

GSCS®

**P.O. Box 250243
Plano, Texas 75025
Customer Service
(800) 265-9422**

Email: sales@gourmet-ovens.com

GOURMET *Sous Chef* SERIES

RECIPE GUIDE

**A PREMIER GUIDE
TO GETTING THE MOST FROM YOUR
GOURMET SOUS CHEF SERIES OVEN
FEATURING TIPS, TECHNIQUES AND
GUIDELINES FOR CREATING A VARIETY
OF 5 STAR MEALS**



WWW.GOURMET-OVENS.COM

GOURMET *Sous Chef* **SERIES**

**Published by GSCS
P.O. Box 250243
Plano, Texas 75025**

**Copyright 2009
GSCS**

**Customer Service
(800) 265-9422
www.gourmet-ovens.com**

2009

**All rights reserved. This book or any part thereof may
not be reproduced in any form without the written per-
mission from GSCS, LLC Plano, Texas.**

**Visit our web site at:
www.gourmet-ovens.com**

NOTES

OLD FAVORITE

TEXAS STYLE BRISKET

Ingredients

- ❖ 1 - 10 - 12 lb. Packers Cut Brisket
- ❖ 1/2 cup Salt
- ❖ 1/2 cup Paprika
- ❖ 1/2 cup Black Pepper (Ground)

Wood

Hickory

Flavor Enhancer

Heavy Beer (optional)

Directions

Brisket should have heavy fat cap on it of approximately 30% fat ratio. Wash brisket well in cold water. Set out on butcher paper for a few moments to dry. Mix equal parts of salt, pepper and paprika and rub thoroughly into all surfaces of Brisket. Allow rub to set in for 30 minutes to one hour.

Place brisket in oven fat side up at 190°F . Cook for approximately 1 hour per pound + 2 hours. Brisket needs to reach an internal temperature of 190°F and remain there for 2 hours.

Options

Try adding a little Sugar-in-the-Raw to the basic rub. Also try mixing woods for this. A combination of 50% Hickory, 25% Apple and 25% Pecan is very good.

TABLE OF CONTENTS

INTRODUCTION	4
WOODS TO USE.....	7
TEMPERATURE CHAR	10
MEASUREMENT CHART	11
POULTRY.....	13
BEEF.....	16
PORK.....	20
GAME	24
SEAFOOD	26
OLD FAVORITE.....	30
NOTES.....	31

GOURMET *Sous Chef* SERIES

(GSCS)

MODEL S100 RECIPE GUIDE

Congratulations on purchasing the finest outdoor oven and smoker. You can look forward to enjoying years of wonderful meals with a minimum of effort. This is a recipe guide rather than a recipe book because the options available to you with this outdoor oven and smoker encourages you to add to and/or modify what we provide here in this document and the constantly growing list of additional recipes on our web site: www.gourmet-ovens.com.

A FEW BASIC ITEMS TO GO OVER FIRST:

- ❖ You should have received an operator's Manual with your oven. If not or if you misplace it you can print one from our web site: www.gourmet-ovens.com.
- ❖ This is an electric oven with great insulation and will hold its temperature consistently over the cooking period.
- ❖ Never soak the wood you use for smoke flavoring and never use any green wood. All wood needs to be dry. Almost any natural hard wood can be used, especially any fruit or nut wood. There is a section of this guide that tells you about many different woods you can use and the generally accepted use of that type wood with the meat, fish or fowl. Again, this is a guide and you should find what woods give you the flavor you most enjoy. Don't forget to even try a mix of different woods.
- ❖ You can use almost any type of all natural wood products in your oven except sawdust. Wood chunks, chips or pellets will work. Just be sure you initially use very little wood until you are comfortable with the wood taste. Remember, you can eat anything with less smoke flavor but eating a prod-

SMOKED SWORDFISH WITH TOMATILLO SALSA

Ingredients

- ❖ 4 swordfish steaks, 6-8 oz. 1 inch thick
- ❖ 2 tbs. vegetable oil
- ❖ Salt
- ❖ Freshly ground pepper

Wood

Jack Daniels' Soaked Oak

Flavor Enhancer

White Wine

Directions

Rub the fish with the oil and season with salt and pepper. Spray a seafood rack with oil or non-stick cooking spray. Arrange the steaks on the rack, and smoke-cook at 200°F for 1 hour, checking for doneness after an hour.

Options

Goes excellently with Tomatillo Salsa. Try smoking the tomatoes for your Salsa for a unique flavor.

SMOKED OYSTERS

Ingredients

- ❖ Garlic butter
- ❖ Hot sauce of choice

Wood

Pecan

Flavor Enhancer

Mild Wheat Beer

Directions

Using the seafood rack, lay the oysters in rows just like you are baking cookies. It's best not to use shells at all. Smoke for 30 minutes at 160° F using two ounces of pecan chips. Open the smoker, baste with garlic butter and squirt with a hot sauce of your choice. Close the smoker and smoke for another 30 minutes. Make sure to eat them while they are warm.

Options

Smoked Oysters make an excellent base for a Chowder or Stew

uct with too much smoke flavor generally is not as enjoyable as it should be. Generally you should not use more than 4 oz. of chips or chunks for a full load. With a wood like mesquite 2 oz. would be more than adequate. With pellets 1 oz. should be adequate. Again, this is a guide and you will develop your own level of wood flavor over time. You can order wood chips, chunks or pellets from our web site: www.gourmet-ovens.com.

- ❖ You do not have to add water to your oven but you can add the additional liquid flavor you'd like by use of the flavor box that came with your oven. Wine, citrus juice, liqueurs, and other flavorings may add to your enjoyment so feel free to experiment from time to time.
- ❖ The use of additional flavor adding techniques such as brines, rubs, injections, etc. are also encouraged. There are many out there to choose from and some are available to you through our web site: www.gourmet-ovens.com.
- ❖ The use of your oven without any additional flavoring will produce amazing results also. There are recipes here and on our site for a pot roast and venison steak that are outstanding. Anything that you'd like to cook for a long time and/or a low temperature is ideal for your oven.
- ❖ Food can be cooked directly on the racks which are dishwasher safe or may be used in any oven proof cookware.
- ❖ Braised items which are cooked in liquid may be covered in their pot or not, depending on if you want the other flavors and aromas in the oven to influence what you are cooking.
- ❖ The oven is ideal for slow cooking an entire meal. Start your braised protein in the morning, later bake potatoes or cook brown rice. Slow roast squash or onions.

- ❖ You can cold smoke foods such as cheese or salmon.
- ❖ Use the oven with the dehydrator accessory to dry tomatoes or other fruits. Make your own beef jerky or charcuterie. Smoke and or dry vegetables or other aromatics.
- ❖ Use the oven to hold your food's temperature until you are ready to serve and as a warming oven. You'll find many additional uses for your oven because it is used outdoors, easy to clean and so economical in its use of resources.

We have provided you with recipe suggestions for old favorites (brisket, ribs, chicken, pork, salmon) as well as some we've developed or found interesting from other sources (cat fish, shrimp, lamb, meat loaf, pulled pork, duck, pastrami). In addition, if you hunt or fish this is the perfect tool to make jerky and sausage and prepare your meat, fish or fowl (wild hog hams, turkey breasts, pheasant, and bass). If you don't find what you want in this book or online in our recipes section you should go to our Forum and search for a recipe or post to the Forum and ask other owners for suggestions. We also look at the Forum often and will reply if we have a suggestion.

A selection of recipes follows—so enjoy your oven.

SMOKED SALMON QUESADILLAS

Ingredients

- ❖ 1 smoked salmon filet
- ❖ 4 9-inch flour tortillas
- ❖ 3 to 3 ½ oz. cream cheese, room temperature
- ❖ 4 tbs. pico de gallo, drained, or 4 cherry tomatoes, sliced
- ❖ Fresh, snipped dill
- ❖ Melted butter

Wood

Oak

Flavor Enhancer

Mild Beer (Dos Equis, or Corona)

Directions

Smoke Salmon for 3 hours at 180°F. Remove skin from the salmon fillet and flake into a small bowl. One at a time, soften tortillas in microwave oven of high for 20 seconds. Spread half the tortilla with cream cheese, top with ¼ of flaked salmon, pico de gallo and fresh dill. If using tomatoes, drain juices by placing slices on a paper towel before using. Fold tortilla in half, press down and wrap in plastic wrap. Refrigerate until ready to cook. Place a large nonstick skillet over medium heat. Dampen a paper towel with olive oil and lightly coat skillet. When the skillet is hot, brown tortillas one or two at a time, on both sides, and transfer to a cookie sheet. This takes 5 to 6 minutes. Brush lightly with melted butter. Keep warm in a 225° F oven until ready to cut into triangles and serve. Makes 12 to 16 triangles.

Options

Mesquite wood for a stronger flavor and Southwestern flair.

SEAFOOD

SMOKED TROUT WITH DILL SAUCE

Ingredients

- ❖ 4 (8 oz.) speckled trout fillets
- ❖ 1 cup white wine
- ❖ ¼ cup olive oil
- ❖ ¼ cup Creole mustard
- ❖ Creole seasoning of choice
- ❖ 2 tbs. dill
- ❖ 1 cup sour cream
- ❖ 1 cup mayonnaise
- ❖ 1 tsp. lemon juice

Wood

Alder

Flavor Enhancer

White Wine

Directions

Rinse fillets and pat dry. Set aside. In a bowl, combine the next 4 ingredients and mix well. Lay fillets in a dish or plastic freezer bag and cover with the wine marinade. Refrigerate for 2 - 4 hours. In another bowl, combine the next 4 ingredients to make the dill sauce. Keep chilled. Smoke cook the fillets at 200°F for 1 hour. Check for doneness.

Options

Try Pecan for a stronger nut enhanced flavor

USE OF THE SMOKE BOX AND WOOD FLAVORING

WOOD CHUNKS AND CHIPS

You can use almost any dry hardwood chips or chunks to flavor whatever you want in your oven. Since the oven does not need heat from the wood, only a small amount is required. The wood does not burn, it smolders creating smoke that then flavors whatever is in your oven. Generally, 4 oz. or less of wood chips or chunks is the maximum you should use. You do not soak the wood nor add to it during the cooking cycle. As long as you use natural wood chunks or chips that are thoroughly dry. You can buy your wood chunks or chips in many places all over the United States. We sell wood chunks, chips and pellets and recommend the use of chips and pellets with your oven although the larger chunks are fine to use. You should always use the wood chip tray inside the wood box to prevent small pieces of wood from falling through the holes in the bottom of the wood box to prevent damage to the heating element. The following table lists some of the wood types and the recommended food with which to use different kinds of wood. It is highly recommended that you try mixing different types of wood to develop your own unique flavors. Just remember, you can eat food that has too little wood flavor but it is extremely hard to eat food that has too much wood flavor so when in doubt, use less wood. Mesquite especially gives a lot of flavor using very little of the wood. Until you develop your wood flavor palate don't use more than an oz. of mesquite.

Wood	Intensity	Beef	Pork	Poultry	Fish
Hickory	mildly strong	❖	❖	❖	❖
Apple	mildly strong	❖	❖	❖	
Alder	mild	❖	❖	❖	❖
Mesquite	very strong	❖	❖	❖	❖
Oak	strong	❖	❖	❖	❖
Maple	mild		❖	❖	
Cherry	mild	❖	❖	❖	

WOOD PELLETS

The use of wood pellets is another option you should consider. We have found some wood pellets that will add an array of different flavors to whatever you cook in your oven. Not all wood pellets are acceptable. In fact, most pellets on the market are not recommended since they are designed to produce heat, even if they also say they add flavor. They are designed to burn and produce heat. We only recommend all natural wood pellets made from 100% natural products and not designed to produce heat. We have found only one source of natural wood flavored pellets that are acceptable to us to use in your oven. We are not saying that no other brand of wood pellets will work in your oven, we just have not found any others we feel work well in the oven. You are free to test others but we cannot advise or recommend them. The use of the wood pellets we sell is less than 1 oz. of pellets per cooking cycle. You must use the wood chip tray in the wood box if you use pellets or put an aluminum pad that has holes in it to allow the heat to hit the pellets and prevent them from falling through the large holes in the bottom of the wood box.

(Chart on following page)

All of our recipes have recommended wood types to use. We have also added tables of wood and wood pellet recommendations for fish, fowl, beef, pork or vegetables. But the key with your oven is to improvise: mix different type wood chips or pellets, try some of the unique flavors available with pellets, and add other flavors using the flavor box or injections or rubs. In short, create your own unique gastronomic delights as well as enjoy the tried and true recipes and flavorings recommended here and on our web site: www.gourmet-ovens.com.

VENISON

Ingredients

- ❖ 1 Backstrap from a mature deer (cut in half)
- ❖ Worcestershire Sauce, or Soy Sauce
- ❖ Salt
- ❖ Pepper
- ❖ Garlic Powder

Wood

Hickory

Flavor Enhancer

White Vinegar

Directions

First off any venison cut of meat must have all fat and sinew removed prior to preparation using any method which includes smoked table fare. Cut in half a full backstrap from a mature deer. Place both halves in a Large Zip Lock Bags with a liberal amount of Worcestershire Sauce. Place both bags in the refrigerator overnight or in a cooler with ice overnight. Next day remove and spice to taste. Use salt, pepper and add a bit of garlic powder. Place both cuts of meat in your oven with just a small amount of Hickory. Cook at 225° F until the center of both cuts reaches 140° F internally. Do not cook higher than 140° F internally, because venison will tend to dry out at higher internal temperatures. Place any leftover back in the refrigerator .

Options

Remaining smoked venison makes an excellent base for a stew or chili.

GAME

APPLE ROASTED DUCKLING

Ingredients

- ❖ 5 - 6 lb. duck
- ❖ 1 apple, cut into 8 pieces
- ❖ Salt (to taste)
- ❖ Pepper (to taste)

Wood

Apple

Flavor Enhancer

Red Wine

Directions

Prepare duck for roasting; trim wings, neck, and tail. Season cavity with salt and pepper, and stuff with apple pieces. Place in 225°F oven for 2-1/2 hours. Remove cavity contents and allow to cool. Cut duck in half. Carefully remove all bones except wing and leg bones. Remove all excess fat. Re-heat in 400°F broiler oven, to crisp skin. Serve.

Options

Also tasty stuffed with Bing Cherries and smoked with Cherry wood.

	Wood	Intensity	Beef	Pork	Poultry	Fish	Game	Game Birds	Cheese	Lamb	Venison
Alder	Mild			❖	❖	❖					
Apple	Strong	❖	❖				❖				
Black Walnut	Very Strong	❖	❖				❖				❖
Cherry	Mild	❖	❖	❖	❖						
Hickory	Strong	❖	❖	❖	❖						
Jack Daniel's	Strong	❖	❖	❖							
Mesquite	Strong	❖	❖	❖	❖						
Mulberry	Mild			❖			❖				
Oak	Mild	❖	❖	❖	❖				❖		
Orange	Mild		❖	❖	❖	❖		❖			
Pecan	Mild	❖	❖	❖	❖						
Savory Herb	Strong		❖	❖						❖	
Sassafras	Mild	❖	❖	❖			❖				
Sugar Maple	Mild			❖					❖		

INTERNAL TEMPERATURE COOKING CHART FOR MEATS

(Temperatures stated in degrees Fahrenheit)

BEEF

Rare 120°

Medium rare 130° - 135°

Medium 140° - 145°

Well done 160° +

LAMB

Rare 135°

Medium rare 140° - 145°

Medium 160°

Well done 165° +

POULTRY

All poultry smoke/cook to 170° - juices should run clear

PORK

Medium 160°

Well done 170°

CAJUN INJECTOR SMOKED PORK TENDERLOIN

Ingredients

- ❖ 1 1 - 2lb. Pork loin
- ❖ 1 (16 oz.) jar Cajun Injector Smoking Brine
- ❖ 1 (16 oz.) jar Cajun Injector Basting Spray
- ❖ 1 (16 oz.) jar Cajun Injector BBQ Finishing Sauce

Wood

Pecan

Flavor Enhancer

Mild Beer

Directions

Set the oven temperature to 225° F. Once oven is ready, inject 2 ounces per pound of the smoking brine throughout the loin. Next season the outside liberally with shake. Place the loin on a rack in the oven. Spray with basting spray and pour apple juice into the Flavor Enhancer. Place 1/8 cup of pecan pellets in the wood tray. Let the tenderloin smoke for about 3 hours at 225° F. Use the basting spray again about 1- 1/2 hours into the cooking process. After 3 hours check internal temperature of the roast, it should be at 160° F. When internal temperature is 160° F pull the roast off the oven and apply the BBQ finishing sauce. Let loin sit for 15 minutes before carving.

Options

Try Savory Herb wood for a stronger flavor.

CHERRY SMOKED CANADIAN BACON

Ingredients

- ❖ 1 1 - 2 lb. pork loin
- ❖ 1 Tbsp Morton's Quick Cure (per pound)
- ❖ 1 Tbsp Sugar (per pound)

Wood

Cherry

Flavor Enhancer

Apple Juice

Directions

First, trim the silverskin and fat off of the pork loin. Use a sharp boning or fillet knife (or the sharpest blade in your knife drawer) to get under the silver skin- then hold one end of the silver skin while you run the knife between the silver skin and the meat, with the blade slightly angled up towards the silver skin. Always work with the blade going away from your body. When the loin is well trimmed, rub with the cure mixture below. After 5 days of refrigerated curing, rinse the cure off of the meat, soak in ice water for 30 minutes then pat dry. Place in the oven and cook at 200° F for 4-6 hours or until the meat reaches 155°F on the instant read thermometer.

Options

Apple, Sugar Maple, or Jack Daniels Oak all make excellent substitutes for Cherry.

STANDARD MEASUREMENTS CHART

1 tablespoon (tbsp)	3 teaspoons (tsp)
1/16 cup	1 tablespoon
1/8 cup	2 tablespoons
1/6 cup	2 tablespoons + 2 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
3/8 cup	6 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons
3/4 cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces (fl oz)	1 cup
1 pint (pt)	2 cups
1 quart (qt)	2 pints
4 cups	1 quart
1 gallon (gal)	4 quarts
16 ounces (oz)	1 pound (lb)

RUBS AND MARINADES

There are a lot of rubs and marinades out there. We have used and checked out most of them. They are a matter of taste and no one is the answer for you. Additionally, we have a number of recipes you can use as a guide: to use as described, modified to taste. Or find a rub or marinade in our recipe section or in the recipe section of our web site where you'll find rubs and marinades preferred by your fellow **Gourmet Sous Chef Series** oven owners.

SMOKE CURED PORK

Ingredients

- ❖ 1 8 - 10 lb. Bone-In Pork Butt
- ❖ Morton's Quick Cure
- ❖ Salt
- ❖ Brown Sugar

Wood

Hickory

Flavor Enhancer

Apple Juice

Directions

To cure and smoke pork remove the bone and cut the ham in half, length wise. Rub the 2 pieces thoroughly with cure (1 tablespoon of cure will do 5 pounds of meat. DON'T USE MORE! Then, rub brown sugar and salt to taste into the meat, wrap in plastic wrap and let it set in the refrigerator at 40° F for 24 hours. Remove from refrigerator and place on the middle rack of your oven for about 12 hours at 190° F.

Options

Try substituting Pecan, Black Walnut, or Mulberry wood.

PORK

SMOKED PORK RIBS WITH HONEY MARINADE

Ingredients

- ❖ 1 clove garlic
- ❖ 1/2 cup fresh orange juice (about 2 large oranges)
- ❖ 5 tbs. honey
- ❖ 2 1/2 tbs. brown sugar
- ❖ 1/2 tbs. soy sauce
- ❖ 2 pounds pork spare ribs

Wood

Sugar Maple

Flavor Enhancer

Orange Juice

Directions

Peel and crush garlic and mix with orange juice, honey, sugar, and soy sauce in a shallow casserole dish or plastic freezer bag. Place spare ribs in sauce, cover, and leave to marinate overnight, turning often.

Cook at 225°F for 3 - 4 hours with 4 ounces sugar maple wood.

Options

Try substituting Apple wood/juice or Cherry wood/juice for a slightly sweeter flavor.

POULTRY

ORANGE CHICKEN

Ingredients

- ❖ 1 whole 3-4 lb. chicken
- ❖ 1 whole orange, sliced

Wood

Orange

Flavor Enhancer

Orange Juice

Directions

Clean chicken. Rub with oil all over (in and out). Stuff chicken with orange slices, and close cavity. Cook 3 hours at 225° F using 3 ounces orange wood.

Options

Try substituting pineapple for the oranges and use cherry wood for the smoke flavor

APPLE CIDER CHICKEN

Ingredients

- ❖ 2 cups apple vinegar
- ❖ 1 cup salad oil
- ❖ 1 tsp. salt
- ❖ 1 tsp. white pepper
- ❖ 1 tbs. poultry seasoning
- ❖ 1 tbs. granulated garlic
- ❖ 1 whole egg
- ❖ 1 large chicken, quartered

Wood

Apple

Flavor Enhancer

Apple Juice

Directions

Mix ingredients, and pour over chicken. Refrigerate in a plastic freezer bag overnight, turning often. Remove chicken from marinade and discard marinade. Cook chicken pieces at 225°F for 2-1/2 hours. Use 2 ounces of apple wood.

Options

Try Pecan or Hickory with this for a refreshing variation

SMOKED PASTRAMI

Ingredients

- ❖ Corned-beef brisket

Wood

Cherry

Flavor Enhancer

NA

Directions

You can smoke just about anything in your S100. If you like Reuben sandwiches, pick up a “corned-beef brisket,” smoke it like you would any brisket, take it to 185° to 190° and remove from the oven and let rest. Then slice thinly on the bias for some really good pastrami!

Options

You can add a little Guinness to Flavor Enhancer. Also try Orange wood for a twist on the smoke flavor.

SMOKED TRI-TIP

Ingredients

- ❖ 1 - 3 to 4 pound whole beef tri-tip roast
- ❖ Honey Bacon & BBQ Marinade

Wood

Apple Wood

Flavor Enhancer

Dark Lager

Directions

Inject or marinate tri-tip with your preferred version of Honey Bacon & BBQ Marinade. Also rub marinade all over. Wrap and refrigerate allowing Tri-tip to absorb injection for a minimum of 1 hour. Smoke cook 2-3 hours to desired doneness.

Options

Try Sugar Maple or Savory Herb with a heavy cut of meat like this for a smokier flavor.

SMOKING JALAPENO CHICKEN

Ingredients

- ❖ 6 chicken breast halves, skinned
- ❖ ½ cup freshly squeezed lime juice (about 4 limes)
- ❖ ¼ cup honey
- ❖ 2 tbs. fresh cilantro leaves
- ❖ 3 jalapeno peppers, sliced - leave seeds in
- ❖ 2 tbs. soy sauce
- ❖ 3 cloves garlic, chopped
- ❖ ¼ tsp. salt
- ❖ ¼ tsp. pepper

Wood

Hickory

Flavor Enhancer

Mild Beer

Directions

Place chicken in a 13x9x2 inch dish (or plastic freezer bag), and set aside. Combine lime juice and remaining ingredients in a blender. Blend until smooth. Pour mixture over chicken, turning to coat. Cover and refrigerate 8 hours or overnight. Cook for 2 ½ hours at 225° F using 2 ounces of hickory wood.

Options

Try Apple, or Cherry wood with cherry juice in the Flavor Enhancer.

BEEF

GSCS PRIME RIB

Ingredients

- ❖ Fresh Pepper
- ❖ (Optional) Favorite Flavor of Wine
- ❖ (Optional) Rock Salt

Wood

Jack Daniels Soaked Oak

Flavor Enhancer

Red Wine

Directions

Cook a 12 pound bone-in prime rib at 200°F for approximately 30 minutes per pound.

Options

Hickory or Black Walnut also provides an excellent smoke flavor.

HICKORY SMOKED LOIN STRIPS

Ingredients

Whole Beef Loin Strip

Wood

Hickory

Flavor Enhancer

Red Wine

Directions

Smoke a whole loin strip at 225°. Slice into steaks (NY strip) and finish on grill for cooked-to-order. Smoke to internal temperature of 130-139 F for medium rare and carve and serve from the oven or finish on a grill.

Options

Also very good with Mesquite wood