



Great Grilling Simplified

www.SolaireGrills.com



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GUIDELINES

We all like to eat good, tasty food. Everyone who grills outdoors wants to achieve or exceed "restaurant quality" results, and to do so consistently. The purpose of Great Grilling Simplified is to provide easy guidelines to help you grill like a pro while using your Solaire Infrared Grill.

The chef of any great restaurant will identify the two most important factors in achieving superior grilling quality: Serious Heat and Quality Food Items.

Solaire Infrared Grills provide the heat necessary to lock in the juices. Cooking in its own juices results in a more succulent, tender and tasty food than can be achieved through conventional grilling methods. You select the quality of meats to place on your grill.

Infrared grilling is a simple matter of the relationship between the type of food, heat and time. The following guidelines, when modified through your experience to match your specific tastes and degree of doneness, will help you to consistently achieve "great grilling" results. Soon you will be known to your family and friends as "the grilling guru."

This guide was developed using off-the-shelf items from the local grocery store. Nothing fancy; the grill does most of the work.

Great Grilling Simplified is a work in progress. We encourage you to submit via e-mail your success stories to us. Please check our website (www.solairegrills.com) for the latest in grilling tips and Solaire equipment.



Basic Idea & Equipment



THE BASIC IDEA

- 1) Pre-heat the grill for three minutes on HIGH.
- 2) Sear the food for 2 to 3 minutes per side on high. This locks in the moisture.
- 3) Finish the food on a lower heat setting, turning the food every 2 to 3 minutes or as needed.
- 4) Let the food stand (rest) for a few minutes after removing it from the grill but before slicing. The food continues to cook during this time.
- 5) Bon Appétit! (Then tell all of your friends about Solaire!)

EQUIPMENT

The equipment used to develop these guidelines is the "Solaire" Infrared Grilling System. Unique among gas grills, Solaire achieves the serious heat required to produce the consistent, restaurant-quality results.

Grilling on a Solaire is like going to a fine restaurant. In both cases, you end up with wonderful, flavorful food. Solaire brings the technology that the finest restaurants use right to your backyard. Inside every Solaire are special burners that emit radiant infrared heat. Infrared heat cooks differently than the heat produced from traditional gas grills. Traditional grills cook by convection. That is, the hood is closed and the air around the food is heated. It's the same concept as an oven or clothes dryer. Unfortunately, the result is usually dried out food. Solaire uses infrared, which is high temperature, radiant energy. The food is directly heated. The hood is usually kept open because the food is being heated, not the air. The infrared burner produces intense heat that immediately sears the food, locking in moisture and flavor. The result is succulent food in less than half the grilling time of traditional grills. Since Solaire infrared grills produce such intense, uniform heat, you don't have to worry about hot or cold spots. Flare-ups are also minimized due to the intense heat incinerating any grease drippings into the special V-grates of the Solaire or onto the surface of the burner. Grill on a Solaire grill just once and you'll experience the convenience, speed, and unmatched taste that only infrared can offer.

Key Benefits:

- More Flavorful Food: Direct heat sears food quickly, locking in moisture and natural flavor.
 - Saves Time: Heats up in 3 minutes; cooks 50% faster.
 - Even Heating: Thousands of gas ports per burner create a uniform cooking temperature.
 - Fewer Flare-ups: Drippings are instantly vaporized and turned into flavor enhancing smoke.
- In addition to the Solaire Grill, you will need the following basic tools:
- Long handled spatula and/or tongs
 - Stainless steel or brass bristled brush for cleaning cooking grids
 - Digital timer for a reference point in determining the time/heat relationship

NOTE:

The longer the food is grilled on the high setting, the more charred your food will be. If you like your food less charred, decrease the amount of time on high. Conversely if you like a very crusty exterior to your food, increase the amount of time on high.





Food Preparation

Marinades & Seasonings

SOLAIRE REAR ROTISSERIE BURNER

For items such as whole chickens and pork loins, grilling with the rear infrared rotisserie burner provides a “non-rushed” grilling experience. Using both the main burners (both open to the food, then with the BBQ Tray accessory underneath once the juices flow freely (filled with water)), will speed up the process while maintaining tenderness and flavor. Doneness is determined by internal temperature, guidelines for which can be found at <http://www.foodsafety.gov/~fsg/fscook.html> and in cook books.

FOOD PREPARATION

Preparation of food is a very important element of grilling success. Preparation guidelines for the recipes are simple and take very little time.

GENERAL GUIDELINES:

- Meat: Fully thawed. Trim away all excess fat
- Vegetables and Fruit: Wash and clean. Cut to desired thickness; generally 1/2" is about right.
- With Fish and Veggies it is best to first spray both sides with a non-stick cooking oil (such as Pam or olive oil) before placing the food onto the grill.

Do not spray directly at the grill, as such sprays are flammable.
More specific guidelines are included with the recipes where needed.

MARINATING:

Fork holes into the meat to allow marinade to penetrate. Place food and marinade together into sealable plastic bag and keep in the refrigerator until ready to grill.

PRE-COOKING:

With some meats, such as ribs and brisket, the best results are achieved by first par-boiling or pressure cooking. After par-boiling or pressure cooking, the meat can be finished on the grill for a short time on HIGH to brown the meat and to give it the great grilled taste. Your favorite barbecue sauce can be brushed directly onto the meat during the last few minutes on the grill. This procedure greatly reduces the overall cooking time, compared with traditional “slow cooking” methods.

MARINADES AND SEASONINGS:

Any marinades and seasonings used in Great Grilling Simplified are only suggested products and can be substituted with marinadas and seasonings to match your taste and preferences. In fact, make every time you grill a new experience while you experiment with new tastes by using different marinades and seasonings. Your local grocery store should have a fine selection available. Salad dressings also make excellent marinades.

Timing Guidelines



- times may vary based on the actual thickness of the food and your desired doneness

- ensure that all meats are fully thawed before grilling.

Hamburger (Hand Formed Patties)

thickness	sear in side 1	sear in side 2	finish side 1	finish side 2
3/4"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Hi - 1 min	Hi - 1 min

Sprinkle with garlic salt on both sides.

Hamburger (Store Bought Patties)

thickness	sear in side 1	sear in side 2	finish side 1	finish side 2
1/2"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Hi - 30 sec	Hi - 30 sec

Sprinkle with garlic salt on both sides.

Top Sirloin Steak

thickness	sear in side 1	sear in side 2	finish side 1	finish side 2
1"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med-Low 3 min	Med-Low 3 min

Sprinkle with favorite seasoning or rub.

Flank Steak

thickness	sear in side 1	sear in side 2	finish side 1	finish side 2
1/2"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med Low - 2-3 min	Med Low - 2-3 min

Marinate overnight in your favorite marinade.

Carne Asada

thickness	sear in side 1	sear in side 2	finish side 1	finish side 2
1/4"	Hi - 2 min	Hi - 2 min		

Place carne asada and marinade in Ziploc bag. Marinate for a minimum of 3 hours.

For Carne Asada Tacos: Cut meat into small pieces after grilling.

Fill corn tortillas with carne asada, chopped onions, cilantro and your favorite salsa.

New York Cut Steak

thickness	sear in side 1	sear in side 2	finish side 1	finish side 2
1"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med-Low 1 min 45 sec	Med-Low 1 min 45 sec

Trim excess fat. Sprinkle with favorite seasoning or rub.

Medium rare is excellent

Filet Mignon

thickness	sear in side 1	sear in side 2	finish side 1	finish side 2
1 5/8"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med-Low 5 min	Med-Low 5 min

Season with steak rub to both sides.

One flip alternative

2 5/8"

Hi - 6 min

Hi - 6 min

Medium rare is superb

Contains adequate fat so no oil or spray is needed.



Timing Guidelines

London Broil

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1.5"	Hi - 5 min	Hi - 4 min	Hi - 7 min	Hi - 7 min

This cut is normally served medium-rare.

Adjust final cooking time according to wellness desired.

Tri-tip steak

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med-Low 2 min	Med-Low 2 min

Sprinkle with favorite seasoning or rub, or marinate 3 hours to overnight.

Medium rare is excellent for this item.

Tri Tip Roast

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 5 min	Hi - 4 min	Low - 20 min	Low - 20 min

Marinate overnight in your favorite marinate and seasoning.

Beef Back Ribs Bone-In

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 2 min	Hi - 2 min	Med-Low 3 min	Med-Low 3 min

Place ribs and marinade in Ziploc bag. Marinate overnight.

Brush on your favorite BBQ sauce at the end of the cooking time.

Pork Spare Ribs Bone-In

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med-Low 2 min 30 sec	Med-Low 2 min 30 sec

Parboil ribs for 45 minutes. Let cool. Place ribs and marinade in Ziploc bags. Marinate overnight.

Brush on your favorite BBQ sauce at the end of the cooking time.

Pork Baby Back Ribs Bone-In

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 2 min	Hi - 2 min	Med-Low 1 min 30 sec	Med-Low 1 min 30 sec

Parboil ribs for 30 minutes. Let cool. Place ribs and marinade in Ziploc bags. Marinate overnight.

Brush on your favorite BBQ sauce at the end of the cooking time.

Pork Country Ribs Boneless

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
5/8"	Hi - 2 min	Hi - 2 min	Hi - 2 min 30 sec	Hi - 2 min 30 sec

Marinate according to instructions on bottle.

Boneless Pork Chop

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
3/4"	Hi - 2 min	Hi - 2 min	Hi 3 min	Hi 3 min

Marinate, if desired, according to instructions on bottle.

Use your favorite rub or seasoning.

Timing Guidelines



Country Pork Sausage Patties

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1/4"	Hi - 2 min	Hi - 2 min		

Chicken Breasts Boneless, Skinless Medium

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
3/4"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med-Low - 3 min 30 sec	Med-Low - 3 min 30 sec

Trim excess fat. Use marinade or spice rub of choice.

Chicken Breasts Bone in Thick

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 1/2"	Hi - 2 min	Hi - 2 min	Low 7-10 min	Low 7-10 min

Spray with non-stick cooking oil or rub with oil on both sides then season with favorite seasoning.

Start with bone side down for searing. If you experience any flame-ups, then turn heat down.

Test for doneness: poke with a fork to see if juices run clear. If clear juices, then done.

Lamb Chops (bone-in)

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 "	Hi - 1 min	Hi - 1 min	Low - 2 min	Low - 2 min

Adjust final cooking time according to wellness desired.

Tilapia

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
3/8 "	Hi - 1 min 30 sec	Hi - 1 min 30 sec		

Rub with lemon herb seasoning. Spray with non-stick cooking oil on both sides.

Chilean Sea Bass

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 "	Hi - 2 min	Hi - 2 min	Med-Low - 1 min 30 sec	Med-Low - 1 min 30 sec

Rub fish with spice rub. Spray with non-stick cooking oil on both sides.

Reduce heat and grill for less time for thinner cuts of Chilean Sea Bass to keep this delicate fish from falling apart.

Halibut

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
3/4"	Hi - 2 min	Med-Low - 5 min	Med-Low - 2 min	

Spray with non-stick cooking oil on both sides.

Dover Sole

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1/4"	Med - 1 min	Med - 1 min		

Rub with herb rub. Spray with non-stick cooking oil on both sides.

*Dover Sole is a delicate fish and may fall apart if cooked too long.



Timing Guidelines

Grouper

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 1/4"	Hi - 2 min	Med-Low 8 min	Med-Low 3 min	

Rub with spice rub. Spray with non-stick cooking oil on both sides.

Catfish

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1/2"	Hi - 2 min	Hi - 2 min		

Rub with spices, or marinade according to instructions on bottle.
Spray with non-stick cooking oil on both sides.

Cod

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 3/8"	Hi - 2 min	Med-Low - 8 min	Med-Low - 3 min	

Rub fillet with spice rub on both sides. Spray with non-stick cooking oil on both sides.

Salmon

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 1/2"	Hi - 2 min	Hi - 2 min	Med-Low- 4 min 15 sec	Med-Low- 4 min 15 sec

Apply spice rub to salmon steak. Spray both sides with non-stick cooking oil.

Salmon Fillet

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1/2"	Hi - 2 min	Med 4 min-skin side		

Sprinkle both sides with your favorite seasoning.
Spray with non-stick cooking oil on both sides before grilling.

Salmon Fillet

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
3/4"	Hi - 2 min	Med 6 min-skin side		

Sprinkle with garlic salt. Spray with non-stick cooking oil on both sides.

Swordfish Steak

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1"	Hi - 2 min	Hi - 2 min	Med-Low - 1 min 30 sec	Med-Low - 1 min 30 sec

Spray with non-stick cooking oil on both sides.

Timing Guidelines



Lobster

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med 1 min	Med 1 min

Place lobster on its back and butterfly with a sharp knife.

Garlic-butter dip: melt butter then stir in crushed garlic and seasoned salt to taste.

Thanks to Dan Steuer of Studio City, CA for this great recipe!

Slipper Lobster Tail

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 2 min	Hi - 2 min		

Spray tails with Roasted Garlic spray.

Yellow Tail Tuna

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 1/2"	Hi - 2 min	Hi - 2 min	Med-Low 8 min	Med-Low 3 min

Rub with spice rub. Spray with non-stick cooking oil on both sides.

Albacore Tuna

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1 1/2"	Hi - 2 min 30 sec	Hi - 2 min 30 sec	Med-Low - 3 min 30 sec	Med-Low - 3 min 30 sec

Sprinkle Albacore with Lemon-Herb Seasoning. Spray with non-stick cooking oil on both sides.

Seared Ahi Tuna

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1"	Hi - 2 min	Hi - 2 min		

Marinate for 1-2 hours or spray with non-stick cooking spray on both sides.

Seared Ahi is traditionally rare inside. If you like your fish more done inside, grill 1 min more on each side.

Try not to cook past medium-rare, as the fish will continue to cook when removed from grill.

Thresher Shark

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1"	Hi - 2 min	Hi - 2 min	Med-Low - 3 min 30 sec	Med-Low - 3 min 30 sec

Marinate according to instructions on bottle or spray then use

non-stick cooking oil on both sides and sprinkle with your favorite seasoning.

Mahi-mahi

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
3/4"	Hi - 2 min	Hi - 2 min	Low - 3 min	Low - 3 min

Spray both sides with cooking spray or make a blend of 2 T. butter, 2 T. lemon juice, salt and pepper to brush on each side.



Timing Guidelines

Zucchini

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 2 min	Hi - 2 min		

Cut off stem. Cut into 1/4" thick slices. Spray with non-stick cooking oil on both sides and sprinkle with garlic salt.

* Finish on warming rack for 3-4 min.

Portabello Mushrooms

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 1 min 45 sec	Hi - 1 min 45 sec	Hi - 2 min	*

Combine mushrooms and oil spice mixture in a rectangular baking dish.

Marinate for at least 2-4 hours.

Grill smooth side down first.

Corn on the Cob (in husk)

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 8 min		Low 12 min	

Rinse with water. Place directly on the grill in the husk; turn every 2 minutes.

Grill corn in husk directly on cooking grids.

*Rotate corn 1/4 turn every 2 minutes to ensure even grilling.

Corn on the Cob (husk removed)

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 8 min		Low 12 min (turn every 2 min)	

Remove husks and silk from corn cobs. Coat with cooking spray. Generously sprinkle your favorite seasoning on all sides of corn. Wrap corn cob in foil. Place foil-wrapped corn on cooking grids. Roll corn 1/4 turn every 1 1/2 to 2 minutes on HIGH. Set all burners on LOW. (1) Close lid, but keep slightly propped open with spatula or other utensil, rolling corn 1/4 turn every 2 minutes to prevent burning OR (2) set corn up on warming rack for 20 minutes, rolling corn 1/4 turn every 2 minutes, while cooking other foods on grill. Keep in foil until ready to eat.

Eggplant

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 1 min	Hi - 1 min	*	

Cut eggplant lengthwise into 3/8" slices. Pour olive oil onto both sides and rub in. Season both sides.

The eggplant is very porous, so it will most likely suck up the olive oil that you applied.

Don't hesitate to put eggplant in a dish and cover with more olive oil. *Finish on warming rack for 1-2 min.

Asparagus

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 1 min	Hi - 1 min	*	

Blanch in boiling water for 1 minute. Remove from boiling water and immediately immerse in bowl of ice water until asparagus has cooled. Drain asparagus on paper towel. Coat with olive oil; salt and pepper.

*Finish on warming rack. Remove when al dente (tender but slightly firm).

Timing Guidelines



Baby Potato and Sweet Onion Skewers

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 1 min 45 sec	Hi - 1 min 45 sec	Hi - 1 min	Hi - 1 min

1. Parboil* potatoes for approximately 10 min, depending on size. Remove from water.
 2. Cut onion into eighths.
 3. Alternate on skewer: small piece of onion/potato/onion/...etc.
 4. Place skewers on tray and cover with olive oil, salt, pepper, and Italian herbs.
- * To parboil is to partially cook in boiling water.
Place skewers directly on cooking grids.

Grilled Pineapple

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
1/4"	Hi- 1 min 30 sec	Hi- 1 min 30 sec		

Prepare pineapple by removing top and cutting off outer skin.
Cut into 1/2" rings or remove core and cut into 3/4"-1" thick spears.

Peaches

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Hi - 1 min	Hi - 1 min	Hi - 1 min	Hi - 1 min

Cook to make bar marks. Before serving, we like to sprinkle it with cinnamon-sugar then serve it with a scoop of vanilla ice cream on top. Or add a grilled peach to a summer salad.

Pizza

<u>thickness</u>	<u>sear in side 1</u>	<u>sear in side 2</u>	<u>finish side 1</u>	<u>finish side 2</u>
	Low - 3 min	Low - 3 min		

1. Form pizza dough to desired size; a smaller size pizza will be easier to flip. Do NOT add toppings yet.
2. Oil both side of formed pizza dough with olive oil.
3. Place directly on grill and grill for 3 minutes on LOW until side of pizza closest to the grill is firm, and the top side starts to bubble.
4. Remove the dough from grill and place on a cookie sheet with the grilled side up. Add your sauce and toppings then place back on the grill to finish cooking. Close the hood during this time.

Grilled Pineapple Upside Down Cake

TOPPING

6 rings fresh (not canned) pineapple, each 1/2 inch thick,
peeled and cored
3 tablespoons unsalted butter
+ 1 tablespoon unsalted butter, melted
1/2 cup dark brown sugar, packed
1/2 teaspoon ground cinnamon

BATTER

1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1 cup milk
2 large eggs
1 teaspoon vanilla extract
4 tablespoons (1/2 stick) unsalted butter, softened
3/4 cup granulated sugar

1. Prepare the batter by mixing the flour, baking powder, salt and baking soda together in a small bowl. In a large bowl using an electric mixer, cream the butter and sugar on medium-high speed until light and fluffy, 2 to 4 minutes. With the mixer on low, add the eggs, milk and vanilla then gradually add the flour mixture. Blend until smooth, scraping down the sides as necessary. Set aside.

2. Heat the grill. Brush the pineapple rings with the melted butter. Grill them over direct medium heat, with the hood open for about 2 minutes until nicely marked, then turn, grilling the other side for about two minutes. Remove from the grill and let cool while topping is prepared.

3. In a 12-inch cast-iron skillet over direct medium heat, combine the brown sugar, cinnamon and 3 tablespoons butter. Cook until the sugar has melted and the liquid starts to bubble around the outer edge, about 2 minutes. Remove the skillet from the heat and place a whole pineapple ring in the center of the skillet, and then arrange the remaining pineapple rings around it. Using a rubber spatula, spread the batter evenly over the pineapple slices in the skillet.

4. Bake the cake over indirect low to medium heat, keeping the temperature of the grill as close to 350°F as possible,



with the hood closed, until the top is golden brown and a skewer inserted into the center comes out clean, 20 to 25 minutes. Turn skillet handle about 180 degrees about 7 to 10 minutes about half way through bake time to prevent an uneven cake. Wearing barbecue mitts to pick up the hot skillet handle, remove the cake from the grill and let cool at room temperature for about 10 minutes.

5. Before removing the cake from the skillet, run a paring knife around the edge to loosen it. Place a serving platter, large enough to hold the cake, over the top of the skillet. Wearing barbecue mitts, carefully invert the skillet and platter at the same time, and then slowly remove the skillet. Replace any pineapple that has stuck to the bottom of the skillet. Let the cake cool briefly before slicing into wedges and serving. The cake is best served warm or at room temperature the day it is made.

Serves: 6 to 8

Rotisserie Turkey

- The Solaire Infrared Way



The following was developed with a 14 lb. turkey on a Solaire 30" Infrared Grill using the bottom infrared burners.

EQUIPMENT NEEDED:

Solaire Infrared Grill; Solaire BBQ Tray (SOL-IRBT-BQ); Solaire Rotisserie; Oven Thermometer; Meat Thermometer; Twine or cooking pins; Carving knife and fork.

FOOD NEEDED:

Turkey; Seasoning or rub; Water (for BBQ Tray).



- a. Trim as much loose skin and fat as possible to minimize drippings. Mop up any excess grease in and on the bird with a paper towel.
- b. Place the bird on the spit between the forks. Make sure the forks are pushed in tight and have a good grip on the bird.
- c. Tie or pin the wings down to keep them from flopping while turning.
- d. Place your favorite seasoning or rub on the bird. Do not marinate or oil the bird, as this will interrupt the searing in process (too many juices that will cause a fire during the searing-in process).
- e. Place a meat thermometer in the thickest portion of the thigh. Be sure that it is not touching bone.
- f. Remove both cooking grids. Place an oven thermometer (I bought mine at the grocery store for less than \$7.50) on the back part of the hood in the middle (the shelf-like portion of the rear hood).
- g. The proper sequence of components on the spit are (from left to right): handle; counter-weight; bushing with set screw; fork; bird; fork; motor.
- h. Insert the spit into the motor. Position the bird directly over the right burner, then tighten the fork set screws with pliers. Start the motor and adjust the counter-balance to make the bird spin free (no jerky motions).
- i. Light the burner (right burner) under the bird. Sear the bird on high for 15 minutes with the hood open. This will lock in the juices and start a golden appearance on the skin.
- j. After searing, place the BBQ tray under the bird (over the right burner supported by the cooking grid supports of the grill) and fill the tray with water (careful not to spill any water onto the burner!). After 1 minute, turn the right burner to the low side of "*" and leave it there until the bird is done.
- k. Light the left burner on high and close the hood. After 2 minutes, turn the left burner below "**". You will need to adjust the left burner as necessary to maintain a temperature between 340 and 350 degrees F (as registered on the oven temperature). Most of the time I had the left burner half way between "*" and low, and close to low (second dot). Where you place the knob depends on how often you lift the hood to check on the bird, which escapes the heat.
- l. Check the water level in the BBQ tray every 30 minutes and replenish as necessary. (Note: do not let the BBQ tray go dry as it will warp the tray). The water in the tray steams up into the bird to keep it moist.
- m. Periodically check that the burners remain lighted. If the left burner extinguishes while on the low setting, you need to adjust the low setting per the instructions in the owner's manual.
- n. Periodically check the bird through the opening in the rear of the hood to ensure that it is turning. After a time, the set screws of the forks may work loose, stopping the bird from turning. If this happens, using extreme caution to avoid burns, use gloves and pliers to retighten the fork set screws. You may also need to adjust the counter-weight as necessary, as the balance will change as the bird cooks. The hood is hot, so be careful not to touch it.
- o. When the thermometer reads 180 degrees, you can turn off the burners and remove the turkey. Let the turkey stand for 20 to 30 minutes before carving (the turkey continues to cook during this time).
- p. Total cooking time for our 14 lb. turkey was 2 hours 15 minutes. Normal oven time would be about 3 ½ hours. The bird was done, juicy and tasty. The searing-in process is the trick, as it is with all grilling on a Solaire.



Rotisserie Prime Rib - The Solaire Infrared Way

The following was developed with a 7 1/2 lb. Prime Rib Roast on a Solaire 30" Infrared Grill.

EQUIPMENT NEEDED:

Solaire Infrared Grill; Solaire BBQ Tray (SOL-IRBT-BQ); Solaire Rotisserie; Oven Thermometer; Meat Thermometer; Carving knife and fork.

FOOD NEEDED:

Roast; Seasoning or rub; Water or desired liquid (for BBQ Tray).



- a. Trim as much excess fat as possible to minimize drippings.
- b. Place the roast on the spit between the forks. Make sure the forks are pushed in tight and have a good grip on the roast.
- c. Place your favorite seasoning or rub on the roast. Do not marinate or oil the roast, as this will interrupt the searing in process (too many juices that will cause a fire during the searing-in process).
- d. Place a meat thermometer into the roast. Be sure that it is not touching bone.
- e. Remove both cooking grids. Place an oven thermometer (I bought mine at the grocery store for less than \$7.50) on the back part of the hood in the middle (the shelf-like portion of the rear hood).
- f. The proper sequence of components on the spit are (from left to right): handle; counter-weight; bushing with set screw; fork; roast; fork; motor.
- g. Insert the spit into the motor. Position the roast directly over the right burner, then tighten the fork set screws with pliers. Start the motor and adjust the counter-balance to make the roast spin free (no jerky motions).
- h. Light the burner (right burner) under the roast. Sear the roast on high for about 20 minutes with the hood open. This will lock in the juices and start a golden appearance on the outside. The high-heat searing-in process is what separates Solaire from all other grills.
- i. After searing, place the BBQ tray under the roast (over the right burner supported by the cooking grid supports of the grill) and fill the tray with water or desired liquid (we used beer for this roast). Be careful not to spill any water onto the burner! After 1 minute, turn the right burner to the low side of "*" and leave it there until the roast is done.
- j. Light the left burner on high and close the hood. After 2 minutes, turn the left burner below "*". You will need to adjust the left burner as necessary to maintain the desired temperature. Where you place the knob depends on how often you lift the hood to check on the roast, which escapes the heat. The hood should be closed after the searing-in period until the roast is done.
- k. A word about temperature. We cooked this roast at 250 degrees F for about two hours (after the searing in period). This gave us a rare meat that was cooked very evenly throughout the roast. An alternative method would be to maintain between 300 to 350 degrees. This would cook the roast faster, give a crustier exterior and allow for a more graduated doneness (medium to well on the outer part, going to rare in the middle of the roast). You will want to experiment with the time/heat relationship to arrive at your desired outcome.
- l. Check the liquid level in the BBQ tray every 20 to 30 minutes and replenish as necessary. (Note: do not let the BBQ tray go dry as it will warp the tray). The liquid in the tray steams up into the roast to keep it moist.
- m. Periodically check that the burners remain lighted. If the left burner extinguishes while on the low setting, you need to adjust the low setting per the instructions in the owner's manual.
- n. Periodically check the roast through the opening in the rear of the hood to ensure that it is turning. After a time, the set screws of the forks may work loose, stopping the roast from turning. If this happens, using extreme caution to avoid burns, use gloves and pliers to retighten the fork set screws. You may also need to adjust the counter-weight as necessary, as the balance will change as the roast cooks. The hood is hot, so be careful not to touch it.
- o. When the meat thermometer reads 140 (rare) to 160 (well) degrees, you can turn off the burners and remove the roast. (See #k above for discussion of temperature and time). Let the roast stand for 20 to 30 minutes before carving (the roast continues to cook during this time).
- p. Total cooking time for our 7 1/2 lb. prime rib roast was 2 hours 20 minutes. The roast was rare but done throughout, juicy and tasty. The searing-in process is the trick, as it is with all grilling on a Solaire.

Rotisserie Chicken

- The Solaire InfraVection™ Way



The following was developed with two fresh chickens (3.67 lbs. and 5.18 lbs.) on a Solaire 42" InfraVection Grill with rear infrared rotisserie burner and the hood down during the entire rotisserie time.

EQUIPMENT NEEDED:

Solaire InfraVection Grill; Solaire Rotisserie; Drip Pan (aluminum or other metal); Meat Thermometer; Twine or cooking pins; Spray Bottle with Water; Carving knife and fork.

FOOD NEEDED:

Chicken (fresh or thawed, not frozen); Seasoning or rub.

SAFE HANDLING:

Proper handling of chicken and all meats eliminates the risk of bacterial infection.

- Thaw chicken in refrigerator, microwave oven, or cold water - never on the kitchen counter or picnic table.
- Keep uncooked chicken in the refrigerator or cooler until it's time to grill.
- Serve chicken from the grill on a clean platter, never on the platter used to hold raw chicken before cooking, unless that platter has been washed thoroughly with soap and water.
- Wash hands, counter, side shelves, cutting boards, knives and other utensils with hot soapy water after each contact with raw poultry or other meat.
- Chicken should be well-done, never medium or rare. An internal temperature of 180°F should be reached before cooking is completed.
- Never leave cooked chicken at room temperature for more than 2 hours. If not eaten immediately, cooked chicken should be kept either hot or refrigerated.

- a. Trim as much loose skin and fat as possible to minimize drippings. Mop up any excess grease in and on the bird with a paper towel.
- b. The proper sequence of components on the spit are (from left to right): handle; counter-weight; bushing with set screw; fork; bird; fork; motor.
- c. Place the bird on the spit between the forks. Make sure the forks are pushed in tight and have a good grip on the bird.
- d. Tie or pin the wings down to keep them from flopping while turning.

- e. Insert the spit into the motor. Position the bird directly in front of the rear infrared rotisserie burner, then tighten the fork set screws with pliers. Start the motor and adjust the counter-balance and/or bird to make the bird spin free (no jerky motions).
- f. Place drip pan directly underneath the bird to collect drippings and to protect grill burners.
- g. Place your favorite seasoning or rub on the bird. Do not marinate or oil the bird, as this will interrupt the searing-in process (too many juices that will cause a flare during the searing-in process).
- h. Start the motor to start the bird turning.
- i. Light the rear infrared rotisserie burner.
- j. Close the hood.
- k. Approximate Rotisserie Time: 25 to 30 minutes per pound, or approximately 1 1/2 to 2 1/2 hours, depending on the size of the bird. The larger the bird, the less time per pound.
- l. Periodically check the bird through the opening in the rear of the hood to ensure that it is turning. After a time, the set screws of the forks may work loose, stopping the bird from turning. If this happens, using extreme caution to avoid burns, use gloves and pliers to retighten the fork set screws. You may also need to adjust the counter-weight as necessary, as the balance may change as the bird cooks. The hood is hot, so be careful not to touch it.
- m. Periodically check the bird through the opening in the rear of the hood to ensure that it has not caught on fire. If you see the bird on fire, open the hood and extinguish the fire on the bird with a spray of water.
- n. Checking for Doneness. As you approach the estimated time of completion, you need to check the internal temperature of the bird. Place a meat thermometer in the thickest portion of the thigh and/or deep breast. Be sure that it is not touching bone. When the thermometer reads 180 degrees, you can turn off the burner and remove the bird. Juices should run clear - not pink - when a fork is inserted with ease. Let the bird stand for 20 to 30 minutes before carving (the bird continues to cook during this time). If the center is pink, the bird needs more grilling time.



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