



Salads are a “GRILL’S” best friend...

What exactly is the definition of salad? Everyone’s definition of salad seems to be different.

Salads can be an entrée or side dish that is prepared and composed of a mixture of ingredients, and intended to be eaten cold. The ingredients in salads could be vegetables, pasta, beans, sea-food, tuna, eggs, chicken, fruit, rice, even jello.



Custom Cuts on...



SEAFOOD · CHICKEN · PORK · BEEF · LAMB · VEAL

9 BEST Steaks for grilling:

Flat iron, Rib-eye, T-bone, Porterhouse, Strip Steak, Top Sirloin, Flank Steak, Skirt Steak, Hanger Steak

GRILLED WHOLE SNAPPER

- Ingredients:
- 1.25 to 1.5 lbs. whole red snapper, cleaned and scaled
 - 1 tsp salt
 - 2 large sprigs rosemary
 - 1 Tbs chopped fresh rosemary, crumbled
 - 3 Tbs olive oil
 - 2 cloves garlic, minced
 - 1 Tbs dry bread crumbs
 - Lemon wedges, for serving

Light the grill. Rinse the fish; dry the surface and the cavities thoroughly. Cut shallow incisions in a crisscross pattern, about 1” apart, in each side of the fish. Season the cavity or rub with 1/8 tsp salt and put a rosemary sprig in too. Rub the surface of the fish using the oil, garlic, chopped fresh rosemary, and the remaining 3/4 tsp salt. Sprinkle with bread crumbs on both sides. Drizzle with remaining oil. Put the fish in a grill basket or onto a very clean grill rack. Cook over moderately high heat for 7 min. Turn and grill until golden and just done, about 7 min longer. Remove the fish carefully so it doesn’t stick. Serve the fish on a platter. Run a knife between the flesh and the bones and lift off the fillet. Turn the fish over and repeat. Pass lemon wedges.



NO. 5

ATLANTIC FOOD DISTRIBUTORS SUMMER BARBEQUE

THE GRILL

5

The Best
Types
Of Fish for
Grilling

Custom Cuts...

Feast
BBQ

TOP 10 BBQ SAUCES
ST. LOUIS BBQ

Smoked Meat Trend

9 BEST steaks for grilling



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Cook a whole meal...
from salad to dessert...on the grill!

You should use your grill as an outdoor oven
that can do much more than roast meats and
vegetables. Let this easy menu be your guide
for mastering the art of outdoor a FEAST BBQ

Salad

Grilled Caesar Salad

Dinner

BBQ Chicken Thighs

Side

Roasted Root Vegetable Packets

Dessert

Grilled Fruit Tart

Smoked Meat Trend

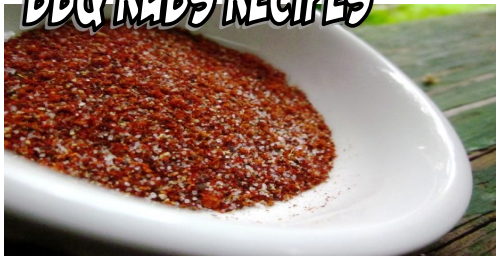
Just when it seemed BBQ couldn't get any trendier— it did!
More consumers now than in 2014 are looking for a variety of BBQ menu items. The demand is up for smoked sausage (+19%), beef brisket (+12%) and beef ribs (+16%) for dinner— a trend noncommercial operators say they are also noticing. BRISKET bring the star BBQ item...here are some tips for how to boost the experience for diners



Cook it SLOW and LOW: This cut of meat is becoming more popular with chefs because you can slow cook them in these different pieces of equipment and make them more palatable, while improving your profit margins. Play around with different cooking methods for each cut of meat to determine the optimum cooking time.

MASTER the PRESENTATION: Brisket is the show stopper...IF you are cooking something 12-18 hours, the smell is the advertisement! People like to be part of the experience.

BBQ RUBS RECIPES



BBQ Classic Rub

- Ingredients
- 1/2 cup Brown sugar
 - 1/2 cup Paprika
 - 1 Tbs. Ground black pepper
 - 1 Tabs. Salt
 - 1 Tbs. Chili powder
 - 1 Tbs. Garlic powder
 - 1 Tbs. Onion power

BBQ Spicy Rub

- Ingredients
- 2 Tbs. Salt
 - 2 Tbs. Brown sugar
 - 2 Tbs. Ground Cumin
 - 2 Tbs. Chili powder
 - 2 Tbs. Ground pepper
 - 1 Tbs. Cayenne Pepper
 - 3 Tbs. Ground Paprika

Mix all ingredients in a bowl and



Grapefruit Mojito

Ingredients:

- 2 Tbs. Fresh lime juice
- 2 Tbs. Sugar
- 20 Fresh mint leaves
- 2 Sprigs mint
- 3-4 Tbs. of 1/2 grapefruit
- Zest of 1/2 grapefruit
- 2 Grapefruit wedges
- 4 oz. White Rum
- Club soda as needed

In a cocktail shaker, muddle the lime juice, sugar, mint leaves and grapefruit zest until the mint is bruised and the sugar starts to melt. Add the grapefruit juice and rum. Fill with ice and shake until very cold. Strain into 2 glasses over ice and top off with the club soda. Garnish with a mint sprig and grapefruit wedge in each glass.



5 Best Types of Fish for Grilling

Swordfish



Salmon



Tuna



Snapper



Mahi Mahi



TOP 10 BBQ SAUCES

ST. LOUIS BBQ

MEMPHIS BBQ

KANSAS CITY BBQ

TEXAS BBQ

SOUTHERN BBQ

KOREAN BBQ

CHIPOTLE BBQ

SRIRACHA BBQ

HONEY BOURBON BBQ

BBQ RUM SAUCE

We carry all of your favorite ready to use BBQ sauces!

