



Griddle Cooking, Wok, Fondue, and more!



FIRE TAINMENT

FIRE TABLE RECIPE BOOK

Recipes, tips and ideas for the ultimate outdoor entertainment experience.

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Cooking With Firetainment

Firetainment Inc. is a U.S. manufacturer of quality fire tables that combine function and style. Firetainment tables are designed to be used as an elegant dining table with a fire pit for ambiance and as a cooking table for appetizers, entrees, and desserts. The concept behind the Firetainment table is combining fire, table, and cooking all in one thus providing the ultimate outdoor entertainment experience. Entertaining friends, enjoying an evening with family, creating a relaxing campfire ambiance, or romantic evenings with someone special make the Firetainment table a versatile piece. Your Firetainment table will be the primary gathering spot in your backyard or patio and owning a Firetainment table will make you the envy of the neighborhood.

The cooking feature truly separates a Firetainment table from other outdoor tables. Our patent pending ceramic coated cooking mount houses multiple cooking elements which provide many culinary options that are easy to use. Any cooking enthusiast will love how this table cooks food as many professional chefs will attest.



“The first time I saw the Firetainment grill, my mind began to spin, thinking of all the foods I could cook with this new way of grilling. The way that vegetables caramelize on the grill is unlike any other way to cook them. Shrimp and other forms of seafood cook beautifully. Beef flavors are raised and brings out the wonderful flavor of meat. I have used many grills in my professional life and this one opens up new adventures not possible on those. And clean up is a snap which is important to any griller. You not only get a beautiful piece of outdoor furniture which will enhance any porch or patio, but you get a new way to grill which will thrill even the non-griller.”

- Marci Arthur, professional chef & owner of Truffles & Trifles

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The Ultimate Outdoor Experience





*Helpful hints for Cooking with your
Cast Iron Griddle:*

Cast Iron has been a favorite of cooks for generations. It's versatile, easy to clean, holds heat well and lasts a lifetime. You'll find that this pan works perfectly for everything from pizzas to pancakes and it will quickly become your favorite Firetainment accessory. Follow these simple tips to maximize your use of this great piece.

- Avoid cooking very cold food in the pan as this can promote sticking. Let foods get to room temperature whenever possible before placing on pan.
- To cook multiple types of food without flavor transfer, place a generous amount of salt on the empty griddle and lightly scrub the pan with a paper towel or clean cloth. Remove any excess salt and you're ready for your next ingredients.
- Do not let your cast iron air dry as this can promote rust (If you do get some rust spots, follow the instructions under cleaning and care to remove).
- The oven is a great place to store your cast iron (just remember to remove it before you turn the oven on).

Firetainment Favorites on the griddle.

Chicken Breasts

Steaks

Pork Chops

Shrimp

Pancakes

Pizza

Quesadillas

Hotdogs

Skillet Potatoes

Griddle

The griddle heats quickly and distributes heat evenly. It is easy to clean and care for. It is ideal for blackening and searing. Breakfast, lunch, appetizers, and entrees are easily prepared. Some dishes include: steak, fish, shrimp, scallops, poultry, pork, pizza, hot dogs, quesadillas, garlic bread, asparagus, grilled sandwiches, pancakes, French toast, eggs, caramelized fruits for dessert, and much more!

Simple Quesadillas

Serves: 2 to 3

Prep Time: 15 min

Cook Time: 15 min

Ingredients

1 tablespoon butter to season griddle

2- 10 inch flour tortillas

1/2 cup cheddar jack blend

1/2 tomato diced

1/2 cup cooked chicken or pork

Cilantro and limes for garnish



Instructions

1. Heat griddle to medium heat (about 350 degrees) and season with butter
2. Place tortillas on griddle and top with cheese, tomatoes, and meat
3. Heat until cheese is melted then fold in half
4. Cut into 1/4 and garnish with cilantro and limes



Crab Cakes with Chili Oil Drizzle

Serves: 2 to 3

Prep Time: 25 min

Cook Time: 20 min

Ingredients

1 pound lump crab meat cleaned and free of shells

1 green onion minced

1 egg

1/4 cup mayonnaise

2 tablespoons Dijon mustard

1/2 cup panko bread crumbs

1 tablespoon lemon zest

2 tablespoons old bay seasoning

1/3 cup olive oil

1 tablespoon Sriracha hot chili sauce

2 tablespoons butter



Instructions

1. In a mixing bowl put the crab meat, onion, egg, mayo, mustard, panko, zest, and old bay
2. Gently work mixture together trying not to break up the crab chunks, but still incorporating all of the ingredients well
3. Form into desired sized patties, cover and place in the refrigerator for 30 minutes
4. While crab is forming make the chili oil in a squeeze bottle by adding the Sriracha and olive oil, shake to combine and let infuse for at least 30 minutes
5. Once the crab cakes are set and the oil infused heat the griddle to medium heat and add butter
6. Place the crab cakes on the griddle and cook until browned on the first side then flip and repeat on the second. Make sure the cake is cooked through, but the crab is not over cooked
7. Remove from heat and set on desired plate, then shake oil and drizzle over the crab cakes



Tuscan Grilled Cheese

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Ingredients

- 8 slices of country bread or focaccia bread
- 6 tablespoons of garlic flavored olive oil
- 8 ounces mozzarella, thinly sliced
- 2 large ripe tomatoes, thinly sliced
- 1/2 cup fresh basil leaves
- 8 cups mixed baby greens
- 6 tablespoons balsamic vinaigrette

TIP: * for a different taste add smoked salmon

Instructions

1. Brush one side of each bread slice lightly with olive oil.
2. Toss baby greens with balsamic vinaigrette.
3. On 4 slices, arrange half of cheese, then tomato, basil, baby greens and remaining cheese. Top with remaining bread slices.
4. Heat skillet to medium heat (about 350 degrees).
5. Cook until sandwiches are golden brown on both sides and cheese is melted, turning once, about 4 - 5 minutes per side.
6. Cut sandwiches in half.



Balsamic Kissed Summer Vegetables

Serves: 2 to 3

Prep Time: 25 min

Cook Time: 15 min

Ingredients

- 1 Japanese eggplant cut in 1/4 inch slices
- 1 zucchini cut in 1/4 inch slices
- 1 medium sized julienned red onion 1/4 inch slices
- 1 yellow squash cut in 1/4 inch slices
- 2 cloves garlic minced
- 1 cup shredded carrot
- 1/2 cup balsamic vinegar
- 1 cup olive oil
- 1/4 cup Dijon mustard
- Generous salt and pepper



Instructions

1. Combine all ingredients in a mixing bowl, mix well, and let sit for 20 minutes
2. Heat griddle to medium heat and grill vegetables till slightly charred on one side then flip and repeat
3. Remove to a platter, season with salt and pepper to taste, then drizzle with a little olive oil for garnish



Grilled Peaches with Ice Cream

Serves: 2 to 3

Prep Time: 25 min

Cook Time: 15 min

Ingredients

2 peaches pitted and cut in half

1/4 cup lemon juice

1/4 cup sugar

1/8 cup chopped mint

2 large scoops of ice cream

Mint for garnish

Instructions

1. Place peaches in a zip top bag
2. Add the lemon juice, sugar, and mint. Marinate for at least 1 hour
3. Heat the griddle to medium heat and grill the peaches to caramelize the sugars on each side
4. Top with your favorite ice cream and garnish with mint





Salt Block

The 2" thick salt blocks are 100 percent natural, harvested from the Himalayan mountains. It is a unique, flavorful method of cooking and is mineral and nutrient rich. The salt blocks are pollutant and chemical free for healthy food preparation. It's antimicrobial nature will not allow any bacteria to live on it. It is recommended the salt blocks are used on the cast-iron griddle. Because it is a natural stone it conducts heat and will stay hot for hours which conserves fuel. It is perfect for all types of meats, seafood, fruits and vegetables.

Helpful hints for Using & Cooking with your Himalayan Salt Block:

Foods placed on a Himalayan salt block take on a light, clean, naturally salty flavor while absorbing minerals necessary for good health and longevity. Salt blocks can be used; at room temperature, as an elegant serving plate for cheeses or other appetizers; cold, as a beautiful presentation for sushi or desserts; or hot, for searing & cooking meats and vegetables. Generally, a natural salt block will add a hint of salty taste to moist or wet foods, but will have no effect on dry foods. For example, if you use your salt block to serve cheese and crackers, it will lend a bit of saltiness to the cheese but the taste of the crackers will remain the same.

To cook with your salt block, follow these simple instructions:

- Place your *DRY* Himalayan salt block over a low flame for 15 minutes. Gradually increase flame to medium and allow to heat to desired temperature. (You may preheat your salt block in the oven or on a stove top, but be sure to heat slowly and do not place directly on oven rack or electric stove burner).
- Once you've thoroughly heated your Himalayan salt block, you're ready to sear your meat, fish and/or vegetables. Use the provided surface thermometer to determine if the block has reached the desired cooking temperature for your ingredients.
- Lightly toss your meat, fish or vegetables in oil, spices and herbs, or leave unseasoned to enjoy the simple but complex flavors imparted by the block.
- You may also wish to lightly drizzle the salt cooking surface with olive oil, or butter adjusting to your desired level of saltiness (less oil will cause more salting of your food and vice versa).
- Place directly onto the heated salt block, then cook to desired doneness, stirring and moving around the salt plate as you would any other grilling surface.

Seared Tuna with Lemon Caper Aioli

Serves: 2 to 3

Prep Time: 25 min

Cook Time: 2 min

Ingredients

1/2 cup mayonnaise

2 tablespoons lemon juice

1/4 cup capers

14 oz of tuna

1/4 cup gin

2 tablespoons ground black pepper



Instructions

1. For the aioli mix together mayo, lemon juice, and capers. Mix well and refrigerate for 30 minutes
2. Place tuna on a plate and sprinkle with gin and pepper, let sit for 30 minutes
3. Slice tuna into 1/2 inch slices
4. Heat salt block to high and cook tuna slices for 1 minute on each side then set aside to rest for 3 minutes
5. Drizzle with caper sauce and serve

*** Tuna can be substituted for Mahi, Salmon or other types of fish.



Mediterranean Grilled Pork Chops

Serves: 2 to 3

Prep Time: 25 min

Cook Time: 10 min

Ingredients

- 2 teaspoons dried sage, crumbled
- 2 teaspoons dried rosemary leaves, crumbled
- 1 teaspoon dried thyme
- 1 teaspoon fennel seed, crushed
- 1/2 teaspoon white sugar
- 1 bay leaf, crumbled
- 1 teaspoon salt
- 4 bone-in pork rib chops - at least 1/2 inch thick
- 1/3 cup extra-virgin olive oil



Instructions

1. In bowl mix together all spices until thoroughly combined
2. Rub both sides of the pork chops with the herb mixture and coat them with olive oil
3. Refrigerate for several hours or overnight
4. Grill the chops on the salt blocks until browned and the meat is no longer pink inside- about 4 minutes per side





Wok

Wok cooking on your fire table might sound like new fusion cuisine, but in fact it's steeped in tradition. For thousands of years, the focal point in a typical Chinese kitchen was a round hole over a firebox with a wok fit over the hole, making efficient use of a small amount of fuel. The wok preheats fast for quick, healthy food preparation. Some dishes include: stir fry vegetables and meats, sautéed seafood, chicken wings, oriental noodles, bananas foster, and much more.

Helpful hints for

Cooking with your wok:

- Always use a cooking oil with a high smoke point: vegetable, peanut or sesame oils are the most commonly used.
- Preheat your wok then add your oil of choice by lightly drizzling it about half way down the sides while swirling the wok over the heat to completely coat the sides and bottom.
- Start with high heat to seal in the juices of your ingredients with hot oil.
- Cut vegetables and proteins in to bite size (or just slightly larger) pieces to allow them to cook thoroughly and quickly without burning.
- Add ingredients to your wok in the best order for their cooking times, generally: aromatic spices and herbs first, then proteins such as chicken or beef, next thicker vegetables and finally add your finely chopped or leafy vegetables.
- Use constant motion pulling your ingredients between the hot surface of the bottom of the wok and the cooler sides of the wok to create an even and efficient cooking method.
- Once all ingredients are added and coated with oil in the wok, reduce the heat and add a small amount of water to steam the food.
- Use the included wok ring to place the wok on the table to continue serving or Fire-taining.

Shrimp Creole

Serves: 3 to 4

Prep Time: 25 min

Cook Time: 20 min

Ingredients

2 tablespoons vegetable oil

1/4 cup diced onions

1/4 cup diced celery

1/4 cup diced green peppers

1/8 cup diced jalapenos

1 bay leaf

16 oz can of diced tomatoes (undrained)

1/2 pound of peeled and deveined shrimp (raw)

Cooked rice

Parsley for garnish



Instructions

1. Heat oil until hot then add onions, celery, and peppers (cook for 3-5 minutes until soft)
2. Add bay leaf and tomatoes and simmer for 10 minutes stirring occasionally
3. Add shrimp and cook through season with salt and pepper to taste
4. Serve over rice and garnish with parsley



Pork Tacos with Orange and Fennel Slaw

Serves: 2 to 3

Prep Time: 25 min

Cook Time: 20 min

Ingredients

1/4 cup vegetable oil
 1/2 cup of onion diced
 2 cloves of garlic minced
 2 teaspoon dried thyme
 2 teaspoon dried rosemary
 1 pound of diced lean pork
 1 cup julienned fennel
 1 cup shredded cabbage
 2 tablespoon olive oil
 Juice of one orange
 Flour tortillas

1 orange (use 1 section of orange to combine in juice to pour over.)

slaw, no peel. Use remainder for



Instructions

1. Heat oil until hot and add onion, cook for 2 minutes
2. Add garlic, thyme, rosemary, and pork, cook until pork is done (3-5 minutes) salt and pepper to taste
3. In a separate bowl add fennel, cabbage, orange, and gently mix
4. Combine orange juice and olive oil then pour over fennel mixture, salt and pepper to taste
5. Place meat mixture, then slaw mixture on tortillas and serve





Helpful hints for Using & Cooking with your Aluminum Bowls & fondue forks:

Use your bowls as traditional mixing and preparation tools or wow your guests by creating delicious fondue recipes or sauces! Multiple bowls allow you to prepare multiple recipes easily without having to worry about clean-up in between courses. Follow these simple instructions to create a double boiler system:

1. Fill Dutch oven about 1/3 full with water.
2. Place Dutch oven securely in cooking mount and turn flame to medium.
3. Bring water to a boil.
4. Reduce flame to low, and carefully place aluminum bowl on Dutch oven. Be sure to level out the bowl so that steam does not easily escape between the oven and bowl (If steam is easily escaping, and the bowl is level, try turning down the heat).
5. The aluminum bowl is now ready to act like a saucepan with well controlled low heat. Prepare fondue or sauces following your preferred recipe.
6. To create a new recipe or additional course simply lift out the aluminum bowl and replace with a new, clean one.

Fondue

Classic Cheese Fondue

Serves: 3 to 4

Prep Time: 25 min
Cook Time: 15 min



Ingredients

4 tablespoons butter
1 garlic clove halved
1/4 cup white wine
1/2 cup heavy cream
1 pound Gruyere cheese, grated
1/2 pound Havarti cheese, grated
Black pepper to taste
Pinch of nutmeg
Sliced apples and diced French bread

Instructions

1. Swirl garlic in fondue pot with butter and discard garlic (1 minute)
2. Add white wine and heavy cream, then whisk in cheese
3. Season with pepper and nutmeg
4. Reduce by 1/8 then reduce heat to low
5. Serve with baguette bread pieces, apple slices or vegetables.

Chocolate Fondue

Serves: 4 to 6

Prep Time: 25 min
Cook Time: 15 min

Ingredients

1/2 cup butter
1 cup heavy cream
16 oz semi sweet chocolate chips
Bananas, strawberries, and marshmallow for dipping

Instructions

1. Add butter and heavy cream to pot on medium heat, then simmer
2. Reduce heat and add chocolate
3. Turn heat to lowest setting and serve with bananas, strawberries, and marshmallows



Spinach Artichoke Fondue

Serves: 2 to 3

Prep Time: 25 min
Cook Time: 15 min

Ingredients

3/4 cup heavy cream
6 oz cream cheese (soft)
1/4 cup mayonnaise
1/4 sour cream
1/2 parmesan, grated
8 oz thawed frozen spinach
16 oz thawed frozen artichokes
1 tablespoon garlic salt
Pinch of red pepper flake
Half loaf French bread cut into cubes
2 tomatoes cut into wedges

Instructions

1. Heat heavy cream on medium setting
2. Add cream cheese, mayo, sour cream, parmesan, spinach, artichokes, and garlic salt
3. Heat till gentle simmer
4. Reduce heat to lowest setting and serve with bread and tomatoes

Brie Cheese Fondue

Serves: 4 to 6

Prep Time: 25 min
Cook Time: 15 min

Ingredients

2 cloves garlic, crushed
1 cup dry white wine
1/4 cup sherry
1 pound brie cheese, rind removed and cubed
1 tablespoon cornstarch
1 pinch of grated nutmeg
Pepper to taste

Instructions

1. Add garlic, white wine and sherry to bowl and heat over medium- low heat
2. Toss the cheese cubes in cornstarch to coat
3. When the wine mixture is hot add the cheese
4. Mix slowly with a whisk
5. When the cheese has melted add a little nutmeg and pepper
6. Serve with baguette bread pieces, green apple slices or vegetables.





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