



**TRAEGER**<sup>®</sup>  
WOOD PELLET GRILLS

**TRAEGER'S**  
**EVERYDAY**  
**COOKBOOK**

**TASTE THE  
DIFFERENCE**<sup>®</sup>



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# TRAEGER<sup>®</sup>

WOOD PELLET GRILLS

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# INTRODUCTION

By purchasing a Traeger Pellet Grill, you have made one of the best decisions of your cooking and grilling life. You, your family, and friends will notice an immediate difference in the food you bring to the table. Whether it's beef, pork, chicken, lamb, seafood, or even baked goods like apple pie or brownies—everything will come off your Traeger tender, moist, and kissed by the incomparable flavors of real wood. It's magical.

We have compiled *Traeger's Everyday Cookbook* to help you and your new Traeger Pellet Grill get off to a great start, whether you're new to backyard barbecuing or an experienced grill master. For example, try "Beginner's Brisket," a virtual blueprint for brisket success. Then move on to "Lone Star Brisket" if you want to really impress your guests and make the neighbors jealous. Even easier are "Roasted Chicken" or "Basic Traeger Chicken Breasts". Be sure to make extras for "Cheesy Chicken Enchiladas". From juicy "Better Burgers" to fall-off-the-bone-tender "3-2-1 Baby Back Ribs" to "Blueberry-Sour Cream Muffins"—they're all here. Plus much, much more.

In fact, there are over 80 day-in-day-out dependable recipes in this book, from appetizers to desserts, that showcase Traeger's amazing range. Add them to your menus, and you'll not only eat extraordinarily well, you'll quickly understand that you really can grill, barbecue, bake, braise, smoke, and roast on your new grill. Our goal is to inspire your cooking today, tomorrow, and everyday. From Day 1.

Also, don't overlook the italicized notes that precede every recipe: They are packed with useful information including meat-buying tips, suggestions for side dishes, and ideas for utilizing leftovers—if you have any. Specific Traeger hardwood pellet recommendations are given for each recipe.

This, Traeger owner, is just the beginning. Become an active member of the Traeger community by joining "Team Traeger" (see our website, [www.traegergrills.com](http://www.traegergrills.com)) or following us on Facebook and Twitter. And should you have any questions about the set-up or operation of your Traeger Pellet Grill (or even about recipes), our Service Department is ready to help you 7 days a week from 5 a.m. to 7 p.m. Pacific Time, 8 a.m. to 10 p.m. Eastern Time. Call 1-800-872-3437.

Now, stop grilling and start Traeger'ing.

Taste the Difference®!

# PELLET GUIDE

	Beef	Pork	Chicken	Fish	Lamb	Turkey
Alder	●	●	●	●	●	●
Apple	—	●	●	—	—	●
Cherry	●	●	●	—	—	—
Hickory	●	●	●	—	—	●
Maple	●	●	—	—	—	●
Mesquite	●	—	●	●	—	—
Oak	●	—	—	●	—	—
Pecan	●	●	●	—	—	●









# SAUCE GUIDE

	Beef	Pork	Chicken	Fish	Lamb	Turkey
Apricot	—	●	●	—	—	●
Carne Asada	●	—	—	—	—	—
Chili	●	●	—	—	●	—
Honey Bourbon	●	●	—	—	●	—
Mandarin Glaze	—	●	●	●	●	●
Regular	●	—	●	—	—	●
Texas Spicy	●	●	●	●	●	—

# SPICE GUIDE

	Beef	Pork	Chicken	Fish	Lamb	Turkey
BBQ Rub	●	●	●	●	●	●
Beef Rub	●	●	—	—	—	—
Blackened Saskatchewan	●	●	●	—	—	●
Chicken Rub	●	—	●	●	—	●
Prime Rib Rub	●	—	—	—	—	—
Souvlaki Seasoning	—	—	●	—	●	—
Sweet Rub	●	●	●	—	●	●
Beef Shake	●	●	●	—	—	—
Cajun Shake	●	●	●	—	—	—
Pork & Poultry	—	●	●	—	—	●
Salmon Shake	●	●	●	●	●	●
Veggie Shake	—	●	—	●	—	—

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**TRAEGER**  
**STARTERS**



# HONEY-BOURBON WINGS

*While this recipe calls for Traeger's Honey-Bourbon Barbecue Sauce, in truth, any of Traeger's sauces are excellent on wings. Feel free to substitute.*

**SERVES 4**

**RECOMMENDED PELLETS**

**Hickory**

## INGREDIENTS

- 2-1/2 pounds large chicken wings
- Traeger Pork and Poultry Shake, Sweet Rub, or your favorite barbecue rub
- 1 12.8 ounce bottle Traeger Honey-Bourbon Barbecue Sauce, or your favorite barbecue sauce

■ With a sharp knife, cut the wings into three pieces through the joints. Discard the wing tips, or save for chicken stock. Transfer the remaining “drumettes” and “flats” to a large resealable plastic bag or a bowl. Season well with the Traeger Pork and Poultry Shake.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the wings on the grill grate. Cook for 45 to 50 minutes, or until the chicken is no longer pink at the bone. Baste the wings on both sides with the Traeger Honey-Bourbon Sauce. Cook for 5 to 10 minutes more to “set” the sauce. Serve immediately.



# JALAPENO POPPERS

*These are always popular at parties. For something different, forego the bacon and add 1/2 cup diced shrimp or crabmeat to the cheese mixture.*

**SERVES 8**

**RECOMMENDED PELLETS**

**Hickory, Mesquite, Oak**

## INGREDIENTS

- 18 medium to large jalapeno peppers
- 8 ounces cream cheese, at room temperature
- 4 ounces grated Mexican four-cheese blend or Cheddar cheese
- 1 teaspoon chili powder, or more to taste
- 1/2 teaspoon garlic salt
- 2 scallions (green onions), trimmed, white and green parts minced
- 8 to 10 slices of thin-cut bacon

■ Cut each jalapeno in half lengthwise and remove the ribs and seeds. A baby spoon or demitasse spoon works well for this. (You may want to wear latex gloves.)

■ In a mixing bowl, combine the cream cheese, Mexican cheese, chili powder, and garlic salt until well-blended. Stir in the scallions. Transfer the mixture to a quart-size resealable plastic bag. With a scissors, clip about 1/2-inch off one of the lower corners to make a pastry bag. Squeeze the cheese mixture into the jalapeno pepper halves. (Leftover cheese mixture is wonderful on baked potatoes.) Cut the bacon crosswise into pieces long enough to wrap around the middle of each jalapeno, seam-side down. Arrange on a baking sheet covered with foil or parchment paper.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Roast the jalapenos for 30 minutes, or until the peppers have softened, the bacon is cooked, and the cheese is hot and bubbling. Let cool for a few minutes before serving.



# SMOKED SALMON

*A short romp in vodka or other spirits (rum, gin, whiskey, etc.) mutes any fishiness in the salmon, and adds subtle flavor to this fully cooked, hot-smoked fillet. It's great for breakfast with bagels and cream cheese, or even folded into scrambled eggs or tucked into an omelet. But it can double as an appetizer, too, especially when served with the traditional accompaniments of chopped hard-cooked egg, diced onion, and capers.*

**SERVES 6**

**RECOMMENDED PELLETS**

**Alder, Apple, Cherry**

## INGREDIENTS

- 1 salmon fillet (1-1/2 to 2 pounds), preferably wild-caught
- 1 cup vodka or apple juice
- 1 cup brown sugar or brown sugar substitute, such as SLENDA®
- 1/2 cup coarse (kosher) salt
- 1 tablespoon coarse black pepper

■ Run your fingers over the salmon fillet and remove any pin bones you find with kitchen tweezers or needle-nose pliers. Put the salmon fillet in a large resealable plastic bag and pour the vodka over it. Massage the bag to make sure the salmon is immersed, then refrigerate for 1 to 2 hours.

■ Make the cure: Combine the sugar, salt, and black pepper in another large resealable plastic bag. Drain the fish. Discard the vodka. Add the fillet to the sugar mixture, making sure the salmon is thoroughly coated. Refrigerate for 2 to 4 hours.

■ Rinse the cure off the salmon and dry with paper towels.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Arrange the salmon (skin-side down, if it has skin) on the grill grate. Smoke for 30 minutes. Increase the temperature to 225 degrees F. Cook the salmon for 45 minutes to an hour, or until the fish flakes easily with a fork. (The exact time will depend on the thickness of the fillet.) There is no need to turn the fish. Using a large thin spatula, transfer the salmon to a wire rack to cool. Cover the fish with plastic wrap and refrigerate until serving time. Can be made 2 to 3 days ahead.



# TRAEGER HOT-SMOKED TROUT

*Trout smoked on your Traeger and served as an appetizer is guaranteed to impress dinner guests. It's terrific when served with pickled onions on cocktail breads, but can be "stretched" by mixing a cup of flaked smoked trout with 8 ounces of room temperature cream cheese, 3 tablespoons of softened butter, 1 tablespoon of fresh lemon juice, salt and pepper to taste, and a few drops of hot sauce. Minced red onion, scallions, or chives are a nice addition, too.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**  
**Alder, Hickory, Oak**

## INGREDIENTS

- 1/2 cup brown sugar
- 1/4 cup kosher salt
- 1 tablespoon pickling spice
- 1 quart cold water
- 1-1/2 pounds trout (3 to 4), cleaned and butterflied, skin-on

■ Make the brine: Combine the brown sugar, salt, pickling spice, and water in a large pitcher or canning jar. Stir until the sugar and salt crystals dissolve. Open the trout. Run your fingers over the flesh to detect bones; remove any you find with kitchen tweezers or needle-nose pliers. Submerge the trout in the brine; refrigerate for 2 to 3 hours, but no longer.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Close the lid.

■ Remove the trout from the brine, knock off any large pieces of the pickling spices, and dry the fish on paper towels. Arrange the trout skin-side down on the grill grate. Smoke for 30 to 40 minutes until the flesh turns opaque and flakes easily when prodded with a finger or fork. Transfer to a cooling rack. When cool, cover with plastic wrap and refrigerate until serving time. Smoked trout will keep, refrigerated, for 2 to 3 days.



# CHICKEN QUESADILLAS

*Beloved as an after-school-snack, quesadillas are also a great way to kick off a backyard party! Assemble these grill-side and serve hot as your guests arrive. Leave the chicken out for a vegetarian option.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**

**Any**

## INGREDIENTS

- 4 10-inch flour tortillas
- Vegetable oil
- 2 cups grated Monterey Jack or pepper Jack cheese
- 2 cups shredded or chopped cooked chicken (preferably made at a previous grill session)
- 1 small bunch fresh cilantro, leaves pulled off stems
- 2 medium tomatoes, seeded and diced
- 4 scallions (green onions), trimmed, green and white parts thinly sliced
- 1/4 cup pickled jalapeno slices, chopped (optional)
- Salt
- Salsa and/or sour cream for serving

■ Lay a tortilla down on a rimmed baking sheet (or a large piece of aluminum foil) coated lightly with vegetable oil. Leave one-half of the tortilla bare. Top the other half with some of the cheese, chicken, cilantro leaves, tomatoes, scallions, and pickled jalapenos, if desired. Season with salt. Finish with a little more grated cheese. (This will “glue” the other ingredients together as it melts.) Fold the bare half of the tortilla over the filled half and set aside. Repeat the process with the remaining tortillas.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ With a large spatula, carefully transfer the quesadillas to the grill grate. Cook until the cheese is melted and the outside is beginning to brown (8 to 10 minutes total). Using the spatula, turn once half-way through the cooking time. Cut each quesadilla into three wedges with a scissors or sharp knife. Serve with salsa and/or sour cream.

# TERIYAKI WINGS

*These will go fast at a party, so don't hesitate to double the recipe.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Apple, Cherry**

## INGREDIENTS

- 2-1/2 pounds large chicken wings
- 1/2 cup soy sauce
- 1/4 cup water
- 1/4 cup brown sugar
- 2 tablespoons rice wine vinegar or balsamic vinegar
- 2 scallions (green onions), trimmed, white and green parts thinly sliced
- 1 clove garlic, minced
- 2 teaspoons sesame oil
- 2 nickel-sized pieces of fresh ginger, smashed
- Vegetable oil for oiling the grill grate
- 1 tablespoon sesame seeds, lightly toasted in a dry nonstick skillet

■ With a sharp knife, cut the wings into three pieces through the joints. Discard the wing tips, or save for chicken stock. Transfer the remaining “drumettes” and “flats” to a large resealable plastic bag or a bowl. In a small saucepan, combine the soy sauce, water, brown sugar, vinegar, scallions, garlic, sesame oil, and ginger. Bring to a boil, then reduce the heat and simmer for 10 minutes. Let cool completely, then pour over the chicken wings. Seal the bag and refrigerate for several hours, or overnight. Drain the wings, discarding the marinade.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes. Oil the grill grate.

■ Arrange the wings on the grill grate. Cook for 45 to 50 minutes, or until the skin is brown and crisp and the meat is no longer pink at the bone. Turn once during the cooking time to prevent the wings from sticking to the grill grate. Transfer to a platter or bowl and sprinkle with the sesame seeds.



# TRAEGER SAUSAGE “FATTY”

*Popular for several years with barbecue and smoking enthusiasts, “fatties” are usually 1-pound logs of smoked breakfast-type sausage (sometimes known as chubs). Not only are they wonderful served with eggs, biscuits, or French toast, but when thinly sliced, they can double as appetizers. A bit of ground coffee added to the rub echoes the breakfast theme. If you’re smoking one, you might as well smoke two. They’ll disappear quickly. By the way, when you slice the sausage, you’ll see a lovely pink smoke ring near the surface—a barbecuer’s “badge of honor”.*

**SERVES 4**

**RECOMMENDED PELLETS**

**Hickory, Oak, Alder, Pecan**

## INGREDIENTS

- 1 1-pound uncooked sausage chub, such as Bob Evans or Jimmy Dean brands, any flavor
- Traeger Pork and Poultry Rub, or your favorite barbecue rub
- 1 tablespoon fine- to medium-grind coffee

■ Carefully remove the plastic wrapping from the sausage so the sausage remains log-shaped, about 2-1/2 to 3 inches in diameter. Season evenly with the Traeger Pork and Poultry Rub, then dust with the coffee.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Smoke the sausage for 1 hour. Increase the heat to 225 degrees F. Continue to cook the sausage until an instant-read meat thermometer inserted through the end reads 160 degrees F, about 45 minutes to an hour. Let rest for 15 minutes before slicing. If you can wait that long!

# GRILLED SHRIMP COCKTAIL

*In our estimation, grilled shrimp is far superior to boiled shrimp in this American classic.*

**SERVES 8**  
**RECOMMENDED PELLETS**  
**Pecan, Apple**

## INGREDIENTS

- 2 pounds jumbo or extra-jumbo shrimp (about 36), peeled and deveined, tail-on
- 1/4 cup extra-virgin olive oil
- Traeger Veggie Shake, or your favorite barbecue rub
- 1 cup Traeger Chili Sauce, or your favorite chili sauce
- 2 tablespoons prepared horseradish, or more to taste
- 1 tablespoon fresh lemon or lime juice
- 1 teaspoon Worcestershire sauce
- A few drops of Tabasco® sauce
- Freshly ground black pepper
- Lemon wedges for serving
- 6-inch bamboo skewers

■ In a medium bowl, toss the shrimp to coat with the olive oil and about 2 teaspoons of Traeger Veggie Shake. Thread the shrimp on the bamboo skewers, 2 to a skewer. Combine the chili sauce, horseradish, lemon juice, Worcestershire sauce, and Tabasco® sauce in a small bowl, whisking to blend. Season to taste with pepper.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the shrimp skewers on the grill grate. Grill until firm and opaque, 2 to 4 minutes per side. Arrange on a plate or platter with the sauce and lemon wedges.



# BARBECUED CHICKEN NACHOS

*Have you ever ordered a plate of nachos in a restaurant, only to discover many of the chips missed out on the toppings? Not only is this recipe a twist on traditional versions, but each chip carries a payload of all the ingredients.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Apple, Hickory**

## INGREDIENTS

- 1-1/4 pounds boneless skinless chicken breasts
- Traeger Pork and Poultry Rub, or taco seasoning
- 1/2 to 3/4 cup Traeger Regular Barbecue Sauce
- 24 large tortilla chips (not broken)
- 3 cups (12 ounces) grated Mexican four-cheese blend
- 1/2 cup sliced black olives, drained
- Sliced pickled jalapenos (optional)
- 3 scallions (green onions), trimmed, white and green parts thinly sliced
- 1 cup sour cream, for serving

■ Season the chicken breasts with the Traeger Pork and Poultry Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the chicken breasts on the grill grate and cook, turning once halfway through the cooking time, for 25 to 30 minutes, or until the internal temperature when read on an instant-read meat thermometer is 170 degrees F. Transfer to a cutting board and let rest for 3 minutes. Leave the grill on if you are making the nachos immediately.

■ Dice the chicken into small cubes, 1/2-inch or less. Transfer to a mixing bowl and pour 1/2 cup of Traeger Regular Barbecue Sauce over the diced chicken. Stir gently to coat each piece. (Add more sauce if needed, but not so much that the mixture is “gloppy”.) Set aside, or cover and refrigerate if not making the nachos immediately.

■ Lay the tortilla chips in a single layer on a rimmed baking sheet or pizza pan. Sprinkle evenly with half the cheese. Spoon a little of the barbecued chicken mixture on each chip. Top with black olives and pickled jalapeno, if

desired. Sprinkle the remaining half of the cheese evenly over the chips. Scatter the sliced onions over the chips.

■ Put the baking sheet on the grill grate. Bake until the chips are crisp and the cheese is melted, 12 to 15 minutes. With a spatula, transfer the nachos to a plate or platter. Serve immediately with the sour cream.





# GRILLED CORN SALSA

*Salsa...it's not just for chips anymore. Grilled Corn Salsa is so versatile, you can serve it over grilled chicken, beef, or steak fish like tuna, halibut, or swordfish. Or pair it with grilled shrimp for a unique shrimp cocktail. Vary the salsa by adding diced red bell pepper or avocado, or a can of black beans, rinsed and drained.*

**SERVES 6-8**

**RECOMMENDED PELLETS**

**Hickory, Mesquite**

## INGREDIENTS

- 4 tomatoes, such as Roma, halved
- 1 medium-size onion, peeled and quartered through the root end
- 1/2 to 2 jalapeno peppers, or more to taste, halved
- 3 ears sweet corn, husked
- 2 cloves garlic, finely minced
- 1 to 2 tablespoons vegetable oil
- Fresh lime juice to taste
- 1-1/2 teaspoons Traeger Veggie Shake, or salt and freshly ground pepper to taste
- 1 teaspoon cumin
- 1/4 cup fresh cilantro leaves, chopped

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the tomatoes, onion, and jalapeno(s) cut-sides down, on the grill grate. Grill until the vegetables have nice char marks on the cut sides. Grill the corn at the same time, turning frequently, until some of the kernels are deeply browned.

■ Transfer the vegetables to a cutting board and let cool. With a sharp knife, cut the corn kernels off the cob (if you work on a damp towel the kernels won't scatter so much). Slip the skins off the tomatoes and dice. Dice the onion. Seed the jalapenos (or leave the seeds in for a noticeably hotter salsa), and mince. Transfer the grilled vegetables to a mixing bowl. Stir in the garlic, vegetable oil, lime juice, Traeger Veggie Shake, cumin, and cilantro. Serve at room temperature for the best flavor. The salsa can be made several hours ahead, but is best the day it is made. Refrigerate any leftovers in a covered container.



# PEPPERONI-PROVOLONE BREAD

*Highly addictive as an appetizer or accompaniment to an Italian dinner.*

**SERVES 8**  
**RECOMMENDED PELLETS**  
**Oak, Apple, Pecan**

## INGREDIENTS

- 1 loaf frozen bread dough, such as Rhodes
- Extra-virgin olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 4 ounces thinly sliced pepperoni
- 4 ounces thinly sliced provolone cheese, or mozzarella
- Cornmeal for dusting the baking sheet

■ Thaw the bread dough and let it rise according to the package directions. On a lightly floured kitchen counter or other flat surface, roll and stretch the dough into a 12- by 18-inch rectangle. (This takes a little patience if the dough is very elastic. Let it rest for a few minutes and try again.) Brush with olive oil, and sprinkle evenly with half of the oregano, basil, and parsley. Arrange the pepperoni in a single layer on the dough, leaving a 1-inch border on all sides. Lay the cheese on top of the pepperoni. Starting on the long side, roll the dough up evenly jelly roll-style. Pinch the long seam together along its length. Pinch the ends together and tuck under the loaf, crimping the dough to keep the cheese and pepperoni enclosed.

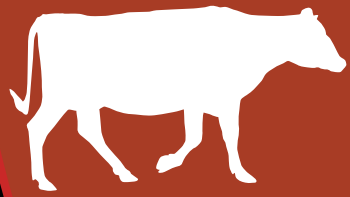
■ Lay the bread, seam-side down, on an oiled baking sheet dusted lightly with cornmeal. Brush the top and sides with olive oil, and sprinkle the remaining dried herbs evenly over it. Using a bread knife, slice shallow vents in the top on a diagonal. Cover with oiled plastic wrap and let rise in a warm place for 30 minutes.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Remove the plastic wrap from the bread. Transfer the baking sheet with the bread to the grill. Bake for 40 to 50 minutes, or until the bread is brown and baked through. (It's better to overbake than underbake, in this case.) Let the bread cool completely on a rack before slicing and serving.



**TRAEGER**  
**BEEF**





# RETAIL BEEF CUTS

## CHUCK

- English Cut
- Arm Pot Roast
- Arm Steak
- Rolled Neck
- Boneless Neck
- Blade Steak
- Blade Pot Roast
- Triangle Pot Roast
- Boneless Chuck Pot Roast
- Shoulder Fillet

## SHORT LOIN

- Porterhouse Steak
- T-Bone Steak
- Club Steak

## ROUND

- Round Steak
- Top Round
- Bottom Round
- Ground Beef
- Heel of Round
- Hind Shank

## RIB

- Standing Rib Roast
- Rolled Rib Roast
- Rib Steak

## SIRLOIN

- Sirloin Steak
- Pin Bone Sirloin Steak

## BRISKET

- Beef Brisket
- Corned Beef

## SHANK

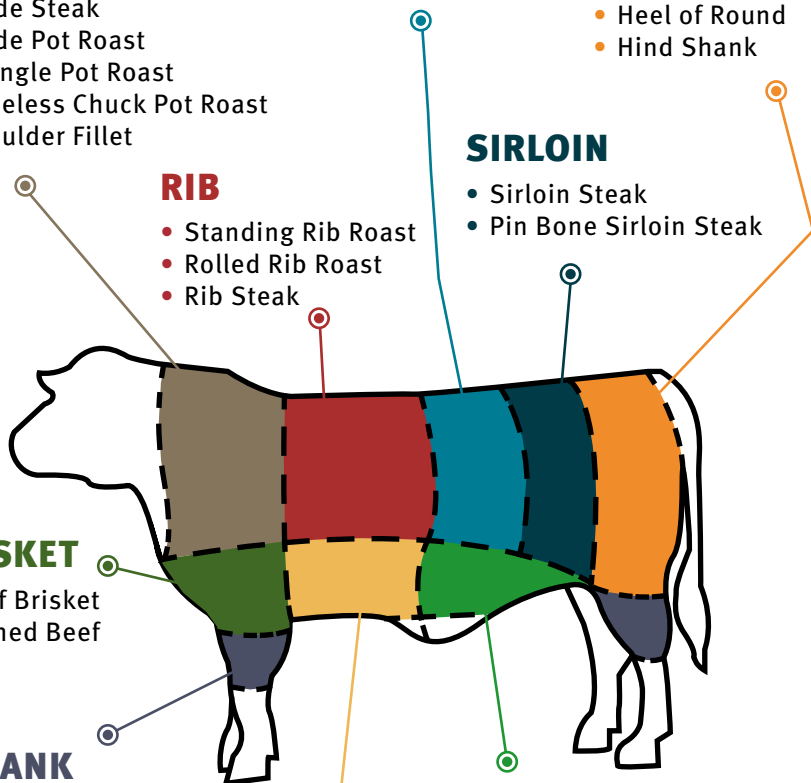
- Knuckle Soup Bone
- Cross Cut Fore Shank

## PLATE

- Plate Boiling Beef
- Rolled Plate
- Short Ribs

## FLANK

- Rolled Flank
- Flank Stew
- Flank Steak
- Flank Steak Fillets





# BEEF TIPS

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- Marinate beef for the times directed by the recipe. Do not over-marinate, or the meat can develop a mushy texture.
- For better color and caramelization, knock most of the solid marinade ingredients off meat (garlic, onions, etc.) and dry it thoroughly with paper towels before grilling.
- Season beef just before cooking with your favorite Traeger Rub or Shake or salt and pepper. Otherwise, the salt will begin to draw moisture out of the meat.
- Always let beef rest before carving or serving to allow the natural meat juices redistribute themselves; the time will depend on the cut of meat. Let thinner steaks and hamburgers rest 2 to 3 minutes, thicker cuts 4 to 5 minutes, and brisket, prime rib, or beef shoulder clod, 20 minutes or longer.
- Keep meat refrigerated until you cook it. (The “danger zone” is between 40 and 140 degrees F.) Premium steakhouses never leave their meats out at room temperature.
- Invest in a reliable instant-read or remote meat thermometer and memorize cooking temperatures for rare (125 degrees F), medium-rare (135 to 140 degrees F), and well-done (150 degrees F and above).
- Top steaks with a pat of room-temperature butter before letting them rest for extra flavor and richness.
- Remember that meat will continue to rise several degrees in temperature as it rests.



# BARBECUED FLAT IRON STEAKS

*A butcher confided to us that flat iron steaks (also known as beef shoulder top blade steaks) are his favorite cut of beef. Taken from the top of the chuck, they are meaty-tasting, well-marbled, and are best when served medium-rare. Use them the next time you make fajitas.*

**SERVES 4**

**RECOMMENDED PELLETS**

**Hickory, Mesquite**

## INGREDIENTS

- 4 flat iron steaks, each 1/2- to 3/4-inch thick, 7 to 8 ounces each
- Traeger Beef Rub, or your favorite barbecue rub
- 2 tablespoons minced parsley

■ Season the steaks well on both sides with Traeger Beef Rub. Rub the seasoning in with your fingers.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the steaks on the grill grate and grill, turning once, for 8 to 10 minutes for medium-rare, or 11 to 13 minutes for medium, turning once halfway through grilling. Transfer to a platter or plates and sprinkle with parsley. Let the steaks rest 2 minutes before serving to give the juices a chance to redistribute themselves.



# BEEF TENDERLOIN

*A two-step cooking process—searing and then roasting on the Traeger—is one of the best ways to handle this pricy, special occasion meat. You can simplify this recipe by skipping the mustard coating, but it does help keep this lean cut moist. An instant-read meat thermometer will help you achieve the perfect degree of doneness.*

**SERVES 4-6**

**RECOMMENDED PELLETS**

**Oak, Pecan, Hickory**

## INGREDIENTS

- 2 tablespoons extra-virgin olive oil (divided use)
- 1 2- to 3-pound filet of beef, trimmed, preferably center cut (see Note below)
- Traeger Beef Rub or Prime Rib Rub, or coarse salt and freshly ground black pepper
- 1/3 cup Dijon-style mustard
- 1 teaspoon dried thyme leaves or 1 tablespoon fresh thyme leaves
- 1 teaspoon Worcestershire sauce

■ Heat a large skillet, preferably cast iron, on the stovetop over medium-high heat. Add one tablespoon of the olive oil to the pan. Season the meat with the Traeger Beef Rub. When the oil is shimmering, put the meat into the pan, searing it well on all sides. (Don't forget the ends: Carefully hold the meat upright with tongs.) Transfer the meat to a rimmed baking sheet. In a small bowl, combine the mustard, thyme, Worcestershire sauce, and the remaining tablespoon of olive oil and mix well. Brush or slather the mustard mixture over the outside of the filet.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the filet directly on the grill grate and roast for 25 to 30 minutes, or until an instant-read meat thermometer registers an internal temperature of 135 degrees F (for medium-rare). Cook less time if you prefer your meat rarer than that, or more time if you like it well-done. Transfer to a cutting board and let the meat rest, tented with aluminum foil, for 5 minutes before slicing and serving.

■ **Note:** If your filet has a narrow “tail” on one end, fold it under the tenderloin and secure it with butcher’s string so the tenderloin cooks evenly along its length.



# TRAEGER SMOKED T-BONES

*A T-bone (and its larger cousin, the Porterhouse) consists of a strip steak and a tenderloin separated by a T-shaped bone. Topping the meat with butter is a trick employed by fancy steakhouses.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Hickory, Oak, Mesquite**

## INGREDIENTS

- 4 T-bone steaks (14- to 16-ounces each), at least 1-inch thick
- Your favorite Traeger Rub, or coarse salt and freshly ground black pepper
- 4 tablespoons butter, at room temperature

■ Season the steaks on both sides with the Traeger Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Arrange the steaks on the grill grate and smoke for 30 minutes.

■ Set the temperature to 450 degrees F (High), and preheat, lid closed, for 10 to 15 minutes. Cook the steaks to your desired degree of doneness, turning once, about 15 to 20 minutes for medium-rare (135 degrees F), longer if you prefer your steaks more done. Top each with a pat of butter. Let the steaks rest for 3 minutes before carving and serving.





# BETTER BURGERS

*In recent years, we've been challenged to cook beef burgers to a safe internal temperature of 160 degrees F without drying them out. That's a difficult order on a conventional grill, but easy on a Traeger. The gentle indirect heat cooks the meat through and leaves it juicy as all get out.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Hickory, Oak, Mesquite**

## INGREDIENTS

- 2 pounds ground chuck, 80/20 or 85/15 (lean to fat ratio)
- 2 teaspoons Traeger Beef Rub, or substitute your favorite barbecue rub
- 1 cup mayonnaise (preferably Hellmann's)
- 1/4 cup Traeger Regular Barbecue Sauce, or your favorite barbecue sauce
- 3 tablespoons butter, melted
- 4 kaiser rolls, split
- Lettuce leaves
- Sweet onion slices
- Tomato slices
- Dill pickle chips

■ Make sure the meat is well-chilled before handling. Combine the ground beef and Traeger Beef Rub in a medium bowl. Wet your hands with cold water, and mix gently. Divide the meat into four equal portions. Rewet your hands with cold water, and form each portion into a patty about 4 inches in diameter and 3/4-inch thick. (Try not to overwork the meat.) Using your thumbs, make a shallow wide depression on the top of each burger. (This prevents the burger from developing a bulge in the middle.)

■ Combine the mayonnaise and the barbecue sauce in a shallow bowl and refrigerate until serving time.

■ Brush the cut sides of the kaiser rolls with the melted butter.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 425 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the burgers directly on the grill grate, depression-side down. Cook for 10 minutes, then flip. Cook for 10 to 15 minutes more, or until an instant-read meat thermometer (put the probe through the side of the burger) registers 160 degrees F.

■ Meanwhile, lightly toast the buns, cut sides down. Watch carefully as buttered bread can easily burn.

■ Spread the cut sides of the buns with the mayonnaise sauce. Put a burger on each bun bottom, and top with lettuce, onion, tomato, and pickle. Finish with the top of the bun. Serve immediately.



# PRIME RIB WITH HORSERADISH CREAM

*Prime rib is, of course, one of the most luxurious cuts of beef you can buy. And it's amazing when roasted on a Traeger. A remote meat thermometer is a real help when cooking a large, bone-in roast like prime rib. It will eliminate the need to lift the grill lid frequently to check on your investment. Remember that the roast will continue to cook as it rests, so take it off the grill when it is 5 to 10 degrees cooler than your desired serving temperature.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**

**Hickory, Oak, Pecan**

## INGREDIENTS

- One 3-to-4-pound prime rib
- Traeger Prime Rib or Beef Rub, or equal parts of kosher salt and coarsely ground black pepper
- Granulated garlic (optional)
- Horseradish Cream (recipe follows)
- Large roasting pan with a meat rack
- Butcher's string

■ Allow the roast to come to room temperature before grilling. Tie it at intervals with butcher's string. (This keeps it from separating along the inner fat line as it cooks.) Season the roast well with the Traeger Prime Rib or Beef Rub, or the salt/pepper mixture. Sprinkle with the granulated garlic, if desired. Use your fingers to pat the seasonings into the meat. Place the meat rack in the roasting pan; put the roast, bone-side down and uncovered, on the rack.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Roast for 30 minutes. Reduce the temperature to 300 degrees F, and continue to cook until the internal temperature in the thickest part of the meat reads 130 degrees F (for medium-rare) as read on an instant-read meat thermometer. (Figure on roughly 18 to 20 minutes per pound total cooking time.)

■ Allow the prime rib to rest for 20 minutes.

Remove the butcher's string. Transfer the meat to a large cutting board. With a sharp knife, carve off the rack of bones and put them aside for gnawing. Slice the meat and serve immediately with the Horseradish Cream (see below).

■ **Horseradish Cream:** Combine 1-1/2 cups sour cream, 1/4 cup prepared horseradish (or more to taste), 1 tablespoon Dijon mustard, 1 teaspoon Worcestershire sauce, and salt and pepper to taste. Refrigerate, covered, until ready to serve.

# BEGINNER'S BRISKET



*Brisket is a cut from between a steer's forelegs. It is a muscle used frequently by the animal, which explains its beefy flavor and its need to be cooked low and slow for hours. Look for a brisket with a cap of fat at least 1/4-inch thick. Allow more time than you think you'll need as every brisket is different. And always bring it to an internal temperature of 190 to 195 degrees F for maximum tenderness. Baked beans are a great accompaniment.*

**SERVES 10-12**  
**RECOMMENDED PELLETS**

## Hickory, Oak

### INGREDIENTS

- 1 6-pound brisket flat, trimmed
- Traeger Beef Rub, or your favorite barbecue rub
- 2 cups beef broth, beer, or cola
- 1/4 cup apple cider vinegar
- 2 tablespoons Worcestershire sauce
- Traeger Texas Spicy Barbecue Sauce, or your favorite barbecue sauce

■ Season the brisket on both sides with the Traeger Beef Rub. Make the mop sauce: In a clean spray bottle, combine the beef broth, beer, or cola with the vinegar and Worcestershire sauce.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Arrange the brisket fat-side up on the grill grate and smoke for 3 to 4 hours, spraying with the mop sauce every hour. Set the temperature to 225 degrees F and continue to cook the brisket, spraying occasionally with mop sauce, until an instant-read thermometer inserted in the thickest part of the meat reads 190 to 195 degrees F. (This will likely take 4 to 6 hours more, or even longer. Be patient and don't rush the process.)

■ Foil the meat and let it rest for 30 minutes, preferably in an insulated container lined with thick bath towels or newspapers so the meat stays hot. Slice with a sharp knife across the grain into pencil-width slices. Serve the barbecue sauce separately on the side.



# LONE STAR BARBECUED BRISKET

*Brisket is one tough cut of meat. Above all, it requires patience on the part of the barbecuer. It may take it some time to get from 150 degrees F to 190 degrees F, a period known as a “plateau”. Do not be tempted to turn the heat up at this point. If your brisket is tender before your guests arrive, wrap it tightly in foil, then thick towels and let it rest in an insulated cooler. It will stay hot for more than an hour. You can also rewrap foil-wrapped brisket on your Traeger or in your oven (275 to 300 degrees F).*

**SERVES 8-10**  
**RECOMMENDED PELLETS**  
**Oak, Mesquite**

## INGREDIENTS

- 1 cup cold brewed coffee
- 1 cup Texas beer
- 2 tablespoons brown sugar
- 1 tablespoon chile powder
- 1 teaspoon garlic salt
- 1/4 cup Traeger Prime Rib Rub
- 1 tablespoon ground coffee
- 1 4- to 5-pound center-cut brisket flat, trimmed
- Traeger Texas Spicy Barbecue Sauce
- 9x13-inch aluminum foil disposable pan
- Aluminum foil
- A clean spray bottle

■ **Make the mop sauce:** Combine the coffee, beer, brown sugar, chile powder and garlic salt in a bowl and whisk to dissolve any salt or sugar crystals. Transfer to a clean spray bottle and set aside.

■ **In a small bowl, mix the Traeger Prime Rib Rub and the ground coffee.** Rub this mixture on the brisket, covering all surfaces.

■ **When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).**

■ **Put the brisket directly on the grill grate and smoke for 2 hours.** Spray the brisket with the mop sauce and transfer to a disposable aluminum foil pan. Increase the temperature to 275 degrees F and continue to cook for 4 to 5 hours, spraying every hour with the mop sauce. If at any point the brisket appears to be drying out, cover it tightly with aluminum foil. (Discontinue mopping if you do this.) When done, the internal temperature of the brisket will be 185 to 190 degrees F (anything less, and your brisket will be tough). Let rest for 20 to 30 minutes before carving against the grain (see Note below) into pencil-thick slices. Serve, if desired, with barbecue sauce on the side. Good accompaniments include baked beans and biscuits or cornbread.

■ **Note:** “Grain”—the direction the long meat fibers run—can be difficult to track in a brisket. If you are slicing and the meat starts to look stringy, carve the opposite way.



# SMOKED CORNED BEEF BRISKET

*Once you've tasted corned beef cooked in its own juices on your Traeger, you'll never go back to boiled corned beef again. And leftovers, if you have any, make terrific Reuben sandwiches.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**  
**Hickory, Oak, Apple, Pecan**

## INGREDIENTS

- 1 corned beef brisket flat, 3 to 4 pounds, with a fat cap at least 1/4 inch thick
- 1 bottle Traeger Apricot Barbecue Sauce, or your favorite fruit-based barbecue sauce
- 1/4 cup Dijon-style mustard

■ Remove the corned beef brisket from its packaging and discard the spice packet, if any.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 275 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the corned beef brisket directly on the grill grate, fat side up, and cook for 2 hours. Meanwhile, combine the barbecue sauce and the mustard in a medium bowl, whisking to mix.

■ Pour half of the barbecue sauce-mustard mixture in the bottom of a disposable aluminum foil pan. With tongs, transfer the brisket to the pan, fat-side up. Pour the remainder of the barbecue sauce-mustard mixture over the top of the brisket, using a spatula to spread the sauce evenly. Cover the pan tightly with aluminum foil. Return the brisket to the grill and continue to cook for 2 to 3 hours, or until the brisket is tender. The internal temperature should be 185 degrees F on an instant-read meat thermometer. Allow the meat to rest for 15 to 20 minutes.

■ Slice across the grain into 1/4-inch slices with a sharp knife and serve immediately. If desired, spoon some of the sauce over each serving.



# BEEF JERKY

*Very lean meat, cut across the grain, makes the best jerky. Be sure to trim out any fat or connective tissue you see when you're preparing the meat. Because some moisture will be left in the jerky at the end of the smoking time, refrigerate the meat for longer-term storage.*

**MAKES 12 OZ**  
**RECOMMENDED PELLETS**  
**Hickory, Oak, Pecan**

## INGREDIENTS

- 1/2 cup soy sauce
- 1/2 cup beer, cola, or water
- 1/4 cup Worcestershire sauce
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon freshly ground black pepper
- 2 pounds trimmed beef top or bottom round, sirloin tip, or flank steak

■ In a mixing bowl, combine the soy sauce, water, Worcestershire sauce, garlic powder, onion powder, and pepper and whisk to mix.

■ With a sharp knife, slice the beef into 1/4-inch thick slices against the grain. (This is easier if the meat is partially frozen.) Trim any fat or connective tissue. Put the beef slices in a large resealable plastic bag. Pour the soy sauce mixture over the beef, and massage the bag so that all the slices get coated with the marinade. Seal the bag and refrigerate for several hours, or overnight.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Remove the beef from the marinade and discard the marinade. Dry the beef slices between paper towels. Arrange the meat in a single layer directly on the grill grate.

■ Smoke for 4 to 5 hours, or until the jerky is dry but still chewy and somewhat pliant when you bend a piece. Transfer to a resealable plastic bag while the jerky's still warm. Let the jerky rest for an hour at room temperature. Squeeze any air from the bag, and refrigerate the jerky. It will keep for several weeks.



# FILETS MIGNONS

*Cut from the small end of a whole beef tenderloin, filets mignons are perfect for a dinner for two. Try to buy steaks that are at least an inch thick if you prefer your filets rare or medium-rare. Though it's optional, you can wrap a strip of bacon around the outside of each filet before cooking for a fancier presentation. Mushrooms sautéed with butter, garlic, and a splash of Worcestershire sauce make a nice side dish.*

**SERVES 2**

**RECOMMENDED PELLETS**

**Alder, Oak, Pecan**

## INGREDIENTS

- 2 filets mignons, each about 1-1/4 inch thick
- Traeger Prime Rib Rub, or coarse salt and freshly ground black pepper

■ Season the steaks with the Traeger Prime Rib Rub, patting it on with your fingertips.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the steaks on the grill grate. Cook for 7 minutes. Turn with tongs, and cook for 5 to 7 minutes more, or until the internal temperature reaches 135 degrees F on an instant-read meat thermometer inserted through the side toward the center of the steak. (Adjust the time if you prefer your meat more well-done.) Transfer to a platter or plates and let rest for 2 minutes before serving.



# FLANK STEAK

*Flank steak comes from a muscle that gets quite a workout, giving it great flavor. But unless it's properly cooked and sliced, it can be a tough chew. The key is to marinate it, cook it to medium-rare, and then slice it thinly on a diagonal across the grain. Leftovers make terrific sandwiches.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**  
**Hickory, Mesquite, Oak**

## INGREDIENTS

- 1 flank steak, 1-1/2 to 2 pounds
- 1/2 cup vegetable oil or extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon Dijon-style mustard
- 1/2 onion, sliced
- 1 clove garlic, minced
- Traeger Beef Rub or Prime Rib Rub, or salt and freshly ground black pepper

■ In a small bowl, whisk together the oil, vinegar, and mustard.

■ Lay the flank steak in a baking dish large enough to hold it. Season the flank steak on both sides with the Traeger Beef Rub, patting the seasoning down with your fingertips. Pour the oil mixture over it, turning to coat, then top with the onions and garlic. Marinate, covered with plastic wrap and refrigerated, for 4 to 8 hours, turning once.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Lift the flank steak from the marinade (discard the marinade and solids) and pat dry with paper towels. Arrange the steak at a diagonal directly on the grill grate. Grill for 6 minutes, then turn. Continue grilling for 6 to 8 minutes more. (The exact time will depend on the thickness of your steak.) Transfer the steak to a cutting board and let rest for 5 minutes. Reseason with Traeger Beef Rub, if desired. Slice thinly on the diagonal across the grain. Serve immediately.





# LONDON BROIL

*If you like your meat well-done, this is not the recipe for you. London Broil is best served rare to medium-rare. By the way, London Broil is not a certain cut of meat—rather, it is a cooking method. The meat itself can be several things, including top round, chuck steak, flank steak, or even beef tenderloin.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**  
**Hickory, Oak**

## INGREDIENTS

- 1 2-1/2 to 3-pound beef top round shoulder
- Traeger Carne Asada Marinade, or your favorite beef marinade

■ Put the beef and the Traeger Carne Asada Marinade in a large resealable plastic bag. Turn to coat. Refrigerate for several hours, or overnight.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Remove the meat from the marinade. If desired, pour the marinade in a small saucepan and bring to a boil over high heat. Boil for two minutes, then remove from the heat. Strain, and let cool. Now you can use the marinade as a sauce. Keep warm.

■ Pat the meat dry with paper towels. Put the meat on the grill grate and grill 8 to 10 minutes per side, turning once with tongs, or until an instant-read meat thermometer inserted into the thickest part reads 135 degrees F for rare. (Grill a few minutes longer if you prefer your London Broil medium-rare.) Let the meat rest for 3 minutes before slicing thinly on a diagonal against the grain. Serve the warmed marinade as a sauce, if desired.



# TRAEGER BEEF ROAST

*Just like Mom used to make—if Mom had had a Traeger! Feel free to cook potatoes, carrots, and onions alongside the roast if desired. Chill any leftovers, slice thinly, and use to construct au jus sandwiches.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**  
**Hickory, Oak, Pecan**

## INGREDIENTS

- 1 beef chuck, rump, or sirloin tip roast, 3 to 3-1/2 pounds
- 2 tablespoons vegetable oil or extra-virgin olive oil
- Traeger Beef Shake or Rub or Prime Rib Rub, or salt and coarse black pepper
- 2 cups beef broth

■ Rub the roast on all sides with the oil and place on a rack in a roasting pan, fat-side up. Season well with the Traeger Beef Shake. Pour the beef broth in the bottom of the pan.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Cook the roast for 25 to 30 minutes, or until the outside is seared. Reduce the temperature to 225 degrees F and continue cooking, 2 to 3 hours, or until medium-rare (135 degrees F on an instant-read meat thermometer). Let it reach 155 degrees F if you prefer your meat well-done. Tent the roast with aluminum foil and let the meat rest for 10 minutes before slicing across the grain into thin slices. Serve with the pan drippings, if desired.



# BEEF RIBS

*Meaty beef long bones—also called beef back ribs, spare ribs, or Texas ribs—can be difficult to find. Butchers usually trim the meat as close to the bone as possible in order to maximize the poundage of boneless prime rib roast and/or rib-eye steaks they can sell. So the next time you splurge on a prime rib roast, ask the butcher to split the difference by leaving more meat on the bones. (Sometimes, they’ll do this even if you don’t buy the whole prime rib!) These ribs are not to be confused with beef chuck ribs, also called “dinosaur” bones.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**  
**Oak, Hickory**

## INGREDIENTS

- 2 7-bone racks beef long ribs (back ribs), 5 to 6 pounds total
- Traeger Prime Rib Rub, or your favorite barbecue rub
- Traeger Texas Spicy Barbecue Sauce, or your favorite barbecue sauce

■ If your butcher has not already done so, remove the thin papery membrane from the bone-side of the ribs by working the tip of a butter knife or a screwdriver underneath the membrane over a middle bone. Use paper towels to get a firm grip, then tear the membrane off.

■ Season the ribs with Traeger Prime Rib Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Smoke the ribs, meat-side up, for 2 hours. Set the temperature to 225 degrees F.

■ Continue to cook the ribs for 3 to 4 hours more, or until the meat is tender. If desired, wrap the ribs tightly in foil partway through the cooking time. The last 30 minutes, carefully remove the ribs from the foil and brush them liberally with Traeger Texas Spicy Barbecue Sauce, and return to grill. Transfer the ribs to a cutting board and let them rest for a few minutes before carving them into individual ribs.



## SANTA MARIA-STYLE TRI-TIP

*Until recently, few people outside the Santa Maria Valley in Central California were aware of tri-tip, a triangular muscle from the bottom of the sirloin. But its beefy flavor is catching on in other parts of the country. Sometimes, you'll find it sliced into steaks. It is traditionally served medium-rare with fresh salsa, pinto beans, French bread, and a green salad.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**

**Oak**

### INGREDIENTS

- 1 tri-tip roast, 1-1/2 to 2 pounds
- Traeger Beef Rub or 1-1/2 teaspoons each salt, freshly ground black pepper, and garlic powder

■ Season the meat well on all sides with the Traeger Beef Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 425 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Lay the tri-tip directly on the grill grate and cook for 45 to 50 minutes. (Do not overcook or the tri-tip will be tough and dry.) Transfer to a cutting board and tent with aluminum foil. Let the tri-tip rest for 15 minutes before carving across the grain into broad, thin slices.



# CHILI-GLAZED MEATLOAF

*Meatloaf makes a great Sunday night supper. (Hopefully, you'll have leftovers for Monday sandwiches.) A row of chopped whole carrots in the loaf pan acts like a natural meat rack and keeps the bottom of the meatloaf from getting crusty.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Apple, Oak**

## INGREDIENTS

- 1-1/2 pounds ground beef
- 1/2 pound ground pork
- 1 cup dried bread crumbs
- 1/4 cup finely minced onion
- 1 tablespoon Traeger Cajun Rub, or your favorite barbecue rub
- 1 teaspoon garlic powder
- 2 eggs
- 1/2 cup milk
- 2 teaspoons Worcestershire sauce
- 2 whole carrots, peeled, trimmed, cut into lengths the width of your loaf pan
- 1/2 cup Traeger Chili Sauce, or your favorite chili sauce

■ In a large mixing bowl, combine the ground beef, ground pork, bread crumbs, onion, Traeger Cajun Rub, and the garlic powder. In another bowl, beat the eggs lightly.

■ Add milk and Worcestershire sauce. Add the liquid ingredients to the meat mixture, and mix with your hands. Lay a few of the carrot pieces down in the loaf pan; the carrots will become a natural rack for the meat. Form the meat into a loaf shape and lay it on top of the carrots.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the loaf pan on the grill rack. Bake the meatloaf for 50 to 60 minutes, or until the internal temperature reads 160 degrees F when read on an instant-read meat thermometer. Spread the Traeger Chili Sauce on top of the meatloaf the last 10 minutes of cooking. Transfer the meatloaf to a cooling rack and let cool for 10 minutes. Carefully remove it from the loaf pan. (Discard the carrots.) Slice into 1/2-inch slices for serving.



# GAUCHO-STYLE BEEF SHOULDER TENDERS WITH CHIMICHURRI SAUCE

*Beef shoulder tenders are an inexpensive alternative to pricy beef tenderloin. Also called “butcher’s steak”—which gives you an indication of how good this cut is since butchers used to set it aside for themselves—this long, slender muscle from the shoulder chuck is both lean and beefy-tasting. In the below preparation, the meat is seasoned simply, then grilled over high heat until medium-rare—just as they would do it in South America—and served with chimichurri sauce, sometimes referred to as “Argentinean steak sauce.”*

**SERVES 3-4**  
**RECOMMENDED PELLETS**  
**Mesquite, Hickory**

## INGREDIENTS

- 2 beef shoulder tenders, 10 to 12 ounces each
- Traeger Beef Rub, or coarse salt and freshly ground black pepper
- 1/4 cup fresh parsley leaves, coarsely chopped
- 3 cloves garlic, coarsely chopped
- 2 teaspoons dried oregano
- 1 teaspoon dried red pepper flakes, or more to taste
- 1/4 cup red wine vinegar
- Salt and freshly ground black pepper to taste
- 1/2 cup extra-virgin olive oil

■ Season the shoulder tenders with Traeger Beef Rub and set aside.

■ Make the chimichurri: In a blender jar or small food processor, combine the parsley, garlic, oregano, dried red pepper flakes, and red wine vinegar. Pulse until blended. Add salt and pepper to taste. Let the mixture sit for 20 minutes for the flavors to develop. Then slowly blend in the olive oil.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the shoulder tenders on the grill grate. Turn after 10 minutes to put grill marks on the other side. Grill to the desired degree of doneness, 5 to 10 minutes more for medium-rare (135 degrees F on an instant-read meat thermometer).

■ Transfer the meat to a cutting board and let it rest for 3 minutes. Carve it on a diagonal into slices 3/4-inch thick. If desired, pour some of the chimichurri over the meat and serve the rest of the sauce on the side. Or serve the sauce separately.

# SOUTHWESTERN POT ROAST

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*Braised until it's falling-apart-tender, you can serve this over rice or in a tortilla or taco shells.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**

**Mesquite, Oak, Hickory**

## INGREDIENTS

- 1 3- to 4-pound boneless chuck roast
- Traeger Fajita Rub, or salt and freshly ground black pepper
- 2 tablespoons oil
- 1 large onion, peeled and coarsely chopped
- 2 cloves garlic, minced
- 1 cup beef broth
- 1 10-ounce can diced tomatoes with green chiles, such as RO\*TEL brand
- 2 teaspoons chile powder, or more to taste
- 1 teaspoon dried oregano, preferably Mexican
- 1 teaspoon cumin

■ Generously season the roast on all sides with the Traeger Fajita Rub.

■ Heat a large skillet over medium-high heat. Add the oil. When the oil shimmers, sear the roast on all sides. Transfer the roast to a lidded casserole or baking dish large enough to hold it. Reduce the heat to medium and add the onions, stirring occasionally. Cook for 5 minutes, or until the onions begin to soften. Add the garlic and cook for 2 minutes more. Add the beef broth, stirring to scrape up the brown bits from the bottom of the pan. Then add the tomatoes, chile powder, oregano, and cumin and bring to a simmer. Add salt and pepper to taste. Tip the onion-tomato mixture over the meat. Put the lid on the casserole. If using a baking pan, cover it tightly with aluminum foil.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 250 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the casserole or pan on the grill grate. Roast until the meat is very tender, 3 to 4 hours. (Be careful when lifting the casserole lid or foil as steam will escape.) Slice and serve with the tomato-onion gravy.



# “SECRET INGREDIENT” BEEF SHORT RIBS

*Traeger Chili Sauce combined with root beer and onions makes a delectable braising sauce for beef short ribs.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**  
**Oak, Hickory, Apple**

## INGREDIENTS

- 1 bottle Traeger Chili Barbecue Sauce, or your favorite chili sauce
- 1 cup good-quality root beer soda, such as Dr. Brown's or Hane's, plus more as needed
- 1 tablespoon fresh thyme leaves, chopped
- 1 large sweet onion, thinly sliced into rings
- 3 to 4 pounds bone-in short ribs, or 2-1/2 pounds of boneless short ribs
- Salt
- Freshly ground black pepper
- A 9x13-inch aluminum foil disposable baking pan or other baking pan
- Aluminum foil

■ In a medium bowl, combine the Traeger Chili Barbecue Sauce, the root beer, and the thyme leaves.

■ Arrange the onions evenly in the bottom of the pan. Season the short ribs on all sides with salt and pepper. Lay in a single layer on top of the onions. Pour the chili-root beer sauce evenly over the ribs. Cover the pan tightly with aluminum foil.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 300 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the pan of ribs on the grill grate and cook for 2-1/2 to 3 hours, or until the ribs are tender but not falling off the bone. Add a bit more root beer to the pan if the dish doesn't seem saucy enough. Serve immediately with polenta or mashed potatoes. Short ribs render a fair amount of fat, so if it concerns you, refrigerate the ribs in the sauce overnight. The fat will have solidified on top, and can be removed and discarded before reheating the ribs.





# KOREAN BARBECUED SHORT RIBS (Kalbi)

*If you can't find crosscut beef short ribs, feel free to substitute another cut of beef, such as sirloin or chuck, sliced 1/4-inch thick across the grain. The marinade is also excellent on rib-eyes, skirt steak, and even chicken thighs or breasts.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Oak, Pecan, Hickory**

## INGREDIENTS

- 1/2 cup soy sauce
- 1/2 cup water
- 2 tablespoons white vinegar or rice vinegar
- 2 tablespoons brown sugar
- 1 tablespoon granulated sugar or honey
- 2 cloves garlic, minced
- 1 ripe pear, peeled, cored, and coarsely chopped
- 1 1-inch piece fresh ginger, peeled and sliced into coins
- 1 scallion (green onion), trimmed and coarsely chopped
- 2 teaspoons sesame oil
- 1 teaspoon Traeger Beef Shake, or salt
- 1-1/2 pounds crosscut beef short ribs (flanken), or see substitutions above

■ **Make the marinade:** Combine the soy sauce, water, vinegar, brown sugar, granulated sugar, garlic, pear, ginger, scallion, and sesame oil in a blender and pulse several times. Lay the beef in a single layer in a baking dish and season on both sides with Traeger Beef Shake. Pour the marinade over the beef, turning the beef over to coat both sides. Cover and refrigerate for several hours, or overnight.

■ **When ready to cook,** start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ **Remove the beef from the marinade;** discard marinade. Arrange the beef on the grill grate and grill, 2 to 3 minutes per side, or until the meat is cooked to your liking. (In Korea, they prefer their short ribs well-done.) Transfer to a platter or plates and serve immediately.



# SMOKED ITALIAN MEATBALL SUBS

*These sandwiches are for hearty appetites—perfect for game day or a busy weeknight supper. You can also form the meat mixture into cocktail-size meatballs (use mini muffin tins to bake them for approximately 20 minutes) and serve on toothpicks with warm marinara as a dipping sauce.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Any**

## INGREDIENTS

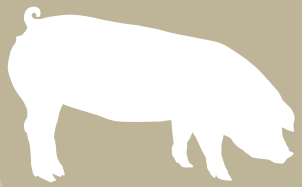
- 1-1/2 pounds ground beef
- 1/2 pound bulk Italian sausage or ground pork
- 3/4 cup seasoned dry bread crumbs
- 1/2 cup grated Parmesan
- 1/4 cup onion, finely minced
- 2 cloves garlic, finely minced
- 1 egg, lightly beaten
- 1/4 cup milk
- 2 teaspoons Traeger Beef Rub, or 1 teaspoon each salt and freshly ground black pepper
- Your favorite jarred spaghetti or marinara sauce
- 4 hoagie or sub rolls, split through the side

■ Put all the meatball ingredients (except the spaghetti sauce and rolls) in a large mixing bowl and work the meat mixture with your hands to combine.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the meatballs for 30 to 35 minutes, or until they are cooked through. (An instant-read meat thermometer should read 160 degrees F.) Meanwhile, warm the spaghetti sauce in a large frying pan over medium-low heat. Transfer the cooked meatballs to the sauce; keep warm. Put three or 4 meatballs on each roll and top with a few spoonfuls of sauce. Serve immediately.

**TRAEGER  
PORK**





# RETAIL PORK CUTS

## LOIN

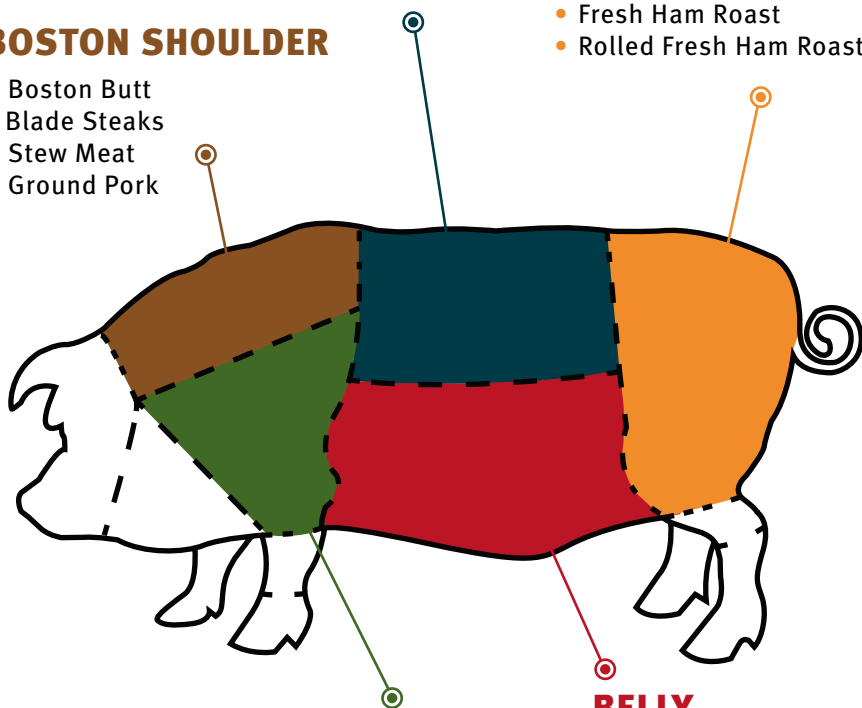
- Pork Tenderloin
- Sirloin Pork Roast
- Loin Chop
- Rib Pork Chop
- Butterfly Chop
- Loin Roast
- Crown Pork Roast
- Pork Chop
- Baby Back Ribs

## LEG

- Half Ham Butt End
- Half Ham Shank End
- Ham Butt Slice
- Center Ham Slice
- Fresh Ham Roast
- Rolled Fresh Ham Roast

## BOSTON SHOULDER

- Boston Butt
- Blade Steaks
- Stew Meat
- Ground Pork



## PICNIC SHOULDER

- Shoulder Hock
- Arm Pork Steak
- Blade Pork Steaks
- Smoked Cottage Roll

## BELLY

- Bacon
- Spareribs
- Fresh Side Pork
- Riblets



# PORK TIPS

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- Generally speaking, bone-in meat will have more flavor than boneless cuts.
- Always remove the thin membrane on the back of a rack of ribs to increase smoke and spice absorption. (Use the tip of a screwdriver or butter knife to get under the membrane, then grip it and pull it off with a paper towel.)
- Grill or smoke meat with the fat cap facing up.
- For extra flavor, drape leaner cuts of pork (such as tenderloin or pork loin roast) with slices of bacon while cooking.
- Tuck a pan of apple juice into a corner of the Traeger to keep meat moist during long cooks (especially good with ribs). Alternatively, transfer the juice to a clean spray bottle and periodically mist the meat. Remember that lifting the lid will add to your total cooking time.
- Like poultry, pork sometimes benefits from brining before cooking.
- Apply barbecue sauce the last few minutes of cooking to “set” the sauce and avoid scorching it. (Most sauces are high in sugars, which have a tendency to burn on the grill.)
- A pinkish ring just below the surface of the meat (and sometimes on the bone as well) is called a “smoke ring,” and is the sign of a smoking job well done!
- If grilling chops rimmed with a layer of fat, make small vertical cuts in the fat to discourage it from curling as the chops cook.



## 3-2-1 BABY BACK RIBS

*The 3-2-1 method of barbecuing ribs—3 hours of smoke, 2 hours wrapped tightly in foil, and 1 hour sauced—has become very popular among competition barbecuers and home cooks alike, especially those who prefer their ribs “fall-off-the-bone” tender. Adjust the cooking time if you like your ribs with more chew. Feel free to substitute spare ribs in this recipe: They’ll take the same amount of time to cook.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Hickory, Oak**

### INGREDIENTS

- 2 racks baby back pork ribs (about 5 pounds total), trimmed
- 1/3 cup yellow mustard
- 1/2 cup apple juice (divided use), plus more if needed
- 1 tablespoon Worcestershire sauce
- Traeger Pork and Poultry Rub, or your favorite barbecue rub
- 1/2 cup packed dark brown sugar
- 1/3 cup honey, warmed
- Traeger BBQ Sauce, or your favorite barbecue sauce

■ If your butcher has not already done so, remove the thin papery membrane from the bone-side of the ribs by working the tip of a butter knife or a screwdriver underneath the membrane over a middle bone. Use paper towels to get a firm grip, then tear the membrane off.

■ In a small bowl, combine the mustard, 1/4 cup of apple juice (reserve the rest), and the Worcestershire sauce. Spread thinly on both sides of the ribs; season with Traeger Pork and Poultry Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Smoke the ribs, meat-side up, for 3 hours. Transfer the ribs to a rimmed baking sheet but leave the grill on. Set the temperature to 225 degrees F.

■ Tear off four long sheets of heavy duty aluminum foil. Top with a rack of ribs; pull up the sides to keep the liquid enclosed. Sprinkle half the brown sugar on the rack, then top with half the honey and half of the remaining apple juice. (Use a bit more apple juice if you want.) Lay another piece of foil on top and tightly crimp the edges so there’s no leakage. Repeat with the remaining rack of ribs.

■ Return the foiled ribs to the grill and cook for an additional 2 hours. Carefully remove the foil from the ribs—watch out for hot steam—and brush the ribs on both sides with Traeger BBQ Sauce. Discard the foil. Arrange the ribs directly on the grill grate and continue to grill until the sauce “tightens”, 30 minutes to 1 hour more. Let the ribs rest for a few minutes before serving.



# MEMPHIS-STYLE BABY BACK RIBS

*They like their ribs saucy and cooked low and slow in Kansas City and other places, but not in Memphis: There, the ribs are grilled directly over the heat, are seasoned after grilling, and are served sans barbecue sauce. Cooking time on these baby backs is only 2 to 3 hours—half the time of conventionally barbecued ribs—making them a good choice for busy days or nights.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Hickory, Oak**

## INGREDIENTS

- 2 racks baby back pork ribs (about 5 pounds total), trimmed
- Traeger Pork and Poultry Rub, or your favorite barbecue rub
- 2 cups apple juice in a loaf pan or pie plate, plus more if needed

■ If your butcher has not already done so, remove the thin papery membrane from the bone-side of the ribs by working the tip of a butter knife or a screwdriver underneath the membrane over a middle bone. Use paper towels to get a firm grip, then tear the membrane off.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes. Put the apple juice in a corner of the grill grate.

■ Arrange the ribs on the grill grate, meat-side up. Cook for 2 hours. Check the ribs. They should be nicely browned and tear apart easily in your fingers.

■ If they're not done to your liking, return them to the grill, checking them every 30 minutes. Replenish the apple juice if needed.

■ When the ribs are done, transfer them to a cutting board and season them with Traeger Pork and Poultry Rub. Let them rest for a few minutes before cutting into half slabs or individual ribs.



# PORK LOIN ROAST WITH SAUERKRAUT AND APPLES

*Though traditional in many households for New Year's Day, pork loin roast is an economical choice any time of the year. For one thing, there's almost no waste; and for another, it's often on sale. If you can, try to find the plastic bags of sauerkraut often sold in the meat department or refrigerated section of supermarkets. Feel free, though, to substitute canned sauerkraut.*

**SERVES 8**  
RECOMMENDED PELLETS

## Apple

### INGREDIENTS

- 1 1-pound bag of refrigerated sauerkraut
- 2 cooking apples (such as Granny Smith), cored and chopped
- 1/3 cup brown sugar
- 1 pork loin roast, 2 to 2-1/2 pounds
- Traeger Sweet Rub, or salt and pepper

■ Spread the sauerkraut and apple pieces in the bottom of a 9- by 13-inch glass baking dish. Sprinkle evenly with the brown sugar. Season the pork roast with Traeger Sweet Rub and lay it on top of the sauerkraut-apple mixture, fat-side up.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F.

■ Roast the pork for 1 to 1-1/2 hours, or until the internal temperature on an instant-read meat thermometer reads 160 degrees F. Transfer the meat to a cutting board and let rest. Meanwhile, stir the sauerkraut-apple mixture and arrange it on a platter. Slice the pork roast and shingle the slices on top of the sauerkraut and apples. Serve immediately.





# BARBECUED PORK SHOULDER STEAKS

*Pork shoulder steaks—also called blade steaks—are often a value at the meat counter. If you buy steaks that are thinner than one inch, make shallow vertical cuts in the fat around the edge of the steaks before cooking to discourage them from curling.*

**SERVES 4**  
RECOMMENDED PELLETS

## Apple

### INGREDIENTS

- 4 pork shoulder steaks, 1- to 1-1/4-inch thick
- Traeger Pork and Poultry Rub, or your favorite rub
- 1 cup Traeger Honey-Bourbon Barbecue Sauce, or your favorite barbecue sauce

■ Season the pork steaks with the Traeger Pork and Poultry Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Arrange the steaks on the grill grate. Smoke for 1 hour.

■ Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Grill the steaks for 35 to 40 minutes, or until they reach 160 degrees F on an instant-read meat thermometer. The last 15 minutes, brush each steak on both sides with the Traeger Honey-Bourbon Barbecue Sauce. Let the steaks rest for 3 minutes before serving.



# STUFFED PORK CHOPS

*They seldom appear on American tables these days, but stuffed pork chops deserve a comeback: tender, succulent pork chops with a savory dressing that gets deliciously crunchy on the outside. Baked apples, put on the Traeger when you start the chops, make a fine dessert.*

**SERVES 4**

**RECOMMENDED PELLETS**

**Apple**

## INGREDIENTS

- 4 thick-cut (1-inch) pork loin chops, preferably with pockets cut in each
- 2 cups herb-seasoned or cornbread stuffing mix, such as Pepperidge Farm
- Traeger Pork and Poultry Rub, or salt and freshly ground black pepper

■ If your butcher has not already done so, cut a deep pocket in the side of each chop with a small sharp knife, cutting toward the bone, but not all the way through.

■ Prepare the stuffing mix according to the package directions, adding your own touches if desired (chopped onion or celery, finely diced apple, or browned sausage). Generously stuff each pork chop pocket with the mixture. Season both sides of the chops with Traeger Pork and Poultry Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the chops directly on the grill grate. Bake for 45 to 50 minutes, or until the pork is cooked (160 degrees F on an instant-read meat thermometer). There is no need to turn the chops. Let the pork rest for 2 to 3 minutes before transferring to a platter or plates.



# HONEY-MUSTARD PORK TENDERLOIN

*Lean pork tenderloin can be infamously dry—but not when coated with a savory mixture of mustard, honey, and mayonnaise, and cooked on a Traeger. Use fresh herbs if you have them. Accompany the pork with roasted or mashed potatoes and a green vegetable.*

**SERVES 4**  
**RECOMMENDED PELLETS**

## Apple

### INGREDIENTS

- 1/4 cup coarse-grain or Dijon-style mustard
- 2 tablespoons honey
- 2 tablespoons mayonnaise, such as Hellmann's
- 1 tablespoon chopped fresh parsley, rosemary, or tarragon, or 1-1/2 teaspoons dried
- 1-1/2 teaspoons Traeger Pork and Poultry Rub
- 2 pork tenderloins, each 12 to 14 ounces, silverskin trimmed

■ In a small bowl, combine the mustard, honey, mayonnaise, parsley, and Traeger Pork and Poultry Rub; stir to mix. Lay the pork tenderloins in a flat baking dish. Pour the mustard-honey mixture over the tenderloins, turning to coat all sides. (If not cooking immediately, cover with plastic wrap and refrigerate.)

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Lift the tenderloins out of the mustard-honey mixture and arrange on a diagonal on the grill grate. (Discard the remaining mustard-honey mixture.) Grill for 30 to 40 minutes, or until the pork reaches 160 degrees F on an instant-read meat thermometer. Transfer to a cutting board and let rest for 3 minutes. Slice into 3/4-inch slices and serve.



# COUNTRY-STYLE BONELESS PORK RIBS

*Country-style pork ribs come from the rib end of the sirloin and are very meaty, sometimes weighing nearly a half pound each. Fruit-based barbecue sauces pair beautifully with them.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Apple, Cherry**

## INGREDIENTS

- 8 boneless country-style pork ribs
- Traeger Pork and Poultry Rub, or your favorite barbecue rub
- 1 cup Traeger Apricot Barbecue Sauce, or your favorite fruit-based barbecue sauce

■ Season the pork ribs on all sides with the Traeger Pork and Poultry Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Arrange the pork ribs directly on the grill grate and smoke for 1 hour. Increase the temperature to 250 degrees F. Continue cooking for 1-1/2 hour to 2 hours, or until the ribs are tender and have reached 155 degrees F on an instant-read meat thermometer. Using a basting brush, apply the Traeger Apricot Barbecue Sauce to the ribs, turning with tongs to reach all sides. Let them cook for 10 to 15 minutes more. Let the ribs rest for 3 minutes before serving.



# PULLED PORK

*Pulled pork is a project for a lazy day. You just can't rush it. The pork shoulder will take about 1-1/2 to 2 hours per pound to cook to perfection (190 degrees F), so start it early in the day if you want to serve it for dinner. A puckery vinegar-based sauce replaces barbecue sauce in Eastern North Carolina, where pulled pork is a religion. To make a Carolina-inspired sauce, combine 2 cups of vinegar (white, apple cider, or a combination of both) with 1 tablespoon each of brown sugar, salt, black pepper, and hot sauce in a canning jar. Add 2 teaspoons of crushed red pepper and let it sit for several hours before serving. This stuff is hot, but plays off the richness of the pork.*

## SERVES 10 RECOMMENDED PELLETS Apple, Hickory

### INGREDIENTS

- 1 bone-in pork shoulder roast (also called Boston butt), about 5 pounds, outside fat trimmed to about 1/8-inch
- Traeger Pork and Poultry Rub
- 2 cups apple juice in a food-safe spray bottle (optional)
- Traeger Regular Barbecue Sauce
- 10 hamburger buns

■ Generously season all sides of the pork roast with the rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 225 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the roast on the grill grate, fat-side up, and cook for 3 hours, spraying with apple juice every hour after the first hour, if desired. Transfer to a disposable aluminum foil pan large enough to hold the meat, and roast for 5 or 6 additional hours, or until an instant-read meat thermometer inserted in the thickest part, but not touching bone, registers 190 degrees F. If the pork starts to brown too much, cover it loosely with aluminum foil.

■ Carefully transfer the pork shoulder to a cutting board and cover loosely with aluminum foil. Let it rest for 30 minutes.

Alternatively, you can wrap it tightly in foil and “hold” it in an insulated cooler for up to an hour. Pour the juices from the bottom of the aluminum foil pan into a gravy separator.

■ While the pork is still hot, pull it into chunks using forks or your hands (preferably protected from the heat with lined, heavy-duty rubber gloves). Discard the bone and any lumps of fat or connective tissue. Pull each chunk into shreds, and transfer to a large mixing bowl. Season with additional rub, if desired, and moisten with the reserved drippings (discard any fat that has floated to the top of the drippings). Add barbecue sauce, if desired, and mix well. Or serve the barbecue sauce on the side.

■ Pile the pork mixture on the hamburger buns and serve with coleslaw, if desired.



# BAKED HAM WITH APRICOT-HORSERADISH GLAZE

*Fully cooked hams, such as the one called for in this recipe, do not have to be heated to 160 degrees F like a raw product. In fact, you can serve them cold.*

**SERVES 12-15**  
**RECOMMENDED PELLETS**  
**Apple, Cherry**

## INGREDIENTS

- 1 whole bone-in ham (fully cooked), 12 to 15 pounds
- 1 13.1-ounce bottle Traeger Apricot Barbecue Sauce, or your favorite fruit-based barbecue sauce
- 1/4 cup prepared horseradish, or more to taste
- 2 tablespoons Dijon-style mustard

■ If the ham still has a layer of fat and skin on it, trim the skin off, leaving about 1/4-inch of fat on the meat. Line a large roasting pan with aluminum foil, allowing it to overhang the sides. (This will make clean-up easier.) Put the ham in the roaster.

■ In a saucepan, combine the Traeger Apricot Barbecue Sauce, the horseradish, and the mustard. Warm gently when the ham is nearly done.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the roaster with the ham on the grill grate and bake for 2-1/2 hours, or until the internal temperature of the ham is 135 degrees F when read on an instant-read meat thermometer. Brush the apricot-horseradish glaze over the outside of the ham. Continue to bake for an hour more. Transfer the ham to a cutting board and tent with aluminum foil. Allow it to rest for 20 minutes before carving and serving with the remaining apricot-horseradish glaze, preferably warmed on the grill or stovetop.



# SMOKY CHEDDAR-PORK BURGERS

*Bored with traditional beef burgers? Ground pork, seasoned with barbecue rub and barbecue sauce, is a nice change. Coleslaw makes a terrific accompaniment.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Hickory, Oak**

## INGREDIENTS

- 2 pounds ground pork, cold
- 1 cup grated Cheddar cheese
- 2 tablespoons Traeger Regular Barbecue Sauce, or your favorite barbecue sauce, plus more for serving
- 2 tablespoons grated onion (optional)
- 1 tablespoon Traeger Pork and Poultry Shake, or your favorite barbecue rub, or more to taste
- 4 hamburger buns, for serving
- Your favorite condiments (sliced onions, pickles, tomatoes, etc.)

■ Put the pork, cheese, onion, if using, Traeger Regular Barbecue Sauce, and Traeger Pork and Poultry Rub in a mixing bowl. Run cold water over your hands, and use them to mix the meat, cheese, and seasonings. Rewet your hands if necessary. Form the meat mixture into 4 equal patties, and use your thumbs to form a large shallow depression on one side of each patty. (This will keep the burgers from bulging in the middle when grilled.)

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Arrange the burgers, depression-side down, on the grill grate and smoke for 30 minutes. Increase the temperature to 300 degrees F. Grill the burgers until an instant-read meat thermometer reads 160 degrees F, about 45 minutes. Turn the burgers halfway through the grilling time. Let rest for 2 to 3 minutes before serving to let the juices redistribute themselves. Serve on buns with additional Traeger Regular Barbecue Sauce and/or your favorite condiments.



# TERIYAKI PORK AND PINEAPPLE SKEWERS

*Sometimes, pork sirloin is sold in supermarkets already cubed and accompanied by wooden skewers. Usually, it is labeled “city chicken,” a name it picked up during the Great Depression when pork was less expensive than chicken.*

**SERVES 2-3**  
**RECOMMENDED PELLETS**

**Hickory, Oak**

## INGREDIENTS

- 1 pound pork sirloin cubes, each about 1-inch by 1-inch and 1/2-inch thick (18 pieces)
- 2 to 3 slices fresh pineapple, cored and cut into bite-size chunks
- 1 cup Traeger Carne Asada Marinade, or your favorite teriyaki marinade
- 6 large scallions (green onions), trimmed, pale and light green parts cut into 1-inch lengths
- 6 6- to 8-inch wooden skewers

■ Thread a pork cube through the thin side on a skewer, followed by a chunk of pineapple and a piece of green onion; repeat the sequence twice to complete a skewer (three cubes of pork per skewer). Repeat with the other five skewers. Transfer the skewers to a glass pan or pie plate and pour the marinade over them, turning to coat on all sides. Cover with plastic wrap and refrigerate for 1 to 3 hours.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Drain the skewers, discarding the marinade. Arrange the skewers on the grill grate and grill, turning once, for 10 minutes, or until the pork is cooked through. Transfer the skewers to a platter or plates and serve immediately.





# BRATS IN A BATH

*This is a perfect recipe for tailgating or a game day party at home as the brats will stay hot for a long time in their “bath”. If desired, you can smoke the brats before finishing them over higher heat.*

**SERVES 10**  
**RECOMMENDED PELLETS**

**Hickory, Oak, Pecan**

## INGREDIENTS

- 3 to 4 12-ounce cans of beer (dark or light)
- 2 large onions, peeled and sliced into rings
- 2 tablespoons butter, plus extra for buttering the buns
- 10 brats, uncooked
- 10 brat or hoagie buns
- Mustard for serving

■ Pour the beer into a saucepan. Add the onions and 2 tablespoons of butter. Bring to a simmer on the stovetop.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put a deep disposable aluminum foil pan on one side of the Traeger. Carefully pour the beer and onions from the saucepan into the pan on the grill. Arrange the brats on the other side of the grill grate. Grill the brats until cooked through, turning frequently with tongs, about 20 to 25 minutes. Transfer the brats to the beer bath and cover the pan tightly with aluminum foil. Let the brats simmer in the bath until the onions are tender, 45 minutes to an hour.

■ Butter the cut sides of the buns and toast on the grill. To serve, lift a brat out of the bath and put it on a bun. Top it with onions and mustard, if desired.



# ITALIAN MILK-BRAISED PORK TENDERLOIN

*While pork braised in milk is well-known in Italy, it is less common here. It is a simple but delicious preparation; the pork braises slowly in milk infused with fresh chopped rosemary and sage (use dried herbs if you must) and garlic. Don't be concerned if the milk curdles somewhat: It's supposed to. Just break up the curds with a small whisk as directed below.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**  
**Apple**

## INGREDIENTS

- 2 pork tenderloins, each about 1 pound
- 2 tablespoons extra-virgin olive oil (divided use)
- 2 tablespoons chopped fresh rosemary, or 2 teaspoons dried
- 2 tablespoons chopped fresh sage, or 2 teaspoons dried
- Salt and freshly ground black pepper
- 2 cups whole milk, or half and half
- 1-1/2 teaspoons Worcestershire sauce
- 2 cloves garlic, smashed
- 1 bay leaf

■ Trim the pork tenderloins of any extra fat or silverskin. Rub the meat with a tablespoon of olive oil, then with the rosemary and sage. Season the tenderloins with salt and pepper.

■ On the stovetop, heat an ovenproof skillet over medium-high heat. Add the remaining tablespoon of olive oil to the skillet. Add the tenderloins and brown well on all sides, turning with tongs. Pour in the milk and add the Worcestershire sauce, garlic and bay leaf. Bring to a simmer.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

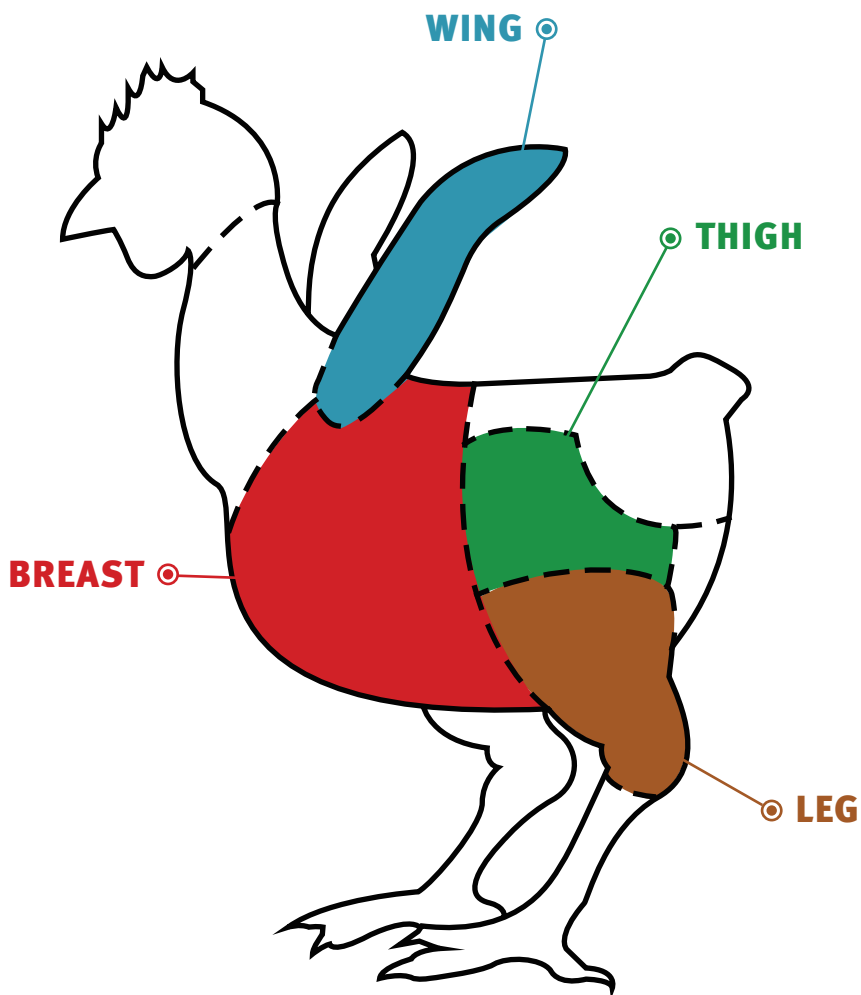
■ Carefully transfer the skillet with the pork and milk to the grill grate. (If you do not own an ovenproof skillet, simply transfer the pork and milk mixture to a baking dish and put that on the grill grate.) Braise for 1 hour, or until the pork is very tender and the milk has partially evaporated. (The internal temperature of the pork should be 160 degrees F.) Slice the pork into medallions and arrange on a platter. Remove the garlic cloves and bay leaf from the milk mixture and discard. Whisk, then taste for seasoning, adding more salt and pepper if desired. Pour the sauce over the pork and serve immediately.

**TRAEGER**  
**POULTRY**





# RETAIL POULTRY CUTS





# POULTRY TIPS

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- Chicken should always be cooked to an internal temperature of 165 degrees F to kill food-borne pathogens like salmonella.
- Wash anything that has come in contact with raw poultry thoroughly with hot soapy water (hands, cutting boards, knives, platters, etc.) before reusing.
- Lightly smoke peeled, hard-cooked eggs on the Traeger for an interesting twist on deviled eggs or egg salad. (Smoke for about 30 minutes. Longer, and the outside of the egg membrane will toughen.)
- Whole chickens are usually less expensive than chicken parts. Learn how to break down whole birds to save money.
- Brine poultry before cooking for extra moistness and flavor. Mix  $\frac{1}{4}$  cup salt and 2 tablespoons of sugar with a quart of cold water; stir until the salt and sugar crystals dissolve. Submerge the poultry, then cover and refrigerate. Brine whole chickens or turkeys overnight; brine breasts, thighs, and legs for 2 to 4 hours. Rinse, then dry thoroughly before proceeding with the recipe.
- Put aromatics such as onions, carrots, celery, herbs, or cut-up lemons or oranges in the cavity of a roasting bird for extra flavor.
- For better browning, rub the outside of the bird with melted butter or olive or vegetable oil before seasoning.
- Mix dried herbs or chopped fresh herbs and seasonings into softened butter, then refrigerate or freeze. Tuck it under the skin of roasting chickens to add richness, moistness, and flavor.



# BASIC TRAEGER CHICKEN BREAST

*Boneless, skinless chicken breasts are nothing if not versatile. On a few minutes' notice, you can fix a fine meal for company or family. You will be amazed by how moist the breasts are when grilled on a Traeger. Make extras to have on hand for salads, fajitas, nachos, sandwiches, etc.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**  
**Alder, Pecan, Oak**

## INGREDIENTS

- 8 boneless, skinless chicken breasts, each about 6 ounces after tenders are removed (see Note below)
- Traeger Pork and Poultry Rub, or salt and pepper, or your favorite seasoning blend

■ Season each chicken breast on both sides with Traeger Pork and Poultry Rub.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the chicken breasts on the grill grate and cook, turning once halfway through the cooking time, for 25 to 30 minutes, or until the internal temperature, when read on an instant-read meat thermometer, is 170 degrees F. Remove to a platter or plates and let rest for 2 minutes before serving.

■ **Note:** The small flap of meat on the underside of a chicken breast is called the tender. Oftentimes, the butcher has already removed it. The breast will grill more evenly and look more attractive if you remove the tender and grill it separately.



# BRINED CHICKEN BREASTS WITH MANDARIN GLAZE

*Perhaps you've heard of "brining," but have never tried it. In its simplest form, brining means soaking food in salty water for 30 minutes to several hours. It makes a noticeable difference in flavor, texture, and juiciness—especially in poultry. This particular dish is great when served with white rice.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**  
**Apple, Cherry**

## INGREDIENTS

- 2 quarts cold water
- 1/2 cup kosher salt, or 1/4 cup if using table salt
- 1/4 cup brown sugar
- 1/2 cup soy sauce
- 8 boneless, skinless chicken breasts, each about 6 ounces after tenders are removed (see Note below)
- Traeger Mandarin Glaze, or Chinese sweet chili sauce or sweet and sour sauce
- 2 scallions (green onions), trimmed and very thinly sliced, for garnish (optional)

■ **Make the brine:** Pour the water, salt, brown sugar, and soy sauce into a large mixing bowl and stir until the sugar and salt dissolve. Submerge the chicken breasts in the brine, cover, and refrigerate for 2 to 4 hours (no longer, please). Drain the chicken and pat dry on paper towels. Discard the brine.

■ **When ready to cook,** start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ **Arrange the chicken breasts on the grill grate and cook, turning once halfway through the cooking time, for 25 to 30 minutes, or until the internal temperature, when read on an instant-read meat thermometer is 170 degrees F. Brush the chicken breasts with the Traeger Mandarin Glaze during the last few minutes of cooking. Remove to a platter or plates and sprinkle the onions over the chicken breasts, if desired.**

■ **Note:** The small flap of meat on the underside of a chicken breast is called the tender. Oftentimes, the butcher has already removed it. The breast will grill more evenly and look more attractive if you remove the tender and grill it separately.



# BARBECUED CHICKEN THIGHS

*Thighs are not only one of the tastiest parts of the chicken, but they are often a bargain at the meat counter. A short dip in ranch-style dressing ensures they'll be moist when you bring them to the table. Feel free to substitute another dressing—Italian, Caesar, or vinaigrette—if that's what you have in your pantry.*

**SERVES 4**

**RECOMMENDED PELLETS**

**Hickory, Oak, Pecan**

## INGREDIENTS

- 1-1/2 pounds chicken thighs, bone-in, skin-on (see Note below)
- Traeger Chicken Rub, or your favorite poultry rub
- 1 cup ranch-style dressing
- 1/2 teaspoon coarsely ground black pepper

■ Trim the chicken thighs of any excess fat. Season with the Traeger Chicken Rub.

■ In a large mixing bowl, combine the ranch dressing and pepper, and stir to combine. Add the chicken thighs and toss gently with your hands to coat the thighs thoroughly. Cover and refrigerate for 1 to 2 hours, if desired, or cook immediately.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Lift the chicken from the marinade (discard any left in the bowl). Arrange the chicken thighs, skin-side down, on the grill grate. Grill for 40 to 45 minutes, or until the chicken reaches 170 degrees F on an instant-read meat thermometer. Do not turn the chicken while it is cooking. Transfer the chicken to a platter or plates. Let rest for 2 minutes before serving.

■ **Note:** If you prefer boneless skinless chicken thighs, shorten the cooking time to 30 minutes.



# “NO FUSS” ROASTED CHICKEN

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*Nothing complicated here. Just oil the bird, season it, and let your Traeger work its magic. In less than an hour and a half, you'll have crisp skin and succulent meat with a hint of wood smoke. Do two chickens, and you'll have leftovers to look forward to.*

**SERVES 2-3**  
**RECOMMENDED PELLETS**

**Apple, Pecan**

## INGREDIENTS

- One chicken, 4 to 5 pounds
- Extra-virgin olive oil or vegetable oil
- Traeger Chicken Rub, your favorite rub, or salt and pepper

■ Remove any giblets from the cavity of the chicken, as well as any excess fat. Wash the chicken inside and out with cold running water. Dry thoroughly with paper towels.

■ Oil the outside of the bird and season with the Traeger Chicken Rub. Tuck the chicken wings behind the back. Tie the legs together with butcher's string. (This gives you a moister bird and a more attractive presentation.)

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Place the chicken on the grill grate, breast-side up, and close the lid. Roast the chicken until an instant-read meat thermometer inserted into the thickest part of a thigh registers a temperature of 165 degrees F, 70 to 90 minutes. Remove the chicken to a platter and allow it to rest for 5 minutes. Untie the legs and carve.



# GREEK-STYLE CHICKEN WITH GARLIC AND LEMON

*Small potatoes tossed in olive oil and salt and pepper and then roasted alongside the chicken make an easy and delicious side dish. A green salad rounds out the meal.*

**SERVES 8**  
**RECOMMENDED PELLETS**  
**Oak, Pecan, Hickory**

## INGREDIENTS

- 2 roasting chickens (3-1/2 to 4 pounds each), each cut into 8 pieces
- 2 lemons, cut into quarters through the stem ends
- 1/3 cup extra-virgin olive oil
- 4 cloves garlic, finely minced
- 1-1/2 tablespoons dried oregano
- Traeger Chicken Rub or Pork and Poultry Shake, or salt and coarsely ground black pepper
- 1 cup chicken broth

■ Arrange the chicken pieces in a single layer in a large roasting pan (if desired, use a disposable aluminum foil roasting pan). Squeeze the juice from each piece of lemon over the chicken, catching any seeds in your fingers. Tuck the lemon rinds in with the chicken. Drizzle the olive oil over all. Sprinkle the garlic over the chicken. Dust the chicken with the dried oregano, and season it generously with one of the two suggested Traeger rubs, or salt and black pepper. Pour the chicken broth into the pan.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Roast the chicken for an hour, or until the juices run clear or the internal temperature reaches 165 degrees F on an instant-read meat thermometer. Transfer to a platter or plates and spoon some of the juices on top. Let rest for 3 minutes before serving.



# BARBECUED CHICKEN QUARTERS

*Let's face it: The barbecued chicken of our youth often promised more than it delivered. Charred on the outside and raw on the inside, it tested the mettle of the most dedicated grill masters of the day. In their defense, they were generally working with grills that were nothing more than shallow pans with a grill grate, grills that were designed for direct grilling only. Flare-ups were a force to be reckoned with. Not so with a Traeger, which grills indirectly. Your chicken need not fear the flame.*

**SERVES 4-6**  
**RECOMMENDED PELLETS**  
**Apple, Cherry, Pecan**

## INGREDIENTS

- 6 leg and thigh quarters, about 5 to 6 pounds
- Vegetable oil or extra-virgin olive oil
- Traeger Chicken Rub, or your favorite all-purpose barbecue rub
- 2 cups Traeger Regular Barbecue Sauce, or your favorite barbecue sauce

- Wash the chicken under cold running water and pat dry with paper towels.
- Oil each quarter, then season with Traeger Chicken Rub.
- When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Arrange the chicken quarters on the grill grate, skin-side up. Roast for 1 to 1-1/2 hours, or until the internal temperature (insert the probe of an instant-read meat thermometer into the thickest part of the thigh, but not touching bone) reads 165 degrees F. Using a basting brush, apply barbecue sauce to both sides of the chicken the last 15 minutes of cooking, turning once. (If you apply the sauce too early, the sugars in the sauce could caramelize and scorch.) Let rest for 5 minutes, then serve.



# BUFFALO CHICKEN WRAPS

*All the flavors of that American classic—Buffalo wings—without the bones and in an easy-to-eat form! Chicken tenders are often a bargain at the supermarket. But feel free to substitute boneless skinless chicken breasts cut lengthwise into one-inch strips.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Hickory, Oak**

## INGREDIENTS

- 1-1/4 pounds chicken tenders
- Traeger Cajun Shake or Pork and Poultry Shake, or salt and freshly ground black pepper
- 3 tablespoons butter
- 1/2 cup hot sauce, such as Frank's RedHot
- 1-1/2 cups shredded lettuce
- 1 cup diced celery
- 1/2 cup prepared blue cheese or ranch dressing
- 4 10-inch flour tortillas

■ Season the chicken tenders on all sides with the Traeger Cajun Shake or Pork and Poultry Shake.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the chicken tenders on the grill grate. Cook for 20 minutes, or until the chicken is no longer pink inside. While the chicken is cooking, melt the butter in a saucepan. Add the hot sauce and stir to combine. Using tongs, transfer the cooked chicken tenders to the hot sauce mixture, turning to coat.

■ If desired, briefly warm the tortillas on the grill. (They are easier to handle when warm.) Lay the tortillas on a flat work surface. Using tongs, lift the chicken tenders from the sauce and arrange on the tortillas. Top with the lettuce and celery. Drizzle with the blue cheese or ranch dressing, and roll up, burrito-style. Serve immediately.



# BASIC BEER CAN CHICKEN

*Beer can chicken is now a staple in North American backyards. And for good reason: it's super-moist. But the truth is, you don't have to use beer. Canned fruit juice, tea, soda pop, etc., work just as well. Make sure your model of Traeger grill has enough clearance to accommodate your upright chicken before starting this recipe. If not, substitute Cornish game hens for chicken (one per diner) and replace the beer cans with 6-ounce fruit or vegetable juice cans. Cooking time will be slightly less—about one hour total.*

**SERVES 2-3**

**RECOMMENDED PELLETS**

**Hickory, Alder, Oak, Pecan**

## INGREDIENTS

- 1 3-1/2 to 4 pound chicken, giblets removed
- 2 tablespoons vegetable oil
- Traeger Chicken Rub or Pork or Poultry Rub, or your favorite barbecue rub
- 1 12-ounce can of beer

■ Remove any extra fat from the body and neck cavities. Rinse the chicken, inside and out, with cold running water. Drain and blot dry with paper towels. Transfer the chicken to a baking pan. Oil the outside of the chicken. Season the chicken with the Traeger Chicken Rub, including the neck and body cavities. Fold the wing tips behind the chicken's back.

■ Open the beer and pour half into a glass. (What you do with the beer in the glass is up to you.) Using a “church key” can opener, make an additional hole or two in the top of the beer can. Set it in the baking pan. This keeps the rub from going everywhere and makes it easier to transport to the grill. Carefully ease the chicken onto the beer can so the can rests in the body cavity. Bring the

legs of the chicken forward so they form a tripod with the beer can. Touch up any places where the rub was disturbed.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Carefully transfer the chicken on its beer can to the grill grate, positioning it where the grill lid is highest. Cook the chicken until the skin is golden brown and the internal temperature inserted in the thickest part of the thigh reads 170 degrees F on an instant-read meat thermometer, about 1-1/4 to 1-1/2 hours. If the top of the chicken browns too quickly, cover it loosely with aluminum foil. Carefully transfer the chicken on its can to a platter or clean baking pan. Let the chicken rest for 5 minutes before carefully removing the beer can. Carve and serve.



# CHEESY CHICKEN ENCHILADAS

*This dish is a real crowd-pleaser, but only takes minutes to assemble if you have the cooked chicken on hand from a previous Traeger grill session. (Cooked turkey can stand in for the chicken.) Serve with rice, refried black beans, and shredded lettuce and radishes.*

**SERVES 6**

**RECOMMENDED PELLETS**

**Hickory, Oak, Mesquite**

## INGREDIENTS

- 6 cups shredded or cubed cooked chicken
- 3 cups grated Mexican-blend cheese, or Monterey Jack or mild Cheddar (12 ounces), divided use
- 1 cup sour cream or Mexican crema
- 1 cup pitted sliced black olives
- 1 4-ounce can chopped green chiles
- 2 10-ounce cans green or red enchilada sauce (divided use)
- 12 8-inch flour tortillas
- 3 scallions (green onions), trimmed, white and green parts thinly sliced, for serving (optional)
- Fresh cilantro leaves, chopped, for serving (optional)

■ **Make the filling:** In a large mixing bowl, combine the cooked chicken and 2 cups of the cheese. Stir in the sour cream, black olives, and green chiles and mix well.

■ **Pour one can of the enchilada sauce** into the bottom of a 13- by 9-inch baking dish. Spoon about 1/3 cup of the filling on the lower third of each tortilla and roll up. Transfer to the baking dish, long sides of the enchiladas touching. When you have assembled all of the tortillas, pour the second can of enchilada sauce over the tops, using a spoon or spatula to coat the outside of each tortilla with the sauce. Sprinkle the remaining cup of cheese down the center of the row of rolled tortillas. Cover the baking dish tightly with foil.

■ **When ready to cook,** start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ **Bake the enchiladas** for 30 minutes. Then remove the foil, and bake for 15 more minutes, or until the enchiladas are hot and the cheese is melted. Garnish with sliced scallions and chopped fresh cilantro, if desired. Serve hot.



# FIRST-TIMER'S TURKEY

*There's no need to stress about the turkey when you have Traeger on your team. It couldn't be easier. You can even avoid gravy-making by recruiting a talented gravy meister or buying a good-quality jarred gravy. While many people carve the turkey breast with their knife parallel to the breast bone, we've found it's better to remove the entire breast and then cut it crosswise. That way, everyone who loves white meat gets both meat and skin.*

## SERVES 6 RECOMMENDED PELLETS Apple, Pecan

### INGREDIENTS

- 1 turkey (thawed if previously frozen), 10 to 12 pounds
- Extra-virgin olive oil or vegetable oil
- Traeger Pork and Poultry Rub, or salt and freshly ground black pepper
- You'll also need: a large sturdy roasting pan; butcher's string; an instant-read meat thermometer

■ Remove the giblets from the body and neck cavities. (If your turkey came with a gravy packet, remove that, too.) Wash the turkey inside and out with cold running water and pat dry with paper towels. Inspect the bird for any remaining feathers, and remove these with kitchen tweezers.

■ Position the turkey in the roasting pan and brush it evenly with the oil. Season the skin with Traeger Pork and Poultry Rub. If your turkey came with a string sling for easy removal from the pan once the bird is roasted, position it under the bird according to the package directions.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the roasting pan with the turkey directly on the grill grate. Roast the turkey

for 3 hours. Insert the probe from the meat thermometer in the thickest part of the thigh, but not touching bone: You're looking for a temperature of 165 degrees F. The turkey should also be beautifully browned with crisp skin. If the temperature is less than that, or if your turkey is not browned to your liking, let it roast for another 30 minutes, then check the temperature again. Repeat until the turkey is fully cooked.

■ When the turkey is done, carefully transfer it to a cutting board and let it rest for 20 minutes. Do not tent it with aluminum foil or the skin will lose its crispness.

■ Carve and serve.



# SMOKED TURKEY LEGS

*Amusement parks and fairs have given smoked turkey legs a cult-like following, with some people offering money online for a recipe that mimics the legs sold at Disneyland. The secret is to soak the legs in brine for 24 hours, then smoke them low and slow. The flavor is ham-like, and very addictive.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Apple, Pecan**

## INGREDIENTS

- 1 gallon cold water
- 1 cup Morton's Tender Quick®
- 1/4 cup brown sugar
- 6 allspice berries, crushed (optional)
- 6 whole black peppercorns
- 2 bay leaves, broken into pieces
- 6 whole cloves
- 2 teaspoons liquid smoke
- 6 turkey legs, each weighing about 1.5 pounds (see Note below)

■ In a large stockpot, combine one gallon of water, the rub, curing salt, brown sugar, allspice (if using), peppercorns, bay leaves, cloves, and liquid smoke. Bring to a boil over high heat to dissolve the salt granules. Cool to room temperature, then refrigerate until thoroughly chilled. Add the turkey legs, making sure they're completely submerged in the brine. You can hold them down with a resealable bag filled with ice.

■ After 24 hours, drain the turkey legs and discard the brine. Rinse the brine off the legs with cold water, then dry thoroughly with paper towels. Brush off any clinging solid spices.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 225 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Lay the turkey legs directly on the grill grate. Cook for 4 to 5 hours, or until the internal temperature reaches 165 degrees F on an instant-read meat thermometer. (Make sure the probe doesn't touch bone or you'll get a false reading.) The turkey legs should be deeply browned. Do not be alarmed if the meat under the skin is pinkish: That's a chemical reaction to the cure and the smoke called a "smoke ring". Serve immediately, or refrigerate.

■ **Note:** If you can't find these Flintstone-esque legs, you can substitute smaller ones. Reduce the cooking time accordingly.



**TRAEGER  
LAMB**





# RETAIL LAMB CUTS

## SHOULDER

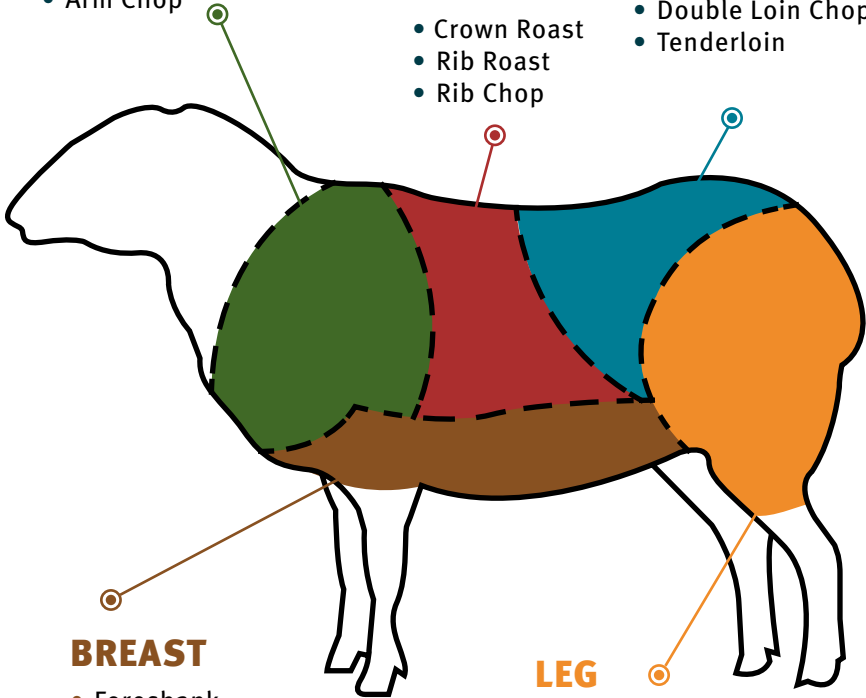
- Saratoga Roast
- Boneless Shoulder Roast
- Blade Chop
- Arm Chop

## LOIN

- Loin Roast
- Boneless Loin Strip
- Loin Chop
- Double Loin Chop
- Tenderloin

## RACK

- Crown Roast
- Rib Roast
- Rib Chop



## BREAST

- Foreshank
- Spareribs
- Riblets

## LEG

- Whole Leg
- Center Leg Roast
- Center Slice
- American Style Roast
- Boneless Leg Roast
- Sirloin Chop
- Boneless Sirloin Roast
- Top Round



# LAMB TIPS

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- Lamb blade or round-bone shoulder chops are often significantly less expensive than rib or loin chops.
- Buy grass-fed lamb when possible for the best texture and flavor.
- Marinate lamb overnight in bottled vinaigrette or a marinade of your own making.
- Lamb shanks are terrific when cooked low and slow on your Traeger in a savory liquid. (Cover tightly and allow at least four hours for the shanks to become tender.)
- Butterflied boneless leg of lamb is a quick and easy meal for a weeknight. Oftentimes, it is rolled and secured with elastic netting. Simply remove the netting before marinating or seasoning the lamb, then lay flat on the grill grate.
- The richness of lamb can be balanced with acids such as wine, vinegar, or lemon juice.



# RACK OF LAMB

Many recipes for rack of lamb call for it to be seared in hot oil before roasting. But there's no need: The seasoned lamb can go right into the Traeger. The term "frenched" (see below) refers to a chop—usually lamb or veal—that has had the rib bones scraped for a more attractive presentation on the plate.

**SERVES 4**

**RECOMMENDED PELLETS**

**Apple, Cherry**

## INGREDIENTS

- 1 8-bone rack of lamb, 1-1/2 pounds, frenched and trimmed of excess fat (leave 1/4-inch), at room temperature
- Extra-virgin olive oil or vegetable oil
- Traeger Prime Rib Rub or Beef Rub, or coarse salt and freshly ground black pepper
- 2 tablespoons fresh herbs, such as rosemary, parsley, or thyme, or two teaspoons dried

■ Rub the rack of lamb with olive oil and season with Traeger Prime Rib Rub and the herbs.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Place the lamb on the grill grate, rounded-side up. Roast for 30 minutes for medium rare (135 degrees F on an instant-read meat thermometer inserted into the center of the meat, but not touching bone), longer if you like your lamb less rare.

■ Transfer the lamb to a cutting board and let it rest for 5 minutes. Slice into 2-bone sections.



# ROAST BUTTERFLIED LEG OF LAMB

*Butterflied boneless leg of lamb is often sold rolled into a roast-like shape and held together with netting. You can leave it in the netting if desired, but a rolled roast is best cooked at a lower temperature—325 degrees F for 10 to 12 minutes per pound, or until it reaches medium-rare. You can cook bone-in lamb the same way. The marinade below is also excellent on rack of lamb and lamb chops.*

**SERVES 6**  
**RECOMMENDED PELLETS**  
**Pecan, Cherry, Apple**

## INGREDIENTS

- One lemon, washed
- 1/4 cup red wine vinegar
- 4 cloves garlic, minced
- 2 tablespoons minced fresh rosemary leaves, or 2 teaspoons dried
- 2 teaspoons fresh thyme, minced, or 1 teaspoon dried
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 cup extra-virgin olive oil
- 1 onion, sliced into rings
- 1 4- to 5-pound butterflied (boneless) leg of lamb

■ **Make the marinade:** Cut the lemon into quarters and remove the seeds. Squeeze the juice into a mixing bowl, reserving the lemon rinds. Add the red wine vinegar, garlic, rosemary, thyme, and salt and pepper and stir until the salt crystals dissolve. Whisk in the olive oil. Remove any netting from the lamb. Put the lamb into a large resealable plastic bag. Pour in the marinade, and add the onion and the reserved lemon rinds. Massage the bag to distribute the marinade and herbs. Refrigerate for several hours, or overnight.

■ **Remove the lamb from the marinade** and pat dry with paper towels. Discard the marinade.

■ **When ready to cook,** start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ **Arrange the lamb on the grill grate,** fat-side down. Grill 10 to 15 minutes per side for medium-rare (135 degrees F on an instant-read meat thermometer), longer if you prefer your lamb more well done. Let rest for 5 minutes. Slice thinly across the grain, and serve.



# GRILLED LAMB CHOPS WITH CHILI-MINT SAUCE

*Small, succulent lamb chops are great candidates for “Traegering.” They are best when served medium-rare.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Alder, Cherry, Apple**

## INGREDIENTS

- 8 loin lamb chops, 3/4-inch thick (about 4 to 5 ounces each), or lamb rib chops
- 1/2 cup distilled white vinegar or white wine
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons grated or finely minced onion
- 1 tablespoon fresh mint, chopped
- 2 tablespoons extra-virgin olive oil
- Traeger Prime Rib Rub, or salt and pepper
- 1/2 cup mint jelly
- 1/4 cup Traeger Mandarin Glaze Sauce, or your favorite Chinese sweet chili sauce

■ Using a sharp knife, trim any excess fat off the lamb chops and transfer the chops to a large resealable plastic bag. In a small mixing bowl, combine the vinegar and salt and pepper and stir until the salt dissolves. Stir in the onion, mint, and olive oil. Pour over the lamb chops and refrigerate for 2 to 4 hours.

■ Drain the lamb chops and pat dry with paper towels. Season on both sides with the Traeger Prime Rib Rub, or salt and pepper.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the chops on the grill grate. Grill for 4 to 6 minutes per side for medium-rare (130 to 135 degrees F on an instant-read meat thermometer). Meanwhile, combine the mint jelly and the Traeger Mandarin Glaze Sauce in a small saucepan. Warm on the stovetop or grill until the jelly is melted, stirring occasionally. Serve with the lamb chops.

**TRAEGER**  
**SEAFOOD**



# GLAZED SALMON

*A restaurant-caliber meal in around 30 minutes? It's possible with your Traeger. Especially if you have access to fresh wild-caught salmon, preferably from the Pacific. Lemon wedges and sprigs of fresh tarragon or dill will give your plates visual appeal.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Alder, Pecan**

## INGREDIENTS

- 4 center-cut salmon fillets with skin on, each 6 to 8-ounces
- Traeger Salmon Shake, or salt and freshly ground black pepper
- 1/2 cup mayonnaise, preferably Hellmann's
- 2 tablespoons Dijon-style mustard
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh tarragon or dill, or 1 teaspoon dried

■ Remove any pin bones in the salmon with kitchen tweezers or needle-nose pliers. Season the fillets with the Traeger Salmon Shake. Make the glaze: Combine the mayonnaise and mustard in a small bowl. Stir in the lemon juice and tarragon. Spread the flesh-side of the fillets with the glaze.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the salmon fillets on the grill grate, skin-side down. Grill for 25 to 30 minutes, or until the salmon is opaque and flakes easily with a fork. Transfer to a platter or plates and serve immediately.





# CEDAR-PLANKED SALMON WITH LEMON-DILL BUTTER

*While this is an impressive dinner for company, it is easy enough for a busy weeknight supper. Any leftover Lemon-Dill Butter pairs beautifully with grilled shrimp.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Maple, Apple**

## INGREDIENTS

- 1 lemon
- 8 tablespoons (1 stick) butter, at room temperature
- 2 tablespoons fresh dill, chopped
- Traeger Salmon Shake, or salt and freshly ground black pepper
- 4 skinless salmon fillets, preferably center-cut (6- to 8-ounces each)
- 1 untreated cedar plank (approximately 16- by 8-inches), soaked in water to cover for 1 hour, then drained (see Note below)

■ Wash the lemon, and cut it in half through its equator. Slice one-half into thin slices with a sharp knife and reserve (discard stem end). Remove the yellow zest from the other half with a knife or vegetable peeler and finely mince, or use a zester. Squeeze the juice from the zested half, discarding any seeds.

■ Make the Lemon-Dill Butter: In a small mixing bowl, combine the butter with the lemon zest, 1 tablespoon of lemon juice, the dill, and 1-1/2 teaspoons Traeger Salmon Shake or 1 teaspoon of salt and 1/2 teaspoon freshly ground black pepper. Set aside or cover and refrigerate if not using immediately. (The Lemon-Dill Butter can also be frozen for up to 6 months.)

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Put the cedar plank directly on the grill grate. Set the temperature to 350 degrees F and preheat, lid closed, for 20 minutes. (This is a longer preheat than usual because you want to get the plank hot.)

■ Remove any pin bones from the salmon fillets (you can feel the bones with your fingertips) with kitchen tweezers or needle-nosed pliers. Season the salmon fillets on both sides with Traeger Salmon Shake. Arrange the fillets on the plank, and top each fillet with a slice of lemon. Cook, lid closed, for 25 to 30 minutes, or until the salmon is opaque and flakes easily when pressed with a fork. Top each fillet with a pat of Lemon-Dill Butter. Carefully transfer the fillets to a platter or plates and serve immediately.

■ **Note:** A rimmed cookie sheet works well for soaking the plank. Keep it submerged by resting something heavy, like a dinner plate, on the plank.



## BAKED COD

*For an easy side dish, slice the tops off ripe tomatoes. Salt and pepper them, then top them with grated Parmesan or Romano cheese and dust with dried basil. Bake the tomatoes alongside the fish.*

**SERVES 4**

RECOMMENDED PELLETS

**Oak**

### INGREDIENTS

- 4 pieces cod loin (each about 8-ounces)
- Juice of 1 lemon
- 1/2 cup (1 stick) butter, melted (divided use)
- Traeger Salmon Shake, or salt and freshly ground black pepper
- 25 round buttery snack crackers, such as Ritz, crushed into fine crumbs
- 1-1/2 teaspoons dried basil
- Chopped fresh parsley for garnish (optional)

■ Arrange the cod in a buttered 9- by 13-inch baking pan and drizzle it with the lemon juice and 1/4 cup of the melted butter. Season the fish with the Traeger Salmon Shake. Combine the cracker crumbs, the basil, and the remainder of the butter in a small bowl and stir to mix. Top the cod with the crumb mixture.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Put the baking dish on the grill grate and bake for 20 minutes, or until the topping is golden brown and the fish flakes easily when pressed with a fork. Garnish with parsley, if desired.

# SCALLOPS

*When buying fresh scallops, be sure to look for ones that are labeled “dry pack”. This means they have not been treated with phosphates, a chemical often used to preserve them until they get to market.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Alder, Pecan**

## INGREDIENTS

- 1-1/2 pounds “jumbo” scallops (10 to 15 per pound)
- 6 tablespoons butter
- 1 clove garlic, minced
- 1 tablespoon fresh lemon juice
- Traeger Salmon Shake, or salt and freshly ground black pepper
- Chopped fresh parsley for serving (optional)
- Lemon wedges for serving

■ Line a rimmed baking sheet with aluminum foil. Rinse the scallops under cold running water and gently dry on paper towels. Transfer them to the baking sheet.

■ In a saucepan, melt the butter. Add the garlic and lemon juice. Remove from the heat. Brush the scallops on both sides with the garlic butter, then season with the Traeger Salmon Shake.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High), and preheat, lid closed, for 10 to 15 minutes

■ Remove the scallops from the baking sheet and arrange the scallops directly on the grill grate. Grill for 8 to 10 minutes, or until the scallops are firm and opaque. Transfer the scallops to a platter or plates. Sprinkle with parsley, if desired, and serve with lemon wedges.



# TEXAS COWBOY SHRIMP

*Serve this shrimp hot with cornbread, or cold as an appetizer. Either way, it will disappear.*

**SERVES 4**

**RECOMMENDED PELLETS**

**Hickory, Mesquite, Pecan**

## INGREDIENTS

- 2 pounds jumbo shrimp, peeled and deveined (24 shrimp)
- 3 tablespoons olive oil or vegetable oil
- Salt and coarsely ground black pepper
- 1 small onion, peeled and finely diced
- 2 cloves garlic, minced
- 1/2 to 1 jalapeno pepper, seeded and finely minced (optional)
- 1 cup Traeger Texas Spicy Barbecue Sauce, or your favorite Texas-style barbecue sauce
- Fresh cilantro leaves, chopped

■ Wash the shrimp under cold running water, drain, and pat dry with paper towels. Transfer to a bowl. Gently mix the shrimp with 2 tablespoons of the oil, then season well with salt and pepper. Set aside while you make the sauce.

■ Heat a saucepan over medium-low heat with 1 tablespoon of oil. Add the onion, garlic, and jalapeno pepper, if desired, and sauté until softened. Stir in the barbecue sauce and keep warm.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the shrimp on the grill grate and grill, 2 to 3 minutes per side, until the shrimp is firm and opaque and cooked through. Quickly add the cooked shrimp to the warm sauce, along with the cilantro. Stir gently to coat. Turn onto a platter or into a large bowl and serve immediately.

# CITRUS-GRILLED SWORDFISH

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*This is an easy way to prepare firm, mild-tasting fish like monkfish, Chilean sea bass, halibut, etc.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Alder, Oak, Pecan**

## INGREDIENTS

- 1 large pink grapefruit , or 2 large navel oranges plus 1 lime (see Note below)
- 4 swordfish steaks, 1-inch thick (6 to 8 ounces each)
- Extra-virgin olive oil
- Traeger Salmon Shake, or salt and freshly ground black pepper

■ Slice the grapefruit into eighths. (If using the oranges and lime, cut each fruit into quarters.) Rub each swordfish steak on both sides with olive oil. Season with Traeger Salmon Shake.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the swordfish steaks on the grill grate. Squeeze the citrus juice (from 2 to 3 wedges of grapefruit) over the top of the steaks. Grill for 6 to 8 minutes. Using a thin spatula, turn the steaks. Again, squeeze citrus juice over the top of the steaks. Finish cooking the steaks, 6 to 8 minutes more, or until the flesh is opaque and breaks into firm flakes when pressed with a fork. Finish with a final squeeze of citrus juice.

■ **Note:** Citrus fruits will yield more juice if you microwave them for 20 to 30 seconds first.





# HALIBUT WITH MEDITERRANEAN RELISH

*Pantry items can be turned into a delicious relish for swordfish or other firm-fleshed fish like tuna, monkfish, salmon, or swordfish.*

**SERVES 4**

**RECOMMENDED PELLETS**

**Pecan, Oak, or Hickory**

## INGREDIENTS

- 1/2 cup pitted green olives, chopped
- 1/2 cup pitted black olives, chopped
- 1/4 cup sun-dried tomatoes, drained of oil, and chopped
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon red wine vinegar or freshly squeezed lemon juice
- 3 tablespoons extra-virgin olive oil, plus more for brushing the fish
- Coarse salt and freshly ground black pepper
- 4 6-ounce halibut steaks, each about 3/4-inch thick, or another firm-fleshed fish (see suggestions above)

■ **Make the relish:** In a small mixing bowl, combine the green and black olives, sun-dried tomatoes, onion, garlic, red wine vinegar, and 3 tablespoons of olive oil. Season with freshly ground black pepper.

■ **Brush the halibut steaks** with olive oil and season on both sides with salt and freshly ground black pepper.

■ **When ready to cook,** start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ **Bake the fish** for 15 to 20 minutes, or until it is opaque and flakes easily when pressed with a fork. Transfer to a platter or plates and top each steak with the olive relish.



# PEPPERED TUNA WITH FRESH TOMATO AND MOZZARELLA SALAD

*Tuna, tomatoes, mozzarella, and olive oil evoke the island of Sicily, just under the sole of the Italian boot. Accompany with good crusty bread.*

**SERVES 4**  
**RECOMMENDED PELLETS**  
**Alder, Oak**

## INGREDIENTS

- 4 tuna steaks (about 1-inch thick, 6 to 8 ounces each)
- 1/2 cup extra-virgin olive oil
- Coarsely ground black pepper
- Coarse salt (kosher or sea)
- 1 tablespoon red wine vinegar, or more to taste
- 1 pint (2 cups) cherry tomatoes, washed and halved lengthwise
- 4 ounces mozzarella, preferably fresh, cut into bite-size pieces
- 6 leaves fresh basil, chopped, or 1 teaspoon, dried
- Lemon wedges, for serving

■ Trim any skin or dark spots off the tuna, if necessary. Oil both sides of each steak. Generously season with coarsely ground black pepper and salt to taste. In a small bowl, combine 1/2 teaspoon black pepper and 1/2 teaspoon salt with the vinegar and stir until the salt dissolves. Whisk in the remaining olive oil, and stir in the basil. In a larger bowl, combine the tomatoes and mozzarella. Set aside.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the tuna steaks on the grill grate and grill, turning once, until the steaks are browned on the outside and the desired degree of doneness is reached, 3 to 4 minutes per side for rare—longer for tuna that is fully cooked (approximately 8 to 10 minutes per side). Rewhisk the dressing, pour over the tomatoes and mozzarella, and toss gently. Transfer the tuna steaks to plates and divide the tomato and mozzarella salad between them. (Plate with the salad just to the side of the tuna.) Serve with lemon wedges for squeezing.



# LOBSTER TAIL

*A sturdy pair of kitchen shears—or even tin snips—will help you release the succulent lobster meat from the tough shell. Resting the lobster meat on top of the split shell while keeping it attached at the base of the tail is a popular way of presenting lobster in restaurants.*

**SERVES 2**

**RECOMMENDED PELLETS**

**Oak, Apple, Pecan**

## INGREDIENTS

- 2 lobster tails, 8 to 10 ounces each, defrosted if frozen
- 8 tablespoons butter
- 2 tablespoons fresh lemon juice
- 1 teaspoon paprika
- 1/2 teaspoon garlic salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons fresh parsley, chopped (optional)

■ Prepare the lobster by cutting down the middle of the tough shell toward the tail with kitchen shears. Using your fingers, gently pry the meat from the shell, keeping it attached at the base of the tail. Lift the meat so it is resting on top of the split shell (again, keeping it attached at the base of the tail). Make a slit down the middle of the meat. Place the lobster tails on a rimmed baking sheet.

■ Melt the butter in a small saucepan over medium-low heat. Whisk in the lemon juice, paprika, garlic salt, pepper, and parsley (if using). Pour about 1 tablespoon of the butter mixture over each lobster tail. Keep the remaining butter mixture warm.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Remove the lobster tails from the baking sheet and arrange them directly on the grill grate. Cook for 25 to 30 minutes, or until the meat is white and opaque. Transfer the lobster tails to a platter or plates. Serve with the reserved butter mixture.





**TRAEGER**  
**VEGETABLES**





# BROCCOLI AND CAULIFLOWER MEDLEY

*This cooking method works great on either broccoli or cauliflower alone, but we like the play of the green with the white.*

**SERVES 6**  
**RECOMMENDED PELLETS**

**Hickory, Oak, Pecan**

## INGREDIENTS

- 1 large head broccoli, cut into bite-size florets
- 1 large head cauliflower, cut into bite-size florets
- Extra-virgin olive oil
- Traeger Veggie Shake, or salt and freshly ground black pepper

■ Put the vegetables on a rimmed baking sheet in a single layer. Drizzle olive oil over the vegetables, turning them to coat. Season with Traeger Veggie Shake.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the baking sheet on the grill grate. Grill the vegetables, turning once or twice, for 25 to 30 minutes, or until they are tender and slightly browned. Transfer to a bowl or plates and serve immediately.

# FARMER'S MARKET GRILLED VEGETABLE SALAD



*The jewel-like colors of this salad will make it a show-stopper on your dinner table. If there are leftovers, cut them into bite-size pieces and toss with cooked pasta.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Hickory, Alder, Oak, Pecan**

## INGREDIENTS

- 1 red bell pepper
- 1 orange or yellow bell pepper
- 4 zucchini squash, preferably of uniform size
- 4 yellow squash, preferably of uniform size
- 1 bunch asparagus
- Extra-virgin olive oil
- Traeger Veggie Shake
- 1 lemon, quartered and seeded
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh herbs, such as parsley, basil, or oregano

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ Lay the bell peppers on the grill grate and char on all sides, turning as needed with tongs, 15 to 20 minutes in all. Let cool slightly, then peel the thin skin off (don't worry if you can't get it all). Remove the stem, ribs, and core from each, and slice into thin strips. Reserve.

■ Meanwhile, trim the ends off the squash and carefully slice lengthwise into 1/4-inch slices. Lay on a rimmed baking sheet in one layer. Trim the tough ends off the asparagus (if you bend a stalk, it will break where it's tender). Lay it across the squash. Drizzle or brush olive oil on the vegetables.

■ Arrange the squash and asparagus directly on the grill grate. (Lay the asparagus perpendicular to the bars of the grate so the stalks don't fall through.) Keep the baking sheet nearby. Grill the squash slices for 2 to 3 minutes per side, or until they are tender, turning with tongs. Grill the asparagus until tender, nudging with tongs to turn, 8 to 10 minutes total. As the

vegetables are finished, transfer them to the baking sheet.

■ Arrange the vegetables, including the reserved bell pepper, attractively on a large platter. Drizzle with additional olive oil, then squeeze lemon juice over all. Sprinkle evenly with the Parmesan and herbs. Serve at room temperature.



# STEAKHOUSE-STYLE BAKED POTATOES

*For an inexpensive but festive weeknight supper, set up a “potato bar” with baked potatoes and any accompaniments your family likes, from bacon bits to sliced pickled jalapenos. If you prefer a more toothsome skin on your baked potato, do not wrap it in foil.*

**SERVES 4**

RECOMMENDED PELLETS

**Hickory, Oak,  
Pecan, Mesquite**

## INGREDIENTS

- 4 extra-large baking potatoes, such as Idaho
- 2 tablespoons extra-virgin olive oil or vegetable oil
- Traeger Beef Rub, or coarse salt (such as kosher or sea) and coarsely ground black pepper
- Butter
- Sour cream
- Fresh chives or scallions (green onions), trimmed and thinly sliced (optional)

■ Scrub the outside of the potatoes thoroughly under cold running water with a vegetable brush. Dry with paper towels. Rub the oil over each potato, season very generously with the Traeger Beef Rub, and wrap in aluminum foil.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the potatoes directly on the grill grate and bake until tender, about 1 to 1-1/4 hours. (To test for doneness, run a skewer or knife through the center of a potato: It should go through without any resistance.) Transfer the potatoes to a platter or plates. Using a sharp knife, cut a lengthwise slit in each to let the steam escape. Squeeze the narrow ends of the potato to “fluff” it up. Serve immediately with butter, sour cream, and chives.



# CLASSIC GREEN BEAN CASSEROLE

*The Campbell's Soup Company scored a hit when they introduced Americans to this casserole in 1955. We've seen versions that use homemade cream of mushroom soup and even French-fried shallots in lieu of the traditional crispy onion topping. But there are some things you just shouldn't mess with.*

**SERVES 6**  
**RECOMMENDED PELLETS**  
**Pecan**

## INGREDIENTS

- 2 16-ounce cans green beans, drained, or 1-1/2 pounds fresh green beans, trimmed and cooked until tender
- 1 10-3/4 ounce can cream of mushroom condensed soup
- 1/2 cup milk
- 2 teaspoons soy sauce
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon freshly ground black pepper
- 1-1/3 cups french-fried onions, divided use
- 1/4 cup finely diced red bell pepper or jarred pimientos (optional)

■ In a mixing bowl, combine the beans, soup, milk, soy sauce, Worcestershire sauce, black pepper, 2/3 cup of the onions, and red pepper, if using. Transfer to a 1-1/2 quart casserole dish.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Cook the casserole until the filling is hot and bubbling, 35 to 40 minutes. Top with the remaining onions and cook for 5 to 10 minutes more, or until the onions are crisp and beginning to brown.



# SMOKED PORTOBELLO MUSHROOM “BURGERS”

*Meaty-tasting Portobello mushrooms, marinated, infused with wood smoke, and topped with grilled onions and cheese, will not only please any vegetarians at your table—the carnivores will be satisfied, too. Whether you practice “Meatless Mondays” or not, give these a try.*

**SERVES 4**  
**RECOMMENDED PELLETS**

**Any**

## INGREDIENTS

- 4 large Portobello mushrooms, each 4- to 5-inches across
- 3/4 cup Traeger Carne Asada Marinade, or your favorite marinade for beef
- 1 onion, peeled and sliced into 1/2-inch rounds
- 4 ounces mozzarella or muenster cheese, thinly sliced
- 1 large ripe tomato, thinly sliced
- 4 tablespoons butter, melted
- 4 large kaiser-style hamburger rolls, split
- 1 large ripe tomato, thinly sliced
- Pickles, lettuce leaves, mayonnaise, mustard, and ketchup for serving

■ Wipe the mushroom caps clean with a damp paper towel. Remove the stems. Put the mushrooms and the onion slices into a resealable bag along with the Traeger Carne Asada Marinade. Let marinate, refrigerated, for 4 to 6 hours. Drain. You can refrigerate the marinade and reuse if desired, since it only touched vegetables, and not meat.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Arrange the mushrooms (gill-side down) and onion slices on the grill grate and smoke for 30 minutes. Increase the temperature to 350 degrees F, and flip the mushrooms gill-side up. Cook the mushrooms and onions for 15 to 20 minutes more, or until the mushrooms are tender. The onions can still retain a bit of crunch. When the mushrooms are almost done, top each with one-fourth of the cheese. Brush the cut sides of the rolls with the melted butter. Grill, cut-side down, for a few minutes, or until they just begin to brown.

■ Transfer the bottom halves of the buns to plates or a platter. Top with the cheese-filled mushroom, onion slices, tomato, pickle, lettuce leaves, and bun tops. Serve with the suggested condiments



# SMOKE-ROASTED ONION, BACON, AND TOMATO SALAD

*This piquant salad is excellent with grilled meats. You can do much of the preparation ahead of time—roast the onions, cook the bacon, and make the vinaigrette.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**  
**Hickory, Apple, Pecan, Oak**

## INGREDIENTS

- 4 sweet onions, about 8-ounces each, papery skin removed
- 6 slices of lean bacon, cooked until crisp, then crumbled
- 2 tablespoons red wine vinegar or balsamic vinegar
- 1 teaspoon salt, or more to taste
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup extra-virgin olive oil, or vegetable oil
- 1 pint cherry tomatoes, halved
- 1 English cucumber, thinly sliced
- 2 cups crunchy lettuce (such as iceberg or Romaine), coarsely chopped
- 1 cup croutons for serving, preferably homemade
- 1/2 cup coarsely grated Parmesan cheese

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

■ Arrange the onions on the grill grate. Smoke for 30 minutes. Wrap the onions individually in aluminum foil and return to the grill.

■ Increase the temperature to 350 degrees F. Roast the onions until they are tender, about 1 hour more. When they are cool enough to handle, remove and discard the foil. Coarsely chop the onions, discarding the ends.

■ Meanwhile, in a large mixing bowl, combine the vinegar, salt, and pepper. Slowly whisk in the oil. Add the bacon crumbles, onion, tomato, cucumber, and lettuce. Gently toss the ingredients (clean hands work well for this) until the salad is coated with the dressing. Transfer to an attractive salad bowl or deep platter. Top with the croutons and the Parmesan.



# GRILLED CORN WITH BACON BUTTER

*Corn and bacon go exceedingly well together.*

**SERVES 4-6**  
RECOMMENDED PELLETS

**Hickory, Oak,  
Pecan, Mesquite**

## INGREDIENTS

- 3 strips of bacon
- 12 tablespoons butter, at room temperature
- 1 scallion (green onion), white and green parts finely minced
- 1 tablespoon Traeger Veggie Shake, or your favorite barbecue rub
- 2 teaspoons apple cider vinegar
- 1 teaspoon Worcestershire sauce
- 8 ears fresh sweet corn in their husks

■ **Make the bacon butter:** Starting in a cold skillet, fry the bacon over medium heat until it is browned and crisp. Drain on paper towels. Mince very finely. In a small mixing bowl, combine the bacon, butter, scallion, Traeger Veggie Shake, vinegar, and Worcestershire sauce. Mix thoroughly with a wooden spoon. If not using immediately, cover and refrigerate. (The butter will keep for at least a week.)

■ **Shuck the sweet corn** by pulling the green husks completely down over the stalk. Remove all the silk. Leave the husks attached, but pull off any silk clinging to them. Tie off the husks with butcher's string or a long, narrow piece of corn husk.

■ **When ready to cook**, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (High) and preheat, lid closed, for 10 to 15 minutes.

■ **Arrange the ears of corn** directly on the grill grate. Grill for 12 to 14 minutes, turning frequently, until some of the kernels are golden brown. (The corn will brown unevenly.) Serve immediately with the bacon butter.



# BARBECUED PINTO BEANS

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*For the sake of convenience, this recipe uses canned pinto beans; dried ones take up to six hours to cook to softness. Delicious with brisket, ribs, fajitas, or barbecued pork steak or shoulder.*

**SERVES 6-8**

**RECOMMENDED PELLETS**

**Mesquite, Oak, Hickory**

## INGREDIENTS

- 3 slices bacon, cold, diced
- 1 onion, peeled and diced
- 1/2 green bell pepper, seeded and diced
- 2 cloves garlic, minced
- 1 cup beer, preferably Mexican, plus more if needed
- 1/2 cup brewed coffee
- 1/2 cup Traeger Texas Spicy Barbecue Sauce, or your favorite sauce
- 2 tablespoons molasses
- 2 tablespoons pickled jalapeno, minced, or more to taste (optional)
- 2 teaspoons chile powder, or more to taste
- 1-1/2 teaspoons ground cumin
- Salt and freshly ground pepper
- 3 15-ounce cans pinto beans

■ Put the diced bacon in a cold skillet. Turn the heat to medium-low, and cook until the bacon has rendered some of its fat. Add the onion, bell pepper, and garlic and sauté until the vegetables begin to soften, 5 to 10 minutes. Add the beer, coffee, barbecue sauce, molasses, jalapeno (if using), and cumin and simmer for 10 minutes to let the flavors develop. Add salt and pepper, and more jalapeno or chile powder to taste.

■ Dump the canned beans into a colander and drain. Rinse with cold water, and drain again. Combine the bacon mixture and the beans in a bean pot or casserole large enough to hold them. Stir to mix.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Cook the beans for 2 to 2-1/2 hours, or until the liquid in the beans is syrupy. (Add more beer if the beans threaten to dry out during the cooking time.) Let the beans sit for a few minutes before serving.



# BAKED BEANS

*Chopped barbecued pork or beef brisket leftover from a previous grill session is a great addition to these beans. If you like your beans on the spicy side, add a few shakes of hot sauce, or sauté a minced jalapeno pepper along with the bacon, onion, and bell pepper.*

**SERVES 15-18**

**RECOMMENDED PELLETS**

**Hickory, Oak, Mesquite**

## INGREDIENTS

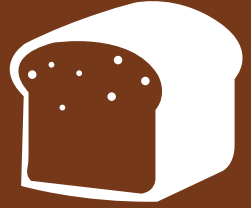
- 10 slices meaty thick-sliced smoked bacon, cold, diced
- 1 large sweet onion, peeled and diced
- 1 red or green bell pepper, stemmed, cored, and diced
- 3 28-ounce cans pork and beans
- 1 cup Traeger Regular Barbecue Sauce, or your favorite barbecue sauce
- 1/2 cup packed brown sugar
- 1/4 cup apple cider vinegar
- 1/4 cup Worcestershire sauce
- 3 tablespoons prepared mustard
- 1-1/2 teaspoons ground clove

■ Put the diced bacon in a cold skillet. Turn the heat to medium-low, and cook until the bacon has rendered some of its fat. Add the onion and the bell pepper and sauté until the vegetables soften. Transfer to a large mixing bowl. Stir in the pork and beans, barbecue sauce, brown sugar, vinegar, Worcestershire sauce, mustard, and clove. Pour into a large baking pan.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 300 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Cook the beans for 2-1/2 to 3 hours, or until the liquid in the beans is syrupy. (Don't let them dry out.) Let the beans sit for a few minutes before serving.

**TRAEGER  
BAKED  
GOODS &  
DESSERTS**





# TRAEGER MACARONI AND CHEESE FOR A CROWD

*Nothing fancy here, but this is a supremely satisfying macaroni and cheese—maybe better than Mom’s—that will become a family favorite.*

**SERVES 8-10**  
**RECOMMENDED PELLETS**  
**Oak, Pecan, or Apple**

## INGREDIENTS

- 2 pounds elbow macaroni
- 12 tablespoons butter (1-1/2 sticks), plus extra for buttering the pan
- 1/2 cup flour
- 1 teaspoon dry mustard
- 1-1/2 to 2 cups milk
- 2 pounds Velveeta® or American cheese, cut into 1/2-inch cubes
- 1-1/2 cups grated mild Cheddar cheese
- 2 cups plain dry breadcrumbs
- Salt and black pepper
- Paprika
- 1 disposable aluminum roasting pan, or large heat-proof casserole.

■ Bring 5 quarts of water to a boil in a large stockpot over high heat. Add 1 tablespoon of salt. Add the macaroni, and stir. Cook for 2 minutes less than the time recommended on the package, stirring periodically to keep the pasta from sticking. The pasta will continue to cook in the Traeger. Drain well, and transfer to a large mixing bowl.

■ Meanwhile, melt 8 tablespoons (1 stick) of butter in a medium saucepan over medium heat. Gradually add the flour and mustard, whisking constantly. Continue whisking for about 2 minutes, being careful that the mixture doesn't begin to brown. The butter/flour mixture will bubble. Gradually whisk in 1-1/2 cups of milk; whisk continuously until the mixture is smooth. Reduce the heat to medium-low and stir in the Velveeta®, one-third at a time, until all the cheese is incorporated and melted. Add more milk if the cheese sauce seems too thick. Season to taste with salt and pepper. Pour the cheese sauce over the pasta and stir gently with a rubber spatula or wooden spoon. Butter the roasting pan or casserole. Pour the macaroni and cheese evenly into the pan. Sprinkle the Cheddar cheese on top.

■ Melt the remaining 4 tablespoons of butter in a saucepan. Add the breadcrumbs, and stir to coat with butter. Spread the breadcrumbs evenly over the top of the macaroni and cheese. Dust lightly with paprika.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the macaroni and cheese for 45 minutes to 1 hour, or until the mixture is hot and bubbling and the breadcrumbs are golden brown.

# GARLIC BREAD #1



*Keep an eye on this as it grills; bread can burn easily—even on a Traeger!*

**SERVES** 4-6  
**RECOMMENDED PELLETS**  
**Any**

## INGREDIENTS

- 1 loaf Italian or French bread
- 10 tablespoons butter (1-1/4 sticks), at room temperature
- Garlic salt, such as Lawry's
- 3 tablespoons fresh parsley, or 1 tablespoon dried parsley

■ Using a serrated bread knife, carefully slice the bread in half lengthwise, making two long halves. Butter the cut sides, and sprinkle with garlic salt.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Arrange the two bread halves on the grill grate, buttered sides down. Grill until the bread begins to brown, 10 to 12 minutes. Using tongs, turn the bread over. Sprinkle it with the parsley. Transfer to a cutting board, and using a bread knife, cut into slices. Serve warm.



## GARLIC BREAD #2

*It's so easy to roast garlic on your Traeger. Just drizzle it with olive oil, wrap it in foil, and in less than an hour, you'll have the real deal for making fabulous garlic bread.*

**SERVES** 4-6  
**RECOMMENDED PELLETS**  
**Any**

### INGREDIENTS

- 1 whole head of garlic (not a clove, but a head)
- 2 teaspoons extra-virgin olive oil
- 10 tablespoons butter (1-1/4 sticks), at room temperature
- Salt and freshly ground black pepper
- 3/4 cup finely grated Parmesan cheese
- 3 tablespoons fresh parsley, or 1 tablespoon dried parsley

■ Slice the top off the head of garlic, exposing the cloves. (No need to peel.) Put the garlic on a square of aluminum foil large enough to enclose it. Drizzle the olive oil over the garlic, and bring the corners of the foil up to loosely enclose it.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Roast the garlic for 45 minutes, or until it is soft. If making the bread immediately, do not turn off the grill. (You can roast the garlic in advance, or at a previous grill session.) Let the garlic cool slightly, then squeeze the sides over a small bowl to release the roasted garlic. Discard the papery husk. Add the butter and salt and pepper to taste and beat with a wooden spoon until combined. Using a serrated bread knife, carefully slice the bread in half lengthwise, making two long halves. Butter the cut sides with the garlic butter.

■ Increase the grill temperature to 400 degrees F.

■ Arrange the two bread halves on the grill grate, buttered sides down. Grill until the bread begins to brown, 10 to 12 minutes. Using tongs, turn the bread over. Sprinkle it evenly with the cheese, then the parsley. Grill for 2 minutes more to melt the cheese. Transfer to a cutting board, and using a bread knife, cut into slices. Serve warm.



# BLUEBERRY-SOUR CREAM MUFFINS

Seasonally, Traeger owners in some northern states and Canada can forage for wild blueberries. But blueberries from the supermarket or farmer's market in the little clam-shell containers—and even frozen blueberries—work just fine in this recipe. The sour cream makes these muffins exceptionally tender and moist.

**SERVES 10-12**  
**RECOMMENDED PELLETS**  
**Apple, Cherry**

## INGREDIENTS

- 2 cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup butter
- 3/4 cup sugar, plus extra for the muffin tops
- 2 large eggs
- 3/4 cup sour cream
- 1-1/2 teaspoons vanilla
- 1-1/2 cups fresh or frozen blueberries
- Paper cupcake liners
- Butter, at room temperature, for serving (optional)

■ In a small mixing bowl, combine the flour, salt, and baking soda; whisk. In another bowl, using a wooden spoon or a mixer, beat the butter and sugar until light-colored and fluffy. Beat in the eggs, one at a time. Stir in the sour cream and vanilla. Using a rubber spatula, gently fold in the blueberries.

■ Line a 12-cup muffin tin with the cupcake liners. Using an ice cream scoop or spoon, fill each muffin cup two-thirds full with the batter. Sprinkle sugar evenly over the top of each muffin.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the muffins 25 to 30 minutes, or until a toothpick inserted in the center of one comes out clean (no uncooked batter clinging to it). Rotate the pan 180 degrees halfway through the baking time. Serve warm or at room temperature with butter, if desired.



# OLD-FASHIONED CORNBREAD

*It only takes a few minutes to mix up cornbread from scratch.*

**SERVES 4-6**

**RECOMMENDED PELLETS**

**Oak, Pecan, Apple**

## INGREDIENTS

- 1 cup all-purpose flour
- 1 cup yellow or white cornmeal
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons butter
- 1 cup milk
- 1 large egg, lightly beaten

■ In a mixing bowl, combine the flour, cornmeal, sugar, baking powder, and salt. Melt the butter in a small saucepan. Remove from the heat, and stir in the milk and the egg. (Make sure the mixture isn't hot or the egg will curdle.) Add the milk-egg mixture to the dry ingredients and stir to combine. Do not overmix. Spread the batter evenly in a greased 8- or 9-inch square baking pan or pie plate.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the cornbread until it begins to pull away from the sides of the pan and the top is beginning to brown, 25 to 35 minutes. Cut into squares (or wedges, if you used a pie plate) for serving.





# “BLONDE” BROWNIES

*This recipe goes together in five minutes and will become a favorite in your Traeger dessert repertoire.*

**SERVES 6**  
**RECOMMENDED PELLETS**  
**Pecan**

## INGREDIENTS

- Cooking spray
- 6 tablespoons butter
- 1 cup packed brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- Pinch of salt
- 1/2 cup chocolate chip morsels
- 1/2 cup pecans or walnuts, chopped (optional)
- Ice cream and jarred caramel topping for serving (optional)

■ Coat a 9-inch glass pie plate or 8- by 8-inch glass baking dish with cooking spray.

■ Melt the butter in a medium saucepan over low heat. Add the brown sugar and stir with a wooden spoon until combined. Remove from the heat and let cool slightly. (Too hot, and it will curdle the egg.) Beat in the egg and vanilla. Sift the flour, baking powder, baking soda, and salt into the brown sugar mixture. Stir to combine. Stir in the nuts, if using. Spread the dough evenly in the prepared pie plate or pan. Sprinkle with the chocolate chips.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the brownies for 20 to 25 minutes, or until the top begins to brown and the edges begin to pull away from the side of the baking dish, turning halfway through the cooking time. Let cool slightly, then cut into wedges (if you used a pie plate) or squares (if you used a rectangular dish). Serve warm with ice cream and jarred caramel topping, if desired.



# EASY CARROT CAKE

A food processor or blender makes very quick work of this moist, cinnamon-laced cake. You can even skip the icing entirely and simply sift powdered sugar over the cooled cake. If you prefer, you can divide the batter between muffin cups lined with paper cupcake liners. Reduce time on the Traeger to 20 to 25 minutes if baking cupcakes.

**SERVES 8**  
**RECOMMENDED PELLETS**

## Apple, Cherry

### INGREDIENTS

- 8 large carrots, peeled and cut into 1-inch chunks
- 4 eggs
- 1 cup vegetable oil
- 1/2 cup milk
- 1 teaspoon vanilla
- 2 cups granulated sugar
- 2 cups flour
- 2 tablespoons cocoa
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 cup raisins (optional)
- Solid shortening or nonstick cooking spray for the pan
- Cream Cheese Icing (recipe below) or powdered sugar

■ In the bowl of a food processor or a blender jar, combine the carrots, eggs, oil, milk, and vanilla and process until the carrots are in very small pieces. Put the sugar into a large mixing bowl. Sift in the flour, cocoa, baking soda, and salt. Pour in the carrot mixture, and stir until the wet and dry ingredients are just combined. Stir in the raisins, if desired.

■ Grease a 9x13-inch baking pan with shortening or spray it with cooking spray. Pour the batter into the prepared pan.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the cake for approximately 1 hour, or until a toothpick inserted in the center comes out clean. Rotate the pan 180 degrees halfway through the baking time. Cool the cake completely on a cake rack before frosting with Cream Cheese Icing (recipe below) or dusting with powdered sugar.

### Make the Cream Cheese Icing

■ Using a hand mixer, combine 4 ounces of cream cheese, 2-1/2 cups powdered sugar, 3 tablespoons room-temperature butter, 1 teaspoon of vanilla, and a pinch of salt. Add milk or cream as needed to get the desired consistency; beat until fluffy. Frost the cooled cake.

# PEACH AND RASPBERRY CRISP

101



*Blueberries, apples, pears, cherries, and even rhubarb work well in this recipe. Use whatever's in season.*

**SERVES 6-8**  
**RECOMMENDED PELLETS**  
**Apple, Cherry**

## INGREDIENTS

- 6 cups diced peaches (about 5 to 6 peaches)
- Juice of one lemon
- 2 cups raspberries, washed
- 1/2 cup granulated sugar (or more to taste)
- 3/4 cup flour (divided use)
- 3/4 teaspoon ground cinnamon
- 3 ounces shortbread or sugar cookies, broken into pieces
- 1/2 cup firmly packed brown sugar
- 8 tablespoons cold butter, cut into 1-inch pieces
- 1/8 teaspoon salt
- Ice cream for serving (optional)

■ Grease a 9- or 10-inch pie plate with cooking spray or solid shortening. In a large mixing bowl, combine the peaches and the lemon juice. Add the raspberries, the granulated sugar, 1/4 cup of the flour, and the cinnamon. Stir to combine. Pour into the prepared pie plate.

■ In the bowl of a food processor, combine the cookies, brown sugar, butter, salt, and the remaining 1/2 cup of flour. Pulse until the cookies are crumbly and the butter has been broken down into pea-sized bits. Spoon the topping evenly over the fruit in the pie plate.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the crisp until the filling is bubbling around the edges of the pie plate and the topping is nicely browned, about 45 minutes. Serve warm with ice cream, if desired.



# CHOCOLATE-CHIPOTLE BROWNIES

*Chipotle chiles (smoked jalapenos) and cinnamon are paired with a boxed brownie mix for a dessert with a gentle but intriguing kick. If desired, serve the brownies with cinnamon or vanilla ice cream drizzled with chocolate sauce.*

**SERVES 8**  
**RECOMMENDED PELLETS**

**Apple, Cherry**

## INGREDIENTS

- 1 18- to 20-ounce package brownie mix, the kind that requires the addition of oil, egg, and water
- 2 teaspoons adobo sauce from canned chipotle chiles in adobo sauce
- 1/2 teaspoon ground cinnamon
- Solid shortening or cooking spray for the pan

■ Prepare the brownie mix according to package directions. Stir in the adobo sauce and the cinnamon.

■ Grease a 9- by 13-inch baking pan with shortening or spray it with cooking spray. Evenly spread the brownie batter into the prepared pan.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

■ Bake the brownies until done, but still fudgy, approximately 25 to 28 minutes, turning the pan 180 degrees halfway through the cooking time. Let cool. Cut into squares.

# CHOCOLATE CHIP COOKIES



*Vinegar is not a misprint in this recipe. It tenderizes the cookies.*

## **MAKES 2 dozen cookies** **RECOMMENDED PELLETS** **Alder, Pecan**

### INGREDIENTS

- 2-3/4 cups all-purpose flour, plus extra if needed
- 1-1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 cup white sugar
- 1 cup brown sugar
- 1 cup solid shortening, such as Crisco
- 2 eggs
- 2-1/2 teaspoons apple cider vinegar
- 1 teaspoon vanilla
- 2 cups (12 ounces) chocolate chips
- 1 cup coarsely chopped nuts (optional)

■ Lay a piece of cooking parchment paper on a cookie sheet.

■ Combine the flour, baking soda, and salt in a mixing bowl and stir well to combine.

■ Using a wooden spoon, a hand-held mixer, or a stand mixer, cream together the white sugar, brown sugar, and shortening. Mix in the eggs, vinegar, and vanilla. Add the flour mixture to the sugar mixture and combine. Stir in the chocolate chips and nuts, if desired.

■ The dough should be just firm enough—even slightly sticky—to roll into balls (about golf-ball size). If too sticky, dust a little more flour over the dough and mix in. If too firm, add a tablespoon of water or milk, or as needed in small increments. Arrange 9 balls in rows on the prepared cookie sheet. Flatten the balls with the palm of your hand or the bottom of a glass.

■ When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes. Bake the cookies for 10 to 12 minutes. Give the pan a sharp rap on the grill grate before removing the cookies. This deflates them and makes them chewier. Cool the cookies on a cooling rack. Bake the remaining cookies as directed above.