

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

BACKYARD GRILLING TIPS

By Arleen M. Kaptur

BACKYARD GRILLING TIPS by Arleen M. Kaptur

Barbecue season is here and everyone wants to light that fire and charcoal their next meal. A few tips might prevent your entree from becoming the next "Burnt offerings to the gods."

Make sure that your grill is on a flat surface away from shrubs, grass or any flammable material. Check the vents to make sure that ashes are not clogging them from any previous meal preparations. Use lighter fluid starter but never gasoline or kerosene. Never wear clothing with sleeves that might catch on fire. Short sleeves are the best.

How much charcoal to use – this depends on how big your grill is, what kind of food you are preparing and weather conditions. If there are strong winds, cold temperatures or if is very humid out you will need more charcoal to get a good fire going. A rule of thumb – it takes about 45 briquets to grill 6–8 burgers.

If you don't have a grill thermometer, you might try this. Do not let a child do this and be very careful as you would not want to get burned. Hold your hand, palm-side-down just above the grill. Count "one thousand one, one thousand two, and so on." If you keep your hand in place without pulling it away for 2 seconds it is a very hot fire (375), 4 seconds its a medium fire (300–350) and 5 seconds or more it is a low fire (200–300). Once again use reasonable caution when testing the heat.

If you would like to try some of the flavored hardwoods, a general rule is that a little goes a long way. They should complement and not overpower. Always soak your hardwoods in water 30 minutes before using. When placed in your grill, they should smolder and smoke but not burn. Grapevine cuttings give great flavor as do shells from nuts such as almonds, and pecans. Small bunches of dried herbs soaked in water will add fragrance as well as flavor. Rosemary, bay leaves, and oregano are great on a grill.

To "line" your food with those great "marks" just like you see in magazines, allow the grid to heat thoroughly before adding the food.

BACKYARD GRILLING TIPS

Some food safety tips: Always serve cooked food from a grill on a clean plate – never the one that held the raw food. In hot weather never leave food out longer than 1 hr. and the old adage keep hot foods hot and cold food cold applies whenever you cook outdoors.

One last hint – the secret to evenly cooked vegetables on a kabob is to parboil starchy vegetables before they are threaded on a skewer.

Sauces: steaks and chops – baste with sauce after you have flipped the meat for the last time, about the last 3 mins. of grilling;

Chicken – baste the last 10 mins.

Hot dogs/sausage – baste the last 5–6 mins.

However seasoned oils may be brushed during the entire time the entree is grilling.

With just a few of these hints, you are on your way to a summertime of great outdoor eating and your grilled food will make you proud.

ENJOY!

©Arleen M. Kaptur 2002 April

Arleen Kaptur has written numerous articles, cookbooks, and the novel: *SEARCHING FOR AUSTIN JAMES* Websites: <http://www.arleenssite.com> <http://www.Arleens-RusticLiving.com>
<http://www.webspawner.com/users/rusticliving/http://topica.com/lists.simpleliving>

Indoor Grills Featured in Steven Raichlen's Newest Book

By Laura Ciocan

Indoor Grills Featured in Steven Raichlen's Newest Book by Laura Ciocan

With a great number of city people living in condos, with no possibility to grill outside, Raichlen's latest book, "Indoor! Grilling" covers a topic of large interest, especially that grilling is a tradition in America, some sort of a national custom. So, this theme surely relieves a lot of frustration for the part of audience that had been previously left out!

Steven Raichlen is a cooking teacher, lecturer, author, journalist and TV host. He founded the Caribbean cooking school Cooking in Paradise. Raichlen's TV show, Barbecue University debuted in 2003 on public television. The same year he was named the "cooking teacher of the year" by Bon Appetit magazine.

Participating in a "barbecue battle" on Japanese television and defeating Iron Chef Roksburu Michiba attracted him nicknames such as the "Michael Jordan of Barbecue", as Howard Stern called him or, like Oprah put it, the "Gladiator of Grilling".

Raichlen published over 25 books of which best-sellers such as Barbecue Bible Sauces, Rubs, and Marinades, Beer Can Chicken, Healthy Latin Cooking, Miami Spice, Big Flavor Cookbook and the

BACKYARD GRILLING TIPS

famous first and foremost book on grilling, The Barbecue Bible, that appeared in 1998. It was the first guide on grilling, a study of barbecuing around the world and a course on live fire cooking techniques. His writing won 3 IACP awards and 4 James Beard Awards and was translated into ten different languages.

To write "Indoor! Grilling" Raichlen intensively studied these appliances and the technique to cook using them. Although the public of this category is familiarized with the many types of indoor grills, Raichlen treated them in a detailed manner, starting from the very beginning, from contact grill, grill pan, built-in grill to freestanding grill and fireplace grill. And to do this, he largely improved his knowledge about how indoor grills actually work. He tested the 270 recipes in the book on each type of grill.

What really takes grilling steps further is what the experimenting Raichlen does with sandwiches, vegetables and desserts in the recipes section.

Laura Ciocan writes for <http://www.natural-gas-grills.info> where you can find articles, buying tips and reviews of popular

.Please feel free to use this article in your Newsletter or on your website. If

you use this article, please include the resource box and send a brief message to let me know where it appeared; <mailto:lauracio@gmail.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!