

Enjoy!



OPEN FLAVOUR™

#7 EN - Spring/Summer

ICELAND ROUGH & RUGGED >> 13



The taste of spring & summer

The versatility of the Big Green Egg means it can be used to cook complete and varied menus, from starters to desserts. Of course, preferably with as many seasonal ingredients as possible. With the right preparation, you can effortlessly serve this delicious spring and summer menu.

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Tasteful discoveries in Northwest Ireland

For every chef, it's all about flavour. That means the best way of discovering the most delicious ingredients in a certain region is by hitting the road with a chef. Philipp Henkes takes us along to a number of suppliers, seeking out the flavours of Northwest Ireland.

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Delicious and healthy gluten-free

More and more people are intolerant or over-sensitive to gluten, or want to restrict their gluten consumption. Thankfully, dishes naturally containing gluten don't need to be taken off the menu. From now on, you can simply make them yourself and you'll see how tasty eating gluten-free can be.

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Baking with the Big Green Egg

Biscuits, poffertjes, cake or tarts? You can make them just as easily on the Big Green Egg. And the end result? It has that characteristic Big Green Egg hint of flavour, meaning these tasty morsels also acquire an extra dimension. The proof is in the pudding: experience how delicious baking can be.

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Quick and easy for weekdays

The charcoal in the Big Green Egg is usually lit to have a great time with company. However, a Big Green Egg also offers a whole host of options if you want an easy meal, on the table in no time. Ideal after a busy day or when you still have things to do in the evening.

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Big Green Egg

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Many professionals seduce their customers every day with the delicious touch of flavour in dishes and creations prepared on the Big Green Egg. Together with the various cooking techniques which this cooking apparatus allows and its durability, this touch of flavour has meant the Big Green Egg has quickly become tremendously popular within the catering industry. In the end, just like any cooking enthusiast, they prefer working with the finest ingredients and the best equipment that fully optimises the flavours of the ingredients. One of them is patissier Hidde de Brabander...

I first encountered the Big Green Egg in the kitchen of Alain Alders at Landgoed Duin & Kruidberg. With the desire to reach the top and a spot of bluffing, I'd managed to bag a dream job there. It's a minor detail that I, trained as a confectioner, was responsible for both the patisserie and the desserts. As I was busy performing and meeting expectations, I didn't in fact pay any attention to the device. I only understood what I'd been missing out on in 2006 when I started out in the restaurant De Librije, under the supervision of Jonnie Boer. He too had already discovered the Big Green Egg. The limitless opportunity for creativity at De Librije had a stimulating effect, and while not everyone immediately thinks of flames and smokey flavour in combination with sweet, this can be a real added value. Take for instance marshmallows, which almost everyone finds delicious. In fact, from that moment on, I've been using the Big Green Egg nearly every day both at home and at professionally, for instance to smoke almonds that are to be added to one of my favoured nougats, or to roast cocoa beans and making chocolate out of them. I also bake chocolate tarts and biscuits on the Big Green Egg at the request of one of my customers. It's furthermore a major plus that so incredibly many preparations are possible with a Big Green Egg. The device can be used for different kinds of heat transfer, so in principle you can use the Big Green Egg for any preparation where heat is needed, even for oven preparations, although I sometimes hear that for the sake of ease the regular oven is used. Sure, you now and then have to fill the Big Green Egg with charcoal, light it and regulate the temperature. That doesn't all just happen by pressing a button. However, it doesn't take any longer to reach its temperature, and the cooking time is just as long, if not shorter. And what's more, you get so much in return. You can play around with a Big Green Egg, and it provides a much greater taste experience. You always have to ask yourself whether the flavour of the ingredient or dish benefits from the Big Green Egg, as the flavour is made a lot more intense in a positive way. Just like when using salt and pepper, seasoning you use frequently, but not always. I can't actually imagine my life without the Big Green Egg any more.

Hidde de Brabander
Dreams of Magnolia

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About Big Green Egg

Big Green Egg is unique in many ways. The EGGs are of unparalleled quality, due to the use of various patented components and the developments in the field of ceramics, developed for NASA purposes. Worldwide Big Green Egg is the only Kamado which is made of this special ceramic. The ceramics reflect the heat waves, which has a delicious impact on the taste of foods and dishes cooked with each preparation, irrespective of which cooking technique is used. The many high-quality Big Green Egg accessories make cooking outside safer, easier and more versatile, completing the Big Green Egg lifestyle.

Enjoy!
Big Green Egg Europe



European chefs shine at EGGtoberfest USA

The 18th edition of the EGGtoberfest® took place in the Stone Mountain Park in Atlanta last October. This is an annual event, where of course the Big Green Egg takes centre stage. However, this year the American EGGtoberfest had a European flavour, with 15 European chefs attending.

The European delegation comprised representatives from the continent's many thousands of chefs who have by now discovered the added value of a Big Green Egg. The aim of the trip was to exchange knowledge and, along with the public, savour the most delicious dishes from both the professional and consumer teams.

Major success

The EGGtoberfest came about in 1998 when The Big Green Egg Company offered members of the American EGGhead® Forum the opportunity to meet up with each other and cook together. The first year saw around 100 Big Green Egg pioneers and 15 chefs, each with a trusty EGG, attending. This

was a major success for a first edition. Since then, the EGGtoberfest has grown into a huge event, with 200 Big Green Eggs being partly manned by consumers and partly by professional chefs. Around 3,000 guests came to taste and enjoy during the last edition.

From Europe with Love

The contribution 'our' chefs made included green lamb curry with paratha, smoked oysters with mango pickle, grilled skirt with rendang sauce and artisan bread with aubergine and paprika sauce, and slow-grilled lamb roulade, with which they managed to pleasantly surprise the public and American professionals alike. Europe certainly left an indelible impression.



Would you like to know about the dishes the European chefs prepared during the EGGtoberfest? You will find a digital version of the booklet 'From Europe with Love', including all of the recipes, at www.15topchefs.com

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.

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Enjoy! Spring/Summer 2016

Far Eastern crab cakes with
noodle salad and spring onion



Lamb skewers with polenta,
pepper and rocket pesto

Blackberry flan



BIG GREEN EGG SEASONAL MENU

Taste of Spring

Is spring in the air? That means plenty of fresh spring ingredients are available again. Use them as the basis for the tastiest dishes, such as this delicious three-course menu. After all, seasonal ingredients and the Big Green Egg make a perfect combination. Savour the spring and enjoy!

If you would also like to receive the latest seasonal menus and recipe specials for the Big Green Egg by email, register for Inspiration Today on biggreenegg.eu, and you'll be inspired by the tastiest recipes time and time again.

Ingredients (Serves 4)

Starter: Crab cakes

- 250 g crab meat, preferably queen crab
- 50 g ginger
- 1 clove of garlic
- 1 stalk of lemon grass
- 5 spring onions
- ½ bunch of coriander
- 8 lime leaves (kaffir lime leaves)
- 1 tbs coriander seeds
- 250 ml sweet chilli sauce
- 250 g peeled king prawn tails
- 250 g rice noodles
- 1 Spanish red pepper
- 50 g mange-tout
- 1 organic lemon (use the zest for the flan)
- 50 ml sesame oil
- 50 g bean sprouts

Main course: Lamb skewers

- 2 red peppers
- olive oil
- 3 cloves of garlic
- 1 sprig of rosemary
- 250 g polenta
- 50 g butter
- 100g Parmesan cheese
- 1 bunch of rocket of about 125 g
- 1 kg leg of lamb

Dessert: Blackberry flan

- (serves 6-8)
- 125 g butter + extra for greasing the tin
- 4 eggs
- 150 g sugar
- 500 ml milk
- 115 g flour + extra for sprinkling
- 1 organic lemon (use the juice for the noodle salad)
- 200 g of blackberries
- 125 g crème fraîche

Accessories required:

- Cast Iron Grid
- Cast Iron Grid Lifter
- convEGGtor
- Cast Iron Dutch Oven
- 2 FireWire Flexible Skewers
- The Pit Mitt BBQ Glove
- Cast Iron Griddle Half Moon
- Grill Wok

Preparation in advance



Crab cakes

Pick through the crab meat to remove remaining shell. Peel the ginger and the garlic. Cut off the bottom of the lemon grass and the spring onions and, if necessary, remove the outer leaves. Pick the coriander leaves (keep separately for using later). Finely chop the coriander stalks, ginger, garlic, lemon grass and lime leaves and finely crush the coriander seeds in the mortar. Blend the finely chopped ingredients and the coriander seeds with the sweet chilli sauce. Add the prawn tails with 2 tablespoons of the sauce and salt to taste to the food processor and blend to a smooth paste. Scoop into a mixing bowl. Finely chop one of the spring onions and blend into the prawn mixture together with the crab meat. Placed uncovered in the fridge for at least 1 hour, so that the mixture is chilled thoroughly. In the meantime, cook the noodles according to the instruction on the packaging in lightly salted water. Drain, rinse with cold water and leave to drain. Halve the red pepper and remove the stalk and the seeds. Cut the pepper, the remaining spring onions and the mange-tout into thin strips. Store the prepared ingredients covered in the fridge until preparation.

Lamb skewers

Light the charcoal in the EGG and heat, with the Cast Iron Grid, to 200°C. Wash the peppers and coat with olive oil. Place them on the Cast Iron Grid, close the lid and roast the peppers for around 8 minutes on all sides, until the

skin starts to loosen somewhat. Remove the peppers from the grid and allow to cool in a dish covered with aluminium foil. Take the Cast Iron Grid out of the EGG using the Cast Iron Grid Lifter. Set up the convEGGtor and put the grid back. Heat the EGG to a temperature of 140°C. Heat the Cast Iron Dutch Oven on the grid and cut out a circle of baking paper with a diameter slightly smaller than the pan. In the meantime, peel the garlic and finely chop two cloves (store the other clove for the pesto). Remove the needles from the rosemary and chop finely. Sweat the finely chopped garlic in the Cast Iron Dutch Oven. Add the rosemary and 1 litre of water. Close the lid of the EGG and bring the water to the boil.

Add the polenta while stirring, place the circle of baking paper on the polenta and cover the Dutch Oven with the lid. Close the lid of the EGG and allow the polenta to cook for around 25 minutes until done.

Remove the Cast Iron Dutch Oven from the EGG and stir in the butter, 70 grams of the grated Parmesan cheese and salt to taste. Stir about 2-3 tablespoons of olive oil into the polenta to make it slightly creamier. Line the baking dish with baking paper and spoon a layer of polenta of about 2 cm into the dish. Allow to cool, cover and let it firm up in the fridge.

In the meantime, make the pesto: Blend the rocket, together with the garlic kept separately, remaining Parmesan cheese, and pepper and salt to taste, in the food processor to a paste. Pour in, in a thin trickle, as much olive oil as needed to obtain the consistency of pesto while the processor is turning. Cover and store in the fridge until ready to serve.

Debone the leg of lamb (or ask your butcher to do this). Cut the lamb into cubes of about 3 x 3 cm and season with salt and pepper. Remove the skin



from the roasted peppers. Halve them and remove the stalk and the seeds. With a round cutter (3 cm Ø) cut out circles from the polenta and the peppers. Thread the meat, the polenta and the pepper onto the FireWire Flexible Skewers. Cover and store in the fridge until needed.



Blackberry flan

If necessary swap the Cast Iron Grid with the stainless steel grid. Leave the convEGGtor in the EGG and heat it to a temperature of 150°C. Melt the butter. Separate the eggs, keep the egg white separate and place the yolks together with the sugar and 1 tablespoon of lukewarm water into a mixing bowl. Beat with an electric mixer until fluffy. Continue beating and add the milk, flour and melted butter so it forms a batter. Wash the lemon, zest half of the skin over the bowl (use the lemon itself for the noodle salad) and add a pinch of salt. Thoroughly degrease the mixer beaters. Place the egg whites into a second bowl and beat them stiff. Fold the beaten egg white through the batter. Grease a round baking dish (around 23 cm Ø) with butter and dust with flour. Wash the blackberries and pat them dry. Distribute 150 grams of the berries in the baking dish and pour over the batter.



Place the baking dish on the grid, close the lid of the EGG and bake the flan for 30-40 minutes. The flan is then no longer liquid and feels solid. Remove from the EGG, allow to cool and store, uncovered, in the fridge until just before serving. Turn off the EGG or continue preparing the menu.

Preparation

Crab cakes

Take the grid from the EGG, remove the convEGGtor with The Pit Mitt BBQ Glove and replace the grid (stainless

steel or Cast Iron Grid). Place the Cast Iron Griddle Half Moon here (with the smooth side up) and get the temperature to 180°C. In the meantime, finely chop the coriander leaves and halve the lemon. Coat the grill plate with a tablespoon of sesame oil. Using two tablespoons, scoop small portions of the crab mixture onto the plate and griddle until golden brown and done on both sides. In the meantime, heat the Grill Wok on the free half of the grid and in this stir fry the red pepper, spring onions, mange-tout cut into strips, and the bean spouts for about 3 minutes. For safety reason, put on the Pit Mitt BBQ Glove and and always close the lid between actions. Sprinkle the vegetables with a tablespoon of the sesame oil and stir well. Lastly, mix in the cooked noodles and heat until warm.



Spoon the noodles and the vegetables into a large dish, sprinkle with the remaining sesame oil and squeeze the lemon halves over the dish. Sprinkle with the coriander leaves and salt and pepper to taste and carefully stir together. Serve with the crab cakes and the sweet chilli sauce.

Lamb skewers

Remove the Cast Iron Griddle Half Moon from the EGG using The Pit Mitt BBQ Glove. If necessary, swap the stainless steel grid using the Cast Iron Grid Lifter with the Cast Iron Grid. Close the lid, ensure the temperature is back up to 180°C and wait until the grid is thoroughly hot. Place the filled FireWire Flexible Skewers onto the grid, close the lid of the EGG and grill the skewers for around 10 minutes until the meat is nicely browned and done. Halfway through the cooking time, turn the skewers using the Pit Mitt BBQ Glove.



Serve the skewers with the rocket pesto and for instance a mixed salad including the off-cuts of the pepper.

Blackberry flan

Remove the oven dish from the fridge and turn out the flan onto a plate, optionally turning it onto a second plate so the blackberries are at the bottom of the flan. Allow to slightly come to room temperature.



The Chef’s Region

Meat and fish from the kitchen of Philipp Henkes

Every region has its own specialities, sometimes only known locally and other times nationally and internationally. Beyond Ireland's borders, aside from Guinness and Irish whiskey, above all lamb and beef, but also fish, crustaceans and shellfish have an excellent reputation. Chef Philipp Henkes takes us along to the suppliers of Lough Eske Castle in Northwest Ireland, and it soon becomes clear why these ingredients are so cherished.



Philipp, who was born and bred in Germany, is a passionate chef who started in the kitchen at the age of 16. Following his training, the young chef left for Austria to work for the Schloss Velden Hotel of the Capella Hotel Group. After this, his career progressed at Breidenbacher Hof in Düsseldorf, and among other things, he became sous-chef of the Mediterranean restaurant The Knolls at Capella Singapore, and was finally offered – within the same hotel group – the position of executive chef at the Solis Hotel & Spa Lough Eske Castle in Donegal Town, Ireland. Philipp is now once again back in his home country, to spend more time with his family and friends after working abroad for years, and is starting a new taste adventure in a different region.

Expertise of the producers

‘Becoming an executive chef at the age of 29 was an amazing offer’, says Philipp. ‘And Ireland is beautiful! Nature here is extremely rugged, especially in the North and here in the Northwest. In combination with the producers’ expertise, that same nature provides a tremendously beautiful and abundant range of meat and fish. A large share is in fact exported to other European countries, and the demand from America for Irish meat is on the increase. Not only is it tasty, but also extremely

healthy meat. This is because it originates from grass-fed animals. What's more, the meat producers stick to traditional methods, having a passion for their trade and not engaging in mass production.

Eddie Walsh & Sons

In the mean time we have arrived at Eddie Walsh & Sons, a butcher in the Upper Main Street in Donegal Town. The family business, founded by Eddie Walsh in 1962, is run by the third generation of Walshes. Besides the butcher shop in Donegal, they own a

second one in nearby Ballintra, the place where Eddie once started out. Furthermore, the family boasts its own farm, where cattle are bred under the best conditions. Of course, the meat from these animals ends up in the shop window of Eddie Walsh & Sons. Philipp tells us: ‘The majority of beef in Ireland originates from the Irish cattle breeds Hereford and Angus. In combination with the living conditions, these breeds provide fantastic meat. However, Walsh & Sons furthermore also work with the French Aubrac breed, which they specialise in.





This meat is renowned for its superior flavour, tenderness and high quality. Over the years the shop has built up a tremendously good reputation, and time and again wins awards in every competition with its meat, burgers and sausages.'

Secret behind the quality

Edmond Walsh explains: 'The secret behind the quality of Irish meat, both beef and lamb, is a combination of the breed, the living conditions, the feed and the butcher's expertise. Here in Ireland we have the luxury of a great deal of space and a favourable climate. The winters are mild and the summers not extremely warm. The landscape is predominantly covered in grass, and the cattle spends the majority of the year outside, in natural conditions. They feed exclusively on grass.' That's a good thing, as besides the fact the digestive systems of cattle and sheep is designed for eating grass, the meat of grass-fed animals has various health benefits. Among other things, it contains fewer saturated fatty acids than meat from grain-fed animals. Grass consumption furthermore provides a slight fat marbling, and the meat acquires a characteristic, distinct meat flavour. The flavour is genuine pure nature.

Characteristic flavour

'The freedom of movement the animals have also plays a significant role in the meat's tenderness, since this means the fat is nicely distributed, and fat gives meat flavour', Philipp adds. 'Moreover, meat from grass-fed animals is generally slightly leaner than meat from grain-fed ones. For instance, at Kettle Irish Foods, a meat producer in Northern Ireland, they not only have meat from 100% grass-fed animals, but also a line of meat for which



the animals are given supplementary feed 100 days prior to slaughter. The meat then still has characteristic flavour of grass-fed meat, but thus also contains slightly more fat.'

Largest fishing port in Ireland

'Take this lamb from Eddie Walsh & Sons; if you cook this to a good core temperature – medium to medium rare – it is wonderfully tender, juicy and tastes perfect.' After purchasing a couple of nice lambs rumps, for preparing later on the Big Green Egg, it's time continue on to Albatross Seafoods. This established fish supplier of Lough Eske Castle is based on Killybegs, which is home to Ireland's largest fishing port. According to Philipp: 'The quality of Irish fish, crustaceans and shellfish is also fantastic. Not only are the air and the land tremendously clean, but this also applies to the seas surrounding Ireland. The Atlantic Ocean above all

is an amazing supplier in this area. Donegal oysters and Irish scallops are known far beyond Ireland's borders, but the salmon, monkfish, mackerel and other fish species are also delicious!'

Donegal oysters

'Donegal oysters in particular have a good reputation on an international level', Philipp explains further. 'The oyster breeding grounds in and around Donegal are considered the best in Europe. The pure water of the Atlantic Ocean is a major influence on this, as is the tide. This is because due to the ebb and flow, the breeding beds, occurring here in large numbers, are not continually under water. Because oysters only grow if they are under water, since they can then take in food from the water, the oyster meat is even tastier. The producers regularly move the oysters to a different part of the bay, as the natural range of food varies and the oysters are

placed on a breeding bed at that location that best suits their growth stage at that time.'

Major success

'Albatross Seafoods came into being in 1988. At that time, owner John Boyle had been buying the catch from various fishermen in the port of Killybegs to sell to the local population for a number of years', adds Philipp. 'He saw the demand for good-quality fish increase, although here in the Northwest comparatively less fish is eaten than meat. The population is fairly traditional and is less open to new flavours than in the South and cities such as Dublin and Galway. However, John's knowledge and experience accumulated over the years mean he made Albatross Seafoods into a major success. From a small shed on the pier in Killybegs, where he filleted the catch by hand and then delivered it on ice to hotels, restaurants and fishmongers, it has grown into a serious business with around 350 customers in the Northwest, West and centre of Ireland.'

Just see how delicious

'Besides fresh fish, crustaceans and shellfish, they also supply fillets, frozen fish and smoked fish from their own smokehouse, such as haddock, mackerel and kipper. Moreover, not all fish from Albatross Seafoods originates from the waters around Ireland, and for certain species they rely on other seas', continues the chef, while deftly opening a fresh oyster. 'Here, see how delicious the oysters taste. That's the great thing about good suppliers, you can rely on them providing the best quality. After all, the taste of a successful dish is always down to the quality of the ingredients...'



Bord Bia

Bord Bia is the Irish food organisation that sees to trade contracts and advertising for Irish food products worldwide. With the Cattle Movement Monitoring System (CMMS), it introduced the first registration system with which the provenance of each cow could be traced. Bord Bia even went a step further with the Quality Assurance Scheme (BQAS), This includes certain criteria relating to animal health, animal welfare, environment, food, medicine use, provenance and traceability. The aim of this to deliver constant and the best quality throughout the entire chain.



Donegal is a town in north-western Ireland, in County Donegal. The county is part of the Republic of Ireland and borders with Northern Ireland, which as a constituent country is part of the United Kingdom along with England, Scotland and Wales. The region is hilly and mountainous, and the coastline is characterised by the many steep, imposing cliffs offering a dazzling view over the Atlantic Ocean.





Teriyaki-glazed scallops with radish and basmati-parsley foam

Serves 8

- 8 scallops in the shell
8 radishes
- For the teriyaki sauce:
2 tbsp cornflour
120 ml water
120 ml soy sauce
½ tsp ginger powder
¼ tsp garlic powder
5 tbsp dark brown sugar
2 tbsp honey
white pepper
- For the foam:
27 g basmati rice
500ml whipping cream
125 ml chicken stock
5 ml garlic oil
3 g parsley leaves
- Accessories needed:
2 Cedar Wooden Grilling Planks

1. Saw eight strips of around 5 cm in thickness from the Wooden Grilling Planks and sand the sides smooth. For the sauce, dissolve the cornflour in half of the water. Heat the rest of the water with the remaining ingredients for the sauce in a saucepan on the cooker. Stir

the cornflour through this and allow to reduce to sauce consistency. Take the pan off the heat.
2. For the foam, bring the rice to the boil in the cream and allow to cook for 22 minutes, In the meantime, light the Big Green Egg and heat, with the steel grid, to 200°C.
3. Add the remaining ingredients for the foam, pour into a blender and process

for 6-8 minutes until completely smooth. Season to taste with salt and white pepper, pour the mass through a sieve and place into a whipped cream syphon. Fill this with two cartridges and allow to stand for 10 minutes,
4. In the meantime, open the scallop shells using a pallet or oyster knife. Scoop out the scallops using a spoon and rinse them with cold water to remove

any sand. Break off the convex half-shell and rinse it clean in order to remove the coral and the sphincter. Cut each scallop horizontally into three. Place on a Wooden Grilling Plank and brush with the teriyaki sauce. Wash the radishes and slice finely using a mandolin. Distribute the slices over the convex halve-shells and place these (on a few pebbles or some sea salt) on a rectangular plate.
5. Place the Wooden Grilling Plank(s) on the grid, close the lid of the EGG and leave the scallops to cook for 2-3 minutes. Squirt basmati-parsley foam into the concave half-shell and place a plank with scallops next to it. Serve immediately.



- TIPS:
- Would you rather serve the scallops raw? If so, heat the Wooden Grilling Planks for 5-7 minutes on the grid in the Big Green Egg. Brush the scallops with the teriyaki sauce and serve them on the hot planks.
• The basmati-parsley foam combines well with any fish dish.

Grilled oysters with onion cream, beetroot gel and roasted Guinness bread

Serves 8

- 8 oysters
3-4 slices of Guinness bread
(see basic recipe) *
sea purslane
coarse sea salt
- For the beetroot gel:
500 ml beetroot juice
50 ml balsamic vinegar,
at least five years old
5-8 g agar-agar
- For the onion cream:
2-3 onions
45 g egg white
30 g sushi vinegar
40 g yoghurt
160 g sunflower oil
- Accessories:
Grill Tong

1. Light the charcoal in the Big Green Egg and heat to 250°C. In the meantime, first make the beetroot gel: To do this, place the beetroot juice and the balsamic vinegar into a pan and cook on the cooker until 100 ml remains. Add the agar-agar and mix with the hand blender. Allow to cool, season to taste with salt and place into a clean syphon.

2. For the onion cream, place the unpeeled onions onto the charcoal and close the lid of the EGG. Allow the onions to cook for 10-15 minutes until the skin is black, turning them regularly with the Grill Tong.
3. Remove the onions from the EGG and leave to cool slightly. Place the grid in the EGG to grill the oysters and the bread next. Remove the skins and process the onions in a blender into a smooth purée, measure off 220 grams to be added. Mix together the egg white, the sushi vinegar and yoghurt in a bowl. Then whisk the sunflower oil into the egg mixture a drop at a time. Fold the onion purée into this bit by bit and season to taste with salt and white pepper. Place into a clean syphon.
4. Spoon a generous amount of sea salt onto each plate so the oyster can stably sit on it. Cut 16 nice diamond shapes out of the Guinness bread and grill them on both sides for a few seconds on the grill. Put the oysters on the grid of the Big Green Egg and close the lid. Wait 1-2 minutes until the shells have opened and remove them from the EGG. Loosen the oyster meat, turn them and place them on the sea salt. Squirt some onion cream into the shell and onto the plate. Do the same with the drops of beetroot gel. Garnish with the roasted Guinness bread and a few leaves of sea purslane.

- TIP:
- Replacing the onion cream with grated Granny Smith is also delicious.



Guinness bread *

For 1 loaf

- 75 g oatmeal
250 g wholemeal flour
100 g dark brown sugar
2 tsp sodium bicarbonate
1 tsp baking powder
½ tsp salt
50 g butter + extra for greasing the tin
1tsp vanilla extract
225 ml buttermilk
330 ml (1 bottle) Guinness
- Accessories:
convEGGtor

1. Light the Big Green Egg and heat, with the convEGGtor and the grid, to 200°C. Grease a cake tin with butter.
2. Mix the oatmeal, the wholemeal flour, the sugar, sodium bicarbonate, baking powder and the salt in a bowl. Melt the butter and mix the vanilla extract, the buttermilk and the beer into this. Fold the dry ingredients through the beer mixture, continue to stir until all the ingredients are properly blended and distribute evenly over the greased tin.
3. Place the tin on the grid, close the lid of the EGG and bake the bread for about 60 minutes.
Remove from the EGG, allow to cool in the tin for 30 minutes and turn out onto a grid. Leave to cool completely.



Grilled lamb rump with grilled vegetables, anise-carrot purée and thyme jus

Serves 2

2 x 200 g lamb rumps
4 small carrots
2 potatoes
2 heads of broccolini
4 fresh pickling onions
thyme jus (see basic recipe) **

For the anise-carrot purée:
8 small carrots
200 ml water
250 g butter
150 g sugar
8 star anise
3 tsp salt

Accessories needed:
Cast Iron Grid
Cast Iron Griddle Half Moon
Instant Read Digital Thermometer

1. Light the Big Green Egg and heat to 180–200 °C with the Cast Iron Grid and the Cast Iron Griddle Half Moon (smooth side up). In the meantime, cut the fat from the lamb rumps (store for use later), wash the carrots and cut off the majority of the foliage. Peel the potatoes and cut them into 1 cm thick slices, cut off the bottom part of the broccolini and peel the pickling onions.
2. In the meantime, peel the carrots for the anise-carrot purée. Bring the remaining ingredients to the boil in a pan on the cooker and allow to reduce to a syrup in about 10 minutes. Add the carrots and cook them until soft. Remove the carrots from the syrup and process them until smooth in a blender, if necessary adding some syrup if the purée is too thick. Place the purée into a syphon and keep warm in a pan with warm water (50–60 °C).
3. Rub the Cast Iron Griddle Half Moon with the fat from the lamb rumps. First place the carrots and 2 minutes later the

- potatoe slices onto the Cast Iron Griddle Half Moon. A couple of minutes later, place the broccolini and the pickling onions onto the grid. Turn the vegetables after a couple of minutes and remove them from the EGG once they are nearly done. Place on a dish.
4. In the meantime, place the lamb rumps onto the grid in advance and grill on both sides until they have reached a core temperature of 52–54 °C. Measure this by inserting the pin of the core thermometer into the centre of the meat. For a nice grilled diamond pattern, you can turn the meat one quarter after a few minutes for each side during the preparation.
 5. Just before the core temperature has been reached, return the vegetables onto the Cast Iron Griddle Half Moon and the grid. Remove the meat from the EGG and allow to rest for 3–4 minutes. Meanwhile, heat up the thyme jus.
 6. Spoon 3 tablespoons of the anise-carrot purée onto each plate and make a nice stripe from this using the back of a spoon. Slice the meat, distribute the grilled vegetables over the plates and spoon some jus onto each plate.



Thyme jus **

1 kg lamb bones
1 tbsp sunflower oil
100 g diced onion
100 g celery, sliced
5 cloves of garlic, sliced
100 g tomato purée
1 l red wine
2 bay leaves
2 cloves
3 juniper berries
1 bunch of thyme

Accessories needed:
convEGGtor
Rectangular Drip Pan

1. Light the Big Green Egg and heat with the convEGGtor and the stainless steel grid to 180 °C.
2. Put the lamb bones on the Rectangular Drip Pan, place on the grid and close

- the lid of the EGG. Roast the bones for 20–30 minutes until golden brown.
3. In the meantime, heat the sunflower oil in a soup pan on the stove and sauté the onion, celery and garlic in this. Add the tomato purée and stir through for 2–3 minutes to remove the acidic flavour. Make sure the tomato purée does not burn, otherwise the thyme jus will taste bitter. Pour a third of the wine into the pan, increase the heat and allow to cook until the wine has almost entirely reduced. Now add half of the wine and allow to reduce again, pour the rest of the wine into the pan and again allow to reduce almost entirely.
 4. Scoop the roasted lamb bones into the pan and add water so the bones are just covered. Bring to the boil and if necessary remove any foam and fat floating on the surface with a skimmer. Add the bay leaves, cloves and juniper berries, reduce the heat to low and allow to simmer for a few hours, so all the flavour is drawn

- from the bones. From time tot time skim off the fat.
5. Pour the jus through a sieve, return to the pan and allow to reduce until the desired consistency. Once this has been reached, add the bunch of thyme and allow to infuse for 10–15 minutes. Remove the thyme from the jus and if not immediately required cool (store in the fridge), to heat up again before serving.

TIPS:

- For a really refined jus, once the thyme has been removed you can pour the jus through a sieve covered with muslin cloth.
- Once the jus has been reheated, optionally beat a couple of cubes of cold butter through it. This makes it creamier and gives it a nice sheen.

Precision is key

When using the Big Green Egg, the temperature in combination with the cooking time play a vital role in the food being done to perfection, both the temperature inside the Big Green Egg and the final core temperature. For the majority of dishes you can rely on the dome temperature provided combined with the stated time, but for large pieces of meat and poultry it's sometimes less easy to determine. In cases like these, a thermometer is the answer!

There is in fact no easier way to establish how done large pieces of meat, poultry, as well as fish are than by measuring the core temperature(*). Precision is key with these ingredients, and the size can vary considerably, which has consequences for the cooking time. By determining and measuring the temperature, meat, fish and poultry are always cooked to perfection. Heat the Big Green Egg as indicated in the recipe and insert the pin of the thermometer into the centre of the ingredient (or in the case of poultry, the thigh bone) to measure the temperature. With meat and poultry with bone, always ensure the pin does not touch the bone, as this can give a misleading picture. Also remember that large pieces of meat continue to cook for a few minutes while resting.

Big Green Egg has the following core thermometers in its range, among others:



Instant Read Digital Thermometer

With this digital thermometer you can measure the exact core temperature in three to four seconds. This makes it easy to estimate how long the ingredient might still need to cook, or that the perfect doneness has been reached. The core temperature is clearly shown on the large LCD screen. The Instant Read Digital Thermometer measures up to 232 °C and switches off automatically after 5 minutes of inactivity.

Dual Probe Remote Thermometer

A digital thermometer, consisting of a transmitter and a receiver, with a double function; this wireless thermometer simultaneously measures, up to one degree of accuracy, the core temperature of the ingredient and the dome temperature or the core temperature of two different ingredients.



The core temperature of beef, veal, lamb and pork, poultry, fish and various types of game such as venison, elk, rabbit and duck are preprogrammed, and can be adjusted and saved to personal taste. With the receiver within hand's reach, you can read the current temperature up to a distance of 91 meters at any time. Once the desired core temperature has been reached, the receiver of the Dual Probe Wireless Remote Thermometer automatically gives a signal. The stainless steel pins withstand a temperature of up to 380 °C, and the thermometer measures temperatures between 0 and 300 °C.

* For an overview of core temperatures, see page 16

Social Media

Want to know what others foodies prepare on their Big Green Egg? Be inspired and share your own creations! Tag @biggreeneggeu in your Tweet or Instagram post, or use the hashtag #biggreeneggeu. You can also find Big Green Egg on Facebook, at <http://www.facebook.com/biggreeneggeu>. Open your world of culinary possibilities!

VincentF @vifi62

What's cookin' on my BGE Large?
Smells guuuuud!!!! @biggreeneggeu
@BigGreenEgg_NL



@brechtiej

Off we go. Ready for a 5 hour smoke with oak wood and apple wood. Can't wait!
#biggreenegg #ifyourellookingyourenotcooking
#biggreeneggs #biggreenegglife
#biggreeneggeu #biggreenegghead
#biggreenegggrill #biggreeneggmedium
#biggreenegggeurope #bge



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.



Using the ceramic convEGGtor 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 limited lifetime 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.

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



...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

The Mini is delivered as standard without EGG Carrier



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

Ensure the EGG is set up in a stable manner and away from flammable objects. Lock the wheels on the Nest® or table once the EGG is in the correct position. Never move the EGG while in use or if it has not cooled down entirely yet.
- 2

Preferably light the charcoal in the EGG using Big Green Egg Charcoal Starters. Newspaper, cardboard, lighting gel or other flammable liquids can cause substantial fumes, excessive ash and/or unpleasant smells and may possibly negatively influence flavour. Also avoid chemical firelighters.
- 3

Place the daisy wheel on the chimney after the firelighters have burnt down. Determine, on the basis of the desired temperature, the position of the air inlet on the ceramic base and that of the daisy wheel. The full user manual including tips on your EGG's temperature control can be downloaded from biggreenegg.eu

- 4

Use the specially designed Grill Gripper to grasp and pick up hot grids. Hold the Grill Gripper in such a way that one half of the 'jaws' is underneath the grid. If you pick the grid up from directly above you won't be able to grip it as tightly.
- 5

Try to keep the lid closed. This will allow you to reach higher temperatures, the EGG will use less fuel and your food will be juicier which benefits its flavour. Furthermore, this also increases the life-span of the felt and your EGG.
- 6

The Big Green Egg can be kept outdoors as the ceramic material is impervious to weather conditions. To protect the metal parts it is advisable to use the specially available cover in between uses of the EGG. In the event of lengthy inactivity it is important to remove all food scraps from the EGG, to fully open the bottom air inlet and to not fit the cast iron daisy wheel or ceramic cover on the cooking chamber (these can be stored inside the EGG). This will prevent fungus developing. You should subsequently cover the EGG with its protective cover. If fungus nevertheless develops inside the EGG this can easily be removed by firing the EGG to a high temperature a couple of times.

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).

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.

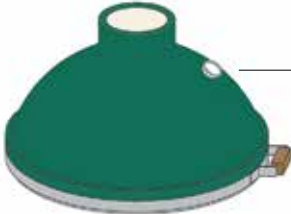


DUAL FUNCTION METAL TOP

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.

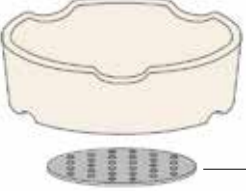
STAINLESS STEEL GRID

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.

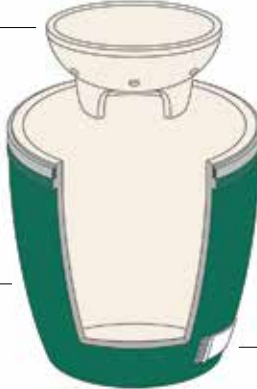


GRATE

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

Enjoy without gluten

Are you allergic or over-sensitive to gluten, or would you prefer not eating too much of it? Even so, you can still enjoy delicious savoury baking, patisserie and desserts from the Big Green Egg. Not by leaving out certain ingredients, but by putting together your own gluten-free flour. The result is at least as tasty as the same dishes containing gluten. Enjoying together, without gluten!



Pineapple-coconut cake

Serves 8

1 ripe pineapple
coconut ice cream

For the batter:
1 organic lime
200 g basic mix*
150 g grated coconut
1 tbsp husk
¾ tsp baking powder
¼ tsp salt
125 g butter, at room temperature + extra for greasing
225 g cane sugar
2 large or 3 small eggs
300 ml coconut cream
30 ml dark rum

For the caramel:
100 g cane sugar
75 ml coconut cream
30 g butter

Accessories required:
Cast Iron Grid
Cast Iron Grid Lifter
convEGGtor
The Pit Mitt BBQ Glove

1. Light the charcoal in the Big Green Egg and heat, with the Cast Iron Grid, to 250°C. In the meantime, peel the pineapple, cut crossways into slices around 1½ cm thick and remove the hard core with a cutter. Grill the slices for around 5 minutes on both sides. Remove the pineapple from the grid. Take the Cast Iron Grid out of the EGG using the Cast Iron Grid Lifter. Set up the convEGGtor and place the stainless

grid inside. Close the lid and close the air regulator and daisy wheel slightly, so the temperature of the EGG reaches 200-220°C.
2. For the batter, zest the lime peel and squeeze out the juice. Blend together the basic mix, grated coconut, husk, baking powder and salt in a mixing bowl. Add the lime zest with the butter and sugar into a second mixing bowl and beat until fluffy. Beat in the eggs, one by one. Always wait until the previous egg has been fully absorbed. Continue beating and add the coconut cream, rum and the lime juice. Lastly, fold in the dry ingredients and spoon the batter into a piping bag.
3. Grease a shallow, round non-stick

baking tin (Ø 28 cm). For the caramel, melt the sugar in a pan on a low heat on the cooker, and wait until this turns light brown. Add the coconut cream and stir until thoroughly blended with the caramelised sugar. Remove the pan from the heat and stir in the butter.
4. Distribute the caramel over the bottom of the baking tin and place the grilled pineapple rings in the caramel. Pipe an even layer of the batter into the tin. Place the tin onto the grid, close the lid and bake the cake for 20-25 minutes until done and golden brown.
5. Remove the tin from the EGG with the Pit Mitt BBQ Glove and turn out directly onto a large dish. Cut into slices and serve with a ball of coconut ice cream.



* Basic mix

A basic mix is used for all of the recipes. You can make this mix yourself, it's a piece of cake. The combination of these types of flour ensures proper binding, taste, mass and volume.

500 g rice meal, 500 g tapioca flour, 500 g chickpea flour

- 1. Pass all of the ingredients through a fine sieve over a food processor mixing bowl. This is essential since the tapioca and chickpea flour in particular may still sometimes contain coarse pieces or even a small stone.
- 2. Click the whisk beater into the food processor and thoroughly blend the flour varieties (or blend by hand in a separate mixing bowl with a whisk). Store the basic mix until use in a sealed food container.

Psyllium husk

Psyllium husk (flea seed or fibre husk), a natural fibre binding moisture and providing elasticity, is also used in the recipes. This is abbreviated to husk in the recipes. Purchase a good finely milled variety from health food shops, online or from a wholesaler.

Apple crumble

Serves 8

For the base:
90 g basic mix*
½ tsp husk
½ tsp baking powder
pinch of salt
80 ml sunflower oil + extra for greasing
70 ml milk
1 egg
90 g extra fine granulated sugar
Finely grated zest of ½ lemon

For the crumble:
75 g pecans
75 g oat flakes
75 g brown sugar
50 g basic mix
¼ tsp salt
75 g cold butter

For the filling:
around 3 Elstar apples (peeled, around 500 g).
3 tsp cinnamon
1 tbs coriander powder
50 g extra fine granulated sugar
pinch of salt
juice of ½ lemon

To serve with:
crème fraîche or vanilla ice cream

Accessories:
convEGGtor

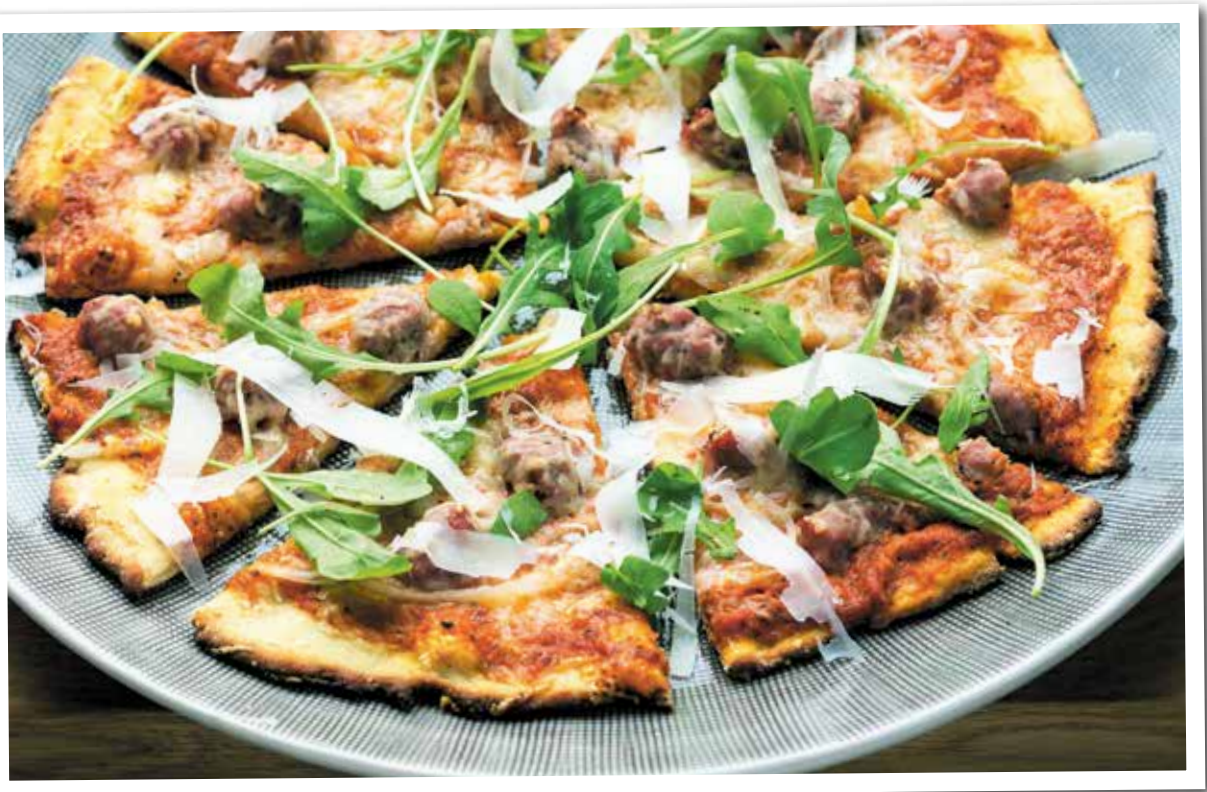
- 1. For the base, sieve the dry ingredients over a mixing bowl and thoroughly blend together. Mix the sunflower oil and milk in a bowl. Beat the egg with the sugar in a second mixing bowl until fluffy. Fold the dry ingredients, the oil mixture and the finely grated lemon peel through the foamy egg mixture so that a smooth and homogeneous batter forms. Store in the fridge until preparation.
- 2. For the crumble, chop the pecans into coarse pieces and mix with the other dry ingredients for the crumble. Cut the butter into small cubes and blend with the fingertips through the dry ingredients, until a coarse crumb dough forms. Store in the fridge.
- 3. For the filling, peel the apples and remove the cores. Cut the flesh into segments and then into chunks. Blend together the cinnamon and coriander powder, the sugar and the salt, sprinkle this onto the apple chunks and drizzle over the lemon juice. Stir thoroughly and store in the fridge.

4. Light the charcoal in the Big Green Egg and heat up to 250°C. In the meantime, grease 8 small aluminium oven dishes with the sunflower oil. Briefly stir the batter for the base. Place in each tin a spoonful of the batter so that the tins are completely covered. Divide the filling into these and sprinkle with the crumble.
5. Set up the convEGGtor and place the stainless steel grid inside. Place the dishes on the grid and close the lid. Bake the apple crumble for 20-25 minutes until cooked and golden brown.



After 15 minutes, check the if the crumbles are done and maybe swap around the dishes from front to back. Serve the apple crumble with a quenelle of crème fraîche or a delicious ball of vanilla ice cream.





Pizza

The sauce is a basic Italian sauce that can be also be used for lasagne or pasta, for instance; so feel free to make more than the quantity stated. You can vary the topping according to your own taste.

For 4 pizzas

- For the base:
- 2 tbsp caster sugar
 - 15 g dry yeast
 - 459 ml lukewarm water
 - 500 g of basic mix* + extra for dusting
 - ½ tsp salt
 - 1 tsp baking powder
 - 2 tbsp husk
 - 2 tbsp olive oil + extra for greasing

- For the sauce:
- 4 red peppers
 - 4 well-ripened beefsteak tomatoes
 - 1 large onion
 - 2 cloves of garlic
 - 2 tbsp olive oil
 - 1 tbsp dried Italian herbs
 - ½ tsp salt

- For the topping:
- 300 g mature sheep's cheese
 - 2 sweet onions
 - 4 fresh fennel sausages
 - 100 g pecorino
 - 75 g rocket
 - olive oil

- Other ingredients:
- corn flour

- Accessories required:
- Grill Tong
 - convEGGtor
 - Flat Baking Stone
 - Pizza Peel
 - Rockin' Pizza Cutter

1. Light the charcoal in the Big Green Egg. Ensure the charcoal starts to nicely and evenly smoulder and heat the EGG to a temperature of 250°C. In the meantime, for the base dissolve the caster sugar and the yeast in the water and allow to stand until it starts to bubble. Sieve all of the dry ingredients over the food processor mixing bowl and thoroughly blend together. Add the water with the yeast and the olive oil and allow the processor to turn for at least 5 minutes, so that a fairly thin yet workable dough forms. Lightly grease a mixing bowl, place the dough into the bowl and cover with foil. Allow to rise for 30 minutes in a warm place.

2. For the sauce, place the peppers on the smouldering charcoal and close the lid.



Turn the peppers every 2-3 minutes with the Grill Tong so that they blacken on all sides. Remove the peppers from the EGG and allow them to rest in a sealed plastic bag for 10 minutes. Place the stainless steel grid in the EGG, close the lid and ensure the temperature returns to 250°C. In the meantime, halve the tomatoes and scoop out the seeds and moisture.



3. Place the tomato halves on the cut side on the grid, close the lid of the EGG and allow to cook for 10 minutes until soft. Remove the skin, the stem and the seeds from the peppers and cut the flesh into small pieces. Take the tomato halves from the grill with the Grill Tong and allow to cool slightly. Remove the skins and cut the flesh into pieces. Peel and slice the onions and garlic. Heat the olive oil in a pan on the cooker and fry the onion until translucent. Fry the garlic for 1 minute and add the pepper, tomato, Italian herbs and the salt. Place the lid on the pan, turn to the heat down to low and allow to softly simmer. 4. Remove the grid from the EGG, place the convEGGtor and put the grid back.

Close the lid and get the EGG to a temperature of 350°C. In the meantime, purée the sauce with a hand blender and allow to reduce uncovered to sauce thickness. Divide the dough into four equal portions and make these into balls (by hand on the worktop) in a circular motion. Cover until further use. Place the Flat Baking Stone on the grid once the EGG has reached the temperature of 350°C and close the lid.

5. In the meantime, grate the sheep's cheese for the topping. Peel the onions and cut into thin rings. Remove the skin from the sausages and cut them into pieces. Dust the worktop with basic mix, place on this a ball of dough and sprinkle the dough with basic mix also. Roll out and spoon a small tablespoon of sauce onto the pizza base, and spread out with the back of the spoon in circular motions. Sprinkle with a quarter of the onion, fennel sausage and sheep's cheese. Brush the edge of the pizza base with some olive oil for a crispy crust.



Dust the Pizza Peel with some corn flour and slide the pizza base onto the Flat Baking Stone using the Pizza Peel, close the lid of the EGG and bake for around 6 minutes until done and crispy. In the meantime, prepare the next pizza. 6. Scoop the pizza from the Flat Baking Stone. Grate around 25 grams of Pecorino over the pizza, sprinkle with a quarter of the rocket and drizzle a couple of drops of olive oil over. Divide the pizza into four slices using the Rockin' Pizza Cutter. Bake the other pizzas in the same way.



Back to the soil: humus

The flavour of fruit and vegetables is to a great extent determined by the composition of the soil they grow in, and the quantity of sunlight they receive. It's odd we normally only take this into consideration when it comes to wine production, since both also determine the quantity of vitamins and minerals present in food. The flavour of our meat is in its turn influenced by the food the animals are given.

There are two processes in nature we are unable to imitate synthetically: photosynthesis and humification.

- Photosynthesis is the process taking place under the influence of light. We are able to mimic light, but not this process.
- Humification is the remains of plants and animals fermenting due to the effect of bacteria. It is a kind of composting; however, while compost is formed in 6 to 12 months, good humus is millions of year old. This means the remains are broken down into minerals and active vegetable substances absorbed extremely easily since they are so small.



Not only does humus improve the flavour of plants and animals, but it also makes them healthier. Plants are less sensitive to diseases and fewer pesticides are required. Stable-bred animals receiving additional humus appear to have less diarrhoea, are less aggressive and also prove to have higher resistance against infectious diseases.

vitamins and minerals; entailing that vitamins and minerals can only be active in the presence of humus substances, and the other way around. They promote intestinal health and protect against a number of pathogens, making them essential for good health. It is therefore important for everyone to obtain enough humus substances through food.

Humic acid and fulvic acid are extracted from humus. Although these terms are often used interchangeably in the literature, they are two different forms of highly complex natural structures. Humic acid is a solid substance, brimming with minerals, trace elements and vegetable components. Fulvic acid is liquid in its free form and thus an excellent transport medium. Although we should be able to obtain humus substances through our food, the use of heavy machinery on the land, agricultural methods such as hydro-culture, nitrogen-rich fertiliser, pesticides and the exhaustion of arable land mean the humus layer is becoming ever poorer. This means our food contains increasingly less of these substances, and this means that both the flavour and the nutritional value are declining.

Humus substances are still fairly unknown. With the majority of plants, we see that they are unable to grow without these substances. Only a few species of plant can grow in hydro-culture. Moreover, consider the difference in flavour between crops from hydro-culture and those from the full soil. For animals and humans, humus substances probably constitute the bridge for the effect of

Besides the remarkable effect on our health, humus substances also have an enormous binding capacity. This means they are able to bind and to eliminate all kinds of toxic substances such as heavy metals and agricultural toxins, such as glyphosate. Only a small quantity is sufficient for achieving these effects. Add a drop of fulvic acid to the rinse water for the vegetables and allow to stand. This improves the taste of the vegetables. ■



Hans van Montfort, Doctor and Researcher
Yvonne Coolen, Gestalt Therapist and Awareness Trainer

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Naturally fresh!

Beyond its borders, Iceland is known in particular for its unspoilt nature and bustling Reykjavik, a popular city-trip destination. When it comes to food culture, without fail mention is made of hákarl – fermented shark, an ancient Icelandic snack, the taste of which isn't appreciated by everyone. Unfortunately much talked about, as that means the tone is often already set, but when it comes to gastronomy, Iceland is a whole different experience.

Iceland's history doesn't go back all that far. While the volcanic island may have emerged from the ocean some 20 million years ago, it was only in the 9th century that Vikings, the seafaring Norsemen, started making it a permanent home. Therefore, today's populations descends from Norse as well as Irish colonists. From the outset, the island's isolated position made it essential that the inhabitants were able to sustain themselves. Fresh fish was in abundance, and for meat they relied on hunting and the cattle the colonist later brought with them, among other things to breed them for consumption.



Full of flavour

The descendants of the reindeer that were introduced still live in the wild, and the taste of the meat from the Icelandic sheep is renowned, thanks to Iceland's nature. After all, although the sheep belong to the local farmers, during the summer months the animals roam free to find their own food. There never appear in the populated areas, but on the roads running through the hilly countryside you need to keep an eye out for these sometimes unexpected road

users. After the sheep have lambed they can wander as they please, and they make use of the grass, herbs, wild plants and berries. And it is that natural, varied food that ensures the animals' tender meat is full of flavour like no other. Once autumn arrives, the free-ranging flocks are gathered. Although they can withstand Iceland's climate, finding enough food in the winter months is impossible. Gathering the sheep is an impressive annual ritual involving horses and sheepdogs. And once the job is done, the animals are reunited with the right farmers based on their eartags.

Sustainable heat

The other animals such as chickens, pigs and cows are bred and cared for on the farms, since they are not able to survive in the wild. Grains are being grown, as well as varieties of fruit and vegetables from Icelandic soil. Certain crops grow on the fields, such as potatoes, turnips, carrots, cabbage, kale and cauliflower, while the shelter of greenhouses is required for cultivating produce such as tomatoes, cucumbers and peppers. However, nature also plays a major role in this, as the greenhouses are heated sustainably by the water from the numerous, natural thermal springs Iceland is so famous for.



Ultimate trip

Nevertheless, fishing still occupies the most important position. Not only in Iceland's kitchens, but also in the fields of export and tourism. A large number of tourists visit Iceland to sample life in Reykjavik or to enjoy the many natural wonders such as the thermal springs, geysers, waterfalls and the mid-summer night sun, or – in winter – the Northern Lights. Another part of tourism is due to the lively salmon fishing in one of the many rivers. This makes a visit to Iceland for fly fishing the ultimate trip for serious anglers. However, fishing without a licence is strictly prohibited, the rivers are private property and the salmon population is treated with care.



Wild salmon

Anyone wishing to catch wild salmon often has to dig deep into their pockets, although you certainly get a lot for your money. In the best rivers, a practised angler can catch around 20 to 30 salmon a day. Only one salmon can be taken home, and then only if it has a length of at least 70 centimetres. The other salmon are simply put back. If this is not complied with hefty fines are imposed. Being accompanied by a local guide is often essential, as the current of each river is different and frequently very strong. Add to this the fact the salmon are tremendously powerful animals, as they have to be able to swim upstream out of the sea. This means that hauling your catch

in requires considerable knowledge and strength. Also, salmon fishing is not just practised by tourists, but locals also enjoy casting their lines in the often more favourable early and late season.

Professional fishing

However, fish for consumption is caught in the fishing waters around Iceland. Fishery is an important industry, and in that field Iceland has a reputation to uphold: the quality is outstanding. After the catch is brought ashore and traded through the fish market, a large share is exported. Some of the freshly caught fish finds its way to the local fish-mongers, to be prepared by the locals at home or in one of the excellent restaurants Iceland boasts.



The Grill Market



The Grill Market in Reykjavik is one of the restaurants where guests can savour modern Icelandic cuisine. Chef Hrefna Sætran is a talented lady who made it big early in her career, and was part of Iceland's Junior Culinary Team. The born and bred Icelander worked at various renowned restaurants including Michelin-starred Léa Linster in Luxembourg, and restaurants in London and New York. Hrefna has published a number of cookbooks, and launched her own product line, available in various stores in Iceland. She opened the restaurant The Fish Market 2008, followed by The Grill Market in 2011. The menu of both restaurants is characterised by the use of the island's fresh ingredients, often prepared on the Big Green Egg. Hrefna draws inspirations from traditional Icelandic cuisine, providing dishes with a modern, often subtle, Asian twist.

Smoked salmon with parsnip purée and apple and fennel salad

Serves 4

- 4 x 200 g salmon fillets

2 tbsp sea salt

sunflower oil

2 tbsp honey
- For the parsnip purée:

700 g parsnips

500 ml whipping cream
- For the salad:

300 ml cider vinegar

150 g sugar

1 bunch of dill

1 bunch of coriander

1 red chilli pepper

2 fennel bulbs

2 Granny Smith apples
- Accessories needed:

1 Cedar Wooden Grilling Plank

Apple Wood Chips

1. Make the salad one day ahead: heat the cider vinegar and the sugar in a pan on the cooker until the sugar has dissolved. Allow to cool. Remove the stems from the dill and the coriander. Keep some dill aside for garnishing the dish and blitz the remaining dill with the coriander and the vinegar mixture in a blender into a smooth herb vinegar. Clean the chilli pepper and the fennel bulbs, peel the apples and remove the cores. Cut everything into small dice and mix into the herb vinegar. Cover and place in the fridge overnight so the flavours can thoroughly infuse.

2. Soak the Wooden Grilling Plank and a handful of Apple Wood Chips in water for 1 hour. Sprinkle the salmon fillets with sea salt and allow to stand for 1 hour. In the meantime, for the purée, peel the parsnips and coarsly chop them. Place the parsnips and the cream into a pan and add enough water to cover the parsnips. Bring to the boil, lower the heat and cook the parsnips until soft. Drain and collect the cooking liquid. Process the parsnips in a blender and add as much cooking liquid as necessary to achieve a smooth purée. Season with salt and pepper. Now light the Big Green Egg and heat, with the standard grid, to 200°C.



3. Grease the soaked Wooden Grilling Plank with a little sunflower oil. Rinse the salt from the salmon fillets and place them on the Wooden Grilling plank on the grid of the Big Green Egg. Drizzle with the honey, close the lid and cook the salmon for 3 minutes. Sprinkle the soaked Wood Chips between the bars of the grid on the smouldering charcoal,

- close the lid and cook the salmon for 3 more minutes. Reheat the parsnip purée.

4. Spoon the parsnip purée on the plates and place a salmon fillet on top. Spoon the salad including the dressing over this and garnish with the dill kept aside. Optionally serve with slices of fried lotus root.

Accessories make it even more fun!

Not only are the Big Green Eggs unique themselves, but the extensive range of accessories is also unequalled. There are now more than 130 different accessories available, from handy gadgets to practical tools that make cooking on the Big Green Egg even more fun, easier and more versatile. Below you will find a selection from the range. The complete collection can be found at biggreenegg.eu

Perforated Porcelain Grid

The Perforated Porcelain Grid is ideal for roasting small or diced vegetables, mushrooms, seafood and fish when they are too small or delicate for the regular grid. You simply place the Perforated Grid on the standard cast iron grid and just as easily remove it, in one action. Available in *semicircular* (Ø 58 + 41 cm, Large t/m XXLarge), *circular* (Ø 33 cm, MiniMax up to XXLarge + Ø 41 cm, Large up to XXLarge) and *rectangular* (28x18 cm, MiniMax up to XXLarge).



Cast Iron Grid

This cast-iron grid ensures a characteristic grilled flavour, and contact with the food also means a wonder grilled diamond on ingredients such as vegetables, meat and poultry. Available for Mini up to Large models.

Spare ribs with mustard barbecue sauce

Serves 4

4 racks of spare ribs (loin ribs)
4 tbsp sea salt
2 cloves of garlic
1 tbsp black peppercorns
4 star anise
1 l beef stock
hot chilli rice crackers
50 g watercress
4 slices or segments of lemon

For the sauce:
1 onion
4 cloves of garlic
200 g soft brown sugar
125 ml ketchup
75 g tomato purée
125 ml Dijon mustard
75 ml Worcester sauce
75 ml cider vinegar
75 ml apple juice
1 tsp Tabasco
1 tsp ground cumin
350 ml water

Accessories needed:
convEGGtor
Cast Iron Grid
Cast Iron Dutch Oven
Cast Iron Grid Lifter
Apple Wood Chips

1. Place the spare ribs in a dish and sprinkle with the sea salt. Allow to marinate for 2 hours at room temperature.

2. Light the charcoal in the Big Green Egg and heat to a temperature of 160°C with the convEGGtor and the Cast Iron Grid inside. Place the spare ribs in the Cast Iron Dutch Oven. Peel the and finely chop the garlic and add to the spare ribs with the pepper corns, star anise and beef stock. Pour in enough water so that they are well covered. Place the Cast Iron Dutch Oven on the grid, place the lid on it and close the lid of the EGG. Cook the spare ribs for 2.5 hours.

3. In the meantime, make the sauce: peel and dice the onion and peel and finely chop the garlic. Sauté them in a small pan and add the remaining ingredients for the sauce. Increase the heat and allow to reduce to around one third. Strain the sauce through a sieve and season to taste with salt and pepper. Take the Cast Iron Dutch Oven out of the EGG and allow the spare ribs to cool down in the stock. Extinguish the EGG (or in the meantime, make another dish).

4. Lift the Cast Iron Grid from the EGG with the Cast Iron Grid Lifter and position the convEGGtor. Relight the charcoal and put the Cast Iron Grid back. Bring the Big Green Egg to a temperature of 180°C. Soak a handful of Apple Wood Chips in water, Remove the spare ribs from the stock and pat them dry with kitchen towel.

5. Brush the spare ribs generously with the mustard-barbecue sauce. Lift the hot Cast Iron Grid with the Cast Iron Grid Lifter, sprinkle the smouldering charcoal with the Apple Wood Chips and replace the grid. Place the spare ribs on the grid and grill for 2 minutes on each side. Brush with sauce again and grill for another 2 minutes on each side. Repeat a third time, the spare ribs are now nice and juicy.

6. Remove the spare ribs from the grid and cut each rack in half. Distribute over the plates. Crumble the rice crackers and sprinkle over the spare ribs. Garnish with the watercress and a slice or segment of lemon.



Monkfish with tomato pesto and enoki

Serves 4

200 g slices of bacon
160 g cottage cheese
115 g Kewpie mayonnaise (Japanese mayonnaise)
3 figs
50g sugar
4 x 200 g monkfish fillets
dill

For the pesto:
1 clove of garlic
200 g sun-dried tomatoes
100 ml sunflower oil
20 ml yuzu juice

For the deep-fried enoki:
200 g tempura flour
200 ml Asahi beer
sunflower oil, for deep frying
150 g enoki mushrooms

Accessories needed:
Cast Iron Grid
Cast Iron Griddle Half Moon
Rectangular Drip Pan
The Pit Mitt BBQ Glove
Flat Baking Stone

1. First make the pesto: peel the garlic and place in a blender with the remaining pesto ingredients. Blend thoroughly, but ensure the tomatoes are not completely puréed. Spoon into a dish and store until serving.

2. Light the charcoal in the Big Green Egg and heat to 150°C, with the Cast Iron Grid and the Cast

Iron Griddle Half Moon (with the smooth side facing upward) inside.

3. Distribute the slices of bacon over the Cast Iron Griddle Half Moon, close the lid of the EGG and grill the bacon until crisp. Remove from the EGG and allow to dry and cool on kitchen towel. After this, break the bacon into pieces. Wipe the left over bacon fat from the Cast Iron Griddle Half Moon and raise the temperature of the EGG to 200°C. In the meantime, mix together the cottage cheese and Kewpie mayonnaise. Slice the figs into quarters and sprinkle the cut surfaces with sugar. In the meantime, make the batter for the deep-fried enoki. To do this, place the tempura flour into a mixing bowl and beat in the beer. In the meantime, heat the sunflower oil in a deep frying pan to 180°C.

4. Place the monkfish fillets on the grid of the EGG and the figs on the Cast Iron Griddle Half Moon. Grill the monkfish fillets on both sides, remove them from the grid and place in the Rectangular Drip Pan. Remove the figs from the EGG once the sugar has caramelised. Use The Pit Mitt BBQ Glove to remove the Cast Iron Griddle Half Moon. Place the Flat Baking Stone on the grid.

5. Spoon two tablespoons of the cottage cheese mixture onto each monkfish fillet. Place the Rectangular Drip Pan onto the Flat Baking Stone, close the lid of the EGG and allow to cook for around 4 minutes, until the the fish is done and the cottage cheese has melted over the fillets. Remove from the EGG and if necessary, place the figs briefly on the side of the grid to warm up. Stir the batter for the deep-fried enoki, place the enoki mushrooms into the batter and remove them with a slotted spoon. Fry in the sunflower oil until golden brown.

6. Distribute the gratinated monkfish fillets over the plates and spoon some of the tomato pesto over them. Place the pieces of bacon, the figs and the deep-fried enoki next to this and garnish with dill.



Mussels from the plank

Mussels on a smoke plank are a delicious and healthy snack which is extremely easy to make on location. To prepare this, soak a Cedar Wooden Grilling Plank for at least 30 minutes in water and light the EGG to around 230°C. Distribute the mussels over the plank, place it on the grid of the Big Green Egg and close the lid. Smoke the mussels for 10-15 minutes until they have opened.



Rectangular Drip Pan

The Rectangular Drip Pan (33x23cm) can be used as a drip pan or roasting tin, with or without a shallow layer of water. The Drip Pan can easily be combined with the Porcelain V-Rack to roast poultry and larger pieces of meat, and has a non-stick coating, meaning the Drip Pan can easily be cleaned in no time.



Wood Chips

Sprinkling wood chips, soaked or otherwise, over the coals means the ingredients and dishes are smoked, and acquire a characteristic smoked flavour. Big Green Egg Wood Chips are available in the flavour varieties Walnut, Pecan, Apple and Cherry.

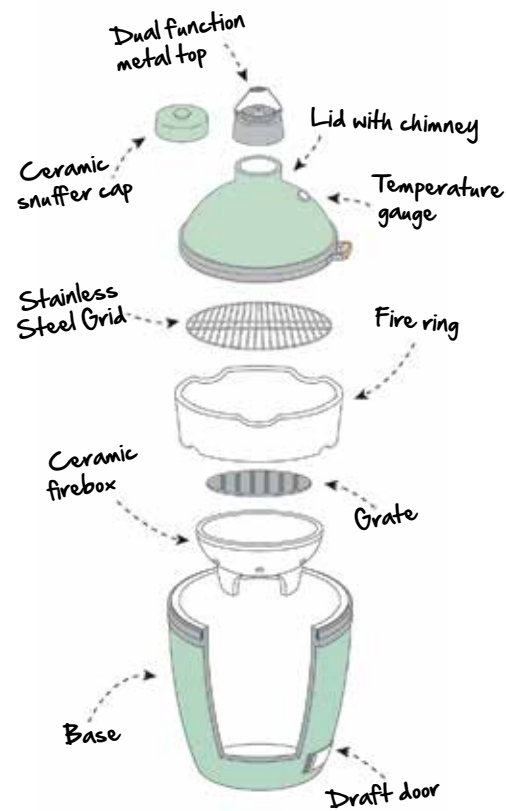
Wooden Grilling Planks

Wooden Grilling Planks enhance the flavour and aroma of meat and fish. Place the ingredients on the (water soaked) plank and then lay it on the grid. The moisture absorbed by the wood creates a smoky effect. The Wooden Grilling Planks are available in Cedar and Alder to create different flavour accents.



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	8-9 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.

This overview was put together with the assistance of gastronomixs.com. The idea generator for chefs and food professionals.

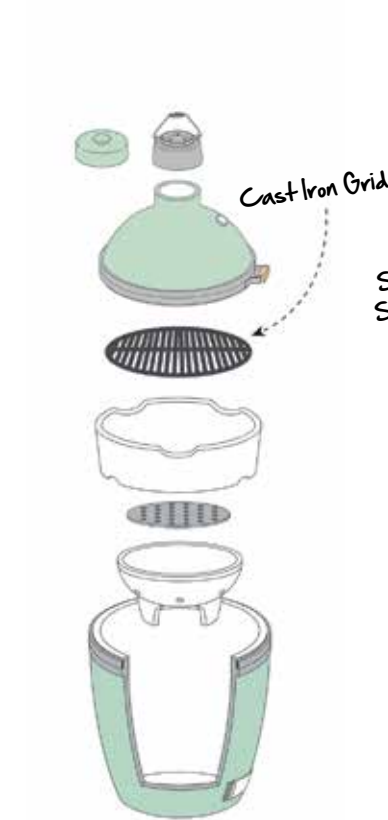
Useful instruction videos

This page provides the basic principles for using the Big Green Egg. How exactly do you bake a delicious pizza or bread on the EGG? How you can easily control the temperature and how can the Big Green Egg be used as a smoker? These and many other questions are answered in the seven highly informative instruction videos ‘Lighting and putting out the EGG’, ‘Temperature control’, ‘Direct grilling’, ‘Cooking with indirect heat’, ‘Smoking’, ‘Working with the pizza stone’, and ‘Cleaning and maintenance’ on biggreenegg.eu. You will find these videos under ‘instructions’.



BASIC SETUPS

1 Cast Iron Grid

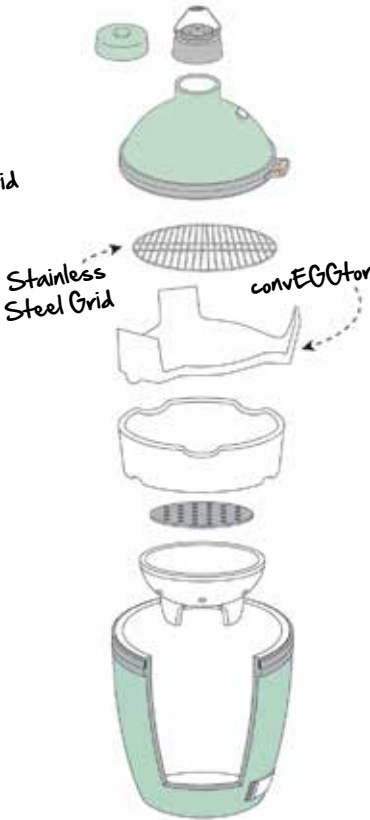


For serious grilling!

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

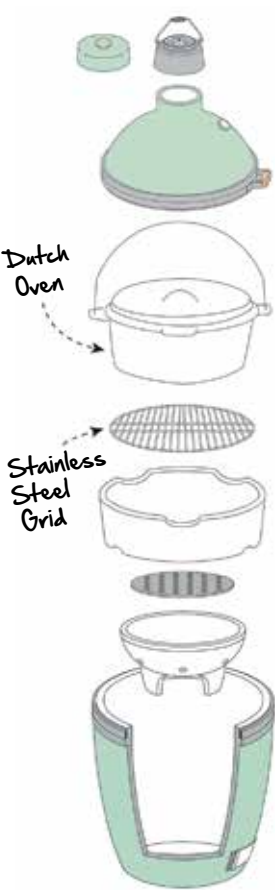


Indirect cooking

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

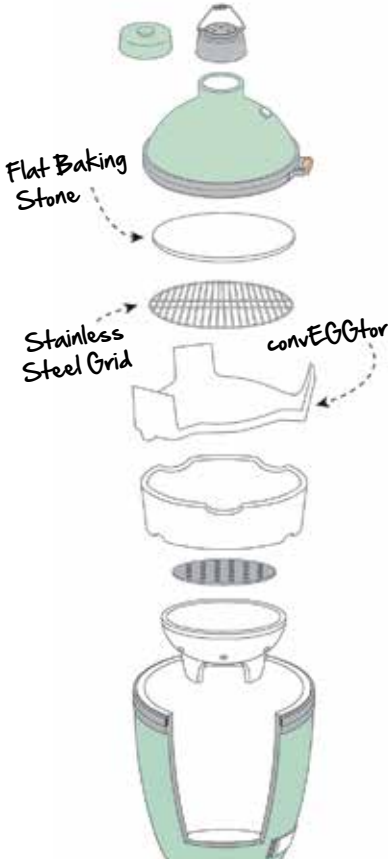


Stewing

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



Fancy something sweet?

Then light up the Big Green Egg! Because tarts, biscuits, cakes and many other forms of patisserie and desserts take on that delicious hint of flavour the Big Green Egg is so famous for. Draw inspiration from these recipes from top patissier Hidde de Brabander, and spoil your guests and yourself with the tastiest sweet treats.

Breton biscuits with smoked cane sugar

For around 25-30 biscuits

- 100 g cane sugar
 - 40 g egg yolk
 - 120 g flour + extra for sprinkling
 - 4 g baking powder
 - 1 g salt
 - 80 g butter, at room temperature
- Accessories required:**
Round/Rectangular Drip Pan
Pecan Wood Chips
convEGGtor
The Pit Mitt BBQ Glove
Flat Baking Stone

1. Light the charcoal in the Big Green Egg and heat up to a temperature of 150°C. Add the cane sugar to the Drip Pan.
2. Sprinkle a handful of Wood Chips over the smouldering charcoal, set up the convEGGtor and place the stainless steel grid in the EGG. Place the Drip Pan on the grid, close the lid and smoke the sugar for around 15 minutes.
3. Remove the Drip Pan from the EGG using the Pit Mitt BBQ Glove and close the air inlet, so that the charcoal goes out (or use the EGG in the meantime for another recipe). Weigh out 80 grams of the

smoked cane sugar (keep the rest separate for later use), place it with the egg yolk in a mixing bowl and beat until fluffy. Sieve the flour, the baking powder and the salt twice, and fold through the sugar mixture. Fold through the butter, wrap the dough in foil and place in the fridge for 2 hours.

4. Light the Big Green Egg again and heat, with the convEGGtor and the stainless steel grid, to a temperature of 180°C. Lay out two pieces of baking paper with a dimension roughly equal to the Flat Baking Stone. Roll out the dough on a worktop dusted with flour to about 2 mm thick. Cut out circles of about 6 cm in diameter, place them on the baking paper and sprinkle with the remaining smoked sugar.



5. Carefully lay the first sheet of baking paper onto the Flat Baking Stone, and place this onto the grid. Close the lid of the EGG and bake for around 15 minutes until done and golden brown. Repeat with the second portion of biscuits.





Almond tarts

For 14 tarts

- For the crust:

 - 100g cold butter
 - 300 g flour + extra for sprinkling
 - 200 g sugar
 - 50 g egg
- For the filling:

 - 200 g almond paste
 - 100 g whole milk
 - 100 g egg
 - 10 strawberries
- For the victoria batter:

 - 200 g almond shavings
 - 200 g sugar
 - 20 g egg white
- Extra:

 - butter, for greasing
- Accessories required:

 - convEGGtor
 - The Pit Mitt BBQ Glove



1. Light the charcoal in the Big Green Egg and heat, with the convEGGtor and the stainless steel grid, to a temperature of 180°C.
2. In the meantime, for the dough, cut the butter into cubes. Sieve the flour twice. Mix the butter with the sugar, add the egg and knead in the flour.
3. For the filling, place the almond paste in the food processor bowl with the butterfly and beat until smooth. While the processor is turning, add the milk and the egg bit by bit. Pour the filling into a piping bag. Hull the strawberries and cut them into segments.
4. For the victoria batter, blend together all of the ingredients. Grease 2 cast-iron mini cake pan baking tins, for 7 mini cakes each (Ø 8.5 cm), or use a different round cast-iron tin with an identical diameter.
5. Roll out the dough on the worktop dusted with flour to a thickness of 3 mm,

and cut out 14 circles with a diameter of 8-8.5 mm. Place a circle of dough in each hollow. Pipe into these a layer of filling and divide the strawberry segments over these. Sprinkle with the victoria batter and place one of the tins



on the grid. Close the lid of the EGG and bake the tarts for 15-20 minutes until golden brown.

6. Remove the tin from the EGG with the Pit Mitt BBQ Glove. Bake the tarts in the second tin in the same way. Allow the tarts to cool down and spoon them out of the tin.

Poffertjes with beer

Serves around 6 people

- 250 g flour
 - 5 g baking powder
 - 125 g whole milk, at room temperature
 - 125 g beer (of your choice), at room temperature
 - 100 g egg
 - 30 g maple syrup
 - sunflower oil
- To serve:

 - butter
 - icing sugar
- Accessories:

 - convEGGtor

1. Light the charcoal in the Big Green Egg and heat, with the convEGGtor and the stainless steel grid, to a temperature of 200°C. In the meantime, sieve the flour and the baking powder twice over a mixing bowl. Beat the milk, the beer and the egg into this, bit by bit. Lastly, beat in the maple syrup. Wait until the baking powder starts to work and the batter starts to foam slightly.
2. Grease the hollow bottom of a number of empty beer cans with sunflower oil and place them upside down on the grill. Pour some of the batter into each can, close the lid of the EGG and bake the poffertjes for a few minutes until golden brown on both sides. Turn the poffertjes over once they solidify on the top and are golden brown on the bottom.
3. Serve the poffertjes with butter and caster sugar.

TIP: Instead of beer cans, you can also place an old-fashioned cast-iron poffertjes-pan on the grid to bake the poffertjes.





FLAVOUR VIRTUOSO

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Hidde de Brabander
The Netherlands

OPEN FLAVOUR

Big Green Egg

A patissier's quest for flavour

He embarked on his career at a young age at a pastry shop, going on to specialise further at the renowned Huize van Wely. He was subsequently responsible for, among others, the patisserie and desserts at Michelin-starred restaurants such as Landgoed Duin & Kruidberg, Parkheuvel and De Librije, until patissier Hidde de Brabander launched his own label Dreams of Magnolia in 2010.

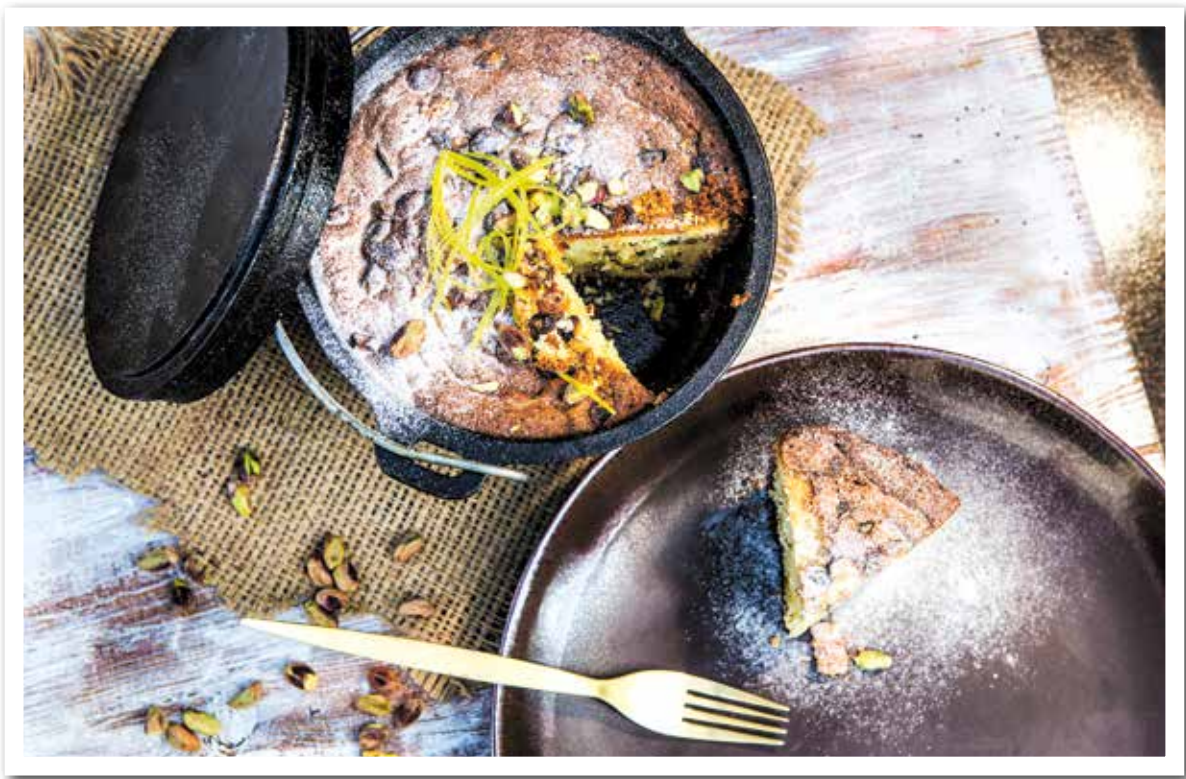
Hidde is also on the lookout to discover new techniques, ingredients, flavours and taste combinations. It is partly due to this that his creations are often endowed with a surprising twist. This way, classics become extra special and unique in their kind. Hiddes' soft-sticky nougat range – based on the classic 'Nougat de Montelimar' – thus includes highly original flavours.



One of his discoveries was the Big Green Egg, which the passionate expert uses not only for cooking dishes and ingredients, but also for giving raw ingredients additional flavour. For instance, for one of his types of nougat, the almonds are smoked in the Big Green Egg before being used. A delicious signature you can taste straight away!

What's more, last year the patissier developed his own chocolate: 'Grind – cacao by Hidde'. Roasting cocoa beans in the Big Green Egg and further processing these into a raw chocolate with a cocoa percentage of 85% gave rise to a product with a hefty and unequalled flavour. According to Hidde: 'The Big Green Egg simply gives you flavour. As far as I'm concerned, this is the sixth basic taste besides salt, sweet, sour, bitter and umami.'

www.hiddedebrabander.nl



Pistachio cake

For 1 cake

- 800 g almond paste
 - 480 g butter, at room temperature + extra for greasing the tin
 - 400 g egg
 - 360 g flour
 - 120 g peeled, unsalted pistachios
 - 40 g finely zested lemon peel
 - icing sugar
 - candied lemon peel
- Accessories required:
convEGGtor
Cast Iron Dutch Oven
The Pit Mitt BBQ Glove

1. Light the charcoal in the Big Green Egg and heat, with the convEGGtor and the stainless steel grid, to a temperature of 170°C.
2. In the meantime, place the almond paste and butter in a mixing bowl and beat until fluffy. Beat in the egg, but by bit. When adding, always wait until the previous amount of egg has been absorbed.
3. Sieve the flour twice over a second mixing bowl. Coarsely chop the pistachios, weigh out 100 grams (keep the remaining pistachios separate) and fold with the flour through the almond paste mixture. Lastly, fold the lemon zest through the batter.
4. Melt a knob of butter and grease the Cast Iron Dutch Oven with this. Pour the batter into the Cast Iron Dutch Oven and sprinkle with the remaining



pistachios. Place on the grid and close the lid of the EGG. Bake the cake for around 45 minutes until golden brown.

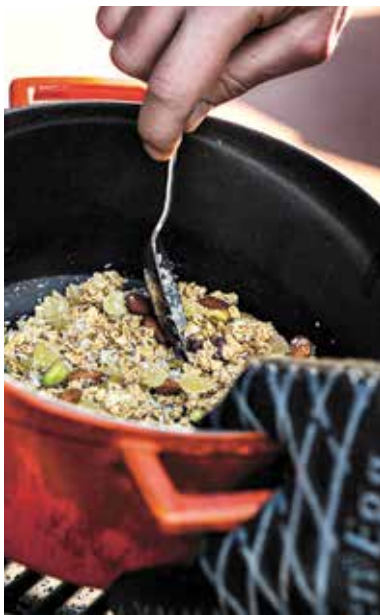
5. Remove the Cast Iron Dutch Oven from the EGG using The Pit Mitt BBQ Glove and allow the cake to cool. Before serving, dust with icing sugar and garnish with candied lemon peel.



Granola

For 2 portions

- 1 vanilla pod
 - 100 g oat flakes
 - 60 g quinoa flakes
 - 60 g peeled, unsalted pistachios
 - 50 g peeled, unsalted almonds
 - 40 g honey
 - 10 g coconut oil
 - candied pineapple, to taste
 - coarse sea salt, to taste
- Accessories required:
convEGGtor
Cast Iron Dutch Oven



1. Light the charcoal in the Big Green Egg and heat, with the convEGGtor and the stainless steel grid, to a temperature of 170°C. In the meantime, cut the vanilla pod open down the length, scrape out the insides and blend with the oat and quinoa flakes, pistachios, almonds and honey.
2. Place the Cast Iron Dutch Oven (or another cast-iron pan) on the grid, add the coconut oil and close the lid of the EGG. Wait until the coconut oil has melted.
3. Spread the mixture over the bottom of the pan and close the lid of the EGG. Bake for around 12 minutes until golden brown.
4. Stir the granola and add candied pineapple and sea salt to taste.

Continued from page 14



The Pit Mitt® BBQ Glove

The Pit Mitt BBQ Glove boasts various advantages compared with a regular barbecue glove; the inside is lined with soft cotton while the outside is made from fire-resistant and heat-protective aramid fibres, a material also used for this purpose in space travel. Because the fingers are separate from each other and the glove is finished with a silicone profile, it provides a superior grip. The Pit Mitt BBQ Glove is suitable for both right and left hands.

convEGGtor®

The ceramic convEGGtor is a heat shield that ensures that the food does not come into direct contact with the heat source. Because the heat is indirect, the convEGGtor recreates the effect of an oven. This is an ideal way to prepare all oven dishes, to cook delicate ingredients, to cook at low temperatures and when using the Cast Iron Dutch Oven. It's possible to combine the convEGGtor with the Flat Baking Stone, on which you can bake the most delicious bread and pizzas with an authentic, crispy base.

Available for all models.



Flat Baking Stone

Place the Flat Baking Stone on the grid in the Big Green Egg to effortlessly bake things like delicious, crusty bread and pizzas with an authentic crispy base. This useful stone is also available as the Half Moon Baking Stone, a half flat stone (available for the Large and XLarge) for baking bread rolls on, for instance, while at same time grilling meat or keeping a pan or items already cooked warm.

Available for Medium up to XLarge models (also suitable for the XXLarge).

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 braising meat. The Cast Iron Dutch Oven suitable for cooking, simmering and roasting.

Available for Mini up to XLarge models.



Round Drip Pan

This multi-functional, round drip pan has various uses. It collects fat and other released juices; it can be filled with a shallow layer of water to create a higher humidity in the EGG; you could also use it as a pan to heat up liquids. Because of the non-stick coating, which makes the pan easy to clean, you can also use the Round Drip Pan as a cake tin. This is a highly popular accessory when used in combination with the Sittin' Chicken/Turkey Ceramic Roaster and the Vertical Chicken/Turkey Roaster.

Goose, delicious and sustainable!

We are increasingly seeing it on the menu: goose, a wild bird present in large – even too large – numbers in most countries. They are hunted in order to restrict the damage they cause. Hunting geese keeps the population in balance and at the same time provides a delicious piece of sustainable free-range meat.



It is generally known that geese are controlled around airfields because of aviation safety, but it is also important to keep the quantity of wild geese within limits on a larger scale. While wildlife is indeed part of nature, it is essential the game population is in good balance, both for humans and animals. An excess of certain species disrupts this balance, with wild geese being one of the species posing a threat to agricultural crops. Henk Stam is one of the hunters dedicated to keeping the goose population in balance. He was brought up with hunting and a love of nature, and his father and grandfather were also active in this area. A tradition that Henk continues with fervour.

Carpaccio of smoked goose

The rise in goose consumption is still ongoing, and is partly down to Henk and his fellow hunters of the Wildlife Management Unit (WBE) Wormerveld and Jisperveld. In contrast to most other wild species, in the past hunted geese were often designated for destruction in many countries. ‘A sin’, according to Henk. ‘Goose meat, and in particular that of young geese, is tremendously delicious. The geese we shot in the months when goose hunting was permitted were put on the menu by a nearby restaurant for several years, until the restaurant was sold. The chef made an entire menu out of them. For instance, he served a carpaccio of smoked goose-breast fillet, a cup of goose bouillon, a meat croquette based on goose meat, a goose casserole, and pan-fried steak of goose fillet.’

Organic free-range meat

Fortunately more and more restaurants are putting wild goose on the menu, and it is available for consumers at the butcher. And rightly so, since goose is not just a particularly tasty piece of game, but it is organic free-range meat which is extremely sustainable. Goose hunting is well regulated. Within the



framework of nature management and damage prevention, an authorisation is provided for certain areas for a number of months every year, based on the counts the hunters of the Wildlife Management Units perform in collaboration with the land managing organisations (LMOs). ‘Hunting is a lot more than just going hunting’, explains Henk. ‘The counts are needed to determine the balance of, for example, the number of geese, ducks, hares, pheasants and foxes in a particular area. Once the numbers of a certain species decrease, this is taken into account.’

Good picture of the game population

‘For instance, a few years ago the number of pheasants was down, and so we didn’t hunt them for a number of years to allow the population to grow. Once growth was underway again, we initially only shot cocks, and left the hens alone. You can tell whether it’s a cock or a hen as soon as the pheasant takes to the air. Just like with hares,

since once it jumps up and runs off, nine times out of ten a hunter sees whether it’s a buck or a doe. Based on the balance, you can then decide either to shoot the animal or to let it go’, Henk continues. The counts performed by the various national Wildlife Management Units are forwarded to and registered by the Fauna Management Unit (FBE) and the Hunters’ Association, with a similar system throughout Europe. This means there is always an extremely good picture of the current game stocks.

Damage prevention

Besides hunting in nature areas, it furthermore regularly occurs that farmers call on the hunters’ expertise. According to Henk: ‘If a certain species is becoming a nuisance for farmers, they might request authorisation to have these hunted. Here in the polder we have to cope with goose damage, but in other provinces they have trouble with damage from wild boar, deer and/or hares, for instance. Once an authorisation has

been requested in our area, as WBE we receive a report of this, and it then is my task to attempt to restrict the damage for the farmer with my people, by means of hunting. This is because besides game management, we also perform damage prevention. All of this is also registered with the province’s Fauna Management Unit. That means



among other things, that we have to take a note of when and with how many hunters we were present, how many geese we shot and how many geese we saw.’

Respect for nature

Alongside the statutory rules, hunting-related rules are also an important aspect in relation to the hunt. A self-respecting hunter is an expert and responsible hunter with respect for nature. This code of conduct with which real hunters will always abide relates, among other things, to the relation with nature, the weapon and human and animal. ‘The hunting code expresses itself, among other things, in the way of hunting. For instance, out of respect for the animal a hunter will never shoot at a moment the chance is high it will only be wounded. However, neither is a hare or bird shot at time when it is sitting still on the ground or swimming peacefully in the water. Birds are only shot from the air at the time they are flying. This is part of the hunting code, and as a hunter you should respect this’, Henk concludes. Wild geese are therefore fair and sustainable meat hunted in a responsible manner, and what’s more are excellent for preparing on the Big Green Egg. ■

Salad of smoked goose-breast fillet, grilled carrots and watercress



Grilled goose breast with haricot bean purée, celery salad and goose-leg

Nectarine tart with cream cheese



BIG GREEN EGG SEASONAL MENU

Taste of Summer

A sultry summer’s evening, with good company around the garden table and the tastiest of dishes from the Big Green Egg. What more could you desire? This three-course menu can almost entirely be prepared in advance, meaning you're able to enjoy the finer things in life with your guests.

If you would also like to receive the latest seasonal menus and recipe specials for the Big Green Egg by email, register for Inspiration Today on biggreenegg.eu, and time and again you'll be inspired by the tastiest recipes.

Ingredients (serves 4)

Starter: Salad
2 wild (young) goose-breast fillets, skinless
8 young carrots
1 bunch of watercress
2 tbsp olive oil
100 ml yoghurt

For the cure:
50 g sea salt
25 g sugar
2 cloves of garlic
20 black pepper corns

Main course: Grilled goose breast
4 wild (young) goose legs
1 small bunch of celery
1 shallot
1 clove of garlic
1 tbsp sunflower oil
1 sprig of thyme
1 300 g tin of haricot beans
1 organic lemon
1 Granny Smith apple
3 tbsp olive oil
2 wild (young) goose fillets
1 sprig of lovage

Dessert: Nectarine tart (serves 6)
50 g sugar
150 g flour + extra for sprinkling
100g butter, at room temperature + extra for greasing the tin
1 small egg

For the filling:
200 g cream cheese
4 nectarines
100 ml whipping cream
2 egg yolks
1 tbsp honey

Accessories required:
Apple Wood Chips
convEGGtor
Dual Probe Wireless Remote Thermometer
The Pit Mitt BBQ Glove
Cast Iron Grid
Cast Iron Grid Lifter

Ceramic baking beans (or rice or dried legumes) for blind baking the base

Preparation in advance

Salad
One day before or early in the morning
For the brine, bring 500 ml water to the boil. Remove the pan from the hob, dissolve the sea salt and the sugar in the water and pour into a dish. In the meantime, crush the garlic and the pepper corns. Add to the brine and allow to cool. Place the goose-breast fillets into the brine and allow to pickle in the fridge for at least six hours.



On the day itself
Soak a handful of Apple Wood Chips in water. Light the Big Green Egg and heat to a temperature of 120°C. Remove the goose-breast fillets from the brine and pat them dry. Sprinkle the soaked Wood Chips with remaining moisture over the smouldering charcoal, set up the convEGGtor and place the stainless steel grid in the EGG. Place the goose-breast fillets on the grid, insert the core-thermometer pin into the centre of the meat and close the lid of the EGG. By setting the convEGGtor, the temperature will fall to around 80°C. Close the air regulator and/or daisy wheel slightly, so the temperature remains at about 80°C. Set the thermometer to a core temperature of 62°C and smoke the fillets until this temperature is reached.



In the meantime, cut the leaves from the carrots. Peel the vegetables and halve them lengthwise. Wash the watercress. Remove the stems and keep the nicest leaves separate (around two thirds) for the salad. Finely chop the other leaves and mix with 1 tablespoon of the olive oil and salt and pepper to taste and the yoghurt. Remove the goose-breast fillets from the grid and allow to cool. Cover the ingredients and keep separately in the fridge.

Grilled goose breast
Remove the grid and the convEGGtor with the Pit Mitt BBQ Glove and place the Cast Iron Grid in the EGG using the Cast Iron Grid Lifter. Close the lid and heat to a temperature of 180°C. Grill the goose legs on both sides and wrap each one in aluminium foil. Take the Cast Iron Grid out of the EGG using the Cast Iron Grid Lifter. Set up the convEGGtor and place the stainless steel grid inside. Place the goose legs wrapped in aluminium foil on the grid. Close the lid. By setting the convEGGtor, the temperature will fall to around 130°C. Close the air regulator and/or daisy wheel slightly, so that the EGG remains at 130°C. Allow the legs to cook for around 2.5 hours, until the meat is almost falling off the bone.

In the meantime, take the eight thickest sticks of the celery. Remove the strings by pulling them out or peeling the sticks. Place the stems separately and keep the strings. Pluck the nice, young leaves from the middle sticks and keep these. Cut the young, middle sticks into think strips and place them in iced water, Peel and chop the shallot and the garlic. Heat the sunflower oil in a large pan on the cooker and sauté the shallot, garlic, thyme and celery strings. Add 1 litre of water and 5 grams of salt. Bring to the boil, reduce to a low heat and simmer for 15 minutes.

Pour the stock through a sieve, place back in the pan and return to the boil. Add the 8 thick celery sticks and boil for about 3 minutes, Drain, collect the stock and return to the pan. Rinse the haricot beans in a colander under the tap and heat them in the stock. Spoon the beans from the pan and blend in the food processor or blender to a smooth cream, adding as much stock as necessary. Grate half of the lemon peel over this, halve the lemon and squeeze the juice from one half over the cream. Season with pepper and stir the cream well.

Remove the legs from the grid using the Pit Mitt BBQ Glove and carefully unwrap them. Place the legs back and roast for a further 20-25 minutes. Remove the legs from the EGG and allow to cool slightly. Remove the meat from the bone before they have fully cooled down, which makes removing



easier. Cover and refrigerate all ingredients until needed.

Nectarine tart
For the hard viennese dough, place the sugar, flour, butter and the egg with a pinch of salt into a mixing bowl. Knead well together so that a cohesive dough is formed. Place the bowl in the fridge for at least 1 hour.

Heat the Big Green Egg, still with the convEGGtor and the stainless steel grid, to 190°C. Line a tart tin with baking paper or place a large baking ring of the same diameter on a piece of baking paper (the tart's filling stays soft and this makes it easier to get out). Grease the baking paper (and if necessary the edge of the ring) and cut out a circle of paper slightly larger than the tin or ring. Remove the dough from the fridge and roll out on a worktop dusted with flour to a thickness of about ½ cm. Line the tin or the ring with the dough and cut of the overhanging dough. Cover the dough base with the baking beans. Place the tin (or ring with the bottom piece of baking paper) on the grill, close the lid and bake the dough base for around 25-30 minutes until golden brown. Take the tin (or ring with baking paper) with the dough base from the EGG and remove the baking beans and he baking paper. Allow to cool and store loosely covered with foil. Turn off the Big Green Egg or start the preparation immediately and set the EGG as stated for preparing the salad.

Preparation

Salad
Take the ingredients for the salad from the fridge and bring up to temperature slightly. Remove the grid and the convEGGtor with the Pit Mitt BBQ Glove and place the Cast Iron Grid using the Cast Iron Grid Lifter into the EGG. Shut the lid and bring the temperature up to 170°C. Drizzle the halved carrots with the remaining olive oil and sprinkle with salt to taste. Grill the carrots for around 10 minutes on both sides and remove them from the grid.



Cut the goose-breast fillets into nice, thin slices. Divide them with the grilled

carrots and the watercress over the plates and pour the yoghurt dressing over and around the salad.

Grilled goose breast
Heat the Big Green Egg to 180°C. In the meantime, allow the strips of celery to drain and finely slice the young celery leaves. Cut the apple into quarters, remove the core and slice two quarters into strips (you can simply eat the rest). Squeeze the second lemon half. Mix the goose meat with the strips of celery, finely sliced celery leaves and the strips of apple, and drizzle with the lemon juice and 3 tablespoons of olive oil. Season with salt and pepper. Sprinkle the goose-breast fillets with salt and pepper and grill the fillets on both sides for about 10 minutes, until nice and still pink in the middle. Grill the pre-cooked sticks of celery briefly on both sides. Heat the haricot-bean cream in a pan on the cooker.



Remove the goose-breast fillets from the grid and allow them to rest for 2 minutes. In the meantime, finely chop the lovage leaves and mix with the remaining olive oil. Cut the goose-breast fillets into nice slices and divide over the plates with the bean cream and grilled celery. Sprinkle with the lovage oil and serve the salad on the plates or separately.

Nectarine tart
Take the whipping cream from the fridge and slightly bring up to room temperature. Use the Cast Iron Grid Lifter to lift the Cast Iron Grid from the EGG. Set up the convEGGtor and place the stainless steel grid inside. Shut the lid and bring the temperature up to 150°C. In the meantime, wash and halve the nectarines, remove the stones and cut the halves into segments. Beat together the cream cheese with the whipping cream and honey.



Divide the nectarine segments over the dough base and pour the cream-cheese mixture over this. Ensure it settles well in between the nectarine segments. Place the tin (or ring with baking paper) on the grid, close the lid of the EGG and bake the tart for around 20 minutes. The tart should colour slightly, but certainly not brown. Remove the tart from the EGG, allow to cool slightly and serve lukewarm. ■

Easy Meal

You can use the Big Green Egg not only for elaborate culinary sessions, but also for an easy meal. Light the EGG, do the preparations while it is heating up, and a delicious and complete meal is on the table within 45 minutes. Just the thing for a busy weekday!

Basmati rice with fried chicken and vegetables

Preparation time: 30 minutes

- Serves 4**
300 g basmati rice
500 g chicken thigh fillet
1 onion
2 cloves of garlic
1 red pepper
2 small carrots
4 spring onions
250 g cherry tomatoes
½ bunch chives
1 Granny Smith apple
2 tbsp olive oil
1 tsp green curry paste
smoked paprika
½ tsp sushi vinegar

Accessories required:
Stir-Fry & Paella Grill Pan

1. Heat the Big Green Egg, with the grid, to 200°C. In the meantime, cook the basmati rice according to the instructions on the packet. Cut the chicken fillet into cubes and skin and dice the onion and the garlic. Halve the pepper, remove the stalk and the seeds and cut the flesh into strips. Clean the carrots and spring onions and coarsely chop them. Halve the cherry tomatoes and cut the chives down the middle. Cut the Granny Smith into quarters, remove the core and cut the flesh into cubes.
2. Heat the olive oil in the Stir-Fry & Paella Grill Pan on the grid of the EGG. Sauté the onion and garlic in this. Add the chicken cubes and fry

until brown and cooked through. Between actions, always close the lid of the EGG.
3. Add the pepper, carrots, spring onions and chives and stir-fry for a few minutes. Then add the curry paste and smoked paprika powder to taste to the mixture. Allow to cook for a few minutes.
4. Add the sushi vinegar and mix in the apple cubes and the rice.



TIP:
Once the chicken cubes are nicely browned, optionally add 200 grams of raw shrimps and cook for a few minutes before adding the vegetables.



Rack of lamb with grilled asparagus and quinoa salad

Preparation time: 40 minutes

- Serves 4**
2 racks of lamb with 8 ribs
2 sprigs of rosemary
8 sprigs of thyme
2 cloves of garlic
16 white asparagus
1 lime

For the salad:
200 g red quinoa
8 small carrots
1 clove of garlic
1 tbsp sushi vinegar
2 tbsp soy sauce
100 g soy beans

Accessories required:
Cast Iron Grid
Cast Iron Griddle Half Moon
Dual Probe Wireless Remote Thermometer

1. Heat the Big Green Egg, with the Cast Iron Grid and the Cast Iron Griddle Half Moon (with the ribbed side up), to 170°C. In the meantime, cook the quinoa for the salad according to the instructions on the packet. Peel the carrots and

- cut them into thin strips. For the dressing, peel and finely chop the garlic, and mix with the sushi vinegar and soy sauce.
2. Clean the ribs of the racks of lamb (or have the butcher do this). Remove the needles from the rosemary and the leaves from the thyme and chop finely. Peel the garlic, chop finely and mix with the herbs. Rub the herb mixture into the racks of lamb. Peel the asparagus, cut off the hard part at the bottom and halve lengthways.
3. Place the racks of lamb meat-side down on the Cast Iron Grid. Insert the pen of the Dual Probe Wireless Remote Thermometer into the centre of the meat of one of the racks. Ensure this does not touch the bone. Close the lid of the EGG and set the core temperature to 48°C. Turn the racks over after about 5 minutes and allow to cook until the desired core temperature has been reached. Remove the racks from the grid, wrap in aluminium foil and allow to rest.
4. In the meantime, mix the quinoa, carrot strips and soya beans, and drizzle with the dressing. Spread the asparagus on the Cast Iron Griddle Half Moon and grill for about 2,5 minutes on both sides. Sprinkle with salt and pepper and zest lime peel over this to taste.
5. Cut the racks of lamb into nice cutlets and serve with the salad and grilled asparagus.



Grilled monkfish tail and tempeh with stir-fried vegetables

Preparation time: 40 minutes (excluding marinading)

- Serves 1**
75 g tempeh
2 tbsp corn oil
1 tsp dried herbs such as tarragon or basil
1 monkfish tail with skin (200 g)
1 red pepper
6 radishes
1 head of baby pak-choi
150 g sugar snaps
1 tbsp olive oil
1 tbsp soy sauce
1 lime (optional)
tarragon-basil oil

Accessories required:
Cast Iron Grid
Cast Iron Griddle Half Moon
The Pit Mitt BBQ Glove
Grill Wok

1. Cut the tempeh into three slices. Mix the corn oil with the dried herbs and brush the tempeh with this, Allow to marinate overnight in the fridge.
2. The next day, heat the Big Green Egg, with the Cast Iron Grid and the Cast Iron Griddle Half Moon (with the ribbed side up), to 180°C. In the meantime, remove the skin and membranes from

- the monkfish tail. Halve the pepper, remove the stalk and the seeds and cut the flesh into strips. Wash and halve the radishes and cut the pak-choi into strips.
3. Grill the monkfish tail, with lid closed, on the Cast Iron Griddle Half Moon on both sides for around 10 minutes and the tempeh on the Cast Iron Griddle Half Moon on both sides for around 5 minutes. Make the sure the monkfish tail does not dry out. As soon as the protein is released, the fish is done.
4. Take the monkfish and the tempeh from the Cast Iron Griddle Half Moon and remove the hot plate with the Pit Mitt BBQ Glove. Keep the fish and the tempeh warm under aluminium foil. Heat the Grill Wok, with lid closed, on the grid of the EGG.
5. Mix the pepper, radish, pak-choi and sugar snaps with the olive oil and stir-fry for 10-12 minutes in the Grill Wok. Make sure you replace the lid in between stirring. In the meantime, dice the tempeh.
6. Season the vegetables with the soy sauce and salt and pepper, and optionally zest lime peel over this to taste. Spoon the vegetables onto the plate, together with the tempeh, and place the monkfish tail on top. Drizzle with tarragon/basil oil and optionally garnish with an edible flower from your own garden.

Veal rib-eye with nut pesto and pappardelle

Preparation time: 45 minutes (excluding preparation of the veal rib-eye)

- Serves 4**
6 slices of Parma ham
½ bunch of basil
500 g veal rib-eye
200 g pappardelle
100 g artichoke hearts (tin)
100 g chanterelles
1 head of broccoli
1 tbsp olive oil

For the nut pesto:
2 cloves of smoked garlic
75 g nuts such as hazelnuts and/or walnuts
1 dl olive oil

Accessories required:
Cast Iron Grid
Cast Iron Griddle Half Moon
Dual Probe Wireless Remote Thermometer
The Pit Mitt BBQ Glove
Grill Wok

1. Prepare the rib-eye the evening before. To do this, first make the nut pesto. Peel the garlic and crush finely in the blender with the nuts and olive oil.
2. Place the slices of parma ham overlapping each other on a large sheet of foil. Pick the basil leaves and distribute them over the ham. Place the veal rib-eye on top, sprinkle with salt and pepper and cover with the nut pesto. Fold the ham over the pesto and roll the meat up tightly in the foil. Store in the fridge.

3. The next day, heat the Big Green Egg, with the Cast Iron Grid and the Cast Iron Griddle Half Moon (with the ribbed side up), to 160°C. In the meantime, cook the pappardelle according to the instructions on the packet. Chop the artichoke hearts, clean the chanterelles and cut the broccoli into florettes.



4. Place the veal rib-eye on the Cast Iron Griddle Half Moon. Insert the pen of the Dual Probe Wireless Remote Thermometer into the centre of the meat and close the lid of the EGG. Set the core temperature to 46°C. Turn the meat over after about 7 minutes and allow to cook until the desired core temperature has been reached.
5. Remove the meat from the Cast Iron Griddle Half Moon, wrap in aluminium foil and allow to rest. Remove the hot plate with the Pit Mitt BBQ Glove and heat the Grill Wok on the grid of the EGG. Drizzle the vegetables with the olive oil and stir-fry them for about 10 minutes until al dente. Always close the lid of the EGG in between stirring.
6. Mix the pappardelle with the vegetables, wait until heated through and season with salt and pepper. Cut the veal rib-eye into nice slices and serve with the pappardelle.



Inspiration Today

Do you regularly use our inspirational recipe database at biggreenegg.eu? This was recently completely updated, meaning it's now easier than ever to choose from the many recipes, recipe specials and menus. Previous editions of Enjoy! can also be read here.

This database is constantly being expanded, with the aim of continually inspiring you at any time of the day and year. If you want to be the first to know about the latest recipes, you can register here for our digital newsletter Inspiration Today. You will then regularly and automatically receive the latest menus and recipes. These clearly describe every stage, and the beautiful corresponding photos clearly demonstrate the various steps and the delicious end result. The recipes are particularly tasty and varied, but not complicated. You really don't need to be a chef to prepare these.

Enjoying together

Inspiration Today offers a wealth of variety, and the cooking is always seasonal. This inspirational newsletters will consist of a glorious three-course menu on one occasion, while on another occasion the focus is on preparation techniques. Chef Coen van Dijk develops and cooks the menus, and shows

you how, with the right preparation, you can effortlessly serve a Big Green Egg starter, main course and dessert. After all, with proper planning you yourself can also enjoy wonderful food, together with family or friends. Big Green Egg expert Ralph de Kok delves deeper into the various preparation techniques, for which he takes a specific ingredients or dish as a starting point. Ralph provides practical product information, explains the techniques and demonstrates three preparations. This will gradually introduce you to all the cooking techniques that are possible with a Big Green Egg in a very tasty way.

Would you also like to receive the latest seasonal menus and recipe specials for the Big Green Egg by email? Sign up for Inspiration Today at biggreenegg.eu so you will time and again be inspired by the most delicious recipes.



*Next time
in Enjoy!*



We hope you have once again enjoyed the recipes, menus and background stories in this issue of Enjoy! The next issue is again brimming with inspiration, with a focus on the autumn and winter and their seasonal produce. If you would like to know what you can expect, you can find a sneak preview below.

Seasonal menus

Taste the autumn & winter

The chef's region

On a journey of discovery in Berlin with Micha Schäfer

Vegetarian

Even more delicious from Big Green Egg!

Portugal

Traditional dishes from the Algarve

Patisserie

Sweet treats part II

What do you want to discover?

Every issue of Enjoy! is a journey of discovery. A journey featuring the most delicious recipes, the most wonderful ingredients and interesting countries and regions, and during which we seek out – sometimes hidden – local produce and traditional dishes. Professionals and foodies alike share their stories and recipes, because they are proud of their trade, traditions and specialities and want you to enjoy this by sharing their knowledge and preparations on the Big Green Egg. As Enjoy!, as well as the newsletter Inspiration Today, are there to inspire you, we want to offer you with what you need. For instance, do you have a favourite recipe but you want to know how to prepare it on the Big Green Egg? Would you like more attention on a particular cooking technique or do you look back fondly on the local dishes of a certain region? Let us know through enjoy@biggreenegg.eu, and we'll embark on the quest for you.

Big Green Egg's Flavour Fair

Sampling craftsmanship

It was ten years ago that Big Green Egg kicked off the Big Green Egg Flavour Fair in Europe, a gastronomic event still taking place in the Netherlands every year on the third Sunday of June. A successful concept where enjoying and sampling craftsmanship, and the Big Green Egg, together is the main attraction;



This Big Green Egg Flavour Fair concept has by now been embraced by several countries, with the residents of Belgium, Cyprus, Estonia, Switzerland, Lithuania, the Czech Republic, Bulgaria, Hungary, Slovenia and Slovakia this year savouring dishes from the Big Green Egg at Big Green Egg Flavour Fairs in their homelands. It's all about flavour at the Big Green Egg Flavour Fair. The taste of pure produce and the cherished hint of flavour you experience if a dish has been prepared on the Big Green Egg. This flavour is created by the many professional manning the Big Green Eggs during

the Big Green Egg Flavour Fair, in order to inspire guests and to allow them to sample their craftsmanship. They are all chefs and experts from the catering industry and food preparation sector who cook on the Big Green Egg, often on a daily basis. On this day, they will share their passion and expertise with every guest.

Tasting is everything

Tasting, genuine products and craftsmanship take centre stage at every Big Green Egg Flavour Fair. Come and taste the delicious dishes served by



the participants, prepared with products of the finest quality. There is always a diverse range of dishes, with meat, fish and vegetables all well represented, as well as plenty of attention to sweet and savoury pastry dishes. Ideal if you wish to learn more about preparing meat or dishes with fish or vegetables in the starring role. The personal contact with the professionals means there is a great deal of interaction, and between the tastings guests are able to get answers to all their questions about ingredients, dishes and techniques. There are special children's activities for the kids, so they too can enjoy the Big Green Egg Flavour Fair.

Would you like to know whether you can attend a Big Green Egg's Flavour Fair? Further information on dates and the exact programme of the event in different countries is available at www.biggreenegg.eu



The next edition of Enjoy! will be available mid-October 2016 at your Big Green Egg dealer.

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THAT LIFE TASTES GOOD,
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