

CROSSVILLE CHRONICLE

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LIVING

Taste The Best

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By Cheryl Duncan

Chronicle assistant editor

I've never been a fan of professional boxing.

That being said, I am a HUGE fan of George Foreman's. But it has nothing to do with his boxing career, which I hear is prestigious. (As well as honorable, but that's a subject for another column that has absolutely nothing to do with cooking or recipes.)

George Foreman, in case you just arrived from Mars or have lived in a cave for the past 10 years, is the pro boxer who's name is on one of the best cooking gadgets since the popcorn popper. It's George Foreman's Lean, Mean, Fat-Reducing Grilling Machine or, for short, "The George."

That's what we call it at my house, anyway. I was the proud recipient of The George for Mother's Day. And if you've read this column for any length of time, you know that a new kitchen appliance means I'm going prowling for recipes to try with it. (I like to think you enjoy these self-promoting columns. If not, humor me.)

CD Kitchen (www.cdkitchen.com) has a number of recipes, and you can find a few good ones at Salton (www.salton-maxim.com), manufacturer of The George. There are also many good recipes for The George on private Web sites, and The Champ has a number of recipe books ripe for the choosing.

Don't forget next week's "Taste the Best," where we will highlight good ol' American cuisine and recipes in honor of the Independence Day holiday. Have you given us YOUR ideas yet? I'm waiting to hear from YOU.

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What are your favorite American/Americana dishes?

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Is your marinade and/or rub recipe a hit at cookouts? We'd love it if you'd share the recipe.

Gourmet Grilled Cheese Sandwiches

4 T. butter

4 tsp. Dijon-style mustard

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CHRONICLE

125 West Ave.
Crossville, TN
38555
(931) 484-5145
[chronicle@
volfirst.net](mailto:chronicle@volfirst.net)

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4 tsp. pressed fresh garlic
 8 slices extra-sour sourdough bread
 6 oz. Fontina cheese
 6 oz. mozzarella cheese
 4 T. shredded Paredesan or Asiago cheese
 OR Pecorino Romano cheese
 4 T. thinly sliced scallions

Preheat the grill. If you have a grill with a variable temperature control, set it to medium-high (1 or 2 steps below high) or to about 350-400 degrees. In a small saucepan melt the butter over low heat. When the butter is melted, whisk in the mustard and garlic. Set aside. Grate the three different types of cheeses into a small bowl and combine with a fork. Put 4 slices of sourdough bread on a large plate. Put 1 tablespoon of scallions on each slice. Place a layer of cheese over the scallions, dividing equally among the 4 slices. Place a slice of sourdough over the cheese and brush the garlic-mustard-butter baste on top. Carefully put each sandwich, basted side down, on the grill. Brush the tops of each sandwich evenly with the remaining garlic-mustard-butter baste. For a 2-sided contact grill: Grill a total of 3-4 minutes. For a hibachi grill, combination grill or infusion grill: Grill a total of 6- minutes (3-4 minutes on each side), remove from grill and serve. Makes 4 sandwiches. Cook's note: I used sharp provolone for the Fontina cheese and added a couple of slices of ham then grilled for 3 minutes; they were perfectly done. This was an excellent use of the George Foreman Grill. The butter sauce is what really makes this sandwich.

Recipe source: Grill Power by Holly Rudin-Braschi
 From the kitchen of Lynn Thomas, San Jose, CA

George Foreman Grilling Machine Hamburgers

1 lb. ground beef
 1/2 c. chopped onion
 1/2 c. Italian Dressing

Mix together ingredients well. Make into 4 patties. Cook two for a total of 4 minutes.

Recipe source: George Nuckols
 From the kitchen of CD Kitchen
www.cdktichen.com

George Foreman Polynesian Steak

2 T. soy sauce
 1 clove garlic, minced
 1 tsp. honey
 2 (6 oz.) steak

Combine soy sauce, garlic and honey. Marinate the steak in the mixture for approximately 1 hour in refrigerator. Preheat the George Foreman Grilling Machine for 3-5 minutes. Place the marinated steak onto the preheated grill. Grill for 3 minutes, open grill, add the rest of the marinade sauce to the top of the steaks. Grill for 1 more minute.

From the kitchen of CD Kitchen
www.cdktichen.com

George Foreman Grilled Catfish

2 lbs. catfish fillets
 seasoning salt, to taste
 lemon pepper

olive oil

Heat grill for about 2 minutes. In a large bowl, place fillets and season with salt, and lemon pepper. Coat generously with olive oil. Sprinkle a bit more lemon pepper. Place on grill and let cook for about 10 minutes.

From the kitchen of CD Kitchen

www.cdktichen.com

Bacon and Cheese Sandwich

4 strips bacon, cooked and drained

2 slices American cheese

2 slices bread

2 teaspoons butter

Lightly butter one side of the bread slices. Place cheese on the unbuttered side of one slice of bread. Place bacon strips over top of cheese. Cover with other slice of bread, buttered side up. Place sandwich on George Foreman Grill and close lid. Grill 4 minutes or until golden brown and cheese is melted.

From the kitchen of CD Kitchen

www.cdktichen.com

Sole with Tomatoes

2 tsp. olive oil or red wine (optional)

2 small onions, diced

2 cloves garlic, minced

2 small tomatoes, chopped

2 T. fresh basil, chopped OR

1/2 tsp. dried basil

1 T. fresh parsley

1 T. chopped ground pepper

1 T. lemon juice

1 lb. fillet of sole (or any white fish fillet)

Preheat the Grilling Machine for 3-5 minutes. Saute the onion and garlic in oil or wine for 2 minutes, stirring occasionally. Add the tomato, half of the herbs and a few grinds of pepper. Lay the fish on top, add the lemon juice and remaining herbs. Cover and let cook for 2-3 minutes. Lift the fish and the vegetables onto a plate. If any juices have dripped into the drip tray, use as a sauce to pour on top of the fillet.

From the kitchen of Salton-Maxim

www.salton-maxim.com

The Champ's Sausage Without Guilt

1 slightly beaten egg

1/3 c. finely chopped onion

1 c. finely snipped dried apples

OR 1 c. finely chopped fresh sweet apples

1 c. seasoned bread crumbs

2 T. snipped fresh parsley

1 tsp. salt (optional)

1/2 tsp. crushed sage

1 tsp. ground nutmeg

1 tsp. black pepper

pinch cayenne pepper

1/2 lb. lean, ground, skinless turkey breast

In a medium bowl, combine the egg white, onion, dried or fresh apples, bread

crumbs, parsley, salt (if using), sage, nutmeg, black pepper and cayenne pepper. Add the ground turkey and mix well. Shape the mixture into eight 2-inch-wide patties. Prepare the Grilling Machine Place the patties on the Grilling Machine and cook for 3-4 minutes, or until the meat is no longer pink. Recipe source: The Healthy Gourmet by Cherie Calbom
From the kitchen of Salton-Maxim
www.salton-maxim.com

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