

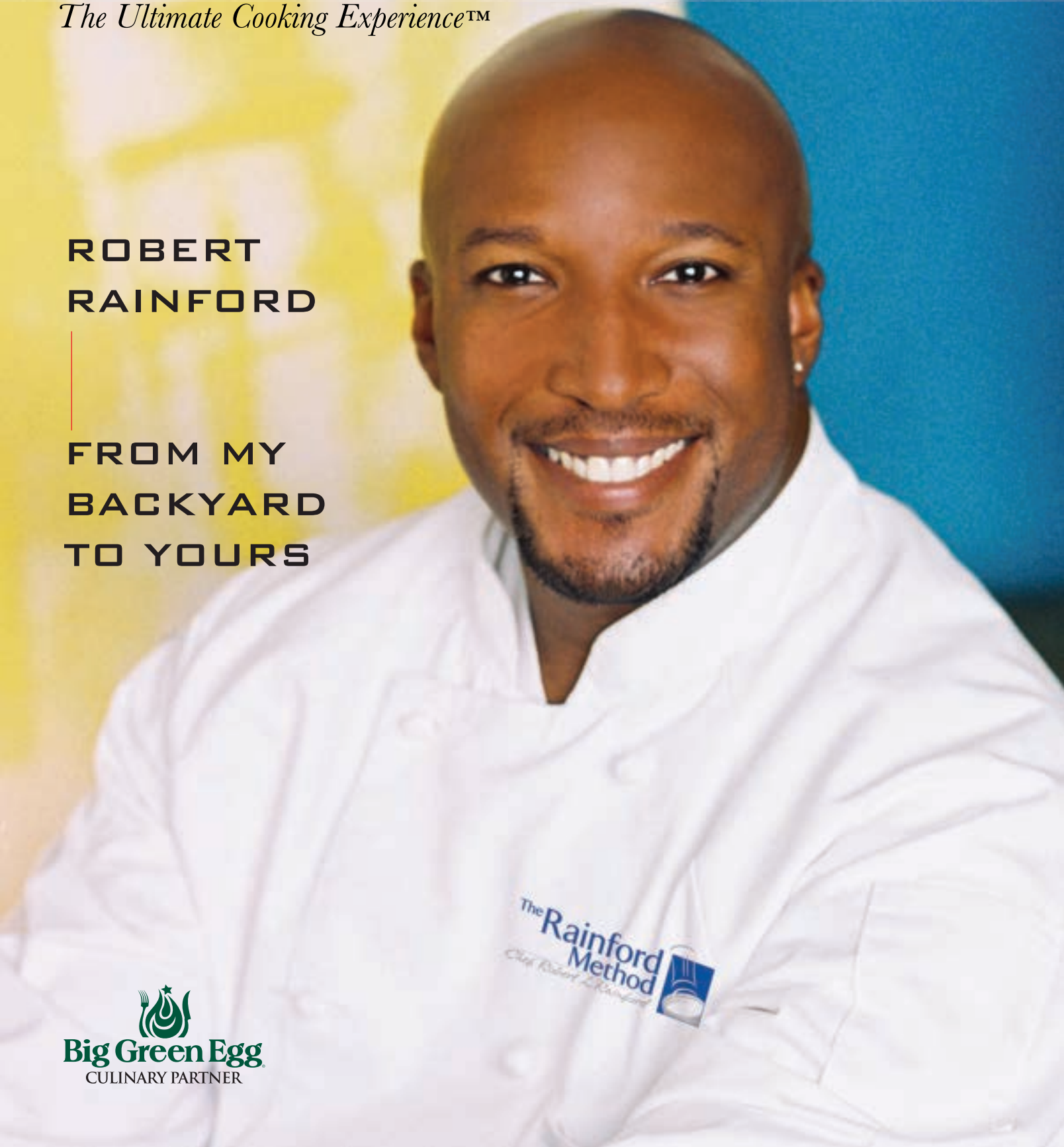
**Big Green Egg®**

# CULINARY ARTS

*The Ultimate Cooking Experience™*

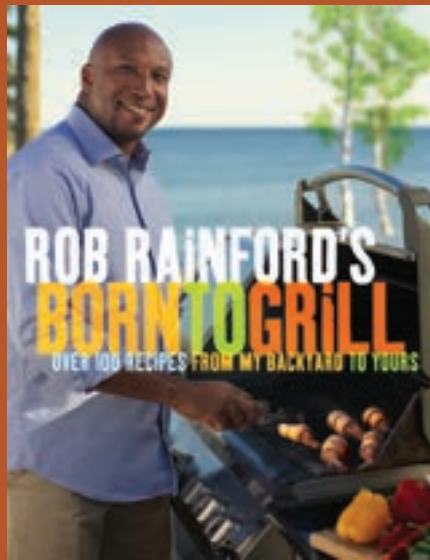
**ROBERT  
RAINFORD**

**FROM MY  
BACKYARD  
TO YOURS**



  
**Big Green Egg**  
CULINARY PARTNER

# The Rainford Method



*“The Big Green Egg is quite addicting; you just keep trying new things and enjoying the results. I guess I have now become an EGGhead!”*







# The Rainford Method

*The aroma of Jamaican open-pit grilling and charcoal roasted foods was pervasive and unforgettable to the impressionable young boy. Chef Robert Rainford's visit to his homeland Jamaica at the age of sixteen exposed him to a culinary world that would become his life's work and passion. Mention grilled food to this chef and his quick response makes it unmistakably clear that grilling is his art form ... and a source of endless fun.*

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## Grilled Striped Bass

Makes 8 servings

### Ingredients

8 skin-on striped bass fillets,  
each about 8 oz (250 g)  
1/4 cup (60 ml) olive oil  
1/2 tsp (2 ml) kosher salt  
1/2 tsp (2 ml) freshly ground white pepper  
1/2 tsp (2 ml) dried chili flakes  
Canola oil for greasing

### The Rainford Method

Preheat the EGG for direct cooking at 350°F/177°C.

Make four slits in the skin of each fillet. Brush the fillets with olive oil and season with salt, white pepper and chili flakes.

Brush the cooking grid with canola oil and place the fish on the grid. Cook for 6 to 8 minutes per side or until the skin is crisp and the flesh is opaque.

**Tip:** For perfect sear marks on your food, utilize the superior heat conductivity of the Cast Iron Cooking Grid as an alternative to the primary Stainless Cooking Grid. The cast iron gets very hot and retains the heat, turning it into a perfect searing surface for steaks, fish and seafood.



FOR A BEAUTIFUL, SIMPLE ENTRÉE, SERVE THE BASS WITH A SEASONAL SALAD AND A RICE PILAF.



# The Rainford Method

*“Slowing down and taking the time to enjoy the preparation of quality food, while spending time with the folks around you is significant to good health and happiness,” says Rainford, who was the host of the successful Food Network Canada show “License To Grill.” “Cooking over charcoal adds to the cooking experience.”*

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## Fired-Up

### Chicken Wings

Makes 2 main course servings or  
10 appetizer servings

#### Ingredients

½ cup (125 ml) canola oil  
¼ cup (60 ml) Jerk Marinade  
2 Tbsp (30 ml) chili powder  
2 Tbsp (30 ml) onion powder  
1 Tbsp (15 ml) garlic powder  
1 Tbsp (15 ml) smoked paprika  
1 Tbsp (15 ml) freshly ground black pepper  
1 jalapeño chili (for less heat, seed the chili)  
1 tsp (5 ml) kosher salt  
½ tsp (2 ml) ground ginger  
2 lb (1 kg) chicken wings

#### The Rainford Method

1. Combine the oil, jerk marinade, chili powder, onion powder, garlic powder, smoked paprika, black pepper, jalapeño, salt and ground ginger in a large bowl.
2. Add the chicken wings and toss to coat evenly. Refrigerate for at least 2 hours or up to 24 hours.
3. Fire up your charcoal. Set up the EGG for direct cooking at 350°F/177°C.
4. Remove the wings from the marinade, shaking off the excess. Pat the wings dry with paper towels.
5. Grill the wings, turning once halfway through cooking, for 20 to 30 minutes or until golden and the juices run clear.





“ANYONE WHO KNOWS ME WILL TELL YOU THAT MY GUILTY PLEASURE  
IS EATING CHICKEN WINGS.  
AND I REALLY ENJOY THEM COOKED ON THE EGG.”

## Jerk Marinade

¾ cup (185 ml) white vinegar  
½ cup (125 ml) orange juice  
¼ cup (60 ml) olive oil  
¼ cup (60 ml) soy sauce  
1 lime, juiced  
2 Tbsp (30 ml) garlic powder  
1 Tbsp (15 ml) dried thyme leaves  
1 Tbsp (15 ml) ground allspice  
1 ½ tsp (7.5 ml) dried red chili flakes  
1 ½ tsp (7.5 ml) dried ground sage  
1 ½ tsp (7.5 ml) freshly ground  
black pepper  
1 tsp (5 ml) kosher salt  
¾ tsp (4 ml) ground cinnamon  
¾ tsp (4 ml) ground nutmeg  
1 cup (250 ml) chopped onion  
3 green onions, finely chopped  
1 Scotch bonnet chili, seeded and  
chopped

Blend all ingredients together in a  
food processor until smooth.  
Makes 1¾ cups (450 ml)

# The Rainford Method

*Robert learned about the EGG from his community of fellow chefs. When offered his first “hands on” experience, he was fascinated and took on the challenge. “As a chef, I love that feeling of constantly being challenged and staying on a perpetual learning curve. My first thought was, ‘Wow! That was incredibly fast, and what temperature control!’ If you think that it’s a waiting game for lump charcoal to be ready, then you need to try the EGG – it’s ready in minutes!”*

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## Grilled Thyme and Rosemary Porterhouse Steak with Roasted Garlic Butter

Makes 6 to 8 servings

### Ingredients

4 Porterhouse steaks, each about 12 -16 oz (375 to 500 g) and 1 inch (2.5 cm) thick  
8 Tbsp (120 ml) olive oil  
1/2 cup (125 ml) finely chopped fresh thyme  
4 Tbsp (60 ml) finely chopped fresh rosemary  
Kosher salt and freshly ground black pepper to taste

### The Rainford Method

Preheat the EGG for direct cooking at 350°F/177°C. (You will later add the Plate Setter to finish indirect).

Brush the oil on both sides of each steak. Mix together the thyme, rosemary and salt and pepper to taste. Sprinkle the herb mixture evenly all over the steaks. Place the steaks on the grill over direct heat. Cook for 6 to 8 minutes per side.

Remove the steaks. Using the Grill Gripper and barbecue mitts, carefully remove the cooking grid and add the Plate Setter, legs up, and replace the grid. Move the steaks back to the grid and close the dome. Cook for 30 minutes for medium-rare, or to desired doneness.

Remove the steaks from the EGG and let rest for 5 minutes before cutting each in half.

Serve with Roasted Garlic Butter. Recipe on the following page. >





# The Rainford Method

*There was no question; the EGG had a new fan. "I want to pass on what I know to people. The Rainford Method is all about taking a complicated recipe and making it doable for most people. That's very easy with the EGG ... the temperatures are very even and reliable, and there are so many great EGGcessories."*

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## Roasted Garlic Butter

### Ingredients

1/2 cup (125 ml) unsalted butter at room temperature  
2 Tbsp (30 ml) finely chopped fresh parsley  
2 Tbsp (30 ml) roasted garlic (see Tip)  
1 tsp (5 ml) finely grated lemon zest  
1 Tbsp (15 ml) fresh lemon juice  
1 tsp (5 ml) grainy Dijon mustard

### The Rainford Method

Beat the butter on low speed using a mixer fitted with a paddle attachment, until it is smooth and creamy. Add the parsley, roasted garlic, lemon zest and juice and mustard. Beat on low speed until well combined.

Divide the butter into quarters and, using a sheet of wax paper to roll each one, form each into a cylinder, about 1 inch (2.5 cm) thick. Wrap in wax paper then in plastic wrap. Place in the fridge until firm. Makes about 1/2 cup (125 ml)

**Tip:** To roast garlic, cut the top off a whole bulb, drizzle with oil and wrap in foil. Roast at 400°F/204°C for 30 minutes or until tender. Use a fork to remove the cloves from their skins or squeeze the bulb gently.







## ROBERT RAINFORD

IN “ROB RAINFORD’S BORN TO GRILL: OVER 100 RECIPIES FROM MY BACKYARD TO YOURS”, THE MUCH LOVED CHEF AND TELEVISION PERSONALITY TAKES GRILLING TO A WHOLE NEW LEVEL. WITH TWENTY MOUTH-WATERING MENUS FROM AROUND THE WORLD, THIS IS THE ULTIMATE COOKBOOK FOR GRILL MASTERS AND NOVICES ALIKE.

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