

FOLD

COVER



CHILL OUT AND GRILL OUT, TRUE-STYLE.

INVITE YOUR FRIENDS OVER AND POP YOUR TRUE GRILL & CHILL TUNES INTO THE PLAYER. THEN HEAT UP YOUR GRILL, RUB THIS SWEET & SPICY MIXTURE ONTO SOME CHICKEN, SEAFOOD OR YOUR FAVORITE VEGGIES AND ENJOY.

SWEET & SPICY GRILL RUB

- 2 TEASPOONS PAPRIKA
- 2 TEASPOONS CHILI POWDER (USE SMOKED CHILI POWDER IF YOU CAN FIND IT)
- ¼ TEASPOON GROUND GUMIN
- ½ TEASPOON BROWN SUGAR
- 1 TEASPOON SALT
- 1 TEASPOON MAPLE SYRUP

COMBINE FIRST 5 INGREDIENTS IN SMALL BOWL AND RUB ONTO CHICKEN, SEAFOOD OR VEGGIES. PLACE ON GRILL. ABOUT A MINUTE BEFORE THE FOOD IS DONE, (FISH UNTIL IT FLAKES EASILY; CHICKEN UNTIL JUICES RUN CLEAR; AND VEGGIES JUST UNTIL COOKED, BUT STILL CRISP), DRIZZLE MAPLE SYRUP ON TOP AND COOK ABOUT 1 MINUTE MORE.

True™
LIVE. LOVE. LEARN.™

GRILL & CHILL



FOLD


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BACK

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True GRILL & CHILL - VOLUME 1

True GRILL & CHILL - VOLUME ONE

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1. The Stars All Seem to Weep – Beth Orton
 2. The Last Good Day of the Year – Cousteau
 3. All I Need – Air
 4. In the Waiting Line – Zero 7
 5. If There Ain't Nothin' – Res
 6. Protection – Massive Attack
 7. Slip Away – Si*Se
 8. Let Go – frou frou
 9. The Postcard – I Am the World Trade Center
 10. Want – Shantel
 11. I Am Over It – The Dandy Warhols
 12. Come Along – Titiyo
 13. Colour Me – Dot Allison
 14. Love Has No Name – Bahble

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