

The Grillie

www.mygrillie.com



The Grillie - Key Concepts

How to use the Grillie

- The Grillie, 1,2 and 3: Fill, Spray and Turn
- Fill the Grillie no more than half with your ingredients except for leafy greens like spinach or kale. You can fill the entire Grillie with leafy greens.
- Try to keep your food similar in size (see pictures)
- Spray Oil on food as you Grillie.
- Turn the Grillie with a grill fork every 3-5 minutes.

Oils for the Grillie



It is recommended to have several types of high heat cooking oils in spray bottles. Typical cooking oils:

- Olive
- Canola
- Vegetable
- Grapeseed
- Peanut

The Grillie BBQ Method

Sliced Ingredients



Fill Grillie (Max. 1/2 full)



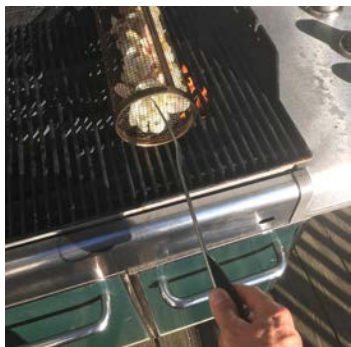
Snap lid over the 3 dimples



Turn Grillie with Fork. Cover & rotate every 3-5 min.



Turn Grillie with Fork.



Remove Grillie with tongs.



Wait 30 secs, remove lid with key.
ONLY HOLD MESH.



Pour Grillie into dish.



Grillied Sausage, Peppers, Onions & Garlic

Prep time: 5 min. Cooking time: 15-18 min.

One Grillie serves 6 people

Ingredients

6	sweet or hot sausage	
1 large	yellow onion	sliced ¼" wide
1	green pepper	sliced ¼" wide
1	yellow pepper	sliced ¼" wide
1	red pepper	sliced ¼" wide
1 cup	peeled garlic cloves	sliced in half

Grillie prep

Fill grillie with onions, peppers and garlic. Cover grillie and shake vegetables until mixed. Add sausages evenly distributed in vegetable mix.

Oils to use

Olive oil spray or Canola oil spray

Ingredients cut to size



Grilled Sausage Peppers Onions Garlic

Super Moist Grillied Zucchini and Garlic

Prep time: 5 min. Cooking time: 8-10 min.

One Grillie serves 6 people

Ingredients

2 med size	green Zucchini	sliced ¼" wide
2 med size	yellow Zucchini	sliced ¼" wide
1/2 cup	peeled garlic cloves	sliced in half

Grillie prep

Fill grillie sliced Zucchini and garlic cloves. Cover and Shake the Grillie until mixed.

Oils to use

Olive oil spray or Canola oil spray

Ingredients cut
to size



Grilled Zucchini and Garlic

Meatballs and Tangerines

Prep time: 12 min. Cooking time: 10-12 min.

One Grillie serves 6 people

Ingredients

20 small	meatballs	Ice Cream Scooper Size –Use Your Favorite Meatball mix
4	celery Sticks	sliced ¼” wide
1 cup	onions	sliced ¼” x 1”
1/2 cup	peeled garlic cloves	sliced in half
2	tangerines	separate segments

Grillie prep

Fill grillie sliced celery and onions. Insert meatballs and roll as you fill the Grillie with meatballs. Add tangerine slices. Cover and Shake the Grillie until mixed.

Oils to use

Olive oil spray or Canola oil spray



Ingredients cut to size



Grillie filled

Grilled Meatballs, Tangerines, Celery, Onions and Garlic



The Grillie

The Grillie - Cleaning

Cleaning the Grillie

- The Grillie is made of 304 Stainless steel wire, one of the safest food contact materials in the world. Cleaning the Grillie should be likened to cleaning a cast iron frying pan. The Grillie will develop a finish like a cast iron frying pan. Each time you use the Grillie, you need only to scrub and rinse in your sink or place in your dishwasher. If you want to add a shine to your Grillie, scrub with a pre-soaped steel wool pad.

- Hand Wash – Best Cleaning Techniques
 - Abrasive sponge blocks
 - Abrasive pads
 - Always use dishwashing liquid soap

Abrasive sponge block



Abrasive Pads



Abrasive pad



Scrubbing with pad



- Dishwasher
 - Set Dishwasher for Heavy duty and Sanitize

Four Grillies on lower rack of dishwasher

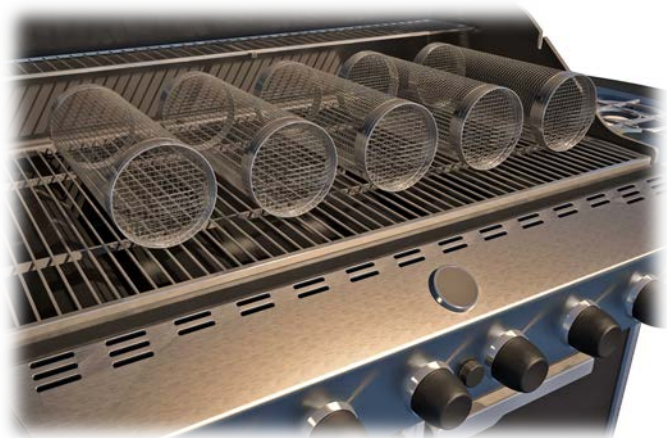


*BBQ with
Imagination*

Bon Appétit!

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