

from
**PULLED
PORK**
TO *Peach Pie*

A TRAEGER PELLET GRILLS COOKBOOK




TRAEGER®
WOOD PELLET GRILLS

Welcome to From Pulled Pork to Peach Pie,

Traeger's most ambitious cookbook to date. It features over one hundred all-new, easy-to-follow recipes ranging (as the title suggests) from Carne Adovada—a succulent, spicy twist on classic pulled pork—to a luscious smoke-roasted peach pie. It celebrates the incredible range and versatility of Traeger Pellet Grills. You'll find dishes for every occasion.

Punctuated by mouthwatering food photographs and liberally seasoned with practical tips, From Pulled Pork to Peach Pie is an invaluable resource for pellet grillers of all experience levels. If you are a Traeger owner of longstanding, you will be inspired by the bold, imaginative flavors in these pages. Flat-Iron Steaks with Cilantro Pesto. Ale-Brined Pork Chops with Mustard Sauce. Grilled Banana Splits.

If you're new to pellet grilling, you'll benefit from the book's straight-forward explanation of a Traeger's capabilities as well as operating and maintenance tips. "Quick Start" recipes precede each chapter. Recipes are also ranked on a difficulty scale of 1 to 5, with 1 being the easiest. Helpful pellet recommendations and prep and cooking times accompany each.

Exceedingly user-friendly, From Pulled Pork to Peach Pie was compiled by the same team that created Traeger's Everyday Cookbook. Each recipe has been obsessively tested to ensure your success.

Warmest regards,

Nancy Laseke

Traeger Pellet Grills

If you have any questions about the recipes or your Traeger Pellet Grill, feel free to call Traeger's Service Department at 1-800-872-3437 from 5 a.m. to 7 p.m. Pacific Time (365 days per year). We welcome your feedback!

P.P.S. We also invite you to sign up for "Team Traeger" on our website to receive new recipes weekly as well as advance notice of special deals being offered in our online store.

from PULLED PORK **TO** *Peach Pie*

A TRAEGER PELLET GRILLS COOKBOOK





Six Traeger Cooking Methods

and when to use them

GRILLING

As most people know, grilling is a cooking method where food is placed on a grill grate and exposed to dry radiant heat. There are two forms: direct and indirect. An example of direct grilling is holding a marshmallow on a stick over an open fire. A Traeger, on the other hand, is designed primarily for indirect grilling, which means food is not exposed directly to a fire. Instead, the heat is evenly dispersed throughout the Traeger's cooking chamber, eliminating flare ups and reducing the potential for charring and moisture loss.

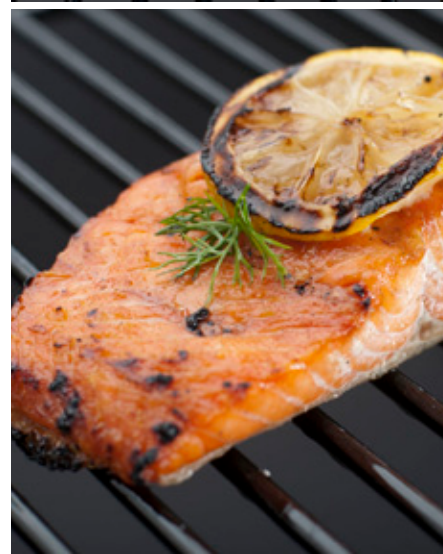
Grilling works best on foods that are fairly small and not much thicker than the palm of your hand: hamburgers, hot dogs, fish fillets, shrimp, chicken breasts, pork chops, peppers, summer squash, pizza, etc. Use the highest heat your Traeger is capable of.

BARBECUE

In North America, the term "barbecue" has become both verb and noun, variously meaning an appliance (i.e., barbecue grill), a cookout (join us for a barbecue Sunday), meat (we'll be serving barbecue at the party), and a verb (food cooked for a relatively long time over low heat). Low and slow cooking is one of the things a Traeger does best. It is capable of maintaining low, evenly distributed heat for hours and can render even the toughest cuts of meat (brisket, pork shoulder, ribs) tender and juicy. It is often combined with smoking.

ROASTING

This term refers to cooking meat, poultry, seafood, or vegetables using dry heat without the addition of liquids. Whole birds such as chicken, turkey, duck, or game hens are good candidates, as are larger whole fish, pork loin roasts, trimmed beef tenderloin roasts, prime rib, and leg of lamb. Dense vegetables such as potatoes, beets, turnips, yams, whole onions, carrots, winter squash, Brussels sprouts, and cauliflower are also excellent when roasted.



BAKING

We never say we're going to bake a prime rib or roast chocolate chip cookies. But technically, roasting and baking are parallel cooking methods; both use dry heat to cook food. But Traeger's unique ability to bake is one reason women love their pellet grills! Imagine having the equivalent of a second kitchen when producing that all-important Thanksgiving dinner. (With the turkey on the Traeger, you can stop choreographing the dance of side dishes through your crowded indoor oven. Or bake the smokiest, tastiest pumpkin pie your guests have ever had on your Traeger.) Think about those hot summer days when you hate to heat up the kitchen, but the kids want to bake a cake and the husband's craving meatloaf or lasagna. Try making those things on a gas grill!

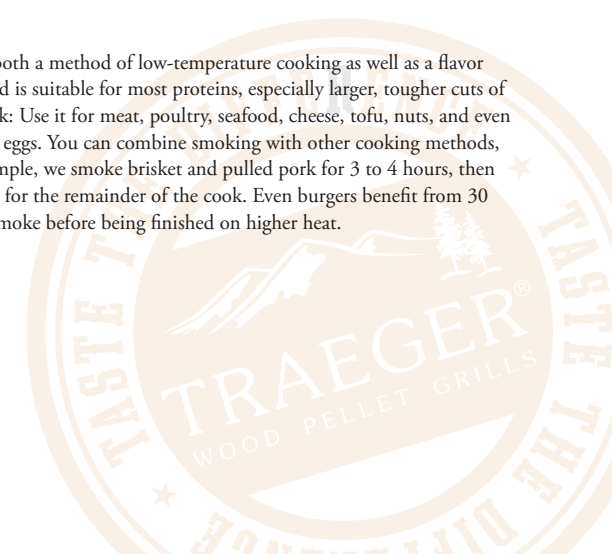
BRAISING

Braising is similar to roasting, but with the addition of liquid or the capture in a covered roasting pan or foil pouch of steam and natural cooking juices. It is typically done at lower temperatures than roasting—usually around 300 degrees F. It is the preferred cooking method for drier, tougher meats like beef eye of round roasts, hams, brisket (which can be smoked first, then braised), lamb shoulder or leg, pork shoulder or Boston butt, beef short ribs, pheasant, or turkey breasts or legs. The addition of liquid impedes browning, so sometimes, foods are seared on High first before being transferred to a covered roasting pan with liquid or enclosed with foil.

SMOKING

Although deeply rooted in America's grilling culture, smoking was once impractical for most men and women because it involved building pits, chopping wood, and tending nighttime fires. Then Traeger invented pellet grills, and a whole new world opened up to backyard grillers. Most smoking is done at temperatures between 180 and 250 degrees F, easy to maintain on a Traeger.

Smoking is both a method of low-temperature cooking as well as a flavor enhancer, and is suitable for most proteins, especially larger, tougher cuts of beef and pork: Use it for meat, poultry, seafood, cheese, tofu, nuts, and even hard-cooked eggs. You can combine smoking with other cooking methods, too. For example, we smoke brisket and pulled pork for 3 to 4 hours, then foil the meat for the remainder of the cook. Even burgers benefit from 30 minutes of smoke before being finished on higher heat.



Selecting Pellets

Whether it's the sweetness of cherry, the pungency of mesquite, or the nose- and palate-tingling fragrance of hickory, grill masters and mistresses around the country recognize that wood smoke should be treated like a spice or other seasoning—matched to the food. Alder, for example, is wonderful with salmon. Apple complements pork—not to mention an apple pie baked on a pellet grill. And maple is perfect for your Thanksgiving turkey.

Traeger currently produces eight flavors of hardwood pellets at its three pellet mills in the U.S. Most of our recipes include specific pellet recommendations. But below is a chart that will help make informed pellet choices on your own. Again, more smoke is generated at “low and slow” temperatures between 180 and 225 degrees F, so the type of pellet will be more important than if you're cooking above 300 degrees F. Many grillers like to create their own blends, something we encourage you to do, too. For example, a combination of hickory and apple is fantastic with pork, while alder and cherry complement salmon.

By the way, only use Traeger pellets in your Traeger grill. Some pellet brands are made with scrap woods from the furniture industry, and may contain glue, shellac, or other contaminants that could be potentially harmful.

Traeger sells a variety of prepared barbecue sauces and marinades as well as dry rubs and shakes to enliven your meals and relieve you from the burden of making your own. To the right is an at-a-glance guide that will help you pair these convenient products with food:

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	—	●	—	●	—	—

OPERATING TIPS

- Always start your Traeger with the lid up. Always cook with the lid down.
- Carefully follow the instructions in the owner's manual whenever using your Traeger. If you do not have access to a manual, you'll find PDF versions of current and discontinued models online at www.traegergrills.com.
- Frequent “peeking” will lengthen your cooking time, especially in cold weather. “If you're lookin', you're not cookin'!”
- The most smoke will be generated between 180 and 225 degrees F. At higher temperatures, more heat and less smoke is being produced.
- Fill your pellet hopper before using, and on long cooks, periodically stir the pellets with your hand to keep them flowing evenly into the auger. Keep your pellet supply “topped” off, or at least half full.
- Keep pellet supplies dry at all times. Damp pellets not only do not burn efficiently, but they can disintegrate into sawdust and jam the auger.
- Maintain a distance of at least 10 inches between the back of the grill and combustibles. Do not position your grill under covered porches, patios, or other overhangs.
- Always let the grill cool completely before restarting it.

Call Traeger's Service Department if you have a question or a problem: It is staffed from 5 a.m. to 7 p.m. Pacific Time 365 days a year.

The phone number is **1-800-872-3437**. You can also take advantage of Traeger's “Live Chat” or FAQ on our website, www.traegergrills.com.

MAINTENANCE

- A hot grill grate is much easier to clean than a cold one. During the preheat segment or immediately after cooking, use a brass-bristled grill brush to dislodge any stuck-on bits. Do this each time you grill.
- Periodically vacuum any accumulated ash out of the bottom of the cooking chamber and the firepot. Make sure the grill is completely cool before cleaning. Also, wipe smoke residue off the temperature probe on the left hand side of the cooking chamber with a damp rag or paper towel.
- Line the grease bucket with heavy-duty foil or an old coffee can for easier clean-up. (Drippings left in the bucket are attractive to dogs and wild animals like raccoons, so dispose of them after each cooking session.)
- Never use oven cleaner or abrasive cleaners or pads on the outside or inside of your grill. Traeger recommends warm soapy water or Simple Green®.
- Routinely change the foil on your drip pan to avoid grease build-up, preferably after each use. This is especially important if you've cooked fatty meats like bacon or duck.
- Do invest in a Traeger Hydrotuff cover to protect your grill and investment. They are available from Traeger dealers or our online store at www.traegergrills.com.
- A light coating of high-quality car wax to the outside of your Traeger can help keep it looking new.
- Keep household pets away from the wiring harness underneath your Traeger as well as the electrical cords.

ADDITIONAL EQUIPMENT

In all likelihood, you already own most of the equipment you'll need to successfully use your Traeger:

- An assortment of disposable aluminum foil pans, trays, and baking dishes.
- An extra-long roll of heavy duty aluminum foil for lining the drip pan.
- A roll of cooking parchment.
- A heavy-duty extension cord if your Traeger is positioned away from electrical outlets.
- A good-quality grill cleaning brush with brass bristles that won't nick or abrade your porcelain-coated grill grates.
- A pair of long-handled locking tongs and a metal spatula.
- Oven mitts or grilling or fireplace gloves.
- A reliable instant-read meat thermometer for gauging doneness.
- Metal or ceramic baking pans, cookie sheets, or casserole dishes.
- Basting brushes and/or a food-safe spray bottle for mopping ribs or brisket.
- Disposable gloves for applying rubs or for lifting the grill grate (the gloves will keep your hands clean).
- A cast iron skillet or griddle.
- A perforated or wire mesh vegetable grate or cooling rack for grilling small items that might otherwise fall through the grate, such as shrimp or sliced mushrooms.
- A small vacuum for occasionally vacuuming ash out of the cooking chamber.
- A spray-on nonabrasive cleaner.

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QUICK-START *Recipes*

Speedy Gonzalez Poppers

- Halve medium-size jalapeno peppers lengthwise and remove the seeds and ribs with a small spoon. Stuff each half with grated cheese—one that melts well such as Cheddar, Monterey Jack, pepper Jack, or Mexican blend. Grill at 375 degrees F for about 25 minutes, or until the peppers are tender and the cheese is melted.

Spanish Bruschetta

- Toast 1/2-inch slices of country-style bread at 400 degrees F until lightly browned, turning once, about 5 minutes per side. Rub one side of each piece of toasted bread with a halved garlic clove and half of a red, ripe tomato. Drizzle with good olive oil and sprinkle with coarse salt.

Barbecued Oysters

- Preheat your Traeger to High and arrange oysters directly on the grill grate. Grill until the oysters open—10 to 12 minutes—and top each with a pat of butter and a splash of hot sauce and/or lemon- or pepper-flavored vodka.

Appetizers



DIFFICULTY: 1/5
PELLETS: Hickory
PREP TIME: 10 min. + 4-6 hours
for marinating the wings
COOK TIME: 55 min.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

3-1/2 to 4 pounds large chicken wings (about 18 wings)

1-1/2 cups bottled Italian dressing

1 cup very finely grated Parmesan cheese (see Note below)

TRAEGER TIP:

In Asian barbecue cultures, the entire chicken wing (tip included) is stretched out on a bamboo skewer before being grilled, and the tips are considered the most desirable chew! Try it for a unique presentation. Cooking time will be the same.

Parmesan Chicken Wings

This recipe, inspired by a friend who considers five ingredients three too many, takes wings in an Italian direction. The Parmesan gives them a crunchy coating that will make you forget you ever liked deep-fried wings.

1. 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. Pour the dressing over the wings and marinate, refrigerated, for 4 to 6 hours.

2. 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.

3. Drain the wings and arrange on a rimmed baking sheet. Dust the wings on both sides with the Parmesan.

4. Transfer the wings from the rimmed baking sheet directly to the grill grate. Thoroughly wash the baking sheet while the wings cook. Cook for 45 to 55 minutes, or until the chicken is no longer pink at the bone, turning once with tongs. Serve immediately.

***Note:** For this recipe, we actually prefer the shelf-stable Parmesan that comes in the familiar green can.*

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 5 min.
COOK TIME: 25 min.
SERVES: 8 as an appetizer;
4-6 as a side dish

YOU WILL NEED THESE THINGS

2 pounds very small potatoes, each no more than 1-1/4 inch in diameter

Olive oil

Coarse salt (kosher or sea) and freshly ground black pepper

8 tbsps. (1 stick) butter

2 tbsps. minced fresh chives or parsley

2 tps. lemon juice

1/2 tsp. Worcestershire sauce

TRAEGER TIP:

If you can't find the small potatoes specified above, substitute Yukon Gold potatoes and cut them into bite-size chunks.

Roasted New Potatoes with Butter & Chive Fondue

If you've ever dug a hill of potatoes, you know what a treat the teeny tiny ones are when cooked and eaten with butter and salt and pepper. Now, these diminutive spuds, smaller than a walnut, are often sold at supermarkets in the springtime. (We found ours—literally labeled “Teeny Tiny Potatoes” in 1-lb. net bags at Trader Joe’s.) They make a tasty accompaniment to roasted meat or poultry, but we discovered people love them when served hot on small skewers or toothpicks with a bowl of melted butter for dipping. Other dipping sauces—blue cheese dressing, for example—can be offered as well.

1. Put the potatoes in a colander and rinse with cold water. Drain on paper towels and transfer to a rimmed baking sheet large enough to hold the potatoes in a single layer. Drizzle with olive oil and season with salt and pepper.

2. 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.

3. Place the baking sheet with the potatoes directly on the grill grate. Roast for about 25 minutes, shaking the pan once or twice, until the potatoes are tender and the skins are slightly wrinkled.

4. In the meantime, make the butter fondue: Melt the butter in the microwave or on the stovetop. Stir in the chives, lemon juice, and Worcestershire sauce and keep warm. Transfer to a small bowl for serving.

***Tip the potatoes into an attractive serving bowl:** they will stay hotter longer in a bowl than on a platter. Have small picks or skewers nearby (we like the knotted bamboo skewers we found at www.grilling4all.com). Diners should spear a potato, then dip it in the butter mixture.*

DIFFICULTY: 1/5
PELLETS: Apple
PREP TIME: 10 min.
COOK TIME: 35 min.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

2 8-ounce cans whole water chestnuts, drained
.....
1 pound thin-cut bacon, more or less
.....
1/3 cup mayonnaise (Hellmann's)
.....
1/3 cup packed brown sugar
.....
1/3 cup Traeger Texas Spicy Barbecue Sauce or bottled chili sauce

Barbecued Bacon-Wrapped Water Chestnuts

It's possible you remember your mother making an appetizer like this. Versions of this recipe have been around for years. But offer a platter of bacon-wrapped water chestnuts glazed with barbecue sauce and watch them fly off the platter.

1. Line a rimmed baking sheet with aluminum foil (the foil will make clean-up so much easier).
2. 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.
3. Wrap each water chestnut with a piece of bacon large enough to encircle it and secure the bacon with a toothpick. Arrange the chestnuts in a single layer on the prepared baking sheet. Bake for 20 minutes. Leave the grill on.
4. In the meantime, whisk the mayonnaise, brown sugar, and Traeger Spicy Barbecue Sauce in a mixing bowl. Pour the sauce over the chestnuts and return to the grill to bake for 10 to 15 minutes more. Transfer to a platter for serving.

DIFFICULTY: 1/5
PELLETS: Hickory
PREP TIME: 10 min.
COOK TIME: 55 min.
SERVES: 8-10

YOU WILL NEED THESE THINGS

3-1/2 to 4 pounds large chicken wings (about 18 wings)
.....
1/4 cup vegetable oil
.....
Traeger Pork and Poultry Shake, Sweet Rub, or your favorite barbecue rub
.....
1 cup Frank's RedHot® hot sauce
.....
1/2 cup (1 stick) butter, melted
.....
Celery sticks, for serving
.....
Blue cheese or ranch dressing, for serving

TRAEGER TIP:

If desired, you can make the wings ahead of time and freeze them for unexpected company or a snack. (We like to freeze them in a single layer on a rimmed baking sheet, then transfer them to resealable plastic bags for up to 1 month.) Reheat without thawing for 30 minutes or so at 350 degrees F.

Buffalo-Style Chicken Wings

Although a staple at tailgate parties, one of the most popular wing recipes of all time was invented in 1964 by a woman, Theresa Bellissimo. Mrs. Bellissimo and her husband were winding down a busy evening at their Buffalo, New York establishment—the Anchor Bar—when their college-age son popped in with several of his friends. The food inventory was low, so Mrs. Bellissimo resourcefully grabbed a box of wings a salesman had pressed on her and made magic.

1. 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 bowl. Pour the oil over the wings and season with the Traeger Pork and Poultry Shake, using your hands to toss the wings with the seasoning.
2. 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.
3. Arrange the wings on the grill grate. Cook for 45 to 50 minutes, or until the chicken is no longer pink at the bone, turning once with tongs. Wash the bowl thoroughly as you will need it again.
4. Meanwhile, combine the hot sauce and melted butter in a large bowl. Transfer the wings to the sauce mixture and turn with tongs to coat thoroughly. Return the wings to the grill grate and let them cook 5 to 10 minutes more, or until the sauce is “set”.
5. Serve immediately with celery sticks and blue® cheese dressing.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 5 min.
COOK TIME: 10-12 min.
SERVES: 4

YOU WILL NEED THESE THINGS

2 3/4-inch thick slices of provolone cheese

Olive oil

1-1/2 tps. dried oregano

1/2 tsp. dried red pepper flakes, or more to taste

Coarse salt (kosher or sea)

8 slices grilled or toasted country-style bread

TRAEGER TIP:

Another good grilling cheese is Greek Halloumi. It doesn't melt when grilled. Find it at well-stocked cheese counters.

Grilled Provolone Cheese (Provoleta)

Provoleta—grilled provolone cheese—is a popular appetizer in Argentina, and is often served as a prelude to other grilled foods. The trick is to grill the cheese over high heat, removing it from the grill just before it begins to lose its shape. (You can buy thick slices of provolone at your supermarket's deli counter.) While the provoleta cooks, you can grill the bread.

1. Unwrap the cheese and place on a wire cooling rack, uncovered, for 2 hours at room temperature. (This will slightly dry the exterior of the cheese, which will help it hold its shape on the grill.)

2. Put the cheese on a rimmed baking sheet. Coat the cheese on all sides with the olive oil and sprinkle the tops with the dried oregano, red pepper flakes, and salt.

3. 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.

4. Put the cheeses directly on the grill grate and grill until the cheese softens, but is not yet melting through the bars. (If desired, simply leave the cheese on the baking sheet so you won't lose any to the heat.) Transfer the cheese to a serving plate and serve warm with the bread.

DIFFICULTY: 2/5
PELLETS: Oak
PREP TIME: 15 min.
+ 20 min. for brining the shrimp
COOK TIME: 6-8 min.
SERVES: 4

YOU WILL NEED THESE THINGS

For The Shrimp:

2 pounds extra-large shrimp, peeled and deveined

1/4 cup kosher salt

1 quart cold water

1 lemon, cut lengthwise into 6 wedges

For The Sauce:

1 tbsp. plus 1 tsp. dry mustard (Colman's)

2 tps. Worcestershire sauce

2 tps. A-1 Sauce

1 cup mayonnaise (Hellmann's)

Salt to taste

1/8 tsp. cayenne pepper, or more to taste

TRAEGER TIP:

In shrimp, the "vein" is really the intestinal tract. Sometimes it's almost invisible and sometimes it's dark, i.e., unappetizing. Remove it by cutting a shallow slit from the tail to the head with a small paring knife, then use the tine of a table fork to remove it.

Grilled Shrimp with Mustard Sauce

Few people know that briefly brining shrimp in salt water dramatically improves their flavor and texture. The mustard sauce, inspired by the popular sauce served at Joe's Stone Crab in Miami Beach, Florida, is a nice change from ketchup-based cocktail sauces. It is great with any seafood—tuna, swordfish, and of course, crab claws.

1. Wash the shrimp under cold running water. **Prepare the brine:** Combine the 1/4 cup of salt and quart of water in a large mixing bowl and stir to dissolve the salt crystals. Squeeze 2 of the lemon wedges into the water and add the rinds as well. Add the shrimp and refrigerate for 15 to 20 minutes—no longer, or the shrimp will become too salty.

2. Meanwhile, **make the sauce:** Combine the dry mustard, Worcestershire sauce, A-1, and cream and whisk to blend. Whisk in the mayonnaise and salt and cayenne pepper. Cover and refrigerate until ready to serve.

3. Drain the shrimp, rinse under cold running water, and drain again. Pat dry on paper towels.

4. 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.

5. Arrange the shrimp on the grill grate and grill, turning once, 3 to 4 minutes per side, or until the shrimp is pink and opaque and cooked through. Transfer to a platter or plates and serve with the sauce.

DIFFICULTY: 1/5
PELLETS: Mesquite
PREP TIME: 20 min. + 1 hour for grilling the onion and garlic
COOK TIME: 1 hour
SERVES: 8

YOU WILL NEED THESE THINGS

- 1 head of garlic
- Olive oil
- 1/2 sweet onion (such as Vidalia or Texas Sweet), peeled and sliced into 1/2-inch slices
- 4 ripe (firm, not squishy) avocados
- Juice of 1 lime
- 1 tomato, seeded and diced
- 1 to 2 jalapeno peppers, seeded and minced, or a few slices of pickled jalapenos, minced
- 3 tbsps. minced fresh cilantro leaves
- 2 tbsps. mayonnaise (Hellmann's)
- 1 tsp. ground cumin
- Salt to taste
- Tortilla chips for serving

TRAEGER TIP:

Avocados are an unusual fruit in that they do not begin to ripen until they have been picked. They are sometimes rock-hard when you purchase them. To hasten their ripening, enclose them in a paper bag with an apple or banana on the countertop for two or three days.

Guacamole with Grilled Onion & Roasted Garlic

This chunky, authentic-tasting guacamole capitalizes on the sweetness of grilled onions and roasted garlic for extra flavor. Avocados have a tendency to oxidize (turn brown) rather quickly, so make this dip no more than 1 or 2 hours before you intend to serve it. The lime juice and mayonnaise slow the oxidation process down. But we recommend laying plastic wrap directly on the dip to minimize air exposure.

- 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.
- Tear off an 8-inch square piece of aluminum foil. With a sharp knife, slice 1/2-inch off the top of the head of garlic. Place on the aluminum foil and drizzle with olive oil. Bring up the sides of the foil and twist to seal loosely. Put the foil packet on the grill grate and roast for 45 minutes to 1 hour, or until soft. Let the garlic cool before using.
- In the meantime, brush the onion slices with olive oil and grill for 25 to 30 minutes, turning once with a spatula. Let cool, then dice and reserve.
- Slice each avocado in half lengthwise and remove the pit. Scoop into a large mixing bowl. Add the lime juice and mash roughly. You want the guacamole to be chunky. Remove the garlic from the foil and squeeze the softened garlic cloves (they will be like a paste) over the avocado. Discard the papery skins. Gently stir in the onions, tomato, jalapenos, cilantro, mayonnaise, cumin, and salt to taste. Transfer to a serving bowl and serve with tortilla chips.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 15 min.
COOK TIME: 70 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 8 large baking potatoes, such as russet
- Olive oil
- Jarred or canned pizza sauce
- 1 cup finely grated Parmesan cheese, or more as needed
- 3 cups grated mozzarella cheese, or more as needed

Suggested toppings

- pepperoni, cooked hamburger or sausage, black or green olives, sautéed mushrooms, diced bell pepper, finely diced ham, etc.

Pizza Potato Skins

Kids and adults alike swoon over potato skins. You could even use this recipe as an activity for a child's birthday party by preparing the skins in advance and letting the young ones build their own combinations. **And there's a bonus for you, the cook:** The potato you scoop out of the skins makes a side dish for another meal.

- 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.
- Scrub the potatoes under cold running water and dry with paper towels. Poke in several places with a fork to let the steam escape. Oil each potato. Arrange the potatoes directly on the grill grate and bake for about 1 hour, or until the potatoes are cooked through. (They should be squeezably soft.) Use oven mitts to transfer the potatoes to a rimmed baking sheet. Leave the grill on if making the skins immediately.
- Let the potatoes cool for 15 or 20 minutes. Cut each potato in half lengthwise. Use a tablespoon to scoop out the potato flesh, leaving a 1/4-inch shell. (Use the scooped flesh for Smoke-Roasted Mashed Potatoes, see page 115) You can make the pizza skins immediately, or you can let the potato skins cool, then package in foil or plastic wrap and refrigerate for a day before proceeding with the recipe.
- Using the back of a spoon, spread pizza sauce inside the potato skins. Top with any of the suggested toppings above. Sprinkle with Parmesan cheese, then the mozzarella. Arrange on a rimmed baking sheet or pizza pan.
- If your grill is cold, restart as directed above. Bake the skins until the cheese is melted and bubbly, about 10 minutes. Serve immediately.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 15 min.
COOK TIME: 20-25 min.
SERVES: 4

YOU WILL NEED THESE THINGS

3 tbsps. butter
8 to 10 ounces mixed mushrooms (button, chanterelles, morels, etc.), cleaned, trimmed, and chopped
1 clove garlic, minced
2 tbsps. chopped sun-dried tomatoes (optional)
1 tbsp. dry sherry or port wine
Salt and pepper to taste
1 8-ounce round brie cheese (unwrap, but leave the rind on)
Crackers or thin slices of country-style bread for serving

Baked Brie with Mixed Mushrooms

Here's a perfect appetizer when you're sharing a glass of wine with your friends. You can substitute Camembert for the brie, although it has a stronger flavor.

1. 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.
2. Melt the butter in a medium frying pan and sauté the mushrooms over medium-high heat for 5 to 8 minutes, or until they have given up some of their liquid. Stir in the garlic and tomatoes, if using, and the sherry. Cook for 2 to 3 minutes more. Season with salt and pepper. Let the mushroom mixture cool slightly.
3. Put the brie in a pie plate or baking dish. Top with the mushroom mixture. Place the dish directly on the grill grate and bake for 20 to 25 minutes, or until the cheese begins to collapse. Let cool slightly, then serve with the crackers or bread.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 10 min.
COOK TIME: 20 min.
SERVES: 4 as an appetizer; 2 as a light supper

YOU WILL NEED THESE THINGS

4 large Portobello mushrooms, each 4 to 5 inches in diameter
Olive oil
Jarred or canned pizza or marinara sauce
Suggested Toppings:
pepperoni, sautéed Italian or turkey sausage, black or green olives, diced red or green bell peppers, etc.
1-1/4 cups grated mozzarella cheese
1/2 cup grated Parmesan

Portobello Mushroom "Pizzas"

Not only do kids and adults alike love these unconventional "pizzas", but they cater to the growing gluten-free crowd. Perfect as an appetizer or a light supper. Experiment with the toppings and come up with your own combinations, i.e., enchilada sauce, sautéed chorizo, jalapenos, and queso fresco or Jack cheese.

1. Wipe the outside of each mushroom clean with a damp paper towel. Remove the stem, and using a metal spoon, scrape out the dark gills. Rub the inside and outside of each mushroom with olive oil.
2. 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.
3. Arrange the mushrooms directly on the grill grate, rounded side up. Bake for 10 minutes. Transfer the mushrooms to a rimmed baking sheet, gill side up. Leave the grill on.
4. Put one or two spoonfuls of sauce on the gill side of each mushroom. Add toppings as desired. Top with the mozzarella and Parmesan. Place the baking sheet on directly on the grill grate and bake the "pizzas" for 10 minutes more. Cut into quarters, if desired, and serve immediately.

DIFFICULTY: 2/5
PELLETS: Hickory
or Oak
PREP TIME: 20 min.
COOK TIME: 30 min.
SERVES: 10 to 12
(makes 36 poppers)

YOU WILL NEED THESE THINGS

- 18 medium jalapeno peppers, each about 2 to 2-1/2 inches long
- 8 ounces cream cheese, at room temperature
- 6 slices cooked bacon, crumbled or chopped (see recipe on page 115)
- 1 cup drained canned corn, or corn leftover from a previous grill session
- 1/2 cup crab meat, picked over and chopped
- 1-1/2 tsps. Old Bay Seasoning
- 2 scallions (green onions), trimmed, white and green parts minced

TAEGER TIP:

A metal baby spoon or demitasse spoon works well for scraping out the seeds, which is where much of the heat hides.

Crabby Jalapeno Poppers

Jalapeno poppers have become the new darling of the barbecue set. While we like the standard version, which consists of cream cheese-stuffed jalapenos wrapped in bacon, we like to mix it up sometimes. We developed the following recipe to honor a friend from crab-obsessed Baltimore.

1. Cut each jalapeno in half lengthwise through the stem and remove the ribs and seeds. (See Traeger Tip below.) Wear disposable gloves, if desired, to protect hands from volatile chile oils.
2. **Make the filling:** In a mixing bowl, combine the cream cheese, bacon, corn, crab meat, scallions, and Old Bay Seasoning and stir until blended. Stir in the scallions. Spoon the filling into the jalapeno halves, mounding it slightly. Arrange the poppers on a baking sheet covered with foil or parchment paper.
3. 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.
4. Roast the jalapenos for 25 to 30 minutes, or until the peppers have softened and the filling is hot and bubbling. Transfer to a serving platter. Let cool slightly before serving.

DIFFICULTY: 2/5
PELLETS: Any
PREP TIME: 15 min.
COOK TIME: 1 hour
SERVES: 6

YOU WILL NEED THESE THINGS

- 1-1/2 pounds ground beef
- 1/2 pound bulk Italian sausage or ground pork
- 3/4 cup seasoned dry bread crumbs, such as Progresso brand
- 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 tsps. Traeger Beef Rub, or 1 tsp. each salt and freshly ground black pepper
- 2 tsps. Italian seasoning (see Traeger Tip below)
- 1 pound mozzarella cheese cut into small cubes
- Your favorite jarred marinara sauce, warmed

TAEGER TIP:

Dried herbs release more flavor when crumbled or crushed in your fingers before adding to a recipe.

Smoked Cocktail Meatballs

Just like your Italian grandmother would have made if she owned a Traeger!

1. Line a rimmed baking sheet with aluminum foil.
2. **Make the meatballs:** Combine the ground beef, sausage, bread crumbs, Parmesan, onion, garlic, egg, milk, Traeger Beef Rub, and Italian seasoning in a mixing bowl. Knead the meat mixture lightly with your hands to combine. (Hands work better than a spoon.) Rinse your hands with cold water. Form the meat into 1-1/2 inch balls. Make a depression in the center of each and insert a cube of cheese. Reshape the meatball to completely enclose the cheese. Transfer to the baking sheet. (If desired, freeze the meatballs directly on the baking sheet, then transfer to a large resealable plastic bag. Thaw before cooking.)
3. When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
4. Smoke the meatballs for 30 minutes. Increase the heat to 300 degrees F and bake the meatballs until they are cooked through, 20 to 30 minutes more. (An instant-read meat thermometer should read 160 degrees F.) Transfer to a serving platter and serve with toothpicks and the marinara sauce.



QUICK-START *Recipes*

Burgers

- Smoke for 30 minutes, then cook at 300 (Medium) until the internal temperature is 160 degrees, about 30 minutes.

Whole Tenderloin

- Season, then sear at 450 degrees (High) on all sides. Reduce heat to 325 to finish cooking to desired doneness (130 degrees for rare). Let rest 5 minutes before slicing.

Filet Mignon

- Season, then cook at 450 degrees (High) until desired degree of doneness is reached (130 degrees for rare), 8 to 10 minutes per side.

Flank Steak

- Season, then cook at 450 degrees (High) until desired degree of doneness is reached (130 degrees for rare; 140 degrees for medium-rare), 6 to 8 minutes per side depending on thickness. Let rest, then slice thinly across the grain on a diagonal.

Beef Short Ribs

- Season and smoke for 1 hour, then foil with beef broth or another liquid and roast at 300 (Medium) until meltingly tender, about 2-1 1/2 hours.

Beef

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 10 min.
COOK TIME: 30 min.
SERVES: 6

YOU WILL NEED THESE THINGS

2 pounds well-chilled ground chuck, preferably an 85/15 lean to fat ratio
Traeger Prime Rib Rub, or coarse salt (kosher or sea) and freshly ground black pepper to taste
6 good-quality hamburger buns, split, such as Kaiser rolls or ciabatta rolls, preferably buttered and lightly toasted on the grill

Accompaniments (your choice):

Cooked bacon strips
Sautéed mushrooms
Ripe tomato slices
Lettuce leaves
Sliced onion or caramelized onions
Pickles
Mayonnaise, mustard, ketchup, barbecue sauce, or steak sauce
Sliced avocado

Best Burgers on the Planet

If you're avoiding red meat for any reason, feel free to make these burgers using ground turkey (breast and thigh meat) or chicken.

1. 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.
2. Wet your hands with cold water and divide the ground chuck into 6 parts. Using a gentle touch, roll each part into a ball, then flatten to a thickness of about 3/4-inch. Rewet your hands as necessary to keep the meat from sticking. Using your thumbs, make a wide shallow depression in the top of each. (This helps keep the burger an even thickness as it cooks.) Season with the Traeger Prime Rib Rub.
3. Arrange the burgers, depression side down, on the grill grate and grill for 15 minutes. Turn with a spatula and continue to grill another 15 to 20 minutes, or until the internal temperature of the burgers is 160 degrees F. In the meantime, toast the buns if desired. Transfer the burgers to the bottom halves of the buns, being careful not to spill any juices that have pooled in the depressions. Finish with your favorite toppings and serve at once.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 10 min.
COOK TIME: 15 min.
SERVES: 4 to 6

YOU WILL NEED THESE THINGS

2 cups of your favorite bloody Mary mix or V-8 juice (we recommend the spicy version)
1/2 cup cheap vodka (optional)
Juice of 1 lemon or lime
3 cloves garlic, finely minced
1 tbsp. Worcestershire sauce
1 tsp. coarse black pepper
1 tsp. celery salt
Tabasco® Sauce or your favorite hot sauce, to taste
1/2 cup vegetable oil
1-1/2 pounds flank steak

TAEGER TIP:

For the juiciest result, always let meat, poultry, and seafood rest before serving: 1 to 2 minutes for chicken breasts, burgers, and fish fillets, 3 minutes for steaks, pork tenderloin, and chops, 10 minutes for pork loin roasts, prime rib, and whole chickens, and up to 30 minutes for a whole turkey, pork shoulder, or foil-wrapped brisket.

Bloody Mary Flank Steak

Though we call for flank steak here, you could substitute skirt steak, hanger steak, flat iron steak, top round, sirloin, etc. Obviously, thinner cuts of meat will take less time to cook. Be sure to let the steak rest before slicing on a sharp diagonal across the grain. This slicing technique shortens the meat fibers, making the steak more tender. If you have any leftovers, make sandwiches or use them in salads.

1. **Make the marinade (divided use):** In a mixing bowl, combine the bloody Mary mix, vodka, if using, lemon juice, garlic, Worcestershire, pepper, celery salt, and Tabasco®. Whisk in the oil. Put the flank steak in a resealable plastic bag and pour half the marinade over it. Marinate overnight (up to 24 hours).
2. Put the remaining marinade in a covered container and refrigerate.
3. 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.
4. Pour the marinade from the container into a small saucepan and simmer over medium heat until reduced by half. Keep warm.
5. Drain the flank steak and discard the marinade that covered the meat. Pat the meat dry with paper towels. Lay the meat directly on the grill grate and grill, turning once, for 7 to 10 minutes per side. (Flank steak is best when cooked to medium-rare, about 135 degrees F.)
6. Transfer the steak to a cutting board and let rest for 3 minutes before carving on a sharp diagonal against the grain. Drizzle some of the reduced sauce over the meat and serve immediately.

DIFFICULTY: 1/5
PELLETS: Mesquite
PREP TIME: 15 min.
COOK TIME: 9 min.
SERVES: 4

Skirt Steak Tacos with Onion Salsa

Family hungry? You can have these tacos on the table in minutes. Lime juice mixed with sour cream makes a tangy topping. If desired, serve with precooked microwaveable Mexican or Spanish rice.

YOU WILL NEED THESE THINGS

- 3 limes, each sliced into 6 wedges
- 1 cup sour cream or Mexican crema
- 1 large sweet onion, diced
- 1 medium tomato, peeled, seeded, and diced
- 1/2-1 serrano or jalapeno chile, seeded and minced
- 1 clove garlic, minced
- 2 tbsps. minced fresh cilantro
- 2 tps. olive or vegetable oil
- 2-1/2 pounds skirt steak or flap meat, trimmed
- 2 tbsps. Traeger Cajun Rub or your favorite taco seasoning
- 12 6-inch flour or corn tortillas, warmed

1. 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
2. In a small mixing bowl, combine the sour cream with the juice from 3 lime wedges. Set aside. (Cover and refrigerate if not using soon.)
3. In another bowl, combine the onion, tomato, 1/2 of the minced serrano, the garlic, cilantro, olive oil, and salt to taste. Add the juice from 2 or 3 lime wedges. Taste for seasoning, adding more chile, salt, or lime juice, if desired.
4. Lay the steak on a rimmed baking sheet. Squeeze the juice from 6 lime wedges onto both sides of the skirt steaks. Sprinkle the steaks evenly with the Traeger Cajun Rub.
5. Grill, turning once, for 4 to 5 minutes per side, or until the steak is done to your liking. Transfer to a cutting board and let rest for 2 minutes. Slice across the grain into 1/2-inch slices. Serve on warmed tortillas with the lime-sour cream, the onion salsa, and the remaining lime wedges. Arrange the skirt steak directly on the grill grate.

DIFFICULTY: 4/5
PELLETS: Oak or Mesquite
PREP TIME: 10 min.
COOK TIME: 8 to 10 hours + 1 hour for resting
SERVES: 6 to 8

Cowgirl Brisket

Pre-Traeger, one of our favorite places for Texas-style brisket was Willie Ray's in Beaumont, Texas, which was owned by a crackerjack pit mistress named Millie. We still remember the sign that hung in the front entrance: "I want a girl who smells like BBQ!" Learn how to make a tender, perfectly seasoned brisket, and guys will be putty in your hands. In the unlikely case you have leftovers, you can reheat them gently on your Traeger (300 degrees F). Shredded, they make a nice addition to beans or burgers.

YOU WILL NEED THESE THINGS

For the mop sauce:

- 1 cup flat beer
- 1 cup cold strong coffee
- 1/4 cup vegetable oil
- 2 tbsps. brown sugar
- 1 tbsp. Worcestershire sauce
- 2 tps. chili powder
- 1 tsp. ground cumin
- 1 tsp. garlic salt

For the brisket:

- 1 5-6-pound center-cut brisket flat, with a 1/4-inch cap of fat on the top
- Traeger Prime Rib Rub or Beef Shake, or your favorite barbecue rub
- 1 cup beef broth or beer
- 1 8-ounce bottle of Traeger Texas Spicy Barbecue Sauce for serving, or your favorite barbecue sauce (optional)

1. **Make the mop sauce:** Combine the beer, coffee, oil, brown sugar, Worcestershire, chili powder, cumin, and garlic salt in a bowl and whisk to dissolve any salt or sugar crystals. Transfer to a clean spray bottle. (Make sure the spices are finely ground so they don't clog the nozzle. You can also "mop" the sauce on with a barbecue mop or basting brush.)

2. Season the brisket on both sides with the Traeger Prime Rib Rub.

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

4. Put the brisket directly on the grill grate, fat side down, and smoke for 3 hours. Spray the brisket with the mop sauce every 30 minutes. Transfer the brisket to a disposable aluminum foil pan. Increase the grill temperature to 225 degrees and continue to roast (and spray) until the internal temperature reaches 160 to 165 degrees F, about 3 hours or more. At that point, turn the brisket over. Add the beef broth and cover the pan tightly with foil. Continue to cook until the internal temperature of the brisket reaches 190 degrees F. Anything less, and your brisket will be tough.

5. Remove the brisket from the pan and wrap tightly in foil, reserving the juices. Wrap the brisket in thick towels (old beach towels work perfectly) or layers of newspaper and place in an insulated cooler to rest for an hour. In the meantime, combine some of the brisket juices with the barbecue sauce. Slice the brisket against the grain on a diagonal into pencil-width slices. Serve with the juices.

DIFFICULTY: 3/5
PELLETS: Hickory, Oak, or Pecan
PREP TIME: 15 min.
COOK TIME: 18 to 20 min. per lb.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

1 3- 4-rib prime rib, preferably cut from the small end (6 to 8 pounds)

Traeger Prime Rib or Beef Rub, or equal parts of kosher salt and coarsely ground black pepper

8 cloves garlic, peeled and cut into slivers

TRAEGER TIP:

If you do not own a meat rack, you can improvise one using large whole carrots or wedges of onion.

Smoke-Roasted Prime Rib

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.

1. 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. With a paring knife, make a series of slits on the outside of the roast and insert a sliver of garlic in each. Place a meat rack in the roasting pan; put the roast, bone-side down and uncovered, on the rack. (See Traeger Tip below.)

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

3. Smoke for 1 hour. Increase the temperature to 325 degrees F, and continue to cook until the internal temperature in the thickest part of the meat reads 125 to 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.)

4. 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.

DIFFICULTY: 2/5
PELLETS: Mesquite
PREP TIME: 10 min.
COOK TIME: 12 to 16 min.
SERVES: 6 (or 4 hearty appetites that prefer their own steak)

YOU WILL NEED THESE THINGS

For the pesto:

1 large bunch fresh cilantro, swished in cold water if muddy, then drained

1 cup fresh parsley leaves

2 cloves garlic, peeled and coarsely chopped

1/2 jalapeno, seeded and coarsely chopped

1/3 cup pepitas (roasted pumpkin seeds), sunflower seeds, pecans, or walnuts

1/3 cup olive oil, or more as needed

2 tbsps. fresh lime juice

1 tsp. ground cumin

Salt to taste

For the steaks:

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

Flat Iron Steaks with Cilantro Pesto

The secret's out: One of the best cuts of beef for the money, according to butchers, is the flat iron steak. Beefy-tasting and well-marbled, they take only minutes to cook. The vibrant pesto goes together quickly, too.

1. Make the pesto: Trim the tough stems off the cilantro and discard. Put the cilantro leaves, parsley leaves, garlic, jalapeno, pepitas, olive oil, and lime juice in a blender jar and pulse to mix. If the process stalls, add a bit more olive oil through the center cap until the blades turn easily. Add salt to taste and process the pesto until smooth.

2. Prepare the meat: Season the steaks well on both sides with Traeger Beef Rub. Pat the seasoning on with your fingers.

3. 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.

4. Arrange the steaks on the grill grate and grill, turning once, for 6 to 8 minutes per side for medium-rare, longer for medium. Transfer to a platter or plates and let rest for 2 to 3 minutes. Serve with the cilantro pesto.

DIFFICULTY: 2/5
PELLETS: Oak
PREP TIME: 10 min.
COOK TIME: 45 min.
SERVES: 3 to 4

YOU WILL NEED THESE THINGS

For the Spanish Olive Sauce:

1 cup mayonnaise (Hellmann's)

15 pimento-stuffed Spanish olives, chopped

1 clove garlic, finely minced

1/2 tsp. anchovy paste (optional)

1/2 tsp. smoked Spanish paprika (see Note below), or other paprika

1/2 tsp. freshly ground black pepper

For the steaks:

1 bundle of fresh rosemary, divided use

2 T-bone steaks, each 1-1/4 inch thick

2 to 3 tbsps. extra-virgin olive oil

Coarse salt (kosher or sea)

Freshly ground black pepper

Rosemary Smoked T-Bones with Spanish Olive Sauce

In addition to the fragrant smoke generated by Traeger oak pellets, you can lay sprigs of woody herbs like rosemary directly on the heat baffle as directed below to create an herbal nuance. The Spanish Olive Sauce also makes a terrific sandwich spread should you have leftovers.

1. **Make the Spanish Olive Sauce:** In a small mixing bowl, combine the mayonnaise, olives, garlic, anchovy paste, if using, paprika, and black pepper. Cover and refrigerate if not using immediately.

2. Strip the needles off 2 or 3 sprigs of rosemary and coarsely chop with a chef's knife. Reserve the woody stems as well as the remaining sprigs of rosemary. Brush each steak on both sides with the olive oil, then season with the chopped rosemary and salt and pepper. Set aside while you light your Traeger.

3. When ready to cook, remove the grill grate and drip pan exposing the U-shaped heat baffle over the firepot. Lay the rosemary stems and sprigs directly on the top of the baffle. Replace the drip pan and grill grate.

4. Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

5. Arrange the steaks directly on the grill grate and smoke for 30 minutes. Temporarily remove the steaks to a plate or platter. Increase the Traeger temperature to 450 degrees F (High) and preheat for 15 minutes. Return the steaks to the grill grate and grill until the desired degree of doneness is reached, 5 to 6 minutes per side for medium-rare.

6. Let the steaks rest for 3 minutes before carving. Serve with the Spanish Olive Sauce.

***Note:** Smoked Spanish paprika, called pimentón, is increasingly available in American supermarkets and gourmet shops. If you cannot find it, substitute another paprika or even mild chili powder.*

DIFFICULTY: 2/5
PELLETS: Hickory or Oak
PREP TIME: 10 min.
COOK TIME: 55 min.
SERVES: 4

YOU WILL NEED THESE THINGS

2 pounds ground chuck

1/2 pound thinly sliced corned beef, chopped into bits

4 1-ounce slices Swiss cheese

Traeger Prime Rib Rub

4 good quality hamburger buns or Kaiser rolls, sliced and buttered

1/2 cup Thousand Island dressing

1 cup sauerkraut, well drained

Dill pickle spears for serving

Grilled Reuben Burger

If you or anyone in your family enjoys Reubens (corned beef sandwiches with Swiss cheese, sauerkraut, and Thousand Island dressing)—a food combination that proves that something can be greater than the sum of its parts—you will love these innovative burgers. Pumpnickel or rye buns work beautifully here, if you can find them. Buy the corned beef at the deli counter, or smoke your own.

1. Form the ground chuck into 8 equal balls, and then into patties. Top four patties with some of the corned beef. Top with the remaining patties, and press and pinch the edges carefully to seal in the filling. Reshape the burgers if necessary so they are of an even thickness. Just before grilling, season the patties with Traeger Prime Rib Rub.

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

3. Arrange the burgers on the grill grate and smoke for 30 minutes. Increase the temperature to 300 degrees F and continue to cook until the internal temperature of the burgers reaches 165 degrees F, about 30 minutes. (Put the temperature probe into the burgers from the side, not the top, for an accurate reading.)

4. Arrange the buttered bun halves on the grill (try to keep "mates" together) the last 10 minutes of grilling, and toast the buns. Meanwhile, top each burger with a slice of Swiss cheese. Let the cheese melt.

5. To serve, spread the cut sides of the toasted buns with Thousand Island dressing. Put a burger on the bottom half of each bun, and top with sauerkraut. Serve immediately with dill pickle spears.

DIFFICULTY: 2/5
PELLETS: Hickory
PREP TIME: 15 min. plus 8 hours
for marinating
COOK TIME: About 2-1/2
to 3 hours
SERVES: 6

YOU WILL NEED THESE THINGS

Eye of round or top or bottom
round roast, 4 to 5 pounds

1 cup soy sauce

1/2 cup bourbon

1/4 cup Worcestershire sauce

1/4 cup olive or vegetable oil

2 tbsps. brown sugar

1 tbsp. Traeger Prime Rib Rub, or your
favorite barbecue rub

4 cloves garlic, peeled and minced

1 tsp. ground white pepper

1/2 tsp. ground ginger.

Bourbon Beef

This is a variation of a popular recipe originally published by Traeger in a recipe binder that was given out years ago to new Traeger owners. The marinade is also good on pork.

1. With a sharp knife, trim the roast of any silverskin. Combine the soy sauce, bourbon, Worcestershire, oil, and brown sugar in a large resealable plastic bag. Add the beef and refrigerate for 8 hours or overnight, turning as needed to coat the meat with the marinade.

2. Drain the meat, reserving the marinade in a saucepan. In a small bowl, combine the rub, garlic, white pepper, and ginger. Rub the outside of the meat with the mixture. Bring the marinade to a boil over high heat and boil for 3 minutes. Let cool.

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

4. Put the roast directly on the grill grate. Smoke the meat for 1-1/2 hours, basting every 30 minutes with the marinade. Increase the temperature to 300 degrees F and continue to cook the roast until the internal temperature is 130 degrees F (for medium-rare), about 1 to 1-1/2 hours more, basting every 30 minutes. Let the meat rest for 10 minutes before carving thinly on a diagonal.

DIFFICULTY: 2/5
PELLETS: Cherry or Apple
PREP TIME: 20 min. plus 6 - 8
hours for marinating the ribs
COOK TIME: 10 min.
SERVES: 4

YOU WILL NEED THESE THINGS

2-1/2 pounds crosscut beef short ribs
(flanken), or see substitutions above

1 12-ounce bottle or can of
ginger ale, root beer, or cola

1 cup soy sauce

1/2 onion, peeled and coarsely
chopped

4 cloves garlic, roughly chopped

1 ripe kiwi, peeled and roughly
chopped

1/4 cup brown sugar

1 1-inch piece fresh ginger, peeled
and sliced into coins

2 tbsps. toasted sesame oil

2 scallions (green onions), trimmed,
white and green parts thinly sliced on
a sharp diagonal

2 tbsps. toasted sesame seeds

Small white corn tortillas, warmed

Finely shredded Savoy or Napa
cabbage, for serving

Thai-style hot sauce (Sriracha),
for serving

Korean-Style Tacos

If cross-cut short ribs (also called flanken) aren't a common cut at your supermarket's meat counter, make friends with your butcher—if you haven't already—and ask him to cut some for you. If necessary, substitute skirt steak.

1. Put the ribs in a large resealable plastic bag positioned in a mixing bowl. Pour in the ginger ale.

2. **Make the marinade:** In a blender jar, combine the soy sauce, onion, garlic, kiwi, brown sugar, ginger, and sesame oil and process for 25 to 20 seconds. (It's okay if some chunks remain.) Add the marinade to the ribs, press out the air, and seal the bag. (Leave the bag in the mixing bowl to catch any leaks.) Marinate for several hours, preferably overnight.

3. Drain the short ribs and discard the marinade.

4. 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

5. Lay the ribs in a single layer on the grill grate and grill for 3 to 5 minutes per side, or until they're done to your liking. (Generally, Koreans like their short ribs well done.)

6. Transfer to a cutting board, and with kitchen shears, trim the meat off the bones and cut into pieces. Arrange on a serving platter along with the corn tortillas and shredded cabbage. Sprinkle the meat with the scallions and sesame seeds. Serve Thai-style hot sauce (Sriracha) on the side.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: Less than 5 min
COOK TIME: About 10 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 4 cube steaks (see above), each about 5 ounces and 1/2-inch thick
Traeger Prime Rib Rub or your favorite seasoning(s)
- 4 Kaiser rolls, for serving (buttered and grilled, if desired)
Sliced ripe tomatoes, onions, pickles, lettuce, etc., for serving
Bottled steak sauce, for serving

TRAEGER TIP:
If you have the option, buy sirloin cutlets and ask your butcher to tenderize them for you.

Steak “Burgers”

A friend raved about the “steak burgers” she’d sampled at a local market. Curious, we bought some for ourselves and were surprised to recognize the “burgers” as the cube steaks of our youth. Remember cube steaks, cutlets of sirloin or top or bottom round that had been mechanically tenderized by machine or pounded within an inch of their lives by Mom’s vintage meat mallet? At any rate, we were happy to renew acquaintances with this underappreciated cut of meat, which is great when grilled and served on a bun.

1. Season the cube steaks with the Traeger Prime Rib Rub. Pat gently with your fingertips.
2. 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.
3. Grill the steaks, turning once with a spatula, 5 to 6 minutes per side, or until cooked to your liking. Serve on the rolls with your favorite condiments.

DIFFICULTY: 3/5
PELLETS: Oak or Pecan
PREP TIME: 10 min.
COOK TIME: about 40 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- For the butter:**
- 8 tbsps. (1 stick) butter, at room temperature
 - 3 tbsps. crumbled blue cheese
 - 1 clove garlic, finely minced
 - 1 tbsp. dry sherry or red wine (optional)
 - 1 tbsp. minced fresh chives or parsley
 - 1 tsp. freshly ground green or black peppercorns
 - Coarse salt (kosher or sea), to taste

- For the steaks:**
- 4 beef tenderloin steaks, 1-1/4 to 1-1/2 inches thick
 - Olive oil
 - Traeger Prime Rib Rub, or coarse salt (kosher or sea) and freshly ground black pepper

TRAEGER TIP:
Compound butters like the one above are easy to make and great to have on hand in your freezer. Make up your own combinations when your herb garden is lush.

Smoked Beef Tenderloin Steaks with Blue Cheese and Peppercorn Butter

A 30-minute romp in wood smoke and a savory compound butter take beef tenderloin steaks to a new level. Leftover butter can be used on baked potatoes, pork chops, or toasted bread.

1. **Make the flavored butter:** In a small mixing bowl, combine the butter, blue cheese, garlic, sherry, if using, chives, peppercorns, and salt. Cover and refrigerate until ready to use, or roll into a log in plastic wrap, wax paper, or parchment and freeze for up to 6 months.
2. When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
3. Brush the outside of the steaks with olive oil and season with Traeger Prime Rib Rub. Arrange the steaks directly on the grill grate and smoke for 30 minutes. Transfer the steaks to a plate or platter and place a cast iron skillet on the grill grate. Increase the temperature of the grill to 450 degrees F (High) and preheat the skillet for 10 minutes. Film the bottom of the skillet with olive oil. Arrange the smoked steaks in the skillet and sear, turning once with tongs or a spatula. Transfer the steaks from the skillet directly to the grill grate to finish cooking to the desired doneness. (Use an instant-read meat thermometer inserted through the side of a steak: Medium-rare will be about 130 degrees F.)

4. Top the steaks with a dollop of the Blue Cheese and Peppercorn Butter a minute or two before transferring to a platter or plates.

A close-up photograph of a white plate filled with pulled pork and sauerkraut. The pork is shredded and has a rich, reddish-brown color, likely from a barbecue sauce. The sauerkraut is dark green and appears to be sautéed or braised. The plate is set on a dark, textured surface.

QUICK-START *Recipes*

Grandma's Pork Chops

- Our grandma had a smokehouse and a well-seasoned cast iron skillet. You have a Traeger...even better. Generously season four thick pork chops with salt and pepper. Use a heavy hand on the pepper. Smoke the chops for 30 minutes. Increase the heat to 300 degrees and roast the chops until the internal temperature is at least 145 degrees, about 45 minutes—longer if you like your chops medium-well to well done.

Barbecued Pork Burgers

- Combine 1-1/2 pounds of ground pork with 1/2 cup of your favorite barbecue sauce and 1/4 cup of diced onion (optional) and form into patties. Smoke for 30 minutes. Increase heat to 400 degrees F and cook until the internal temperature is 160 degrees. Serve on a toasted bun with the condiments of your choice.

Weeknight Pork Tenderloin

- Season two 1-pound pork tenderloins with your favorite barbecue rub. Grill over High heat for 20 minutes, turning as needed to sear all sides. If the internal temperature is not 145 degrees, grill a few minutes longer. Slice into 3/4-inch slices and serve with a green vegetable, applesauce, and rice or mashed potatoes.

Pork

DIFFICULTY: 2/5
PELLETS: Hickory
PREP TIME: 15 min.
COOK TIME: 3 hours to 4 hours
SERVES: 6

Bacon-Draped Pork Loin Roast

Many competition barbecue teams use large food-grade syringes to inject thin flavorful liquids deep into the meat they're barbecuing. It's a nice technique to learn because it not only adds flavor, but keeps the meat moist during long smokes. If you don't own one of these injectors or don't want to bother, the roast will still turn out succulent. Leftovers make great sandwiches. We urge you to try our Cubanos, for example, on page 32.

YOU WILL NEED THESE THINGS

For the injection sauce:

- 1 cup apple juice
- 1/4 cup water
- 1 tsp. salt
- 1 tsp. Worcestershire sauce

For the pork:

- 1 3-pound center-cut pork loin
- Traeger Sweet Rub, or your favorite barbecue rub
- 8 to 10 slices bacon

TRAEGER TIP:

Look for a pork loin roast that has a fat cap about 1/4-inch thick.

1. **Make the injection sauce:** Combine the apple juice, water, salt, and Worcestershire in a water glass and stir to dissolve the salt crystals. Plunge the injector into the sauce and retract the needle to draw up the liquid. Liberally inject the meat. Season the meat all over with the Traeger Sweet Rub. At this point, you can wrap the meat tightly in plastic wrap and refrigerate until the next day, or you can smoke it right away. (Bring the meat to room temperature if it's been refrigerated.)

2. 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. If you own a 3-position controller, leave it on the Smoke setting. You may have to add 30 minutes to an hour to the cook time.

3. Remove the plastic wrap from the pork loin and drape the loin with the bacon slices. Put the roast directly on the grill grate and smoke for 3 to 4 hours, or until the internal temperature of the meat is at least 145 degrees F. Transfer the pork to a cutting board and let rest for 10 minutes before carving and serving. (What you do with the bacon is up to you.) You should see a beautiful rim of pink, called a smoke ring, around the periphery of the meat.

DIFFICULTY: 2/5
PELLETS: Hickory, Apple, or Maple
PREP TIME: 10 min.
COOK TIME: 4 hours 30min.
SERVES: 4 to 6

Barbecued Baby Back Ribs

Patience is the key to mastering ribs—ribs, the iconic symbol of American barbecue. We call for baby backs here, but feel free to substitute meatier, fattier spare ribs, which are often less expensive. They may take a bit longer to cook. In the unlikely event you have leftovers, wrap them tightly in foil and reheat on your Traeger. (A temperature of 250 degrees F is best.)

YOU WILL NEED THESE THINGS

- 3 racks pork baby back ribs (about 4-1/2 to 5-1/2 pounds)
- Traeger Pork and Poultry Shake, Sweet Rub, or your favorite barbecue rub
- 1/4 cup (1/2 stick) butter, cut into pieces
- 1/4 cup honey, warmed, or more as needed
- 1 cup apple juice
- 1 13.1-ounce bottle Traeger Regular Barbecue Sauce, or your favorite barbecue sauce

TRAEGER TIP:

Add shredded or chopped cooked rib meat to baked beans, braised greens, chili, or even ramen noodles.

1. 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 peel the membrane off.

2. Put the ribs on a rimmed baking sheet and season on both sides with the Traeger Pork and Poultry Shake.

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

4. Arrange the ribs directly on the grill grate. Smoke the ribs, meat-side up, for 2 hours. Transfer the ribs to a rimmed baking sheet but leave the grill on. Set the temperature to 250 degrees F.

5. Tear off 2 long sheets of wide heavy duty aluminum foil. Top with a rack of ribs; pull up the sides to keep the liquid enclosed. Top the ribs with a few pieces of butter, then drizzle with honey. Lay the second rack of ribs on top of the first. Dot with butter and drizzle with honey; repeat with the third rack. Pour the apple juice in the foil package and bring up the sides to completely enclose. Put the package on the grill and cook until the ribs are tender, about 2 more hours.

6. Using tongs, lift the ribs from the foil and put directly on the grill grate. Brush the ribs on both sides with Traeger BBQ Sauce. (Discard the foil and juices.) Grill until the sauce "tightens", about 30 minutes more. Let the ribs rest for a few minutes before serving.

DIFFICULTY: 3/5
PELLETS: Apple
PREP TIME: 15 min.
COOK TIME: 20 min. for the sandwiches
SERVES: 4 hungry adults

YOU WILL NEED THESE THINGS

- 4 hoagie rolls, split
- 3/4 pound (12 ounces) thinly sliced roast pork, preferably cooked at a previous grill session (see the recipe for Bacon-Draped Pork Loin on page 30)
- Thinly sliced dill pickles or pickle chips, drained
- 1/2 pound mild Swiss cheese, thinly sliced
- 3/4 pound (12 ounces) thinly sliced cooked ham
- Softened butter for spreading on the sandwiches

Cuban Sandwich (Cubano)

Cuba is not only the world's largest repository of pre-1962 American-made cars, but the inventor of one of the planet's most satisfying sandwiches, the Cubano. It is a great way to utilize leftover pork of any kind. Black beans go nicely with this sandwich.

1. 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.
2. **Make the sandwiches:** Open the hoagie rolls and lay them on a rimmed baking sheet.
3. Working assembly-line style, spread the cut halves of the rolls with mustard. Arrange the pickle slices on the bottom half of each roll. (Be generous.) Continue to build the sandwiches with the pork, cheese, and finally, the ham. Replace the tops.
4. Butter the bottom and top of each sandwich. Leave the sandwiches on the baking sheet.
5. Put the baking sheet with the sandwiches on the grill grate. Top with a second baking sheet. Put something heavy and heatproof—such as a large cast iron skillet or two, or fireplace bricks—on top of the second sheet to compress the sandwiches.
6. Bake the sandwiches until the bread is slightly toasted on the outside, the meats are hot, and the cheese has melted, about 20 minutes. Slice each sandwich in half on a sharp diagonal and serve immediately.

DIFFICULTY: 1/5
PELLETS: None
PREP TIME: 15 min.
COOK TIME: 10 min.
SERVES: Depends on your leftovers

YOU WILL NEED THESE THINGS

- Barbecued baked beans, reheated
- Leftover coleslaw (drain if watery)
- Leftover pulled pork, shredded beef, or chopped beef brisket, reheated
- Barbecue Sauce
- Leftover barbecued ribs cut into individual ribs (optional), reheated
- Dill pickle spears
- Cherry tomatoes

Barbecued "Sundaes"

These are just plain fun, and a novel way to utilize leftovers from a big weekend of barbecuing on the Traeger. For obvious reasons, quantities aren't specified. Not for children or adults who don't like their food to touch! Though we do call for reheating the beans and meats—a task easily handled by the microwave—the "sundaes" are actually not bad at room temperature.

1. If you own the kind of glassware popular at soda fountains and ice cream parlors, break it out. If not, substitute clean 16-ounce canning jars or other clear glassware.
2. Put a layer of baked beans in the bottom of each glass or jar followed by layers of coleslaw and pulled pork. Drizzle with barbecue sauce. Stick a rib, if using, and a dill pickle spear in each "sundae". Top with a cherry tomato.

DIFFICULTY: 2/5
PELLETS: Oak
PREP TIME: 20 min. plus 2 to 4 hours for marinating the pork
COOK TIME: 30 min.
SERVES: 4 to 6

YOU WILL NEED THESE THINGS

- 8 cloves garlic, peeled and smashed with the side of a knife
- 1/2 cup extra-virgin olive oil
- 1/2 cup red wine
- 3 tbsps. fresh lemon juice
- 1 tbsp. dried oregano
- 2 tsps. dried mint
- 2 pounds boneless country-style pork ribs, pork shoulder, or pork tenderloin cut into 1-1/4 inch cubes
- Traeger Souvlaki seasoning, or salt and freshly ground black pepper
- Pita bread, for serving
- Prepared tzatziki and/or hummus, for serving

*Greek Pork Kebabs
(Souvlaki)*

Souvlaki is Greek for “skewers. We feature pork here, but you could substitute chicken, lamb, beef, salmon, or tuna. Souvlaki is traditionally served with pita bread, hummus, and tzatziki, a cucumber and sour cream sauce. Rice and a salad featuring mixed lettuces and tomato wedges are often served with the meal as well.

- Working on a cutting board, use the flat of your knife to mash the garlic cloves to a paste. Transfer the garlic to a large mixing bowl and whisk in the olive oil, red wine, lemon juice, oregano, and mint. Add the pork cubes and stir to coat the meat. Cover and refrigerate for 2 to 4 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 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Drain the pork and discard the marinade. Season lightly with the Traeger Souvlaki seasoning. Thread the pork on 8 wooden skewers. Arrange the skewers directly on the grill grate and grill for 5 to 7 minutes per side, or until the pork is cooked through.

DIFFICULTY: 2/5
PELLETS: Hickory
PREP TIME: 15 min.
COOK TIME: 5 to 6 hours
SERVES: 10 to 12

YOU WILL NEED THESE THINGS

- 1 5- to 7-pound pork shoulder (Boston butt), bone-in or boneless
- 2 to 3 tbsps. Hawaiian sea salt, or coarse salt (kosher or sea)
- Freshly ground black pepper
- 2 frozen banana leaves (see above), thawed

Kalua Pig

Culinary history records that in the early 1900s, two Hawaiian princesses were the first island cooks to employ the kalua cooking method (kalua literally means “to cook in an underground oven”) that is now the centerpiece of most traditional luaus. While you might not have an imu in your backyard (underground oven), **you have something better: a Traeger!** Banana or ti leaves are a traditional wrap for kalua pig, but if you don’t have access to them, simply wrap the pork in aluminum foil. This is a great party dish. Emphasize the Hawaiian theme by serving the meat with baked yams and grilled pineapple with coconut ice cream.

- Season the pork shoulder with the Hawaiian salt and pepper.
- Put a banana leaf on your work surface. Lay the pork shoulder in the center of it, and draw up the ends as if you were wrapping a gift. Lay the second banana leaf at right angles to the first and draw up the ends to enclose the meat. Wrap the entire package tightly in aluminum foil. Refrigerate 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 300 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Place the wrapped pork directly on the grill grate and cook until the pork is falling-apart-tender, 5 to 6 hours. (An internal temperature in the meat of 190 degrees F is what you’re looking for.)
- Transfer the pork to a cutting board and let rest, still wrapped, for 20 minutes. Carefully unwrap the pork and save any juices that accumulated in the foil. Tear the pork into chunks and shreds, discarding any lumps of fat or bone. Serve immediately.

DIFFICULTY: 2/5

PELLETS: Mesquite

PREP TIME: 20 min. plus several hours for marinating the pork

COOK TIME: About 4 hours

SERVES: 6 to 8

YOU WILL NEED THESE THINGS

4 pounds boneless pork shoulder (Boston butt), cut into 3-inch chunks

1/2 onion, peeled & coarsely chopped

6 cloves garlic, peeled and coarsely chopped

Juice of one lime

1/2 canned chipotle chile in adobo, plus 1 tbsp. of the sauce

3 tbsps. New Mexican red chili powder (ancho)

2 tbsps. hot red chili powder (such as arbol), or more mild chili powder

1-1/2 tbsps. oregano

2 tps. ground cumin

2 tbsps. white vinegar or cider vinegar

1 tbsp. Worcestershire sauce

2 cups chicken stock

Flour tortillas, warmed, for serving

Sour cream, for serving

Cilantro leaves, for serving (optional)

TAEGER TIP:

It's rare that a recipe calls for an entire can of chiles in adobo—usually only one or two are called for. Repackage the remainder in resealable plastic bags, then label and date them before freezing for future use.

New Mexican Pulled Pork (Carne Adovada)

Traditional Carolina-style pulled pork can get... well...a little boring. But if your family enjoys pulled pork as well as Mexican-American food, they'll think Carne Adovada is as good as it gets. A specialty of Sante Fe, New Mexico, this dish depends on good-quality chili powder. If you can't find the single-chili blends (such as ancho or arbol), you can use your favorite chili powder blend from the supermarket.

1. Place the pork in a large resealable plastic bag or a nonreactive bowl.

2. In a blender jar, combine the onion, garlic, lime juice, chipotle chile and sauce, the chili powders, oregano, cumin, vinegar, and chicken stock and blend until fairly smooth. Pour over the pork, making sure the meat is coated. Seal the bag (squeeze any excess air out of it) and refrigerate for several hours or overnight.

3. 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 (or leave on Smoke if you own a 3-position controller) and preheat, lid closed, for 10 to 15 minutes.

4. Transfer the pork and the marinade to a baking dish. Cover tightly with aluminum foil. Place on the grill grate and bake until the pork is very tender and reads 190 degrees F on an instant-read meat thermometer, about 3-1/2 hours. Leave the grill on. Remove the pork from the cooking liquid with tongs and allow it to cool slightly. Shred it with a pair of forks. Return the shredded meat to the cooking liquid and stir to combine. Return the baking dish (uncovered) to the grill and reduce the marinade to a sauce-like consistency, 30 to 40 minutes more. Transfer the adovada to a bowl for serving with tortillas, sour cream, and cilantro, if using, on the side.

DIFFICULTY: 2/5

PELLETS: Hickory, Apple, or Maple

PREP TIME: 5 min.

COOK TIME: About 3 hours

SERVES: 4 generously

YOU WILL NEED THESE THINGS

1 quart cold water or apple juice

1/4 cup kosher salt (use half as much if using regular table salt)

1/4 cup brown sugar

2 tbsps. molasses

4 Iowa pork chops

Freshly ground black pepper

Smoked Iowa Chops

This is the dish to make when you are expecting hearty appetites at your table or want to serve something special. "Iowa Chops", so named by the Iowa Pork Producers' Association in 1976, are cut from the best part of the loin and are the porcine equivalent of a T-bone steak. They're usually 1-1/4 to 1-1/2 inches thick and weigh in at 12 to 14 ounces each. If you can't find them locally, several Internet purveyors sell and ship them.

1. **Make the brine:** Combine the water, salt, brown sugar, and molasses in a large bowl or saucepan and stir until the salt and sugar crystals have dissolved. Submerge the pork chops in the brine, cover, and refrigerate for 6 to 8 hours, or overnight. (If desired, you can brine the chops in a large resealable plastic bag, but be sure to set it in another container in case it leaks.)

2. Drain the pork and discard the brine. Season the pork chops generously with black pepper.

3. 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 (or leave on Smoke if you own a 3-position controller) and preheat, lid closed, for 10 to 15 minutes.

4. Smoke the pork chops until the internal temperature in the thickest part of a chop reads at least 145 degrees F on an instant-read meat thermometer, about 2-1/2 to 3 hours or more, depending on the thickness. (The pork will still be slightly pink in the center and by the bone and should have a nice pink smoke ring around the outer perimeter.) Do not cook beyond 160 degrees F, or the pork could begin to dry out. Transfer to a platter or plates and let rest for 5 minutes before serving.

DIFFICULTY: 2/5
PELLETS: Apple, or Oak
PREP TIME: 20 min.
COOK TIME: About 60 min.
SERVES: 4 to 6

Smoked Pork Tenderloin Stuffed with Herbs, Ham, and Cheese

YOU WILL NEED THESE THINGS

2 large pork tenderloins (about 2-1/2 pounds total), trimmed of any silverskin
1/2 cup parsley, curly or Italian flat-leaf
4 fresh sage leaves, plus extra sprigs for garnish
1 6-inch sprig fresh rosemary, leaves stripped off woody stem
3 strips of orange zest, each about 1/2-inch by 1-1/2 inches, coarsely chopped
2 cloves garlic, roughly chopped
1/4 cup olive oil, or more as needed, plus extra for coating the meat
Salt and freshly ground black pepper
1 cup finely grated Romano, Asiago, or Parmesan cheese
8 thin slices of deli ham or prosciutto
4 1-ounce pieces of string cheese
Traeger Pork and Poultry Shake, or salt and freshly ground black pepper

Spirals of pork tenderloin stuffed with savory herbs, ham, and Italian cheeses look stunning on a plate, and are perfect for company. (No one will guess you raided the kids' lunch stash of string cheese!) Soon, you'll be inventing your own stuffing combinations.

1. In a blender jar or small food processor, combine the parsley, sage, rosemary, orange zest, garlic, and 1/4 cup of olive oil and process until fairly smooth, like pesto, adding a bit more olive oil if needed. Add salt and pepper to taste.

2. **Butterfly the pork tenderloin:** Cut a deep lengthwise slit in the meat, being careful not to slice it completely in half. Lay the meat on a sheet of plastic wrap and open like a book. Lay another sheet of plastic wrap on top and pound with the flat side of a meat tenderizer or a rolling pin until the tenderloin's of an even thickness (about 1/2-inch). Repeat with the remaining tenderloin.

3. Spread the herb mixture evenly over the inside of the pork tenderloins. Dust each with 1/2 cup of the Romano cheese. Lay the ham slices over the cheese. Lay two pieces of string cheese end to end on each tenderloin. Close each tenderloin, then tie at 1-1/2 inch intervals with butcher's string. Tuck in or trim any ingredients escaping the ends or sides. Oil the outside of the tenderloins and season with Traeger Pork and Poultry Shake or salt and pepper.

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

5. Arrange the tenderloins directly on the grill grate and smoke for 30 minutes. Increase the temperature to 350 degrees F and roast the tenderloins for 30 to 40 minutes, or until the pork is cooked through. Transfer the tenderloins to a cutting board. Let rest for 5 minutes, then remove the strings. Slice into 1-inch pieces with a sharp serrated knife or an electric knife. Serve immediately.

DIFFICULTY: 1/5
PELLETS: Hickory or Apple
PREP TIME: 15 min.
COOK TIME: 2-1/2 to 3 hours
SERVES: 6

Smoked Pork Tenderloins with Pineapple Relish

Pork tenderloins are like the little black dress of the barbecue world: You can dress them up or down depending on the occasion. Here, a savory pineapple relish gives them a Caribbean-inspired twist. Serve with steamed rice.

1. Drain the tenderloins and pat dry if they came in a vacuum-sealed package with liquid.

2. Combine the pineapple juice and 1 tablespoon honey in a small bowl and brush over the outside of the tenderloins. Season the meat generously with the rub. If desired, cover with plastic wrap and refrigerate for 2 to 3 hours.

3. 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.

4. Arrange the tenderloins on the grill grate and smoke until the internal temperature of the pork is at least 145 degrees F (medium-rare), 2-1/2 to 3 hours. Let rest for 5 minutes before slicing and serving with the pineapple relish. The pork may be served hot, cold, or at room temperature.

5. **While the pork smokes, make the relish:** In a small mixing bowl, combine the pineapple, onion, bell pepper, jalapeno pepper (if using), cumin, cinnamon, and allspice. Stir in the lime juice, honey, rum (if using), and hot sauce. Season to taste with salt and pepper. Cover and refrigerate until serving time.

Note: Silverskin is a tough, bluish-silver sheath that encases animal muscles. Remove it by running a sharp knife under it and drawing the blade smoothly between the silverskin and the meat.

YOU WILL NEED THESE THINGS

For the meat:

2 pork tenderloins, trimmed of silverskin (see Note below), each about 1-1/4 to 1-1/2 pounds

1/2 cup pineapple juice (if using canned pineapple in the relish, save the juice)

1 tbsp. honey, warmed

Traeger Pork and Poultry Rub, or coarse salt (kosher or sea) and freshly-ground black pepper

For the relish:

1 cup diced fresh pineapple, or substitute drained canned pineapple

1 green onion (scallion), trimmed, white and green parts thinly sliced

2 tbsps. finely diced red, yellow, or orange bell pepper

1/2 jalapeno pepper, seeded and finely diced (optional)

1/2 tsp. ground cumin

1/4 tsp. cinnamon

1/8 tsp. allspice

Juice of 1 lime

2 tps. honey, or more to taste
Splash of rum (optional)

A few drops of a Caribbean-style hot sauce such as Busha Browne's, or your favorite hot sauce

Salt (kosher or sea) and freshly ground black pepper to taste

DIFFICULTY: 2/5

PELLETS: Hickory or Apple
PREP TIME: 15 minutes
plus at least 8 hours
to marinate the pork
COOK TIME: 30 to 40 min.
SERVES: 4

YOU WILL NEED THESE THINGS

For the pork chops and brine:

- 1 12-ounce bottle ale or stout or other dark beer, or root beer
- 1-1/2 cups water
- 1/4 cup coarse salt (kosher or sea)
- 2 tbsps. molasses
- 1 onion, coarsely chopped
- 2 cloves garlic, smashed
- 2 bay leaves, broken into pieces
- 4 boneless loin pork chops, 1 to 1-1/2 inches thick
- Coarse black pepper

For the mustard sauce:

- 1 cup mayonnaise (Hellmann's)
- 1/4 cup coarse-grained (sometimes called country-style) mustard
- 1 tsp. Worcestershire sauce

TAEGER TIP:

To keep steaks and chops from curling as they grill, make vertical slashes in the collar of fat that surrounds them—every 1-1/2 inches or so—before cooking.

Ale-Brined Pork Chops with Mustard Sauce

The large pork loin roasts often on sale at your local supermarket or big box store—some nearly 1-1/2 feet long—can be cut into thirds or even fourths for several different meals. Or, you can custom cut chops like the ones used here. Brined in a hoppy ale and served with a piquant mustard sauce, these chops could be the centerpiece of a fall dinner. Roast sliced apples in foil packets with a little butter and brown sugar for an easy side dish.

1. Combine the ale and water in a large mixing bowl. Add the salt (the mixture may foam up) and stir until the crystals dissolve. Add the molasses, onion, garlic, and bay leaf. Submerge the chops in the brine, cover, and refrigerate for 8 to 24 hours.

2. Remove the chops from the brine and pat dry with paper towels. (Knock off any solid bits of onion or bay leaf.) Season the chops with black pepper.

3. 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.

4. Meanwhile, combine the mayonnaise, mustard, and Worcestershire sauce in a small mixing bowl. Cover and refrigerate until ready to serve.

5. Arrange the pork chops directly on the grill grate and grill until the internal temperature is 145 degrees F (slightly pink) to 160 degrees F, turning once, 30 to 40 minutes. Serve with the mustard sauce on the side.

DIFFICULTY: 3/5

PELLETS: Hickory or Oak
PREP TIME: 10 min.
COOK TIME: 2 to 3 hours
SERVES: 4 to 6

YOU WILL NEED THESE THINGS

2 to 3 racks baby back pork ribs
(about 5 pounds total)

1 cup apple cider vinegar

1 cup water

1/2 cup Traeger Regular Barbecue Sauce, or your favorite BBQ sauce

2 tbsps. Traeger Pork and Poultry Rub, or your favorite barbecue rub, plus additional rub for finishing the ribs

Rendezvous Ribs

These ribs pay homage to one of regional barbecue's iconic restaurants, Charlie Vergos' Rendezvous in Memphis, Tennessee. Their unorthodox cooking method—which we've adapted to a Traeger—means you can cook ribs in a fraction of the time they normally take. Just remember to moisturize them every 15 minutes with the mop sauce.

1. 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.

2. Make the mop sauce: In a mixing bowl, combine the vinegar, water, barbecue sauce, and Traeger Pork and Poultry Rub. Set the mop sauce and a barbecue mop or basting brush grillside.

3. 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.

4. Arrange the ribs on the grill grate, meat-side up. Grill for 30 minutes, then start mopping. Mop every 15 minutes. After 2 hours, check the ribs for doneness. Insert a toothpick between the bones in the center of a rack. If there is little or no resistance, the ribs are done (or close to it). Another test is to lift a rack of ribs by one end with tongs. Bounce gently. If the ribs begin to form a shreddy line in the middle, they are tender. If the ribs are not to your liking, continue to grill them in 30-minute increments, mopping every 15 minutes. (There is a bit of chew to Rendezvous' ribs.)

5. When the ribs are done, transfer them to a cutting board and give them a final dose of the mop sauce. Sprinkle lightly with Traeger Pork and Poultry Rub. Let the ribs rest for a few minutes before cutting into half slabs or individual ribs.



QUICK-START *Recipes*

Whole Roaster Chicken

- Tie the legs together. Season, then roast at 400 degrees (High if using a manual controller) for 70 minutes, or until the internal temperature of the thickest part of a thigh is 165 degrees. Let rest 5 minutes before carving.

Half Chicken

- Season, then roast at 400 degrees (High if using a manual controller) for 50 to 60 minutes, or until the internal temperature of the thickest part of a thigh is 165 degrees. Let rest 5 minutes before carving.

Chicken Breasts (boneless, skinless)

- Season, then roast at 350 degrees until the internal temperature reaches 165 degrees, 35 to 40 minutes, depending on their size.

Chicken Breasts (bone-in, skin-on)

- Season, then roast at 350 degrees, bone-side down, until the internal temperature reaches 165 degrees, 40 to 45 minutes, depending on their size.

Poultry



DIFFICULTY: 2/5
PELLETS: Hickory or Oak
PREP TIME: 10 min.
COOK TIME: 30 to 35 min.
SERVES: 4 as a main course,
8 as an appetizer

YOU WILL NEED THESE THINGS

For the Ginger-Lime Aioli:

- 1 cup mayonnaise
- 1 green onion (scallion), trimmed and minced
- 1 tbsp. soy sauce
- 2 tps. minced fresh ginger
- 2 tps. rice wine vinegar
- 1 to 2 tps. prepared wasabi or Sriracha (Asian hot sauce)
- Zest and juice from 1/2 fresh lime
- 1 tbsp. chopped fresh cilantro

For the sliders:

- 2 pounds ground turkey
- 1 egg, lightly beaten
- 2 tps. finely minced fresh ginger
- 2 cloves garlic, finely minced
- 1/2 cup panko
- 6 shiitake or button mushrooms, stemmed and finely chopped
- 1 scallion (green onion), trimmed, white and green parts finely minced
- 1 tbsp. soy sauce
- Zest and juice from 1/2 fresh lime
- 12 sesame slider buns or small dinner rolls, for serving
- Baby lettuce (mesclun) or fresh arugula, for serving

*Asian Turkey Sliders
w/ Lime & Ginger Aioli*

Ground turkey can be dry. But the addition to the mixture of chopped fresh mushrooms and a beaten egg helps keep the burgers moist. This recipe can easily be transformed to an appetizer by forming the turkey mixture into walnut-size meatballs. Put the meatballs into mini muffin tins and bake on the Traeger until the internal temperature is 165 degrees F. Serve the aioli on the side.

- 1. Make the Ginger-Lime Aioli:** In a small mixing bowl, combine the mayonnaise, onion, soy sauce, ginger, vinegar, wasabi, lime zest and juice, and cilantro. Taste, and add more wasabi if desired. Cover and chill until serving time.
- 2. Make the sliders:** In a medium mixing bowl, gently combine the turkey, egg, ginger, garlic, panko, mushrooms, scallion, soy sauce, and lime zest and juice. Wet hands, if needed, and form the mixture into 12 patties. Use your thumbs to create a wide depression in the center of each. (Cover and chill if making ahead.)
3. 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.
4. Grill the sliders until they are cooked through and the internal temperature reads 165 degrees F on an instant-read meat thermometer, 30 to 35 minutes.
5. Transfer the sliders to the bottom half of the buns. Top with the Ginger-Lime Aioli and lettuce and serve immediately.

DIFFICULTY: 2/5
PELLETS: Apple
PREP TIME: 20 min.
COOK TIME: 1 hour
SERVES: 4

YOU WILL NEED THESE THINGS

For the sauce:

- 1/4 cup plain yogurt, preferably the thicker Greek style, or sour cream
- 2 tbsps. mayonnaise
- 2 tbsps. finely diced cucumber
- 2 tps. fresh lemon juice
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/8 tsp. cayenne pepper, or more to taste

For the chicken burgers:

- 1-1/2 pounds ground chicken, well chilled
- 1/4 cup plain yogurt, preferably the thicker Greek style, or sour cream
- 1 scallion (green onion), white and green parts minced
- 1 tbsp. minced fresh cilantro or parsley
- 2 tps. minced fresh ginger
- 1-1/2 tps. garam masala
- 1-1/2 tps. salt
- 1 tsp. freshly ground black pepper
- 1/8 tsp. cayenne pepper, or more to taste
- Pita breads, leaf lettuce, and sliced onions and tomatoes, for serving

*Tandoori Chicken Burgers
with Cucumber Sauce*

A sale on ground chicken (almost always cheaper than ground beef) gave us the idea to combine the flavors of tandoori chicken in a burger. The result exceeded our expectations! We will definitely be making this again. Forming and cooking the burgers on a sheet of parchment paper might be a new technique for you, but we found it was an easy way to handle the loose, wet chicken mixture. Chilled and thinly sliced, leftover burgers make great sandwiches or salads.

- 1. Make the sauce:** Combine the yogurt, mayonnaise, cucumber, lemon juice, cumin, salt and cayenne in a small mixing bowl and whisk to mix. Cover and refrigerate until serving time.
2. Line a rimless baking sheet with cooking parchment or oiled foil.
- 3. Make the burgers:** Put the chicken in a medium mixing bowl. Add the yogurt, scallion, cilantro, ginger, garam masala, salt, and pepper. Form your hand into a claw and mix lightly but thoroughly. The mixture will be rather wet and loose. Wet your hands with cold water and form four equal-sized patties directly on the cooking parchment or foil. (If not cooking right away, cover and refrigerate.)
4. When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes)
5. Carefully slide or lift the parchment paper with the burgers onto the grill grate. (The meat will not come in direct contact with the grill grate.) Smoke for 30 minutes. Increase the temperature to 325 degrees F and cook the burgers until the internal temperature is 165 degrees F, about 30 minutes more.
6. Remove the burgers from the parchment paper and serve with pita breads, lettuce, onions, tomato, and the sauce.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 15 min.
COOK TIME: About 20 min.
SERVES: 12 skewers, serving 2 or 3

YOU WILL NEED THESE THINGS

1 cup mayonnaise (Hellmann's)
1/4 cup purchased pesto sauce
2 tbsps. olive oil
1 tbsp. lemon juice
1-1/2 pounds chicken tenders, about 12
1/2 large red onion, cut into 1-inch pieces, the layers separated, enough for 24 pieces
24 cherry tomatoes
12 lemon wedges
Finely grated Parmesan cheese (optional)

TRAEGER TIP:

We have found that bamboo skewers that have been soaked in water burn or scorch as easily as unsoaked skewers. Instead, thread the food close to the pointed end as possible (leave about 1/4-inch exposed) and slip a wide strip of aluminum foil under the exposed handles of the skewers.

Chicken Spiedini w/ Pesto

Nearly all of the world's grilling cultures boast a skewered specialty. For Italy, it is spiedini. We utilize chicken tenders here, but if they are unavailable, slice boneless skinless chicken breasts into lengthwise strips, each about 1/2-inch wide. Spiedini can be served for a light lunch or supper with a green salad and grilled bread, or as an appetizer.

1. In a medium mixing bowl, whisk together the mayonnaise, pesto, olive oil, and lemon juice. Add the chicken tenders and agitate with your hands to coat.
2. On a metal or bamboo skewer, thread a piece of onion, a cherry tomato, and a chicken tender (weave it on the skewer the long way), followed by another piece of onion, a cherry tomato, and a wedge of lemon. Repeat for the remaining 11 skewers.
3. 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.
4. Grill for 10 minutes per side, or until the chicken is cooked through and the vegetables show some char. Dust with Parmesan cheese, if desired. Serve immediately.

DIFFICULTY: 1/5
PELLETS: Hickory
PREP TIME: 10 minutes plus 4 to 6 hours for marinating the chicken
COOK TIME: 30 min.
SERVES: 6

YOU WILL NEED THESE THINGS

1/2 cup lemon-lime soda
1/2 cup honey, warmed
1/4 cup coarse (country-style) mustard or your favorite mustard
2 tbsps. soy sauce
2 cloves garlic, minced
1 tsp. Traeger Pork and Poultry Rub, or salt
1/2 tsp. freshly ground black pepper
6 6-ounce boneless skinless chicken breast halves

TRAEGER TIP:

To avoid dangerous cross-contamination, marinades should either be discarded after they've come in contact with raw meats or boiled for several minutes on the stovetop. Straining will eliminate any scum that floats to the top.

Honey-Mustard Chicken Breasts

Serve these glazed chicken breasts with a simple green salad or grilled broccoli. We call for boneless skinless breasts here, but you could also use this recipe with bone-in, skin-on breasts, or even chicken thighs or legs.

1. **Make the marinade:** In a mixing bowl, combine the lemon-lime soda, honey, mustard, soy sauce, garlic, rub, and pepper. Put the chicken breasts in a large resealable plastic bag and pour over the chicken, massaging the bag to cover all surfaces. Refrigerate for 4 to 6 hours, or overnight.
2. Drain the chicken breasts and pour the remaining marinade into a saucepan. Bring the marinade to a boil over high heat for 3 minutes. Strain into a clean bowl.
3. 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.
4. Arrange the chicken breasts directly on the grill grate and grill, turning once, for 30 to 35 minutes, or until the internal temperature in the thickest part of the breast is 165 degrees F. Brush the chicken on both sides with the remaining marinade during the last 10 minutes of cooking. Let rest for 2 minutes before serving.

DIFFICULTY: 1/5
PELLETS: Maple or Cherry
PREP TIME: 5 minutes plus 4 hours for brining the chicken
COOK TIME: 50 to 60 min.
SERVES: 4 to 6

YOU WILL NEED THESE THINGS

- 2 quarts cold water
- 1/2 cup soy sauce
- 1/4 cup kosher salt
- 1/4 cup brown sugar
- 1 2-inch piece of fresh ginger, roughly chopped (no need to peel)
- 3 cloves garlic, smashed with the side of a knife
- 12 meaty chicken drumsticks (about 3 pounds)
- 1 13.1 ounce bottle Traeger Mandarin Glaze, or your favorite Asian-style barbecue sauce

Chili-Glazed Drumsticks

A brine flavored with Asian ingredients gets these drumsticks off to a good start. Finished with a sweet-spicy glaze, the drumsticks achieve beautiful caramelization on the Traeger. Serve with rice and an Asian-style coleslaw.

1. In a container large enough to hold the chicken and brine, combine the water, soy sauce, salt, ginger, and garlic. Stir to dissolve the salt and sugar crystals. Add the drumsticks to the brine, cover, and refrigerate for 4 hours.
2. 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.
3. Remove the chicken drumsticks from the brine and dry on paper towels. Discard the brine. Arrange the chicken on the hot grill grate and roast, turning once, for 45 minutes. Brush the drumsticks with the Traeger Mandarin Glaze and continue to cook for several minutes more, or until the chicken is cooked through (165 degrees F) and the glaze has tightened. Watch the drumsticks carefully after you apply the glaze as the sugars in it can scorch easily. Transfer the drumsticks to a platter and serve hot, cold, or at room temperature.

DIFFICULTY: 3/5
PELLETS: Hickory
PREP TIME: 20 to 25 min.
COOK TIME: 1-1/2 hours
SERVES: 4 to 6

YOU WILL NEED THESE THINGS

- 1 gallon cold water
- 1 cup kosher salt
- 1/4 cup sugar
- 2 chickens, each 3-1/2 to 4 pounds, any giblets removed
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 8 tbsps. (1 stick) butter, at room temperature, divided use
- 3 medium potatoes, peeled and cut into 1/4-inch cubes
- 2 carrots, peeled and cut into 1/4-inch cubes
- 2 medium zucchini, cut into 1/4-inch cubes
- 1/2 cup chicken broth or stock
- 2 tbsps. soy sauce, preferably low-sodium
- 1/4 cup minced fresh parsley
- 1/2 tsp. freshly ground black pepper Traeger Pork and Poultry Shake, or paprika
- 4 slices bacon

*“Good Woman” Chicken
(Poulet Bonne Femme)*

How can you not love a recipe named “Good Woman”? The hardest part about making this French bistro dish is finely dicing the vegetables so they’ll cook to tenderness as the chicken roasts.

1. **Make the brine:** Combine the water, kosher salt, and the sugar in a large stockpot or clean container large enough to hold the chickens. (Large resealable plastic bags work, too.) Stir to dissolve the salt and sugar granules. Submerge the chickens in the brine, cover, and refrigerate for 8 hours, or overnight. Remove the chickens from the brine, discarding the brine, and pat the chickens dry with paper towels.
2. In a large nonreactive saucepan over medium heat, melt 4 tablespoons of the butter. Sauté the onion and garlic until translucent, about 5 minutes. Add the potatoes and carrots and sauté 5 minutes. Increase the heat to medium-high, and add the chicken broth. Bring to a boil, and cook the vegetables for 5 minutes, adding the zucchini the last 3 minutes. As the chicken broth boils away, allow the vegetables to brown slightly. Remove from the heat and add the soy sauce, parsley, and ground black pepper.
3. Tuck the wings behind the chickens’ backs. Rub each chicken with the remaining butter. Lightly sprinkle each chicken with the Traeger Pork and Poultry Shake. Stuff each chicken with half the vegetable mixture and tie the legs together with butcher’s string. Drape each bird with two pieces of bacon arranged in an “X” over the breasts.
4. 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.
5. Arrange the chickens directly on the grill grate and roast until the vegetables are tender and the temperature of the thickest part of the thigh is 165 degrees F when read on an instant-read meat thermometer, about 1-1/2 hours. Let the chickens rest for 5 minutes before carving and serving with the vegetables.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 10 min. plus 30 min. to 1 hour for marinating the cutlets
COOK TIME: 15 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 1-1/4 pounds turkey cutlets, each about 1/3-inch thick
- Juice of 1 lemon
- 3 tbsps. minced fresh herbs such as rosemary, basil, tarragon, parsley, chives, or oregano, or a mix
- 2 cloves garlic, crushed with the side of a knife, then finely minced
- Salt and freshly ground black pepper to taste
- 1/4 tsp. hot red pepper flakes (optional)
- 1/2 cup olive oil
- Lemon wedges for serving
- Sprigs of fresh herbs for garnish

Herbed Turkey Cutlets

Although this recipe is very simple as is, you can cut your active prep time to 1 minute by substituting commercial Italian dressing for the marinade. Serve with a colorful green salad (again, pre-packaged if you're pressed for time) or a green vegetable like broccoli or green beans, and rice or potatoes. Leftover cutlets make great sandwiches.

- Put the turkey cutlets into a resealable plastic bag (make sure the cutlets aren't stuck together or the marinade won't reach all the surfaces).
- Make the marinade:** Combine the lemon juice, herbs, garlic, salt and pepper, hot red pepper flakes (if using) and the olive oil in a jar with a tight lid. Shake vigorously until the marinade is emulsified. Pour over the cutlets and massage the bag to make sure all surfaces are coated. Refrigerate for at least 30 minutes, and up to an hour.
- 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.
- Drain the turkey cutlets and discard the marinade. Arrange the cutlets directly on the grill grate and grill, turning once with tongs or a spatula, for 5 to 7 minutes per side, or until the cutlets are cooked through. Shingle the cutlets on a platter and garnish with lemon wedges and sprigs of fresh herbs.

DIFFICULTY: 2/5
PELLETS: Cherry
PREP TIME: 10 min. plus several hours for brining
COOK TIME: About 1 hour
SERVES: 4

YOU WILL NEED THESE THINGS

- 4 Cornish game hens, each about 1-1/4 pounds
- Nonstick cooking spray
- 6 tbsps. butter, melted
- Traeger Pork and Poultry Rub, or your favorite barbecue rub
- 4 6-ounce cans pineapple or other fruit juice
- 1 cup Traeger Apricot Barbecue Sauce, or your favorite barbecue sauce

Cornish Game Hens On a Throne

Surely you've heard of beer can chicken, that avian phenomenon that swept the barbecue world a few years ago. But if you own a Traeger Junior (055), you don't have enough clearance to roast a full-size chicken upright. That's where the diminutive Cornish game hen comes in. Individual servings of fruit and vegetable juice generally come in 6-ounce cans, which are perfect for these smaller fowl. Be sure to remove any paper labels from the cans before using.

- Remove any giblets from the cavities of the game hens and wash the hens under cold running water. (Discard the giblets or save for another use.) Dry thoroughly with paper towels.
- Remove any paper labels from the fruit juice cans, if any, and pour out half the juice from each can and save for another use. Spritz the outside of each can with cooking spray. (This makes it easier to remove the hens from the cans.) Rub the outside of each hen with melted butter and season with the rub. On a rimmed baking sheet, ease each hen onto a can and bring the legs forward to stabilize it. Tuck the wings behind the backs.
- 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.
- Transfer the hens on their cans directly to the grill grate, or if desired, leave them on the rimmed baking sheet. Roast for 45 minutes. Brush the hens with the barbecue sauce and continue to roast until the internal temperature in the thickest part of a thigh is 165 degrees F, about 15 minutes more.
- Transfer the hens to a cutting board and gently ease each off its can with the aid of tongs or heat-proof rubber gloves being careful not to spill the hot juice. Let rest for 5 minutes before serving.

DIFFICULTY: 2/5
PELLETS: Maple, Apple, or Hickory
PREP TIME: 15 min.
COOK TIME: About 2 hours
SERVES: 6

YOU WILL NEED THESE THINGS

- 6 turkey thighs (4-1/2 to 5 pounds total), skin-on
- 1-1/2 cups chicken or turkey broth
- Traeger Pork and Poultry Shake, or your favorite barbecue rub
- 1 cup barbecue sauce, or more as needed
- 6 hamburger buns or Kaiser rolls, split and buttered
- Pickles, for serving (optional)

TRAEGER TIP:
When checking the temperature of bone-in meat or poultry with an instant-read meat thermometer, make sure the probe doesn't touch bone or you will get a false (higher) reading.

Pulled Turkey

Don't get us wrong: We love pulled pork. But sometimes we can't resist the great prices on turkey thighs, which can be pulled as well. **(Please note: While we normally cook poultry to an internal temperature of 165 degrees F, we recommend cooking the turkey to an internal temperature of 180 degrees F so it can be easily "pulled".)** Low cost, and low fat—we like that. Coleslaw and/or baked beans round out the meal.

- Season the turkey thighs on both sides 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).
- Arrange the turkey thighs directly on the grill grate and smoke for 30 minutes. Transfer the thighs to a sturdy disposable aluminum foil pan or roasting pan. Pour the broth around the thighs. Cover the pan with foil or a lid. Increase the temperature of the Traeger to 325 degrees F.
- Roast the thighs until the internal temperature is 180 degrees F. Remove the pan from the grill, but leave the grill on.
- Let the turkey thighs cool slightly until they can be comfortably handled. Pour off the drippings and reserve. Remove the skin and discard. Pull the turkey meat into shreds with your fingers and return the meat to the roasting pan. Add 1 cup or more of the barbecue sauce along with some of the drippings. You want the meat to be rather saucy. Recover the pan with foil (or the lid) and reheat the turkey on the Traeger for 20 to 30 minutes. Remove the pan from the grill, but leave the foil or lid on the pan. Increase the temperature to 400 degrees and toast the buns, if desired.
- To serve, make sandwiches with the turkey and toasted buns. Serve with pickles, if desired.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 10 min.
COOK TIME: About 8 to 10 min.
SERVES: 4 to 6 as an appetizer or snack

YOU WILL NEED THESE THINGS

- 4 10-inch flour tortillas (also known as "burrito size")
- 4 tbsps. (1/2 stick) butter, melted
- 2 cups shredded Monterey Jack cheese
- 2 cups shredded cooked chicken or finely diced smoked chicken, cooked at a previous grill session
- 6 slices cooked bacon (see Note below), crumbled or chopped
- 1/2 cup bottled ranch dressing (Hidden Valley®)

TRAEGER TIP:
Use a pizza cutter or kitchen shears to cut quesadillas into wedges.

Smoked Chicken, Bacon, and Ranch Quesadillas

A popular sandwich combination inspired this quesadilla. Feel free to customize it with sliced black olives, chopped fresh tomatoes, or roasted green chiles. If you have chicken and bacon on hand from a previous grill session, the quesadillas take almost no time to make. So easy the kids can make them for an after school snack.

- Brush one side of each tortilla with butter. Lay a tortilla, buttered side down, on a rimmed baking sheet. Sprinkle one-fourth of the cheese on half of one tortilla. Top with one-fourth of the chicken and bacon. Drizzle ranch dressing over the chicken, bacon, and cheese. Fold the tortilla in a half-moon shape. Repeat 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 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Transport the quesadillas to the grill on the baking sheet, and using a wide spatula, arrange them directly on the grill grate. Grill for about 5 minutes, or until the tortillas begin to brown on the bottom. Turn the quesadillas over and continue grilling another 3 to 5 minutes more, or until the tortillas are browned on the second side. Transfer the tortillas to the baking sheet. Cut each quesadilla into 4 wedges to serve.

Note: If desired, you can cook the bacon on your Traeger before assembling the quesadillas: Lay the slices on a piece of cooking parchment or aluminum foil and cook at 350 degrees for about 20 minutes, or until the bacon begins to crisp. Drain on paper towels before proceeding with the recipe.

DIFFICULTY: 3/5
PELLETS: Apple or Pecan
PREP TIME: 10 min.
COOK TIME: About 3 hours
SERVES: 6

YOU WILL NEED THESE THINGS

20 tbsps. (2-1/2 sticks) softened butter

1/3 cup mixed chopped fresh herbs, such as rosemary, thyme, sage, marjoram, and parsley

1 turkey, 10 to 12 pounds, giblets removed

Traeger Pork and Poultry Rub, or salt and freshly ground black pepper

TRAEEGER TIP:

It can be difficult to transfer a hot turkey from the roasting pan to a cutting board or platter. A long, sturdy wooden dowel inserted in the main cavity through the neck opening can aid the lift.

Traeger Butter-Braised Turkey

Braising with butter will yield a turkey that looks like it belongs in a Norman Rockwell painting. For additional flavor, cut up an orange or a lemon and an onion and tuck in the cavity of the bird along with some additional sprigs of herbs. If you opt to stuff the bird with a traditional bread stuffing, add an hour or more to the cooking time.

1. Combine the butter and herbs in a Pyrex bowl or measuring cup and stir to combine. Put 3 to 4 tablespoons of the butter on a separate plate. Melt the remaining herbed butter in the microwave.

2. Smear the softened butter from the plate all over the outside of the turkey.

3. Position the turkey on a rack in a shallow roasting pan. Wash your hands thoroughly. Season the skin with Traeger Pork and Poultry Rub.

4. 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.

5. Put the roasting pan with the turkey directly on the grill grate. Roast the turkey for about 3 hours, basting every 30 minutes with the melted herb butter after the first hour. The internal temperature of the thickest part of the thigh should be 165 degrees F. The turkey should also be beautifully browned with crisp skin. If the temperature is less than 165 degrees F, 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.

6. 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.

DIFFICULTY: 1/5
PELLETS: Hickory or Oak
PREP TIME: 8 hours for brining the turkey
COOK TIME: 3 to 4 hours
SERVES: 8

YOU WILL NEED THESE THINGS

2 quarts cold water

1 cup kosher salt

1/2 cup brown sugar or maple syrup

1 5- to 6-pound turkey breast

1/2 cup (1 stick) butter, melted

TRAEEGER TIP:

Line your drip pail with heavy-duty aluminum foil for easy clean-up

Smoked Turkey Breast

Turkey...it's not just for Thanksgiving anymore! Although a meal in itself, smoked turkey breast is fabulous in salads and sandwiches. Smoke two so you'll have leftovers for lunches or quick meals. If you're in a hurry, skip the brining step.

1. **Make the brine:** Combine the water, salt, and brown sugar and stir until the salt and sugar crystals dissolve. Submerge the turkey in the brine, cover, and refrigerate for 8 hours or overnight.

2. Remove the turkey from the brine and discard the brine. Pat dry with paper towels. Put the turkey on a rimmed baking sheet and brush the bird with melted butter.

3. 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 turkey from the baking sheet and place it directly on the grill grate, skin side up, and smoke for 1 hour.

4. Increase the temperature to 225 degrees F. Brush additional melted butter on the turkey. Roast until the internal temperature of the breast is 165 degrees F (as read on an instant-read meat thermometer), about 3 to 4 hours. Transfer to a cutting board, tent loosely with foil, and let rest for 10 minutes. Remove the entire breast from the bone, slice thinly, and serve.

DIFFICULTY: 1/5
PELLETS: Hickory, Oak, or Apple
PREP TIME: 15 min. plus 4 to 6 hours for brining
COOK TIME: About 4 hours
SERVES: 3 to 4

YOU WILL NEED THESE THINGS

1 4 to 4-1/2 pound roaster chicken

Traeger Pork and Poultry Shake, or
your favorite barbecue rub

Smoked Whole Chicken

There are three things you need to know about smoked chicken: 1) Chicken that is smoked from start to finish will not have the crisp skin some people cherish (see Note below); 2) A reaction to the smoke might make the chicken appear pinkish, especially near the bone, which is why it's very important to make sure the bird's cooked to an internal temperature of 165 to 170 degrees F; 3) Smoked chicken is so darned good and has so many uses that you'll kick yourself if you don't make two.

1. Remove any giblets (discard or save for another use) 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. Tie the legs together with butcher's string and tuck the wing tips behind the back. Season the chicken lightly with Traeger Pork and Poultry Shake.

2. 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. (If you have a 3-position controller, leave your Traeger on the Smoke setting and increase the cooking time as needed.)

3. Put the chicken, breast-side up, directly on the grill grate. Smoke-roast until the internal temperature in the thickest part of a thigh reads 170 degrees F on an instant-read meat thermometer, 3-1/2 to 4 hours or longer if needed. Let rest for 10 minutes before carving and serving.

***Note:** To have the best of both worlds—a deep smoky flavor and crispy skin, smoke the chicken for 1-1/2 hours, then increase the Traeger's temperature to 350 degrees F to finish cooking, about an hour longer. Again, make sure the internal temperature of the chicken reaches 170 degrees F.*

DIFFICULTY: 3/5
PELLETS: Mesquite
PREP TIME: 15 min. plus 2 hours or more for marinating the chicken
COOK TIME: About 75 min.
SERVES: 2 to 3

YOU WILL NEED THESE THINGS

1 whole roaster chicken, about
4-1/2 pounds

1 orange

1 lime

2 cloves garlic, peeled and
coarsely chopped

1/2 cup fresh cilantro or parsley
leaves, plus extra sprigs for garnish

1 scallion (green onion), trimmed
and coarsely chopped

1 tsp. ground cumin

1 tsp. mild chili powder

1/2 tps. coarse salt (kosher or sea)

1/2 cup olive oil or vegetable oil

Spatchcocked Chicken with Citrus & Cilantro Marinade

Spatchcocking (butterflying) is a technique that can be applied to any kind of poultry—chicken, turkey, Cornish hen, etc. By opening the bird like a book, the meat cooks faster and more evenly than if left whole, plus, it looks cool!

1. **Spatchcock the chicken:** Remove the giblets, if any. Put the chicken breast-side down on a cutting board. Starting at the tail end, cut along one side of the backbone with a kitchen shears or sharp knife. Turn the chicken 180 degrees and cut along the other side of the backbone to free it from the bird. Open the chicken to expose the cartilaginous breast bone. Use a paring knife to loosen the bone (it has an elongated diamond shape), then work your thumbs under it to remove. Rinse the bird under cold running water and pat dry with paper towels. Put the chicken in a large resealable plastic bag or lay it flat in a baking dish large enough to hold it. Set aside.

2. **Make the marinade:** Juice the orange and lime, reserving the rinds. Put the juice into a small food processor or blender. Add the garlic, scallion, cumin, chili powder, and salt and process until liquefied. Add the olive oil and process until the mixture is emulsified. Pour the marinade over the chicken, turning to coat both sides. Refrigerate for 2 hours, or overnight.

3. 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.

4. Drain the chicken and discard the marinade. Arrange the chicken, skin side up, on the grill grate. Grill until the chicken is nicely browned and cooked through, about 75 minutes, or until the internal temperature of the thickest part of a thigh reads 165 degrees on an instant-read meat thermometer. Using a wide spatula, transfer the chicken to a cutting board. Let rest for 5 minutes, and then carve.

A close-up photograph of several skewers of large, succulent shrimp that have been grilled to a golden-brown, slightly charred perfection. The shrimp are arranged in a cluster, with some showing the characteristic 'C' shape of cooked shrimp. In the background, a tall glass of beer with a thick, white head of foam is visible, slightly out of focus. The overall lighting is warm and inviting, suggesting a cozy dining atmosphere.

QUICK-START *Recipes*

Fish Fillets

- (thin, 1/2-inch thick, such as tilapia, sole, perch, etc.) – Lay the fillets on foil or parchment paper that has been brushed with oil, melted butter, or sprayed with nonstick cooking spray. Oil or butter the fish, then season. Lay the foil or parchment paper with the fillets directly on the grill grate and bake at 400 degrees until the fish turns opaque and flakes easily when pressed with a fork, 10 to 15 minutes.

Fish Steaks

- (3/4- to 1-1/4 inches thick, such as salmon, halibut, swordfish, tuna, cod loins, etc.) – Brush the steaks with oil or melted butter. Season well. Arrange the steaks directly on the grill grate and grill at 400 degrees for 20 to 30 minutes, or until the steaks are done to your liking (some people prefer their tuna on the rare side, for example). The internal temperature should be about 145 to 150 degrees. You can smoke for 30 minutes first, but remove the steaks from the grill while the grill preheats to 400 degrees.

Whole Fish, small

- (such as trout) – Brush the outside of the fish with oil or melted butter, including the cavity. Season inside and out. Wrap bacon strips around the outside of the fish, if desired, and secure with butcher's string or toothpicks. Bake at 400 degrees until the fish is opaque and flakes easily with a fork, about 15 to 20 minutes. If desired, you can smoke the fish for 30 minutes first, but remove the fish from the grill while the grill preheats to 400 degrees.

Seafood

DIFFICULTY: 1/5
PELLETS: Pecan
PREP TIME: 20 min.
COOK TIME: About 25 to 30 min.
SERVES: 4

YOU WILL NEED THESE THINGS

For the Cajun Tomato Relish:

2 cups diced ripe tomatoes
1/4 cup finely diced celery, preferably from the center of the stalk
2 cloves garlic, finely minced
2 scallions (green onions), trimmed, white and green parts thinly sliced
1 cup diced bell pepper
1 tbsp. fresh lemon juice
1 tsp. dried basil
1 tsp. Traeger Cajun Rub, or salt and pepper
1/2 tsp. dried thyme
1 to 2 tps. honey, warmed
Louisiana-style hot pepper sauce (such as Crystal), to taste

For the tilapia:

4 tbsps. (1/2 stick) butter, melted, or more as needed
2 tbsps. fresh lemon juice
8 tilapia fillets (about 1-1/2 to 2 pounds total)
Traeger Cajun Rub, or your favorite barbecue rub

Grilled Tilapia with Cajun Tomato Relish

You can substitute another fish, such as cod or halibut, for the tilapia. The relish goes especially well with tuna, too.

1. **Make the relish:** In a mixing bowl, combine the tomatoes, celery, garlic, scallions, bell pepper, lemon juice, basil, Traeger Cajun Rub, thyme, and honey. Stir gently with a rubber spatula. Add hot pepper sauce to taste. Cover and set aside until serving time. (The relish is best eaten within hours of being made.)

2. Pour the butter and lemon juice in a baking dish. Lay the tilapia in the butter mixture, carefully turning each fillet to coat. Season the top with Traeger Cajun Rub.

3. 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.

4. Place the baking dish with the tilapia on the grill grate. Bake for 25 to 30 minutes, or until the fish is opaque and flakes easily when pressed with a fork. Serve the fish with the Cajun Tomato Relish.

DIFFICULTY: 2/5
PELLETS: Alder or Oak
PREP TIME: 20 min.
COOK TIME: 25 min.
SERVES: 4

YOU WILL NEED THESE THINGS

For the shrimp:

2 pounds cleaned jumbo shrimp (about 24 shrimp)
8 paper-thin slices prosciutto, each cut into 3 pieces

For the salsa:

2 ripe freestone peaches, peeled, pitted, and finely diced
1 to 2 tbsps. balsamic vinegar
2 tps. honey, or to taste
1/2 to 1 serrano or jalapeno chile, seeded and finely diced
2 tbsps. chopped fresh basil or mint leaves
Salt and freshly ground black pepper to taste

TRAEGER TIP:

To peel peaches, make a shallow cross with a paring knife on the bottom of each peach. Submerge in boiling water for 30 seconds or so: The skin should come off easily.

Prosciutto-Wrapped Shrimp with Peach & Basil Salsa

Prosciutto (pro-shoo-toh) is a dry cured ham from Parma, Italy, that is sold in paper-thin slices in most American delis and supermarkets. If you cannot find it, substitute good bacon, the thinner, the better. Serve with grilled garlic bread and a fresh green salad.

1. Rinse the shrimp under cold running water and dry thoroughly on paper towels.

2. Spiral a piece of prosciutto around each shrimp; the ham is fairly tacky and should stick to itself. But you can secure it with a toothpick or skewer if you wish.

3. **Make the salsa:** In a mixing bowl, combine the peaches, 1 tablespoon of the vinegar, the honey, 1/2 serrano pepper, basil, and salt and pepper. Taste, adding more vinegar, honey, chile, or salt and pepper as desired.

4. 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.

5. Arrange the prosciutto-wrapped shrimp on the grill grate and grill for 4 to 6 minutes per side, or until the shrimp is opaque.

DIFFICULTY: 2/5
PELLETS: Cherry
PREP TIME: 15 minutes plus 2 to 4 hours for marinating the tuna.
COOK TIME: 8 to 12 min.
SERVES: 4

YOU WILL NEED THESE THINGS

For the marinade and tuna:

1/4 cup soy sauce
1/4 cup mirin (see Note below)
1/4 cup sake, dry sherry, or white wine
1/4 cup granulated sugar
1 tbsp. rice vinegar or fresh lemon juice
2 tps. minced fresh ginger
1 clove garlic, smashed
1-1/2 tps. toasted sesame oil
1-1/2 pounds tuna steaks, each 1-1/4 inch thick

For the kebabs:

2 medium zucchini, ends trimmed, cut crosswise into 1-inch slices
12 button mushrooms, trimmed and cleaned
2 tbsps. toasted sesame seeds

Teriyaki Tuna Kebabs

Traditional Japanese teriyaki sauce is made with equal parts soy sauce, mirin, sake, and sugar. But we like the addition of fresh minced ginger and garlic. You can simplify this recipe by substituting commercial bottled teriyaki sauce for the marinade, or even Traeger's Carne Asada Marinade, which has a similar flavor profile.

- 1. Make the marinade:** In a small mixing bowl, combine the soy sauce, mirin, sake, and sugar and stir until the sugar crystals dissolve. Add the rice vinegar, ginger, garlic, and sesame oil.
- Trim any dark spots out of the tuna and cut into 1-1/4 inch cubes. Transfer to a resealable plastic bag and add the marinade. Seal and refrigerate for 2 to 4 hours.
- Drain the tuna, discarding the marinade. Pat the tuna dry on paper towels. On 12 bamboo skewers, alternately thread the tuna, zucchini, and button mushrooms. (Thread the tuna perpendicular to the grain, the zucchini so the cut sides face out, and the mushrooms through the stem toward the cap.)
- 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 kebabs directly on the grill grate and grill for 2 to 4 minutes per side, or until the vegetables are tender and the tuna is cooked to your liking. Transfer to a platter or plates and sprinkle lightly with the toasted sesame seeds.

***Note:** Mirin is a sweet rice wine often sold in the ethnic section of larger supermarkets. If you cannot find it, mix 1 tablespoon of honey into 1/4 cup of warm water.*

DIFFICULTY: 2/5
PELLETS: Alder
PREP TIME: 20 min.
COOK TIME: 25 to 30 min.
SERVES: 4

YOU WILL NEED THESE THINGS

For the salmon:

4 center-cut salmon fillets, skin on or off, each 6- to 8-ounces
Olive oil
Traeger Salmon Shake, or salt and coarse freshly ground black pepper

For the Jalapeno Cream Sauce:

2 tbsps. butter
2 scallions (green onions), trimmed, white and green parts thinly sliced
1 clove garlic, minced
1/2 cup dry white wine or low-sodium chicken broth
1 cup heavy (whipping) cream
2 tbsps. minced pickled jalapeno chiles, or more to taste
2 tps. pickling liquid from the jalapenos, or more to taste
1/2 cup sour cream
2 tbsps. minced fresh cilantro (optional)
Freshly ground black pepper

Roasted Salmon with Jalapeno Cream Sauce

This is a great recipe to make when you have a fresh catch in your freezer or your local market runs a special on salmon (often in May, Copper River salmon season). The jalapeno-spiked sauce is a popular one in Nicaragua where it is used on meat, poultry, and seafood. With the addition of a half cup of Jack or Cheddar cheese, it also makes a fabulous sauce for enchiladas.

- Remove any pin bones in the salmon with kitchen tweezers or needle-nosed pliers. Brush the fillets on both sides with olive oil, then season with Traeger Salmon Shake.
- 2. Make the Jalapeno Cream Sauce:** Melt the butter in a small saucepan. Sauté the onions and garlic for 3 to 5 minutes, or until softened. Add the wine and bring to a boil over high heat. Boil until half the liquid remains. Reduce the heat to medium and add the cream, jalapenos, and the pickling juice. Simmer for 10 minutes. Whisk in the sour cream, cilantro (if using), and black pepper. Taste for seasoning, adding more jalapenos or pickling liquid as desired. 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 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Arrange the salmon fillets on the grill grate, skin-side down. Roast for 25 to 30 minutes, or until the salmon is opaque and flakes easily when pressed with a fork. Transfer to a platter or plates and serve with the warm Jalapeno Cream Sauce.

DIFFICULTY: 2/5
PELLETS: Alder
PREP TIME: 10 min.
COOK TIME: About 25 min.
SERVES: 6 to 8

Salmon with Warm Orange-Tarragon Vinaigrette

Roasting fresh salmon fillets on slices of orange delicately perfumes the fish, and the orange flavor is reinforced by drizzling the salmon with a slightly warm Orange-Tarragon Vinaigrette.

YOU WILL NEED THESE THINGS

4 skinless salmon fillets, preferably center-cut

6 tbsps. olive oil, or more if needed (divided use)

Traeger Salmon Shake, or coarse salt (kosher or sea) and freshly ground black pepper

1 large navel orange, cut in half through its equator

2 tbsps. balsamic vinegar

1 tsp. honey, or more to taste

1-1/2 tbsps. finely diced shallot or red onion

Coarse salt (kosher or sea) and freshly ground black pepper

1 tbsp. chopped fresh tarragon, basil, or parsley

1. Run your fingers over the salmon fillets and pull out any small bones you find with kitchen tweezers. Using about 3 tablespoons of olive oil, brush each fillet with olive oil on all sides, then season with Traeger Salmon Shake.

2. Slice one-half of the orange into 1/4-inch slices.

3. 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.

4. **In the meantime, make the vinaigrette:** Cut 3 strips of the oil-rich outer rind of the remaining orange half with a sharp paring knife and finely mince it. Squeeze the juice from the orange into a heatproof Pyrex measuring cup. Add the minced orange peel, vinegar, honey, shallot, salt and pepper, and the remaining 3 tablespoons of olive oil. Taste for seasoning, adding more vinegar, honey, or salt and pepper as needed. Stir in the tarragon. Set aside. (The vinaigrette can be made up to 2 hours ahead.)

5. Lay four of the reserved orange slices on the grill grate and top each with a piece of salmon. Cook until the salmon is opaque and flakes easily when pressed with a fork, about 25 minutes. About 5 minutes before the fish is done, put the Pyrex cup with the vinaigrette on the grill grate to warm it slightly. Alternatively, warm it gently on the stovetop or in the microwave.

6. Transfer the salmon with the orange slices, if desired, to a platter or plates with a spatula. Drizzle the salmon with the warm orange vinaigrette and serve immediately.

DIFFICULTY: 2/5 if crabs are pre-cleaned by your fishmonger
PELLETS: Oak
PREP TIME: 10 min.
COOK TIME: About 12 to 15 min.
SERVES: 4 to 6

Grilled Soft-Shell Crabs

The fact that they're available for a limited time (generally, after the first full moon in May, and for a couple of months thereafter) makes soft-shell crabs a special seasonal treat. If you've only had this delicacy deep-fried or sautéed, we urge you to grill soft-shell crabs over wood smoke on your Traeger.

YOU WILL NEED THESE THINGS

8 tbsps. (1 stick) butter

2 cloves garlic, minced

1 tbsp. fresh lemon juice

2 tbsps. chopped fresh chives, basil, tarragon, parsley, or a mixture

2 tps. Worcestershire sauce

12 medium to large soft-shell crabs, cleaned, thawed if frozen, each 2 to 3 ounces

Old Bay Seasoning or Traeger Cajun Rub

Prepared tartar sauce, for serving

1. Melt the butter in a small saucepan and add the minced garlic, lemon juice, herbs, and Worcestershire sauce.

2. Rinse the crabs under cold running water and pat dry on paper towels. Brush the crabs with the butter mixture and season with Old Bay Seasoning.

3. 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 (High) and preheat, lid closed, for 10 to 15 minutes.

4. Arrange the crabs directly on the grill grate and grill, turning once, until the crabs turn orangish-pink and don't seem "squishy" when pressed with a finger, 12 to 15 minutes total depending on their size. (Truthfully, the cooking time is difficult to estimate.) Transfer to a platter or plates and serve with your favorite tartar sauce.

TAEGER TIP:

To clean live soft-shell crabs, snip off the "face" about 1/2-inch behind the eyes and mouth. (This dispatches the crab instantly.) Lift the pointy part of the shell on both sides and pull out the feathery gills. Turn the crab over and remove the small flap—called an apron. Rinse under cold running water and pat dry. Store, covered, in the coldest part of the refrigerator.

DIFFICULTY: 2/5
PELLETS: Cherry
PREP TIME: 20 min.
COOK TIME: 6 to 8 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 8 slices thin-cut bacon
- Juice of one lemon
- 2 tps. rice vinegar
- 1 tps. coarse salt (kosher or sea), plus additional for seasoning the scallops
- 1/2 tps. freshly ground black pepper, plus additional for seasoning the scallops
- 1/2 cup extra-virgin olive oil, plus additional for brushing the scallops
- 1 tbs. slivered fresh basil leaves
- 16 large diver or sea scallops (1-1/2 to 2 pounds), dried on paper towels

Seared Bacon-Wrapped Scallops with Lemon-Basil Vinaigrette

Although we call for grilling these delectable scallops directly on the grill grate, there is another way: Preheat a cast iron skillet or grill grate when you start your Traeger. When it's very hot (a drop of water will dance on its surface), sear the scallops for 2 to 3 minutes on each side. This will give you the caramelization scallop lovers prize.

1. 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.
2. Lay the strips of bacon directly on the grill grate and grill for about 10 minutes, or until the bacon has rendered some of its fat but is still pliant. Transfer to a paper towel-lined plate and let cool slightly.
3. In the meantime, increase the temperature of the Traeger to 400 or 450 degrees F (High).
4. Put the lemon juice in a small bowl. Whisk in the rice vinegar, 1 teaspoon of salt, and the 1/2 teaspoon of pepper until the salt crystals dissolve. Slow whisk in the 1/2 cup of olive oil until the vinaigrette is emulsified. Stir in the basil and set aside.
5. Cut each strip of partially cooked bacon in half and wrap around the side of each scallop, securing with a toothpick. (Make sure the toothpick runs parallel to the bacon.) Brush the exposed sides of each scallop lightly with olive oil and season lightly with salt and freshly ground black pepper. Arrange the scallops directly on the grill grate and grill, turning once, for 4 to 5 minutes per side, or until the scallops are opaque. Transfer the scallops to a platter or plates. Drizzle with the Lemon-Basil Vinaigrette. Remind diners to remove the toothpicks securing the bacon.





QUICK-START *Recipes*

Grilled Grapefruit

- Slice one ripe grapefruit—pink or white—in half through its equator. Using a paring knife, cut between the white pith and the fruit all around the periphery of the grapefruit. Sprinkle the grapefruit with granulated sugar or raw sugar. Put a cast iron griddle or skillet in your Traeger and preheat to 350 degrees. Put the grapefruit, cut sides down, on the griddle and cook until the sugar and fruit begins to caramelize. Check after 5 minutes.

Grilled Cinnamon Toast

- Butter slices of country-style bread on one side and toast on your Traeger over medium heat. When the bread is golden brown, transfer it to a platter or plates and sprinkle with cinnamon sugar.

Baked "Hard Cooked" Eggs

- Preheat your Traeger to 325 degrees. Arrange the eggs directly on the grill grate, or lay sideways in the wells of a mini muffin tin. Bake for about 30 minutes—the exact time will depend on the size of your eggs. Run one under cold running water, peel, and slice in half to check for doneness. If the yolk is cooked, transfer the remaining eggs from the grill to a pan of ice water and let cool slightly before peeling. This is a great way to do hard cooked eggs for a crowd.

Breakfast & Baked Goods

DIFFICULTY: 1/5
PELLETS: Apple or Maple
PREP TIME: 10 min.
COOK TIME: About 40 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 3 tbsps. butter plus additional butter for greasing the pan
- 1 cup milk
- 1 egg
- 1 tsp. vanilla
- 1-1/2 cups rolled oats (not quick-cooking or instant)
- 1/2 cup brown sugar
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/8 tsp. salt
- 1/2 cup dried blueberries, cranberries, raisins, apples, peaches, or mixed dried fruits
- Toasted chopped walnuts, for serving (optional)
- Cream, for serving (optional)

Baked Oatmeal

A recipe from Pennsylvania-Dutch country, this fruit-studded oatmeal will lure you out of bed on a weekday or weekend morning alike. Kids love it, too. Perfect as a brunch dish, you can bake it the night before and microwave individual servings as needed. Echo the dried fruit by topping with fresh fruit and a sprinkling of brown sugar.

- Grease the bottom and sides of a nonstick loaf pan and 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 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Melt the 3 tablespoons of butter in a 2-cup glass measuring cup in the microwave. Add the milk, then whisk in the egg and vanilla. In a mixing bowl, combine the oats, brown sugar, baking powder, cinnamon, and salt. Add the wet ingredients and the dried fruit and walnuts, if using, and stir to combine.
- Put the loaf pan directly on the grill grate. Bake for 35 to 40 minutes, or until the mixture is firm and beginning to pull away from the sides of the pan. Serve hot or warm with or without cream and toasted walnuts.

DIFFICULTY: 2/5
PELLETS: Mesquite or Oak
PREP TIME: 25 min.
COOK TIME: 30 min.
SERVES: 8 generously

YOU WILL NEED THESE THINGS

- 1 1-pound sausage chub, such as Bob Evans Original or Jimmy Dean's
- 1 red bell pepper, stemmed, seeded, and diced
- 3 scallions (green onions), trimmed, white and green parts thinly sliced
- 3 tbsps. minced fresh cilantro (optional)
- 2 tbsps. butter
- 12 eggs, lightly beaten
- Nonstick cooking spray
- 2 10-ounce cans green enchilada sauce
- 8 to 10 medium flour tortillas
- 3 cups shredded Mexican cheese blend, Monterey Jack, or Colby-Jack (divided use)
- 1 cup diced fresh tomatoes for garnish (optional)

Breakfast Enchiladas

The breakfast burritos sold at fast food restaurants were the inspiration for this breakfast or brunch dish, which we promise is much better!

- Brown the sausage in a large nonstick skillet over medium-high heat, breaking up the meat with a wooden spoon. Drain and transfer to a large bowl. Stir in the scallions and cilantro (if using). Wipe out the skillet with a paper towel.
- Return the pan to the stovetop over medium-low heat and add the butter. Once the butter melts, add the beaten eggs and cook, moving the eggs around with a rubber spatula, until the eggs form nice curds but are barely set. Add the eggs to the sausage mixture, folding in gently with the spatula.
- 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.
- Spray a 9" x 13" baking dish with nonstick cooking spray. Pour half of one can of enchilada sauce on the bottom of the dish, tilting the dish to cover.
- Spoon about 1/2 cup of the sausage-egg mixture down the center of a tortilla. Sprinkle lightly with cheese, then roll up and place seam-side down in the baking dish. Repeat with the remaining tortillas. The tortillas should fit snugly in the baking dish.
- Pour the remaining 1-1/2 cans of enchilada sauce evenly over the enchiladas to cover. Top the enchiladas with the remaining cheese.
- Cover the pan tightly with foil. Arrange the pan directly on the grill grate and bake for 25 to 30 minutes, or until the enchiladas are hot and the cheese is melted. Garnish with the diced tomatoes, if desired. Serve immediately.

DIFFICULTY: 2/5
PELLETS: Oak
PREP TIME: 15 min.
COOK TIME: 45 to 50 min.
SERVES: 6

Crustless Quiche with Artichoke Hearts and Sun-Dried Tomatoes

YOU WILL NEED THESE THINGS

2 tbsps. butter, at room temperature
1/2 cup panko or other dry bread crumbs, or more as needed
1 6.5-ounce jar of marinated artichoke hearts, drained
1/4 cup sun-dried tomatoes, coarsely chopped
1-1/2 cups grated Parmesan or Romano cheese
6 large eggs
1 cup cream or half and half
1/2 tsp. dried basil
1/2 tsp. freshly ground black pepper

Quiche is such a versatile dish—this one is made almost entirely with pantry ingredients—and can be served for breakfast, brunch, lunch, or a light supper. We've jettisoned the heavy pastry crust in favor of a light dusting on the bottom of the pie plate with panko bread crumbs. Leftovers can be covered and refrigerated for a day or two and reheated, if desired, in the microwave.

1. Slip your hand into a small plastic bag and generously butter the bottom and sides of a 9- or 10-inch glass or ceramic pie plate. Sprinkle the panko over the butter and tilt the pan to evenly coat.

2. Coarsely chop the artichoke hearts, squeezing them in paper towels to remove any excess oil or moisture. Distribute evenly over the bread crumbs along with the tomatoes and Parmesan.

3. In a mixing bowl combine the eggs, cream, basil, and black pepper and whisk thoroughly. Pour over the ingredients in the pie plate.

4. 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.

5. Put the pie plate directly on the grill grate and bake for 45 to 50 minutes, or until the eggs are set. Transfer the quiche to a cooling rack and let cool for several minutes before cutting into wedges.

DIFFICULTY: 3/5
PELLETS: Any
PREP TIME: 20 min. active time, plus up to 24 hours for rising the dough
COOK TIME: 12 to 15 min.
SERVES: Makes 2 12-inch pizzas

Homemade Pizza

You can make this dough the night before you want to bake pizzas as it requires a long slow rise in the refrigerator and very little active time.

YOU WILL NEED THESE THINGS

1 pound unbleached flour, plus extra as needed, chilled
1/2 tsp. instant (sometimes called "rapid rise") yeast
1-3/4 tps. salt
1 cup very cold water
2 tbsps. extra-virgin olive oil, plus more as needed
Toppings of your choice

1. In the bowl of a stand mixer, stir the flour, yeast, and salt with a wooden spoon until the salt and yeast are well distributed in the flour. Add the water and olive oil, and mix until you have a rough, shaggy dough. Attach the dough hook to the mixer and mount the bowl with the dough on the stand. Starting on a low speed, mix the dough, gradually increasing the speed to medium. Let the machine knead the dough for 5 to 7 minutes, or until it pulls away from the sides of the bowl and is smooth.

2. Oil a clean bowl with olive oil. Lightly dust a work surface and your hands with flour. Tip the dough onto the floured surface, and knead it gently (just a few turns). Let rest for 15 minutes, then put the dough in the oiled bowl, turning the dough to coat it. Cover the bowl with plastic wrap or a clean linen towel and refrigerate overnight.

3. In the morning (or 6 to 8 hours before using), divide the dough in half, form each half into a smooth ball, cover, and refrigerate. Two to three hours before using, bring the dough to room temperature.

4. Before shaping the dough, 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 put a seasoned pizza stone directly on the cold grill grate. Preheat, lid closed, for 30 minutes.

5. Lightly dust a work surface with flour. Flatten each ball of dough into a 6-inch diameter, then gently stretch into a 12-inch circle, leaving the edges slightly raised. Transfer to a pizza peel or rimless baking sheet sprinkled lightly with cornmeal.

6. Top with your preferred toppings.

7. Transfer the pizza to the pizza stone and bake until the crust is crisp and golden brown, the cheese is melted, and the toppings are hot, about 12 to 15 minutes. (The time will depend on the thickness of your crust and the depth of the toppings.)

DIFFICULTY: 2/5
PELLETS: Hickory or Oak
PREP TIME: 10 min.
COOK TIME: About 20 min.
(including the bacon)
SERVES: 6 (makes 12)

YOU WILL NEED THESE THINGS

- 12 strips of bacon (about 1 pound)
- 12 eggs
- Cooking spray
- 1 cup shredded Cheddar or other cheese (optional)

Bacon and Egg Cups

These are great for brunch or any morning when you're feeding a crowd. For a change, you can whisk the eggs before pouring into the cups. Simply bake until the scrambled eggs are cooked through.

1. 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.
2. Spray the wells of a muffin tin with cooking spray.
3. Arrange the bacon strips directly on the grill grate and cook for 10 to 15 minutes, or until some of the fat has rendered out but the bacon is still very pliant. Leave the grill on.
4. Coil a strip of bacon in each muffin well. Break an egg into each well. Bake for 12 to 15 minutes, or until the eggs are cooked to your liking. Top with cheese the last few minutes of cooking, if desired. Carefully remove the bacon and egg cups from the muffin tin and serve immediately.

DIFFICULTY: 1/5
PELLETS: Maple or Hickory
PREP TIME: 10 min.
COOK TIME: 45 to 50 min.
SERVES: 4 to 6

YOU WILL NEED THESE THINGS

- Nonstick cooking spray
- 2 eggs
- 1 8-1/4 ounce can cream-style corn
- 1 8-1/2 ounce package corn muffin mix, such as Jiffy®
- 4 tbsps. (1/2 stick) butter, melted and slightly cooled
- 1 8-3/4 ounce can whole kernel corn, drained
- 2 scallions (green onions), white and green parts thinly sliced (optional)
- 4 slices cooked crumbled bacon (optional)

Mom's Corn Bread Casserole

Boxed mixes can make life easier for busy cooks. This dish is very moist—a cross between a pudding and a bread. It makes a great side dish for grilled or smoked meats.

1. Spray an 8-inch pie tin with nonstick cooking spray.
2. 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.
3. Put the eggs in a medium mixing bowl and beat. Add the cream-style corn, muffin mix, and butter and stir the wet and dry ingredients until well-combined. Stir in the drained corn as well as the scallions and bacon, if using. Tip the mixture into the prepared pie tin. Bake for 45 to 50 minutes, or until the batter begins to pull away from the sides of the dish and the top is just beginning to brown. Serve warm.



DIFFICULTY: 2/5

PELLETS: Pecan

PREP TIME: 15 min. plus 30 min.
for draining the zucchini

COOK TIME: About 50 min.

SERVES: Makes 2 loaves

YOU WILL NEED THESE THINGS

1 cup walnuts

1 large or 2 medium zucchini

1 tsp. salt

3 eggs

2 cups sugar

1/2 cup vegetable oil

1/2 cup plain yogurt or sour cream

3 cups all-purpose flour

1 tsp. baking powder

1 tsp. baking soda

1-1/2 tsp. vanilla extract

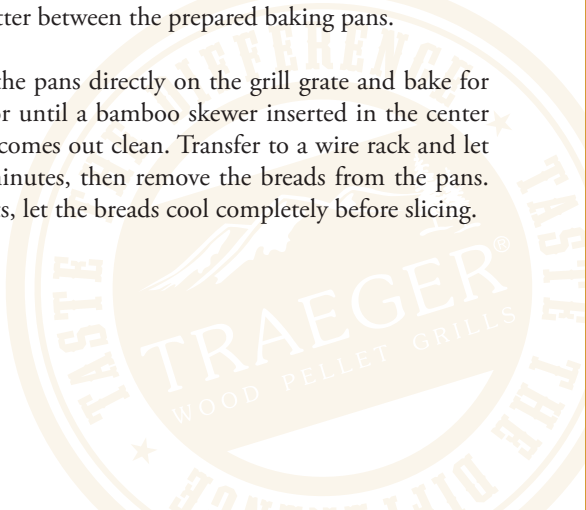
1 tsp. ground cinnamon

1/4 tsp. ground cloves

Zucchini Bread

Here's a good way to use up the garden's abundant yield of zucchini. The bread can be tightly wrapped in plastic and frozen for up to one month.

1. Grease and flour two 9"x 5" bread pans, preferably nonstick.
2. 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.
3. Spread the walnuts on a pie plate and toast for 10 minutes, stirring once. Let cool, then coarsely chop. Set aside.
4. Trim the ends off the zucchini, then coarsely grate into a colander set over the sink on a box grater (or use the shredding disk on a food processor). You'll need 2 cups.
5. Sprinkle with the salt and let drain for 30 minutes. Press on the zucchini with paper towels to expel excess water.
6. Sift the flour, baking powder, cinnamon, and cloves in a mixing bowl or on a large sheet of parchment or wax paper.
7. Combine the eggs, sugar, oil, yogurt, and vanilla in a large mixing bowl and mix on medium speed. (You can mix the batter by hand, if desired.) Add half the dry ingredients and mix on low speed; add the remaining dry ingredients and mix until just combined. Stir in the walnuts and zucchini by hand. Divide the batter between the prepared baking pans.
8. Arrange the pans directly on the grill grate and bake for 50 minutes, or until a bamboo skewer inserted in the center of the breads comes out clean. Transfer to a wire rack and let cool for 10 minutes, then remove the breads from the pans. For best results, let the breads cool completely before slicing.





QUICK-START *Recipes*

Barbecued Bean Soup

- Combine leftover baked beans from a previous grill session with canned diced tomatoes and enough beef broth to achieve a soupy consistency. Grill sausage or bratwurst on your Traeger until cooked to 160 degrees, then cut crosswise into coins and add to the soup. Alternatively, add leftover pulled pork. Warm in a Dutch oven on your Traeger.

Smoked Gazpacho "Shots"

- Slice six to eight ripe tomatoes in half and Smoke on your Traeger for 30 minutes to 1 hour. Remove the skins and the seeds and cut into large chunks. Add to a blender jar—work in batches, if necessary—along with 1 cup of tomato juice, 1 stemmed and seeded red bell pepper and 1/2 of an English cucumber, both cut into chunks, 2 cloves chopped garlic, 1/4 cup olive oil, and sherry vinegar or red wine vinegar to taste. Season with salt and pepper to taste. Chill well, then serve in shot glasses. Top with small croutons if desired.

Soups & Salads



DIFFICULTY: 3/5

PELLETS: Oak or Hickory

PREP TIME: 30 min.

COOK TIME: About 2 hours, including 1 hour to smoke the vegetables

SERVES: 6 to 8

YOU WILL NEED THESE THINGS

6 to 8 Roma tomatoes, cut in half lengthwise

2 onions, peeled, one cut into wedges, the other diced

1 red or green bell pepper, stemmed, seeded, and cut into quarters

3 cloves garlic

Olive or vegetable oil

1 dried New Mexican chile (ancho) or other mild dried chile

4 ears fresh sweet corn

5 cups vegetable broth (divided use), or more as needed

1 yam or sweet potato, peeled and cut into 1/2-inch cubes

1 15-ounce can black beans, drained, rinsed, and drained again

1 15-ounce can garbanzo beans, drained, rinsed, and drained again

1 15-ounce can pinto beans in chili sauce

1 tbsp. mild or chipotle chile powder,

2 tps. ground cumin

1 each zucchini and yellow squash, cut into 1/2-inch cubes

Coarse salt (kosher or sea) and freshly ground black pepper for serving

Fresh cilantro leaves, hot sauce, and sour cream, for serving

Smoky Vegetarian Chili

One of these days, your politically-correct child or grandchild might come home from school and announce the family must observe "Meatless Monday".

1. Place the tomato halves, onion wedges, bell pepper, jalapeno pepper, and garlic on a rimmed baking sheet and drizzle with olive oil.

2. Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

3. Place the baking sheet with the vegetables directly on the grill grate and smoke for 1 hour. Toast the whole chile directly on the grill grate the last 15 minutes. Remove the tomato-onion mixture and chile from the grill and increase the temperature to 400 degrees F. Roast the corn for 15 to 20 minutes, or until it begins to brown in places. Transfer to a cutting board and let cool slightly. Using long broad strokes of a knife, remove the corn from the cobs and reserve.

4. Tear the chile into pieces, discarding the seeds and stem. Put the pieces into a blender jar. Working in batches if necessary, add the smoked tomatoes, onion wedges, bell pepper, jalapeno, and garlic into the blender jar along with 2 cups of the vegetable broth. Process until the mixture is smooth.

5. In the meantime, heat 2 tablespoons of olive or vegetable oil in a Dutch oven or stockpot on the stovetop over medium heat. Add the remaining diced onion, the celery, and the yam. Add the tomato mixture and simmer, stirring frequently, until the yam is tender, 15 to 20 minutes. Add the black beans, garbanzos, pinto beans, chili powder, and cumin, along with the remaining cup of vegetable broth. Finally, add the zucchini and yellow squash as well as the reserved corn and simmer for 10 more minutes. Taste for seasoning, adding more chili powder, cumin, or salt and pepper as needed. If the chili is too thick, add additional vegetable broth 1/2 cup at a time. Ladle into bowls and top with sour cream and cilantro leaves. Serve hot sauce on the side.

DIFFICULTY: 2/5

PELLETS: Alder

PREP TIME: 20 min. plus 1 hour for smoke-roasting the fish

COOK TIME: 20 min.

SERVES: 8

YOU WILL NEED THESE THINGS

1 salmon fillet, 10 to 12 ounces, skin-on

Traeger Salmon Shake, or coarse salt (kosher or sea) and freshly ground black pepper

2 ears sweet corn, husked

3 strips bacon

4 cans condensed cream of potato soup

4 soup cans of whole milk, or more as needed

1 8-ounce package cream cheese, cut into small pieces

3 scallions (green onions), white and green parts thinly sliced crosswise

2 tps. hot sauce, or more to taste

Smoked Salmon Chowder

It is seldom that we use prepared foods in our recipes. But canned cream of potato soup is not only a time-saver, it gives this chowder a rich creaminess you can't achieve without cups and cups of whole cream. Feel free to substitute smoked haddock, whitefish, trout, or chubs for the salmon.

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

2. Arrange the salmon skin-side down on the grill grate. Smoke for 30 minutes. Increase the temperature to 350 degrees F. Cook the salmon for 30 minutes, 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. Remove the skin. (The salmon can be made a day ahead, wrapped in plastic wrap and refrigerated.) Break into flakes and set aside.

3. When the grill reaches 350 degrees, arrange the corn and bacon strips on the grill grate. (The salmon will be roasting while you do this.) Roast the corn and the bacon until the corn is cooked through and browned in spots, turning as needed, and the bacon is crisp, about 15 minutes.

4. In the meantime, bring the cream of potato soup and the milk to a simmer over medium heat in a large saucepan or Dutch oven on the stovetop. Gradually stir in the cream cheese and whisk to blend.

5. Chop the bacon into bits and slice the corn off the cobs using long strokes of a chef's knife. Add to the soup along with the green onions. Stir in the salmon. Heat gently for 5 to 10 minutes. Add the hot sauce to taste. If the chowder is too thick, add more milk. Serve at once.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 20 min.
COOK TIME: 15 to 20 min.
SERVES: 4 to 6

Grilled Sweet Pepper Salad with Mozzarella and Basil

YOU WILL NEED THESE THINGS

12 to 15 baby sweet peppers

1/3 cup olive oil plus 2 tbsps. for
the baking sheet

2 cloves garlic, finely minced

2 tbsps. fresh lemon juice or red
wine vinegar

Hot red pepper flakes to taste

Coarse salt (kosher or sea) and
coarsely ground black pepper

4 ounces drained small fresh
mozzarella balls (sold as ciliegine)

1/2 cup yellow or red cherry
tomatoes, halved

6 fresh basil leaves, slivered

Lately, we've become very enamored of the baby sweet peppers being sold in bags in the produce section of local supermarkets for a very reasonable price. They come in mixed colors—red, yellow, and orange—and resemble nothing so much as miniature bell peppers. There are at least a dozen in a bag. Our experiments have yielded several recipes featuring these little tender-skinned beauties, but this salad is one of the best. If you can't find the baby peppers, you can substitute roasted peeled mature bell peppers (see a recipe on page 100).

1. Line a rimmed baking sheet with aluminum foil. Pour 2 tablespoons of olive oil on the foil and set aside.

2. 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.

3. Cut the stem end off each pepper, then slice the pepper in half lengthwise. Use a teaspoon to scrape out the seeds and ribs. Arrange the peppers in a single layer on the baking sheet, using them to distribute the olive oil on the foil. Place the baking sheet with the peppers on the grill grate and roast for 15 to 20 minutes. Let cool, then transfer to a shallow serving bowl.

4. **In the meantime, make the vinaigrette:** Whisk the 1/3 cup of olive oil with the garlic, lemon juice, hot pepper flakes (start with 1/2 teaspoon; you can always add more); season to taste with salt and pepper.

5. Add the mozzarella balls and cherry tomatoes to the bowl with the peppers. Pour the vinaigrette over the salad and toss gently. Top with the slivered basil leaves.

DIFFICULTY: 2/5
PELLETS: Hickory
PREP TIME: 5 min. plus 2 hours for
marinating the mushrooms
COOK TIME: 40 to 50 min.,
including smoking time
SERVES: 4

Smoked Portobello “Steak” Salad

Smoked Portobello mushrooms are so meaty tasting, we serve them to non-vegetarians without apology as a light main course. The mushrooms are given a long soak in a marinade we'd happily use on rib-eyes, then smoked before being grilled over higher heat.

YOU WILL NEED THESE THINGS

1/4 cup balsamic vinegar

2 cloves garlic, finely minced

1 tbsps. soy sauce

1 tbsps. Dijon mustard

2 tps. Worcestershire sauce

2 tps. brown sugar, or more to taste

1/2 tsp. coarsely ground
black pepper

3/4 cup extra-virgin olive oil or veg-
etable oil or a combination of the two

4 large Portobello mushrooms, each
at least 4 inches in diameter

6 cups torn romaine lettuce leaves

1 cup red or yellow cherry tomatoes,
halved lengthwise

1/2 cup crumbled blue cheese
(optional)

2 tbsps. chopped fresh basil or parsley
Grilled garlic bread or Texas toast, for
serving (optional)

1. Put the balsamic, garlic, soy sauce, mustard, Worcestershire, brown sugar, and black pepper in a jar with a tight-fitting lid and shake vigorously to combine. (Or you can mix the dressing in a blender, adding the oil in a slow stream.) Taste, adding more brown sugar if the marinade is too tart.

2. Wipe the mushroom caps clean with a damp paper towel and trim the stems. Lay the mushroom caps in a single layer in a baking dish, gill-side up. (They'll soak up more of the marinade that way.) Pour the marinade over the mushroom caps. Cover with plastic wrap and let the mushrooms marinate for 2 to 4 hours, or even overnight.

3. Drain the mushrooms and transfer the marinade to a bowl. Return the mushrooms to the baking dish.

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

5. Transfer the mushrooms from the baking dish directly to the grill grate gill-side down. Smoke for 30 minutes. Increase the temperature to 350 degrees F and turn the mushrooms over (gill-side up). Roast the mushrooms until they are tender, 15 to 20 minutes.

6. In the meantime, divide the lettuce between four plates.

7. Dip each mushroom in the reserved marinade, drain, and slice thinly. Transfer to the bed of lettuce with a spatula. Add one-fourth of the tomatoes, sliced onions, and blue cheese (if using) to the plate. Drizzle with some of the reserved marinade and sprinkle with the basil. Repeat with the remaining plates. Accompany with grilled garlic bread.

DIFFICULTY: 1/5
PELLETS: Apple or Pecan
PREP TIME: 15 min.
+ 4-6 hours for
marinating the wings
COOK TIME: About 30 min.
SERVES: 6

YOU WILL NEED THESE THINGS

- 3/4 cup extra-virgin olive oil
- 1/4 cup good quality red wine vinegar
- PORT Wine
- 1 tbsp. honey
- 1/2 tsp. salt, or more to taste
- 1/2 tsp. coarsely ground black pepper
- 3 ripe pears, Bosc, Bartlett, Anjou, or another variety
- 1/2 cup walnut or pecan halves
- 3 tbsps. cream cheese
- 8 cups torn, chopped, or sliced mixed greens, such as romaine lettuce, endive, radicchio, kale, etc.

Grilled Pear Salad with Sturdy Greens & Port Wine Vinaigrette

Perfect for a fall supper when pears are in season.

- 1. Make the vinaigrette:** In a jar with a tight-fitting lid, combine the olive oil, red wine vinegar, Port, honey, salt, and black pepper and shake vigorously until emulsified. Taste for seasoning, adding more salt if needed. Pour 3 tablespoons of the vinaigrette onto a shallow plate and reserve the remainder.
- 2.** Cut each pear in half and remove the core. Dip the cut sides in the plated vinaigrette.
- 3.** 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.
- 4.** Put the walnut halves in a pie tin on the grill. Toast for 10 minutes to 15 minutes, stirring once. Let the walnuts cool slightly, then coarsely chop. Increase the temperature to High (400 to 450 degrees F). In the meantime, divide the salad greens among 6 salad plates.
- 5.** Grill the pears, cut sides down, until light grill marks form, about 15 minutes. Turn the pears cut sides up and put a dollop of cream cheese in the cavity of each pear.
- 6.** Arrange a pear half on each salad plate. Drizzle with the reserved vinaigrette (re-shake the jar if necessary), and top with the toasted walnuts.

DIFFICULTY: 2/5
PELLETS: Maple or Pecan
PREP TIME: 15 min.
COOK TIME: 1 hour and 35 min.
SERVES: 8

YOU WILL NEED THESE THINGS

- 1-1/2 pounds small white button mushrooms
- 2 large Portobello mushrooms
- 1 small to medium onion, peeled and cut into 6 wedges
- 3 1/2-inch slices country-style bread, crusts removed
- 6 cups chicken, beef, or vegetable broth
- 3 cloves garlic, coarsely chopped
- 2 tps. fresh thyme leaves, or 1 tsp. dried thyme
- 1 tsp. Worcestershire sauce
- 1 cup heavy cream
- 1 to 2 tbsps. sherry (optional)

Smoked Cream of Mushroom Soup

The woodsy flavor of mushrooms is complimented and reinforced by the wood smoke from your Traeger. This is an elegant soup, smooth and rich—perfect for a holiday meal. And it can be made up to three days ahead and reheated. If you decide to substitute half and half for the heavy cream, do not allow the soup to boil. (It will curdle.)

- 1.** Clean the button mushrooms and the Portobellos and remove the stems. Coarsely chop the mushrooms and transfer to a rimmed baking sheet lined with heavy duty foil. Add the onion wedges.
- 2.** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
- 3.** Arrange the baking sheet on the grill grate. Put the bread slices next to it (directly on the grill grate). Smoke the vegetables and the bread for 30 minutes. Remove the bread from the grill, tear into pieces, and reserve. Increase the temperature to High (400 to 450 degrees F) and roast the mushrooms until they are tender and releasing their juices, stirring occasionally, about 20 minutes.
- 4.** In the meantime, bring the chicken stock to a boil in a medium pot on the stovetop and add the garlic and thyme. Reduce the heat to simmer, then add the mushrooms and their juices, and the onion wedges, bread, and Worcestershire sauce to the stock. Let the soup simmer for 15 minutes. Add the cream.
- 5.** Working in batches, carefully puree the soup in a blender jar. (Do not fill the jar more than half full, and always hold the lid down with a towel between the lid and your hand.) Pour the pureed soup in a clean pot and add the sherry, if desired. Reheat before serving.



QUICK-START *Recipes*

Grilled Peaches with Bourbon Glaze

- In a small saucepan, melt 3 tablespoons of butter. Add 1/3 cup brown sugar, 1/4 cup bourbon, and 1/4 teaspoon vanilla. Stir until the sugar melts and the mixture has the consistency of a glaze. Keep warm. In the meantime, peel and pit 4 freestone peaches. Brush the flat sides with melted butter and grill, cut sides down, for 8 to 10 minutes over High. Transfer to plates or bowls and drizzle with the glaze. Serve with vanilla ice cream and a sprig of mint.

Pina Colada Pineapple

- Combine sweetened coconut cream, such as Coco Lopez®, with a little rum, and brush on slices of fresh ripe pineapple. Grill the pineapple slices on High, turning once, until they begin to brown. Serve in small bowls with vanilla or rum-raisin ice cream and mint sprigs.

Desserts



DIFFICULTY: 2/5
PELLETS: Apple or Cherry
PREP TIME: 20 min.
COOK TIME: About 30 min.
SERVES: 6

Blueberry Shortcake with Peaches and Whipped Cream

YOU WILL NEED THESE THINGS

- 2 cups blueberries, divided use
- 3 freestone peaches, peeled, pitted, and diced
- 1 tbsp. fresh lemon juice
- 1 tbsp. peach brandy or schnapps (optional)
- 2 cups all-purpose flour
- 1/4 cup granulated sugar, plus 4 additional tbsps.
- 2-1/2 tps. baking powder
- 1/2 cup (1 stick) cold butter, cut into 1/2-inch pieces
- 1 egg, lightly beaten
- 1/2 cup milk
- 1-1/2 tps. lemon zest
- Sweetened whipped cream, for serving

This is such a pretty dessert, and so satisfying, too, in an old-fashioned way. Add fresh red raspberries to the fruit topping for jewel-like color.

1. Spray an 8-inch round cake pan with cooking spray and set aside.
2. In a mixing bowl, combine 1 cup of the blueberries, the peaches, the lemon juice, and 2 tablespoons of sugar, and the brandy, if using. Stir gently and set aside. Reserve the remaining cup of blueberries.
3. **Make the shortcake:** In a mixing bowl, combine the flour, the 1/4 cup of sugar, and the baking powder and whisk to mix. With a pastry blender or your fingertips, cut in the butter until the mixture resembles coarse crumbs. In a separate mixing bowl, combine the egg, milk, and lemon peel. Pour the egg mixture into the dry ingredients and mix only until moistened. (Do not overmix.)
4. Spread half of the shortcake dough in the prepared pan. Distribute the reserved 1 cup of blueberries over the shortcake. Dot with the remaining shortcake dough. Dust the top of the shortcake with 2 tablespoons of sugar.
5. 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.
6. Bake for about 30 minutes, or until the shortcake is light brown and a toothpick inserted in the center comes out without wet crumbs attached.
7. Let the shortcake cool slightly, then cut into wedges and serve topped with the peach and blueberry mixture. Put a dollop of whipped cream on each serving.

DIFFICULTY: 2/5
PELLETS: Apple or Cherry
PREP TIME: 20 min.
COOK TIME: About 25 to 30 min.
SERVES: Makes 12 cupcakes

Carrot Cupcakes with Cream Cheese Icing

Moist and cinnamon-y, these cupcakes will quickly become a family favorite. Make quick work of shredding the carrots by using the shredding disk on your food processor. If you have children, give them a chance to help.

YOU WILL NEED THESE THINGS

For the cupcakes:

- 2 eggs
- 1 tsp. vanilla
- 1/2 cup plus 2 tbsps. vegetable oil
- 1 cup sugar
- 1 cup all-purpose flour
- 1-1/2 tps. cinnamon
- 1 tsp. baking soda
- Pinch of salt
- 6 to 7 medium carrots (about 1/2 pound or 2 cups), shredded
- 1/3 cup chopped walnuts (optional)

For the icing:

- 5 tbsps. butter, softened
- 5 ounces cream cheese, at room temperature
- 1/2 tsp. vanilla
- 2 cups confectioners' sugar
- Milk as needed

1. Line 12 muffin cups with paper liners.
2. When ready to bake, 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.
3. In a large bowl, beat the eggs, vanilla, and orange zest until foamy with an electric mixer. Stir in the oil. Gradually beat in the sugar until the mixture is thick. Add the flour, cinnamon, baking soda and salt and beat until mixed. Stir in the carrots and walnuts, if using. Spoon the batter into the prepared muffin cups, filling each about two-thirds full.
4. Place a doubled piece of heavy-duty foil on the grill grate and put the muffin tin on top of the foil. Bake the cupcakes for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean. Transfer the tin of cupcakes to a wire rack to cool completely.
5. **Make the icing:** Beat the butter with the cream cheese in a bowl until well-blended.
6. Beat in the vanilla, then gradually add the confectioners' sugar, beating on low speed. The mixture will be slightly stiff. Add 1 tablespoon of milk and beat on high speed, adding milk a teaspoon at a time as needed to achieve an icing with a spreadable consistency. Ice the cooled cupcakes using a table knife or small spatula.

DIFFICULTY: 2/5
PELLETS: Cherry
PREP TIME: 15 min.
COOK TIME: 25 to 30 min.
SERVES: Makes about 3 dozen cookies

YOU WILL NEED THESE THINGS

- 1 14-ounce bag shredded sweetened coconut
- 1 14-ounce can sweetened condensed milk (Carnation)
- 1 tsp. vanilla
- 1/4 tsp. almond extract (optional)
- 2 extra-large or jumbo eggs, whites only, yolks reserved for another use
- 1/4 tsp. salt
- 2/3 cup chocolate chips (4 ounces)

Coconut Macaroons with Chocolate Drizzle

There are lots of things to love about these shaggy, chewy macaroons. They're perfect for moments when you feel like a little something sweet, they're great with coffee, they travel well, they last for up to a week if held in a covered container and refrigerated, they're relatively easy to make, and use only a handful of ingredients.

1. Line 2 rimmed baking sheets with cooking parchment and spray the parchment with nonstick cooking spray. Tuck in the freezer while you mix up the cookies.

2. When ready to bake, 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.

3. In a medium mixing bowl, combine the coconut, sweetened condensed milk, vanilla, and almond extract, if using. In a separate bowl, beat the egg whites and the salt with an electric mixer until medium-firm peaks form. Use a rubber spatula to gently fold the egg whites into the coconut mixture. Do not let the batter sit or the egg whites will deflate and get runny.

4. Drop the batter on the prepared baking sheets in haystack-like mounds (about 1 inch apart) using a tablespoon. If your grill is not large enough to hold both sheets at once, put one in the refrigerator while the other one bakes. Place the baking sheet or sheets on the grill grate and bake the cookies for 25 to 30 minutes, or until barely golden brown. Let cool completely.

5. In the meantime, melt the chocolate chips in a microwaveable measuring cup. Program your microwave for 50 percent power, and warm the chocolate in 10 second increments, stirring after each, until it is completely melted. Dip a knife or spoon in the chocolate and drizzle the chocolate over the cookies in a zig-zag pattern. Store the cookies in a covered container, preferably in the refrigerator.

DIFFICULTY: 1/5
PELLETS: Cherry
PREP TIME: 10 min.
COOK TIME: 10 to 12 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 4 ripe but still firm bananas, unpeeled, split lengthwise
- Granulated sugar
- Jarred chocolate, butterscotch, pineapple, or strawberry ice cream toppings
- Chopped nuts
- Sweetened whipped cream (Reddi-Wip® or homemade)
- 4 maraschino cherries

Grilled Banana Split

The classic banana split was invented by a young pharmacy apprentice in Latrobe, Pennsylvania, in 1904. We take this delicious soda fountain concoction one step further by grilling the bananas in their skins. You can even set up a "make your own split" station. Be sure your grill grate is clean before grilling the bananas.

1. 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. Dip a stiff brass-bristled grill brush in water and brush the grill grate thoroughly before grilling the bananas.

2. Sprinkle the cut sides of the bananas lightly with sugar. Lay the bananas, cut-side down, on the grill grate. Grill for 10 to 12 minutes.

3. Transfer to a cutting board and let cool slightly. Peel the bananas. Cut each banana piece in half crosswise. For each serving, arrange 4 pieces of banana in a serving bowl. Top with 2 scoops of ice cream and a decadent drizzle of one or more of the ice cream toppings. Top with a lush mound of whipped cream. Sprinkle with nuts, if desired, and finish with a maraschino cherry. Serve immediately.

DIFFICULTY: 3/5
PELLETS: Apple
PREP TIME: 30 min.
COOK TIME: 50 to 60 min.
SERVES: 8

YOU WILL NEED THESE THINGS

- 8 ripe peaches (about 2 pounds)
peeled, pitted, and sliced
- 1 tbsps. fresh lemon juice
- 1/2 cup sugar, plus 1-1/2 tbsps. for
dusting the crust
- 2 tbsps. flour
- 1/2 tsp. ground cinnamon
- Pie crust dough, homemade or
purchased (enough for a 2-crust pie),
chilled
- 1 to 2 tbsps. heavy (whipping) cream
- Vanilla ice cream, for serving
(optional)

Smoke-Roasted Peach Pie

Take advantage of your Traeger's ability to work like an oven by baking this luscious old-fashioned peach pie. Other fruits can be substituted for the peaches—blueberries or cherries, for example. You'll need about 8 cups of fruit total. Add a bit more sugar if the fruit is tart. In any case, your friends and family will be awed by your skills!

1. Combine the peaches, lemon juice, 1/2 cup of sugar, flour, and cinnamon in a large bowl.
2. Roll the pie crust dough into two 11-inch circles. Fit one circle into a 9-inch pie plate (try not to stretch the dough), preferably glass. Add the peach mixture. Dampen the crust's edge with water. Cover with the top crust, pressing the edges together to seal. Trim the pastry, and flute the edges if desired. Make several small slits in the top crust with a paring knife. Lightly brush the top of the pie with the cream and sprinkle with the remaining sugar.
3. 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 (High) and preheat, lid closed, for 15 to 20 minutes.
4. Bake the pie for 50 to 60 minutes, or until the peaches are tender and the crust is golden brown. Cool on a wire rack. Serve warm or at room temperature with ice cream, if desired.

DIFFICULTY: 2/5
PELLETS: Cherry or Apple
PREP TIME: 20 min.
COOK TIME: 10 to 12 min.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

- For the filling:**
- 1 15-ounce container ricotta cheese
(see Note below), such as Sorrento
or Miceli's
 - 1/2 cup powdered sugar
 - 1 tsp. vanilla extract
 - 1 tbsps. amaretto or other nut or
almond-flavored liqueur
 - Pinch of salt

- For the shells:**
- 1/4 cup granulated sugar
 - 1 tsp. ground cinnamon
 - 1 14.1 ounce refrigerated pie crust
dough, or your own homemade
pie crust dough

- To finish:**
- Mini chocolate chips, chopped
almonds, hazelnuts, or pistachios,
or candied orange peel, and/or
sweetened whipped cream
 - Powdered sugar

Mini Amaretto Cannolis

This iconic Italian dessert, which typically involves making dough from scratch and fussy deep-frying, is streamlined here using packaged pie crust dough baked on the Traeger. You can make both the filling and the shells several hours ahead, but fill them shortly before serving.

1. **Make the filling:** In a medium mixing bowl, combine the ricotta, powdered sugar, vanilla, liqueur, and salt and whip to mix. (An electric mixer works best.) Transfer to a large resealable plastic bag and refrigerate until needed.
2. **Make the shells:** Combine the granulated sugar and cinnamon in a small bowl. On a lightly floured surface, roll out the pie crust dough according to the package directions. Sprinkle evenly with the sugar and cinnamon mixture. Using a 3-inch cookie or biscuit cutter, cut out as many rounds as you can. Tuck the rounds into the wells of an ungreased muffin tin. (Use a mini muffin tin or a regular sized muffin tin.)
3. 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.
4. Put the muffin tin on the grill grate. Bake the shells for 10 to 12 minutes, or until golden brown. Let cool slightly, then remove the shells to a wire rack to cool completely. Snip a corner off the filling bag and pipe the filling into the shells shortly before serving. (If you fill them too early, the shells will get soggy.) Top with one or more of the toppings suggested above, then dust lightly with powdered sugar.

***Note:** If the ricotta seems watery, upend the container into a large coffee filter or square of cheesecloth set in a strainer and let drain in the kitchen sink for several hours. Then proceed with the recipe.*

DIFFICULTY: 3/5
PELLETS: Cherry or Apple
PREP TIME: 20 min. plus 30 min.
for chilling the dough
COOK TIME: About 30 to 35 min.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

For the dough:

2-1/2 cups cake flour, plus additional
for the work surface

1/4 cup granulated sugar

1/2 tsp. salt

1 cup (2 sticks) well-chilled butter,
cut into 1/2-inch pieces

2 tsp. vanilla extract

2 to 3 tbsps. ice water, or more
if needed

1 to 2 tbsps. coarse sugar (Sugar in
the Raw) for sprinkling

For the fruit:

4 to 5 cups mixed berries or fruit
such as blueberries, blackberries,
raspberries, sliced strawberries,
cherries, or sliced peaches

1/4 cup sugar

1 tsp. cornstarch

1 tsp. freshly squeezed lemon juice

Vanilla ice cream or sweetened
whipped cream, for serving.

Mixed Fruit Crostata

If you've sworn off making pie dough, this rustic tart—very easy to make—will change your mind. Use whatever fruit or fruits are in season.

1. Combine the flour, granulated sugar, and salt in the bowl of a food processor and pulse to mix. Add the butter and pulse until the mixture resembles coarse crumbs. Add the vanilla and the ice water, one tablespoon at a time, until the dough just begins to pull away from the sides of the food processor bowl, but is not sticky. Gather the dough and pat into a fat disk. Wrap tightly in plastic wrap and refrigerate for 30 minutes to 1 hour.

2. In the meantime, combine the berries or other fruit in a large mixing bowl. Stir in the sugar, cornstarch, and lemon juice.

3. 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.

4. On a lightly floured surface, roll the dough into a rough 16-inch circle. Transfer it to a cookie sheet or pizza pan. Tip the fruit into the center of the dough and spread it evenly into a shallow mound, leaving a 2- to 3-inch rim of dough around the circumference. Work your way around the outer perimeter of the dough, and fold the edges of the dough over the fruit, leaving 6 to 8 inches of the fruit showing, pleating the dough as necessary. With a pastry brush, lightly brush the dough with water and sprinkle with the coarse sugar.

5. Arrange the cookie sheet on the grill grate and bake for 30 to 35 minutes, rotating 180 degrees halfway through the cooking time, or until the crust is golden brown and the fruit has thickened and broken down somewhat. Let cool slightly before cutting into wedges and serving with vanilla ice cream or sweetened whipped cream.

DIFFICULTY: 2/5
PELLETS: Pecan
PREP TIME: 20 min.
COOK TIME: 10 to 12 min.
SERVES: Makes 18 cookies

YOU WILL NEED THESE THINGS

1 cup all-purpose flour

1/4 cup good-quality unsweetened
cocoa powder

1-1/2 tbsps. instant espresso powder,
or 2 tbsps. crystallized instant coffee,
crushed with the back of a spoon

1/2 tsp. baking soda

1/2 tsp. salt

1/4 cup (1/2 stick) butter, at
room temperature

1/4 cup vegetable shortening (Crisco)

1/2 cup granulated sugar, plus
additional for forming the cookies

1/2 cup brown sugar, firmly packed

1 egg

1 tsp. vanilla extract

1-1/2 cups semisweet chocolate chips
or small chocolate chunks

1/2 cup chopped hazelnuts,
macadamia nuts, or walnuts
(optional)

Coffee Klache Mocha- Chocolate Chip Cookies

This cookie combines two of our favorite flavors—coffee and chocolate.

1. Cover two standard-sized rimmed or rimless baking sheets with parchment paper, a Silpat® silicone baking mat, or greased aluminum foil.

2. 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.

3. Sift together the flour, cocoa powder, instant espresso, baking soda, and salt onto a piece of waxed paper or parchment paper.

4. Using a stand or hand-held mixer, cream the butter, shortening, granulated sugar, and brown sugar. Beat in the egg and vanilla. Pick up the edges of the waxed paper and tip the sifted dry ingredients into the creamed ingredients. Beat on low speed until just combined. By hand with a wooden spoon, stir in the chocolate chips and nuts, if using.

5. Drop rounded spoonfuls of the dough on the prepared cookie sheet, 9 per sheet. (Do just one sheet at a time if you are baking the cookies in two batches—necessary if you own a Traeger Junior or a Lil' Tex or Lil' Tex Elite. The Traeger Texas can accommodate two sheets at a time.) Very lightly rub the bottom of a glass with butter or vegetable shortening and dip in sugar. Flatten the cookies slightly, dipping the glass in sugar between cookies.

6. Arrange the cookie sheet(s) on the grill grate and bake for 10 to 12 minutes, or until done. Let the cookies cool on the baking sheet for 3 minutes, then transfer to a wire cooling rack.®



QUICK-START *Recipes*

Smoked Dill Pickles

- Slice dill pickles lengthwise into halves or quarters and smoke on the Traeger for about 30 minutes. Serve with hamburgers or other sandwiches.

Beef Jerky

- Season thin strips of beef with your favorite jerky cure or rub according to package directions. Lay the meat on the grill grate and smoke until the meat is dry but still somewhat pliant, 4 to 5 hours. Store in a resealable plastic bag and refrigerate.

Smoke-Roasted Almonds

- Lightly oil whole almonds with olive or vegetable oil and season with your favorite barbecue rub. Roast on a rimmed baking sheet at 300 degrees until the nuts are lightly toasted. Store in a covered container or resealable plastic bag. Great with cocktails.

Traeger Pantry



DIFFICULTY: 1/5

PELLETS: Apple, Maple, or Cherry

PREP TIME: 10 min.

COOK TIME: About 2 to 2-1/2 hours

SERVES: Makes about 2-1/2 cups

YOU WILL NEED THESE THINGS

4 to 5 pounds of large sweet onions, peeled

6 tbsps. butter (3/4 stick), melted

2 tps. sugar

Salt and freshly ground black pepper

Balsamic vinegar to taste (optional)

TRAEGER TIP:

Slice onions no more than one day before using.

Caramelized Onions

Traditionally made on the stovetop and requiring frequent stirring and pot-watching, caramelized onions (also called "melted onions") are a cinch to make on your Traeger. They are superb on top of hamburgers or steaks, and can be made 2 to 3 days ahead.

1. Slice the onions in half lengthwise through the stem. Lay each onion half flat on a cutting board and cut into 1/4-inch slices. (Alternatively, you can use the slicing disk on your food processor or a mandoline, if you own one.)

2. Transfer to a heatproof pot, like an enameled Dutch oven. Pour the butter over the onions and season with the sugar and salt and pepper. Stir well with a wooden spoon. (Leave the lid off so the excess moisture can evaporate. Otherwise, you will steam the onions and they won't develop that rich, sweet flavor.)

3. 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.

4. Place the pot on the grill grate and cook the onions for 2 to 2-1/2 hours, stirring every 30 minutes, until they are very tender and golden brown. Flavor with a restrained pour of balsamic vinegar, if desired. Serve immediately, or let cool and store in the refrigerator in a covered container.

DIFFICULTY: 1/5

PELLETS: Hickory

PREP TIME: Less than 5 min.

COOK TIME: 2 to 3 Hours

SERVES: Makes 1 cup

YOU WILL NEED THESE THINGS

1 cup medium-grind sea salt or kosher salt

1 tbsps. liquid smoke

Hickory-Smoked Salt

Never buy hickory-smoked salt again! This flavorful seasoning gets a double whammy from liquid smoke (which is simply distilled smoke, and intensely flavored) and the smoke from your Traeger. You can even package it and give it as gifts to barbecue-obsessed friends. It's fantastic in homemade rubs or as a seasoning on its own. Great with beef, pork, chicken, turkey, or fish.

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

2. Line a rimmed baking sheet with parchment paper or aluminum foil.

3. In a small mixing bowl, combine the salt and liquid smoke and stir thoroughly to mix.

4. Spread the salt in a single layer on the baking sheet. Smoke for 2 to 3 hours, or until the salt is dry, stirring occasionally. Store for up to 1 year in a tightly covered jar.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 10 min.
COOK TIME: 15 to 20 min.
SERVES: 4 to 6

YOU WILL NEED THESE THINGS

4 red, orange, yellow, or green bell peppers

TRAEGER TIP:

When selecting bell peppers, pick peppers that have four “lobes” on the bottom. They will rest on the grill grate easier, and are reportedly sweeter than peppers that only have three lobes.

Roasted Bell Peppers

Colorful roasted peppers are a great thing to have on hand. Use them in sandwiches, on pizzas, or make a salad by dressing them with vinaigrette.

1. 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.

2. Lay the peppers directly on the grill grate and roast, turning as needed, until the skin blisters and blackens. Transfer to a resealable plastic bag and let the peppers steam for 10 minutes. When the peppers are cool enough to handle, peel off the blistered skin with your fingers or a paring knife. (Don't bother to get it all.) Remove the stem, seeds, and ribs and cut the peppers into strips or quarters. Refrigerate for 1 to 2 days if not using immediately.

DIFFICULTY: 1/5
PELLETS: Pecan, Oak, or Apple
PREP TIME: Less than 5 min.
COOK TIME: 1 hour
SERVES: 4 to 6 as an appetizer

YOU WILL NEED THESE THINGS

2 cups large brined or cured olives, drained

2 tbsps. extra-virgin olive oil

Smoked Olives

Many supermarkets now feature antipasti bars where you can buy a variety of oil- and brine-cured olives. When smoked, these olives make a great appetizer or a nice addition to salads and sandwiches! Jarred olives, stuffed or unstuffed, work just as well. If desired, add chopped fresh herbs, hot red pepper flakes, or minced garlic to the olives before serving.

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

2. Tear off a large piece of heavy-duty aluminum foil and lay it on your countertop. Tip the olives onto the foil and drizzle with the olive oil. Pull the sides of the foil packet up to enclose the olives and crimp. Put the packet on a plate. Using a bamboo skewer or the tip of a paring knife, poke several holes in the packet to allow the smoke to circulate among the olives. Put the packet of olives directly on the grill grate and smoke the olives for 1 hour. The olives can be smoked up to 1 day ahead, covered and refrigerated.



DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: Less than 5 min.
COOK TIME: About 45 min.
to 1 hour
SERVES: Makes 2 heads, about
2 tablespoons of paste

YOU WILL NEED THESE THINGS

2 large, firm heads of garlic
.....
Olive oil

TRAEGER TIP:

*Garlic cloves that have begun to
sprout taste bitter to some people.*

Roasted Garlic

*Slow-roasted garlic is mellow and sweet, perfect
for pasta, compound butters, or for spreading on
grilled bread.*

1. Using a sharp knife, slice the top 3/8-inch off the pointed
end of the garlic heads.
2. Place each on an 8-inch square of foil and drizzle with
olive oil. Pull up the sides of the foil and loosely twist the top
to enclose the garlic.
3. 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.
4. Place the foiled garlic directly on the grill grate and roast
for 45 minutes to an hour, or until the garlic is squeezably
soft. Remove from the grill and let cool. Squeeze the roasted
garlic onto a small plate or dish, discarding the papery skins.
Use immediately or cover and refrigerate for up to 1 day.

DIFFICULTY: 1/5
PELLETS: Oak
PREP TIME: 5 min.
COOK TIME: 20 min.
SERVES: 4

YOU WILL NEED THESE THINGS

4 large ripe tomatoes, stemmed
.....
2 cloves garlic, minced
.....
1/2 tsp. red pepper flakes, or more
to taste
.....
About 2 tsps. anchovy paste (optional)
.....
Coarse salt (kosher or sea) and freshly
ground black pepper
.....
1/2 cup extra-virgin olive oil
.....
1/4 cup fresh basil leaves, slivered
or chopped

TRAEGER TIP:

*Reputable olive oil companies print
a "use by" date on the bottle, usually
on the back label. Olive oil should
be used within a year, preferably
6 months.*

Smoked Fresh Tomato Sauce

*Taught to us by a well-known Italian chef and
teacher, we've been making this sauce for more than
20 years. Fresh and bright, it will mentally transport
you to Florence. You might be tempted to leave out
the anchovy paste, but we urge you to try it: It gives
the sauce an elusive depth of flavor. Sun-ripened
tomatoes from the garden or farmers' market are
preferred, but we've found Roma tomatoes to be
adequate in the winter months. (Double the quantity
as Romas are generally small.) Pour this sauce over
freshly-cooked pasta, toss, and top with grated
Parmigiano-Reggiano.*

1. 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.
2. Cut the tomatoes into thick slices and lay in a single layer
on a rimmed baking sheet. Strew the garlic on the tomatoes,
and put a few dabs of anchovy paste on the tomatoes. (About
2 teaspoons total.) Season with salt and pepper. Pour the olive
oil evenly over the mixture.
3. Place the baking sheet on the grill grate and cook the
tomatoes for about 20 minutes. Tip the mixture into a bowl
and break up with a fork. Stir in the basil. Serve immediately.





QUICK-START *Recipes*

Artichokes

- Steam first, then stuff and finish on the Traeger at 300 degrees for 30 minutes.

Asparagus

- Coat with olive oil then season. Grill on 400 or 450 degrees (High) for 10 to 12 minutes, or until tender-crisp, turning once.

Beans

- Because of their long cooking times, we recommend using pre-cooked beans for baked beans and similar dishes. Bake in a casserole or Dutch oven at 300 degrees until bubbling and hot, about 1 to 1-1/2 hours.

Beets

- Cut smaller beets into halves or quarters, and larger beets into eighths. Place in foil packets or on a rimmed baking sheet. Coat with olive oil and season. Roast, turning as needed with a spatula, until tender, about 45 minutes at 350 degrees, depending on size.

Vegetables



DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 10 min. plus 30 min.
for marinating the zucchini
COOK TIME: 10 to 14 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 4 to 6** medium-size zucchini squash (preferably a mix of green and yellow), each 10 to 12 ounces each
- 2** cloves garlic, minced
- 2** tbsps. fresh lemon juice
- 1/2** tsp. dried basil
- 1/2** tsp. dried oregano
- Pinch of hot red pepper flakes
- Coarse salt (kosher or sea)
- Freshly ground black pepper
- 1/4** cup finely crumbled feta cheese or finely grated Parmesan

TAEGER TIP:
To keep vegetables and meats from spinning on round bamboo skewers as they grill, buy flat skewers (available from specialty retailers) or use two skewers per kebab, positioning them parallel to each other.

Zucchini Kebabs

Some farmers' markets and grocery stores have begun carrying deeply yellow zucchini as well as the familiar green. If you can't find them, substitute yellow summer squash or more green zucchini.

- Trim the ends off the squash and slice crosswise into 1-inch chunks. (You should get 5 to 6 chunks per squash.)
- In a medium mixing bowl, combine the garlic, lemon juice, basil, oregano, and red pepper flakes. Slowly whisk in the olive oil. Add the zucchini chunks to the bowl and stir gently to coat. (Alternatively, marinate the zucchini in a large resealable plastic bag.) Let marinate for 30 minutes. Drain the zucchini, reserving the marinade. Thread the zucchini on skewers, piercing the skin sides with the pointed ends of the skewers, and alternating colors of squash. (See Traeger Tip below.) Season well with 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 (or High) and preheat, lid closed, for 10 to 15 minutes.
- Arrange the zucchini kebabs flesh side down directly on the grill grate. Grill for 5 to 7 minutes per side, basting with the reserved marinade. Arrange the skewers on a platter and dust with the feta. Serve warm or at room temperature.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 5 min.
COOK TIME: About 1 hour,
depending on the size of
the onion
SERVES: 2 to 3 as a side dish
or appetizer

YOU WILL NEED THESE THINGS

- For the dip:**
- 1/2** cup mayonnaise (Hellmann's)
 - 1/4** cup sour cream
 - 2** tbsps. Heinz 57® sauce or ketchup
 - 1** tbsp. prepared horseradish, or more to taste
 - 1** tsp. Worcestershire sauce
 - Salt and pepper to taste

- For the onion:**
- 1** large sweet onion, such as Vidalia or Texas Sweet, about 1 pound
 - 2** tbsps. butter, cut into 1/2-inch cubes
 - Your favorite all-purpose barbecue rub

TAEGER TIP:
A canning jar ring, muffin tin, or "donuts" fashioned from aluminum foil can all be used to hold round vegetables like whole onions, acorn squash, apples, etc., upright on the grill.

Barbecued Bloomin' Good Onion

Here's a grilled riff on a deep-fried onion appetizer made popular by a certain steakhouse chain. Serve it as an appetizer or as an accompaniment to any grilled or barbecued meats. For a rich twist, bake the onion as directed below, but then unwrap, top with cream cheese and crumbled cooked bacon, and bake for a few more minutes until the cheese melts.

- Make the dip:** In a small mixing bowl, whisk the mayonnaise, sour cream, Heinz 57®, horseradish, and Worcestershire sauce. Add salt and pepper to taste. Cover and refrigerate until serving time.
- Prepare the onion:** Trim about 3/4-inch off the top. Using a sharp knife, cut the onion into 12 to 16 wedges, being careful not to cut all the way through the stem end. (If you have one of those devices in your kitchen gadget drawer that simultaneously cores apples and cuts them into wedges, you can use it on the onion.) Separate the "petals". Place on a doubled piece of aluminum foil and bring the sides up around the onion, leaving the foil open at the top. Dot the onion with the butter cubes, tucking them into the petals. Season well 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 300 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Put the foiled onion directly on the grill grate and roast until it is tender, about 1 hour. Carefully unwrap and serve with the dip.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 5 min.
COOK TIME: About 1 hour
SERVES: 4

Whole Roasted Cauliflower

Here's a novel way to serve a familiar vegetable: Roast it whole. We also enjoy it rubbed with olive oil (instead of butter) and dusted with coarse salt, fresh pepper, and Italian seasoning.

- YOU WILL NEED THESE THINGS**
- 1 whole head cauliflower
 - 1/2 cup softened butter
 - 1/3 cup finely grated Romano or Parmesan cheese
 - Traeger Veggieshake, or your favorite barbecue rub or seasoned 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 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Remove any green leaves from the base of the cauliflower and trim the stem end so the cauliflower sits upright. Wash the cauliflower and dry it with paper towels. Put it on a large sheet of heavy duty aluminum foil. (Fold two sheets together if necessary to enclose the cauliflower.)
- In a small mixing bowl, combine the butter and cheese. Using a spatula or your hands, rub the butter-cheese mixture all over the outside of the cauliflower. Lightly season it with Traeger Veggieshake. Bring the sides of the foil up and fold the edges together to enclose the cauliflower. Cut three or four vents in the package to allow steam to escape.
- Put the cauliflower directly on the grill grate. Roast until the cauliflower is tender, 45 minutes to an hour, depending on its size. (A metal or bamboo skewer should be able to pierce the cauliflower toward the center fairly easily.) Carefully remove the foil before serving.

DIFFICULTY: 1/5
PELLETS: Mesquite
PREP TIME: 10 min.
COOK TIME: About 20 min.
SERVES: 4 or 6

Broccoli with Chipotle Butter

Broccoli gets a Southwestern makeover! Chipotle chiles are hot, so start with a small amount—even a quarter of a chile--and add more as desired.

- YOU WILL NEED THESE THINGS**
- 8 tbsps. butter (1 stick), softened
 - 1 tbsps. fresh lime juice
 - 1 tsp. minced fresh lime zest
 - 1 scallion (green onion), trimmed, white and green parts finely minced
 - 1 large clove garlic, finely minced
 - 1/2 to 1 canned chipotle chile in adobo sauce, minced
 - 1/2 tsp. salt
 - 2 to 3 heads broccoli, trimmed and broken into florets
 - 2 tbsps. olive oil or vegetable oil

- Make the Chipotle Butter:** In a small bowl, combine the butter, lime juice, lime zest, scallion, garlic, 1/2 minced chipotle chile with a little bit of its sauce, and the salt. Whip with a wooden spoon. Taste, and add more chile if desired.
- Pour the oil on a rimmed baking sheet and add the broccoli florets. Stir to coat broccoli.
- When ready to cook, start the Traeger grill on Smoke until the fire is established--4 to 5 minutes. Set the temperature to 350 degrees. Roast the broccoli, turning once with a spatula, until it is tender-crisp and just beginning to brown. Transfer the broccoli to a serving bowl and top with pats of the chipotle butter. The butter is also good on potatoes.

DIFFICULTY: 1/5
PELLETS: Oak or Hickory
PREP TIME: 10 min.
COOK TIME: 15 to 20 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 4 ears of fresh sweet corn, husked, silk removed
- 1 cup very finely grated Parmesan or Romano, or more as needed
- 1 tbsp. finely minced fresh parsley
- 2 tps. Traeger Cajun Rub or your favorite barbecue rub
- 4 tbsps. (1/2 stick) butter, melted

TRAEGER TIP:

Buy ears that appear to be freshly picked (the stem should not look brown or dried out) and that seem plump and heavy for their size. Cook soon as the sugars in sweet corn begin to turn to starch once they're harvested. If you need to hold the corn for a day or two, dampen a paper grocery sack, wrap the corn in it, and put the sack in a plastic bag in the refrigerator.

Grilled Corn w/ Parmesan

Ideally, you'll start the Traeger, and while it's preheating, you'll run out to the garden to pick the corn. Not possible for most of us, who are relegated to buying sweet corn from the supermarket, farmers' market, or roadside stand.

1. 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.
2. Arrange the ears of corn directly on the grill grate at a diagonal to the bars of the grate and grill, turning occasionally, until the kernels begin to brown, about 15 to 20 minutes. (The color will be patchy: Don't worry as this is normal.)
3. Meanwhile, mix the Parmesan, parsley, and Traeger Cajun Rub in a shallow dish such as a pie plate. Brush each ear of corn with butter. Dust the corn with the cheese mixture, working over the dish to keep things tidy. Serve immediately.

DIFFICULTY: 2/5
PELLETS: Hickory, Oak, or Pecan
PREP TIME: 20 min.
COOK TIME: About 3 hours, including smoking time
SERVES: A crowd—12 or more

YOU WILL NEED THESE THINGS

- 8 strips of bacon (divided use)
- 1 large sweet onion, such as Texas Sweet or Vidalia, peeled and diced
- 1 red or green bell pepper, stemmed, seeded, and diced
- 3 cloves garlic, minced
- 3 kielbasi (turkey is okay) or other cooked smoked sausages, cut into bite-sized chunks
- 3 15-ounce cans beans, such as pinto beans, navy beans, kidney beans, etc.
- 3 15-ounce cans baked beans or pork and beans
- 1-1/2 cups Traeger Regular Barbecue Sauce, or your favorite BBQ sauce
- 1 cup beer, apple juice or cider,
- 1 cup packed brown sugar
- 1/4 cup yellow mustard
- 1/4 cup molasses
- 1 tbsps. chili powder
- 2 tps. cumin
- 2 cups chopped or shredded leftover barbecued meat, such as pork ribs, brisket, pork shoulder, etc., from a previous grill session (optional)
- 3 cups panko or other dried bread crumbs

Meat-Lovers' Smoked Baked Beans

Chockfull of meat (bacon, sausage, and shredded barbecue) and topped with bacon-flavored bread crumbs, these beans will cement your reputation as a barbecue force to be reckoned with.

1. Put a cold skillet on the stovetop and lay the strips of bacon in it. Fry the bacon over medium heat until it renders its fat. Remove the bacon strips with tongs and drain on paper towels. Pour all but 1 tablespoon of the bacon fat out of the skillet and reserve. Add the onion, green pepper, garlic, and jalapeno to the skillet and sauté until softened, 5 minutes or so. Meanwhile, chop the bacon into bits. Tip the vegetables into a large mixing bowl and add half of the bacon. Add the kielbasi to the skillet and fry, turning with a spatula, until the sausage is slightly browned. Add to the mixing bowl along with the beans, barbecue sauce, beer, brown sugar, mustard, molasses, chili powder, and cumin. Mix well with a large wooden spoon. Stir in the chopped leftover barbecued meat, if using.
2. Pour the beans into a large roasting pan. (A heavy-duty disposable turkey roasting pan works well. We actually like to double them for increased strength and stability.)
3. When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
4. Put the roasting pan with the beans on the grill grate and smoke for 1-1/2 hours, stirring occasionally to maximize exposure to the smoke. Increase the temperature to 300 degrees and bake the beans until they are hot, bubbling, and thickened, 1-1/2 to 2 hours.
5. Meanwhile, combine the panko bread crumbs with the reserved bacon fat (if you are short on fat, use melted butter) and bacon bits. Spread evenly over the top of the beans the last hour of cooking

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 10 min.
COOK TIME: 55 min.
SERVES: 4

YOU WILL NEED THESE THINGS

6 medium beets (golden beets, candy cane beets, red beets, or a mix)

Olive oil

1 tbsp. chopped fresh rosemary, plus extra sprigs for garnish

Coarse salt (kosher or sea) and freshly ground black pepper

2 ounces goat cheese or feta cheese, crumbled

Roasted Beets with Rosemary & Goat Cheese

This sophisticated side dish couldn't be easier. The sweetness of the roasted beets and the tanginess of the goat cheese work so well together. If using red beets, wear disposable gloves to avoid staining your hands while peeling.

1. Line a rimmed baking sheet with aluminum foil.
2. 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.
3. Trim any green tops off the beets (save for another use if they're in good shape) and peel. Using a sharp heavy knife, cut the beets into 1-1/2 inch chunks. Place the beets in a large mixing bowl and drizzle with olive oil to coat. Add the rosemary and salt and pepper and stir to distribute the seasonings. Tip the beets onto the prepared baking sheet in a single layer.
4. Put the baking sheet on the grill grate and roast the beets until tender, 40 to 50 minutes. Transfer to a serving bowl or platter and top with the crumbled goat cheese. Garnish, if desired, with rosemary sprigs.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 5 min.
COOK TIME: 30 to 40 min.
SERVES: 4

YOU WILL NEED THESE THINGS

10 to 12 medium to large carrots, preferably with their tops

Olive oil

1 to 2 tbsps. honey

Coarse salt (kosher or sea) and freshly ground black pepper

1 tbsp. finely minced fresh dill or parsley (optional)

Roasted Whole Carrots

This is such a simple preparation that the main ingredient—carrots—really has to be good. We recommend you buy carrots that still have their tops attached, and even have a bit of the dirt they came from clinging to them.

1. Line a rimmed baking sheet with aluminum foil. Set aside.
2. 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.
3. Trim the tops off the carrots, leaving about 1 inch of green. If the carrots are young, simply scrub under cold water with a vegetable brush. Otherwise, peel them, but leave them whole.
4. Put the carrots on the prepared rimmed baking sheet. Coat the carrots lightly with olive oil. Drizzle with 1 to 2 tablespoons honey and season with salt and pepper.
5. Put the baking sheet on the grill grate and roast the carrots until they are cooked to your liking, 30 to 40 minutes depending on their thickness, rolling them over with tongs partway through the grilling time. Dust with the parsley or dill, if desired. Transfer to a platter and serve immediately.

DIFFICULTY: 1/5
PELLETS: Apple or Pecan
PREP TIME: 10 min.
COOK TIME: 1 hour or more
depending on the size of
the potatoes
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

- 8 tbsps. (1 stick) butter
- 2 tbsps. honey or pure maple syrup
- 1-1/4 tps. cinnamon
- 6 sweet potatoes

Sweet Potatoes with Cinnamon-Honey Butter

High in Vitamin A and fiber, baked sweet potatoes are a welcome alternative to white potatoes. Use leftover Cinnamon-Honey Butter on your morning toast or muffin.

1. 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.
2. **Make the butter:** In a mixing bowl, combine the butter, honey, and cinnamon and whip until smooth. Cover and refrigerate if not using immediately. (The sweetened butter can be made up to 3 days ahead or more.)
3. Prick the potatoes in several places to allow the steam to escape. Arrange directly on the grill grate and bake for 1 hour, or until the potatoes are tender. (The time will depend on the potatoes' size.)
4. Using a paring knife, cut zig-zags (as if you were carving jack o' lantern teeth) lengthwise on the top of each potato. Gently squeeze from the ends to fluff. Top the potatoes with the Cinnamon-Honey Butter or serve on the side.

DIFFICULTY: 1/5
PELLETS: Hickory or Oak
PREP TIME: 15 min.
COOK TIME: About 75 min.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

- 8 large baking potatoes, such as russet (about 6 pounds)
- 1-1/2 to 2 cups hot milk, or more as needed
- 8 tbsps. (1 stick) butter, melted, or more to taste
- 2 tbsps. minced chives (optional)
- 3 strips of cooked bacon, crumbled (see Note below)
- Salt and pepper to taste

Smoke-Roasted Whipped Potatoes with Bacon & Chives

Whipped potatoes as good as Grandma's! Exact quantities of milk and butter are not given here as potatoes can absorb varying amounts of them. Use your instincts.

1. 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.
2. Scrub the potatoes under cold running water and dry with paper towels. Poke in several places with a fork to let the steam escape. Arrange the potatoes directly on the grill grate and bake for about hour and 15 minutes, or until the potatoes are cooked through. (They should be squeezably soft.) Use oven mitts to transfer to the potatoes to a rimmed baking sheet.
3. Let the potatoes cool slightly (do not let them cool completely, or your whipped potatoes will be gummy). Cut the potatoes in half lengthwise, and scoop the potato flesh into the bowl of a stand mixer. (Leave a 1/4-inch shell if you want to make potato skins, see page 9.) Whip on low speed for about 30 seconds. With the mixer running, slowly add the milk and butter. Increase the speed to medium-high and whip until the potatoes are fluffy and smooth, 90 seconds to 2 minutes. Do not over-whip. Stir in the chives and bacon. Add salt and pepper to taste.

Note: You can cook the bacon directly on the Traeger prior to cooking the potatoes. Simply preheat your grill to 350 degrees and cook the bacon until it is crisp and golden brown, about 20 minutes. Then increase the heat to 400 to roast the potatoes.

DIFFICULTY: 1/5
PELLETS: Any
PREP TIME: 15 min.
COOK TIME: 30 min.
SERVES: 4

YOU WILL NEED THESE THINGS

- 3 medium carrots, trimmed, peeled, and sliced very thinly (1/8 inch) on a diagonal
- 1-1/2 cups snow pea pods, strings removed
- 8 ounces shiitake or button mushrooms, cleaned, trimmed, and sliced
- 1 red bell pepper, stemmed, seeded, and sliced into thin strips
- 3 scallions (green onions), trimmed, white and green parts thinly sliced on a diagonal
- 2 tsps. minced fresh ginger
- 2 cloves garlic, finely minced
- 1 tbsp. Asian sesame oil or vegetable oil
- 1 tbsp. soy sauce
- 1 tbsps. sake, rice wine, or sherry
- 2 tbsps. butter cut into 4 pieces

Grilled Asian Vegetable Packets

These make a great accompaniment to flank steak in a teriyaki marinade or even grilled chicken or turkey burgers. If desired, make one large packet instead of four individual ones. Be careful when opening the packets as they will emit a cloud of hot steam.

1. Tear off 4 large pieces of foil, each about 18" x 14".
2. In a large mixing bowl, combine the carrots, snow pea pods, mushrooms, bell pepper, scallions, ginger, and garlic. Drizzle with the sesame oil, soy sauce, and sake. Stir gently with a rubber spatula or wooden spoon.
3. Lay the pieces of foil on your work surface. Put one-fourth of the vegetables on each piece of foil, arranging the vegetables in a flattish pile in the middle. Top each with a piece of butter. Bring opposite edges of the foil together and fold several times to make a tight seal. (The packets can be made to this point up to several hours ahead and refrigerated.)
4. 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.
5. Lay the packets directly on the grill grate and grill, turning once, until the packets have puffed up, about 30 minutes. Before serving, carefully poke a hole in each with the tip of a paring knife to release the steam.

DIFFICULTY: 1/5
PELLETS: Pecan or Oak
PREP TIME: Less than 5 min.
COOK TIME: 90 min.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

- 24 ounces thin fresh green beans, trimmed, or whole frozen green beans, thawed (see Note below)
- 8 tbsps. (1 stick) butter, melted
- Traeger Veggie Shake or coarse salt (kosher or sea) and freshly ground pepper to taste

Butter-Braised Green Beans

We thought we preferred green beans cooked "tender crisp"—that is, until we tasted these smoky, buttery, slow-roasted beans. The caramelization that takes place as these beans cook and brown gives them a sweetness you'll find addictive. Even vegetable-averse kids love them.

1. 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.
2. Put the beans in a pile on a rimmed baking sheet and pour the melted butter over them. Using tongs, spread the beans out in the pan and season with Traeger Veggie Shake.
3. Roast the beans for about 1 hour, stirring and lifting with tongs every 20 minutes or so. The beans should be very tender, shriveled, and lightly browned in places. Transfer to a serving bowl and serve while hot.

Note: We don't usually call out favorites, but the bags of thin frozen green beans they sell at Trader Joe's for \$1.99 work exceedingly well for this recipe. Here is a link to their store locator: <http://www.traderjoes.com/stores/index.asp>.

DIFFICULTY: 2/5
PELLETS: Apple
PREP TIME: 20 min. plus
1 to 1-1/2 hours for baking
the potatoes
COOK TIME: 30 to 40 min.
for the assembled casserole
SERVES: 10 to 12

YOU WILL NEED THESE THINGS

For the potatoes:

- 8 large sweet potatoes
- 1 cup brown sugar
- 4 eggs
- 1 cup milk
- 1 cup butter, melted
- 2 tsps. vanilla

For the streusel:

- 1 cup brown sugar
- 2/3 cup butter, melted
- 2/3 cup flour
- 2 tsps. cinnamon
- 2 cups pecans

*Sweet Potato Casserole
with Pecan Streusel*

A favorite in Southern homes during the holidays, this casserole—so sweet it's almost a dessert—enhances gatherings north of the Mason-Dixon line, too! It feeds a crowd, but the recipe can easily be halved. **And don't forget:** Your Traeger can take much of the cooking burden off the kitchen on busy days like Thanksgiving by serving as an outdoor oven.

1. 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.
2. Prick the sweet potatoes in several places with the tip of a paring knife. Arrange directly on the grill grate and roast until tender, about 1 to 1-1/2 hours, depending on their size. Transfer to a cutting board and let cool slightly. With a spoon—and using oven mitts if necessary—scoop the sweet potato flesh into a large mixing bowl. You should have about 8 cups. Mash or whip until smooth. Add the sugar, eggs, milk, 1 cup of butter, and vanilla and again, mix until smooth.
3. Spray a 9" x 13" baking dish or a large casserole with nonstick cooking spray.
4. Spread the sweet potato mixture evenly in the dish.
5. **Make the streusel:** In another mixing bowl, combine the brown sugar, the 2/3 cup of butter, the flour and cinnamon, and stir until evenly mixed. Stir in the pecans. Top the sweet potato mixture evenly with the streusel.
6. Put the casserole on the grill grate and bake at 350 degrees F for 30 to 40 minutes. Serve hot.

DIFFICULTY: 2/5
PELLETS: Pecan
PREP TIME: 20 min. plus 45 min.
for draining the vegetables
COOK TIME: 60 to 70 min.
SERVES: 6 to 8

YOU WILL NEED THESE THINGS

- 7 to 8 tbsps. extra-virgin olive oil, divided use
- 2 to 3 medium zucchini, green, yellow, or both, trimmed and sliced crosswise into 1/4-inch slices
- 2 to 3 yellow summer squash, trimmed and sliced crosswise into 1/4-inch slices, or more zucchini
- Salt
- 2 large onions, peeled, halved, and thinly sliced
- 6 plum tomatoes, sliced 1/4-inch thick
- 1 large sweet onion, peeled, halved, and thinly sliced
- 1 cup grated mozzarella cheese
- 1-1/4 cups dry Italian seasoned bread crumbs
- 1/2 cup grated Parmesan cheese

Summer Vegetable Gratin

This is a seasonal treat, best made in the summer when zucchini, yellow squash, and sun-ripened tomatoes are running amok in the garden or can be bought cheaply. Lightly salting the squash draws out excess moisture (a process called "degorging") and prevents the finished casserole from being watery. Serve as a side dish with grilled meats or as a vegetarian main course for a light lunch or supper.

1. Oil a 9" x 13" baking dish or casserole with 1 tablespoon of olive oil and set aside.
2. Put the zucchini and summer squash in a colander set in a sink and salt lightly, tossing with your hands to distribute the salt. Let the vegetables sit for 45 minutes, tossing occasionally, until they've given off some of their liquid. Spread out in a single layer on paper towels and pat dry.
3. In the meantime, heat another tablespoon of olive oil in a skillet and sauté the onions over medium heat until golden brown, stirring often. Stir in the garlic and continue to cook for 2 to 3 minutes more.
4. Spread the squash out evenly over the bottom of the prepared baking dish. Top with the onion-garlic mixture, then sprinkle the cheese evenly over the vegetables. Lay the tomato slices in a single layer on top of the cheese. Drizzle evenly with 3 to 4 tablespoons of olive oil. Cover with foil.
5. Combine the bread crumbs, Parmesan cheese, and 2 tablespoons of olive oil in a small mixing bowl and set aside.
6. 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.
7. Put the baking dish directly on the grill grate and bake for 30 minutes. Remove the foil and top the gratin evenly with the bread crumb mixture. Bake for 30 to 40 minutes more, or until the vegetables are very tender and the crumb topping is lightly browned. Let cool for 10 minutes before serving.



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