

Enjoy!



#6 EN - Autumn/Winter

OPEN FLAVOUR

TRADITIONAL TREATS

Piedmont - Italy



Taste the autumn & winter

With proper preparation, you can easily put together a full menu on the Big Green Egg®, with seasonal products in pride of place, of course, because the taste and quality of natural ingredients are at their best in season. Enjoy these delicious seasonal menus together with friends or family.

>> 3 and 20

Discover the chef's region

Chef Sasu Laukkonen is one of the biggest names in Finnish gastronomy. The kitchen of his restaurant Chef & Sommelier is based on pure taste from natural ingredients. This time, the chef heads out and about to treat you to the most delicious outdoor creations.

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Tasty seasonal fish

At this time of year, too, there is an extensive range of responsibly sourced seafood available. The Big Green Egg has a lot to offer when preparing this food group. Let yourself be tempted by this range of delicious dishes.

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Piedmont specialities

Piedmont conjures up images of Barolo and white truffles, but this region has much more to offer. The quality of the local hazelnuts are unrivalled and the traditional Piedmont dishes are a treat for the taste buds. Discover the delights of Piedmont.

>> 14

The easy meal

The range of cooking techniques available on the Big Green Egg makes it ideal for slow techniques at a low temperatures, as well as quick meals. After a busy day, these dishes can be served in no time, so you can enjoy and relax.

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Big Green Egg

OPEN FLAVOUR™

Big Green Egg is unique in many ways. The EGGs are of unparalleled quality, due to the use of various patented components and benefiting from advancements in ceramic technology developed for NASA purposes. The proprietary ceramic material reflects the heat waves, which has a delicious impact on the taste of foods and dishes cooked with each model, from the Mini to the XXLlarge, regardless of the technique used. You'll discover that Big Green Egg stands for responsible and healthy cooking. There is little to no fat needed and when slow cooking at a low temperature, healthy nutrients are preserved, and the meat does not burn. The many premium accessories are also unique. They make outdoor cooking safer and easier, and include accessories to enable you to use the Big Green Egg for even more cooking techniques. Moreover, the accessories complete the Big Green Egg lifestyle.

We are not only progressive when it comes to our products. Our aim is for you too to use them optimally, so you can have fun delighting your taste buds together with friends and family. Twice a year, we take you on a journey with Enjoy! in order to provide a tasty source of inspiration. We inform you about the best ingredients, the best recipes and let you discover the culinary delights of the various countries and regions. Let this Enjoy! be your guide and you'll enjoy the best dishes, prepared using the finest seasonal ingredients. The Big Green Egg is, of course, essential. After all, true cooking enthusiasts prefer working with the finest ingredients and the best materials and equipment that fully optimise the flavours of the ingredients.

This edition focuses on autumn and winter and the dishes will reflect these seasons on the plate. In the next edition, available at your dealer from the end of March 2016, the emphasis will be on the flavours of spring and summer. Can't wait until then? Our website, biggreenegg.eu, also delights your taste buds. There you will not only find previous editions of Enjoy!, but also plenty more tasty recipes and menus that you can prepare on the Big Green Egg. You can also subscribe to our monthly inspiration-filled newsletter, in order to receive the latest recipes automatically twelve times a year.

Enjoy!

Big Green Egg Europe

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Safety first

During cooking, the convEGGtor® often needs moving, or to be taken out of the EGG® completely, or the Stainless Steel Grid needs to be replaced by the Cast Iron Grid, or vice versa. Always handle these parts using the right accessories, such as the Pit Mitt® BBQ Glove and the Cast Iron Grid Lifter. Make sure that while the EGG is ignited you always open it carefully in two steps. First, open the lid a few centimetres, so that oxygen can enter in a controlled fashion, and keep it there for a few seconds, before opening the lid fully. Opening the lid in this way prevents a high flame from forming. Before using your EGG for the first time, read all the safety tips on biggreenegg.eu.



New: Practical instructional videos

With Enjoy!, our newsletter and a variety of recipes on biggreenegg.eu we aim to inspire you continuously. But obviously using the Big Green Egg starts with the basics, which is why Big Green Egg has devised a number of instructional videos in which these basics are clearly explained. This will help you get even more pleasure from your EGG!

A Big Green Egg is not just a barbecue, it's a versatile stove with numerous culinary possibilities. A Big Green Egg gives ingredients and dishes a delicious flavour, regardless of the cooking technique used. Exactly how much charcoal should I put in the firebox? What's the best way to light the charcoal in the EGG? Should the lid be open or closed when the fire starters are lit? How do you turn the Big Green Egg into a brick oven to bake the most delicious pizzas

and bread? How can you precisely control the temperature? What other cooking techniques are possible? How do you set up the Big Green Egg to do this? What is the added value of a cast iron cooking grid?

Do's and don'ts

These and many other questions are answered in the seven very informative instructional videos 'Igniting and extinguishing', 'Temperature control', 'Direct

grilling', 'Indirect cooking', 'Smoking', 'Working with the pizza stone' and 'Cleaning and maintenance'. Because the videos are organised thematically you can choose a particular instruction or simply watch all the videos. Each video lasts only 1.5 to 2 minutes in which do's and don'ts are discussed succinctly and effectively. Your mouth will undoubtedly water from the start, and there are lots of useful and tasty tips. Through the videos you will

become familiar with the basics of using the Big Green Egg and you can use this knowledge, with or without the recipes in Enjoy! or biggreenegg.eu, for further experimentation.

Curious about the instructional videos? See all videos on biggreenegg.eu. Happy viewing and cooking!

BIG GREEN EGG SEASONAL MENU

Taste of autumn

With proper preparation, you can easily put together a tasty three course meal on the Big Green Egg. You will see that most of the preparations for this delicious autumn menu are carried out in advance so that you can sit back and enjoy the meal together.

Would you like to receive delicious seasonal menus and other special recipes in your mailbox? Sign up for our newsletter at biggreenegg.eu

Quiche with lentils, mushrooms and goat's cheese



Stuffed corn-fed chickens with grilled leek



Crème caramel with cloves and grilled pear



Ingredients (serves 4)

Starter

- 200 g green lentils
- 1 clove of garlic
- 3 sprigs of thyme
- 6-8 slices of frozen puff pastry (enough to coat the dish)
- 500 g oyster mushrooms
- 1 red onion
- 1 tbsp vegetable oil
- 4 eggs
- 100 ml cream
- 1 200 g roll of goat's cheese
- 1 sprig of sage
- 25 g rocket
- olive oil

Main course

- 2 x 600 g corn-fed chickens
- 2 large shallots
- 1 clove of garlic
- 250 g chestnut mushrooms
- 3 sprigs of sage
- 30 g butter
- 4 young leeks
- 1 stone-baked or farmhouse loaf of bread

Dessert

- 250 ml cream
- 4 cloves
- 150 g sugar
- 2 eggs
- 2 egg yolks
- 25 ml rum
- 25 ml water
- 2 ripe pears (e.g. Doyenné du Comice)

Accessories:

- convEGGtor
- Cast Iron Grid
- Round Drip Pan
- 2 Stainless Steel Grill Rings
- Cast Iron Grid Lifter
- The Pit Mitt BBQ Glove

Preparation in advance:

Crème caramel 1

Heat the whipping cream with cloves and 50 g of sugar in a saucepan on the stove until the sugar has dissolved. Meanwhile, mix together the eggs, egg yolks and rum in a separate mixing bowl and add the hot cream while stirring. Let the mixture reach room temperature for 4 hours to allow the cloves sufficient time to release their flavour. Heat the remaining sugar and water in a heavy saucepan over medium heat and wait until it begins to caramelize. Remove the pan from the heat and distribute the caramel over four single ramekins.

Preparation in advance: **Quiche 1**

Ignite the Big Green Egg. Insert the convEGGtor and the Cast Iron Grid and heat to 180°C. Drain the lentils in a colander. Peel and halve the garlic and bring to the boil with the lentils and thyme in a pan of lightly salted water.

Cook the lentils for approx. 20 minutes until done. Remove the garlic and thyme and let the lentils cool. In the meantime leave the puff pastry to thaw. Set aside four nice oyster mushrooms and cut the remaining mushrooms into small pieces. Peel and finely chop the red onion. Heat the oil in a frying pan and fry the pieces of oyster mushroom and onion until the onion is translucent. Take the pan off the heat and stir in the lentils. Mix the eggs and the cream together in a separate bowl, spoon in the lentil mixture and season with salt and pepper. Grease a shortbread or quiche dish and line it with the puff pastry. Divide the lentil mixture into the dish. Place the dish on the grid, close the lid of the EGG and bake the quiche for about 40 minutes. Meanwhile, continue preparation of the main course.

Preparation in advance:

Corn-fed chickens

Take the corn-fed chickens out of the refrigerator. Peel the shallots and the garlic. Cut the shallots into thin rings and chop the garlic. Cut the chestnut mushrooms into slices, pick the leaves of the sage and chop coarsely. Heat the butter in a frying pan and sauté the shallots, garlic and mushrooms until the shallots are translucent. Allow to cool, mix in the sage and season with salt and pepper. Stuff the chickens with the mushroom mixture and tie them together with butcher's twine. Top and tail the leeks and boil them in salted water for about 5 minutes. Cool in ice water, drain well and cut in half lengthwise. Cover the stuffed chickens and the leek and store in the refrigerator.

Preparation in advance: **Quiche 2**

After the specified cooking time remove the quiche from the EGG and leave to cool. Cut the goat's cheese into thin slices, spread over the cooled quiche and store, together with the set aside oyster mushrooms, covered in the refrigerator.

Preparation in advance:

Crème caramel 2

Bring the temperature of the EGG back up to 130°C. Pour the cream blend through a strainer and distribute over the four caramel filled ramekins. Cover the bowls, individually, with aluminium foil. Place them in the Drip Pan and pour in water until the ramekins are two thirds immersed. Carefully place the Round Drip Pan on the grid, close the lid and cook for 25 minutes.



Close the air regulator after 25 minutes and place the ceramic protective

cap on the chimney so that the EGG extinguishes. Leave the crème caramel to cool for another 30 minutes in the EGG. Remove the ramekins from the EGG and store in the refrigerator until preparation. Empty the Round Drip Pan, it will soon be needed for the preparation of the corn-fed chickens.

Preparation: **Quiche**

Reignite the Big Green Egg. Insert the convEGGtor and the Cast Iron Grid and heat to 180°C. Pick the leaves of sage and distribute over the goat's cheese. Place the quiche dish on the grid and close the lid of the EGG. Heat the already cooked quiche about 10 minutes until it is warm and the cheese has melted. Meanwhile, cut the set aside raw oyster mushrooms into slices. Mix with the rocket and season with olive oil, salt and pepper. Remove the quiche from the EGG. Cut into wedges and serve with the rocket and oyster mushroom salad.

Preparation: **Corn-fed chickens**

Put both stuffed chickens upright on a Stainless Steel Grill Ring and place on the grid in the Round Drip Pan. Close the lid of the EGG and cook the chickens for about 60 minutes. Regularly baste them during cooking with the juices leaking into the Round Drip Pan. Remove the Round Drip Pan with the chickens from the EGG, place the leeks on the grid and grill for about 5 minutes (or grill for the last 5 minutes that the chickens are cooking). Turn the leeks halfway through cooking. Slice the bread.



Halve the chickens lengthwise and arrange one half on each plate, along with two grilled leek halves. Serve with bread.

Preparation: **Crème caramel**

Remove the ramekins with the crème caramel from the refrigerator 30 minutes in advance and remove the aluminium foil. Lift the Cast Iron Grid from the EGG with the Cast Iron Grid Lifter and remove the convEGGtor with the Pit Mitt BBQ Glove. Return the Cast Iron Grid to the EGG, close the lid, and heat the EGG again to a temperature of 180°C. Meanwhile, peel the pears, remove the cores and cut into quarters. Grill the pear pieces briefly on all sides so that they get a nice grill stripe. Place the ramekins with the crème caramel on the grid and cook for about 1 minute with the lid closed so that the crème caramel becomes nice and soft. Turn out the crème caramel onto a plate and serve with the grilled pear. ■

FLAVOUR VIRTUOSO

OUR SENSES ARE A GIFT
TO ENJOY LIFE TO THE FULLEST
WWW.BIGGREENEGG.EU

Sasu Laukkonen
Finland

OPEN FLAVOUR





The chef's backyard

Sasu Laukkonen's natural and organic cuisine

New Nordic Cuisine is a household name. A new generation of chefs ensured the worldwide recognition of this cooking style based on pure flavours and fresh and seasonal ingredients, putting Scandinavia on the culinary map. One of the chefs is Sasu Laukkonen, a driven professional with respect for the ingredients he uses.





Anyone who wants to enjoy the cooking skills of Sasu and his team is most welcome at the Chef & Sommelier restaurant, an intimate restaurant in Helsinki that seats 25. The atmosphere is very pleasant and the chefs serve the courses to the guests themselves instead of hiding in the kitchen. Sasu cooks according to a specific 'close to nature' philosophy. He uses organic ingredients as well as wild ingredients where possible.

Retaining pure flavours

'The ingredients are the starting point of my dishes', explains the chef. 'First, they must be of the best quality, because it is impossible to cook tasty food without a proper base. I always work on the basis of the complete product and I like to introduce my guests to the diversity of it. A large part of the purchased meat is not portioned and we bone it ourselves. We also use the unsellable parts, and by preparing them in a creative manner we often manage to surprise our guests. In addition to this we strive not to use too many ingredients in a dish thus preserving pure flavours.'

A taste paradise

All dishes served at Chef & Sommelier are home-made. They bake their own bread and they even produce their own butter. The cellar is a paradise of taste, a storeroom where products dry and ferment and where root vegetables are stored as well as fruit, juices, various types of vinegar and preserves. Sasu told us that this is only the tip of the iceberg and that there is a bigger cellar nearby where all sorts of ingredients are patiently waiting until the time comes to process them into a dish. The wine

cellar, which includes a superb unfiltered Sancerre, is modest but impressive. All wines are preferably organic and selected to create lovely wine-food combinations to go with the dishes from the Chef & Sommelier kitchen.

Wild herbs, berries and mushrooms

'I know all my suppliers personally, and it is important to me that they follow the same philosophy. In addition, some of the vegetables and herbs are from my own 1 hectare garden. It produced some 65 different vegetables and herbs last year. We also pick a lot of wild herbs as well as wild berries and mushrooms', explained Sasu. Meanwhile, the time had come to hit the road and visit the suppliers to purchase the goods, then use the acquired ingredients in some delicious dishes. The MiniMax™ from the Chef & Sommelier kitchen and the Large came along on this trip from Helsinki to the north of Finland. Primarily because of the unique taste, Sasu is a big fan of the Big Green Egg. Always on the lookout for new methods of preparation, he already owned a Big Green Egg before they were being sold in Finland.

The company's showpiece

The first stop was somewhere in the Finnish capital. Reinin Liha, located in the covered market hall Hakaniemen halli, is the butcher where Sasu purchases his pork among other ingredients. This outlet in the market hall is the company's showpiece. They warmly welcome the consumer. Behind the scenes they are a leading supplier for many hotel, restaurant and catering businesses in the area. Another company in

the same market hall is Luomupuoti Satumarja who specialises in vegetables, fruit and juices. All the products the company sells are Demeter certified, which is a quality mark to guarantee the completely organic-dynamic production of the products. With a lovely piece of pork belly bacon and some organic potatoes and onions in the bag, it was time for the next address and we subsequently headed in the direction of Sipoo, which is an hour drive from Helsinki.





The rhythm of nature

Our destination in Sipoo was Majvikin luomutila, the farm of Atte Hermansson. Here, they also work according to the organic-dynamic principle in line with the rhythm of nature. It is a mixed farm business with free-range cattle and chickens and vegetable and grain products such as spelt, wheat, oats and rye. The Kyyttö cattle feed in the surrounding forest with supplementary feeding in the form of hay and locally produced fruit and vegetables. The deep litter cowshed, where the cattle can find shelter, is where they repeatedly spread straw to cover the old and soiled straw. This is a traditional method where the manure is regularly covered by a new layer of straw causing the level of the floor, and on it the cattle, to continuously rise. When the manure and straw mixture reaches a certain height, the cowshed is emptied with the objective to spread this natural manure over the land. It appears that the cattle do well with this method. Atte told us that the oldest cow of the small live stock has reached the respectable age of 29 years.

Beautifully marbled

The cattle breed combined with the great living conditions, including the freedom to roam and feed, ensures that the meat they produce is beautifully marbled and superbly tasty. For Sasu, it is the reason to source his beef from here. On our way to the farm shop Atte told us that they sell more in the shop than just their own products.

These are supplemented by, of course, organic products to make the assortment as complete as possible. As we got to the shop, Sasu immediately noticed some enormous beetroot which was purchased in view of the dishes to be prepared. According to Sasu, the exceptionally large size of the vegetables can be attributed to the variety, the manner of growing and the soil in which this cultivation takes place. In this particular case, the vegetables are grown in a very rich soil which ensures their excellent quality.

Natural supplier of fish

The last leg of the trip took a bit longer as Sasu's reindeer meat supplier happens to be located in the north-east of Finland. On our way, the chef gave in to the temptation of the many lakes to try and add some freshly caught fish to the menu. Ice-fishing is one of the favourite pastimes here and the clean waters are natural suppliers of many species of fish. Meanwhile, Sasu told us that he normally visits reindeer supplier Hannu Lahtela of Sallan Villiporo in October/November, which is when the selection for slaughter takes place. Reindeer meat is one of the most consumed meat types here and it isn't only incredibly tasty, it is also very healthy. It is rich in vitamin E, selenium and protein and it is a good source of healthy unsaturated fatty acids.

300 different plant varieties

Sasu explained that the meat of animals living in the

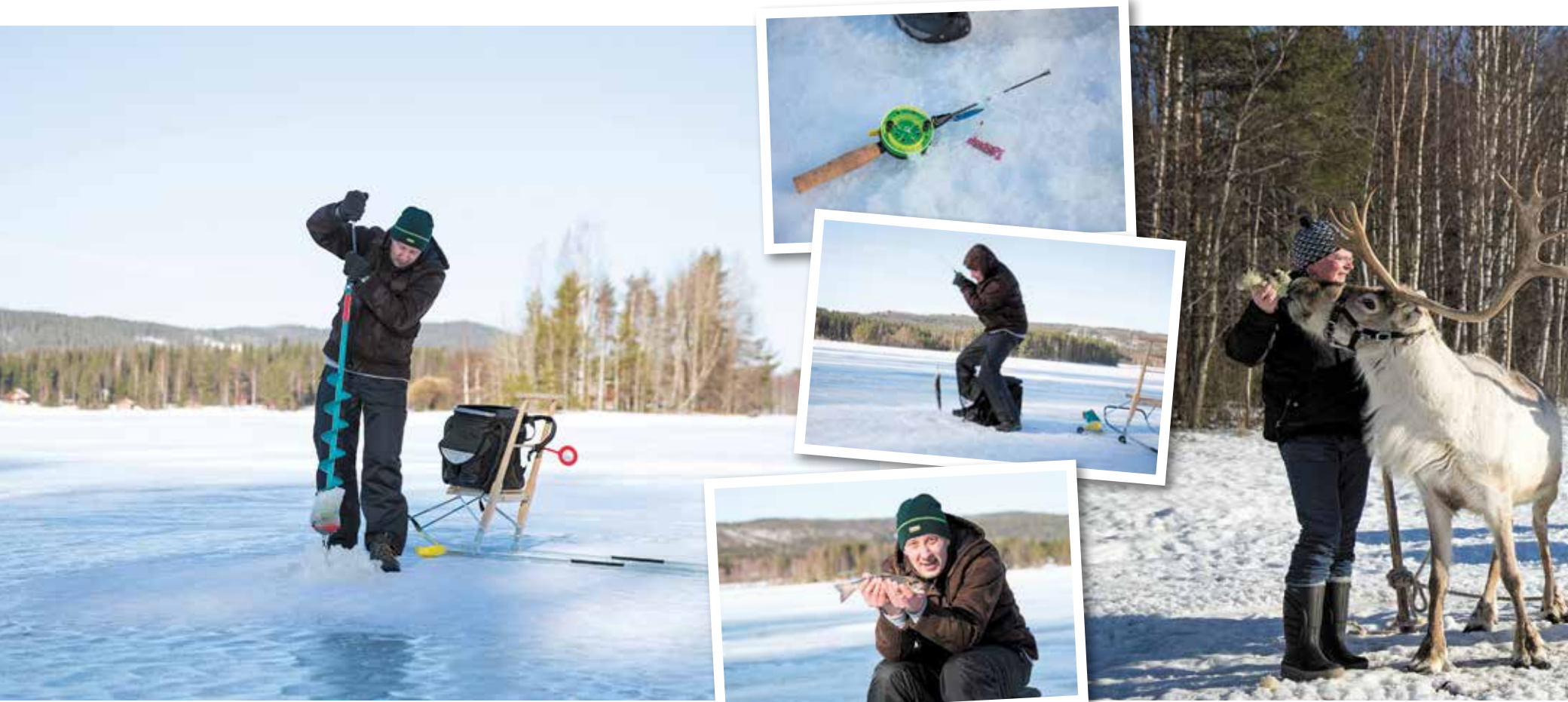


Do you want to see more about Sasu, his visit to the suppliers and the dished he prepared? Check www.youtube.com/biggreeneGGtube for an impression.

wild is much more tasty than when kept on a farm. The reindeer calves grow up naturally within the herd. The animals feed on the natural vegetation in the summer months, which includes approximately 300 different plant varieties – a diet that greatly influences the meat's quality and taste. When the

selection is about to take place, the reindeer are gathered in a humane manner. After slaughter, Sasu determined which animals to buy to process at the Chef & Sommelier. Only a few rumps were selected this time. The time had come to ignite the Big Green Egg to prepare the gathered ingredients!





Finnish fish soup with smoked brook trout

Serves 4

- 1 brook trout
- 2-3 onions
- 4 potatoes
- 500 ml cream
- unrefined sea salt
- freshly ground black pepper
- 2 spring onions, optional
- 4 sprigs of dill, optional
- 4 juniper berry branches

Accessories:
Cast Iron Dutch Oven
2 Cedar Grilling Planks

1. Heat up the Big Green Egg, with the standard stainless steel grid, to 220 °C. Meanwhile, fillet the trout and check carefully for bones.
2. Pour 1.5 litre of water into the Cast Iron Dutch Oven, add the bones and the fish head and place the pot on the EGG grid. Close the lid of the EGG and bring to the boil. Meanwhile, peel the onions and cut into chunks.
3. Scoop the bones and fish head out of the Cast Iron Dutch Oven and add the onions to the cooking liquid. Close the lid of the EGG, bring the liquid to the boil and leave it to cook for 15 minutes. Meanwhile, wash the potatoes and cut them into chunks. If used, clean the spring onions, cut them into small rings and finely chop the dill.
4. Add the potatoes and the cream and season with sea salt and freshly ground pepper. Close the lid of the EGG and leave it to cook for approx. 15 minutes until the potatoes are done. Now the soup is nice and reduced. Remove the



pot from the grid and put the lid on.
5. Place the trout fillets on the Grilling Planks and sprinkle with sea salt. Remove the grid from the EGG, place the juniper berry branches on the glowing charcoal



and replace the grid. Place the Grilling Planks with the trout fillets on the grid, close the lid of the EGG and smoke the trout for approx. 7 minutes.
6. Remove the Grilling Planks from the

grid and cut the smoked trout in nice pieces. Divide between the plates and ladle the fish soup over it. Sprinkle with spring onion and dill (if used).



Grilled beef with slow-roasted organic-dynamic carrot and beetroot

Serves 4

- 2 large organic-dynamic carrots
- 1-2 large organic-dynamic beetroots
- 1 kg well-marbled beef neck
- unrefined sea salt
- freshly ground black pepper

Accessories:
convEGGtor
Instant Read Digital Thermometer
The Pit Mitt BBQ Glove



1. Heat up the Big Green Egg to 225 °C. Wash the carrots and beetroots. Wrap each beetroot in aluminium foil. Cover the beef with cling film and leave it to come to room temperature.
2. Place the beetroot on the glowing charcoal, place the grid in the EGG and the carrots on the grid. Leave to roast for 5 hours turning over the vegetables once every hour. Reduce the cooking time for smaller vegetables.
3. Remove the carrots from the grid and the beetroot from the charcoal and wrap the carrots in aluminium foil to keep them as warm as possible. Place the meat on the grid and grill for a

- couple of minutes on each side until golden brown.
4. Remove the grid with the meat from the EGG, install the convEGGtor and replace the grid and meat. Adjust the air flow to reduce the temperature of the EGG to approximately 125 °C. The temperature of the EGG will already have reduced by installing the convEGGtor. Cook the meat until it has reached a core temperature of approx. 48 °C. Check the temperature using the Instant Read Digital Thermometer.
5. Remove the meat from the grid, cover it with aluminium foil and remove the grid and the convEGGtor with The Pit Mitt BBQ Glove. Replace the grid and heat the EGG up to 250 °C. Place the meat back on the grid and grill for a few minutes until crispy on both sides. The core temperature of the meat should be approx. 52 °C.
6. Remove the meat from the grid, season with salt and pepper and cut into nice slices. Remove the foil from the vegetables, halve the carrots lengthwise and cut the beetroots into quarters or halves. Sprinkle the vegetables with salt and divide the meat between the plates.



Grilled wild reindeer with cranberries

Serves 4

- 4 150 g rump of wild reindeer pieces, with pellicle fermented cranberries or cranberry compote
- Accessories: Cherry Wood Chips

1. Heat up the Big Green Egg to 250 °C and soak a handful of Wood Chips in water. Sprinkle the soaked wood chips on the glowing charcoal, place the standard stainless steel grid and grill the reindeer meat for 2 minutes on either side keeping the core nice and red. Remove the meat from the grid and let it rest for 5 minutes.



2. Cut the meat into nice slices and sprinkle with sea salt. Divide between the plates and add the fermented cranberries or cranberry compote.



Finnish stew with beef and pork, carrot and onion

Serves 4

- 500 g rib of beef with bone
- 500 g pork belly bacon
- 3 onions
- 3 carrots
- 10 bay leaves
- black peppercorns
- unrefined sea salt
- boiled potatoes, optional
- Accessories: Cast Iron Dutch Oven

1. Heat up the Big Green Egg, with the standard stainless steel grid, to 225 °C. Cut the bones from the rib of beef and fill the Cast Iron Dutch Oven up to two-thirds with water.
2. Grill the bones on the EGG grid on all sides until brown and place them in the Cast Iron Dutch Oven. Grill the rib of beef and the bacon on both sides until brown and leave to rest for 10 minutes.
3. Place the Cast Iron Dutch Oven on the grid, place the lid on it and close the lid of the EGG. Reduce the EGG temperature to 150 °C. While bringing the water to the boil, cut the rib of beef and the
- pork belly bacon into approximately 3 x 3 cm pieces. Carefully add the meat to the water and let it simmer for 1.5 hours. Meanwhile, peel the onion and the carrots. Slice the onion into rings and the carrots in slices.
4. Remove the bones from the pot and add the bay leaves, peppercorns to taste and the onion and carrot. Do not replace the lid, close the EGG lid and leave it to cook for approximately 1 hour and 45 minutes until the meat and vegetables are cooked.
5. Season the stew with unrefined sea salt and ladle it into bowls. Serve with boiled potatoes if desired.

Wood, a natural seasoning

The ancient Indians of North America used it, and in Finland cooking salmon on a plank next to a fire is an age-old tradition. Cooking on wood is a delightful technique that provides you with flavour and aroma but which has other advantages as well. Big Green Egg’s Wooden Grilling Planks offer numerous possibilities.



Wood is one of the seasonings used in cooking. Charcoal is really nothing more than charred wood, which, combined with the unique ceramics of the Big Green Egg, creates a much-loved and characteristic flavour. The wood used is of great influence. To ensure optimum flavour, the Premium Organic Lump Charcoal consists of a blend of hickory and oak. For an intense smoky flavour, various types of Wood Chips can be used. For a subtle wood flavour, the Big Green Egg range includes the Wooden Grilling Planks.

Fish such as salmon, trout and sea bass are regularly cooked on wood, in fillet form or in their entirety. Delicate foods like fish sometimes stick to the grid, but this is not the case with wood and, moreover, ingredients cooked on the plank do not need to be turned. Other types of seafood such as scallops and prawns, meat, poultry and vegetables are also ideal for this cooking technique. Meat can also be grilled on all sides first and then left to continue cooking on the plank. Always place fillets with the skin side facing the plank and place meat with a fatty layer with the fat side up.

Soak Wooden Grilling Planks in water for, preferably, at least one hour before use. Putting weights on the planks will ensure the water reaches the core of the plank, so the plank does not ignite when placed on the grid. Instead it will begin to smoulder after a few minutes, giving a gentle smoke effect for extra flavour. Moreover, the moisture will help transfer the wood flavour and have a great effect on the juiciness of the end result. Maintain, depending on the food to be cooked, a dome temperature of 175-225 °C. Simply remove the plank from the grid of the EGG once the food is cooked. A nice touch is that the food can be served directly on the plank: very tasteful presentation! In this case be sure to place the plank on a heat resistant surface. Finished with the plank? Rinsed it under hot water and it is ready for the next use. A Wooden Grilling Plank can normally be used several times.

Big Green Egg’s Wooden Grilling Planks are available in cedar and alder. Cedar creates a subtle wood flavour and is especially suitable for various types of fish, other seafood and various kinds of red meat. Alder creates a light, refined flavour. Traditionally it is used to prepare salmon, but it can also be used for other fish and meat preparations.

@biggreeneggeu

Are you interested in the culinary delights of other Big Green Egg enthusiasts or would you like to share your own creations? Then follow @biggreeneggeu on Twitter.



Scoutscooks
@scoutscooks

Weekend and friends, yes we can
#BGE @biggreeneggeu



Suuz ter Horst
@Suuz1978

It was worth it... The most delicious sandwich I've ever eaten. And I made it myself! @BigGreenEgg_NL @biggreeneggeu



Simon
@SreedSimon

@BigGreenEgg @biggreeneggeu
oooo if only we had smell o tweet as this fore rib of Beef cooks on the EGG .lush



Hidde de Brabander
@d_ofmagnolia

Damn what an awesome day yesterday at the @biggreeneggeu -flavour fair! Thousands of Eggheads united... one big party.

Ancient wisdom and innovative materials combined...

The Big Green Egg is based on the 3000-year-old Asian clay oven - a traditional wood-fired oven that even in its earliest days created surprisingly pleasing results when it came to taste. This traditional oven was combined with today's knowledge, production processes and innovative materials to create the ultimate cooking apparatus. The first-rate ceramic ensures very low fuel consumption when the lid is closed. Thanks in part to the perfect circulation of air that ensures the food cooks evenly and at just the right temperature, the Big Green Egg enables you to bring exciting delicious and juicy meals to the table.



The natural Big Green Egg lump charcoal consists of a perfect blend of oak and hickory! The big pieces burn the longest and, in contrast to other types of charcoal, generate very little ash and create a subtle smoked flavour. A full load of charcoal can hold a consistent temperature for over 8 hours.



The dual function metal top regulates the airflow and makes it possible to adjust the temperature accurately.



Using the ceramic convEGGtor, our new name for the Plate Setter, you can easily turn the Big Green Egg into an oven. The heat shield ensures that the heat does not come into direct contact with the food which is ideal for cooking delicate ingredients or slow cooking. Adding the Flat Baking Stone allows you to also bake the best bread and pizza with an authentic crispy bottom.

...to create the ultimate taste experience...

Enjoying the good life together - that's what the Big Green Egg is all about. The combination of the beautiful and functional design of the EGGs and the use of superior materials means that the Big Green Egg is the best of the best. The Big Green Egg is produced from very exclusive and extremely high-quality ceramics that benefited from technologies developed for NASA. In combination with the various patented parts, this special ceramic with exceptional insulating properties makes the Big Green Egg unique. The ceramic can withstand extreme temperatures and temperature fluctuations without expanding or shrinking. It can be heated at least 100,000 times without any loss of quality. Big Green Egg therefore also gives consumers a lifelong guarantee on the materials and structure of all the EGG's ceramic parts. No other cooking appliance is as reliable, sustainable, weather-resistant and heat-insulated. Furthermore, the heat bounces back off the ceramic, creating an air flow that gives an exceptional taste to all food and dishes that you prepare in the EGG. The result is the ultimate taste experience.

With only three firelighters, your EGG can be used within 15 minutes!



Big Green Egg Charcoal Starters are natural firelighters that containno chemical components. They are odourless and do not affect the flavour.



...and have fun together!

As it is highly reliable, you can enjoy the Big Green Egg worry-free. The easily regulated temperature is very stable. As a result of the high-quality heat-insulating ceramic, external temperatures do not affect the temperature inside the EGG. The two adjustable vents - the air regulator and the dual function metal top - make it possible to accurately regulate and maintain the temperature to within a few degrees. The smaller the openings, the lower the temperature, and vice versa. Partly due to the fact that, with the help of the addition of certain accessories, it has a temperature range from 70-350 °C, the Big Green Egg can be used for all manner of cooking techniques, including grilling, searing, baking, stewing, smoking and slow cooking. You'll be amazed by the taste of the dishes.



Mini

Grid: Ø 25 cm
Cooking surface: 507 cm²
Weight: 17 kg



MiniMax

Grid: Ø 33 cm
Cooking surface: 855 cm²
Weight: 35 kg



Small

Grid: Ø 33 cm
Cooking surface: 855 cm²
Weight: 36 kg



Medium

Grid: Ø 38 cm
Cooking surface: 1,140 cm²
Weight: 51 kg

MAINTENANCE AND USAGE TIPS!

1 You don't need to put the Big Green Egg in the shed, even in autumn and winter. As the ceramics will not be affected by weather conditions, you can leave it outside throughout the year. However, to protect the metal components, it's a good idea to cover the EGG when not in use with the special cover.

2 You can keep the moving parts in optimum condition by spraying them with WD-40 or a silicon spray. It is also advisable to treat the cast iron dual function metal top with vegetable-based oil to prevent rusting.

3 The insulating qualities of the extremely high quality ceramics, from which the Big Green Egg is made, mean external temperatures have no effect whatsoever on the temperature inside the Big Green Egg. Even at temperatures around and below freezing, you can adjust the EGG temperature to within a degree, meaning you can continue enjoying delicious dishes all year round.

At biggreenegg.eu you will find more tips about general safety, use and maintenance regarding your EGG. Do you still have questions? Ask them on our social media channels (Facebook: Big Green Egg Europe / Twitter: @biggreeneggeu).

4 Do you prefer spending cold, winter days by a fireplace? You can enjoy delicious Big Green Egg meals then too, leaving a delicious stew or soup to cook in the Cast Iron Dutch Oven on the Big Green Egg. Or how about a nice big piece of meat? The digital Dual Probe Wireless Remote Thermometer means you can read the core temperature and the dome temperature from a distance – inside in the warmth, for example. Push the probe of the transmitter into the food and read the temperature from the receiver, from up to 91 metres away. Once the right core temperature has been reached, the thermometer automatically gives a signal.

5 For longer periods of inactivity, it is important to ensure that no food residues remain in the Big Green Egg. To remove these, heat the EGG to a temperature of about 300°C. Wait until the remains have burned up and then leave the EGG to cool completely. Fully open the draft door and do not leave the cast iron dual function metal top or ceramic snuffer cap on the dome (these can be placed on the grid in the EGG), to prevent mould from forming. Cover the EGG with the protective cover. If mould still forms in the EGG, it can be easily removed by firing up the EGG until hot a few times.

THE BIG GREEN EGG EXPLAINED

SOLID QUALITY. SUPERIOR CERAMICS. SERIOUS OUTDOOR COOKER!

CERAMIC SNUFFER CAP

Add the ceramic cap after cooking to extinguish heat and reuse the remaining charcoal next time. Leave in place when the EGG is not in use.



DUAL FUNCTION METAL TOP

Adjust in two ways, to regulate airflow and precisely control temperature.

LID WITH CHIMNEY

A ceramic dome with chimney that can be opened and closed easily because of the spring mechanism. The ceramic material features a protective, double glazing layer. The insulating, heat retaining properties of the ceramic material create a flow of air within the EGG, ensuring that dishes are cooked evenly and tastefully.



TEMPERATURE GAUGE

Gives precise internal temperature readings. Monitor cooking progress without opening the EGG.

STAINLESS STEEL GRID

The Stainless Steel Grid is used as the primary cooking surface for grilling and roasting.



FIRE RING

Stacks on top of the firebox, providing the shelf for the heat diffuser and cooking grids.



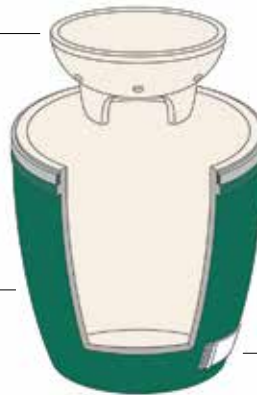
GRATE

Sits inside the firebox. Perforated to allow air flow up through the EGG and any ash to drop down, for easy removal after cooking.



CERAMIC FIREBOX

The firebox rests in the ceramic base and must be filled with charcoal. Since the firebox is equipped with sophisticated openings and works with the vents at the bottom of the EGG, the air flow is constant and optimal when the dual function metal top and draft door are open.



BASE

Heavy duty insulated ceramics. Glaze prevents chipping and fading. Lifetime guarantee.

DRAFT DOOR

Works in combination with the dual function top, regulating the inbound air supply to control temperature. Also enables easy removal of ash.

For more information, see: biggreenegg.eu

Spring, summer, autumn or winter?
Enjoy the most delicious meals prepared on a
Big Green Egg throughout the year!



Large

Grid: Ø 46 cm
Cooking surface: 1,688 cm²
Weight: 73 kg



XLarge

Grid: Ø 61 cm
Cooking surface: 2,919 cm²
Weight: 99 kg



XXLarge

Grid: Ø 74 cm
Cooking surface: 4,336 cm²
Weight: 192 kg



Tasty seasonal fish

Fish and shellfish are incredibly tasty and healthy and it is a good idea to put them on the menu on a regular basis. These inspiring recipes show that you can prepare these delicacies deliciously and in several ways using the Big Green Egg. When choosing fish, always take the season into account to ensure the taste of the fish or shellfish will be at its best. Buying fish in season is also better for the fish population.



Boiling lobster
Although you can use pre-boiled lobsters it is far tastier to boil them yourself. Place the lobsters in the freezer 2 hours before boiling to numb them. Bring a pan with sufficient water to the boil. Add half a celeriac cut into pieces, 1 onion sliced into rings, ¼ of a celery stick cut into slices, 5 sprigs of thyme, 5 sprigs of rosemary, 1 tbsp of peppercorns and salt to taste and bring the water to the boil again. Take the lobsters from the freezer, boil them for 4 minutes and then rinse with cold water to stop the cooking process.

Grilled lobster with grilled potatoes, roasted beetroot and spinach

Serves 4

- 2 beetroots
 - 2 yellow beetroots
 - 12 small potatoes
 - 3-4 cloves of garlic
 - 200 g fresh wild spinach
 - 3 sprigs of parsley
 - 1 sprig of basil
 - 10 chives
 - 3 tbsp vegetable oil
 - 1 tbsp sushi vinegar
 - 2 boiled lobsters
- Accessories:**
Grill Tongs
Cast Iron Grid

1. Heat up the Big Green Egg to 150 °C. Put the beetroot on the charcoal on the side and leave then to roast for approx. 60 minutes until soft. Turn them regularly using the Grill Tongs.



2. Meanwhile, bring a pan with lightly salted water to the boil. Wash the potatoes and cut the garlic into halves. Add the potatoes and garlic to the boiling water and cook for approx. 7 minutes. Drain and rinse with cold water before allowing them to drain. Throw away the garlic.

3. Wash the spinach, gently pat it dry and put it in a bowl. Finely chop the plucked parsley leaves and the basil. Cut the chives into small pieces and mix the herbs with the oil and sushi vinegar before seasoning with salt and pepper. Mix the herb dressing and the spinach.



4. Remove the roasted beetroots from the EGG, place the Cast Iron Grid in it and increase the EGG temperature to 160 °C. Halve the lobsters lengthwise. Remove the peel from the beetroot and cut them into small wedges. Slice the potatoes.

5. Grill the beetroot wedges and the potato slices on both sides for approx. 3 minutes. Remove from the grid and grill the lobster halves on both sides for 2 to 3 minutes. Divide the spinach, beetroot and potato between the plates and place one half lobster on each.

Poached Norwegian cod fillet with mashed potatoes and grilled radishes

Serves 4

- 750 g potatoes
 - 100 ml red wine
 - 100 ml veal gravy
 - 1 carrot
 - 1 fennel
 - 3 cloves of garlic
 - 500 ml fish stock
 - 175 ml white wine
 - 2 sprigs tarragon
 - 2 sprigs of parsley
 - 4 100 g Norwegian cod fillets with skin
 - 2 bunches of radishes
 - Crazy Pea or watercress
- Accessories:**
Cast Iron Grid
Cast Iron Dutch Oven

1. Heat up the Big Green Egg, with the Cast Iron Grid, to 130 °C. Meanwhile, peel the potatoes and boil them on the hob in a pan of lightly salted water until cooked. Drain and rub through a round sieve. Reduce the red wine by half in a saucepan on the hob and stir in the veal gravy.

2. Remove the foliage from the carrot and the fennel and cut the vegetables into pieces. Peel and halve the garlic. Put the Cast Iron Dutch Oven on the grid of the EGG. Pour in the fish stock and the white wine and add the carrot, fennel, garlic, tarragon, parsley, salt and pepper. Close the lid of the EGG and increase the heat of the stock to just below boiling point. Add the Norwegian cod fillets



and poach them for about 8 minutes.

3. Scoop the poached Norwegian cod fillets out of the Cast Iron Dutch Oven, place them on a pre-heated plate and cover with aluminium foil. Remove the Cast Iron Dutch Oven from the EGG and add a sufficient quantity of the poaching moisture to the crumbled potatoes to create a creamy mash. Heat the EGG to 170 °C while you



clean the radishes in the meantime.

4. Spread the radishes over the grid, close the EGG lid and grill them on all sides in approx. 5 minutes. Heat up the potato mash and the gravy.

5. Divide the potato mash and the grilled radishes between the plates and place a Norwegian cod fillet on each plate. Surround with gravy and garnish with Crazy Pea or watercress.



Mussels in ginger ale with grilled parsley root

Serves 2

- 2 kg mussels
 - 1 clove of garlic
 - 3 cm fresh ginger
 - ½ fennel
 - 4 parsley roots
 - 1 tbsp olive oil
 - 1 400 g bag of mixed vegetables for mussels or soup
 - 1 bottle of ginger ale
 - ½ bunch parsley
- Accessories:**
Cast Iron Grid
Cast Iron Dutch Oven

1. Heat up the Big Green Egg, with the Cast Iron Grid, to 220 °C. Meanwhile, check the mussels for open and broken shells and throw them away. Rinse the undamaged ones in a colander under cold water. Peel the garlic and the ginger root and chop finely. Cut the fennel into cubes. Cut the parsley roots into four pieces lengthwise and blanch them in lightly salted water for approx. 3 minutes until al dente. Drain, cool in ice water and leave to drain in a colander.

2. Heat up the olive oil in the Cast Iron Dutch Oven on the grid of the EGG. Wait until the oil is very hot and then add the garlic, ginger root, fennel, mixed vegetables, and season with salt



and pepper. Fry for a few minutes and add the mussels, then add the ginger ale and the parsley. Close the lid of the EGG and cook the mussels for about 5 minutes until the shells are fully open.

3. Take the Cast Iron Dutch Oven out of the EGG and place the parsley roots on the grid. Grill them on all sides for a couple of minutes. Meanwhile, scoop the mussels into a dish and serve with the grilled parsley root.



Fish pie with sauerkraut and roasted vegetables

For 1 pie (serves 4 to 6)

- 1 roll of short pastry or 1 packet of dough for a savoury pie
 - 500 g baking beans or rice
 - 300 g sauerkraut
 - 250 g potatoes
 - 1 parsnip
 - 1 parsley root
 - 1 orange carrot
 - 1 yellow carrot
 - 2 spring onions
 - 400 g fish fillet, such as salmon, Norwegian cod or halibut
 - 1 lime
 - 200 g grated Parmesan cheese, optional
- Accessories:
Cast Iron Grid
Deep Dish Pizza Stone

1. Heat up the Big Green Egg, with the Cast Iron Grid, to 180°C. Meanwhile, place a fitting circle of baking paper on the bottom of the Deep Dish Pizza

Stone. Line the Deep Dish Pizza Stone with the short pastry or the (thawed) slices of savoury pie dough. When using the savoury pie dough allow the seams to slightly overlap and press down the edges firmly.
2. Cover the dough with a sheet of baking paper, then evenly spread the baking beans or rice over it. Put the Deep Dish Pizza Stone on the EGG grid, close the lid and pre-bake the dough base for approx. 16 minutes. Meanwhile, boil the sauerkraut in a pan of lightly salted water until cooked. Peel the potatoes and boil these on the hob in a pan of lightly salted water until cooked. Drain the sauerkraut and firmly press out the moisture. Drain the potatoes, rub them through a round sieve and mix with the sauerkraut. Clean the parsnip, carrots and spring onions. Cut the parsnip and parsley root lengthwise into four sections and halve the carrots and the spring onions lengthwise.
3. Remove the Deep Dish Pizza Stone from the EGG and remove the baking

beans or rice from the baking paper. Place the parsnip, carrots and spring onions on the grid of the Big Green Egg, close the lid and grill the vegetables on all sides. Cut the fish fillet into strips, sprinkle with lime zest and season with salt and pepper.
4. Generously season the sauerkraut mash to taste with salt and pepper and spread evenly on the pre-baked dough base in the Deep Dish Pizza Stone. Arrange the strips of fish filets and the grilled vegetables over it and, if you want, sprinkle with cheese. Place the Deep Dish Pizza Stone on the EGG grid, close the lid and bake the fish pie for 25-30 minutes until golden.
5. Remove the fish pie from the EGG and cut it into nice slices.

TIP:
As this recipe only uses the peel of the lime, use the rest within a couple of days or squeeze out the juice and freeze it for later use.

Fish soup with clams, razor clams and vongole

Serves 4

- 1 kg shore crab
 - 1 red chilli pepper
 - 1 stalk of lemongrass
 - 4 cloves of garlic
 - neutral vegetable oil
 - 1 bouquet garni
 - 1 70 g tin of tomato purée
 - 1½ l fish stock
 - 200 ml white wine
 - 2 small carrots
 - 2 spring onions
 - 16 clams
 - 250 g razor clams
 - 250 g vongole or cockles
 - 100 g cold butter
 - 3 tbsp olive oil
- Accessories:
Cast Iron Grid
Cast Iron Dutch Oven
Stir-Fry & Paella Grill Pan

1. Heat up the Big Green Egg, with the Cast Iron Grid, to 200°C. Meanwhile, finely chop the crab into pieces to release more flavour. Remove the stem and the seeds from the red chilli pepper and slice thinly. Cut the lemongrass into small pieces. Peel and crush the garlic.
2. Place the Cast Iron Dutch Oven on the grid of the EGG. Heat a dash of vegetable oil and add the crab, chilli pepper, lemongrass, garlic and bouquet garni. Close the lid of the EGG, leave to cook for a few minutes and stir now and then. Add the tomato purée, fish stock and white wine. Put the lid on the Cast Iron Dutch Oven and close the lid of the EGG. Reduce the temperature to 160°C and leave to simmer gently for 2 hours.
3. Place a sieve on a pan and remove the Cast Iron Dutch Oven from the EGG. Scoop the contents into the sieve with a big soup ladle and throw away what is left in the sieve. Bring the soup to the boil on the hob and allow it

to reduce to half in 30 to 45 minutes.
4. Meanwhile, peel the carrots and remove the foliage. Remove the bottom section of the spring onions and the outer leaves. Cut the vegetables into diagonal pieces. Wash the clams, razor clams and vongole or cockles and throw away any damaged ones.
5. Place the Stir-Fry & Paella Grill Pan on the grid of the EGG and heat a dash of vegetable oil in it. Add the carrots, spring onions and the clams, close the lid of the EGG and heat for approx. 2 minutes. Stir and then add the razor clams and vongole or cockles. Close the lid and heat for approx. 3 minutes. Check whether the clams are open, leaving them to cook for longer if not.
6. Take the reduced soup from the hob and cut the butter into cubes. Mix the butter and the olive oil, bit by bit, into the soup with a hand mixer. Divide the shellfish and the vegetables between the plates and ladle the hot soup over it.



Like a fish in water...

Prehistoric hunters quickly discovered that catching fish is easier and requires less energy than hunting on land. In ancient Egypt, fish was also a staple food. The captured live fish were transferred to fish ponds, so the fish could always be eaten fresh. Around the Middle Ages people began preserving fish by salting it. We are, however, mostly dependent on the capture of fresh fish for our consumption of fresh fish, as only a few types of fish are suitable for breeding.

The problem with fish is that it spoils relatively quickly. When not chilled quickly a number of substances are created in fish that can make people ill. Nonetheless, the taste of fresh fish is unrivalled by all means of preservation. The reason fish spoils more quickly is that the muscles of a fish are relatively short, and they are separated by large sheet-like structures of very

thin connective tissue. In contrast, the muscles of mammals and birds are held in long, bundled threads. A fish contains only 3% connective tissue, as opposed to 15% in land animals. The combination of the weak connective tissue with the short muscle strands protects poorly against oxidation and bacterial influences, causing fish to spoil quickly. Another disadvantage of

this structure, is that fish easily falls apart during cooking.

These differences also present a number of advantages. The structure of the muscle makes fish soft and tender, and fish is easy to digest. The nutritional value of fish is dependent on the type. Fish can be divided roughly into two types, namely fatty and lean fish. Fatty fish types, in particular, supply us with omega-3 fatty acids which are important for the health of blood vessels and the brain. Their low calorific qualities also makes fish diet-friendly. A study involving women also showed that the consumption of fish twice a week reduces the likelihood of depression.

We get the most out of fish by preparing it with respect and then enjoying the dish that we have prepared. This approach is also shown in all cooking programmes. Respect for the product that grows, which is part of nature and one that ultimately serves us as food. Our Big Green Egg favourite is cooking on the plank. Not only do you get the fragrance and flavour of the wood tones, but indirect cooking at a low temperature also helps keep the structure of the fish intact.

Sustainable business, life, cooking, eating and drinking requires time and attention, which also includes caring for, and paying attention to, the (social) environment. When we approach life mindfully and use our common sense, we find the right inner control over what we choose to do and

not do. That helps us to steer a good course and feel like a fish in water. If you do good, good will be done to you. That feels good, energises you and is ultimately rewarding. ■



Hans van Montfort, Doctor, R&D
Yvonne Coolen, Gestalt therapist and awareness trainer



The good life of Piedmont

Specialties from the Barolo region

Italian cuisine is widely popular. The simplicity, purity and respect for the ingredients and traditions make the dishes particularly delicious. Each region has its own specialties, often based on nature's bounty. The same applies to the Piedmont, particularly known for its white truffles and Barolo, a wine of unparalleled class. Visitors would be wise to opt for an agriturismo as their accommodations, as there is no better way to discover the good life of Piedmont.





One of these agriturismo is Cascina Meriame in Serralunga d'Alba, in the heart of the Barolo region. Paolo Manzone is the master of the house and, like his wife Luisella, born and raised in Piedmont. The view over the corresponding vineyard is phenomenal, especially in autumn when the leaves of the vines display a beautiful iridescence. Paolo is one of the producers of the famous Barolo. The winery produces Manzone Barolo DOCG Meriame and Manzone Barolo DOCG Serralunga d'Alba, as well as six other wines whose grapes come from vineyards in Sinio, a municipality that falls just outside the boundaries of the Barolo region. One thing is certain: anyone who creates such exceptional wines has good taste and is the perfect host to discover the cuisine of the Piedmont!

Natural humidity

"Cascina Meriame has been in the family for generations. The grandparents of Luisella worked in the vineyard and sold the harvest to others," says Paolo. The Manzone label only came on the market after Paolo and Luisella bought the house and the vineyard in 1998 and began to produce their own wines. Paolo: "About 40 years ago, Luisella's grandparents moved to the village and the house became vacant. It had been uninhabited for over 25 years. A major renovation of the house and the adjoining cellar followed after the purchase. The house was restored to its original state and furnished to receive guests. The wine cellar was expanded, and to provide natural humidity in the basement, a 150 year old spring that was located on the premises was integrated."

Barolo opens its doors

The total surface area of the vineyard of Paolo and Luisella Manzone is 12 hectares, of which four are in Serralunga d'Alba and eight in Sinio. The vineyards in Sinio have been owned for five generations by Paolo's side of the family. And although these wines are not permitted to bear the title Barolo they are made with the same care and passion. Paolo: "Barolo may carry the DOCG title, the highest classification in the field of Italian wine. Strict rules govern this. For example, Barolo must be made from the Nebbiolo grape, which must come from vineyards within the boundaries of the indicated area. The alcohol content must be at least 13% and the wine must mature in wood for at least two years. We produce between 80,000-90,000 bottles annually, 90% of which is exported to 31 different countries. The Barolo opens doors around the world, after which the quality of the other wines surprises people."

Each region has its own style

Paolo continues: "This region has experienced strong growth over the last decades. Twenty years ago, the volume in particular was important, now it's all about quality. This is a great development! Things are increasingly being done organically. We also no longer use chemicals in the vineyard and we produce electricity using solar collectors. In that respect, I believe that the life of a vine is similar to that of a human. If you let nature take its course and do not expose the branches to stress just for the sake of producing as much as possible, the quality improves. Part of the cru Meriame consists of vines that are 65 years old. This area is truly a trendsetter in Italy and it can be compared to Burgundy. Just like every Italian region has its own cuisine, each region produces its own style of wine."

Hazelnuts

The harvest takes place in phases, explains Paolo. "The Dolcetto is an early-ripening grape, while the Nebbiolo matures very slowly. After harvest and pressing, fermentation takes place under controlled conditions in stainless steel tanks. After a month, the young wine goes into oak barrels to mature." In between all of this, incidentally, an entirely different type of harvest takes place in late August, of another specialty from the Piedmont region: hazelnuts. The wealthy family Ferrero, known for Nutella and Ferrero Rocher, began its empire in Alba, where the factory still stands. The many high quality hazelnuts produced in the Piedmont are the starting point of these products. "The Piedmont is a wholesale supplier of hazelnuts. They are used for, among other things, making pastries," says Paolo. "We also have about 10 hectares of trees whose harvest is sold to Lindt and Ferrero, among others. They are truly delicious Taste them, you won't be able to stop!"

Gift of nature

The hazelnut trees do not grow here by chance; they were planted. "This is a hilly area and every hill has a south and north side. The southern sides have the perfect microclimate for grapes. The northern sides are less sunny. It is too cold for the grapes, but the conditions are ideal for the cultivation of hazelnuts. This cultivation is much less laborious, at the moment when they are mature, they are mechanically shaken from the trees." What is truly a gift of nature are the truffles Piedmont is known for. The highlight of the year is the season when the white truffle returns. "Once we have brought in our harvest it is the time for the white truffle," explains Paolo. "These are world famous for their quality and intense flavour. It is an exclusive delicacy that is best when combined with simple dishes, such as risotto and egg dishes."



Precious fungi

"When the time comes the truffle hunters and their dogs head off into the woods. Each hunter has his own territories where he searches for these precious fungi. Why truffles grow in certain places is still a mystery, but a certain population of trees and the weather play a role," says Paolo. "The moment is truffle is ripe it gives off a certain scent. The dogs are trained to seek out this scent and know that they can expect a reward when they've discovered a truffle." It is now time to go shopping in order to prepare several typical dishes from the Piedmont on the Big Green Egg. We obviously already have the wine and hazelnuts, and we even

have a fresh truffle for the risotto. For other fresh products we can turn to the market and one of the local butchers of nearby Bra.

Raised among the cheeses

When we're confident we've purchased all the necessary ingredients, Paolo takes us - before we head back to Cascina Meriam - to one final address: the G. Cravero Srl. company "This is something you really have to see and taste," he says. While Paolo grew up among the vines, Giorgio Cravero grew up among the cheeses. The family Cravero does not produce cheese itself, but since 1855 the family has purchased the best Grana Padano and Parmigiano Reggiano to ripen them in their warehouse. "We buy our Parmigiano Reggiano in Emilia-Romagna. To make a kilogramme of cheese requires no less than 16 litres of milk, while a whole cheese requires 600 litres. After the production and ripening process, the cheeses are legally required to mature for 12 months in the region of origin," explains Giorgio. The cheeses, if approved by the judges of the Consorzio del Formaggio Parmigiano Reggiano are then essentially ready for sale, but a longer maturing process will discernibly benefit the flavour.

Piedmont classics

What makes the cheeses of the Cravero family so special is that after the legally required 12 months, the Parmigiano Reggiano matures another 12 months in their warehouse in Bra. "In order to offer the best cheeses, we have been working for years with the same farmers with whom we have established a good connection. Each cheese, in addition to the production date and the brand of the consortium, is equipped with a number of the farm where the cheese was made. The temperature in the warehouse is constant and we turn the cheeses every 15 days, which benefits the maturing process." Paolo was right. The 5,000 cheeses stored here are not just impressive to see, their taste is sublime and indispensable on a risotto with white truffle. One of the classics of the Piedmont cuisine.





Grissini

For about 20 stems

5 g dry yeast
135 ml tepid water
225 g wheat flour, plus extra for dusting
4 g salt
2 tbsp extra virgin olive oil + extra for brushing

Accessories:
convEGGtor
Flat Baking Stone

1. Stir the yeast in the lukewarm water and leave for 10 minutes.
2. Mix the flour and salt in a bowl. Add the yeast mixture and olive oil and mix into a sticky dough. Place the dough on a floured surface and knead for 10 minutes so that a smooth and elastic dough forms.
3. Place the dough in a bowl greased with olive oil and cover with cling film. Let rise for 1 hour at room temperature. Ignite the Big Green Egg and bring to a temperature of 200°C.
4. Knead the air out of the dough and place on a floured surface. Roll out into a rectangle about 1 cm thick and cut into strips about 1.5 cm wide.



Please note that the strips should fit lengthwise on the Flat Baking Stone, cut them in half if necessary. Roll each strip along its entire length to and fro to create dough stems. Place on a floured cutting board or platter and leave to rest uncovered for 15 minutes. Meanwhile, place the convEGGtor and the grid in the EGG and place the Flat Baking Stone on it. Close the EGG's lid and increase the temperature to 200°C.

5. Gently sprinkle the Flat Baking Stone with flour and use a spatula to place the dough sticks on it (bake two batches if they do not fit). Leave some space between each dough stalk. Close the lid and bake the grissini for about 15 minutes until golden brown.



Risotto with white truffle

Serves 4

1 clove of garlic
1 banana shallot
1 tbsp olive oil
300 g arborio rice
200 ml white wine
400 ml chicken stock
100 g butter
10 ml lemon juice
90 g grated Parmesan cheese
1 white truffle

Accessories:
Cast Iron Grid
Cast Iron Dutch Oven

1. Heat up the Big Green Egg, with the Cast Iron Grid, to 175°C. Peel the garlic and the shallots and chop finely.
2. Place the Cast Iron Dutch Oven on the grid of the EGG and heat the olive oil in it. Sauté the garlic

and shallot in it. Briefly fry along the rice, stirring with a spatula. Add the white wine and bring to the boil.

3. Pour one third of the stock into the Cast Iron Dutch Oven, stir and close the lid of the EGG. Wait 5 minutes and check whether the rice has absorbed almost all of the moisture. Now pour in half the stock, stir and close the lid. Meanwhile, make a beurre noisette by heating the butter in a pan on the stove until it is golden brown in colour and acquires a nutty aroma. Remove the pan from the heat and stir in the lemon juice.
4. Check again to see whether the rice has absorbed the liquid and add the remaining stock if this is the case. Close the lid and check after five minutes whether the rice is cooked and all the stock has been absorbed. Meanwhile, carefully brush the truffle clean.
5. Take the Cast Iron Dutch Oven from the EGG and stir the beurre noisette through the rice. Stir in the grated Parmesan cheese. Spoon the risotto onto the plates and grate some white truffle on top to taste.



Braised rabbit with celeriac, potatoes and chanterelles

Serves 4

- 1 tame rabbit (back and legs)
100 g of bacon in one piece
½ celeriac
4 waxy potatoes
3 onions
2 cloves of garlic
100 g all purpose flour
2 tbsp olive oil
500 ml white wine
500 ml chicken stock
2 sprigs of thyme
2 sprigs of rosemary
1 bay leaf
100 g chanterelles
¼ bunch of flat leaf parsley
25 g Taggiaska olives
country bread

Accessories:
Cast Iron Grid
Cast Iron Dutch Oven

1. Heat up the Big Green Egg, with the Cast Iron Grid and the Cast Iron Dutch Oven, to 180°C. Put the rabbit on a cutting board and slice the hind legs off the back (or ask the butcher or poulterer to do this already). Cut the bacon into cubes of 0.5 x 0.5 cm. Peel the celeriac and potatoes, peel the onions and cut the vegetables into large pieces. Peel and crush the garlic.

2. Sprinkle the rabbit portions with salt and pepper and then with the flour. Knock off the excess flour. Heat the olive oil in the Cast Iron Dutch Oven and roast the rabbit. Add the onion and garlic and sauté briefly. Deglaze with the white wine and add the stock. Add the thyme, rosemary and bay leaf and put the lid on the Cast Iron Dutch Oven. Close the lid of the EGG, bring the temperature down to 90°C and leave to stew for about 1½ hours.

3. After 1½ hours add the celeriac and potatoes and let simmer 30 minutes longer, without the lid of the Cast Iron Dutch Oven. Meanwhile, brush clean the chanterelles and cut off the bottom part of the stems. Coarsely chop the parsley. Add the chanterelles 5 minutes before the end of the cooking time.

4. Spoon the contents of the Cast Iron Dutch oven into a bowl and garnish with the olives and chopped parsley. Serve with country bread.



Bonet

Serves 6

- 250 g sugar
4 eggs
40 g egg yolk
350 ml milk
150 ml cream
75 ml coffee (cooled)
50 ml Amaretto
2 tbsp cocoa powder
75 g amaretti
4 tbsp honey
75 g blanched hazelnuts
25 g butter

Accessories:
convEGGtor
Cast Iron Grid
Drip Pan (Round or Rectangular)

1. Heat the Big Green Egg, with the convEGGtor and the Cast Iron Grid, to 140°C. Meanwhile, heat

- 150 g of sugar with a little water in a saucepan over low heat on the stove. Simmer gently until a nice brown caramel forms. Do not stir the pan, as the sugar may crystallize. It is better to gently shake the pan and brush the inside of the pan with water. Pour a layer of caramel in four round mini cocottes.

2. Place the eggs, egg yolk, milk, cream, coffee, Amaretto, cocoa powder and remaining sugar in a mixing bowl and blend smooth. Crumble the amaretti coarsely and fold into the batter. Pour the batter onto the layer of caramel into the cocottes.

3. Place the cocottes in the Drip Pan and carefully pour in water until the cocottes are two thirds immersed. Place the Drip Pan on the grid of the EGG, close the lid and cook for about 35 minutes.

4. Carefully remove the cooked bonet from the water, leave to cool, and then cool completely in the refrigerator.

5. Just before serving, heat the honey in a saucepan and let it caramelize. Stir the nuts into the honey and finally stir in the butter. Pour the bonet on the plates and spoon some of the nuts on top. Potentially serve with a tasty glass of Amaretto.

Antipasti

Serves 4

- 2 heads of radicchio
- 1 head of red lettuce
- 1 yellow pepper
- 4 red mini peppers
- 4 small carrots
- 4 radishes with leaves
- 4 celery stalks
- 4 broccoli florets
- 2 cloves of garlic
- 50 g capers
- 50 g anchovies in oil
- 250 ml olive oil

Accessories:
Cast Iron Grid



1. Heat up the Big Green Egg, with the Cast Iron Grid, to 170°C. Meanwhile, cut the bottoms off the radicchio and pull the leaves off. Remove the outer leaves of the lettuce and cut the head through the core and into wedges. It is important to cut through the core, so that the pieces do not come apart. Halve the yellow pepper, remove the stem and seeds and cut the flesh into thin wedges. Cut off the top of the mini peppers and remove the seeds. Peel the carrots and leave some of the foliage. Wash the radishes and leave

all the foliage. Break the celery sticks apart and peel them with a peeler to remove any strings.
2. Bring a pan of salted water to the boil on the stove. Blanch the broccoli for 1 minute, drain and cool in ice water. Drain. Peel the garlic, drain the

capers and mash together in a blender with the anchovies and olive oil until smooth. Spread the mixture over the mini red peppers, place them on the grid of the EGG, close the lid and grill for about 5 minutes.

3. Meanwhile, arrange all the vegetables on a nice plate or platter and serve with the stuffed peppers for dipping.

Vitello tonnato

Serves 4

- 600 g veal
- 4 sprigs of thyme
- 4 sprigs of rosemary
- 3 cloves of garlic
- 500 g tuna fillet
- 50 g polenta
- 4 eggs
- 15 g salted capers
- 25 g anchovies in oil
- ½ bunch of flat leaf parsley
- 25 g Taggiaska olives
- 10 g rocket
- coarse sea salt
- olive oil

Accessories:
Cast Iron Grid
Cast Iron Grid Lifter
convEGGtor
Porcelain-Coated V-Rack
Instant Read Digital Thermometer
Cast Iron Griddle Half Moon

1. Heat up the Big Green Egg, with the Cast Iron Grid, to 170°C. Tie the veal with butcher's twine and put the sprigs of thyme and rosemary between the twine. Peel the garlic and halve lengthwise and insert it between the meat and the twine as well. Sprinkle the veal generously with salt and pepper and briefly grill on all sides in the EGG.

2. Remove the meat from the grid and remove the grid using the Cast Iron Grid Lifter. Place the convEGGtor and put the Cast Iron Grid back and place the Porcelain-Coated V-Rack on it. Close the lid and bring the temperature of the EGG to 120°C.
3. Place the veal in the V-Rack, close the lid of the EGG and let the meat cook for about 30 minutes until a core temperature of 52°C is reached. Check this with the Instant Read Digital Thermometer. Remove the meat from the EGG and set it aside. The veal can optionally be prepared in advance. After cooling down, keep it covered in the refrigerator.
4. Remove the V-Rack from the grid. Lift the grid from the EGG with the Cast Iron Grid Lifter, remove the convEGGtor and place the grid back. Place the Cast Iron Griddle Half Moon with the smooth side facing up. Shut the lid and increase the temperature to 200°C. Meanwhile, cut the tuna fillets into fine strips of approximately 5 x 5 centimetres. Sprinkle the polenta onto a large plate and roll the tuna slices through it.
5. Brush the Cast Iron Griddle Half Moon very lightly with some olive oil and briefly sauté the tuna strips. Take them out of the EGG, let cool and store covered in the refrigerator.
6. Bring a pan of salted water to a boil on the stove and hard boil the eggs in 8 minutes. Drain the eggs and cool them in cold water. Meanwhile, put the capers in a strainer and rinse them under the tap. Drain and chop coarsely. Coarsely chop the anchovies and chop the parsley (keep a few sprigs for garnish). Peel the eggs and remove the egg white. Coarsely chop the egg yolks, mix with the capers, anchovies, parsley and a little olive



oil and season with sea salt and freshly ground pepper. Halve the olives and remove the pits.
7. Take the veal and tuna from the refrigerator and cut into fine, thin slices. Divide among the plates, drizzle with olive oil and sprinkle with sea salt and freshly ground pepper. Spoon a quenelle of the egg yolk mixture and garnish with the olives, arugula and parsley.

TIP:
This recipe uses only the egg yolks. Use the cooked egg whites in, for example, a tasty salad.

Useful Big Green Egg accessories

Big Green Egg stands out from the rest not just because of the endless possibilities and the exceptionally high quality of the EGG itself. The extensive range of accessories is just as unique. There are currently over 130 different accessories available. In addition to several basic tools, the range includes a variety of useful accessories that make the Big Green Egg even more versatile. To give an overall impression of the quality and functional aspects of the accessories, you will find a selection of the comprehensive range.

Cast Iron Dutch Oven

The Cast Iron Dutch Oven, a cast iron casserole dish, is ideal for preparing all kinds of one-pan dishes such as casseroles, stews, soups or simply a lovely piece of meat. The cast iron retains heat well and ensures optimum heat distribution, making the Cast Iron Dutch Oven particularly suitable for cooking, simmering and roasting. Simply place the Cast Iron Dutch Oven on the grid of the EGG. Cooking a dish or food without a lid and with the dome closed gives the dish the characteristic Big Green Egg flavour.



Porcelain-Coated V-Rack

Meat lovers swear by the Porcelain-Coated V-Rack. Place a large piece of (stuffed) meat or poultry in the Rack and place it in the Rectangular Drip Pan (which will collect the juices). Place it on the grid in the Big Green Egg and this indirect cooking method will keep your meat or poultry nice and juicy.



Brasato

Serves 4

- 1 beefsteak of 1 kg
1 celeriac
1 carrot
1 celery stalk
1 onion
2 cloves of garlic
3 sprigs of rosemary
2 bay leaves
1 cinnamon stick
4 cloves
5 juniper berries
700 ml Barolo wine
100 g flour
40 g butter
500 ml beef stock
1 shallot
1 tbsp olive oil
300 g polenta
1 ½ l chicken stock
4 sprigs of flat leaf parsley
100 g Parmesan cheese, grated
- Accessories:
Cast Iron Grid
Cast Iron Dutch Oven

1. Place the beef in a bowl. Peel the celeriac and carrot and cut, together with the celery, into large pieces. Peel the onions and the garlic and chop the onion coarsely. Use butcher’s twine to tie the rosemary into a bunch. Spread the chopped

vegetables with a clove of garlic, rosemary, bay leaf, cinnamon stick, cloves and juniper berries over the beef in the dish and pour the Barolo on top. Cover the bowl with cling film and leave to marinate for 12 hours in the refrigerator.

2. Heat up the Big Green Egg, with the Cast Iron Grid, to 170°C. Remove the meat from the marinade and drain well (keep the marinade including the vegetables, but remove the cinnamon stick and cloves). Pat the meat dry with paper towel and roll through the flour. Knock the excess flour off the meat. Place the Cast Iron Dutch Oven on the grid, add the butter and wait until it is nicely browned.

3. Cook the meat on both sides, and deglaze with beef stock and add the marinade and the vegetables. Bring to a boil, place the lid on the Cast Iron Dutch Oven, close the lid of the EGG and reduce the temperature to 90°C. Leave to gently simmer for about 3 hours.

4. Take the meat, when cooked, from the pan and remove the rosemary and bay leaves. Leave the lid off the Cast Iron Dutch Oven and let the liquid reduce to a nice, thick gravy. Meanwhile, peel and chop the shallot and finely chop the second clove of garlic. Heat the olive oil in a pan on the stove and sauté the shallot and garlic. Stir in the polenta followed by the chicken stock. Bring to the boil, turn the heat to low and cook the polenta in about 30 minutes. Stir every so often.

5. Put the meat back in the gravy with the vegetables to warm it up. Pick the parsley leaves. Stir the grated Parmesan cheese into the cooked polenta. Divide the polenta and meat with gravy on the plates and garnish with parsley.



Pure Piedmont

The People of Piedmont know how to enjoy themselves. Local cuisine plays an important role at home and in the many small restaurants in the region. One of these is Osteria da Gemma in Roddino. It's a special restaurant with a special lady at the helm: Gemma Boeri. Although Gemma no longer does very much cooking, the restaurant still has the same feel and the cooking is still according to her vision. There is no menu to choose from. Instead, there's a set menu and it is always delicious. The bread is baked fresh daily and every Tuesday is pasta day, when the pasta for the week is prepared. The simplicity of the restaurant, the divine dishes and unparalleled hospitality make it a very popular eatery and well worth a trip to Piedmont.



Flat Baking Stone

Using the convEGGtor allows you to easily turn the Big Green Egg into an oven because the heat becomes indirect. By combining this with the Flat Baking Stone on the grid of the EGG, it essentially becomes a stone oven. You can effortlessly bake things like delicious crusty bread and pizzas with an authentic crispy base. This handy stone is also available as a Half Moon Baking Stone (available for the Large and XLarge). You can, for example, bake rolls on the stone while simultaneously grilling the meat to place on the roll. This setting is also ideal for keeping a pan or pre-cooked food warm on the stone.



Cast Iron Griddle Half Moon

This very practical cast-iron griddle has a double function thanks to its flat and ribbed sides. The flat side is ideal for cooking pancakes, blinis or eggs, while the ribbed side is perfect for making toasted sandwiches or grilling delicate fish fillets. As the Half Moon Cast Iron Griddle covers only half of the grid, you can grill other ingredients at the same time.

Instant Read Digital Thermometer

This digital thermometer allows you to measure, within seconds, the exact internal temperature of meat, fish and poultry, so you can easily determine the right, safe cooking time. Insert the stainless steel pin into the core of the food to show the core temperature at a glance on the large LCD screen. The Digital Instant Read Thermometer has a range of up to 232°C and switches off automatically after 5 minutes of inactivity.



BIG GREEN EGG
SEASONAL
MENU

Taste of winter

Even in winter you can continue cooking on the Big Green Egg. All preparations are performed indoors, so you only have to go outdoors every once in a while. That means you can continue to enjoy Big Green Egg dishes, including this three-course meal, throughout the year.

Would you like to receive delicious seasonal menus and other special recipes in your mailbox? Sign up for our newsletter at biggreenegg.eu

Cabbage salad with grilled quail, pancetta and apple



Glazed ham with grilled parsnip and potato celeriac mash



Chocolate pudding with walnuts and figs



Curing ham

Ask the butcher for a cured ham. Would you rather cure the meat yourself? Dissolve 250 g salt per litre of lukewarm water. If you wish, add bay leaves, thyme, peppercorns and juniper berries to taste and allow the water to cool. Place the ham in the fluid (make sure it is fully immersed), cover the bowl with foil and leave to cure for 10 days in the fridge. Prior to use, leave to desalinate in unsalted water for at least 25 hours. If there any ham left over after the meal? Save it for the next day.

Shopping list for 4 people

- Starter**
- 4 quails, boneless
 - 12 slices pancetta
 - ½ small oxheart cabbage
 - ½ small green cabbage
 - ½ small red cabbage
 - 1 red onion
 - 4 tbsp olive oil
 - 2 tbsp apple cider vinegar
 - 1 tbsp honey
 - 50 g walnuts
 - 2 cooking apples
- Main course**
- 1½ kg cured ham, with fat, without rind
 - 1–2 tbsp cloves
 - 1 orange
 - 250 ml honey
 - 50 ml cognac
 - 1 tbsp mustard seeds
 - 1 tbsp black peppercorns
 - 500 g potatoes
 - 250 g celeriac
 - 100 ml milk
 - 50 g butter
 - 6–8 parsnips
 - 4 sprigs flat parsley
- Dessert**
- 150 g butter, at room temperature + extra for greasing the tin
 - 150 g brown sugar
 - 3 eggs
 - 25 g cocoa powder
 - 125 g self-rising flour
 - 50 g white chocolate
 - 50 g dark chocolate
 - 25 g walnuts
 - 4 dried figs
 - 100 g yoghurt
 - 20 g icing sugar
- Accessories:**
- convEGGtor
 - Cast Iron Grid
 - Porcelain-Coated V-Rack
 - Rectangular Drip Pan
 - Dual Probe Wireless Remote
 - Thermometer
 - Cast Iron Grid Lifter
 - The Pit Mitt BBQ Glove

Preparation in advance:

Cabbage salad

Place the quails unfolded and skin-side up on the work surface. Carefully remove the skin and place two slices of pancetta on each quail, between the skin and the meat. Smooth the skin down again. Cut or grate all the cabbage into very thin strips and place in a mixing bowl. Peel and chop the onion and mix with the cabbage strips. For the dressing, put the oil, vinegar and honey in a clean jar with a lid and shake well. Cover the quail and the cabbage salad and store it in the refrigerator together with the dressing until needed. Roughly chop the walnuts and store in a sealable container.



Preparation in advance: Glazed ham

Cut the fat side of the ham crosswise and insert a clove in each cross. Wash the orange with hot water and remove the zest from the peel. Cut the fruit in half and squeeze out the juice. Mix the zest and juice with the honey, cognac, mustard seeds and peppercorns. Peel the potatoes and celeriac and cut into equal pieces. Bring them to the boil in a saucepan with lightly salted water and cook for approx. 20 minutes until done. Meanwhile, heat the milk in a saucepan. Drain the potatoes and celeriac, rub through a coarse sieve and stir in the hot milk and butter. Leave the mash to cool.

Wash the parsnips and cut lengthwise into quarters. Store the ham, the honey mixture, the mash and parsnips covered in the refrigerator until needed.

Preparation in advance:

Chocolate pudding

Grease a pudding dish with a capacity of about 1 litre with butter. Put the butter and brown sugar in a mixing bowl and beat with an electric mixer until airy. Beat the eggs into this mixture one-by-one. Fold the cocoa powder, flour and a pinch of salt into the egg mixture to create a batter. Chop the chocolate into pieces, chop the walnuts coarsely and cut the figs into small pieces. Spatula through the batter and spoon the batter into the greased pudding dish. Mix the yogurt and powdered sugar together. Store the pudding dish and yogurt, covered with aluminium foil, in the refrigerator until needed.

Preparation: Glazed ham 1

Cook the ham first so that there is not too much time between serving the starter and the main course. Ignite the Big Green Egg and heat, with the Cast Iron Grid, to 130°C. Place the ham in the Porcelain-Coated V-Rack and place it in the Rectangular Drip Pan. Spoon the honey mix over the ham to baste it.



Put the V-Rack together with the Drip Pan on the grid and insert the pin of the Dual Probe Wireless Remote Thermometer into the core of the meat. Close the lid of the EGG and bring the temperature of the EGG to 58°C. Cooking will take about 1½ hours. Baste the ham every 15 minutes with the honey mixture. Simultaneously check that the honey leaking into the Drip Pan does not caramelize. If this happens, pour some water or white wine into the Drip Pan. Once the desired core temperature has

been reached, remove the ham from the EGG and place it, including the V-Rack and Drip Pan, on a fireproof surface. Cover with foil and continue with the preparation of the cabbage salad.

Preparation: Cabbage salad

Take the Cast Iron Grid out of the EGG using the Cast Iron Grid Lifter. Remove the convEGGtor with The Pit BBQ Mitt Glove and put the Cast Iron Grid back. Shut the lid and turn the temperature up to 200°C. Place the quails skin-side down, along with the remaining slices of pancetta on the grid and close the lid. Grill the slices of pancetta for about 5 minutes until crispy. Take them from the grid, turn the quails and grill for another 5 minutes. Peel the cooking apples, remove the cores and cut the apples into thin strips. Powerfully shake the dressing again, pour it over the cabbage salad and season with salt and pepper. Spoon the salad onto a large serving plate. Season the grilled quail with pepper and divide the crispy grilled pancetta, the apple slices and chopped walnuts over the salad and serve.

Preparation: Glazed ham 2

Bring the temperature of the EGG back up to 170° C. Divide the parsnips on the grid and grill for 10–15 minutes. Turn the vegetables occasionally while grilling.



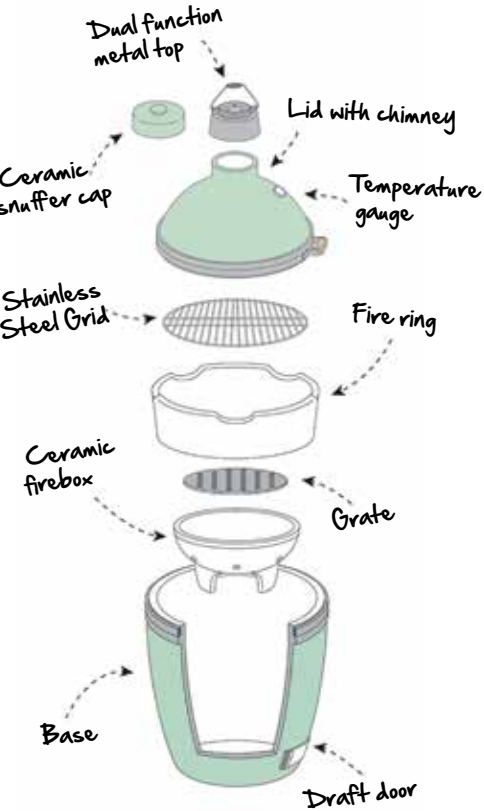
Remove the aluminium foil from the ham. Take the parsnips from the grid and place them in the cooking liquid in the Rectangular Drip Pan under the V-Rack. Place back on the grid, close the lid and warm up the ham. In the meantime, heat the potato celeriac mash on the stove and season with salt and pepper. Take the Drip Pan out of the EGG. Cut the ham into nice slices and divide across the plates with the parsnip and the mash. Garnish with parsley.

Preparation: Chocolate pudding

Take the Cast Iron Grid out of the EGG using the Cast Iron Grid Lifter. Place the convEGGtor with The Pit BBQ Mitt Glove and put the Cast Iron Grid back. Heat the EGG to 150°C. Put the pudding dish, including aluminium foil, on the grid. Close the lid of the EGG and cook the pudding for about 30 minutes. Make sure the pudding is sufficiently cooked by pressing gently on the top. It should feel firm, while the inside of the pudding should still be moist. Stir the yogurt again. Turn out the pudding on a nice plate and spoon the yogurt on top.

Filling, lighting & cooking

The Big Green Egg is suitable for many cooking techniques. After lighting up the EGG, various accessories can be used to set up the Big Green Egg for grilling, baking, boiling, stewing, smoking or slow cooking. On this page you will find a guide to the basic setups and a number of preparations they make possible.



HOW TO LIGHT UP THE BIG GREEN EGG

1. Fill the ceramic fire pit with charcoal to about 5 cm over the rim. Add 3 Big Green Egg Charcoal Starters (firelighters).
2. Fully open the air control at the base and light the firelighters. Leave the lid open. The large amount of oxygen will soon get the charcoal glowing.
3. After 10-15 minutes, if the firelighters have burned up, install the accessories for the desired setup, depending on what you are cooking.
4. Close the lid and install the dual function metal top. Set the temperature with the draft door and dual function metal top.

N.B. After lighting up, keep the lid of the Big Green Egg closed as much as possible to maintain the desired temperature.

TEMPERATURES & TIMES

In this list you will find the setup, temperature and time indication for common cooking preparations on the Big Green Egg.

Preparation	Weight	Big Green Egg Temperature	Core temperature	Time (approx.)
Setup 1				
Grilling				
Fruit & vegetables	20-100 g	220°C	-	2-5 min.
Shellfish	20-100 g	220°C	55°C	13 min.
Fish	150-250 g	220°C	55°C	13 min.
Côte de boeuf	1 kg	230-250°C	52-58°C	16-20 min.
Rib Eye	100-250 g	220°C	50-68°C	5-10 min.
Lamb chops	100-250 g	220°C	50-68°C	5-10 min.
Chicken	150-250 g	150°C	77°C	16-20 min.
Duck breast	300 g	190-200°C	54°C	6-8 min.
Setup 2				
Cooking with indirect heat				
Pork neck	2-5 kg	120°C	65°C	4 hour
Leg of lamb	2-5 kg	120°C	55°C	3 hour
Rump steak	2-5 kg	120°C	48°C	1.5 hour
Full chicken	1.5 kg	180°C	77°C	75-90 min.
Chicken leg	250 g	180°C	77°C	35 - 45 min.
Chicken breast	250 g	180°C	77°C	16 - 20 min.
Smoking				
Pork neck	2-5 kg	90°C	65°C	4 hour
Rump steak	1-3 kg	90°C	48°C	1.5 hour
Salmon	180 g	90°C	50°C	20-25 min.
Setup 3				
Meat stew	2-8 kg	150°C	-	3-4 hour
Vegetable stew	1-5 kg	150°C	-	20 min.
Setup 4				
Pizza (crust 2-3mm)	-	250°C	-	6-10 min.
Roasting potatoes	-	150°C	-	2-3 hour
Roasting root vegetables	-	150°C	-	2-3 hour
Hot chocolate cake	-	200°C	-	10 min.

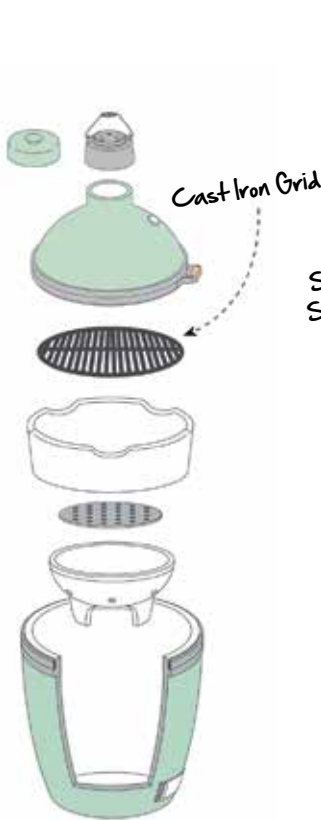
After use

Closing the lower air slide of the Big Green Egg after use and sealing the chimney with the ceramic cover cap extinguishes the charcoal. You can simply light up the remaining charcoal once again the next time you use it. Stir the remaining coal with a poker so that the ash falls down. Add new charcoal and light up the Big Green Egg.



BASIC SETUPS

1 Cast Iron Grid

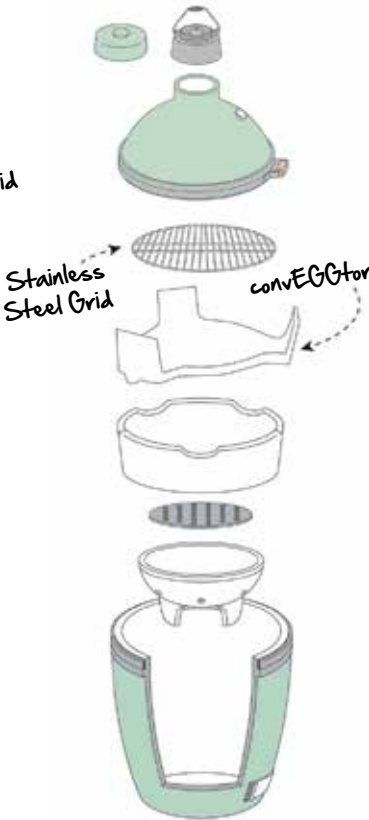


For serious grilling!

Using the Cast Iron Grid for direct cooking gives the food beautiful, distinctive grill stripes. Iron retains heat better than stainless steel.

Uses include:
Short meat preparations /
Vegetables / Fish / Fruit / Scallops

2 convEGGtor & Stainless Steel Grid

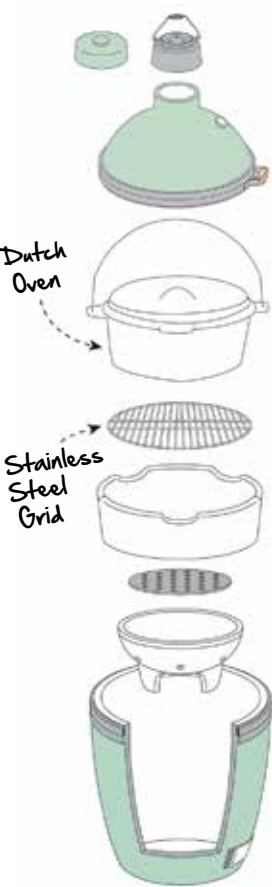


Indirect cooking

By installing the convEGGtor you turn the Big Green Egg into an oven. Suitable for low and high temperatures, potentially with the addition of wood smoke to smoke ingredients.

Uses include:
Cooking large pieces of meat / Fish
Smoking large pieces of meat & fish

3 Stainless Steel Grid & Dutch Oven

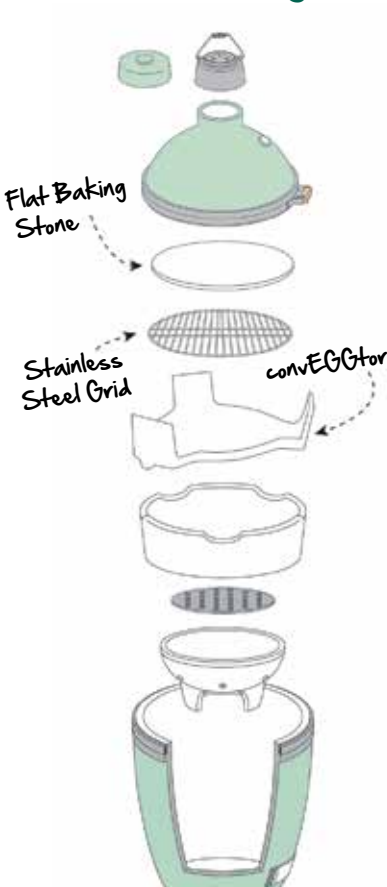


Stewing

By using the Cast Iron Dutch Oven without a lid the delicious aromas for which the Green Egg is known are absorbed by the dish.

Uses include:
Stewed pork cheek / Vegetable stew
Boeuf Bourguignon / Stewed onions

4 convEGGtor, Stainless Steel Grid & Flat Baking Stone



Cooking on stone

For baking pastry like cakes, breads, pizzas, and roasting of, for example, potatoes, sweet potatoes, and vegetables.

Uses include:
Bread / Pizza / Hot chocolate cake
Roasting potatoes and vegetables

Easy meals

The Big Green Egg is not only suitable for complex cooking techniques, but for easy meals too. Ignite your EGG, and start your preparations. You will have a delicious meal on the table before you know it. These tasty dishes are relatively simple and quick to prepare. Ideal for a busy weekday!

Mushroom risotto with pike-perch in Serrano ham

Preparation time: 50 minutes

- Serves 4**
- 4 130 g pike-perch fillets with skin
 - 8 slices of Serrano ham
 - 1 clove of garlic
 - 1 shallot
 - 200 g mixed mushrooms
 - 3 tbsp olive oil
 - 300 g risotto rice
 - 100 ml white wine
 - 1 litre vegetable stock
 - 2 tbsp apple syrup
 - 1 tbsp hoisin sauce
 - 4 sprigs flat parsley
 - 2 sprigs tarragon
 - 100 g grated Parmesan cheese
 - 4 macadamia nuts

Accessories:

- Cast Iron Dutch Oven
- Rectangular Drip Pan

- Heat up the Big Green Egg with the standard stainless steel grid, with the Cast Iron Dutch Oven on top, to 180 °C. Place two slices of Serrano ham, overlapping lengthwise, on the work surface and wrap a pike-perch fillet with it. Repeat with the remaining slices of ham and fish fillets. Peel the garlic and cut into thin slices. Clean the mushrooms and cut into slices.
- Heat the olive oil in the Cast Iron Dutch Oven and sauté the garlic, shallot, risotto and half of the mushrooms. Season with salt and pepper. Add the white wine. Pour in the vegetable stock, stir and close the lid of the EGG. Leave to cook for about 20 minutes until the risotto is cooked.

- About 8 minutes before the risotto is cooked, place the fish packets wrapped in ham on the grid next to the Cast Iron Dutch Oven. Close the lid of the EGG and grill for about 4 minutes, turn the packets and grill for another 4 minutes.
- Take the Cast Iron Dutch Oven from the grid and add the remaining mushrooms. Stir and leave the risotto to stand for 10 minutes. Place the grilled fish packets in the Rectangular Drip Pan. Mix the apple syrup with the hoisin sauce and coat the fish packets with mixture. Place the Drip Pan on the grid, close the lid and cook the fish packets for 3 minutes. In the meantime, pick the leaves from the parsley and tarragon.
- Stir the grated Parmesan into the risotto, add more salt and pepper to taste and arrange on the plates. Place a fish packet on each plate, sprinkle with herbs and grate some macadamia nut on top.



Free-range chicken with brie and pearl couscous

Preparation time: 40 minutes

- Serves 4**
- 4 free-range chicken fillets
 - 1 el ras-el-hanout
 - 2 tbsp olive oil
 - 400 ml poultry stock
 - 200 g pearl couscous
 - ½ red pepper
 - 1 red onion
 - 2 cloves of smoked garlic
 - 2 spring onions
 - 1 tsp curry powder
 - 200 g Brie de Meaux

- Heat the Big Green Egg, with the standard grid (Stainless Steel Grid), to 170 °C. In the meantime, mix the ras el hanout with 1 tbsp olive oil and the free-range polder chicken fillets into the mixture. Bring the stock to a boil, add the pearl couscous and cook until tender for about 10 minutes.
- Remove the stem and the seeds from the chilli pepper and slice it thinly. Peel and slice the onions and garlic. Cut the spring onions into thin rings.

- Heat the remaining olive oil in a pan on the stove and sauté the chopped vegetables. Stir in the curry powder and sauté for 1 minute. Drain the couscous, stir in the vegetable mixture and put the lid on the pan.
- Place the free-range chicken fillets on the grill of the EGG, close the lid and grill for about 15 minutes. Turn the fillets halfway through cooking. In the meantime, cut the Brie de Meaux in slices and place on top of the free-range chicken fillets during the last minute of cooking.
- Divide the pearl couscous across the plates and place one free-range polder chicken fillet on each plate.



Wraps with game mined meat and roasted vegetables

Preparation time: 35 minutes

- Serves 4**
- 1 red onion
 - ½ red chilli pepper
 - ½ leek
 - 3 tbsp olive oil
 - 300 g game, beef or lamb minced meat
 - 1 70 g tin of tomato puree
 - 200 ml game gravy
 - 150 g parsnips
 - 150 g parsley root
 - 150 g heritage carrots
 - 150 g courgette
 - 150 g king oyster mushroom
 - 2-3 cloves of garlic
 - 4 tortilla wraps
 - 2 sprigs of coriander

Accessories:

- Round Perforated Grid

- Heat up the Big Green Egg, with the standard stainless steel grid and the Round Perforated Grid, to 180 °C. Meanwhile, peel and slice the onion. Remove the stem and seeds from the chilli and chop very finely, and clean the leeks and cut them into thin half rings. Heat 1 tbsp of the olive oil in a pan and sauté the onion, chilli and leeks. Add the minced meat and fry. Stir in the tomato puree, sauté for 1 minute and pour the game gravy in the pan. Leave to reduce and season to taste with salt and pepper.

- In the meantime, clean the parsnips, parsley root and carrots, top and tail the courgette and cut the vegetables into strips. Brush the king oyster mushrooms and cut into slices. Peel and crush the garlic. Put the vegetables in a bowl and drizzle with the remaining olive oil.
- Spread the vegetables over the Round Perforated Grid, close the lid of the EGG and cook them for 8-10 minutes. Stir them occasionally during cooking. In the meantime, season the minced meat mixture with salt and pepper, spread over the wraps and roll up tightly.
- Spoon the vegetables from the Round Perforated Grid and put them in a bowl. Place the wraps on the Round Perforated Grid, close the lid of the EGG and heat for a few minutes. In the meantime, pick the leaves of the coriander.
- Take the wraps from the EGG, cut them in half and divide among the plates. Serve with the roasted vegetables and garnish with coriander.



Mussels with bread

Preparation time: 30 minutes

- Serves 2**
- 2 kg mussels
 - 2 cloves of garlic
 - 2 sprigs of thyme
 - 2 sprigs of rosemary
 - ½ tsp wasabi
 - 100 ml soy sauce
 - 1 tbsp olive oil
 - 1 400 g bag of mussels or soup vegetables
 - 500 ml white wine or 1 bottle of bock beer
 - 5 sprigs flat parsley
 - 5 sprigs of chervil
 - 5 chive leaves
 - 200 g crème fraîche
 - baguette or other bread, for serving

Accessories:

- Stir-Fry & Paella Grill Pan

- Heat up the Big Green Egg, with the standard stainless steel grid, to 220 °C. Meanwhile, check the mussels for open and broken shells and throw them away, rinse the undamaged ones in a colander under cold water. Peel the garlic and chop finely and pick the leaves from the thyme and needles from the rosemary and chop finely. Mix the wasabi with the soy sauce.
- Heat the olive oil in the Stir-Fry & Paella Grill Pan on the grid of the EGG. Wait until the oil is very hot, then carefully add the vegetables and garlic, cook for a few minutes then add the chopped herbs and the mussels. Add the white wine or bock beer and the mix of soy sauce and wasabi. Close the lid of the EGG and cook the mussels for about 5 minutes until the shells are fully open. In the meantime, pick the leaves from the parsley and chervil and chop, and cut the chives. Mix into the crème fraîche.



- Spoon the mussels into a bowl and serve with the bread and crème fraîche with herbs.

TIP:

For a more elaborate meal you can also serve celeriac or turnip chips with the mussels. Cut the vegetables into thick chips and blanch in lightly salted water until al dente. Drain, cool in ice water and leave to drain in a colander. Grill on all sides for about 220 °C on the Big Green Egg.





*Next time
in Enjoy!*



We hope you have enjoyed reading this edition of Enjoy!

In this issue, autumn and winter are the theme for our stories and recipes, and in the next edition of Enjoy! you will find a selection of perfect spring and summer recipes. In this way we continue to inspire you throughout the year...

Seasonal menus

The taste of spring & summer

The chef's region

Discover Ireland's best

Free from

Enjoy without gluten

Iceland

The kitchen of chef
Hrefna Sætrann

Patisserie

Baking on the Big Green Egg

Sustainability

Wild goose

Big Green Egg's Flavour Fair

A resounding success!

Dozens of inspirational professionals, fresh products of the highest quality, enthusiastic and inquisitive foodies and more than a hundred Big Green Eggs. These were the basic ingredients for the very successful and mouth-watering Big Green Egg's Flavour Fair. Some visitors and professionals, including chefs and craftsmen, have attended this annual taste festival since its first edition. They are driven by a shared love of the Big Green Egg, craftsmanship and the pure flavours of the products and ingredients on the menu.

Food trucks and large pavilions dedicated to fresh produce such as fish, meat and vegetables, and traditional pastries and patisseries, set the scene, creating a tasteful ambiance. The opportunities to sample the most delicious dishes, discover new tastes in familiar ingredients and dishes, explore the possibilities with the Big Green Egg, and learn new techniques

meant the day was all about enjoyment and inspiration. The Smaaktheater (taste theatre) and the demonstration pavilion, where masterclasses and demonstrations were staged, were new this year and very popular, as were the pop-up table belonging to three-star restaurant De Librije and the Flavour Fair Challenge, in which the visitors could take on each other



from behind the Big Green Egg, led by enthusiastic Julius Jaspers.

On Sunday 19 June 2016, the 10th Big Green Egg's Flavour Fair will take place. For more information, see the next edition of Enjoy! Save the date!

THE BIG GREEN EGG BOOK



Early 2014, the official Big Green Egg Book was launched in the Netherlands and it is now also

available in English. This beautiful reference work, including a foreword by Dutch top chef Jonnie Boer of the three-star restaurant De Librije in Zwolle, has become a valuable source of inspiration for many. All the cooking techniques possible on a Big Green Egg – such as baking, roasting, stewing, grilling, smoking and slow-cooking – are explored in detail and described in clear step-by-step instructions. The many basic techniques and more challenging recipes from our ambassadors make this book perfect for everyone who owns a Big Green Egg or has one on their wish list. Of course, the best ingredients are used, and are given that subtle, unmistakable Big Green Egg flavour. The results are recorded in the Big Green Egg book in beautiful, mouth-watering photos.

The Big Green Egg Book contains a wealth of information and recipes. It has 192 pages, is 24 x 28 cm and is bound in a stylish hard cover.



Check our website www.biggreenegg.eu to see if the Big Green Egg Book is available in your language.



The next Enjoy! will be available from your Big Green Egg dealer at the end of March 2016.

**WE ARE THE BIG GREEN EGG.
CALL US FOODIES,
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WE JUST BELIEVE
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THAT OUR SENSES ARE A GIFT
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