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Frugal Outdoor Cooking

By Cyndi Roberts

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by: **Cyndi Roberts**

Firing up the grill is a great way to cook in the summer! Here are a few grilling tips and a couple of recipes, too.

For great grilled burgers, form the patty gently. Smashing the meat forces out moisture.

Sear both sides of the burger on both sides, then move the burger and cook with indirect heat till done.

Use a meat thermometer to gauge when the meat is done. Ground beef should be cooked to an internal temperature of 160 degrees.

When grilling chicken, remember that dark meat needs longer on the grill than breast meat. Also, bone-in parts cook longer than boneless parts.

Place the pieces that need to cook the longest on the grill first, and then move them to a cooler area of the grill to finish cooking after they have browned.

Again, use a meat thermometer to tell when chicken is done. Bone-in parts should be cooked to an internal temperature of 170 degrees; boneless parts to about 160 degrees.

Tropical Glaze for Grilled Chicken 1 small can crushed pineapple 3/4 cup brown sugar, packed 3 tablespoons lemon juice 1 tablespoon mustard

Drain pineapple, reserving 2 tablespoons of juice. Mix pineapple, reserved juice, brown sugar, lemon juice and mustard.

Brush chicken parts with glaze often during last 10 minutes of grilling.

Frugal Outdoor Cooking

Barbecue Sauce 1 cup ketchup 1 cup water 1/4 cup vinegar 1 tablespoon sugar 1 tablespoon Worcestershire sauce 1 teaspoon salt 1 teaspoon celery seed 2 or 3 dashes hot pepper sauce (optional)

Mix all ingredients in saucepan; bring mixture to boil over medium heat. Simmer, uncovered, for 30 minutes.

Use to baste burgers or pork chops during last 10–15 minutes of grilling.

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Always be sure to cook on a clean grill. If you have a gas grill, leave it on for a couple of minutes after you finish cooking, with the lid down. If you have a charcoal grill, just close the lid and let it burn out.

Then you can scrub the grate with a wad of aluminum foil.

Don't cook at too high a temperature and don't lift the lid and peek too many times. You'll just be adding to the cooking time, because the temperature will be lowered.

For a great warm weather dessert, try this cool fruit combination. 1 cup low-fat vanilla yogurt 1 tablespoon honey 1/8 teaspoon ground nutmeg

Stir together and spoon over sliced fresh bananas.

Cyndi Roberts is the editor of the "1 Frugal Friend 2 Another" bi-weekly newsletter and founder of the website of the same name. Visit

to find creative tips, articles, and a free

e-cooking book. Subscribe to the newsletter and receive the free e-course "Taming the Monster Grocery Bill".

Outdoor Kitchen Grill

By Daniel Roshard

Have you ever cooked outdoors or better yet, have you ever ate outdoors, I am sure that you did, and if you did you know that cooking outdoors is great fun and that eating outdoors is fun and special and very far from your usual kitchen lunch or dinner, even if its just the family that is eating it is still great fun.

While it is true that not everyone is a fan of outdoor cooking or grilling, the outdoor kitchen grill is one great idea for those who do like it, making the cooking outdoor experience something that is simply a pleasure and fun, something you can show your friends when you are hosting at home and in your

Frugal Outdoor Cooking

garden.

If you love to spend your time in your garden and have a barbecue or grill outdoor often this is something you should be very interested in, an outdoor kitchen grill is something that is going to be a great convenience for you, and for your family. The idea of an outdoor kitchen is that the cooking is much more comfortable and allows you much more than the usual backyard cooking, it is also a very useful tool for the times that you are having guests over and want to enjoy your time outdoors.

Some people say that just by getting an outdoor kitchen they start realizing that you can actually host a bunch of people without falling off your feet in the end of the day, just because the outdoor kitchen grill is so comfortable that inviting a small crowd is not a problem, and you wouldn't need to in and out of the house to get things, just get what you need and place it in your outdoor kitchen to use while cooking.

So if you are interested in the outdoor kitchen you should probably start by thinking about all the things and features you want to have in it, what do you cook the most, how often do you cook and grill outside and how many people do you expect to feed on average. Once you got the basic answers try and research a little on the internet, prices, makers and different features, including photos are available for everyone on the internet, then try and visit your local designer shops to see the outdoor kitchens so you will get a better idea of size and using them.

When considering the purchase of the outdoor kitchen grill there are a few very important points to remember, what is the material of which the kitchen is made, is it robust and strong, does it have some kind of protection from being exposed to sun and rain, low and high temperatures, how much working area the outdoor kitchen has, is it comfortable and easy to clean, what about the maintenance, is it difficult or easy to maintain, and what does the warranty say, for how long are you covered and what it give you.

An outdoor kitchen grill is something that can bring you a lot of fun moments and you will never want to cook indoors any more, make sure you are getting what you need and want, that you are covered by the warranty and start cooking, good luck.

Daniel Roshard is an interior designer fascinated by outdoor architecture, he is currently studying public parks and outdoor design. Daniel is writing articles about home improvement and Outdoor kitchen issues at

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