

JOHN OFFERDAHL'S

GRIDIRON
GRILL-OFF

John Offerdahl
Food, Wine & Tailgate Festival

WHERE CELEBRITY, COMPETITION & CHARITY COLLIDE!

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



Nat Moore & Chef Marcos Vico (Café Vico)



89

Moore's Little Lamb Chop

Paired with Kendall Jackson "VR" Pinot Noir

VOTE TODAY! www.voteig.com/89

Vote to win weekly prizes:

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





1125 N. Federal Highway
Fort Lauderdale, FL 33304
(954) 565-9681
www.cafevicorestaurant.com

NAT MOORE • MIAMI DOLPHINS • 89 • WIDE RECEIVER

Third round draft choice out of Florida as a running back, Nat quickly and successfully made the transition to wide receiver as a Dolphin. His thirteen year career included Pro-Bowl selection in 1977. Key member of 1985 Dolphins Super Bowl team and favorite target of Bob Griese and Dan Marino. He finished his career with 510 receptions, for 7,547 yards and 74 touchdowns. He was named NFL Man-of-the-Year in 1984 and inducted into Dolphins' Ring-of-Honor in 1999.

MARCO VICO • CAFE VICO • EXECUTIVE CHEF

Affable Chef Marco is a third-generation Italian who learned to cook Northern Italian cuisine from his adoptive family. Having honed his cooking skills in New Jersey, he moved to Florida and opened CafeVico, a popular restaurant in Ft. Lauderdale that continues to garner local and national media attention. He oversees every detail from hand selecting the photographs on the walls, to managing the extensive wine list and creating the homemade pastas and fresh seafood dishes.

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.



Moore's Little Lamb Chop

READY LINE UP YOUR INGREDIENTS...

Dressing: 1 T red pepper flakes	1 c chopped parsley	3 cloves fresh garlic minced	1 t black pepper
¾ c vegetable oil	¼ c olive oil	1 t salt	

Lamb: 4 Racks of New Zealand lamb Chops (16 oz each)

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

Dressing: Mix all ingredients and whisk for 1 minute.

Lamb: Rub the dressing on the meat and marinate for 3 hours or overnight in the refrigerator.

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

Pre-heat the grill to 400 (Medium High) and brush the grill with olive oil to prevent the lamb from sticking. Cook lamb rack for 3-4 minutes on each side. Remove from heat and cut into individual chops. Brush with olive oil and season with salt and pepper. Grill each chop for 2 minutes on each side, turning the chops after 1 minute to make cross marks.

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

