



Playing with Fire

Killer recipes from the grill.

Since the dawn of human history, grilling has been at the center of social connection. Open-flame cooking has even been credited with the evolution of language. In this recipe guide, we're bringing together some of the newest iterations of the oldest forms of cooking, connecting culinary traditions from across the globe.



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SMOKY HONEY CITRUS CHICKEN WINGS

Grilled seasoned wings coated in a sticky-sweet hot sauce made with plenty of fresh citrus and char and chili notes from Knorr® Intense Flavours. Yield: 10 servings

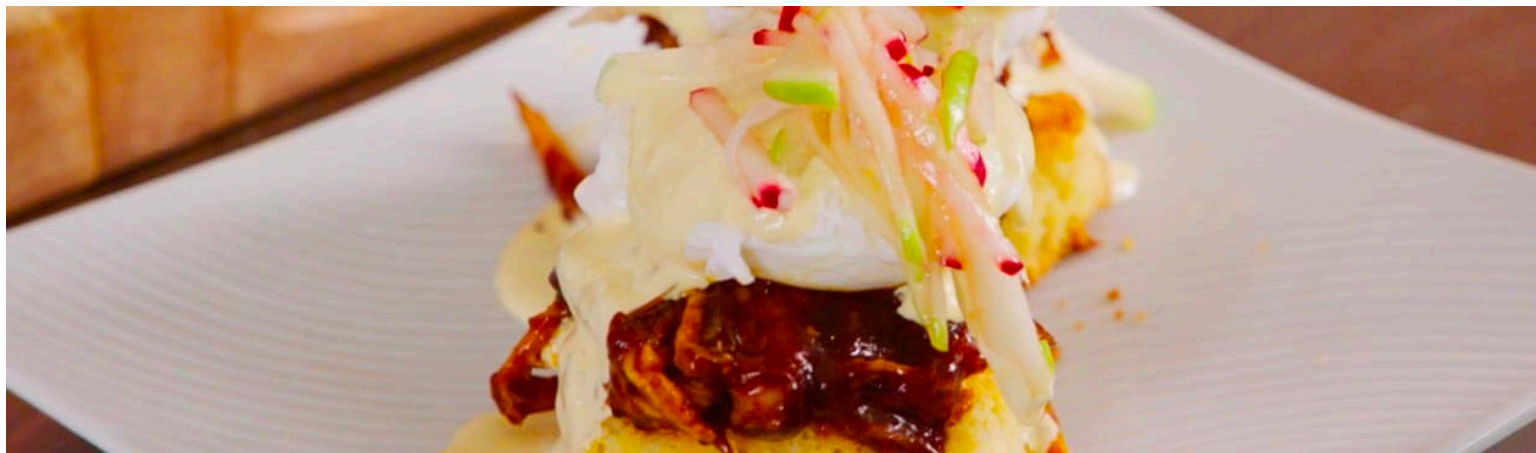
CHICKEN WINGS		INSTRUCTIONS
QTY		
30 ml	Baking powder	Chicken Wings Combine the baking powder, salt, chili powder, cumin, and pimentón in a small bowl. Mix well. Toss the chicken wings with the mixture until well coated. Place on baking sheet with a rack. Refrigerate overnight uncovered.
10 ml	Salt	
20 ml	New Mexico chili powder	
10 ml	Cumin, toasted, ground	
20 ml	Pimentón	
900 g	Chicken wings	
QTY	WING SAUCE	
15 ml	Olive oil	Wing Sauce Place the oil in a saucepot. Add the garlic and sauté until aromatic. Add the juices and honey. Bring to a simmer; reduce the heat to low and let cook for 20 minutes stirring periodically. Remove from heat, stir in the Knorr® Professional Intense Flavour Citrus Fresh and Knorr® Professional Intense Flavour Charred Chili Heat. Let cool to room temperature.
1 clove	Garlic clove, chopped	
10 ml	Lime juice	
10 ml	Orange juice	
10 ml	Grapefruit juice	
80 ml	Honey	
5 ml	Knorr® Professional Intense Flavours Citrus Fresh 4 x 400 ml	Assembly Preheat a grill. Combine the sauce and cilantro in a large bowl. Toss the chicken wings with oil to coat. Place on a hot grill; cook turning periodically until charred on the exterior. Brush with the sauce when the wings are almost cooked through. Continue to grill until cooked completely and juices run clear.
10 ml	Knorr® Professional Intense Flavours Charred Chili Heat 4 x 400 ml	
QTY	ASSEMBLY	
30 ml	Olive oil	
60 ml	Cilantro, chopped	
	Parsley leaves	
	Cilantro leaves	Remove the chicken from the grill and toss with the remaining sauce. Add more Knorr® Professional Intense Flavours Citrus Fresh or Knorr® Professional Intense Flavours Charred Chili Heat if desired. Garnish with parsley, cilantro leaves, and thin slices of onion. Drizzle with any leftover sauce.
1 each	Red onion, thinly sliced	



BBQ PULLED PORK BOWL

Sweet and smoky pulled pork over a freekeh and black kale, housemade peach kimchi slaw, hominy, cucumber, jalapeño, cilantro and cornbread croutons. Yield: 10 servings

PULLED PORK		INSTRUCTIONS
QTY		
130 g	Korean gochujang paste	Prepare the Pulled Pork
125 ml	Roasted sesame oil	Combine the Hellmann's® Smoked Peach Dressing with the gochujang paste, sesame oil, maple syrup and minced garlic.
120 ml	Maple syrup	Season the pork shoulder with salt and pepper. Sear in a pan on all sides.
25 g	Garlic, minced	Transfer the pork to a pressure cooker, add the Smoked Peach Dressing mixture, and cook until the meat is tender and easily shreds with a fork.
900 g	Pork shoulder	Pull the meat and set aside.
	Salt and pepper, to taste	
240 ml	Hellmann's® Smoked Peach Vinaigrette 2 x 3.78 L	
FREEKEH MIXTURE		
QTY		
1.30 kg	Freekeh, cooked	Prepare the Freekeh Mixture
670 g	Kale, black, chiffonade	Combine the freekeh, black kale, jalapeño and cilantro with the Hellmann's® Smoked Peach Dressing.
2 each	Jalapeño, deseeded, finely chopped	
25 g	Chopped cilantro	
SMOKED PEACH KIMCHI SLAW		
QTY		
.50 head	Napa cabbage, shredded thin	Prepare the Smoked Peach Kimchi Slaw
105 g	Daikon radish, peeled, julienned	Mix the Napa cabbage, daikon radish, carrots, scallions, sriracha, Hellmann's® Smoked peach dressing, fish sauce and rice wine vinegar. Allow to marinate overnight. Drain and reserve, refrigerated.
130 g	Carrots, julienned	
50 g	Scallions, thinly sliced	Prepare the Salad Bowl
65 ml	Sriracha	Roll the cucumber ribbons.
60 ml	Fish sauce	In a bowl, in sections, add the freekeh salad, chopped romaine, hominy, kimchi slaw and pork.
60 ml	Vinegar, rice wine	Drizzle with additional Hellmann's® Smoked Peach Dressing if needed.
115 ml	Hellmann's® Smoked Peach Vinaigrette 2 x 3.78 L	Top with cornbread croutons.
SALAD BOWL		
QTY		
2 each	Cucumber, cut in long ribbons	
2 heads	Romaine lettuce, chopped	
1 can (470 g)	Hominy, canned, drained	
500 g	Cornbread, crumbled, roasted	



PULLED PORK EGGS BENEDICT

A Southern twist on a classic served over cornbread rounds and topped with flavourful braised pork and a bright apple slaw. Yield: 12 servings

QTY	PORK	INSTRUCTIONS
700 g 15 ml 500 ml 30 ml	Pork butt, boneless Canola oil Apple cider Knorr® Professional Liquid Concentrated Base Chicken 4 x 946 ml	Braise the Pork Season pork generously with salt and pepper. Heat a small rondeau over high heat, add oil and sear the pork until browned on all sides. Add the remaining ingredients. Bring to a boil. Cover the pot and transfer to a 150°C. Cook for 2-1/2 hours or until fork tender.
30 ml 3 each	Apple cider vinegar Garlic, clove, crushed Kosher salt to taste Black pepper to taste	Remove the meat and reduce the braising liquid by half. Shred the pork and return the meat to the liquid. Set aside.
15 ml	Maille® Old Style Mustard 4 x 3.7kg	Prepare the Bourbon Hollandaise Reduce the bourbon by half in a small saucepot.
250 ml	Hellmann's® Real Ancho Chipotle Sauce 2 x 3.78 L	Add the Knorr® Professional Liquid Hollandaise and maple syrup. Heat and keep warm.
QTY	BOURBON HOLLANDAISE	
125 ml 500 ml	Bourbon Knorr® Professional Sauce Hollandaise 6 x 1 L	Prepare the Smoked Peach Kimchi Slaw Mix the Napa cabbage, daikon radish, carrots, scallions, sriracha, Hellmann's® Smoked peach dressing, fish sauce and rice wine vinegar. Allow to marinate overnight. Drain and reserve, refrigerated.
15 ml	Maple syrup	
QTY	APPLE SLAW	
1 each	Granny smith apple, julienned	Prepare the Apple Slaw Combine all ingredients in a small bowl and refrigerate until ready to use.
4 each 15 ml 60 ml	Radishes, julienned Honey Apple cider vinegar	Build the Eggs Benedict Place two warmed cornbread rounds on a plate. Top each with 60 g of the pulled pork. Top each with a poached egg. Pour the prepared Bourbon Hollandaise sauce on top, garnish with a small amount of the apple slaw and serve.
QTY	EGGS BENEDICT	
1.40 kg	Cornbread, cut into 6.5 cm circles and toasted	
24 each	Eggs, poached Pulled pork, prepared Bourbon Hollandaise, prepared Apple Slaw, prepared	



MEXICAN-STYLE CHARRED CORN ON THE COB

Traditional flame-roasted Mexican elotes dressed with a flavour-packed creamy citrus chili sauce and finished with Cojita, fresh lime and pimentón. Yield: 8 servings

QTY	CHICKEN WINGS	INSTRUCTIONS
8 each 225 ml	Corn, shucked Hellmann's® Real Mayonnaise Chopped cilantro Green onions, chopped Garlic, minced New Mexican chili powder Pimentón Cumin, toasted, ground Knorr® Professional Intense Flavours Citrus Fresh 4 x 400 ml Knorr® Professional Intense Flavours Charred Chili Heat 4 x 400 ml	Prepare the Sauce Combine all ingredients in a bowl. Prepare the Sauce Preheat a grill to medium high heat. Place the corn on the hot grill. Grill over medium heat until charred on the exterior and cooked through. If the corn is charring too quickly, move to the cooler area of the grill. Spread a generous portion of sauce on each ear of corn. Finish the Dish Sprinkle the corn with cotija cheese, pimentón, and a pinch of salt. Serve with lime wedges.
QTY	ASSEMBLY	
250 ml	Salt Cotija cheese, grated Lime wedges Pimentón	



GRILLED BOK CHOY SALAD

Grilled bok choy, purple cabbage, shaved carrots and edamame tossed with a Sesame Caesar Dressing. Topped with puffed wild rice and spiced bacon. Yield: 10 servings

QTY		INSTRUCTIONS	
SESAME CAESAR DRESSING		Prepare Sesame Caesar Dressing	
1 L	Hellmann's® Classics Caesar Dressing 2 x 3.78 L	Combine ingredients and whisk together.	
130 ml	Fish sauce		
475 ml	Hellmann's® Sesame Thai Vinaigrette 2 x 3.78 L	Prepare Puffed Wild Rice	
PUFFED WILD RICE		Cook rice in enough oil to coat, moving rapidly, for 2-3 minutes or until rice has puffed and become crispy. Season with salt.	
	Olive oil, as needed		
	Salt, as needed	Prepare Five-Spice Bacon	
320 g	Rice, uncooked	Season raw bacon with five spice seasoning and brown sugar and cook in the oven until brown and crisp.	
FIVE-SPICE BACON			
900 g	Bacon, extra-thick cut, cut into 0.5" pieces	Finish the Salad	
15 g	Five spice seasoning	Combine bok choy, cabbage, carrot and edamame, and toss with Sesame Caesar Dressing. Top with remaining ingredients.	
35 g	Brown sugar		
SALAD		Special Note: Use pork belly in place of bacon to make a premium menu item and upcharge.	
30 each	Sesame Caesar Dressing, prepared		
140 g	Baby bok choy, halved, grilled		
260 g	Purple cabbage, shredded		
250 g	Carrots, shredded		
	Edamame		
	Puffed Wild Rice, prepared		
100 g	Scallion, sliced		
	Five-Spice Bacon, prepared		



GRILLED CAULIFLOWER BOWL

A hearty salad with farro, roasted Brussels sprouts and parsnip with a grilled cauliflower steak, toasted almonds and a Creamy Horseradish Dijon Sauce. Yield: 10 servings

QTY

CREAMY HORSE RADISH DIJON SAUCE

500 ml

Hellmann's® Heavy Duty
Vegan Mayo 2 x 3.78 L

50 ml
200 ml

Horseradish, prepared
Maille Dijon Originale
Mustard 4 x 4.1 g

INSTRUCTIONS

Prepare Creamy Horseradish Dijon Sauce

Combine ingredients and mix.

Finish the Salad

In a sauté pan warm the farro, Brussels sprouts, butternut squash, parsnips and spinach until warmed through and spinach is beginning to wilt. Add salt, pepper, Herbs de Provence and lemon juice to taste. Plate the farro mixture, top with cauliflower, drizzle the Creamy Horseradish Dijon Sauce and garnish with almonds.

QTY

SALAD

1 kg
675 g

Farro, cooked
Brussels sprouts, halved,
roasted

675 g

Butternut squash, small
diced, roasted

675 g
1 kg

Parsnip, spears, roasted
Baby spinach

Salt, to taste
Lemon juice, to taste
Black pepper, to taste
Herbs de Provence,
to taste

900 g
180 g

Cauliflower steaks, grilled
Almonds, toasted
Creamy Horseradish Dijon
Sauce, prepared



BBQ BEEF TOSTADAS

Beef braised in Knorr® Demi Glace and BBQ sauce for tender and juicy texture, bold flavour and super simple prep. The beef can also be used for nachos, quesadillas and so much more. Yield: 10 servings

QTY		BBQ DEMI-BRAISING SAUCE	INSTRUCTIONS
375 ml		Knorr® Professional Ultimate Demi Glace Sauce 6 x 813 gr Hellmann's® Real Ancho Chipotle Sauce 2 x 3,78 L Filtered water, room temperature	<p>Prepare the BBQ Demi-Braising Sauce</p> <p>Using a large saucepan, combine the Knorr® Professional Ultimate Demi Glace powder with the BBQ sauce and the water. Slowly bring to a boil and simmer for 2-3 minutes. Set aside.</p> <p>Prepare the BBQ Beef</p> <p>Preheat oven to 180° C.</p> <p>Season the cubed beef with salt and pepper. Add oil to a large braising pan and brown the beef on all sides.</p> <p>Transfer beef to a large hotel pan and cover with BBQ Demi-Braising Sauce. Cover and cook for 3 hours at 180° C. Allow to stand. Pull and shred the beef.</p> <p>Prepare the Tostadas</p> <p>For each portion, place 2 tostadas on a small sheet tray and top with 60 ml of shredded cheese each and 90 g of BBQ Beef. Use portioning spoons for consistency and ease of prep.</p> <p>Bake at 200° C for 3-5 minutes, or until cheese is golden brown. Serve with red onion and cilantro, with a side of pickled jalapeños and lime wedges.</p>
500 ml			
1.50 qts			
QTY		BBQ BEEF	
4 kg		Beef chuck, cubed Salt and pepper, to taste Vegetable oil	
60 ml			
QTY		TOSTADAS	
20 each		Mexican tostadas Shredded Mexican blend cheese Red onion, finely sliced Cilantro, chiffonade Jalapeños, pickled, sliced Limes, cut into wedges	
450 g			
500 ml			
250 ml			
250 ml			
5 each			



GRILLED PEACH AND NAPA CABBAGE SLAW

Fresh flavours of fennel and peaches are perfectly finished with Aleppo-Spiced Almonds and a Smoked Peach Vinaigrette. Yield: 4 servings

QTY

ALEPPO SPICED ALMONDS

250 ml	Almonds, slivered, toasted
80 ml	Water
125 ml	Sugar
5 ml	Aleppo pepper
	Salt

QTY

SALAD

500 g	Firm but ripe peaches, pitted and halved
60 ml	Honey
60 ml	Extra virgin olive oil
500 ml	Shredded Napa cabbage
125 ml	Fennel, shaved
60 ml	Red peppers, julienned
60 ml	Kohlrabi, julienned
60 ml	Green onions, julienned
15 ml	Parsley, torn
15 ml	Chives, cut 1" pieces
15 ml	Rice vinegar
30 ml	Hellmann's® Smoked Peach Vinaigrette 2 x 3.78 L
30 ml	Aleppo-Spiced Almonds

INSTRUCTIONS

For the Aleppo Spiced Almonds

Lightly oil a baking sheet.

Combine the water and sugar in a bowl. Pour mixture into a sauté pan, and bring to a simmer. Simmer until the sugar dissolves and the mixture starts to thicken. The bubbles will become large and fill the surface of the pan. When the sugar starts to change colour, add the almonds. Stir to coat the almonds with the sugar mixture. Once the almonds are evenly coated, pour onto the oiled baking sheet and spread the almonds into a single layer. Sprinkle with salt and Aleppo pepper. Mix and redistribute.

For the Salad

Preheat a grill to medium-high heat.

Combine the honey and oil in a bowl. Add the peaches and gently toss. Season with salt.

Place the peaches on the grill, cut sides down, 1-2 minutes per side, turning once with a spatula, until lightly marked. Remove to a cutting board and cool. Cut into quarters.

In a large bowl, combine the cabbage, fennel, red peppers, kohlrabi and green onions.

Add herbs, vinegar and dressing, season with salt and pepper then toss. Add the peaches and nuts and gently toss.

Additional Notes

The Aleppo Spiced Almond recipe makes more than needed. Cooked lardons of bacon are a great addition to the salad.



PORCINI CURED BEEF RIB EYE

Enjoy this rib steak prepared with a rub of Knorr® Intense Flavours and dried mushroom, picking up the charcoal grilled flavours and rich quality of the meat. Yield: 10 servings

QTY	STEAK RUB	INSTRUCTIONS
10 each 20 g 125 ml	Cloves of garlic, peeled and made into a paste Porcini mushrooms, dried Knorr® Professional Intense Flavours Wild Mushroom 4 x 400 ml	Prepare the Steak Rub In a mortar, combine the garlic, mushrooms, sugar, kosher salt, chili flakes and black pepper. Pound with a pestle, making sure to process the garlic and mushrooms to a paste. Stir in the oil and Knorr Ultimate Intense Flavours Wild Mushroom Earth Liquid Seasoning. The rub will keep for a week refrigerated.
50 g 35 g 15 g 20 g 125 ml	Sugar Kosher salt Red chili flakes Black peppercorns Canola oil	Prepare the Compound Butter Place all of the ingredients in the bowl of an electric mixer fitted with the paddle attachment. Process on medium speed to combine everything thoroughly. Transfer the mixture onto a sheet of plastic wrap and roll into an even log and refrigerate until you are ready to use it.
QTY	COMPOUND BUTTER	Prepare the Steak Massage the steak rub liberally into both sides of the meat. Transfer to a non-reactive container, cover and refrigerate for 24 hours. Remove the steaks from the fridge at least 3 hours before you plan on grilling it. Wipe off the excess rub. Prepare a charcoal grill. When the coals are broken down and glowing, place the steaks on the hottest part of the grill and sear on both sides until you achieve a nice char. Move the steaks to the cooler part of the grill and continue cooking, flipping occasionally, until you reach an internal temperature of 120 ° F (48 ° C) for a perfect medium rare, about 40 minutes total. Remove the steaks from the grill and allow to rest for 30 minutes before slicing (the internal temperature will rise to 125 ° F/50 ° C during resting). Serve the steaks with the compound butter and little pots of flakey salt for your guests to season as they wish. Stir some of the good olive oil and lemon juice into the resting juices of the steaks and spoon this over the sliced meats.
450 g 3 g 4 g 3 g 6 g 30 ml	Butter, unsalted Fresh chives, finely chopped Curly parsley, finely chopped Chervil, finely chopped, fresh Tarragon, finely chopped Knorr® Professional Intense Flavours Roast Umami 4 x 13.5 oz	
17 g 1 each	Sea salt, flaked Finely grated lemon zest	
QTY	COMPOUND BUTTER	
3 each	Bone-in rib steaks cut 2 inches thick (about 36 oz each) Olive oil, as needed Lemon juice, fresh Sea salt, flaked	



KOREAN NOODLE SALAD WITH SPICY GRILLED SALMON

A crunchy, colourful salad gets a kick from spicy gochujang dressing. Topped with grilled salmon and a soft boiled egg for a perfect meal bowl. Yield: 10 servings

GOCHUJANG DRESSING		INSTRUCTIONS
QTY		
60 ml	Gluten free gochujang paste	Prepare Gochujang Dressing Combine ingredients and whisk until combined.
30 ml	Tamari, low sodium	
360 ml	Hellmann's® Sesame Thai Vinaigrette 2 x 3.78 L	Prepare Grilled Marinated Salmon Combine the gochujang paste, tamari, mirin, scallions, garlic, sesame oil, sugar and lime juice. Whisk until uniform. Marinate salmon filets for 30 minutes. Grill salmon to desired doneness.
QTY	GRILLED MARINATED SALMON	
125 ml	Tamari, low sodium	Finish the Salad Combine rice noodles with a small amount of Gochujang Dressing. Reserve remaining dressing. Top noodles with bok choy greens, bean sprouts, carrots, cabbage, scallions, 90 gram of Grilled Marinated Salmon and an egg. Drizzle salad bowl with additional Gochujang Dressing.
125 ml	Mirin wine	
25 g	Scallions, chopped	Poached Eggs Combine rice noodles with a small amount of Gochujang Dressing. Reserve remaining dressing. Top noodles with bok choy greens, bean sprouts, carrots, cabbage, scallions, Grilled Marinated Salmon and an egg. Drizzle salad bowl with additional Gochujang Dressing.
10 g	Garlic clove, minced	
45 ml	Sesame oil	
13 g	Sugar	
30 ml	Lime juice	
900 g	Salmon fillet, skinned	
QTY	SALAD	
1.13 kg	Noodles, rice, cooked	
450 ml	Gochujang Dressing, prepared	
1.10 kg	Bok choy greens	
250 g	Bean sprouts	
275 g	Carrots, shredded	
250 g	Purple cabbage, shredded	
100 g	Scallions, julienned	
900 g	Grilled Marinated Salmon, prepared	
10 each	Egg, soft boiled, halved	

This is just a taste of our culinary inspiration from the grill and beyond. Find enlightening pitmaster interviews, recipe videos and menu ideas at **ufs.com**.

