SIZZLE AND SAVOR

A Grilling Guide Featuring Real California Dairy
Welcome to the world of delicious and flavourful grilling with Real California Dairy! As the sun sets over the Golden State and the smoky aroma of grilled meats and vegetables fills the air, we invite you to join us on a culinary journey through the art of grilling.

In this e-book, we’ll explore the versatility and richness of Real California Dairy products as we showcase a variety of mouth-watering recipes that are sure to impress your friends and family. From a delectable yogurt brine for grilled chicken thighs to a smoky Grilled Summer Berry Cobbler topped with Real California Ice Cream, we’ll show you how to elevate your grilling game this season by adding a unique and creamy touch of Real California Dairy products to every dish.

What you’ll find inside:
- Dill & Onion Yogurt-Brined Chicken Thighs
- Ground Lamb Kebabs with Easy Homemade Tzatziki
- Grilled Napa Cabbage with Blue Cheese Butter
- Grilled Paneer & Veggie Tacos with Guacamole
- Grilled Sourdough Toast with Zucchini & Brie
- Grilled Summer Berry Cobbler with Vanilla Ice Cream
- Grilled Brie-Stuffed Figs with Prosciutto
- Vanilla Butter-Basted Grilled Peach Salad

Once you try these delicious recipes you’ll find yourself inspired to fire up the grill all season long!
DILL & ONION
YOGURT-BRINED
CHICKEN THIGHS
DILL & ONION YOGURT - BRINED CHICKEN THIGHS

YIELD: 8 servings  PREP TIME: 10 minutes active, plus at least 30 minutes of resting
COOK TIME: 20 min
SPECIAL EQUIPMENT: Cast iron skillet or grill pan

Chicken thighs are a fan favorite for the grill—they love the heat and don’t dry out as quickly as other cuts, especially when marinated. The Real California Greek Yogurt in this marinade recipe adds a little extra moisture to the chicken and seals in the tangy flavors of the lemon and dill. Grill alongside a mix of summer vegetables like peppers and squash or hearty greens like broccoli rabe, and serve with California wild rice for an easy, full-flavored summer meal.

INGREDIENTS
2 cups Whole Milk Real California Greek Yogurt, divided
6 tablespoons lemon juice, divided, plus zest of 1 lemon
4 tablespoons fresh dill, chopped and divided, plus more for garnish
1 teaspoon kosher salt, plus more to taste
½ teaspoon fresh-cracked black pepper, plus more to taste
8 bone-in, skin-on chicken thighs
1 white onion, sliced thin
4 tablespoons olive oil, divided

INSTRUCTIONS
To prepare the marinade, mix 1 cup yogurt, 3 tablespoons lemon juice, 2 tablespoons fresh dill, kosher salt, and black pepper in a large bowl. Add the chicken and sliced onion and toss to coat evenly. Cover and let sit at least 30 minutes at room temperature, or make ahead and refrigerate overnight.

Preheat the grill to medium-high heat (400-450°F) and brush the racks with 2 tablespoons of the oil.

Remove the chicken thighs from the yogurt mix, scraping any excess marinade off with a spatula. Place on the grill, skin side down, and cook for 2-3 minutes—the skin should show very visible grill marks. Turn 90 degrees and cook another 3-4 minutes, then flip, turn the heat down to medium, and cook skin-side up until internal temperature reaches 165°F.

While the chicken cooks, heat a skillet or vegetable pan on the grill. Strain the onions from the marinade, then toss onions in the remaining olive oil and place in the skillet or grill pan, stirring occasionally until they start to char. If they start to stick to the pan, stir in a little extra oil. Season with salt and pepper and set aside.

Once cooked, remove the chicken from the grill, cover it with foil, and let rest for 10 minutes while you prepare the yogurt sauce.

In a small bowl, combine the remaining 1 cup yogurt with 2 tablespoons lemon juice, lemon zest, and 2 tablespoons chopped dill. Stir to combine, season with salt and pepper, then add additional lemon juice to thin the sauce to a desired consistency. For a less tangy sauce, substitute some of the lemon juice with water.

Garnish the chicken with fresh dill and onions then drizzle with the yogurt sauce.

DID YOU KNOW that the vast majority of dairy farms in California - a whopping 99% - are owned and operated by families? The Real California Milk seal serves as a symbol of pride and assurance that your purchase is supporting hardworking dairy families in the Golden State.
GROUND LAMB KEBABS WITH EASY HOMEMADE TZATZIKI
GROUND LAMB KEBABS WITH EASY HOMEMADE TZATZIKI

YIELD: 10 servings  PREP TIME: 15 min  COOK TIME: 15 min  SPECIAL EQUIPMENT: barbecue skewers

When it comes to making kebabs, ground lamb is a top-notch choice. Not only does it have a rich, distinctive flavor, but ground lamb has a knack for absorbing and enhancing all the other flavors in the mix. And let's not forget how amazing it tastes when cooked on the grill! This recipe for kebabs is easy to assemble and cooks quickly for an easy protein to serve at mealtime.

INGREDIENTS
For the kebabs:
2 pounds of ground lamb
1 large yellow onion, diced
¼ cup fresh parsley, chopped
2 tablespoons double-concentrated tomato paste
1 tablespoon smoked paprika
1 teaspoon cumin
½ teaspoon garlic powder
1 teaspoon kosher salt
½ teaspoon ground black pepper
2 tablespoons olive oil

For the tzatziki:
½ cup grated cucumber
1 cup Whole Milk Real California Greek Yogurt
1 tablespoon lemon juice, plus zest of 1 lemon
½ tablespoon California extra virgin olive oil
1 clove garlic, grated or minced
¼ teaspoon kosher or sea salt
1 tablespoon chopped dill

INSTRUCTIONS
Heat the grill over medium-high heat to 400-450°F.

Add the ground lamb to a large mixing bowl and press into the center to create a small well. Add in the diced onion, chopped parsley, tomato paste, and spices. Mix by hand to combine all ingredients evenly. Divide into 10 loosely formed patties, then stretch each to create a roughly 1-inch thick kebab, about 6 inches long. Slide a metal or pre-soaked wooden skewer through the center and line up on a sheet tray. Drizzle the olive oil over them, then grill for 4-5 minutes until dark marks have formed. Turn and continue cooking until firm and a desired internal temperature has been reached.

While the kebabs cook, strain excess moisture from the grated cucumber. Add it to a small bowl with yogurt, lemon juice, lemon zest, olive oil, garlic, salt, and fresh dill. Stir to combine and adjust seasoning to taste.

Serve the kebabs hot with the tzatziki on the side and enjoy!

DID YOU KNOW that Real California Dairy is a powerhouse of essential nutrients? Packed full of high-quality protein, calcium, and vitamins A and D, cow's milk is a whole food that can do wonders for your body. These nutrients help your body to thrive, so it's essential to ensure you're getting enough of them in your diet.
GRILLED NAPA CABBAGE WITH BLUE CHEESE BUTTER
GRILLED NAPA CABBAGE WITH BLUE CHEESE BUTTER

<table>
<thead>
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<th>YIELD: 4 servings</th>
<th>SPECIAL EQUIPMENT:</th>
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<td>PREP TIME: 10 min</td>
<td>small cast iron or</td>
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<tr>
<td>COOK TIME: 15 min</td>
<td>grill-friendly skillet</td>
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Compound butter is an easy way to make a steak gourmet, but compound butter is actually great on more than just meat. In this recipe, the Real California Blue Cheese and Real California Butter melt into the sweet Napa cabbage, creating a side dish that’s worthy of its own spot at the center of the grill – and the table!

INGREDIENTS

- 4 ounces Real California Blue Cheese
- 1 tablespoon chives, chopped, plus more for garnish
- 1 pound Real California Salted Butter, softened
- 1 head Napa cabbage
- 1/4 cup California extra virgin olive oil
- Kosher salt and black pepper to taste

INSTRUCTIONS

In a medium bowl, mix the blue cheese and chives into the butter using a fork or small spatula. Once combined, place on a piece of parchment paper and roll into a log about 2 inches in diameter. Wrap tight and seal the ends, then refrigerate until ready to use.

Heat grill to medium-high heat about 400-450°F.

Quarter the cabbage, leaving the core but removing the smallest of the inner leaves to form a small well in the center. Quickly toss in the olive oil, and grill the cabbage over direct heat, turning occasionally to cook evenly on all sides. Let the outer edges char just a little and remove when a fork can easily pierce through the stems of the outer layers.

While the cabbage cooks, heat a small skillet on the grill. Add about 1/4 of the blue cheese butter and melt in the skillet.

Remove the cabbage from the grill, then spoon the melted blue cheese butter over the cabbage and serve hot!

CALIFORNIA is a major contributor to the nation’s food production, with more than 400 agricultural products. The state cultivates over one-third of all vegetables and two-thirds of fruits and nuts produced in the U.S., making it the top agricultural state in the country. Dairy is the leading agricultural commodity in California. As a result, the state plays a crucial role in ensuring food security for the entire nation.
GRILLED PANEER & VEGGIE TACOS WITH GUACAMOLE
Real California Paneer and Panela are fresh cheeses that soften but maintain their shape when heated, which makes either great for these grilled veggie tacos. Paneer is very mild and needs a bit more salt than Panela, but you can use either in this recipe. You can customize these delicious tacos by swapping out the vegetables with any summer vegetables you happen to have on hand.

**INGREDIENTS**

For the guacamole:
- 2 ripe California avocados, halved, peeled, and pitted
- 3 tablespoons Real California Whole Milk Greek Yogurt
- ¼ red onion, finely diced
- 1 small tomato or ½ cup cherry tomatoes, chopped
- 1 clove garlic, minced
- 2 tablespoons cilantro, chopped, plus more for garnish
- 1 lemon or lime, zested and juiced
- Kosher salt and pepper to taste
- Hot sauce, to serve

For the skewers:
- 8 ounces Real California Paneer or Panela
- Cheese, cut into ¼-inch slices
- 1 red bell pepper, cut into 2-inch pieces
- 1 yellow or orange bell pepper, cut into 2-inch pieces
- ½ small white onion, cut into 2-inch pieces
- 8 ounces cremini or white mushrooms, stemmed and cleaned
- 2 tablespoons California extra virgin olive oil
- ¼ teaspoon kosher salt, plus more to taste
- Black pepper to taste

**INSTRUCTIONS**

For assembly:
- 6-8 flour tortillas

In a large mixing bowl, mash the avocados and mix in the yogurt, red onion, tomato, garlic, cilantro, citrus zest, and juice. Season with salt and pepper to taste, then cover with plastic wrap and refrigerate until ready to use.

Heat the oven to medium heat about 350-400°F.

Skewer the paneer and vegetables, alternating between cheese, onion, bell pepper, and mushroom and distributing everything evenly across six skewers. Drizzle with olive oil and season liberally with salt and pepper.

Grill the skewers until the vegetables are softened, and the edges of the cheese are browned. Grill the tortillas until toasted and cooked through, but not crispy. Remove everything from the heat.

Spread 1-2 tablespoons of guacamole over the middle of each tortilla, then top each with the cheese and vegetables from one skewer. Garnish with chopped cilantro and hot sauce and serve!

**RECIPE NOTE:**

*Paneer is firmer than panela but can be softened by soaking in hot water for 10 minutes before slicing.

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**REAL CALIFORNIA** Paneer cheese is an incredibly versatile ingredient that can be used in a variety of dishes. It’s often added to curries, stews, and stir-fries, but it can also be used in sweet dishes like desserts and smoothies too. The best part? It’s a great source of protein and is used as a delicious vegetarian-friendly alternative to meat in many Indian dishes.
GRILLED SOURDOUGH TOAST WITH ZUCCHINI & BRIE
GRILLED SOURDOUGH TOAST WITH ZUCCHINI & BRIE

YIELD: 4 servings  SPECIAL EQUIPMENT: cedar plank, soaked in water for at least one hour
PREP TIME: 10 min  
COOK TIME: 10 min

Melted Real California Brie isn’t just tasty, it’s luxurious, and an easy way to liven up this easy summer snack! This recipe is made with crispy bread, tender squash, zesty mustard, and melty cheese – all you need at your next picnic.

INGREDIENTS
2 zucchini, sliced thin lengthwise
4 tablespoons olive oil
Kosher salt and black pepper to taste
4 ounces Real California Brie Cheese
4 slices sourdough
4 tablespoons grain mustard

INSTRUCTIONS
Heat grill to medium-high about 400-450°F.

Lay the zucchini slices and sourdough on a sheet tray and brush with olive oil.

Season the zucchini with salt and pepper, then place each slice on the grill and cook for 2-3 minutes. Flip each slice, and cook for another 3-4 minutes. Place the brie on a cedar plank and grill until melted and starting to spread. Add the sourdough, oiled side down, and grill until golden and toasted.

Remove everything from the heat. Add mustard to grilled side of each slice of bread, then layer slices of the zucchini and spoon over melted brie. Cut each toast in half and serve immediately.

THE BODY OF RESEARCH on dairy and health supports eating dairy as part of healthful eating patterns to help reduce the risk of many chronic diseases (including type 2 diabetes and cardiovascular disease), maintain healthy blood pressure levels, and improve bone health.
GRILLED SUMMER BERRY COBBLER WITH VANILLA ICE CREAM
GRILLED SUMMER BERRY COBBLER WITH VANILLA ICE CREAM

YIELD: 6-8 servings
PREP TIME: 10 min
COOK TIME: 55 min

SPECIAL EQUIPMENT:
10-inch cast iron or oven-proof skillet

Cobbler is a crowd-pleaser any time of year, but this grilled version with fresh berries is a grand slam during the warmer summer months. It’s also super versatile and requires only 4 cups of fruit. Try making it with any combination of berries, or leftover grilled peaches – just about any mix of summer fruit will work. Whatever type of fruit you use for your cobbler creation, just be sure to top it with a big scoop of Real California Ice Cream for the ultimate grilled summer cobbler experience.

INGREDIENTS

Fruit filling:
2 cups fresh California blueberries, divided
2 cups fresh California strawberries, halved or sliced thick, divided
½ cup granulated sugar, divided
1 tablespoon all-purpose flour
Zest of 1 lemon
2 tablespoons fresh lemon juice
2 tablespoons Real California Unsalted Butter, softened

Batter:
1½ cup all-purpose flour
½ cup granulated sugar
1½ teaspoons baking powder
¼ teaspoon kosher salt
½ teaspoon ground cinnamon
¼ cup Real California Unsalted Butter, melted
½ cup Real California Whole Milk
1 teaspoon pure vanilla extract

To serve:
1 pint Real California Vanilla Ice Cream

INSTRUCTIONS

Preheat the grill to 350-400°F.

To make the filling, toss 1 cup each of the blueberries and strawberries in ¾ cup of the sugar, all-purpose flour, lemon zest, and lemon juice in a bowl. Set aside.

Warm a 10-inch cast iron skillet on the stove over medium heat. Melt the butter, swirl around the pan, then add the remaining blueberries and strawberries along with the remaining ⅛ cup of sugar. Stir to combine and cook, stirring frequently, for 10 minutes or until the fruit has softened and has the consistency of jam. Remove from the heat and stir in the blueberry flour mixture, tossing to coat the uncooked fruit thoroughly.

To make the batter sift the flour, sugar, baking powder, kosher salt, and cinnamon in a large bowl. Stir to combine. In a separate bowl, stir together the melted butter, milk, and vanilla, then fold into the dry ingredients using a spatula. Mix until just combined, scraping down the sides once. Drop large spoonfuls of the batter into the skillet with the fruit, starting at the middle and working towards the edges, but leaving at least 1 inch of space from the edge of the pan. The batter will expand, so it doesn’t need to completely cover the fruit.

Place the cobbler over indirect, medium heat and close the grill. Bake for 40-45 minutes, turning occasionally to ensure even cooking. The batter should start to brown on top – it’s done when a skewer or tester inserted into the center comes out clean.

Remove from the grill and cool on a wire rack for 10 minutes. Serve warm with a scoop of ice cream!

DID YOU KNOW that California leads the nation in sustainable dairy production? It’s true! California is also number one in sustainable dairy farming and the production of milk, ice cream, butter, nonfat dry milk, and whey protein concentrate and the second-largest producer of cheese and yogurt.
GRILLED BRIE STUFFED FIGS WITH PROSCIUTTO
GRILLED BRIE STUFFED FIGS WITH PROSCIUTTO

YIELD: 6 servings
PREP TIME: 15 min
COOK TIME: 5-6 min

Experience a tantalizing blend of sweet, salty, and smoky flavors with this recipe for Grilled Brie Stuffed Figs with Prosciutto. Beautiful fresh figs are stuffed with melty Real California Brie and enveloped in salty prosciutto, then grilled to mouthwatering perfection. This recipe is great by itself or stunning as an appetizer when served as part of a grazing board. This dish can also be elevated to a main course status by drizzling it with honey and serving it alongside lightly dressed leafy greens.

INGREDIENTS
1 dozen fresh California figs
2 (3-ounce) packs of prosciutto slices
1 (8-ounce) wheel of Real California Brie, sliced into 12 pieces

INSTRUCTIONS
First, prepare the figs - Place a fresh fig upright onto a cutting board, then use a paring knife to remove a small wedge from the fig, creating a pocket to place the brie. Repeat this step for all the fresh figs.

Working one at a time, tuck a piece of the sliced brie inside the fig. Then place the fig upright onto a piece of prosciutto. Wrap the prosciutto up and around the base of the fig securing the brie inside while also creating a pouch to capture any cheese that escapes once melted. If necessary, the prosciutto can be secured with a toothpick.

Preheat the grill to medium-low heat approximately 400°F.

Place the wrapped figs upright on one side of the grill, directly onto the hot grill grates. Turn off heat under figs, turning burner not directly underneath the figs to high. Continue to cook the figs over indirect heat for 5-6 minutes with the grill lid closed. Cook until the prosciutto darkens and begins to crisp and the brie is melted. Serve immediately.

NO GRILL? No problem! You can make this delicious recipe in the oven too! To make Brie Stuffed Figs with Prosciutto in the oven: Place a sheet pan in a cold oven, then preheat to 400°F. Once the oven has preheated, remove the sheet pan and immediately place the prepared figs directly onto the hot baking sheet, prosciutto wrapped bottom down. Roast for 5-6 minutes until the prosciutto begins to crisp and the brie has melted slightly.
VANILLA BUTTER-BASTED GRILLED PEACH SALAD
VANILLA BUTTER-BASTED GRILLED PEACH SALAD

YIELD: 4 servings  PREP TIME: 15 min  COOK TIME: 6 min
COMPOUND BUTTER YIELD: approx. 1 cup

INSTRUCTIONS

instructions for whipped vanilla compound butter:
In the bowl of a stand mixer fitted with the whisk attachment, whip the butter on medium speed until light and fluffy — about 1 minute. Scrape the sides of the bowl, then add the remaining ingredients and mix on low to combine.

The compound butter can be used immediately or stored tightly wrapped in the refrigerator for up to 3 months.

instructions for making the vanilla butter-basted grilled peach salad:
Preheat the grill to medium-high, approximately 500°F.
Brush the quartered peaches all over with 2 tablespoons of the melted compound butter.
When the grill has preheated, place the prepared peaches sliced side down onto the hot grates. Close the lid and cook for 2-3 minutes.
To test each peach slice, lift to see if it easily pulls away from the grill, then flip. Cook for an additional minute, then check again until all peaches easily release without sticking.
Flip all of the peach quarters and cook for an additional 2-3 minutes with the grill open, or until tender.
Remove from the grill and allow to cool slightly while you assemble the salad.
On a serving platter, layer the arugula, parsley and lemon zest together. Sprinkle the curls of cheddar over the top.
Once the grilled peaches have cooled slightly, arrange them over the platter. Drizzle any of the juices that have accumulated from the peaches over the top of the salad.
Finally, spoon the remaining tablespoon of melted compound butter over the peaches. Serve immediately.

Notes:
Best practices for melting whipped vanilla compound butter:
If the heat is turned up too high when melting the compound butter, it could separate. To heat the Vanilla Compound Butter either microwave or use the stovetop. In the microwave, heat on low heat in 5-second intervals, whisking in-between each burst until melted. On the stovetop, melt the compound butter on the stovetop over low heat, stirring constantly.

A tip for grilling peaches:
If the peaches you are using are large or not quite ripened, adjust the grilling time and cook them longer until they reach the desired level of tenderness.

DO YOU WANT TO LEARN MORE about the Real California Milk Seal and California Dairy? Visit us at the Real California Milk website at www.RealCaliforniaMilk.com

INDULGE in a summery feast with this Vanilla Butter-Basted Grilled Peach Salad, featuring juicy peaches basted in a rich and creamy Whipped Vanilla Compound Butter made with Real California Butter and vanilla. This recipe is the perfect balance of sweet and savory! The compound butter stands on its own atop toasted bread, but when slathered over grilled peaches and piled on a bed of spicy leafy greens, fresh herbs, and tangy curls of Real California Aged White Cheddar Cheese, this dish is a true delight for the senses.

INGREDIENTS

Ingredients for the Whipped Vanilla Compound Butter:
2 sticks Real California Salted Butter, softened
3 tablespoons powdered sugar
3 teaspoons vanilla bean paste
1/8 teaspoon kosher salt, if using unsalted butter

Ingredients for the Vanilla Butter-Basted Grilled Peach Salad:
2 large, ripe California peaches, pit removed, sliced into quarters
3 tablespoons Whipped Vanilla Compound Butter, divided
3 ounces of arugula
2 sprigs of flat-leaf parsley, chopped
Zest of 1 lemon, removed in long thin strips with a zesting tool.
1 1/2 ounces of Real California Aged White Cheddar, shaved into curls with a vegetable peeler
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Recipes: James Collier and Meg van der Kruik

Photos: James Collier, Paprika Studios

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