

JOHN OFFERDAHL'S

GRIDIRON
GRILL-OFF

Food, Wine & Tailgate Festival

WHERE CELEBRITY, COMPETITION & CHARITY COLLIDE!

Friday, November 18, 2011 · 4:00 PM - 11:00 PM
Pompano Beach Amphitheatre



Troy Stradford & Chef Greg McGowan (Pelican Landing)



230

Stradford's Short Ribs

Paired with Murphy Goode Cabernet Sauvignon

VOTE TODAY! www.voteig.com/230

Vote to win weekly prizes:

- ▶ Hospitality Package for 2 (3d/2n hotel stay plus \$200 restaurant gift card)
- ▶ Gridiron Grill-OFF tickets for 2





PELICAN LANDING
THE BEST OF THE MARLINS

2301 SE 17th Street Causeway
 Fort Lauderdale, FL 33316
 (954) 525-6666
 pier66.hyatt.com

TROY STRADFORD • MIAMI DOLPHINS • 23 • RUNNING BACK

Drafted fourth round in 1987 out of Boston College where he left as Eagles all-time leading rusher. Earned Offensive Rookie-of-the-year honors in 1987 with over 1,000 combined rushing and receiving yards and seven touchdowns. Six year NFL career included play with Chiefs, Rams and Lions as well as the Dolphins. Currently hosts radio sports talk show on WFTL 640 in South Florida

GREG MCGOWAN • PELICAN LANDING • EXECUTIVE CHEF

Chef Gregory McGowan started his culinary career 16 years ago in Wallingford, CT. He honed his culinary skills at the Oaklane Country Club as the Executive Chef. In 2010, he joined Hyatt Pier 66 as the Executive Banquet Chef. He placed first in the 2010 Las Olas Food and Wine Show for judges and voters choice and took second place in annual Riverwalk Trust Burger Battle competition. Chef Greg graduated from Center of Culinary Arts in Cromwell, CT and is certified by American Hotel & Lodging Educational Institute

From gridiron to grill, John Offerdahl is the Gridiron Griller. For 8 years, the 5x Pro-Bowler delivered bone-crushing tackles for the Miami Dolphins. Today, he delivers bone-licking food on his syndicated Gridiron Griller show, where he trades grill tips and recipes with sports celebrities. For recipes and videos, check out www.gridirongriller.com.

Gridiron Grill-OFF proceeds benefit 4KIDS of South Florida foster care, Here's Help Culinary Program, and the Miami Dolphins Foundation.



Stradford's Short Ribs

READY LINE UP YOUR INGREDIENTS...

Chimichurri: ½ c chopped parsley	½ c chopped basil	2 T chopped garlic	1 T red chili pepper flake
½ c extra olive oil	½ c vinegar	salt & pepper to taste	
Dry Spice: 2 T jerk spice blend	1 T cumin	1 T coriander	1 T granulated garlic
1 T granulated onion	1 T sea salt	½ t smoked black pepper	
Guava BBQ Sauce: 2 c barbecue sauce from the store		2 c guava puree	1 c passion fruit puree
1 c sweet chili	½ t sriracha	1 c hoisin sauce	1 T spice blend

Meat: 4 pc 6 oz boneless short ribs

PREP PREPARE YOUR ENTRÉE, RUBS, DRESSINGS & SAUCES...

Chimichurri: Mix all the ingredients.

Sauce: Combine all ingredients and mix well.

Meat: Coat the ribs with dry spice blend seasoning evenly and mix with ¼ cup olive oil. Marinate for 24 hrs.

LET'S GRILL! TAKE IT TO THE GRILL...

Pre-heat the grill to 400 (Medium High) and cook steak approximately 4 minutes on each side. Let meat rest for 3 minutes. Slice against the grain, top with BBQ sauce and serve with chimichurri.

For tickets, info and additional recipes go to www.gridirongrilloff.com

