Oil](#)

Salt and paper, to taste

Apply salt and pepper to beef. Grill it until both sides done nicely. Slice it and put onto serving dish. Add garlic, caper and olives onto sliced beef, then put the watercress on top. Apply **WD Oil** around them, and serve.

Chicken Satay



30 4 2
+few hour for
marinading

1 lb. skinless, boneless chicken breast (500g)

Marinade:

1 tsp. black pepper

1 tsp. ground cumin

1 tsp. ground coriander

1/2 tsp. tumeric

1 tsp. chopped garlic

1 tbsp. sugar

1 tbsp. [WD Spicy Hot Chili Oil](#) or [WD Roasted Garlic Oil \(Infusion Chemistry\)](#)

1 tbsp. soya sauce

1 tbsp. lemon juice

1 tsp. fish sauce

16 bamboo skewers

A little coconut milk (optional)

Peanut Sauce

Fresh coriander leaves

Lettuce leaves

Cut chicken breast into thin slices. Place chicken strips in a bowl and add the marinating ingredients. Gently toss until well mixed. Let the chicken marinate in the fridge 2 to 24 hours. Stir the chicken in its marinade and thread each slice onto a skewer. Baste chicken with **WD Oil** or coconut milk and grill on a BBQ or under the broiler of an indoor oven. Cook approx. 2 minutes each side, and baste one more time with oil or coconut milk. The satays are done when they have turned golden brown and crispy along the edges. Serve on lettuce leaves, decorated with fresh coriander leaves, and accompanied by a small bowl of peanut sauce on the side.

Ginger - Citrus Marinade



10 4 1
+few hours for
marinading

1/3 cup [WD Juicy Citrus Vinegar](#)
2 Scallions, sliced thin
1/4 cup fresh orange juice
1 lemon, sliced thin
2 tbsp. honey
2-inch piece ginger, sliced thin
Grated zest of lime
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

Add all marinating ingredients to chicken or beef. Gently toss until well mixed.
Let chicken/ beef marinate in the fridge 2 to 24 hours.

Grilled Lamb with Red Pepper and Spinach



45

2

2

1/2-3/4 lb. lamb, cut into 2-inch cubes

2 skewers

2 tbsp. [WD Roasted Garlic EV Olive Oil](#) or [WD Basil EV Olive Oil](#)

1 dried chili pepper, soaked in hot water for 30 minutes, seeded

1 1/2 tsp. ground cumin

1/2 tsp. dried thyme

10 oz. fresh/frozen spinach (thawed and drained)

Salt and pepper

Preheat grill to high temperature. Skewer the lamb cubes and cook over the hottest spot on the grill to desired doneness. While the lamb is cooking, heat **WD Oil** in a skillet over medium heat. Add pepper and cook 3-4 minutes. Add cumin and thyme and cook for another minute. Add spinach and cook until hot. Add salt and pepper to taste. Arrange the spinach on two plates. When lamb is cooked, place on spinach mixture. Serve with rice, barley, couscous, pasta or potatoes.

Grilled Shrimp with Chili Oil



20

4

1

3 tbsp. [WD Spicy Hot Chili Oil](#)

16-20 large shrimp

2 limes, cut in quarters, to garnish

Put **WD Oil** in a small pan. Warm gently over low heat for 4 minutes. Set aside to cool. Preheat an outdoor grill or the broiler and thread the shrimp on skewers, leaving their shells on. Brush shrimp on both sides with **WD Oil** and grill or broil for 3 minutes on each side. Serve with quartered limes.

Grilled Zucchini



20

4-6

1

8 zucchini, cut diagonally into 1/2-inch-wide strips

1/3 cup [WD Grapeseed Oil](#)

2 tbsp. [WD Black Heat- Balsamic Vinegar](#)

1 tbsp. [WD Sherry Wine Vinegar](#)

1 garlic clove, crushed through a press

1/4 tbsp. salt

1/4 tsp. freshly ground black pepper

1 tbsp. chopped fresh mint leaves

Prepare a fire in a kettle-type charcoal grill. When the hot coals turn white, spread them evenly over the bottom of the grill. In a large bowl, toss the zucchini with 2 tbsp. **WD Oil**. Grill the zucchini, turning once, until just tender, approx. 5 minutes. Transfer to a serving platter. In a medium bowl, whisk together the **WD Balsamic Vinegar**, **WD wine vinegar**, garlic, salt, and pepper. Gradually whisk in the remaining **WD Oil**. Pour over the zucchini and let stand until the zucchini are cool. Cover tightly with plastic wrap and let stand at room temperature. Refrigerate and remove from the refrigerator one hour before serving.

Spicy Flank Steak



30-45

4

1

4-5 cloves garlic, minced
1 flank steak, about 1 1/2 lbs.
Salt and freshly ground pepper
1 tbsp. [WD Spicy Hot Chili Oil](#)

Mix minced garlic with salt and freshly ground pepper. Rub into both sides of steak. Heat **WD Oil** in a large skillet over medium heat. Add the steak and lower heat to keep garlic from burning. Sauté steak on both sides to desired doneness, remove from pan, and slice diagonally against the grain. Place on plates or a serving platter. Serve immediately, garnished with fresh herbs.

Wildly Grapeseed Oil for BBQ



10

4

1

3/4 cup. [WD Grpaeseed Oil](#)

1 tbsp. chopped fresh dill

1 tbsp. chopped chervil

1 tbsp. chopped parsley

1 chopped shallot

1 tsp. honey

1 tbsp. soy sauce

Blend all ingredients. Brush on fish or poultry when grilling outdoors. This is a perfectly light and flavorful seasoning for any type of fish or poultry.