



GRILLED MARINATED SHRIMP

TOTAL TIME: 2 hrs 40 mins
PREP TIME: 30 mins
COOK TIME: 10 mins
SERVINGS: 6

INGREDIENTS:

1/4 cup chopped fresh parsley	1 cup olive oil
2 tbsp hot pepper sauce	1 lemon, juiced
1 tbsp tomato paste	3 cloves garlic, minced
2 tsp dried oregano	1 tsp salt
1 tsp ground black pepper	2 pounds large shrimp

DIRECTIONS:

- In a mixing bowl, MIX together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later. POUR remaining marinade into a large resealable plastic bag with shrimp. SEAL, and marinate in the refrigerator for 2 hours.
- PREHEAT grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
- Lightly OIL grill grate. COOK shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.



GRILLED HONEY-LEMON CHICKEN

TOTAL TIME: 2 hrs 30 mins
PREP TIME: 15 mins
COOK TIME: 15 mins
SERVINGS: 4

INGREDIENTS:

1/4 cup canola oil	1 lemon, zested and juiced
1 tbsp Dijon mustard	1 tbsp honey
2 cloves garlic, pressed	2 tsp Worcestershire sauce
1 1/2 tsp salt	1 tsp ground black pepper
2 tsp dried Italian herb seasoning	
4 skinless, boneless chicken breast	

DIRECTIONS:

- MIX canola oil, lemon zest, lemon juice, Dijon mustard, honey, garlic, Worcestershire sauce, Italian herb seasoning, salt, and black pepper in a bowl; pour into a resealable plastic bag. PLACE chicken breasts into the bag, seal, and squeeze bag with your fingers several times to coat chicken with marinade. PLACE a second resealable bag over the first and seal to prevent leaks. Refrigerate chicken for 2 to 4 hours.
- PREHEAT grill for medium heat and lightly oil the grate.
- REMOVE chicken breasts from bag; discard used marinade. COOK chicken on the preheated grill until the center is no longer pink and the juices run clear, 7 to 8 minutes per side.



BARBECUE RIBS

TOTAL TIME: 3 HRS 15 MINS
PREP TIME: 15
COOK TIME: 2 HRS 30 MINS
SERVINGS: 8

INGREDIENTS:

4 pounds pork spareribs	1 cup brown sugar
2 cloves garlic, crushed	1/4 cup soy sauce
1/4 cup Worcestershire sauce	1/2 cup chile sauce
1 tsp dry mustard	1/4 cup ketchup
1 dash ground black pepper	1/4 cup rum

DIRECTIONS:

- PREHEAT oven to 350 degrees F (175 degrees C). CUT spareribs into serving size portions, wrap in double thickness of foil, and bake for 1 1/2 hours. UNWRAP, and drain drippings. (I usually freeze the drippings to use later in soups.) Place ribs in a large roasting pan.
- In a bowl, MIX together brown sugar, ketchup, soy sauce, Worcestershire sauce, rum, chile sauce, garlic, mustard, and pepper. COAT ribs with sauce and marinate at room temperature for 1 hour, or refrigerate overnight.
- PREHEAT grill for medium heat. Position grate four inches above heat source.
- BRUSH grill grate with oil. Place ribs on grill, and cook for 30 minutes, basting with marinade.