



The Best Way To Enjoy A Great Kings Hot Price  
Is With A Great Kings Cooking Studio Recipe!

## **Grilled Whole Dover Sole**

*Serves 2*

### **Ingredients:**

1 Whole Dover Sole  
4 Ounces Unsalted Butter (1/2 Stick)  
1/4 Cup Extra Virgin Olive Oil  
Salt and Pepper  
2 Lemons  
Chopped Flat Leaf Parsley

### **Method:**

1. Preheat the grill to medium high.
2. Rinse the sole and pat it dry.
3. Melt the butter and combine it with the olive oil. Brush this mixture inside the fish and season with salt and pepper.
4. Cut one lemon in half. Reserve the other lemon for garnish.
5. Drizzle the juice on one-half lemon inside the fish.
6. Brush one side of the fish with the butter-oil mixture. Place the oiled side down on the hot grill. Grill 8 to 10 minutes. Brush the top side of the fish with the butter-oil mixture. Carefully flip the fish and cook another 8 to minutes on the other side.
7. Serve 1/2 fish per person. Garnish with lemon wedges and chopped parsley.

## **Corn-Off-The Cob Salad**

*Serves 8*

From our cooking studio files

### **Ingredients:**

1/2 Cup Toasted Pine Nuts  
1 Red Bell Pepper  
8 Ears Fresh Corn  
1 Small Red Onion  
2 Tablespoons Vegetable or Canola Oil  
1/4 Cup Balsamic Vinegar  
1/ Cup Canola Oil  
1 Teaspoon Salt  
1/4 Teaspoon Pepper

### **Method:**

1. Preheat the oven to 350 degrees F. Spread the pine nuts in a single layer on a sheet pan. Toast the nuts approximately 4-5 minutes, until lightly browned.
2. Wash the peppers and dry them. Place them directly on the burner of a gas stove. Cook on all sides until the skin is blackened and is blistering. (Can alternately broil on all sides in an oven.) Place them in a paper bag. Set aside to cool for 15-20 minutes.
3. Bring a large pot of cold water to a boil. Shuck the corn and place the ears in the boiling water. Cook only 3-4 minutes. Remove from the water and set aside to cool.
4. Cut the kernels off the cobs to make about 8 cups and place them in a large bowl.
5. Clean the onion. Cut it into a small even dice to make 1/2 cup.
6. Preheat a small frying pan. Add 2 tablespoons oil, then the diced onion. Saute until soft and translucent but not brown. Remove from the heat and combine with the corn.
7. Remove the peppers from the bag and gently rub off the loosened skin. Remove the seeds. Cut them into narrow strips, then cut the strips into a small, even-sized dice, approximately the size of a kernel of corn. Add to the bowl with the corn and onion.
8. Combine the vinegar with the 1/2 cup oil and the salt and pepper. Whisk to combine.
9. Pour the dressing over the corn mixture and stir gently to combine. Sprinkle the toasted pine nuts over the salad and serve.

## **Red, White And Bleu Coleslaw**

*Serves 8*

From our cooking studio files

### **Ingredients:**

12 Slices Bacon  
3/4 Cup Mayonnaise  
2 Tablespoons Heavy Cream  
2 Tablespoons Sour Cream  
1 Tablespoon Dijon Mustard  
1 Tablespoon White Vinegar  
2 Teaspoons Sugar  
Salt and Pepper  
6 Cups Shredded Cabbage  
1/2 Cup Bleu Cheese, Crumbled  
1 Cup Grape Tomatoes

### **Method:**

1. Cut the bacon into small pieces. This is easier if the bacon is cold. Fry the bacon over medium heat until it is crispy. Remove from the pan and drain.
2. Combine the mayonnaise, cream, sour cream, mustard, vinegar and sugar in a medium bowl. Whisk to combine thoroughly. Add salt and pepper to taste. Set aside.
3. Cut the tomatoes in half and set aside.
4. Combine bacon with the shredded cabbage in a large bowl. Add the dressing and toss to combine.
5. Top with the tomatoes and the crumbled bleu cheese.
6. Refrigerate before serving.

## **Apricot Glazed Chicken Breast**

*Serves 4*

From our cooking studio files

### **Ingredients:**

4 Boneless Skinless Chicken Breasts, About 1-1/2 to 2 Pounds  
1 Teaspoon Salt  
1/2 Teaspoon Pepper  
1/2 Teaspoon Sweet Paprika  
4 Tablespoons Canola Oil, Divided  
2 Tablespoons Unsalted Butter  
2-3 Cloves Garlic Minced or Passed Through a Garlic Press  
1/2 Cup Apricot Preserves  
1/2 Cup Orange Juice  
1 Tablespoon Chopped Flat Leaf Parsley

### **Method:**

1. Rinse the chicken and pat dry.
2. Combine the salt, pepper and paprika. Sprinkle this mixture on both sides of the chicken pieces.
3. Preheat a large non-stick skillet over medium heat. Add 2 tablespoons of the canola oil and butter. When the butter is melted and starting to foam, add the chicken breast pieces, skin side down. Cook 4-5 minutes, or until golden brown on one side.
4. Turn the chicken and cook another 4-6 minutes or until that side is golden brown and the chicken is cooked through. Remove the chicken to a serving dish and tent with foil while you prepare the glaze.
5. Add the remaining 1 tablespoon canola oil to the pan. Add the garlic and cook only a minute or two, until the garlic is soft and just starting to color. Be careful that you do not burn the garlic.
6. Stir in the apricot preserves and the orange juice. Simmer until the liquid is almost gone. Slide the chicken back into the pan. Turn the pieces to coat both sides. Garnish with the parsley and serve immediately.

## **Easy Steamed Lobster**

*Serves 2*

From our cooking studio files

### **Ingredients:**

- 2 Lobsters, Approximately 1-1/4 to 1-1/2 Pounds Each
- 3 Tablespoons Kosher Salt
- 1/2 Cup Unsalted Butter (1 Stick)
- 1 Large Lemon Cut into Wedges

### **Method:**

1. Fill a very large, deep pot with cold water, stopping 3 or 4 inches from the top to allow room for the lobster. Cover and bring to a boil. Stir in the salt.
2. Plunge the lobsters into the water. Cover with the lid and return the water to a boil.
3. Cook the lobsters until the shells turn bright red, 10-12 minutes.
4. Remove the lobsters from the water. Remove the rubber bands from the claws. Crack the claw shells and drain off the liquid.
5. Serve immediately with melted butter and lemon wedges.

## **Grilled Eggplant**

### **Ingredients:**

2 Garlic Cloves  
2 Tablespoons Flat Leaf Parsley  
3/4 Cup Extra Virgin Olive Oil  
2 Medium Eggplants  
2 Teaspoons Salt

### **Method:**

1. Prepare the basting sauce. Peel the garlic and mince it finely or pass it through a garlic press. Add to a small bowl with the chopped parsley and stir in the olive oil. Let stand at room temperature for 1 hour.
2. Slice the eggplants cross wise into slices 1/2-inch thick. Sprinkle the slices with the salt and place them on a rack. Turn the slices over and sprinkle with the remaining salt. Let the eggplant slices sit for 1 hour. The eggplants will release some of their liquid while they sit.
3. Preheat the grill.
4. Pat the eggplant slices dry with paper towels. Brush the basting oil on one side of the eggplant slices and lay them on the grill, oiled side down.
5. Grill about 3-4 minutes per side. Baste the other side while they grill.
6. Turn to grill the other side another 3-4 minutes, or until they are browned and tender.
7. Serve immediately, drizzling any remaining basting oil over the eggplant slices.

## **Grilled Summer Squash Or Zucchini**

*Serves 4*

From our cooking studio files

### **Ingredients:**

2 Medium Zucchini or Yellow Summer Squash  
1/2 Cup Unsalted Butter (1 Stick)  
Salt and Pepper to Taste

### **Method:**

1. Preheat the grill to medium.
2. Wash the zucchini or summer squash and pat dry with paper towels.
3. Slice the squash length-wise into pieces about 1/2-inch thick.
4. Butter each slice and lay it on the grill. Brush with melted butter and sprinkle salt and pepper. Lay the buttered side down on the grill. Grill 2-3 minutes, or until browned on one side.
5. Brush the top side with butter and sprinkle salt and pepper on that side. Carefully turn the squash over and grill another 2-3 minutes, or until the second side is browned.
6. Serve immediately.  
Note that you may place a piece of non-stick aluminum foil on the grill, non-stick side up, and grill the squash as described above.