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

**Make Grilling A Healthy Experience**

**By Scott Schirkofsky**

Without a doubt there is something very relaxing and pleasurable about cooking and eating grilled

food. There are countless ways you can turn your grilling not only into a flavorful and enjoyable way to cook, but there are also many healthy and tasty alternatives. Like anything else in life, what you put on your grill is a choice. Grilling healthy first means that you have decided to eat healthy. Cooking on a grill can be a great way to reduce fats on while adding wonderful flavor however we must also be careful when grilling as there can be certain risks if precautions are not taken. Eating healthy always begins with choosing healthy foods that are low in fat and using marinates to reduce unhealthy caseinogens.

We know that charcoal grilling can produce carcinogenic smoke from the high temperature cooking of foods containing fat and protein. This can produce unhealthy chemical changes in the outer layers of flesh foods. To avoid these dangerous chemical formations we must avoid inhaling the smoke and avoid the black char on the outside of charcoal cooked food caused by high heat and/or overcooking. It is also advised that any lighter fluid or self-lighting packages be avoided as they can also add toxic chemicals directly into your food. Instead, use a starter chimney and newspaper to get your charcoal lit. While this method may initially take a few more minutes, in the long run it's faster and healthier. The use of marinades can also help greatly lower caseinogens in food. By using a marinade your food will not only take on extra flavor but even a simple marinade consisting of olive oil and a citrus juice can reduce the harmful chemicals by as much as 99%. A marinade will also assist in tenderizing and enhancing your food's natural flavors.

There has been a lot of talk about grilling and the risk of cancer. While the risk is real and this should be kept in mind, there are some simple things you can do to greatly reduce the risk of cancer caused by grilling. The harmful chemicals that can form are created by putting food, primarily meats, under intense heat and flame. These are cancer forming agents however by taking a few simple precautions you can greatly reduce and even eliminate the risks. Grilling isn't the only cooking method that causes these agents so there is no reason to give up on your grill. If done right, grilling is one of the healthiest methods of cooking. To reduce the risks follow these basic tips:

- Trim excess fats from all foods. The fats are the main contributors to harmful chemicals so avoid fatty foods as much as possible.
- Using marinades based on olive oils and citrus juices with greatly help reduce the risks.
- Maintain a

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clean grill. This will also help reduce harmful cancer forming chemicals. · Avoid letting your grill flare-up. Extreme heat and flame will also increase risk. · Do not overcook foods. If you do accidentally char your food simply scrape or cut that portion off.

The marinade recipe below is simple, versatile, and tasty and will significantly reduce harmful cancer forming agents. The marinade will work perfectly with poultry, pork, vegetables and seafood and should be combined with your food of choice at least 1 hour prior to grilling.

Simple Marinade ¼ C olive oil 1 tablespoon lemon juice 1 tablespoon honey 2 teaspoons Italian herb blend 1 teaspoon red pepper flakes 1 teaspoon garlic powder Salt and freshly ground pepper

Grilling can be a great way to prepare low-fat meals and only takes a little imagination to create healthy foods. Try starting with foods you already enjoy and find ways to make them healthier choices. Trimming fat, substituting skinless chicken, using healthy marinades are a few things you can do to

start forming healthy habits.

### Grilled Fennel Salad with Nicoise Olives

Ingredients: 2 orange peppers 3 fennel bulbs with tops 2 teaspoon white wine vinegar 1 ½ tablespoon extra virgin olive oil 2 tablespoons extra virgin olive oil 18 small nicoise olives 2 sprigs of savory Salt and freshly ground pepper

Instructions: Roast the peppers using your gas grill flame or the method of your choice. Place them in a bowl and cover the bowl in plastic wrap. Remove the green fronds (top flowery pieces) and set aside for later. Slice the fennel lengthways into roughly five coarsely cut pieces. Place the fennel pieces flat in a dish and coat with 1 ½ tablespoon olive oil. Season the fennel to taste with salt and freshly ground pepper. Remove the char from the peppers and dice the peppers into small-diced pieces.

Place your grill on medium heat and place the fennel slices and turn frequently for 7-10 minutes. Grill until the fennel is showing grill marks. Be sure to cook them until they are the desired texture but do not char too much. Transfer to side dish.

Combine the vinegar and remaining olive oil and pour evenly over fennel. Lightly combine the pepper mixture with the fennel while adding the olives. Tear the savory and fennel fronds and sprinkle over the fennel.

Grilled Fennel Salad is fantastic as a side or main course. As a side consider serving it with a simply grilled chicken or seafood. Just remember that what you put in your stomach or on your grill is your choice.

Scott Schirkofsky is the chef and owner of At Home Gourmet. You can find more recipes, cooking tips along with food and beverage articles on his highly recommended website:

<http://www.athomegourmet.com>

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<http://www.americasfavoritefood.com>

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<http://www.thetravelassistant.com>

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## **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 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

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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

gas grills

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