

# AL FRESCO DINING



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Everything you need for a delicious dinner  
In collaboration with Big Green Egg.



SERVES 4

## AVOCADO SALAD with grilled green asparagus

**PREPARATION TIME: 85 MIN.**

### Ingredients

- 1 corn-fed chicken breast
- 1 EAT ME mango
- 1 tbsp icing sugar
- 2 EAT ME avocados
- 8 EAT ME green asparagus
- 1 small shallot
- ½ red onion
- 1 tbsp olive oil
- ½ Granny Smith
- ¼ lime
- 1 tbsp crème fraîche
- 4 chervil tops

*Preparation on a regular BBQ*



### Preparation

1. Ignite the charcoal in the Big Green Egg and heat to 160°C.
2. Sprinkle a handful of cherry wood smoking chips on the glowing embers. Put the ConvEGGtor shield in position, place the stainless steel grid in the EGG and place the corn-fed chicken breast on top. Close the lid; the temperature inside the EGG will drop to approximately 110°C. Leave the chicken breast to smoke for around 25 minutes until it has reached a core temperature of 75°C.
3. Remove the chicken breast from the egg and put to one side. Increase the temperature of the EGG to 140°C and peel the mango while you wait. Cut the flesh into slices of around 2 millimetres thick and sprinkle them with the icing sugar. Put the mango slices on the grid, close the lid of the EGG and leave the slices to dry for approx. 15 minutes until they have caramelised.
4. Remove the mango from the EGG and leave the slices to cool so you get crispy chips. In the meantime, remove the stainless steel grid and the ConvEGGtor and place the cast iron grid in the EGG. Raise the temperature to 180°C.
5. Cut the avocados in half and remove the stones. Cut the woody bottom ends off the green asparagus. Peel the shallot and red onion. Finely chop the shallot and thinly slice the red onion.
6. Brush the asparagus with olive oil and sprinkle with salt and pepper. Place the avocados on the grid, flesh side down, and place the asparagus next to it. Grill them for around 2 minutes. Turn the avocados a quarter turn and flip the asparagus over and grill for another 2 minutes. After each action, close the lid of the EGG.
7. Remove the avocados and asparagus from the EGG. Peel and core the Granny Smith apple and chop into small cubes. Scoop the flesh from the avocado skins and chop into small cubes. Grate the zest of the lime on top and mix in the apple, shallot and crème fraîche.
8. Fill the avocado skins with the avocado salad. Thinly slice the smoked chicken breast. Divide the chicken breast slices, mango chips, onion rings and grilled asparagus between the filled avocado halves and garnish with the chervil.



SERVES 4

## BAKED SWEET POTATO with grilled green asparagus

**PREPARATION TIME: 60 MIN.**

### Ingredients

- 2 large EAT ME sweet potatoes
- 1 clove garlic
- 1 sprig of thyme
- 1 sprig of rosemary
- 3 tbsp olive oil
- 6 chives sprigs
- 2 tbsp clotted cream
- 12 EAT ME green asparagus
- 4 anchovy fillets
- 4 sprigs of watercress

### Preparation

1. Ignite the charcoal in the Big Green Egg and heat, with the cast iron grid in place, to a temperature of 180°C. Meanwhile, rinse the sweet potatoes and pat them dry. Put each sweet potato on a piece of aluminium foil.
2. Peel and finely chop the garlic. Strip the leaves off the thyme and the needles off the rosemary. Mix the garlic and herbs with 2 tablespoons of the olive oil. Drizzle the sweet potatoes with the herb oil, fold the foil closed and place the potatoes on the grid of the Big Green Egg. Close the lid and roast the potatoes for around 35 minutes.
3. Meanwhile, finely chop the chives and mix with the clotted cream and salt and pepper to taste. Cut the woody bottom ends off the green asparagus.
4. Remove the sweet potatoes from the EGG. Brush the asparagus with the rest of the olive oil and sprinkle with salt and pepper. Place the asparagus on the grid and grill for 1-1½ minutes on both sides. After each action, close the lid of the EGG. Meanwhile, carefully remove the foil from the potatoes.
5. Halve the potatoes lengthwise and top with half a tablespoon of herbed cream. Put 3 green asparagus and an anchovy fillet on each potato half. Garnish with the watercress.

*Preparation on a regular BBQ*





**SERVES 4**

## GREEN ASPARAGUS WRAPPED IN BACON with mango compote

**PREPARATION  
TIME: 45 MIN.**

### Ingredients

- 16 EAT ME green asparagus
- ½ clove of garlic
- 2 tbsp olive oil
- ¼ tl curry powder
- 8 slices streaky bacon
- 8 EAT ME mini carrots
- 100 g EAT ME Padrón peppers

### For the compote:

- 3 tomatoes
- 1 small shallot
- 2 tbsp olive oil
- 1 mango
- 1 sprig of tarragon
- 1 tl sushi vinegar

### Preparation

1. Ignite the charcoal in the Big Green Egg and heat, with the stainless steel grid in place, to 180°C. Meanwhile, bring a pan of water to the boil and prepare a bowl of ice water.
2. For the compote, cut the tomatoes crosswise at the bottom, immerse them in the boiling water for around 10 seconds and transfer to the ice water. Remove the skins from the tomatoes and chop them into cubes.
3. Peel and finely chop the shallot. Heat the olive oil in an enamelled Dutch oven on the grid of the Big Green Egg. Add the shallot and gently fry until translucent. Meanwhile, peel the mango and chop the flesh into cubes of half a centimetre. Strip the leaves off the tarragon and chop them finely.
4. Remove the Dutch oven from the EGG and add the tomato, mango, tarragon and vinegar. Sprinkle with salt and pepper and carefully stir the compote. Remove the stainless steel grid from the EGG and put the cast iron grid in place.
5. Cut the woody bottom ends off the green asparagus and cut them in half. Peel and finely chop the garlic. Mix the asparagus with the olive oil, garlic and curry powder. Cut the streaky bacon slices in half. Put 4 green asparagus halves on each slice of bacon and roll them up tightly in the bacon. Peel the mini carrots.
6. Place the bacon-asparagus rolls and the mini carrots on the grid and grill the vegetables for approx. 3 minutes on both sides. Also grill the peppers for 3 minutes, turning them halfway through. After each action, close the lid of the EGG.
7. Remove the bacon-asparagus rolls, mini carrots and Padrón peppers from the EGG. Sprinkle the peppers with salt flakes and serve the mango compote with the vegetables.

Preparation on a regular BBQ



You don't need a recipe to quickly prepare  
EAT ME products on the BBQ.

It only takes a few steps to prepare the most delicious produce.

### AVOCADO: 2-3 MIN

Slice the avocado all the way around the stone. Twist the two halves apart. Remove the stone with a spoon. Place the avocado halves on the barbecue for a few minutes. Halfway through the grilling time, turn the avocados a quarter turn to create nice grill marks on the avocado.

### MANGO: 2-3 MIN

Slice the mango along both sides of the stone or use a mango slicer to create 2 halves per mango. Place the mango halves on the barbecue for a few minutes. Halfway through the grilling time, turn the mangoes a quarter turn to create nice grill marks on the mangoes.

### JALAPEÑO PEPPERS: 5-10 MIN

Rinse the jalapeño peppers and halve them lengthwise if necessary. You can also put them on the bbq as they are. Brush with olive oil and sprinkle with salt to taste. Place the peppers on the grilling grid and grill for around 5-10 minutes until a nice pattern appears.

### GREEN ASPARAGUS: 8-10 MIN

Rinse the green asparagus and cut off the bottom (1-2 cm). Brush the green asparagus with olive oil. Grill the asparagus on the barbecue for approx. 8 to 10 minutes.

### SWEET POTATO: 5-10 MIN (PREP TIME 15 MIN)

Thickly slice the sweet potatoes and cut the slices into quarters. Bring a pan of water to the boil. Boil the sweet potato chunks for around 5 minutes and leave to cool down a little. Thread the sweet potato pieces onto a skewer, brush with olive oil and sprinkle with salt. Grill the sweet potato skewers on the barbecue for around 5 to 10 minutes.

### MINI CARROTS: 15 MIN (PREP TIME 5 MIN)

Boil the mini carrots in boiling water for 5 minutes. Then rinse in cold water. Pat the carrots dry and brush with olive oil. Add salt and pepper to taste, if desired. Put the mini carrots on the BBQ in a BBQ dish and roast for 10 minutes.

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and recipes, please visit: [www.eatme.eu](http://www.eatme.eu)





## EAT ME X BIG GREEN EGG: A COLLABORATION MADE FOR ENJOYMENT

EAT ME products taste great any time of day, at any time of year and wherever you choose to eat. And that includes a delicious barbecue with friends or family!

That's why we created this recipe booklet. Delicious recipes to surprise your guests. If you prefer to keep things simple, simply prepare our products on the BBQ by briefly grilling them. You will conjure up delicious and healthy BBQ dishes on the table

in no time at all. To give you some inspiration, we collaborated with Big Green Egg to create this recipe book. They take all fresco cooking to the next level. With this kamado, a ceramic BBQ, you can create the most delicious dishes. And the fun doesn't stop at grilling: you can also bake, steam, stir-fry or smoke in the Big Green Egg.



## The original is the Evergreen

We have been taking all fresco cooking to the next level since 1974. We are a kamado. A BBQ made from the very best ceramics. We are Big Green Egg and we are the original. But our main business is creating wonderful memories. And enjoyment, together with family, friends and like-minded trendsetters. With local and fresh ingredients, exciting preparations and unsurpassed taste. With a Big Green Egg, you choose quality of life. Generation after generation.

Grilling, baking, steaming, stir-frying or smoking: the sky is the limit for the Big Green Egg.

## Hot and fast Low and slow

Low and slow cooking? The EGG was made for it! A nice cut of meat and time will take care of the rest. After hours of slow cooking, even the most critical crowd will melt. But smoked fish, winter stews, delicate desserts or grilled vegetables will also get an upgrade in the Big Green Egg. Baking your own bread or pizza? Your creativity determines the possibilities.