

GRILL PLAY

The Art Of Leisurely BBQ

Special Chef2Chef Edition



By
Martin Kimeldorf

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The Art Of Leisurely BBQ
#8a Fully illustrated eBook version

Special Chef 2 Chef version

By
Martin Kimeldorf

Other cooking related books include:
The Bad Boy's Cookbook
The Grill Buddy manual
Smoky Pleasures

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PREFACE

If you want to try a leisurely approach to barbecue, then read the *Grill Play* cookbook. This work is not about achieving status through the collection of whispered-recipes or secret techniques. This is not an encyclopedia of everything-barbecue. Rather, *Grill Play* is a simple work promoting the enjoyment of savory gourmet meals.

This cookbook is purposefully limited to just 60+ recipes and about 100+ pages. You'll find surefire techniques and unique recipes for rubs, sauces, and marinades. These recipes will turn anyone into a standout grillmeister because *Grill Play* transforms everyday "grill work" into gourmet fare.

The book begins with a brief introduction to essential techniques including safe food handling, grilling methods, and grill sorcery (marinades, rubs, brines, and sauces). The recipes cover the entire range of traditional fare (fish, fowl, pork, and beef) along with non-traditional fare (fruit, vegetables, and a chocolaty dessert). Spiced with humor, it begins with the Leisure Code Of Grill Ethics and ends with a Sermon On the Grill. Also included are tips for "culinary teamwork" or recipe-ice-breakers. These small group experiments help reunite the guests and chefs during the barbecuing.

Have you ever grilled pears and served them with brown-sugar whipped cream? Want to try the barbecue version of the middle eastern Gyros pocket bread sandwich? Looking for a reliable way to smoke-cook salmon on a cedar plank ? Do you want to know how great cooks charbroil hamburger and chicken without burning or undercooking? *Grill Play* will show you how.

And for the health-minded, there are recipes for tasty low-fat turkey burgers along with tangy marinades for vegetables or tofu. The book also includes traditional fare for slow-cooking prime rib, smoking pork chops. There are easy-to-make stand-out rubs for mustard encrusted tenderloins and briskets sealed with a unique sweet-espresso coating. The recipes work well with either gas or briquette equipment.

Several recipes offer options which allow you to stamp the meal with your own grillmeister signature. This cookbook is for busy people who want to playfully unwind as they indulge in the simple art of outdoor cooking.

-Martin Kimeldorf
Tumwater, WA August, 2003

Table Of Contents

Chapter 1—I Play, Therefore I Grill	8
OUTDOOR COOKING SHOULD BE SERIOUS PLAY—NOT WORK OR COMPETITION	8
LEISURELY GRILLING CODE OF ETHICS	9
VOCABULARY 101	10
AVOID THE WORD WAR.....	10
 Chapter 2—Cooking Tips & Tricks	12
MY PREFERENCES AND BIASES	12
CONVERTING RECIPES FROM GAS TO CHARCOAL OR WOOD.....	13
CONVERTING OLD FAMILY OVEN RECIPES.....	13
DIRECT AND INDIRECT COOKING.....	13
DIRECT COOKING OVER A FLAME	14
INDIRECT COOKING OVER A LOW TO MODERATE FIRE	15
SUMMARY CHART FOR TERMS AND TEMPERATURES.....	15
BRANDING AND SEARING THIN PIECES	16
COMBINE SEARING WITH SMOKE ROASTING FOR THICKER CUTS	17
MINIMIZING FLARE UPS	17
WINTER COOKING AND OTHER INTRIGUING CHALLENGES	17
A SMOKING STRATEGY FOR GAS GRILLS!.....	18
A TOTAL BARBECUING STRATEGY.....	20
STEP 1—DECIDE ON A COOKING METHOD	20
STEP 2—PRE-HEATING FOR 10 TO 20 MINUTES.....	20
STEP 3—CLEAN GRATE AND THEN LIGHTLY OIL IT	20
STEP 4—GRILL YOUR HEART AWAY.....	21
STEP 5—TEST FOR DONENESS AND LET IT REST	21
STEP 6—END A GREAT MEAL BY CLEANING THE GRATE.....	22
TIPS FOR AVOIDING FOOD CONTAMINATION	22
THINK SAFETY WHEN BUYING FOOD AND COOKING	23
THREE GAS GRILL SAFETY RULES	23
ACCESSORIES	24
THE FIRST ACCESSORY IS THE MOST PUNGENT	24
THE SECOND ACCESSORY MAKES YOUR MOUTH WATER	26
TOOLS OF THE TRADE	26

Chapter 3—Grill Sorcery: Marinades, Rubs, Brines & Sauces 28

YOUR STYLE EVOLVES OUT OF EXPERIMENTATION	28
TIPS FOR REDUCING SALT AND CALORIES.....	28

MARINADES.....29

RED WINE MARINADE.....	29
SWEET VERMOUTH & GINGER FISH MARINADE.....	30
ROOT BEER RIB MARINADE	31

RUBS DRY AND WET31

MK'S DRY RUB	32
ESPRESSO WET RUB	32
ROSEMARY & CORIANDER WET RUB FOR VEGETABLES.....	33

HARNESSING THE POWER OF A BRINE-MARINADE HYBRID.....34

PICKLED BEER BRINE-MARINADE	34
MARTINI SALMON BRINE-MARINADE	35
PLAYING WITH MARINADES AND TIME.....	36

POLISHING OFF WITH SAUCES.....36

MK'S "SECRET" BBQ SAUCE FOR CHICKEN AND RIBS	37
MARTY'S FRUITED-CHOCOLATE BBQ SAUCE	38
BHT STEAK SAUCE (WITH BLT SIDE DISH).....	39

BASTE-MARINADE.....41

CIDER-BOURBON BASTE-MARINADE.....	42
ORANGE-HONEY SEAFOOD BASTE-MARINADE.....	42

GOING AFTER THE WOW (BRINE + RUB + SMOKE + SAUCE)43

BEER MARINADE WITH EASY BBQ SAUCE.....	43
--	----

AVOIDING THE TOWER OF BARBECUE BABEL.....44

Chapter 4—Grill Boy's Favorite Recipes 46

PRACTICE MAKES TASTY	46
TIME AND TEMPERATURE ARE ONLY APPROXIMATIONS.....	47
RECIPE FORMAT—BALANCING SIMPLICITY, CLARITY, DEPTH	47
A BASIC GRILLING RECIPE FOR EVERYDAY SERIOUS PLAY.....	47

APPETIZING FIRST STEPS.....48

GARLIC BREAD—THE BASICS.....	48
STUFFED GRAPE LEAVES IN TIGHTS	50
INSIDE JOB—CHICKEN LIVERS ET. AL.....	51
BACON-WRAPPED BARBECUED SHRIMP.....	52
MINI PANINI—MAXI SANDWICH.....	52
KING AND QUEEN'S PORTOBELLO SANDWICH.....	54
PLAY SCRIPT FOR GRILLED PIZZA.....	55
PIZZA CRUST	58
PIZZA SAUCE	59

SEAFOOD IS WHERE LIFE BEGAN.....	61
SPICY SHRIMP KABOBS	62
TARRAGON & BASIL ENCRUSTED TUNA	63
WHITE FISH MARINADES AND SAUCE	64
SEAFOOD KABOBS LEGERDEMAIN (WITH WINE MARINADE AND HERB BUTTER)	65
SMOKY PLANKED SALMON.....	67
SANGRIA SALMON.....	69
BEEFY THINGS.....	70
THE UNIVERSALLY LOVED BURGER.....	70
LOUIS BURGER.....	72
STEAK 101	73
6.8 COLA & GARLIC STEAK MARINADE	74
COGNAC, CUMIN, GARLIC BEEF RUB	75
BOURBON + CARAWAY SEED T-BONE & PORK CHOP MARINADES	76
PRIME RIB ROAST, KING OF THE GRILL	77
MAGIC MOUNTAIN MARINADE FOR BEEF TENDERLOIN.....	78
MARTIYAKI FOR STEAK & RIBS	78
THE ART OF THE BRISKET	80
FOWL IS (TASTY) FARE.....	82
PLAYING THE CHICKEN OPTIONS	83
BIRTHDAY CHICKEN KABOB MARINADE	85
GRILLED LEMON-OREGANO CHICKEN SALAD	86
TARRAGON-RICOTTA CHICKEN.....	87
TURKEY-CHEESE PATTY MELT.....	88
DUCKIUS ORANGIUM.....	89
HOME ON THE RANGE, AND TURKEY ON THE GRILL	91
PORKY KNOWS NO BETTER.....	92
BRANDED PORK CHOPS WITH JUICY CENTERS.....	92
DIJON-MAPLE SYRUP PORK CHOP GLAZE	92
PEANUT BUTTER AND ROOT BEER RIBS	93
HERBAL RUB AND APRICOT-GINGER GLAZE FOR PORK LOIN.....	94
LAMB.....	96
HEAVENLY LAMB CHOP MARINADE	96
GREEK LAMB KABOB POCKET SANDWICH.....	98
MY HEROIC LAMB AND BEEF GYROS	99
MUSTARD-GARLIC RACKS OF LAMB.....	100
LEG OF LAMB LEGERDEMAIN	101
VEGGIES	103
EATING ALL YOUR VEGGIES	104
VEGAN BURGER—TOFU CHEESE MELT	105
VEGGIE KABOBS	106
PLAYFUL DESSERTS	106
FRUITY GOOEY DESSERTS	107
MARTY'S MOCHA MARSHMALLOW MELTS (THE 4 M'S)	109

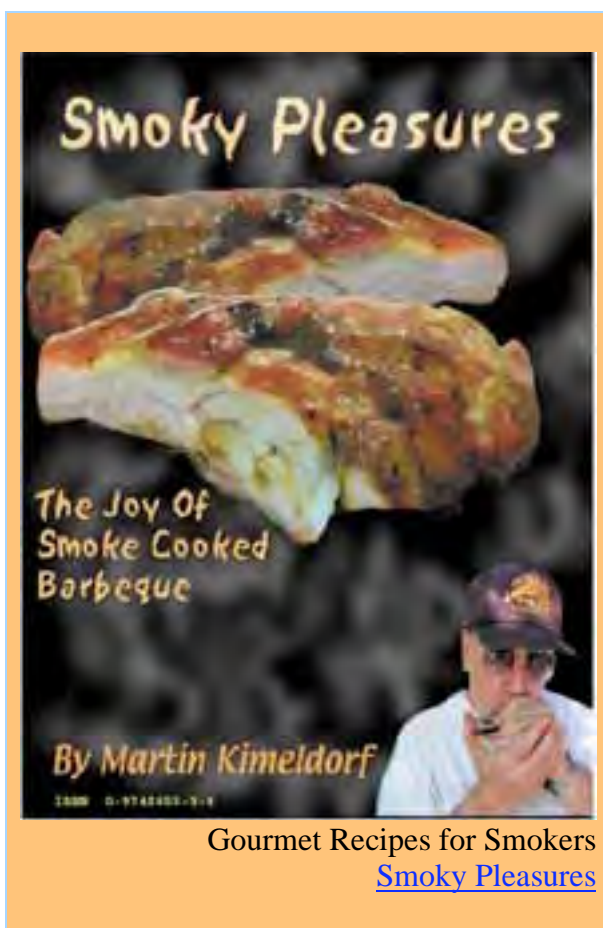
Final Words From The Temple Of The Grill..... 111

Appendix 1—Spices and Herbs 112

NOT ALL SALT IS EQUAL	112
WHEN YOU WANT TO ADD A TOUCH OF SWEETNESS	112
WHEN YOU WANT TO ADD A SAVORY TANG.....	113
WHEN YOU WANT TO ADD HEAT OR PEPPERY EFFECTS	113
WHEN YOU WANT TO ADD THE UNEXPECTED OR UNIMAGINED	114

Appendix 2—Resources..... 115

MY FAVORITE BOOKS.....	115
ADDITIONAL EXCELLENT RESOURCES	115
NOT GRILL BOOKS, BUT ABOUT COOKING, LIVING, & RELAXING.....	116
SPECIAL SPICE SOURCE	117
WORLD WIDE WEB SEARCH TRICKS.....	117



CHAPTER 1—I PLAY, THEREFORE I GRILL

The new tires I bought for my two year old car are guaranteed for over 300,000 miles. I purchased the tires for their safe handling, and not for the warranty, because I would rarely keep a car that long. (I only put 12,000+ miles on per year. You do the math.) I also take good care of my bike, and my friend who built it said it should last a lifetime. Ah, if only we knew our life would last a lifetime. Likewise, the new barbecue is made from stainless steel, it will never rust...but I might.

If you've lived long enough to be tested in the barbecue fires of life then you probably know by now that nothing is guaranteed. I have now reached the age where extended warranties mean my products may outlast me. I've learned an ageless-wisdom in the process, *stop worrying about warranties in this life, and concentrate on what I can enjoy in this moment.*

Many moments long ago someone tried to cook with fire. It is estimated that this culinary pioneer entertained his guests well over 100,000 years ago. Perhaps it all started when lightning struck a mesquite bush which was offering cover for a deer. The flora and fauna went up in smoke, and the first barbecue was invented.

We no longer have to wait for lightning to strike in order to enjoy the primitive delights of cooking over a live flame. And in the present paradoxical moment, we find the ancient art of grilling is well suited to the 21st century lifestyle. Cooking over an open fire fulfills our contemporary need to explore new culinary frontiers. And once a recipe is mastered, it fulfills a second need for quick and easy meal-making. It also connects us to an ancient, primitive feeling often lost in the digital age where virtual life has superseded real living.

Today, three-fourths of US households own a barbecue grill. The original fire has caught on. Now the task is to keep it FUN. Toss the cell phone, abandon the weekly planner and personal digital assistant. Get ready for some serious play.

Outdoor Cooking Should Be Serious Play—Not Work or Competition

Several years ago I wrote a book called *Serious Play* which bemoaned the lack of balance between a work and leisure ethic. In that work I noted how we seemed to turn our play into work. On a tennis court one “worked at the game” wore the correct uniform (outfit) and struggled for self-improvement. This is a far cry from the days when I wore cut-offs and banged a ball against the backboard as I built up my speed, waiting for a partner.

I think barbecuing or grilling is in danger of undergoing the same transformation, from a casual or leisurely cooking experience to a contest amongst gourmets, working sauce pans and rotisseries across a grill filled with multiple dishes. One would hope by now that we have learned that multi-tasking is best left to computers and belongs no where on the court of playfulness.

To this end, this book is devoted to restoring the simple fun of cooking over a live fire, enjoyed in a gregarious, relaxed, and flavorful atmosphere. Forget the Gucci apron, the stainless steel wet bar, and complex ignition and heating system. After all, some of the best grilling in the

world comes from humble street merchants using a hunk of coal to grill their satays or kabobs in a small portable (home-built) grill. And of course, the best barbecues in the American south were often built from old smokers made out of discarded steel drums. These horizontal smoking flavor machines are now referred to as “barbecue pits.”

Leisurely Grilling Code of Ethics

To see if you fit into the leisurely grill, read our code of ethics below to determine if this outlook and this book fit your cooking ethic:

Rule #1—The Initials B-B-Q should also spell F-U-N

I’m willing to do a little bit of preparation before I grill such as making a marinade, rub, or sauce. But I’ll be damned if I’m going to spend several hours or most of the day cooking elaborate sauces and gravies, mashing together fancy herb butters, wrapping and straining exotic things through cheese cloth, assemble rare woods and herbs for magical smoke effects.

Rule #2—The Initials B-B-Q should not become a four letter word, like W-O-R-K

When I’m cooking outdoors I want to concentrate on my favorite drink, enjoy the banter or debate, and become enticed by the smoke swirling about the grill. I don’t want to be working the grill continuously and turn into a sweaty, smoky person no one will sit near.

Rule #3—The Words Grilling or Barbecuing Best Describe The Phrase Casual Cooking

I want the recipes to be easy to follow and not refer to several other pages of recipes in order to complete. I’m willing to use a recipe with several steps if the steps are not too taxing (after all I want to enjoy my friends and our favorite beverages).

Rule #4—No Recipe Is Sacred and Routine Is Deadly

Recipes are only starting points. I will change ingredients, steps, cooking method to suit me and my grill.

Corollary A—I will not blame myself if the first time I cook a recipe it disappoints. I recall somewhere mama (or papa) used to say, “cooking is an art, not a warranty”

Corollary B— I’m willing to try new foods on the grill like pears, tofu, or gyros.

Rule #5—Break any of the above rules if I run across a to-die-for recipe

If you can ascribe to the preceding creed then this book is for you. If you are not looking for the encyclopedia of barbecue with 20 different ways to cook salmon and over 250 recipes you’ll

never read or try, then this book is for you. This book is an appetizer, a starter, a motivator and stimulator. This is just a book, it is not the alpha or omega of grilling....

Vocabulary 101

Do you enjoy slow barbecuing or quick grilling? Do you call your handiwork Char-broiling or smoking? Do you favor a direct or indirect cooking method?

As in any art enjoying a tad bit of competitive zest, people debate the terminology and the methodology. Part of the confusion arises from the fact that certain words like *barbecue* refer to both a cooking method as well as equipment. The word grill can be used as a noun to indicate your beloved appliance, as well as a verb describing what is called a direct heat cooking method. The words grilling and barbecuing also define a more general concept of cooking outdoors.

Now to add hot sauce to this discussion, we find that different pieces of equipment also use different vocabularies such as wet and dry smokers. On top of this, you'll find that certain kinds of outdoor cooking are more prevalent in different parts of the country. Barbecuing meats in a wood pit is very common in the South while Pacific Northwesterners are fond of grilling salmon on a grate as well as indirect cooking on a plank of cedar or alder.

It's easy to see why people get worked up. But in the end, the words that best describe gas barbecuing with a gas grill would be: forgiving, flexible, quick, easy, simple. Before learning the elegant simplicity of cooking on your top grill, let's stop to consider the learned techniques of direct, indirect, and low-heat barbecuing.

For the purposes of this short work, the words *barbecue* and *grilling* will be used interchangeably, whether you use a gas grill or a wood charcoal. Some recipes will call for cooking directly over a live fire (often called grilling) which is done very quickly at high heat settings. Other recipes will call for cooking more slowly, where the heat source is indirect and the food is not sitting over a live flame. You'll have to adjust the recipe to fit your cooking equipment and preferences.

In review, if a recipe calls for direct cooking this means turn up the heat and place food directly over the fire or heat source. The cover can be up or down. If it calls for indirect cooking, then use a low temperature setting, where the gas burners or briquettes are off to the side of the food, and the cover down is down.

Avoid The Word War

Grilling is done all over the world, from Turkey to Texas, from California to the Caucasus, from Brazil to Barcelona, from Michigan to Mexico. It is a universal language. The humble street merchant cooking outdoors atop a tiny brazier will serve as flavorful a dish as the CEO working over copper-clad grill costing over \$3000. Grilling is a democratic art, accessible to everyone with a match.

Approach your outdoor cooking with an air of flexibility and creativity. While recipes and times are given in specific terms, you must experiment and adapt the cooking event to fit your grill, appetite, and favorites. Over time, you'll develop your own signature dishes, your own unique way of cooking. Guests will look forward to enjoying meals branded with your barbecue style.

Today you can whet a traditional carnivorous appetite with baby-back ribs coated in a tangy sauce charmed with hickory wood smoke. Turn an everyday turkey into an aromatic delight as you sprinkle it with your favorite rub and then slow cook the food over a low, indirect fire. And every now and then explore the healthy grill with seafood full of those omega-good, cholesterol fighting oils. For the truly bold, grilled tofu or mushrooms will alter your grill view forever. In a hurry? Try searing garlic-buttered shrimp— or a panini sandwich filled with havarti cheese and slices of spicy, red proscuitto. Make a whole evening of it. Begin with grilled garlic breads, followed by a lightly-charred steak and parmesan-coated potato, finished off with a dessert--all cooked on the same outdoor barbecue.

Enjoy, and don't get hung up on the vocabulary, the gadgets, or fanfare. And most of all, steer clear of the boring war of words.



Barbecues are about people first. Here guests at the inaugural Winter Barbecue and Scotch Tasting Party rate drinks. Circa 2001 as we banish winter from the Pacific Northwest.

Figure 1

CHAPTER 2—COOKING TIPS & TRICKS

It's only fair to begin by expressing my biases and preferences. That way, when you read about my tips and tricks you can evaluate their worthiness from my grilling prejudices.



*Trick #1—Not everything is better grilled.
Sweet Mouthful comes out of the refrigerator to end the meal
with strawberries, chocolate, and whipped cream between layers of meringue.
Figure 2*

My Preferences and Biases

I began with campfire cooking as a kid and graduated to a small hibachi as a young adult. When I became a home owner I moved “up” to Weber kettle. I enjoyed cooking with briquettes, but in the wet climate of the Pacific Northwest I was often frustrated by the difficulty or unreliability of starting a fire (and predicting when I could start cooking). I never owned a smoker, wet or dry. Later I moved to a Weber gas grill which I played with for 13 years. I loved the convenience even though I replaced the “innards” many times. In later midlife, I decided it was time to think about something more enduring such as stainless steel and a natural gas hook up. Initially, the price put me off. Then my wife was diagnosed with breast cancer. As a distraction to that difficult time, I began investigating the art of the grill. On the day of my wife’s surgery the owner of Iron Works offered me a grill in exchange for writing a manual (entitled *Grill Buddy*). My wife emerged cancer free, and I submerged myself in the way of the grill. Her health and my grill are now intertwined in my soul, with a passion for each. (This chapter of my life is summed up in the *3B2K Scrapbook* available online for a donation-fee.)

Once I hooked up the grill to the natural gas I no longer had to worry about the tank going out. The flame control was excellent and the gas was cheaper. I never looked back. I

could slow-smoke at 150°F or quick-grill at 500+°F degrees with the twist of a knob. Now you may not have my good fortune or even care to use gas. I just wanted to start by being up front with you about my biases: gas, convenience, flexibility.

I know that if you want to smoke foods with any depth of flavor that you need a real barbecue smoker. Likewise, you may have your preference for cooking with wood or briquettes. If so, you may want to try another book. But if you are interested in learning my recipes with their Pacific Northwest emphasis on fish with “local” spices like espresso coffee, casual dining and convenience then you may want to consider using this book as a prompt in your own barbecuing explorations.

I believe you can approximate a tasty smoker by cooking around 150°F to 220°F and using a cast iron smoker box for 1 to 2 hours. Most of the recipes use either direct cooking (grilling) or indirect which is a hybrid method standing half way between slow barbecuing and fast grilling. Likewise, some recipes call for beginning with grilling to brand and seal the food, followed by slower cooking using indirect heat.

Converting Recipes From Gas To Charcoal or Wood

Because I use a gas grill, you will see references to turning burners on and off. Again, cooks using briquette, hardwood coal or wood can approximate the gas grill controls by arranging their fuel in a manner to replicate low, medium and high gas settings

If you are using briquettes or hardwood charcoal you will need to create two to three heat zones corresponding to high, medium, and low or indirect. At one end you might have a double or triple layer of briquettes perhaps three inches thick representing high heat, usually for direct searing. Then taper the fuel to about 1 layer or 1 inch thick. This represents medium direct heat. Finally, you will benefit by having some space with no coals or briquettes for low or indirect heating. Therefore, one can start by searing the outside of a thick steak at the high heat end, and then move it to the medium or indirect position to finish cooking the interior. Likewise, if a constant flare-up threatens a piece of meat you can move it to a lower heat area. Alternately one can build a two-zone fire by placing fuel one side and leaving an space empty on the other. Meat can be moved from high, direct heat to low, indirect heat.

Converting Old Family Oven Recipes

Many times, you have a favorite recipe that you may want to convert from an indoor oven technique to an outdoor barbecue method. When your recipe calls for 400°F in an oven, you can probably translate this using indirect on the outside with the meal on the inside. You will also probably have to increase the cooking time by 20% since if this only produces 325-350 °F.

DIRECT AND INDIRECT COOKING

As in any art, enjoying a bit of competitive zest, people debate the terminology and the methodology for cooking outdoors. As noted before, part of the confusion arises from the fact that certain words like *barbecue* refer to both a cooking method as well as equipment. The word *grill* can be used as a noun to indicate your beloved appliance, as well as a verb describing what

is called a direct heat cooking method. The words grilling and barbecuing also define a more general concept of cooking outdoors.

This discussion is peppered by the different pieces of equipment and the different vocabularies such as wet and dry smokers. Cooks endlessly debate about using charcoal briquettes, wood, electricity or gas. On top of this, you'll find that certain kinds of outdoor cooking are more prevalent in different parts of the country. Barbecuing meats in a wood pit is very common in the South while Pacific Northwesterners are fond of grilling salmon on a grate as well as cooking indirectly on a plank of cedar or alder.

To simplify the entire process, this book will talk mostly about techniques for cooking rather than sources of heat (gas, briquettes, wood, etc). The two main methods are Direct and Indirect cooking. These terms were popularized by the Weber company, and today most books use these as standard recipe and cooking terms. These two methods can approximate the kinds of cooking done in fire pits, smokers, high temperature grills, and traditional low-heat barbecues.

Direct cooking over a flame

This method is sometimes referred to with more tantalizing words such as char-broiling, grilling, searing, branding. It is probably the most common form of gas grill cooking in the world. Most of the planet has to contend with scarce fuel supplies. Therefore, they do a lot of food preparation first and then quickly grill the food at high temperature.

In commercial restaurants grill temperature range from 400 to 700 degrees. The goal is to produce a branded, char-broiled outside crust, imbued with slightly smoky flavor. Not only are grilled foods pleasing to the eye, their flavor is enhanced by sealing in the juices and it helps to form a tasty-charred crust on the exterior. This creates the look, feel, and taste of *outdoor flavor*.

This method is well suited for kebabs, burgers, steaks, chops, chicken breasts, fish fillets, various shellfish, breads, vegetables. This is probably the most common method used throughout the world. Because it is quick, it is very popular in areas where fuel is scarce.

The searing is done with the cover up and all the burners on. This type of cooking is so intense that beginners often underestimate how fast the food cooks. Most dishes grill up in less than 10 minutes. It's fast, like a Salsa dance.

Should The Cover Be Up or Down?

Grill cooks debate whether direct-grilling benefits from the cover down or up. You may want to leave the lid or cover up when grilling thin, delicate, or small pieces like kebabs, vegetables, thin steaks, chicken breasts or fish. Thicker or tougher meats often do best with the lid down and using indirect heat. Remember with indirect cooking you are really smoke-roasting which combine and oven and smoke effect.

This discussion is further complicated when cooking thick chops or burgers. In this case, one often sears the outside with the cover up, then finishes off with indirect cooking and the lid down. In this case the indirect is a bit cooler and penetrating, thereby allowing for cooking the center more thoroughly.

Indirect cooking over a low to moderate fire

Purists suggest that this is the only true barbecuing method. It relies on low temperatures around 200 to 325 degrees, where food is slow-cooked two to six hours. Indirect barbecuing relies on an oven or baking effect. This method works well with large pieces of meat over six pounds such as ducks, pork roasts, turkeys, and beef roasts.

This method approximates the traditional barbecuing done in wood pits or in wood stoves where the food is cooking in one chamber while fire and smoke are created in another. Barbecuing with smoke produces excellent results with inexpensive meats like briskets. In this instance, the process helps break down the tough, connective tissues. This method probably originated in the North America and nearby islands. It reached perfection in the southern part of the United States. Using a single burner and a smoker box, one can simulate the traditional barbecue cooking method on a gas grill.

Some gas grill cooks swear by the indirect method because they feel it provides the best blend of both the quickness of direct high-heat-cooking along with a slow-cooking smoky effect. Indirect cooking is easily accomplished on the gas grill, by simply turning knobs to the “off” position. The lid is closed as in a oven, but the encircling smoke makes this cooking method far different from traditional oven work.

Try a drip pan

With indirect cooking you can place the meat directly on the grate or on a rack over a pan. There are three conditions that may warrant using a pan.:

- 1) When you plan on a long cooking time for large or fatty items such as a duck, turkey, ribs. The drip pan will collect fat, and the juices can be used for a gravy.
- 2) When you want to add moisture during slow cooking. This may be important when you plan to cook two or more hours. Pour beer, water, wine, or marinade into the pan.
- 3) If you want to reduce the mess use a pan. At lower temperatures, fat may not burn off so easily and a pan protects your burners.

Summary Chart For Terms and Temperatures

Many people profit from the big picture. Here it is in a chart.

Type of fire Alternate terms General heat setting	Approximate temperature range	Gas and Charcoal Settings	Notes, benefits
<i>Direct Cooking</i> (right over the flames) <u>Alternate terms</u> Grilling, Searing, Char-broiling, Branding HIGH	375 to beyond 1000+ °F	Gas-All burners on Charcoal-all in the center where you cook over coals.	Works well with thin tender cuts, adds a smoky char or crust that is flavor-packed

<i>Indirect Cooking</i> (heat is off to the side) <u>Alternate terms</u> Smoke Roasting MEDIUM	225 to 375 ^{°F}	Gas-Outside burners on, cook over inside Charcoal-Coals are on the sides or to one side and you cook in the center or opposite side.	Works well with thick chops, whole birds, prime rib, rack lamb, roasts Uses a combination oven-smoking effect, hence the term smoke-roasting.
<i>Slow Indirect Cooking or Barbecuing</i> <u>Alternate terms</u> Smoke Cooking Slow Cooking LOW	150 to 225 ^{°F}	Gas-Single burner on low Charcoal-Fewer coals are used or fuel is in a separate box.	Works well with inexpensive meat. The process breaks down connective tissues and tenderizes tough cuts. True barbecuing, usually done with a smoker for long slow cooking with smoke. Often using aromatic flavors from wood or herbs plus a water pan to keep foods moist.

BRANDING AND SEARING THIN PIECES

As in any cooking, appearance plays an important part in enjoyment of the meal. A steak without grill marks and fish without a char-broil brand seem unfinished. It's easy to brand the meat and create cross-hatch or other grill marks when grilling.

This type of cooking is very fast. You won't have time to read the stock quotes, make a cell phone call, or measure with thermometers and gauges. It is generally done with thinner cuts. You can also brand thicker cuts, but then smoke roast a little afterwards (as explained in the next section)

The good news is that branding meat is exceptionally simple and is timed by your favorite beverage. The basic dance move involves two-minutes, two-sips, two rotations...then repeat. It is like doing a Salsa dance except instead of sweat, you end with a flavorful crust, char-broiled steak, fish fillet, or pork chop. And inside the meat will be a tender, red medium-rare (or well done if you Salsa dance longer).

Here's how the dance is done in detail. Searing be used for about 85% of your outdoor cooking needs when you are using thin cuts. It's done in twos: two sips, two minutes, two turns.

- Pre-heat grill for at least 10-15 minutes, all burners on, or wait for coals to turn white ash.
- Lightly oil the grill and place the food all in the same direction and close lid.
- Take 2 sips of your favorite beverage and wait 2 minutes with lid down.
- Using a tong or spatula, rotate the food 45 degrees to make diagonal crosshatches.
- Take 2 sips of your favorite beverage and wait 2 minutes with lid down.
- Using a tong or spatula, turn food over and close lid.

- Take 2 sips of your favorite beverage and wait 2 minutes with cover down.
- Using a tong or spatula, rotate the food 45 degrees to make diagonal crosshatch.
- Take 2 sips of your favorite beverage and wait 2 minutes with lid down.
- Remove food when cooked to desired doneness.

COMBINE SEARING WITH SMOKE ROASTING FOR THICKER CUTS

If you sear and brand with a thick 2 inch steak for only 8 minutes, the middle won't be done. The food needs to be finished at a lower temperature to avoid burning the outside. To achieve this, first sear and brand the meat, then gracefully finish over slower, indirect heat as you waltz into doneness. In the process, you seal in the juices, brand the meat with cross-hatch marks, and produce a tender and flavorful meal.

MINIMIZING FLARE UPS

Many cooks and various authors suggest having a water gun or squirt bottle handy for those moments when the grill flares up, and a flame shoots up towards your meat. They reason that the water will cool the hot spot. Everyday cooks realize that the water simply shoves the hot grease elsewhere and sometimes douses the food. The simplest strategy is to move the food to another spot on the grill, again typically towards the front where it is cooler. And when using a marinade containing oil or other fats shake off excess marinade before placing the food on the grill.

It should be pointed out that many meats will create occasional flare ups, when the fat hits the lava rocks or burners. This smoke creates the char-broiled flavor—this is good. However, if you find your food is sitting in a constant flame, then move the meat forward to a cooler spot, or to the side over an off burner.

WINTER COOKING AND OTHER INTRIGUING CHALLENGES

Have you ever planned an indoor picnic for January in your living room? Take a bike ride on a cold, clear winter day and you'll ride all the way back to summer. The crisp air, bright sun, and absolutely clear blue sky brings it all back. You can also cook your way back to July in December with winter grilling.

If people didn't cook when it rains in the Pacific Northwest then the barbecuing season would be limited to late July through middle October. Sometimes you just can't wait for summer to enjoy the good life. Life is short enough, so eat desert first or at least grill in the "off" seasons.

Cooking on wintry or windy days requires some minor adjustments to the challenging weather conditions. First, if your grill is movable, place it so the air intake vents are perpendicular to the direction of the wind. If you can't move the grill, try putting up a wind barrier. To further prevent the flame from being blown out, never place the burners on anything

but high. Even then, you need to keep a watchful eye on the flame. If it does go out, turn off the gas, open the lid to air it out for about five minutes, and then re-ignite.

Winter is also a good time to use a grill or cooking thermometer to assist you in out thinking old man winter. Monitor temperature of the grill because it often requires adjustments as wind or temperature changes.



*Even on a rainy day we have sun breaks
About 57% of grill owners barbecue year round
Figure 3*

A SMOKING STRATEGY FOR GAS GRILLS!

In a traditional smoker, the temperature is kept very low, and the smoke is often produced in a chamber separate from the food. This allows the smoker to generate a gentle stream of smoke that curls and caresses the food over several hours. In gas grilling the air flow is more turbulent, constant, and less controllable.

The jury remains out on whether you can create a true smoker effect with gas grills. It is definitely true that a smoker built for slow cooking is the best device on the planet for adding that smoky flavor. I've tried every conceivable method for adding smoke to a gas grill: wrapping wet chips up in a tin-foil cigar, tossing wet and dry chips on the burners or coals, placing a smoker box with chips over a burner, repeating all of the above with chunks and pellets instead of chips.

A lot of ink has been added to paper in the great debate about what kinds of woods aromatics to use. In the Pacific Northwest we have an abundance of alder and sometimes enjoy cedar even though it is not a hardwood. Fruitwoods like apple, cherry, and pear work well as do nut woods like pecan and walnut. Mesquite and hickory are popular and available in most places. Other people have added herbs, twigs, and leaves as they search for new nose surprises.

I have concluded that it is relatively pointless to try and smoke at high temperatures. At most, you'll get about 15 minutes of smoke time at high heat, whereas true smoke flavor requires at least 45 minutes to several hours. The following method has proved infallible for slow, low cooking. However, you may have to tinker and experiment to get it to work as reliably on your grill. This is an excellent method when slow-cooking foods like ribs or salmon or pork shoulder.. For smoking over 90 minutes, I generally prepare 2 smoker boxes and place the second one in during the second 90 minutes.

- 1) Use a cast iron smoker box, sheet metal if that is all you have. Fill the box with the wood chips you intend to use.
- 2) Remove half the chips from the box and soak the chips overnight. Besides water, you have the option of soaking wood chips or chunks in beer, wine, or apple cider. You are limited only by your imagination.
- 3) Drain the wet chips and place them on top of the dry ones in the smoker box.
- 4) Place the smoker in a rear corner, perpendicular to the heat source or gas burner. Then place the smoker box so that only half is directly over the burner and the other half is extended off, typically over lava rocks. This way, half of the smoker sits directly over the heat source and half is off. (And, if you are using briquettes you will have to place the smoker near, but not on the coals.

In a Weber gas grill the box will be sitting on flavor bars and thus it is farther from the actual heat source. In this instance you probably need to place the smoker box so it gets maximum heat. This means putting the smoker box parallel, directly over the gas burner).



Picture of the Smoker Box sitting perpendicular to the gas burners.

Figure 4

- 5) Pre-heat on high with all burners going at once. Once the smoker chips start to ignite, in about 5-10 minutes, turn all the burners off except the one burner where the smoker box is laying across. Turn this burner to medium or low, whichever allows you to cook at around 150 to 225 °F. The first time you may want to use an oven thermometer to determine the setting for the gas.
- 6) Place your food product on the opposite side of the grill, furthest from the heat source. Then close the lid...and no peaky!

Try to open the grill only one more time to check the meat. Smoke-cook the meat indirectly for about one hour, then open and slice into the meat to see how done it is. On ribs this is often a 2 hour process, whereas salmon takes about 1 hour. In the next 15-30 minutes you can mop your meat with barbecue sauces or other succulent nectars and finish off the deed!

Before trying this smoking technique on your gas grill, check with your grill manufacturer to ascertain if it can be safely done.

A TOTAL BARBECUING STRATEGY

Let's sum up the entire process in one single listing. You might want to refer back to list before you begin your next barbecue and compare your current practice to some of these suggestions.

Step 1—Decide On A Cooking Method

The first step begins with questions about how you want to cook the food. Is the food thin or thick? Will you be searing and branding 4 minutes on a side (8 minute total) for a steak or fish fillet? Or, do you have a thick lamb chop requiring a both searing and indirect smoke roasting? Is the cooking process going to be slow for a turkey or prime rib of beef? And answering these questions helps you plan the sequence, get the right tools, and choose a worthy beverage for the occasion.

Step 2—Pre-Heating For 10 To 20 Minutes

For most cooking you will want to turn all or most of the burners on to get the fire box and grate good and warm. Even when using indirect cooking it is smart to get everything nice and hot. This includes the briquettes or for gas grills the heat sink (e.g. flavor bars, lava rocks). This way when juices slip into the cooking area they turn into smoke and create the barbecue flavor. If you have a new grill, you might want to place a temperature gauge on the lid or the grate to begin identifying different temperatures with different methods and results. While waiting for the pre-heat some cooks like to remove the food from the refrigerator to bring the food to room temperature.

Step 3—Clean Grate And Then Lightly Oil It

When everything is good and warm, take a wire brush and lightly clean off old food debris. This prevents flavors from the last meal contaminating your current bundle of joy. You may want to use a mitt or glove and long-handled scraper.

Then to prevent sticking you'll want to lightly oil the grill. This may not always be necessary when your food has a high fat content. But it is almost always helpful when direct grilling to add a bit of oil to the grate (especially for thin or lean pieces of meat, seafood, vegetables, or breads).

Never spray oil onto a hot grill or over a flame. Instead use a paper towel, brush, or clean cloth dampened with oil. An alternate method involves rubbing the grate with a fatty meat such as bacon or chicken fat, holding it with tongs or a fork. To further prevent sticking don't move food a lot. Let the food sit undisturbed long enough to sear, a few minutes, then consider rotating or flipping it.

Step 4—Grill Your Heart Away

If you are cooking directly, you can leave the lid up or try it down. And, if using the indirect method, try not to open the lid more than is necessary as this disturbs the convection process and lowers the temperature. This is especially important with large cuts of meat.

Those cooks who enjoy using the indirect smoke roasting method will want to reduce the heat to one or two outside burners. Finally, try not to stab meat when turning or moving it because the juices will run out. Instead use tongs or spatulas. Many grillmeisters believe it is best to err on the side of undercooking and if the food is not done, then finish it back on the grill or in an oven.

Often people will baste the food with oil or yogurt based marinades during the cooking. But when using a sauce with sugars, apply it towards the end of the cooking to avoid burning the sauces.

Step 5—Test For Doneness And Let It Rest

Food sits on the grill waiting and waiting in the undone state. Suddenly it is done. Then it drifts into the dry and overdone state. To catch it at the peak of perfection you can try various methods. These include using a thermometer, using your sense of touch to check firmness, look for signs such as white liquid on salmon or meat pulling away from the bone. Before you try a new recipe or new type of food it is probably best to rely on more than one method.

Aside from aesthetics, under-cooked meat presents a health problem and over-cooked leaves you disappointed. The most precise test is to use a meat thermometer. Use an instant-read thermometer and stick it in the thickest part of the meat, and avoid touching a bone which has a different temperature than the surrounding flesh. Generally, food is not safe or cooked enough until it reaches a specific safe-temperature. For example, a minimum temperature for beef or lamb is about 140 degrees (or use 160 for safety), pork, chicken and turkey at 160, duck and squab at 170. Check with your local health department for recommended temperatures in your region. More importantly, use a meat thermometer to precisely check the temperature.

Over time many cooks are able to tell when meat is cooked to their particular preference by noting the appearance and feel. For instance, if you poke a fork or skewer into the thickest part of a turkey or roast, the juice coming out should be clear and not reddish. On fowl, try wiggling the drum stick, which should feel very loose. Many outdoor grillers test for doneness by slicing in to a thick part and noting the color and texture.

One of the surest ways to check for doneness is to take a visual check. Cut into a thick part and sneak a peak of the color. Compare the look of the meat to the color when it is uncooked. Here are some doneness indicators:

Shrimp and seafood—almost opaque with the very center touched by translucence.

- ◆ Chicken—opaque similar to fish (as opposed to pink and translucent)
- ◆ Pork—white with a slightly pink cast (as opposed to translucent and very pink)

- ◆ Beef—as pink or gray as you desire (where gray is well-done and bloody pink is raw-rare)
- ◆ Mushroom—moist all the way through

Slicing in and peaking is a surefire way if you know what the done-state looks like. Remember, when cooking thick pieces, try and take it out just before it is perfectly done since food will continue to cook with the resident heat. And yes, you will make mistakes in over and undercooking. Constant checking will help you in the beginning to remove the food at the best moment.

Some cooks like to play with their food. They will press down on the thickest part of fish. When it breaks off into large, firm flakes it is probably ready. The same method can be used with thick pieces of meat such as fillets, steaks and breasts. A rare piece of meat will yield to the touch and feel soft as when pressing in at the base of your thumb. A well done piece will feel springy and resist your pressure. To master this method, prod the food when it is done to your liking, and note the firmness for next time.

Remember you cannot cook by time alone because outdoor grilling is affected by many factors you have no control over. This includes temperature, wind, if the food is uniformly thick (or not), changes in the weather, the cooking method being used, and how often you open the lid. Thus, cooking times will vary.

Step 6—End A Great Meal By Cleaning The Grate

Some 30 to 60 minutes later, after the meal, scrape down the grate as before. This process removes old bits of burnt food and debris. Some people use a wire brush, and often a sturdier tool like a scraper is called for at this time. And avoid washing cast iron grates, unless you plan to re-season it later.

TIPS FOR AVOIDING FOOD CONTAMINATION

In our age of e-coli, mad cow disease, and other yet-to-be named illnesses, one must cook smart and hygienically. The first line of defense involves mastering the art of safe food preparation in order to eliminate food borne illness. Sickly germs travel quickly and easily if you are sloppy in your use of bastes or sauces. Here are a few tips to keep in mind to make enjoying your next meal an experience in remaining healthy, wealthy, and wise.

- ◆ Pour off the amount of sauce, baste, or marinade you think you will use and only dab your mop or brush in this reserved amount of sauce. Throw away any left-over sauces or marinades, do not pour back into the original container. (This is a real heart breaker when the sauce uses expensive whiskies or exotic ingredients).
- ◆ Also, after brushing meat with sauce, never put the mop or brush back in an original container that contains sauce you plan to use again. This will transmit bacteria from uncooked meat to the new sauce.
- ◆ Likewise, if you want to enjoy a sauce or marinade during the meal, do not re-use the liquid at the table. Just set aside extra sauce or marinade for the table and use the remainder only on the uncooked meat

- ◆ Use more than one cutting or carving boards. Confine raw foods to one board and cooked or finished foods to another in order to avoid cross-contamination. Take two plates out when you grill. One carries out the uncooked foods and the other returns them to the kitchen. Similarly don't use the same board or utensils for both raw meats and vegetables; otherwise you risk what is called cross-contamination.
- ◆ All marinades should do their work in the refrigerator. They can sit out for 15 minutes on a warm day and then should be put in cool storage.
- ◆ Do not defrost meat, fish or poultry at room temperature because the outside can grow bacteria while you wait for the inside to thaw. Instead, plan ahead and defrost in the refrigerator.

THINK SAFETY WHEN BUYING FOOD AND COOKING

When buying meat look for items that appear fresh and stamped with FDA approval. Avoid buying on-the-spot sellers who may not heed safety regulations. When buying fish make sure it is stored in ice, and not sitting in the same display case as red meat. Believe it or not, most fish sold in retail stores is frozen. Sometimes consider taking it home frozen, especially if you are not going to use it within 24 hours. This is better than buying unfrozen fish and then refreezing it.

Avoid fish with dull cloudy or bloody eyes, and strong odor. The meat should have consistent coloring and appear moist, but not slimy. Never purchase shellfish with open shells. To insure keeping meat well refrigerated, buy it last during shopping and immediately refrigerate at home. If you will not be going home immediately ask the butcher to pack fish products in ice.

Three Gas Grill Safety Rules

Rule #1—Read the manual and heed the advice.

Rule #2—Don't wear loose fitting clothing near grill, watch sleeves

Rule #3—If burner won't light, open lid, let gas escape...wait 5 minutes and relight
Check for leaks if you don't use grill for several months.

ACCESSORIES

Ah accessories...no wallet is safe. Let me illustrate this with an email I wrote a friend. I faced a loss of domestic tranquility when I began to collect barbecue accessories.

Dear Dave,

When I turned 50, I decided to travel back to my youth and buy a bike. It was not a department store bike, it was a "serious road bike." My wife passed out when she got the first credit card bill, but her heart really got going when she got the next two bills. Our discussion went something like this:

In a mocking tone, my financial sweetheart asked, "Dear, why did you have to spent one hundred and fifty dollars on two shirts and two pair of shorts?"

I replied without any hesitation, "Those are jerseys, not shirts, and they wick away sweat while keeping me warm. The shorts come with a padded chamois in the crotch. I really couldn't ride without it. It's essential for comfort and it prevents chafing.

Now Judy glowers as she continues reading down the statement, "And the rain coat you bought costs more than the sports jacket you never wear!"

"Oh, but it has about a dozen zippers so I can ventilate on hills and stay warm on the descents. Gosh there must be about five different pockets. It's really cool, you want to see it?" She breathes fire and retorts, "Locks for thirty-five dollars and sunglasses for seventy five!"

I shrug and her final comment burns me, "The bike was the cheap part!"

Now Dave, I've gone ahead and purchased that rib rack you suggested for achieving professional results. And, I couldn't pass up something called a Chicken Throne. I figure I can use the fish screen for cooking both shrimp and vegetables too.

In the past your advice has been outstanding. I'm now a much better cook than I thought possible. I'm sure you know why I'm writing this time. What am I gonna tell my wife?

Gotta go ride to the top of Tumwater Hill where the view is spectacular and the silence will be welcome.

Your grill-buddy,
Martin K.

The First Accessory Is The Most Pungent

More and more researchers are discovering that our memory and sense of taste are strongly affected by our sense of smell. There is no better testament to this notion than the use of fresh herbs. As a kid I played in the shadow of an Elm tree in California. Whenever I cook with bay leaves I am brought back to those sunny, playful moments. When the bay leaf is chopped fine, it fully releases the outstanding aroma that is only partly available when used whole.

To keep the cost down and your sense of pleasure up, you have two options. The first is to try growing herbs year round to keep the costs of cooking down and eliminate waste of unused fresh herbs. The second option is to locate a source of high quality inexpensive dried herbs and spices. Often local ethnic stores and spice catalogue companies (also on the Internet) provide high quality, fresh seasonings at up to half the cost of grocery stores with their racks of stale spices.

In my home town we are fortunate to have Buck's Fifth Avenue Culinary Spice Service. Anne Buck sells seasonings from every ethnic group and region. Most importantly, she sells it cheaply and in small sample quantities if you like. See Appendix 2 for an internet connection to Anne Buck's store online.

Your very next book should not be about barbecuing, but rather about growing and cooking with herbs and seasonings. Mr. Herb and Ms. Spice are not my neighbors but they are my best cooking friends. Here are a few tips to get the most out of our friend Herb and Spice.

- 1) When you want to use a fresh herb instead of a dried one, you must typically double or even triple the amount because fresh herbs contain so much water. Dried herbs on the other hand can be more intense in flavor and are certainly easy to store
- 2) Seasonings with heat such as cayenne, Tabasco, chili powder, cumin often lose their intensity during grilling. Therefore, if you use the hot spices to make a dipping sauce, you may want to begin with half the amount suggested. But if the seasoning is only going to be used as a marinade, rub, or sauce which will be cooked, then you can often stay with the original amount. (Some people who crave "heat" may want to increase the amounts).
- 3) Experiment and try substituting your favorite herb for another. For instance, if a recipe calls for Turmeric (which is from India) research its flavoring. One book described it as related to ginger with a hint of pepper and orange. If you don't have it, or if you don't like it, try substituting ginger for a similar effect. I never met a garlic I didn't want to peel and crush and add to most dishes. Perhaps you simply can't handle this odiferous leak. Leave it out or try something else you enjoy more.
- 4) What do you do with herbs left over from cooking or the garden? First, all dried herbs should be kept in air tight containers, away from light and excessive heat. Herbs over a year old probably should be replaced. Fresh chopped herbs left over from cooking can be left out to dry on a paper towel. If they are used right away, and still moist, then treat them as fresh herbs. If they are dried out, remember to cut the quantity in half for recipes.

If you have herbs from the garden left over, you can rubber band them together and with the help of a paper clip, hang them from your kitchen cabinet door knobs. It produces a well scented kitchen. Don't try to dry them in the damp basement or the gas-fumed garage. Most herbs become more intense as they dry. Parsley, tarragon, basil, cilantro probably do better stored in a glass of water where they can root and survive. Wet or dry, you win.

Also consider the total effect of your meal. When I cook spicy food I like to serve a simple side dish to help "cool" the meal. Typically, I offer applesauce, mashed potatoes or a fruit with the meal. These don't compete and they help cleanse the pallet. I have also found that the intensity of chocolate serves as a pleasing balance when the food I serve comes with a mouthful of flavor.

The Second Accessory Makes Your Mouth Water

If you plan on using herbs regularly, then find a device for grinding up fresh and dried seasonings. My favorite is a coffee bean mill. You will find it invaluable for chopping up dry spices like bay leaves, caraway seeds, and fresh herbs and garlic. If you buy your herbs “cut and sifted” or in their seed or whole form, you can keep the spices fresh until are ready to release their odiferous magic with a grinder. It is like storing coffee beans and then grinding them before brewing.



Basic Tools

Glove, grinder, brush, scraper, thermometers

Figure 5



Useful Tools

Smoker box, fork, spatula, perforated screen

Figure 6

Tools Of The Trade

Over time, you'll find barbecuing goes smoother with a few simple tools of the trade. Many times you can find these online or in catalogues. Sometimes the best deal is at your local hardware store. I once purchased a grill “mitt” for twice the price of simple leather gardening gloves. I always use the gloves and hardly ever use the mitt these days. Here is my short list of items to consider.

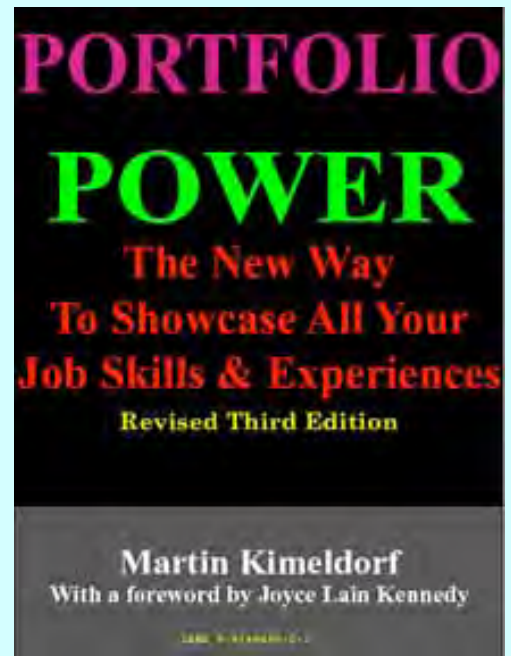
- ◆ Timer
- ◆ Thick, leather gloves from hardware
- ◆ Paint scraper from hardware
- ◆ Wire brass brush for scraping grill
- ◆ Long handled tongs
- ◆ Long handled spatula
- ◆ Long handled brush
- ◆ Long handled fork
- ◆ Large self-sealing freezer bags

- ◆ Skewers (bamboo or metal) Try to find parallel ones for holding delicate foods like shrimp or vegetables.
- ◆ Small table or places to set up sauces, holding dishes
- ◆ Tin Foil
- ◆ Fish turning spatula (if you plan to cook fish on the grill)
- ◆ Wood chip smoker box, preferably cast iron.



A perforated screen in the back allows for quick and easy handling of mushrooms and asparagus. In the front marinated flank steaks are nearing their tenure on the grate.

Figure 7



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CHAPTER 3—GRILL SORCERY: Marinades, Rubs, Brines & Sauces

As a leisurely gas grill guy, I generally resort to using marinades first, rubs second, and brines on special occasions. Most barbecue marinades are combinations of an acidic solution (like vinegar or orange juice), oil, and seasonings (and sometimes sugar). Rubs, on the other hand, traditionally combine salt and sugar in equal amounts along with peppery and/or fragrant condiments. Sometimes a rib is best when it marinates in a rub and then later slathered with barbecue sauce at the table. And nothing beats a brine cured rib, slow-cooked with smoke. Different seasoning strokes for different folks.

But before we launch, it is important to stop and note that there are no sacred rules that can't be broken. And for the rebels in the crowd, help us to grill sacred cows in order to make way for experimenting on the barbecue.

Your Style Evolves Out Of Experimentation

I have never found any ingredient sacred to a given recipe. Nor is any one baste, rub, glaze only usable on one kind of food. Many fish sauces work very well with chicken and beef and visa versa. You can substitute one kind of herb or another, perhaps using ideas from *Appendix 1—Spices and Herbs*. You can add and subtract items with little injury. To paraphrase a mantra from the “creative thinking seminars” try to “cook outside the box” or as we know from kindergarten, color outside the lines...but not on the walls. As you translate your preferences into habits of barbecuing, you create your style over time.

Tips For Reducing Salt And Calories...

Some of us are supposed to be watching our salt intake. One alternative is to use the tang of lemon powder as a substitute for the sparkle of salt. In addition you might want to make the lemon flavor a bit more complex by adding such things as paprika, chipotle, onion, or garlic powders. There are also commercial salt substitutes available. The acid in lemon cannot cure the meat in the same way salt does, but it can infuse the same kind of zest which salt adds to foods.

Most of the recipes in this book use a typical barbecue portion of salt. One can easily reduce the recipe amount and add it back in at the table. This includes marinade-brines as wells. In addition, most recipes call for coarse or kosher salt. If you substitute regular, granular table salt you need to cut the amount back by about 30% because the small salt particles mean more is used in measuring.

People who want to reduce calorie intake might also investigate barbecue books about seafood and vegetables. In addition, the *GutBusters* low-fat barbecues cookbook from dieter-cooks in Australia provides some very simple and low-cal recipes. One simple piece of advice culled from the pages suggests substituting yogurt for butter or oil in marinades.

MARINADES

First and foremost marinades add flavor and the oils help seal in a juicy quality. This protects meat from the intense heat of grilling, that tends towards drying out food. Rubs offer an additional way to pump up the flavor of bland meats such as skinless chicken, ribs, and fish,. Sometimes I enjoy pasting a wet mustard rub onto a rack of lamb or pork chops. Marinades can work wonders with tougher, leaner or less expensive cuts of meat like briskets, chuck steaks. But don't overlook their flavor enhancing qualities with delicate fish, juicy lamb, and marbled choice beef.

It is interesting to point out that the first marinades were briny solutions used mostly to cure or preserve meats and fish. Today, marinades primarily act as flavor enhancers first and tenderizers second. Researchers have shown that when meat is marinated it reduces the build up of HCA (Heterocyclic amines) by 92 to 93%. This may have some health benefits because HCA has been shown to cause cancer in laboratory animals (but not people).

Because oil does not mix well with herbs and acidic liquids you must shake them up like you do with salad dressing. Begin by mixing the seasonings and vinegars (or fruit juice) in a jar. Then add in the oil and shake it all up. This process is called emulsifying.

Place the food in a non-reactive or glass bowls or re-sealable freezer bags. You don't have to have the food product continually submerged but you should turn it a several times to make sure food is evenly coated. Otherwise, the seasonings just settle out and some parts can become over-salted or over-seasoned. If you poke holes in the food the liquid marinades will penetrate more deeply. And whenever you marinate for over 15 minutes, especially in hot weather, place the food in a refrigerator.

Trick #2—Always reserve a bit of your marinade. Seconds after you remove your food from the grill, splash or mop a little onto the warm food to add a glossy sheen and to amplify the flavors which have cooked off during grilling.

Red Wine Marinade

The wine in this recipe delicately flavors food without overpowering. As the aroma of wine mixes with lemon and thyme you'll know what elegant simplicity is all about. An affair with your nostrils awaits you. The Red Wine Marinade does an excellent job on both vegetables as well as lamb, and thus it is well suited for shish ka bobs. Skewered chunks of lamb donate juices to the fires, producing a curling smoke which embraces the tomatoes, onions and peppers. For tips on using this with vegetables see the *Veggie Kabobs* recipe on page 106 .

Ingredients and steps

Combine the wine, oil, lemon, garlic, thyme, salt and pepper in a non-reactive or glass bowl or jar and whisk or shake it all up. Then place in a large freezer bag with meat and vegetables (but in separate bags).

1 cup dry red wine
1/4 cup oil
Juice from one lemon
2 garlic cloves, minced
2 tsp. Dry powdered thyme

1-1/2 tsp. salt
1 tsp. fresh pepper

Sweet Vermouth & Ginger Fish Marinade

This slightly sweet marinade works well with many different kinds of fish, especially those which can easily be grilled like tuna, salmon, swordfish, shark, and some cuts of halibut.

To make handling the fish easier, use a fish turner. Or if the fish is delicate and hard to turn and keep intact, use a fish screen or wire basket. The special marinade works well if you give it time to cure, at least 3 hours. It turns into a brine-marinade when you increase the salt to 1 teaspoon and leave it to cure overnight.

Method and Preparations

Use direct heat to sear and for cuts over 1 inch thick, finish with indirect heat.
Marinate for 3+ hours.

Ingrededs

1-2 lbs salmon fillets, cut 2 inches wide

1 Tbs. golden raisins
1 Tbs. grated fresh ginger
2 cloves, crushed garlic

1/4 cup soy sauce
1/4 cup sweet vermouth
1/2 large lemon, juice
2 tsp. sugar
1 tsp. lemon zest (rind)
1/2 tsp. kosher salt

Steps

Rinse and pat dry salmon. Salmon should be cut across its length, about 2 inches apart. On the thin end, give it 3 inches. Your goal is to make the fish easy to manipulate, like small steaks.

In a food processor or grinder process the raisins, then add ginger and garlic until it is a bit pureed. Place this concoction in a jar.

Add the soy, vermouth, lemon, zest, and salt to the jar, put on a lid and shake it up, baby. Place the salmon and this sauce in a non-reactive bowl, skin side up to insure the flesh is totally coated. Let it sit at room temperature about 10 minutes and then put in the refrigerator for 2-3 hours. Occasionally rotate or flip the fillets.

Remove fillets from marinade and put on a plate. Brush oil on both sides.

Oil the grate. Place salmon skin side up, and lightly baste with marinade, then sear for 2 minutes. For fillets an inch or less in thickness sear quickly over a hot grill. Thicker cuts will take longer, therefore, use a lower temperature to avoid burning. Alternately, you can sear both sides and then finish off with indirect heat.

Turn over and baste with sauce. Cook until done, about 2 to 6 minutes depending on temperature and thickness of fillets. (Throw out remaining marinade). Serve with lemon on the side.

Root Beer Rib Marinade

You want ribs...Then you want to use this marinade overnight. Give it time, like 1 to 3 days. Try this marinade with the *Peanut Butter and Root Beer Ribs* recipe found in the section on pork on page 93. This makes enough to cure and flavor about 4 baby back pork ribs (about 4 lbs).

Ingredients

2 cloves finely chopped garlic

1-1/2 tsp finely chopped fresh gingerroot

1/2 cup soy sauce

1 cup water

1/2 can root beer

Steps

Peel the garlic and gingerroot and then mince in an herb grinder.

Combine all the ingredients in a medium saucepan and bring to a rapid boil. Then turn it off and let the marinade cool.

Wash and pat dry the meat. Brush on the marinade. Place ribs with remainder of the marinade in a large freezer bag for overnight, while visions of sugarplums dance in your head.

RUBS DRY AND WET

Sprinkle a seasoned rub on chicken or steak and you sprinkle a bursting flavor onto the meats. Leave it on for several hours (or overnight) and you now have a dry marinade. If you add a liquid such as mustard, wine, or oil it becomes wet rub or paste. A mustard and garlic wet rub painted on a pork chop seals in the juices.

The seasoning will enhance flavor in two ways. First it can add a new dimension of aroma and taste similar to a marinade. In fact, when you leave the rub on for over an hour, most cooks describe it as a marinating process. And secondly, rubs add a new texture because they form a mouth-watering crust. Paul Kirk, baron of barbecue, adamantly states that all things being equal, the rub will make you into the "neighborhood barbecue king".

The word "rub" can be misleading because many grillmasters argue that the dry seasonings should be liberally sprinkled over the meat and not physically rubbed into the flesh because it will clog the pores and prevent other flavor enhancements from taking hold, like smoke. The opposite opinion also prevails. You'll have to try and experiment to find your truth. Many cooks make slits in the meat to increase penetration. When working with chicken, smear the rub under the skin.

Paul Kirk offers a basic rub formula consisting of one part sugar and an equal part salt. Then he adds about a 1/2 part paprika with about a 1/4 part spicy (such as pepper or chili

powder). Other flavorings are then added at a much reduced rate. If you want to create a rub for high temperature grilling, it is best to leave out the sugars that will caramelize and burn at high temperatures. Steven Raichlen's book on rubs, sauces, and marinades makes a second excellent resource because he includes international recipes which often lack sugar and therefore are suitable for high temperature grilling.

Below is my dry rub—which you can use as a starting point. I like to use it on chicken and chicken livers, as well as pork, and various seafood. Start with the same proportions and then substitute your condiments to create your own signature rub. My rubs tend to be tame when compared to the hot and savory ones found in most books. If you like more heat, add 1 to 2 teaspoons of fresh pepper, a teaspoon of cumin and a quarter teaspoon of cayenne.

MK's Dry Rub

The portions below make about 1-1/2 cups. This small amount will allow you to experiment without depleting your spice supply. It can be used on just about any kind of meat as a seasoning and works especially well as a “dry” marinade.

Ingredients & Steps

In a food processor mix up the following:

2 Tbs. kosher or sea salt
 2 Tbs. hickory salt
 1/4 cup brown sugar
 2 Tbs. paprika
 2 tsp. chili powder, seasonings
 2 tsp. garlic powder
 2 tsp. onion powder
 1 tsp. wheat germ or cracker crumbs to enhance crust building
 1/2 tsp. cardamom
 1/2 tsp. caraway seeds

Place the rub in a dry jar with a tight lid. When you want to experiment further try adding some of these others in place of cardamom and caraway.

Allspice	coriander	2 bay leaves, ground
Thyme	marjoram	ginger
lemon pepper	fennel	espresso beans, ground
cayenne	fresh pepper	cumin

A summary of spices is included in *Appendix 1—Spices and Herbs* found on page 112.

Espresso Wet Rub

When you combine the brooding flavor of espresso with the smoky flavor of chipotles the sorcery begins in earnest. This rub forms an outstanding, exotic crust. It goes well on tender as well as lean and tougher cuts such as brisket. You should also consider using this rub for a prime rib roast or other large roasted meats.

Because this recipe contains a double-dare-you set of ingredients, it has been reduced. This makes about 1-1/2 cups, enough to lightly paint the outside of a 6-8 pound brisket or a

small prime rib roast. You may want to double the recipe if you want a thicker crust or if you are using a larger piece of meat. This rub is only for cooking indirectly and a medium to low heat.

Ingredients & Steps

Combine all ingredients in a food processor to chop and mix well. After processing for about a minute or two, slowly add oil until a wet paste forms. Refrigerate until ready to use.

1/3 cup ground espresso coffee beans

3-4 Tbs. kosher or sea salt (amount depends on your health issues with salt)

1/3 cup dark brown sugar

1/3 cup dried parsley flakes

2 Tbs. Paprika

1 Tbs. Dijon mustard

2-3 tsp. Chipotle powder (or 2 chilies from a canned chipotle +1/2 tsp adobo sauce from the can)

2 tsp. garlic powder.

2 tsp. ground nutmeg

2 tsp. Cinnamon

1 Tbs.+ 1 tsp. a “sweet” seasoning (e.g.; ground cardamom, allspice, coriander or see *Appendix 1—Spices and Herbs* on page 112.

1/3 to 1/2 cup corn oil, as needed

Rosemary & Coriander Wet Rub for Vegetables

This is an alternative to the wine marinade. It can be used when grilling vegetables like onions, bell peppers, string beans, asparagus. I like to let the vegetables sit with the rub at least 1 to 2 hours before grilling.

Ingredients

2 Tbs. chopped fresh rosemary

2 Tbs. chopped green onions

1/2 tsp kosher salt

1/4 tsp pepper

1/4 cup balsamic vinegar

1 Tbs. coriander

1/2 cup olive oil

Steps

Combine the following in a food processor and slowly add oil as you process. When it turns into a paste you are done.

Wash and dry vegetables. Then cut up for grilling as needed.

Paint the rub on to vegetable surfaces and let it sit from 30 minutes to 2 hours in a refrigerator.

HARNESSING THE POWER OF A BRINE-MARINADE HYBRID

Today's marinades evolved from the humble brines. These salty solutions were first used to cure and preserve meat for long trips, military campaigns, and camping. Today's refrigeration and freeze-dried foods have changed the brine purpose from preserving to flavoring and tenderizing. Contemporary brines have evolved into a brine-marinade designed to enhance flavor and to compliment smoking processes. For this reason, today's brines tend to concentrate more on adding flavor by adding seasonings and unique liquids such as beer, cider, etc. Brining is most useful when you are slow cooking large pieces of meat. Many pitmasters claim that chicken and ribs are always a candidate regardless of the cooking method.

According to one scientist, brining harnesses the power of osmosis. When the meat (which has salt) sits in a liquid with a higher concentration of salt, the watery brine liquid enters the flesh to make the salt concentrations equal. The side benefits include transporting flavors into the meat. At the same time the meat begins to "cure" or become more solid, reducing the cooking time.

A traditional brine uses one cup of pure rock salt (no iodine or additive) to 1 gallon of liquid. That breaks down to one tablespoon per cup. For health reasons the brines in this book use less salt, and I try to minimize the amount of acid because all of these brine-marinades call for submersion overnight. Finally, if you are concerned about color try adding a pinch of saltpeter for each cup of water to preserve the color of the meat (which often changes during brining). The pickled brine-marinade and the one based on vermouth has worked wonderfully well with salmon and pork ribs, but don't limit your application to these.

It is important that the entire meat be submerged in the liquid and refrigerated. Unexposed meat will tend to taste different. In this book, smaller cuts are being used in self-sealing plastic bags. If you are using a sizeable roast or turkey begin by estimating the amount of liquid needed by placing the food in a large container and adding enough water to cover it. Once the brine is created, you'll need to use a weight to keep the turkey submerged.

How long you submerge the meat depends on the effect you want. You can generally compute it as one hour for every two pounds. However, time is often debated. For instance, for delicate or thin meats such as fish or seafood you can go as short as 30 minutes. Denser meats such as pork, even swordfish and salmon can be much longer. Another factor is the amount of acid such as lemon or vinegar which begins to "cook" the meat and turn it a bit mushy.

To insure the salt is completely dissolved it is best to heat up to a cup of your basic liquid to a boil and then add the salt. Following this you can then add the seasonings and remaining liquid. Some cooks like to experiment with fruit juices, wines, beer, or even diluted vinegars. You can then add your favorite barbecue rub, juniper berries, allspice, onions, sugar, even barbecue sauce. Other ingredients to add might include cloves, coffee, bourbon.

When finished, you just remove the food from the brine and place it on the grill. However, with chicken and turkey it is best to remove, rinse, wrap in plastic and let it sit in a refrigerator an additional 6 to 12 hours. This extra time allows the moisture to reabsorb from the skin. This will allow the skin to crisp up during cooking. I often rinse fish to avoid an overly salty flavor.

Pickled Beer Brine-Marinade

Use this for various meats. It has worked well curing brisket, chicken, or pork ribs overnight. First, bring about a cup of water to a boil and then add the salt. Once dissolved, turn off the heat

and add the brown sugar. With salt and sugar dissolved, add the remainder of the ingredients. Let brine-marinade cool completely before using with meat. (As you experiment with your favorite herbs note that some like turmeric can change the color of the meat, which is only an aesthetic issue, not a cooking one)

Ingredients

1-1/2 cups water

2 Tbs. + 1 tsp. kosher or sea salt (non iodized)

1 can of your favorite beer (1-1/4 cup)

1/2 cup apple cider vinegar

1/4 cup of pickle brine from the jar

1/4 cup kosher pickle, minced

5 Fresh Basil leaves, minced

1/2 cup brown sugar

1 Tbs. Oregano

1/2 cup chopped onions

2 Tbs. of your favorite dried herb or seasoning. (past experiments have included turmeric, onion powder, dill, coriander, celery salt, allspice).

Martini Salmon Brine-Marinade

The brine “cures” or preserves the fish as well as imparts a flavor similar to a marinade. It does a spectacular transformation on salmon. First, bring water to a boil and then add the salt. The remainder of the ingredients is added. Let it cool completely before using with meat. Start the curing process 1-2 days before you plan to cook.

Ingredients and Steps

In a jar combine the following and shake well:

1/2 cup water

2 tsp. kosher or sea salt (non iodized) 2 tsp brown sugar

2/3 cup vermouth

2 shots of gin.

Juice from 2 small lemons

1/2 onion minced

2 garlic cloves minced

3 dashes of Tabasco sauce

1 bay leaf

8 juniper berries smashed or 4 ground.

Pour the above mixture in a large freezer bag and then add 1-2 lbs of salmon. Let it sit in a refrigerator for one to two days. During the course of curing and marinating occasionally turn the fish over to alternate sides, to insure even coating.

Playing With Marinades and Time

Time turns a marinade into a brine-like agent that partially cures the meat. When the chicken or ribs marinate overnight the salt starts acting like a curing agent. A good example of using a basic marinade as a brine-marinade can be found in the *Martini Salmon Brine-Marinade* recipe on page 67. And don't overlook the advantages of letting vegetables "brine-and-marinade" over night as seen in the *Veggie Kabobs* recipe on page 106.

Most grill experts and authors have strong opinions about how long certain types of food should be left in a marinade. Some experts suggest that if you leave meat too long in a marinade it will start to "cook" or chemically alter the food product. One author suggests limiting shellfish for no more than 30 or 60 minutes, with chicken up to 8 hours, and pork no more than 4 hours.

But, in my limited experience, I rarely find that fish marinades impart much flavor that lasts through grilling. Skinless chicken often seems bland unless I pump up the flavor with a sauce or rub. As a result, I've never known the fowl or fish to suffer much from bathing overnight in sauces or rubs. Just be aware that at some point a marinade begins to cure or start acting like a brine

Here, then, is my simplified code for determining how much soak-time to allocate to your food.

- To impart a mild flavor put meat in a marinade for 20 minutes to 2 hours. Fish and thin or tender cuts generally profit from these shorter time periods.
- To tenderize and increase flavoring, marinate for 2 to 6 hours, or overnight. This can be especially helpful when cooking with bland foods like chicken or thick or tough meats like brisket.
- To begin to cure the food (where salt and/or acids begin to firm up the meat) try leaving the meat in the marinade or brine-marinade for 24 to 48 hours. If there is a lot of acid from lemon, vinegar or other souring liquids you may not want to go over 6 hours to avoid "cooking" the meat chemically.

Every rule, every chart has its exception. . I invite you to break any of my codes or rules to find out which grilling truth suits your pallet. And don't be afraid of reducing ingredients or even washing off a marinade or rub before cooking. With fish, I tend to lightly scrape off the rub before grilling to prevent the seasonings from overpowering the fare.

Overall, my playful cooking ethic requires that you avoid spending hour upon hour in preparation. When possible I like to break up the process by preparing the marinades and sauces the night before or the morning before the meal. I let the marinade work while I play (or sleep). Then, I can relax while I cook, sometimes even going apron-less (if my wife is not looking).

POLISHING OFF WITH SAUCES

Many grill masters believe that most of the flavors in barbecuing come not from gas or charcoal (the heat source) but from flare ups and the seasonings you use in marinades, rubs, or barbecue sauces. In poorer times, cooks used sauces to hide tough, spoiled or inexpensive cuts. Today, just as French chefs are known by their sauces, the grillmeisters are identified by the sauces they cultivate and perfect over time.

From region to region people are partial to different types of sauces. In the US most sauces are concocted out of sugars, tomato sauce, and something tart such as vinegar. Then within different regions, the locals add their culinary dialect by stirring a bit of mustard, turning up heat with cayenne, or relying on various salsas. Across the land and the globe sauces vary in thickness and emphasis. One ethnic group uses fruit, another blends in heavy doses of garlic and parsley, and still others blend in crushed nuts or smoky residues. The different sensations of sweet, sour, tangy, spicy, aromatic, fruity bring you back for more, even as left-overs.

In addition to this depthless variety, sauces are applied and used differently. In some homes the sauce is served as a condiment at the table. Other pit masters thin the sauce, perhaps with a bit of apple cider, and then mop or baste the meat as it cooks. A third option is to coat or paint the food at the end of barbecuing. It all begins to blur when people spray on a seasoned marinade of wine and garlic or mop honeyed glaze across a wild game dish.

The endless supply of barbecue books provides an infinite inspiration for creating your own barbecue sauce. Don't want to bother, don't worry because it's hard to buy a bad sauce in a supermarket. Want to impress quickly? Then go online or thumb a catalogue and you'll quickly find a gourmet sauce for your next meal.

If you become a devotee of the de sauce, then you'll want to read, research and experiment. The basic formula involves a blend of something sweet, something sour, something hot tinged with spices and herbs. Then you add your secret ingredient (espresso, bourbon, cola, butter, bacon fat...whatever).

While most of the remaining recipes in this book will emphasize the use of marinades, I would never approach my barbecue nor my dining table without having a barbecue sauce at the ready. The barbecue sauce becomes the finishing touch, the final polish for a grilled meal.

The following three barbecue sauces are included to pique your culinary curiosity. One of the sauces has evolved over 15 years of grill play. Use these as starting points in your own great grill experiments. Add or subtract to the recipes and in the process produce your own trademark sauce.

Drum roll, please...

MK's "Secret" BBQ Sauce for Chicken and Ribs

Reprinted from The Bad Boy's Cookbook by Martin Kimeldorf

My first job after high school was as a pizza maker and delivery "boy". Later, I worked many food places including the Bayou Barbecue in Corvallis, Oregon. Corvallis is hardly known as a barbecue center, yet it was here that I learned the secret of a good BBQ sauce. Up until this book, I kept this recipe hidden. But the real secret of a good BBQ sauce is "anything goes" (in). You can't hurt it, no matter what you put in. Think of this as a starter recipe that you'll adapt, add to and change.

I prefer to make this in the late spring, with music from blues harp expert Sonny Terry (usually accompanied by Brownie McGee) in the background. I make up about 2 gallons and then pour it off into small jars which I give away as gifts. All summer I'm out coating baby back ribs, chicken, and an occasional steak.

There is the old school of 1950s barbecuing where people constantly baste the food with sauce. But then you risk the sugars cooking up quickly and turning black. To prevent burning the sauce, it is recommended that you add the sauce at the last 15 minutes of cooking. Some purists simply put the sauce on the table for dipping.

Ingredients

1 diced onion
 2 diced carrots
 2 jars commercial BBQ sauce for a base
 1 can tomato sauce
 1 jar honey (alternate is jar raspberry jam or 1 cup brown sugar)
 1 bottle Worcestershire sauce
 1 or 2 crushed garlic cloves
 4 tsp. chili powder
 1/4 cup vinegar
 1/4 cup lemon juice
 2 Tbs. brown sugar

2 teaspoons of following seasonings (you can add or delete as you wish)

dill	nutmeg	salt
pepper	ginger	celery seed
cinnamon	caraway seed	coriander
Italian seasonings (or basil, rosemary, thyme)		

More options:

1 cup beer	1 can of favorite soda	1 cup coffee	1 cup of wine
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Steps

Begin by sautéing onions and carrots in a large pot. Use this pot for the rest of the ingredients.

The secret to great sautéed onions is to add 2 Tbs. of sugar as you go.

Add the rest of the ingredients while listening to your favorite blues or jazz music.

Bring ingredients to boil.

Let simmer for 20 minutes.

Pour off into small jars. Leave some room at the top for freezing.

Label and date. Freeze and give away as gifts.

Marty's Fruited-Chocolate BBQ Sauce

When the flame is extinguished and the grill goes cool, one realizes how briefly the candle of life burns. Some conclude that it is best to eat dessert first. This recipe will satisfy your search for the barbecue grail and your questions about mortality. Combining fruit, maple syrup, and chocolate sauce, you truly get to eat both the main course and dessert first. This recipe delights the tongue with a rich and complex blend. It makes an outstanding dipping sauce and seems to work well on ribs and shrimp. And you'll think you've gone to grill heaven when you sneak a piece of leftover chicken from the refrigerator. The directions for this recipe are given as a set of options to encourage experimentation. Go play.

Ingrededs

1/2 onion, diced
1 cup canned plums with syrup reserved for later use (or try peaches, cherries, strawberries)
1 tsp salt

1 tsp liquid smoke
1/4 tsp ground cardamom (or allspice or cinnamon)
1 Tbs. Garlic powder
3 Tbs. yellow mustard (or your favorite)
1/2 cup catsup
1/4 cup semi-sweet cocoa powder or chocolate sauce

Sweet stuff

1/2 cup of syrup from canned fruit
1/4 cup Roses Lemon Lime juice (alternate is lemonade concentrate)
1/4 cup orange liqueur (or your favorite liqueur)

Sour stuff

Juice from 2 lemons
1/2 cup fruited vinegar (raspberry or any other similar “sweet” vinegar)

Hot stuff

3 Tbs. chili sauce
1/4 tsp ground ginger
1/2 tsp cayenne

Steps

In a food processor lightly cut up onions. Then add plums until puréed.

Place plum-onion mixture in a medium sauce pan and add all the other ingredients. Adjust amounts suit your tastes. Then adjust (increase) the sweet, sour or hot stuff to suit your tastes.

Gently bring mixture to a boil while stirring. Then reduce heat to low and let it simmer and gently bubble for about 15 minutes.

BHT Steak Sauce (With BLT side dish)

BLT is shorthand for bacon-lettuce-tomato, and this acronym spawns a BHT steak sauce that uses bacon-horseradish-tomato. The horseradish makes this symphony of flavors sing out loud. This sauce is light on the sugars and heavy on the tang. It makes about 1-1/2 cups and can be used as a barbecue sauce, finishing sauce, or dipping sauce at the table. Try it with other meats besides beef! The delicious bi-product of this recipe is BLT’s for two.

Method and Preparations

Modified direct grilling sequence.

It is best when the sauce can sit for a few hours, or even overnight.

Ingredients

1/3 cup bacon drippings (typically the grease left over from cooking 5 to 8 strips of bacon)
2 strips minced fine

2 bay leaves, ground
1/4 cup minced onions
1-2 cloves of garlic
2 Tbs. of your favorite jam (cherry works well)

1 Tbs. Dijon mustard
2 tsp. Liquid smoke
1 cup tomato paste (about a can-and-a-half when using 6 ounce cans).
1 lemon, juice and 1 tsp of zest (rinds)
2 Tbs. Worcestershire sauce
2 Tbs. Prepared horseradish sauce.
1/2 tsp. Celery salt
1/2 tsp. Kosher or sea salt
1/4 tsp. cumin
1/4 tsp. of your favorite “exotic” seasoning for meat (ground coriander, cinnamon, clove, etc.).
This ingredient is optional.

Steps

Cook bacon to create the drippings. Mince 2 strips of bacon. Place bacon and grease in a medium sized sauce pan and leave it on medium low while you do the next step.

Grind up bay leaf and then finely mince the onion and garlic Add all three to the sauce pan along with the jam . Sauté for about 3-5 minutes until the onions are soft.

Add remaining ingredients and bring to boil. Then simmer for 20 minutes.

Let the flavors mingle for several hours (or overnight) before using.

Wash and pat dry your steaks. Lightly oil, salt and pepper your beefy wonders.

The following method produces grill marks and chars the steaks. The sauce is applied last to prevent sticking. Begin by grilling the steaks for 2 minutes and then turn over for another 2 minutes. When you turn steaks over a second time, slather sauce across the top and cook for 2 more minutes. Turn over one more time and slather once again. If the steaks are thick, reduce heat to finish with indirect cooking. Serve with a bit of sauce on the side.



*When guests are teamed up to choose pizza toppings
The event becomes an ice-breaker
Figure 8*

BASTE-MARINADE

A baste is a thin liquid which is applied at room temperature or even warm. (Never apply refrigerated bastes to the meat). The goal is to keep the meat moist and succulent.

The basic baste formula begins with an acidic liquid. Some recipes combine water with vinegar, lemon or orange juice and others use beer or apple cider. The liquid is then flavored with your favorite accent such as garlic, dill, smoke, liquor, Tabasco, cayenne, curry, ginger, etc., etc. You can modify the formula to create your own brand of marinade-baste.

Most cooks apply the baste with a brush, though a few people prefer using small spray bottles. Bastes have also been called “mops” because pitmasters add the succulent liquid with a small, clean kitchen “mop”.

Once you add a tomato sauce and sugars, you begin drifting towards a barbecue sauce. If you use a marinade-baste with sugars it should be applied towards the end if using direct heat, otherwise you’ll be pretty safe using a low temperature indirect cooking method.

Similar to the brine-marinades this book hybridizes typical marinades into a marinade-baste. Unlike a marinade which does its work in the refrigerator, a baste is applied warm. Like a marinade, you can use half the liquid to marinate with and the other half is added during grilling as a baste. Begin by making a double batch for a marinade. Since mops do not add that much extra flavor, you may want to use a rub on your meat first. Let it cook for half the time to insure that the rub forms a crust. Then start applying the marinade-baste during the second half. Otherwise, use just a baste when you want the food’s natural flavor to stand out.

Adding a baste is a bit more work than a simple marinade, but the process adds a dimension of moisture to the cooking process. This works well on ribs, chicken, and some of the less oily fish. The baste can be applied with a brush, and try to avoid putting on so much that it drips into the fire where the oil or butter causes flare ups.

Cider-Bourbon Baste-Marinade

This marinade uses a little bit of sugar to balance the strong flavors of vinegar, bourbon, and orange juice. With only a little bit of sugar, the marinade-baste can be used without fear of caramelizing. The butter adds salt and helps to seal in moisture. You can substitute an oil for the butter if you like. If you use oil or unsalted butter, add about 1/2 tsp. salt. And, if you are using baste on a naturally succulent food such as chicken with skin or an oily fish such as salmon you may wish to forgo the oil or butter altogether. This will make enough for 4 rib racks or 4 pounds of salmon. You may want to cut the recipe in half to try it on smaller portions the first time.

Method:

Indirect, slow

Squirt on before to marinade then while cooking, every 20-30 minutes. If smoking, wait 45-60 minutes to insure good smoke effect.

Ingredients

1-1/3 cup apple cider

1/2 cup bourbon

1/3 cup cider vinegar

3 Tbs. Worcestershire

1 Tbs. brown sugar

2 Tbs. salted butter

5 tsp. capers + liquid

1 tsp dried sage

1/2 tsp. regular salt or use celery salt if you want an earthier flavor.

2 garlic cloves, minced

1/2 tsp liquid smoke (not recommended with seafood)

Steps

Combine everything in a saucepan and bring to boil. Reduce to simmer and stir for 5 minutes.

Reserve 1/3 in a jar for basting during the barbecue. Pour the remaining 2/3 into a container to cool and then use for marinating. As always, marinade in the refrigerator for as long as 4 hours.

When you are ready to cook heat the reserved marinade slowly so it is warm. Some people simply place the marinade-baste in a small saucepan on top of the barbecue (or other similarly warm spot).

If you are smoking the meat, let it slow cook and smolder for 60 minutes before opening the lid to apply the basting sauce. Thereafter, baste every 20-30 minutes over an indirect fire.

Orange-Honey Seafood Baste-Marinade

You don't baste fish every 20 to 30 minutes unless you like charred fish. Because most seafood is grilled quickly you can get away with this wee bit of honey. If you find your are grilling at a high temperature for more than 6 minutes per side, then you may wish to reduce the honey to 2 tablespoons plus 2 tablespoons of water. If you are grilling your seafood for 2 to 6 minutes you can baste as often as you like.

Ingredients and Steps

Combine the following in a sauce pan and bring to boil, then simmer for 5 minutes. You may want to try the first version of this with only 1/4 teaspoon of ginger, and then add to taste.

3/4 cup orange juice
1/4 cup honey
1/3 cup Worcestershire sauce
1/4 cup White wine vinegar
1 tsp. orange zest
1/2 tsp ground ginger
1 Tbs. dried rosemary
1/2 tsp. coriander
1/2 tsp. salt

GOING AFTER THE WOW (BRINE + RUB + SMOKE + SAUCE)

You now have several powerful ways to flavorize the food. You can infuse the meal with the herbal delicacies of a marinade before the product hits the fire. Then towards the end of the barbecuing add a tangy sauce. This works great with chicken, pork, beef, and even seafood. The recipe below illustrates this approach. Other times you might begin with a brine, next add a rub, and then finish with a sauce. Oily fishes such as salmon, inexpensive cuts of beef, pork ribs, and chicken parts really jump up and say “taste me” after this wonderful dance. Add the magic ingredient of smoke, and you’re talking culinary paradise. The options are endless. You can be as simple as oil, salt and pepper or add the multi-layered flavors of herbs, sauces, and smoke. You can try ribs done three different ways in one meal or simplify the exploration by cooking them at different times. It just depends on how you like to play.

Beer Marinade With Easy BBQ Sauce

The malt in beer adds a bit of interest to any marinade. This recipe will introduce you to delightful consequences of combining a marinade with finishing or dipping sauces. The marinade is hearty and has no sugar so it can be used when grilling at high temperatures. The sauce has the sweetness and can be used right at the table as a condiment. If you want to put it on the meat as you cook, it must go on at the end (last 5-15 minutes) to avoid the sugars turning black. Alternately, you can dilute the sauce with a little of the marinade you turn it into a *baste* or *glaze*. This allows you to apply the sauce-baste throughout most of the cooking time.

This recipe will put you in the experimental-mindset. The marinade and sauce can be used with just about any type of food from fish and pork to beef and chicken. As with different types of meat you will need to vary your times for cooking and marinating.

Ingredients for Marinade

1 lemon, juice 1 tsp lemon zest (made from the rind)
1 can of a stout Irish (or your favorite) beer
2 cloves minced garlic
1/4 cup olive oil
1 tsp. kosher or sea salt

4 green onions minced
1/4 tsp ground ginger
1/2 tsp caraway seeds
8 grinds of pepper

Ingredients for Easy BBQ Sauce

1/2 cup ketchup
1/2 cup raspberry vinegar (other fruit or red wine vinegar can also be used)
2 Tbs. chili sauce
3 Tbs. honey
2 Tbs. favorite steak sauce
1/4 tsp cumin

Steps

Combine the ingredients for marinade in a jar and shake up. Set aside about 1/2 cup if you want to turn the sauce into a baste.

Marinate any food you like. Dense meats like pork, tuna, swordfish, beef and bland meat like chicken can take up to 6+ hours of marinating. Shellfish or fish allow 2 hours. Place marinade in refrigerator.

To make table dipping sauce, add ingredients of glaze to another jar, shake up and set aside. The sauce can be made thinner and converted to a glaze or baste by adding the 1/2 cup reserved marinade to it in a small sauce pan. Heat and stir at medium high for about 5-10 minutes, avoid boiling. Set aside to use later.

Shake off excess marinade from the food and grill the meat to your liking.

During the last 10 minutes baste top and turn every 2 minutes. Repeat the basting and turning during the 10 minutes, or until done.

Shellfish, thin cuts of meat, lean meat such as skinless chicken probably should be turned only once. Baste these delicate meats once on the top side and let cook 1-2 minutes. Turn over, baste and cook an additional 1-2 minutes, or until done.

Serve any remaining glaze on the side.

AVOIDING THE TOWER OF BARBECUE BABEL

Be careful about getting too much advice either in person, online, or with books. In our age of info-overload there is a tendency to become overwhelmed with the terminology of the trade. Don't fret if you have not conquered the following barbecue terms: rubs, sauces, marinades, mops, glazes, bastes, butters, salsas, mustards, relishes, ketchups, seasoned oils, vinaigrettes, dipping sauces and something one author calls slather sauces.

There are some excellent books listed in the reference section that will take you down the deliciously twisty and smoky trail to masterful barbecue preparations, where you will become king or queen of the barbecue vocabulary. But you need to know up front that these methods and special preparations require a deep commitment to standing by a barbecue or smoker all day, mopping, spraying, basting, and replenishing the smoke chamber.

Personally, I don't want to work that hard at the grill. In the immortal words from a Bob Dylan song, "It ain't me babe."

For now, it is only important to realize that outdoor cooking does not have to be like computer science. You don't need to upgrade constantly. There is no secret technology or silver bullet gadget. You should not "work" at grilling, you should start by *playing* with it.

It is my off-beat notion that I only need a few recipes, a few tricks which I enjoy using over and over. Along these lines I committed limiting this book to about 60+ recipes. I'm trying hard to keep it short and sweet, adding enough off-beat combinations or techniques to add an element of tang or surprise. That is the essence of *Grill Play*.



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CHAPTER 4—GRILL BOY'S FAVORITE RECIPES

Before leaping into the recipes I need to remind myself one more time that I'm in this for the playful quality of cooking. To achieve this I need to break certain traditions or rules and thereby commit barbecue heresy.

Those who abide by the Leisurely Grilling Code of Ethics, those in pursuit of the leisure barbecuing posture must take into their heart the following principles of grill play:

- ❖ I will not become a boring host, talking only about the grill.
- ❖ I will concentrate on people as much as on the barbecue.
- ❖ To remain playful, I will try to avoid doing all the preparations at once. I might even create my marinades, sauces, or rubs the day before.

Now take a deep breath, think shallow thoughts, and keep loose as you approach the grill.

Keep Loose—Experiment

"I have never found any ingredient sacred to a given recipe. Nor is any one baste, rub, glaze only usable on one kind of food...You can substitute one kind of herb or another...You can add and subtract items with little injury."

Practice Makes Tasty

There is no short cut. I wish I could say that these recipes are foolproof. But they aren't because then only fools would buy this book. Actually, outdoor recipes cannot be followed with absolute precision because so many factors affect the cooking process. You have to learn the hot and cool spots on your grill in order to deal with thick and thin cuts of meat or flare ups.

Many recipes will need to be tinkered with to get them just the way you like. The type of meat, your patience, the number of times you open and close the barbecue lid, how you test for doneness...all affect the way things turn out. As a rule of thumb I have to cook a dish 2 to 3 times before I feel I have mastered it. In fact, I consider myself fortunate if the first attempt pleases me, and I am greatly disappointed if I cannot cook it predictably well by the third try. You must practice, resort to trial and error, and add a dash experimentation if you are to find your way on the pathway to grilling righteousness.

Also, if you have a brand new grill it will take some time getting used to. I had to cook over 15 meals before I mastered my last new grill. Finally, I was able to predict results because I eventually learned to control the heat, smoke, and time elements.

Time and Temperature Are Only Approximations

In addition to the factors just mentioned, there are other variables that affect temperature and time in cooking. The kind of grill you use, the fuel supply, wind, temperature, and the grate itself all determine how quickly your food cooks. After trying several recipes and adapting them to your cooking situation, you'll understand if your barbecue cooks faster or slower than the recipes in this book. If your grill cooks extremely hot then you may want to lower the temperatures or only use indirect cooking methods. On the other hand, trying to increase the heat of your grill is a matter best left to engineers, which means you may need to shop for another barbecue.

As a general rule figure it takes longer on cold, wintry, or windy days. If you like to open the lid, this can add 10 minutes per event. Small pieces will take longer than large pieces and a crowded grill cooks more slowly than a sparse one. The leaner the meat, the higher the heat. Burgers with a high fat content or chicken and duck, will all cook more evenly and with fewer flares ups if you try an indirect or low heat method. Skinless chicken breasts, fish, thin steaks, lean cuts of meat can be seared at high heat along with lightly oiled fruits and vegetables.

Recipe Format—Balancing Simplicity, Clarity, Depth

Every effort has been made to keep these recipes simple and foolproof. But in the process we must contend with a foolish contradiction. To keep recipes foolproof, ALL of the steps and subtleties have been included because it's no fun to follow a recipe where some of the techniques have been left out. Along these lines, the directions are written one step-at-a-time, rather than in the dense paragraph format. While this offers you greater assurance that you will succeed, and that the recipes will be easier to read as you cook, it also means that the recipes will take up more space. Do not be frightened off by the length of the recipe because each detail will help and each step is a simple one.

A Basic Grilling Recipe For Everyday Serious Play

Sometimes less is more and simple is gourmet. After a tough day at work (or home) the best recipe is the simplest. Put away the spice rack, marinades, and sauces for easy grilling, and let the flavor of the meat come through. Foods that do well with this simple approach include fish, steaks, lamb chops, or any top quality meat.

What could be simpler than the cooking advice from Australian cooks Gary Egger and Julie Albrecht who advocate for low-cal short-short recipes in *GutBusters Low-Fat Barbecues*. For example their effortless recipe for a rib eye steak suggests step-one marinating the fillet in red wine overnight; followed by step-two searing the meat. That's it! Another recipe for pork fillet includes one jar of apple sauce with two tablespoons of mustard.

If your barbecue is used and well seasoned, it will impart its own subtle smoky flavor to the meat or vegetables sitting on the grate. Crank up the grill for direct cooking and relax into that empty Zen space in your head. Accompanied by your favorite music, beverage, or snack, enter into a reverie as the barbecue flames lap at the edges of a succulent piece of meat. This cooking style re-connects you with the child's sense of endless time. You enter leisurely a moment of insight or reflection, while the grill does all the work. This is the essence of playful, casual cooking. Here the essence of an everyday one-step recipe.

Steps

Wash and pat dry food.

Lightly oil the food where there is not skin. When using fish steaks try adding a bit of balsamic vinegar as it cooks.

Sprinkle with salt and pepper . For an enhancement, try adding garlic powder and chopped parsley for beef, chicken, and pork.

Kick back and use direct cooking if the thickness does not exceed one inch, otherwise, take a more leisurely approach with thicker foods, using the indirect cooking method.

Keep recipes simple or do them in steps (like marinades) so that outdoor cooking remains a relaxing experience.... just a light coating with olive oil and salt and pepper...whereas marinades, spices, rubs, sauces dominate the food. Inexpensive or lean cuts deserve the treatment.

**The times suggested in any recipe should be considered approximate.
Check several times for doneness as you cook.
Always pre-heat grill for 10 to 15 minutes before placing food on to cook.**

APPETIZING FIRST STEPS

These are called starter recipes for two reasons. First, they are starters or appetizers, and second it starts you with learning your grill with simple things like grilled bread. The aroma of searing bread or the sight of wrapped grape leaves will coax your guests over to the grill. This way you create an outdoor “bonding” experience with the chef: you. Remember these are only for whetting the appetite, so keep portions small and keep em’ wanting more. These are simple and quick to prepare.

Garlic Bread—The Basics

Who doesn’t like garlicky bread? This can be a side dish or appetizer. This recipe comes first because its a basic, tasty, starter recipe that introduces you to both direct and indirect cooking methods. Also, if you burn a few pieces of toast, it’s no big deal.

The beginning recipe helps acquaint you with the operation of your grill. As you place the bread on different parts of the grill, you’ll notice where the grill cooks hot and where it is cooler. Place your bread on different parts to become better acquainted with how your grill cooks. Note that the amount of time it takes to toast the bread will vary with the thickness of the slices, dryness of the bread, and temperature. Because it is bread you have the option of leaving the roll top lid up to watch the slices cook—its just takes longer that way.

Method

Indirect and Direct

Ingredients for garlic bread

The ingredients are given for a small loaf of bread. After grilling you can cut it into smaller pieces if you want to use them as appetizers. Consider using pumpernickel or a sour French bread for starters.

2 crushed garlic cloves

3/4 cup olive oil

1 tsp. salt

Optional additional flavors 1 pinch ginger, 1 tsp. lemon zest (made from the peel)

1/2 cup Grated parmesan cheese

2 tsp. fresh Basil, chopped up

Steps for grilling bread

Combine garlic, oil, and salt. Then set aside.

Combine grated cheese and basil in a small jar or plastic bag, and mix by shaking up.

If you need to slice the bread, try to make all the pieces even. Some people like to cook the entire loaf at once. They first slice the crust off the top and bottom. Then, they slice the entire loaf lengthwise, down the middle. In the beginning, keep bread to 1/2 to 1 inch thick because thinner bread may burn too easily.

Lightly brush all exposed sides with olive oil and garlic mixture.

Place on the grill with all burners on high for 1-2 minutes. The exact time will depend on the size of your grill, the outside temperature, thickness of the bread, and how well done you like your sandwiches. Grilling bread is an experimental act, wherein you get to know your grill. If you find the bread is cooking too quickly and burning, try cooking it indirectly. Your goal is to create grill marks and turn the bread light brown.

Try and rotate the sandwiches 45 degrees for an additional 1-2 minutes using the indirect method.. This will create cross hatch marks.

Turn sandwiches over and sprinkle with Parmesan cheese and basil mixture. Then repeat the direct cooking for 1-2 minutes, rotate 45 degrees. If you want it more done, cook indirectly for 1-2 more minutes.



Stuffed grape leaves are unique and tasty
Figure 9

Stuffed Grape Leaves In Tights

You've tried bread, now we move into vegetables, meat and cheese. Wrapping the grape leaves may take a bit of trial and error, but there will be no error when you serve this tasty morsel.

Method:

Cooking grape leaves involves alternating between direct searing and indirect cooking. The first time you try this recipe, do a few until you perfect your technique. You will inevitably adapt and modify this. That's when you go after the whole jar of grape leaves.

Ingrededs

Bottled grape leaves

1 pound of fairly solid, tangy cheese, like Smoked Gouda, Swiss, Cotswold, or Sharp Cheddar

1/2 pound of corned beef and proscuitto, very thinly sliced

3 Tbsp. extra-virgin olive oil

Toothpicks

Balsamic vinegar

Olive oil

Steps

Rinse the grape leaves and dry on a paper towel. Discard any small or torn leaves. Remove the stems.

Place a large leaf vein side up on a work surface.

Atop the leaf, place a thin slice of cheese and then a thin piece of meet. Make the pieces small enough that you can wrap all sides up over the edges.

Bring up all the sides like you would when wrapping a package. Some people like to place a second grape leaf over the top to double the strength of the "package." Finally, secure the bundle by sticking one or two toothpicks at a 45-degree angle from top to bottom.

Sprinkle top with balsamic vinegar. This can be set aside in the refrigerator until company comes.

Coat the grill with oil before placing grape leaves on the grate.

Sear for 1-2 minutes over direct flame, and then turn the grape leaf package over and repeat. There will be some charring, but try to avoid burnt leaves.

Inside Job—Chicken Livers et. al.

Ya love em' or hate em', but nobody is neutral about chicken livers. Enough said for the intro! Let's go inside the chicken for this job. We're talking chicken livers, hearts, or whatever intrigues you on the inside of the birdie.

Method and Preparations

Indirect

Ingredients

1 lb. of chicken livers (and other internal parts you enjoy)
3 Tbs. light oil
2 tsp. dill seasoning
1 Tbs. powdered thyme
2 tsp. chili powder
1 tsp. caraway seeds (optional)
1 Tbs. salt

Large freezer bag
Fresh pepper

1 lemon cut in half

Steps

Pre-heat grill with 2 outside burners on medium setting.

Rinse livers in cold water and then dry on a paper towel.

Place livers and oil in a large plastic bag and coat all livers. Then lay them out on a disk or serving tray.

Mix together the dill, thyme, chili powder, salt, and caraway seeds. Sprinkle this herb mixture over the livers. Turn them over and season the other side as well... Top off with fresh ground pepper.

Depending on their size, if large enough you can place directly across the grate bars. For small pieces, thread chicken parts on skewer or place on a perforated fish screen.

Put in the center of the grill for indirect cooking and cook 8-12 minutes, turning once. They are done when about the hardness of the base of your thumb, when making a fist.

Remove to plate and drizzle fresh lemon oil across the top.

Serve guests toothpicks and have at it.

Bacon-Wrapped Barbecued Shrimp

This “porky shrimp” comes with a tang. You can cook them like Kabobs on skewers or toothpicks (or on a fish screen). They make great appetizers or entire meals with side dishes. If you serve them as appetizers, then you may want to skewer each shrimp combo with toothpicks. Otherwise it’s easier to assemble them on skewers. When used as a meal, you might augment this with garlic bread or additional grilled vegetables.

Method and Preparations

Direct

Need to soak bamboo skewers or toothpicks in advance.

Ingrededs

1 lb. Large, Giant, or Jumbo raw shrimp, shelled and de-veined

1/2 slice of bacon per jumbo shrimp, partially cooked, cut in half (You can start with 8 slices

8 bamboo skewers, soaked for 2 hours (or 16 toothpicks)

1 each red and yellow bell pepper, seeded, cleaned and cut into 1-inch chunks

1 small martini olive per shrimp (again, start with about 16 olives)

1/2 cup of your favorite barbecue sauce

(An alternate sauce could be quickly concocted with 1/2 cup catsup, 1 tsp. each of freshly ground oregano, rosemary, and thyme, plus one minced garlic and 1 tsp. of chili powder.)

1 lime, cut up and quarter

Steps

Half cook bacon.

Place a martini olive in the center of each shrimp and a piece of bacon around the shrimp.

On a skewer place a piece of pepper followed by the shrimp combo. The peppers make excellent anchors. Typically try using two parallel skewers to make turning shrimp easier. If using toothpicks, you can use one piece of pepper (or two if room).

Coat with the barbecue sauce and place over direct heat for 3 minutes.

Turn once and baste again with barbecue sauce for 3 more minutes.

Check for doneness, when shrimp turns opaque. If using larger shrimp, you may need to cook an additional 2-3 minutes.

Drizzle a few drops of lime on your tasty treat.

Mini Panini—Maxi Sandwich

Ever barbecue a sandwich? You’ll be surprised. It’s called a Panini and you grill or cook it from the outside-in. It’s just an embellishment on the Garlic Bread recipe. If you cut the sandwiches into fours, after grilling, they become appetizers.

You can turn a sandwich using a spatula underneath and holding it all together with tongs. Alternately, you can acquire a fish turner which is like a double spatula. It makes turning

the sandwich incredibly easy. Once you try a tasty bit of toast, you'll want it again, and you'll buy the fish turner.

Method:

Direct and Indirect alternating cooking methods

During pre-heat, grill the onion slices

Ingredients

1 onion, sliced across into 1/4 inch thick rounds. Leave the outside peel on

1/2 cup of virgin olive oil

Toothpicks

Your favorite sandwich bread. A rustic Italian or French bread with a sour crust works great.

1/2 lb. of your favorite cheese cut into thin slices. Favorites include Havarti, Gruyere, Smoked Gouda, Monterey Jack, Cheddar, etc.

1/2 lb. smoked ham or your favorite cold cut. Also, try salami, lox, corned beef, prosciutto.

Dried basil, oregano, thyme or Italian seasoning mix

Steps

Lightly oil onion and place on the grate for the 15 minutes during pre-heating the grill. Try to handle onions as little as possible to minimize them coming apart. Turn once if you desire.

Lightly coat one side of two pieces of bread with olive oil.. Then sprinkle on Italian seasonings mix or separately add oregano, thyme, basil onto the oiled side.

Place bread oiled-side down on a serving board or plate.

Put a piece of cheese on the non-oiled side, followed by a slice of meat and onions, followed by another slice of cheese. The melted cheese will act as your "adhesive" holding the sandwich together.

Place toothpick through bread if you desire to help hold it together. Break off pieces so that wood extends only 1/2 inch above bread.

Place sandwiches facing the same direction on the center of the grate. Place on the grill with all burners on for 1-2 minutes. The exact time will depend on the size of your grill, the outside temperature, thickness of the bread, and how well done you like your sandwiches. Your goal is to create grill marks and turn the bread light brown.

Try and rotate the sandwiches 45 degrees for an additional 1-2 minutes using the indirect method to create cross hatch marks. Then flip sandwich over.

Alternately, some people prefer to grill the bread indirectly. The grate gets sufficiently hot during the preheat with all burners on. The indirect heating allows the bread to stay longer which helps melt harder or thicker slices of cheese.

Remove from the grill and cut sandwich into quarters using very sharp or serrated knife. You've just made your first sandwich or appetizers.

King and Queen's Portobello Sandwich

This makes a handsome, winsome sandwich that is a meal in itself, fit for royalty. You can do it simply with oil, salt and pepper. Either way, try involving your friends in the preparing to both simplify the process and to also create a bond between chef and guests. The five *roles* are designated in this recipe in italics. Invent your own roles or double up.

Method:

Direct on a perforated screen or in a wire rack. Use medium high heat.
Marinate vegetables 2 hours before grilling.

Ingrededs

Rosemary & Coriander Wet Rub for Vegetables found on page 33. This recipe suggests setting veggies aside for 30 minutes to 2 hours to marinate.

4 fresh Portobello mushrooms about 3 ounces each, or larger ones which weigh more.

1 red and 1 yellow bell pepper

1 large onion

Olive Oil

Garlic Powder

Kosher salt

Dried basil

1 ripe tomato, sliced thin

6 ounces of goat cheese

8 slices of rustic white French or Italian bread.

Steps

Veggie Person--Clean and dry mushroom and tomato. Cut the bell pepper in half lengthwise. Clean out the inside, wash, and dry. Leave peel on onion and cut into 1/4 to 3/4 inch slices, cutting across. (Leaving the peel on helps keep the onion intact during grilling)

Marinade/Oil Person--Marinate the vegetables using the *Rosemary & Coriander Wet Rub for Vegetables* recipe. In a hurry? Just coat the veggies with oil, salt and pepper—forget the marinade.

Grillmeister—Since the vegetables take different amounts of time and may not all cook exactly the same, be prepared to remove the veggies as needed when done. The suggested sequence of onions first, with mushrooms close behind and bell peppers put on towards the end. Overall it will take about 20-30 minutes to grill everything.

Onions take about 20-30 minutes to grill if you turn them once or twice. Mushrooms will take about 15-20 minutes and peppers take about 5 to 8 minutes. Add bell peppers towards the end.

Bread Person—Cut bread into 3/8 inch thick and lightly oil both sides. Sprinkle with dry basil and garlic powder. Bring out once the veggies are brought in. Ask *Grillmeister* to grill bread while assembly person does the next job.

Assembly Person—Cut mushrooms across their diameter, produce slices about the shape of a piece of bacon. Remove outer skin and then cut up onions. Slice bell peppers lengthwise into strips.

Put a layer of cheese on the bread followed by onions, peppers, and mushrooms. It can be open face or a 2 slice sandwich. If you are not using an oil the then sprinkle a little balsamic vinegar on the veggies.



Try grilled pizza once and you will want it often!

Figure 10

Play Script For Grilled Pizza

The first pizza was probably created in a brick oven in Naples, Italy to honor royalty in the later part of the 19th century. The chef used green basil leaves, red tomato sauce, and white mozzarella to symbolize the tricolor Italian flag. The pizza idea crossed the Atlantic to New York where the thin crusted sandwich was a hit. Heading further westward the people of Chicago fattened it up into a deep dish, thick crust pizza. But when it arrived in California in the 70s and 80s it was slimmed down with vegetables and spruced up with Brie, smoked salmon, and artichokes. In the 21st century a pizza is any combination of foods you crave sitting in a bit of cheese atop a flatbread (or pizza crust). In this smoky incarnation, the pizza is grilled.

They say that pizza is fun because you eat it with your fingers. It's even more fun when it becomes a group project at a party. People draw names from a hat and then they draw the names of prepared toppings and cheeses from another hat. Each group can then negotiate trading ingredients with other groups. Pizza-making becomes a party, ice-breaker, or team builder. By pre-cooking the crust first, the cooking is simplified and the final assembly is topped with peals of laughter. However, before you get too fancy, cook a single pizza. In fact, on the average grill it is difficult to cook more than one crust at a time when you consider the space needed for turning the crust over and space needed for indirect cooking.

There are many options here. This complete recipe includes making the crust, sauce, and toppings from scratch. However, the first time you might want to use commercially made pizza dough and sauce to simplify the task as you master the art of pizza grilling. Recipes for homemade dough are found at the end of this pizza section and pizza sauce is found on page 59. This recipe is for a small pizza which can serve 2 people augmented with a crispy salad.

Sauce, Cheese and Topping List

While the cheese, sauce, and toppings are limited only by your imagination. Sample combinations of these items follow. As a general rule combining two types of cheeses helps the dairy product compete with toppings. Use 2 to 4 toppings, otherwise their flavors may go unnoticed. As you gather confidence and expertise, branch out to the unconventional combinations and ingredients.

Sauce Options: (use about 1/2 cup per small pizza)

- Pizza sauce
- Hoisin sauce (for a Chinese flavor)
- Barbecue sauce
- Olive oil (no sauce)

Traditional Grated Cheese Options (1/2 cup or 1/4 lb. for a small 8 inch pizza and 1 cup per medium 12-14 inch pizza):

- Mozzarella, Parmesan, and/or Fontina

Strong Flavored Cheese (Use these to supplement or even replace traditional cheeses)

- Smoked Gouda, smoked cheddar, Ricotta, Pecorino Romano, Provolone, Brie, Camembert, Gorgonzola, Goat, Port Salute, even Limburger

Vegetable Toppings (Try 1/3 to 1/2 cup per medium pizza):

- Grilled veggies: asparagus, broccoli, corn, onions, roasted peppers, spinach, parsley
- Fresh and/or grilled tomatoes, mushrooms grilled and sliced, sun-dried tomatoes

Meats: (start with about 1/2 pound per medium pizza):

- Seafood (smoked or grilled salmon, shrimp, marinated scallops)
- Marinated and barbecued beef, chicken, pork
- Bacon pieces, Italian sausage, or deli meats (pepperoni, ham, prosciutto)

Flavor Stoppers (Think of these as seasonings and use just a little to jazz up the pizza):

- Onions (caramelized, red, green, etc), marinated artichoke hearts, pine nuts, olives (black and kalamata), Pineapple, relish
- Garlic cloves, Italian seasonings (oregano, thyme, basil, rosemary)
- Anchovy fillets, capers, canned chipotle in adobo sauce or dry, ground

Sample Combinations/Recipes

These starter combinations will help you get started on the pizza path of righteousness. Dare we call these “recipes?” Not really because the amounts will vary by your preference and tastes. This is just a starting point for your imaginative backyard pizza parties.

Classic: Fontina Cheese + Sauce + Sliced Red Onion and tomato + Parsley + Basil

Veggie: Mozzarella cheese + marinated artichoke hearts + goat cheese + pine nuts (no sauce)

BBQ: Fontina and Mozzarella cheeses + BBQ sauce + marinated chicken strips + Kalamata olives

Sausage: Parmesan and Ricotta cheeses + Italian sausage + black olives + onions + gorgonzola (if you are brave)

Deli Meats & Veggies: Mozzarella and Ricotta cheeses + sauce + ham (or other deli meat) + grilled asparagus + grilled peppers + a few anchovies

Venerable Pepperoni: Mozzarella cheese + a bit of smoked Gouda cheese + sauce + caramelized onions.

Grill Boy's: Mozzarella + Parmesan + Sauce + black olives + onions + bacon + minced basil leaves.

Method:

Direct and Indirect

If you are making the crust and sauce from scratch, it can take up to 2 hours to make the pizza.

Ready Set Go...

If you want to cook the entire pizza all at once on the grill then the toppings must be prepared in advance along with the dough. To further ease the process, have the crust rolled out into the shape you want, and your toppings pre-cooked, cut up and mixed together. Make sure the cooking items sit near the grill: tongs, oil, brush, a cookie sheet or serving tray/dish, sauces, toppings, cheeses, tongs, mitts or gloves, pizza cutter or knife. Don't forget to sprinkle cornmeal or white flour onto the surface where you roll out the dough to make pizza crust.

Pizza Making Steps

Dough must be rolled out flat in any shape you like. Place dough on a surface sprinkled with cornmeal. You can use a rolling pin to roll it out like a pie crust.

Start in the center and roll to the edges in different directions. Alternately, you can flatten with the palms of your hand or do this in conjunction with the rolling pin. Don't worry about a perfect shape because it can be either rectangular or circular or some odd combination about 6 to 8 inches across. Try to work with a thin crust, not more than 1/4 inch thick.

Lightly brush both sides of the crust with olive oil. You may want to practice first with a wet rag because this is what it will be like to place the pizza crust on the grill. Once you have a

successful wet rag strategy, try it with dough. Otherwise, use the smallest crust you have for your first attempt.

Carefully lay the crust across the center of a medium-hot grill. Some people prefer transferring the crust onto a cookie sheet and then off onto the grill. If the grill is too hot, you risk burning the crust. (I removed the edge of one cookie sheet and this worked great!)

Cook it over direct heat for 2 to 4 minutes with the lid up so you can watch for doneness. Cook until the bottom side crisps, darkens to a toasty brown, and achieves grill marks. As it cooks the top side will bubble and become puffy. Don't worry, these will deflate when you turn the crust over. (I recommend poking holes in the bubbles to deflate them).

Turn the crust over using your tongs and perhaps assisted with a spatula and cook the other side for 2 more minutes. Then remove the crust to a cookie sheet or plate. You can cook several crusts in advance this way. Or, when working a single pizza, continue on to the next step.

To complete the pizza, add your sauce first (if using one), followed by the cheese and toppings. Be generous with cheese and toppings, go out to just inside the outer edges.

If using gas reduce the heat so that you can cook indirectly on medium. If using charcoal, place pizza in an indirect position on the grate. Place lid down and cook pizza with toppings for an additional 4 to 10 minutes. Whatever you do, do not lift the lid for at least 4 minutes. Check for doneness, which is generally indicated by the cheese melting. After 6 to 8 minutes if the pizza is not done, but the crust looks finished, turn off the grill and leave the lid down to continue melting the cheeses. For charcoal place the pizza in a warmed oven around 250°F as needed to melt cheese.

Remove, slice, serve.

Pizza Crust

After you master the art of toasting breads and making sandwiches, you're ready to explore the thin-bread pizza-making craft. Cook extraordinaire Bobby Flay refers to the thin-breads as flatbread while the *Surreal Gourmet* Bob Blumer calls it a pizza crust. If you add only cheese and your favorite meats you've just assembled a thin open-faced Panini sandwich. Slather barbecue sauce across the flat bread crust and it becomes a barbecued sandwich. With slight alterations the barbecue sauce becomes a pizza sauce.

The final result is a chewy, golden toasted flat bread awaiting your special topping. Dress up the toasted flatbread with oil or the pizza sauce (described in the *Pizza Sauce* recipe on page 39). Add a half dozen basil leaves, deli meats, and grilled onions and black kalamata olives, and you'll gaily enter into the grilled pizza zone.

It all begins with the dough. If you want a simple tasting crust eliminate the sugar and alternate flour option. In fact, the first time, keep it simple and just use 4 cups of all-purpose flour. Otherwise, the sugar helps promote fermentation of the yeast and lends a subtle sweetness to the pizza crust while the alternate flours impart new flavors, textures, and colors. This makes enough for 3 small 8 inch pizzas.

Ingredients

1-1/2 cups lukewarm water
1 package active dry yeast

1-1/2 tsp. sugar
3-1/2 cups unbleached, all-purpose flour
1/2 cup of alternate flour (consider using your favorite *other* flavor such as whole wheat, wheat germ, chestnut, soy, or fine white cornmeal)
1/2 tsp. sea or kosher salt.
2 Tbs. olive oil

Rolling pin
Large mixing bowl

Steps

In a large mixing bowl pour lukewarm water and stir in sugar. Sprinkle yeast on the top and let it sit until foamy, about 5 minutes

Add salt to the flours, mix it in and set aside.

Coat hands with about one 1 tablespoon of oil, and pour about 1 teaspoon of oil into the lukewarm water mixture.

Gradually add 2 cups of flour mixture to the water. Mix this well and then slowly add the remaining flour mixture until it becomes slightly sticky and spongy. The dough should easily pull away from the sides of the bowl.

Then place dough on a floured surface. If your hands become too coated with sticky dough, pick up some flour and then “wash your hands” with the flour. Remove the excess dough and place it in the larger mixture. Then wash and coat hands with some more oil.

Knead the dough for 10 minutes. Push down with the heels, squishing the dough outwards, then fold the dough in on itself. Repeating the kneading for 10 minutes. If the dough becomes very sticky add up to 3 tablespoons more of flour to keep it from sticking. The alternative is to use a dough hook in a mixer.

Clean and lightly oil another bowl. Place the dough in this bowl. Drape plastic wrap across the top and down the sides of the dough until the plastic meets the bowl. Place the covered dough in a warm, draft-free place so it rises to twice its volume. This typically takes about from 1-1/2 to 2 hours.

Punch down the dough and knead it for several minutes until smooth. If you are in a hurry you can stop here. However, I recommend covering it and letting the dough rise for 30 to 45 more minutes.

If you let the dough rise a second time, punch it down again. Then divide the dough into 3 mounds. Each mound makes a medium sized pizza for 4 people. The dough can be used now or frozen for the future.

Pizza Sauce

Pizza sauce cousins up nicely with barbecue sauces. Add a bit of honey, a slurp of vinegar, and the tingle of cumin and pizza sauce turns into barbecue sauce. If you want to eliminate sweet and spicy from a dish, then substitute pizza sauce for barbecue.

This pizza sauce is very simple to assemble and goes well with the directions for making a *Pizza Crust* on page 58. Directions for the infinite varieties in pizza making can be found in the *Play Script For Grilled* recipe on page 55. Create your own world-class brand of pizza by using a sauce (or just oil) to which you can add cheese, barbecued meats, and grilled vegetables. If you consult Bob Blumer's booklet you'll even find recipes for breakfast and dessert pizza!

I use about 1/2 cup of sauce per small pizza crust. You can freeze the extra sauce for future pizzas.

Ingreds

1/3 cup fresh basil, chopped

2 Tbs. each of fresh Oregano, Thyme, and Rosemary.

4 garlic cloves, crushed or diced

2 Tbs. Virgin olive oil

1 tsp. celery salt

1/2 cup sun-dried tomatoes, diced

2 cans tomato paste

1 tsp. sugar

Juice from 1 large lemon

1/3 cup of hearty, red wine

Steps

Heat oil in a pan as you wash, dry, and chop or grind the basil and other fresh herbs

Sauté garlic, Oregano, Thyme, Rosemary, salt, and sun-dried tomatoes for about 2 to 3 minutes.

Add tomato paste, sugar, lemon juice, wine, and basil. Bring it to a rapid boil and then reduce heat to a soft boil or simmer for 10 minutes.



For Workaholics and Retirees
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SEAFOOD IS WHERE LIFE BEGAN

See the tuna and shrimp on the grill; it came from the sea. Moving from salt water environs to the smoky carnival tent of the barbecue is a fantastic evolutionary step, food-wise. These delightful dishes can be used as appetizers or serve as the foundation for an entire meal.

More importantly, grilling becomes a gateway to including more fish in your diet and the health rewards are tremendous. Studies of cultures where fish is popular (in Greenland and Japan) reveal a people who have far less heart disease. Nutritionists have attributed this benefit to the presence of Omega-3's which is found in fish oil. Evie Hansen who authored the book *Seafood Grilling Twice A Week* claims that there are many rewards for people who try to eat fish at least twice a week. Fish-people might enjoy remarkable long-lasting health benefits including joint repair, lowering blood pressure, improved bone growth, and lowering cholesterol.

Fish Cooking Tips

Most fish is cooked with direct method, turned once. It takes from about 5 minutes to over 2 hours if you smoke the fish on a low, indirect setting. Cooking time is also dependent on the thickness that is further complicated by the fact that most fish have an uneven thickness. One trick is to place the thinner edges for the cooler part of your grill.

Because most fish is less dense than a beef or lamb they require less time to marinate. Many recipes will suggest adding the marinade flavors for only 30-60 minutes. There is an alternate meandering method which uses a curing or brining effect. In this case, you marinate or brine the fish for 1 to 3 days. Then it is slow cooked indirectly, and smoke can be added. The recipe is a great example of this process (see page 67).

Perhaps the greatest sin in seafood grilling is to overcook and dry out the fish. Learning when the fish is done to your liking comes from practice. For instance, when cooking salmon, one learns to watch for beads of juice forming on the top-side. One formula used suggests about 10 minutes per inch thickness. Another formula calls for grilling jumbo shrimp about 4 minutes total over medium heat, just until it turns opaque. Through experimentation you will develop your own proven methods.

Generally when the fish is done, when the flesh turns from translucent to opaque. Cooked fish loses its moisture, therefore if you insert a knife into the thickest part it offers little resistance and flakes or falls away from the utensil. At first you will be unsure, so check for doneness by cutting into the center. Unlike beef, you don't need to worry about losing juices. Once the fish is done, push in with your finger and note the firmness. The next time you cook, you can use this firmness test. If you want to be scientific use a thermometer and check for an internal temperature of 145 °F.

Finally, clean the grate before and after cooking fish to insure you do not create an unsatisfactory flavor in the fish or the next meal to follow.

Tricks for Turning Fish With Less Sticking

Cleaning and oiling the hot grate before placing the fish on the hot metal will greatly reduce the amount of sticking that occurs. Since fish can be delicate or fragile, it should only be turned once. Try to leave skin on the fish because it helps to hold it together. Evie Hansen, who is a member of the National Seafood Educators association suggests beginning by searing fillets it quickly for 2 minutes to establish grill marks and seal in the juices, then flipping them over to cook skin-side down. You may want to acquire a double spatula or fish turner to make turning

fish easier. Other people cook the seafood in a basket or atop a perforated screen to ease the handling, turning, or rotating

Spicy Shrimp Kabobs

By combining the tomato base with cayenne or chipotle peppers you create a Southwestern or Cajun flavor. If heat or spicy foods are a problem then substitute 1/4 teaspoon of pepper for 1/2 teaspoon of cayenne or chipotle. Shrimp may be cooked quickly with direct cooking, and they must be watched and turned often and basted lightly with oil to avoid turning tough from overcooking. Try these Spicy Shrimp Kabobs as meal starters on short bamboo skewers, or as a main dish served over a fluffy mound of basmati rice. Reserve a bit of the marinade to add to the rice at the table. This marinade can also be used with scallops. As a meal, you can serve about 4 people.

Method and Preparations

Direct

Requires 1 hour to marinate shrimp

Ingredients

1 1/2 lb. raw, peeled de-veined shrimp

3 Tbs. virgin olive oil

Juice from 2 fresh lemons

1/2 cup virgin olive oil

2 large garlic cloves, crushed

2 small cans of tomato juice (about 1-1/2 cup) or 1/4 cup of tomato paste and 1 cup of water.

2 Tbsp. chopped fresh basil

1/4 tsp. cayenne pepper or 1/2 tsp. chipotle chili powder. (You can add more or less depending on your sensitivity to--or desire for--hot spices)

1 tsp. salt

8-12 of your favorite mushrooms

1 green pepper cut into 1-inch squares

6-8 cherry tomatoes

Steps

Peel, wash, de-vein shrimp. Set aside to dry or pat dry.

In a large bowl or freezer bag, assemble the marinade from oil, garlic, tomato juice, basil, cayenne, and salt.

Wash and cut mushrooms in half lengthwise, from head to stem. Try to make pieces of uniform thickness. Wash, and remove inside seeds from green pepper. Then cut into squares of uniform size.

Marinate the shrimp, mushroom, and green peppers in the refrigerator for 1 hour.

For ease of manipulation put the shrimp, mushrooms, and green peppers on separate skewers. Putting the same size-shape food together makes it easier to manipulate each skewer. Also,

if some food cooks quicker, you can move it to a cooler part of the grill. When skewering shrimp and mushrooms try to pierce it in two places to keep secure. For example, bend shrimp almost in half and thread large end first followed by tail.

Generally, place tomatoes on the grill during the last 4 minutes of cooking.

Turn the skewers about four times, cooking shrimp until they turn pink. This takes about 6 to 8 minutes on searing or high heat.

Tarragon & Basil Encrusted Tuna

Generally, tuna does well with a simple oil, garlic, and salt coating. However, when you want to add a special crust try this recipe, which will take tuna to a place Charlie the Tuna never went. This makes enough for 2 fish lovers or 4 people if you have side dishes.

Method

Direct to start, finish with Indirect as needed

Make crust one hour before cooking.

Ingredients

1 lbs of Tuna Fillets (Mahi Mahi comes often around 1 inch thick)

1 Tbs. basil, dried

2 Tsp. tarragon, dried

3 garlic, cloves, minced finely

1/4 cup parsley, dried

1/2 tsp. hickory salt

Lemon zest from one lemon

Juice from the lemon.

2-3 Tbs. Olive oil

Steps

Wash and pat dry the tuna.

Thoroughly mix the dry ingredients (tarragon, basil, garlic, parsley, salt, lemon zest) in a food processor. Then add the lemon juice and process it in. End by adding in the oil a little at a time. Stop adding oil and processing as soon as it resembles the consistency of a wet paste.

Coat both sides of the Tuna and press it down into the flesh. Set aside in the refrigerator until you are ready to cook, giving the tuna about an hour to absorb flavors.

Lightly coat grate with olive oil just before placing Tuna on the fire. If your Tuna is 1 inch thick cook on one side for 4 minutes and then turn over for an additional 4 minutes. Cut open and if tuna needs more time, finish with indirect heat for 2-4 more minutes.

Serve with a dollop of mayonnaise on the side.

White Fish Marinades and Sauce

White fish such as sole, cod, and halibut have a subtle flavor and fragile texture. I don't eat them as much as the oily fishes (salmon, tuna) because they seem bland in comparison. Bland, until you wake up the fish with flavorful marinades. I was supposed to pick the best of the three, but I've decided to keep all three because each in its own way compliments rather than dominates the white fish. Unlike most other authors, I'm suggesting marinating for at least 2 hours, perhaps even 4.

Here are a few general cooking tips. As noted before, lightly coat the grate with olive oil because it is high-temperature resistant. Begin by placing the fish, flesh side down (skin side up) for about 3 minutes on a hot grill. Then turn it over for another 4 to 7 minutes to finish. Length of time will vary with type of fish and thickness. It's done when the fish flakes away from a fork as you poke into the thickest part. Also, the flesh should have turned from translucent to opaque.

The tasty Parmesan mayonnaise sauce can be added as soon as you turn over the fish. To help the dressing form a crust, keep the lid closed during cooking. The extra mayonnaise can be served on the side to accompany the fish along with lemon wedges. Serve with your favorite rice partnered with asparagus topped with a dollop of regular mayonnaise or butter.

The recipes are designed for about 2 pounds of fish. While you can use the everyday fillets, it works best when you can find steaks or "cheeks" of halibut.

Parmesan Mayonnaise Sauce

Blend the following together and refrigerate until needed. Baste fish with this dressing after you have turned it over (and don't turn it again).

1/3 cup of grated Parmesan cheese

1/3 cup mayonnaise

1 Tbs. of marinade reserved from any of the following three marinade recipes.

Pineapple Soy Marinade

Blend together the following to create this slightly sweet marinade.

(Reserve 1 tablespoon of the finished marinade for the mayonnaise dressing).

2/3 cup pineapple juice

3 Tbs. soy sauce

2 Tbs. cider vinegar

3 garlic cloves, crushed

1 Tbs. dried basil

2 Tbs. sherry

1 Tbs. catsup

1/2 tsp. Coriander

1/2 tsp. Turmeric (optional if you want to give it a far eastern gingery flavor)

Cider Marinade

Blend together the following to create this pungent marinade.

(Reserve 1 tablespoon of the finished marinade for the mayonnaise dressing).

1/2 cup apple cider

2 Tbs. olive oil

2 Tbs. Dijon mustard

1 Tbs. apple cider vinegar
2 tsp. brown sugar
1 tsp. dried sage
1 tsp. dried thyme
1/4 tsp. chili powder
1/4 tsp. kosher salt

Vermouth and Onion Marinade

Blend together the following to create this unique take on a traditional marinade.
(Reserve 1 tablespoon of the finished marinade for the mayonnaise dressing).

1/3 cup Olive oil
1/4 cup of finely diced white onions
3 Tbs. vermouth
3 Tbs. Worcestershire
1 small lemon, juice
2 garlic cloves, pressed
1/2 tsp. Dill
1/2 tsp. Dijon Mustard
1/2 tsp. Kosher Salt
1/8 tsp. cayenne pepper

Seafood Kabobs Legerdemain (With Wine Marinade and Herb Butter)

This recipe takes a “threaded approach” where a basic marinade is distributed or threaded through a baste and a butter. This unifies and amplifies the flavor a bit. You’ll begin by creating a wine marinade which transforms into a baste later, and ends up flavoring an herb butter. You can simplify the recipe if you like by only using the marinade, but you’ll miss the magical effects. You won’t lose any weight with this recipe, but your palette will gain an inch of imagination.

The mushrooms become “flavor vehicles” because they quickly absorb the wine, lemon, and herb flavors and transport these aromas to your plate. The mushroom texture also compliments the seafood’s look and feel. You can limit this recipe to a single seafood such as sea scallops (very subtle) or expand it into a riotous affair where many different seafood (salmon, tuna, etc.) are skewered together into a carnival of flavor. Use parallel bamboo skewers to simplify the manipulation of the food on the grill.

To make a complete meal, begin with drinks and guacamole. (I describe an excellent recipe in my *Bad Boy’s Cookbook*). Serve the kabobs on a bed of your favorite rice. Spinach or the *Veggie Kabobs* on page 106 will round this out to an entire meal for four people. I like to end it with tea and chocolate-dipped biscotti cookies or humble Hershey chocolate bars.

Method and Preparations

Direct grilling over live fire.

Soak bamboo skewers for 2 hours.

Take butter out at least 30 minutes before to bring it to room temperature.

Marinate seafood and mushrooms for about 1 hour.

Ingredients

2 lb. of your favorite seafood (such as large sea scallops, tuna, salmon, swordfish, halibut steaks)

Halved mushrooms, one per seafood kabob

1-2 large lemons, cut into 1/8 inch slices, across the lemon

1 stick of butter, at room temperature

2 coffee mugs

1 jar with lid

3 garlic cloves, crushed

3 green onions, minced

1/4 cup chopped fresh basil leaves

1/2 tsp. kosher or sea salt

8-12 grinds of fresh pepper

1/2 tsp. white pepper

1 tsp. fresh tarragon (optional)

1/3 cup of your favorite oil

3/4 cup of a favorite, flavorful wine (Try a fruity Chianti or dry white wine)

2 Tbsp. Worcestershire sauce

Steps

Wash and cut seafood as needed. For the scallops, remove the flat muscle or “foot” usually attached to the side or end of the scallop. If you are using fish, cut the meat into similar sized cubes, about 1+ inch across.

Cut 1-2 large lemons into thin slices.

Cut mushrooms in half, lengthwise from cap to stem.

Set aside the seafood, lemon, and mushrooms while you combine the herbs in a coffee mug (garlic, onions, basil, salt, peppers, and tarragon).

To make the wine-marinade, mix wine and oil in a large jar. Add to the wine and oil between 1/2 to 2/3 of the coffee-mug-herbs. Then add the Worcestershire. Screw the lid on tight, shake up, and pour into a large freezer bag.

Add seafood and sliced lemons to the wine marinade. Mix it around to make sure everything is coated with the marinade. Then add in mushrooms, coating them also. Set the marinade concoction aside in the refrigerator for 1 hour or more. (In about a half-hour, you might want to start the rice which can take from 30-45 minutes.)

To make the herb baste-and-butter beat the butter with a wooden spoon or hand-held mixer until smooth, then beat in the remaining herbs from the coffee mug. Then remove about 2/3 of the butter mixture and place into a small container that you'll refrigerate to re-harden the butter. Gently heat the remaining herb butter in a small sauce pan and use it as a baste later.

Remove seafood and mushrooms and lemon slices from marinade. Shake off excess marinade and discard.

Holding two skewers parallel, pierce the mushroom with both skewers. This is followed by the seafood and then a lemon. Repeat this process until skewers are filled.

Lightly coat both sides of the skewered fish and mushrooms with the herb butter baste reserved in the small sauce pan. Let the butter baste sit and harden while you pre-heat the grill.

When the grill is hot, place the kabobs on the grate. Leave the lid open and watch for the momentary flare-up caused by butter hitting the hot coals or barbecue. If flare-up continues, move the food to a cooler place or turn off the burner beneath and put the lid down. You may have to cook the first side with indirect heat.

Turn once after about 3 to 4 minutes. Check doneness after about 3 more minutes. Scallops will turn firm and white, losing their translucent appearance. Fish will become firm and flake off when prodded with a fork. Total cooking times can range from 6 to 9 minutes depending on the heat of your grill and the thickness of the seafood.

Remove the hardened herb butter from the refrigerator. Over a bed of rice place the skewered kabobs and serve with a dollop of herb butter.



Slow cooking a salmon is an art worth mastering

Figure 11

Smoky Planked Salmon

This recipe is based on the method used by the great fisher people who belong to the Pacific Northwest Native American nations. After dipping into streams teeming with the plentiful fish, they strung their catch of salmon steaks across alder or cedar planks. The lumbered-fish were planted vertically at the outside of a camp fire. The smoky heat from nearby cedar and alder imparted a delicate fragrance and distinctive flavor.

Almost every book on grilling has a recipe for planked salmon. I know, because I've tried all the recipes and techniques from placing thick water-logged cedar planks over the fire, to using thinner cedar shingles on the side of the fire, and wrapping fish-and-timber in aluminum foil. In fact there is an entire book devoted to planked cooking called *Sticks & Stones* (listed in Appendix 2—Resources). I found that on a Weber I could generate tons of smoke using dry cedar planks in an indirect heat position (called MOM in Weber lexicon). On my Iron Works grill with twice the BTU I had to ignite the left side with the cedar shingle, put it on fire, move it to an indirect position on the right side and douse the flames with a brush of water. The good news is that this recipe offers you a simple, sure-fire method, that approximates the entire smoked planked tastes without all the hassle of tending to the planks which must be doused periodically with squirt guns. This recipe is presented in a leisurely pace across 3 days which begins with soaking the wood, followed by marinade-brining, and ending with smoking and roasting. It can be done across two days as well.

Unlike many other recipes, this process follows an escalating temperature, taking us from slow low-temperature smoking to all-burners-on wood burning temperatures (for special effect). It will produce an unbelievably tasty smoked salmon, unlike any other you have tried.

The first step begins in a lumber yard where you look for cedar shakes or planks with thickness up to 1/2 inch. If you use cedar shakes, you must cut them in half because they are too thin at one end. In that case, you may have to cut across the salmon lengthwise to make sure they fit the shortened lengths of cedar shakes. You can also use aromatic alder or mesquite woods cut to the length of your salmon. Whatever you do, don't use treated wood.

Many factors will influence the overall cooking times such as ambient temperature, wind, and thickness of the wood planks and salmon steaks. Therefore, it is prudent to monitor the cooking closely the first time you try this dish. Also, if you enjoy the smoky flavor, use the smoking method suggested earlier in the book and briefly summarized in this recipe.

Day 1—Preparing And Soaking The Wood

I use about 2 shingles per pound of salmon. Sometimes I cut shingles into quarters and place individual portions on each piece of wood that is then brought to the table.

Mark the cedar shingle into thirds. Saw off the third located at the thin end. Break up the thin end into small chunks or chips, about 1-1/2 inch long.

Fill a smoker box with 1/2 mesquite and 1/2 cedar chips. Then mix the woods together.

Remove a little over 1/2 of the wood from the smoker box and place it in a bucket or pan large to hold the cedar shingles flat.

Place the cedar shingles on top of the chips. Place a weight atop the shingles to keep the wood chips and shingles submerged.

When ready to cook, shake off excess water and remove the shingle and chips. Place chips in the smoker box, atop the dry chips.

Day 2—Marinade-Brine The Salmon

1 day before cooking place salmon in the *Martini Salmon Brine-Marinade* which is found in the earlier part of this chapter on page 35.

Day 3—Smoke Roasting The Salmon

Place the smoker box in a rear corner, perpendicular to the heat source or gas burner. Then place the smoker box so that only half is directly over the burner and the other half is extended off, typically over lava rocks. This way, half of the smoker sits directly over the heat source and half is off. (And, if you are using briquettes you will have to place the smoker near, but not on the coals.)

Remove the salmon and shake off excess brine-marinade.

Lightly oil the cedar shingles and place salmon in the center of (each) shingle.

Pre-heat on high with all burners going at once. Once the smoker chips start to ignite, in about 5-10 minutes, turn all the burners off except the one burner where the smoker box is laying across. Turn this burner to medium or low, whichever allows you to cook at around 150 to 225°F. The first time you may want to use an oven thermometer to determine the setting for the gas.

Place your food product on the opposite side of the grill, furthest from the heat source. Then close the lid...and no peeky for 45 minutes. It will generally be done at this time, so the next 15 minutes the heat is turned up to ignite the cedar plank, create a bit more smoke, and allow for special effects as follows.

Crank up all the burners for about 5 to 15 minutes with the lid down. Your goal is to get the cedar planks to catch fire. When a small flame appears on a plank, douse it with brush full of water (or squirt gun for cowboys/girls). Then turn off the burners beneath the planks and continue the smoking with lid down.

You can check for doneness with a fork, the flesh should flake away. Ask your guests to be seated.

Remove the smoking shingles to a holding spot, and drizzle juice from a lemon over the top or serve lemon wedges on the side. Bring the flame-and-smoke show to the table, placing one plank on each plate (if desired). Take a bow.

Sangria Salmon

This recipe is inspired by the fruity and spicy flavor of sangria wine. You can use the marinade like a brine and smoke the fish or grill it. To smoke the fish use the same method described in the earlier *Smoky Planked Salmon* recipe on page 67. The following directions will be written for barbecued or indirectly cooked salmon, but it works with any dense fish such as tuna or swordfish. I find that cooking indirectly avoids the risk of drying out the fish when grilling at higher temperatures.

Method and Preparations

Indirect, medium high around 375°F.

Marinade works best with a minimum 4 hours and best done over night.

Ingreds

1 heaping Tablespoon of juniper berries, ground

1/2 tsp cloves

1 Tbs. + 1 tsp. kosher or sea salt
Juice from one lemon, one orange, and one lime
1 tsp of zest from each lemon, orange, and lime
2 Tbs. brown sugar
16 grinds of pepper
3/4 cup light Chianti wine

2 lbs of salmon.

Steps

In a mill or grinder mince the juniper and cloves.

Add juniper and cloves to the remaining mixture of salt, lemon, orange, lime, sugar, pepper, and wine.

Place in a freezer bag along with salmon and refrigerate overnight. Turn bag over about 4 times in the process.

Lightly oil the grate and place salmon flesh side down, skin side up for 2 minutes.

Gently turn salmon over with spatula (fish spatula is best) and cook for 5 to 8 more minutes until done. Remember, the fish still cooks when you remove it from the grill, so take it off just before it is completely done.

Garnish with lemon and parsley.

BEEFY THINGS

Roasting beef on the live-fire is the heart and soul of the American barbecue. Nothing turns noses more quickly, more deliberately than a steak or burger char-broiling on the grill. For those with more patience, the slow-cooked prime rib roast is a crown jewel in any outdoor cooking arsenal.

Steaks can be cooked simply....or they can take rubs and marinades because they are so dense. When cooking them, be sure to first bring them to room temperature. Then make slits in the fatty edges to prevent curling. Always let beef rest for 5-10 minutes to allow juices to return to the surface. Carving and cutting should be done across the grain.

The Universally Loved Burger

Everyone has their own special way to make a char-broiled burger. Therefore, this recipe will just contain tips.

Many folks enjoy the burger plain and simple, with just the humble grilled taste. Others want to enhance this by adding a few condiments into the hamburger. What you want to avoid is a dried out burger, or one with the center under-cooked. Here are a few secret tips to making better tasting, succulent burgers with that charred crust we so enjoy:

- ◆ Start with excellent meat. Avoid the very lean or very fatty burger meat that can result in either dryness or excessive flames. Most burgers cook up well if they have 10 to 15 percent fat content. Many chefs ask the butcher to twice-grind a piece of chuck (like a

roast or steak). This means you get more meat and fewer byproducts, and often times better flavor.

- ◆ Avoid over-handling them. Wash and rinse hands with cold water. Then gently toss meat back and forth to form a loose ball. If you are mixing other ingredients into the meat, use splayed or separated fingers, and gently fold the herbs or other seasonings into the hamburger.
- ◆ Avoid making your burgers too thin or too thick. In the beginning, don't make the burgers more than a 3/4 inch thick until you understand how your grill works with hamburger meat. Shape the burger by lightly pressing the center so it is thinner in the middle than the sides. For example, make the burger 3/4 inch wide at the outside and 1/2 inch thick at the center. This, insures that the center is done. If you can make all your patties somewhat similar in shape and thickness you gain control during cooking, which means better results. To help make consistent burgers, try weighing the meat.
- ◆ Keep the uncooked patty refrigerated until just before you start to cook because the cold will help the burger keep its shape.
- ◆ Use a medium hot grill because a very hot grill can dry out the burger and a 20 percent fat content will cause flames. To test for this temperature, you should be able to hold your hand 5 inches above the grate for about 3 to 4 seconds. Once up to temperature, oil the grate so the meat won't stick.
- ◆ Use a spatula (not tongs) to flip burgers. Do not press down on burgers as this forces the juices out and can cause flare ups.
- ◆ Unlike some other beef-grilling techniques, burgers are cooked with the cover or lid up. Due to fatty content they can easily cause flares-ups and cook too quickly. If the burger is over a 3/4 inch, try searing it about 2 minutes per side and then finishing it off as needed over a cooler part of the grill, using indirect heat, lid still up.

Don't walk away from the grill as burgers cook quickly. Slice one open and check for doneness after 5 minutes of cooking time. Burgers are considered done at medium-rare when they reach 150 °F. To avoid possible food poisoning, many people today cook the burger a little longer to 160 °F.

Having mastered the basic cooking technique try adding additional ingredients. Loosely mix into the meat any 2 to 4 of the following: cumin, ginger, chili powder, chopped green onions, garlic powder, hickory salt, pepper, chicken-flavor bouillon, cognac, dijon mustard, chili sauce, steak sauce, or Worcestershire sauce. You can vary the ingredients with each single burger or mix up a master batch. When doing a master batch use the following formulations for each one-third pound of hamburger. (And if you want stronger flavors, make the formulation for each one-quarter pound of hamburger.)

* 1/2 teaspoon parsley

* 1/4 teaspoon of salt

* 1/8 teaspoon for spicy or strong seasonings such as cumin or ginger.

Here are a few beginning formulas to stir your imagination. Amounts are given for a single 1/4 to 1/3 pound hamburger.

- * 1/2 tsp. chicken bouillon liquid + 1/2 tsp garlic powder + 1/8 tsp cumin + 1/2 tsp. dried parsley.
- * 1/2 tsp. Worcestershire sauce 1/8 tsp. ground dried ginger + 1/2 tsp. parsley
- * 1/4 tsp. Garlic salt + 1/4 tsp. onion powder + 1/2 tsp, chili sauce+ 1 tsp. green onions, chopped.
- * 1/2 Tsp. Cognac + 1 tsp. dijon mustard + 1 tsp. fresh chopped chives or parsley.

Remember, your grill will add its own smoky flavor, so don't over do it with the seasonings. When mixing, don't compress the meat. Instead, mix ingredients loosely, with splayed fingers.

Louis Burger

This burger specialty was created for my father-in-law on Father's Day. In his nineties, he hustled to the dinner table for this one. I'm now his favorite son-in-law. In this recipe a modified cream-barbecue sauce is created for the inside of the burger, where it won't cook off at searing temperatures.

Method:

Direct, high heat

Ingredients

2 lbs. ground lean hamburger

1/4 cup parsley, dried

1/4 cup basil, dried

1 tsp. chipotle pepper, ground

1 tsp. your favorite salt (kosher, sea, French, hickory, etc.)

2 Tbs. ketchup

2 tsp. mustard

2 Tbs. heavy cream

1 bacon strip per burger



Even as a kid at 92, Louis loves his burgers
Figure 12

Buns + Butter

Sliced tomato, lettuce, mayonnaise, mustard, pickle

Steps

In a processor mix well the parsley, basil, chipotle and salt. Then add the ketchup, mustard and cream as you briefly mix up this "sauce".

Put meat in a large bowl and gently loosen it up with splayed fingers. Pour the sauce above into meat. Mix gently and lightly so as not to compress meat. Delicately form burgers about 3/4 inch thick.

Cook bacon and prepare the fixings (lettuces, onions, pickles).

Melt some butter and lightly baste the buns.

Lightly oil grate and grill burgers about 3 minutes on one side. Turn burger over and finish off for about another 5 minutes for medium rare. Check for desired doneness, if it is not done in 8 minutes, finish off indirectly. Remove burger to rest while you carefully toast buns.

Steak 101

Generally, your steak grilling tactics will vary depending on the cut and thickness of the meat, as well as the degree of doneness you prefer. However, all steaks begin the same way, branding grill marks on each side as you sear and seal the outside. You can create the grill marks by searing for 2 minutes, then rotating 45 degrees to create cross hatches for another 2 minutes. Turn the steak over and repeat. The total cooking is 4 minutes on a side for a total of 8. Your goal is to avoid creating shoe leather, where it's charbroiled on the outside and dried out on the inside.

Method and Preparations

Direct grilling when using thin to medium cut (up to about 3/4 inch thick). If the steak is thicker, you may have to finish it with indirect cooking after you brand both sides with grill marks.

General Method and Preparations

If your steak is 7/8 to 1 inch thick, sear for about 4 minutes a side and your steak will result in a nicely branded exterior and a medium rare interior. If the steak is 1-1/2 to 2 inches thick, such as a choice filet mignon, then you'll have to add an additional 10 minutes of cooking time over indirect heat.

It should be pointed out that any steak will create occasional flare-ups when the fat hits the lava rocks or burners. This smoke creates the char-broiled flavor—this is good. However, if you find your steak is sitting in a constant flame, then move the meat forward to a cooler spot, or to the side over an off burner.

Basic Steak

Sometimes a good cut of meat deserves to be served on its own merits. Lightly coat the steak with oil and season with kosher salt and pepper. Once you know how your grill cooks a steak, then try some of the following variations.

Whiskey Steak Marinade

If you use a marinade, lightly coat the grill before placing the steak on it. Try marinating the steak for about 1 hour.

1/3 cup bourbon or whiskey

1/4 cup Worcestershire sauce

1 garlic minced
2 Tbs. soy sauce
1 Tbs. Olive oil
Juice from one small lemon

Mustard Glaze

Combine the following and coat your steaks. Lightly oil the grate before placing the steak on it.

2 Tbsp. Dijon mustard
1 Tsp. oil
1 garlic, minced
1 Tbsp. minced green onions

Dry Rub

If you are new to using bay leaves this may seem a bit exotic. You may want to dry this on a small portion of your steak, reserving the remainder of the steak for some other method. The amounts given are per steak.

2 medium Bay leaves per steak, ground up
5 Grinds of pepper
1/2 tsp. dried tarragon leaves
1/2 tsp. sage (optional)

6.8 Cola & Garlic Steak Marinade

On March 1, 2001 we suffered an earthquake of 6.8 magnitude. It buckled streets, made buildings uninhabitable in downtown Olympia, and took out a few bridges. We all know the old saying, "When life gives you lemons, make lemonade." Using this as a springboard, I lived up to my barbecue motto, "When life gives you a shaker, make marinade." Prior to the "shaker" we had planned to grill two delicious steaks. After 3 hours of cleaning up glass and debris I was ready to grill, that's why some folks call me "Grill-boy". I had to improvise since the earthquake had closed most of the local grocery stores. The ensuing formula was concocted from ingredients on hand and left over coca cola. This subtle recipe makes an excellent marinade for tender cuts of beef. If you want to make twice the number of steaks, don't make twice the marinade, just increase it about 50% and use a long shallow glass container.

Method and Preparations

Marinate 2-4+ hours before cooking.

Uses direct, searing, 8-10 minutes, rotating every 2 minutes.

Marinade Ingrededs

This marinade will coat and entice two to four steaks.

2 bay leaves (ground)
1/4 cup parsley, chopped fine
1/2 Tbs. Kosher or sea salt
2 Tbs. oregano, chopped fine
1 tsp. Chili powder (or to taste)

1 can of your favorite cola (I like root beer or 7-Up)
2 garlic cloves, crushed
1/4 cup white wine vinegar
2 Tbs. Olive oil

2 of your favorite steaks (rib eye, Spencer, T-Bone etc) about 1 inch thick.

Steps

Combine all dry ingredients (bay leaves, parsley, salt, chili powder and oregano), blend well and aside 2 tablespoons to use later.

Mix up the liquids in a lidded jar and shake well. Add the dry ingredients and again shake well.

Wash and pat dry steaks. Perforate them with a fork to enhance penetration of the marinade. Place steaks and marinade in a freezer bag or suitable non-reactive vessel. Make sure the steak is covered with the liquid. Then turn frequently as it marinates for at least 4 hours.

Remove steaks and shake off excess marinade. Sprinkled the reserved dry ingredients over both sides of the steaks.

Lightly coat the grill using an oil with a high smoke temperature, such as olive or grape seed oil.

Grill about 4 minutes on a side. When done, let steaks rest for 5 minutes before serving.

Cognac, Cumin, Garlic Beef Rub

Garlic and cumin give it the depth and cognac adds a layer of interest. This wet rub also works wonders with beef tenderloins.

For 2 lbs of steak or beef tenderloins

Method:

Direct

Overnight marinade or at least 4 hours

Ingrededs

2 tsp. cumin (can be 3)
4 cloves of crushed garlic
1 Tbs. fresh lime juice
2 Tbs. parsley flakes
8 grinds pepper
2 Tsp. coriander
1 tsp. dry mustard
1/2 tsp. ground sage
3 Tbs. cognac
1 tsp kosher salt

2-3 Tbs. peanut oil

Steps

Put the garlic and cumin in a food processor and chop up until fine. Then add the remaining lime, parsley, pepper, coriander, mustard, sage, cognac, and salt. As you process add the oil, making it into a paste.

Wash and dry steaks.

Paint both sides of the steaks with a brush and then cover with plastic.

Place in a refrigerator 4 to 24 hours to marinate. Then remove and shake off any excess marinade.

Lightly oil grate and sear both sides. Then if using steaks over 1 inch thick, finish cooking indirectly until done.

Let rest 5 minutes before serving.

Bourbon + Caraway Seed T-Bone & Pork Chop Marinades

Start with a few “wet” martinis, stirred not shaken. At the table add a side dish of spinach and mashed potatoes...you have just entered the culinary twilight zone. This recipe can be used equally well with beef or pork with one slight modification.

Method and Preparations

Marinate the meat for at least 4 hours or more.

Cook steaks or chops no more than 4 minutes on a side over high heat if the meat is about 1/2 inch thick.

Ingredients

1/2 cup bourbon

1/4 cup olive oil

1/4 cup brown sugar

1/4 cup Dijon mustard

1 Tbsp powdered beef stock (if using beef) or chicken stock (if using pork)

1/2 tsp ground sage

1 Tbsp dried parsley flakes

1/2 tsp salt

1/4 to 1/2 cayenne pepper

1 tsp caraway seed, ground

1 tsp butter

1 Tbsp wheat germ

1 lbs T-bone steaks or pork chops

Steps

Combine all the marinade ingredients in a pot and bring to a boil Stir it constantly as it heats up. Then simmer and stir for 3 minutes and let it cool.

Wash and pat dry meat. Poke many holes in the steaks or chops using a fork.

Brush both sides of the meat with the marinade and place in a large freezer bag with remainder of marinade. Let it sit for 4+ hours.

Lightly oil the heated grill. Then place steaks on the oiled grate and cook about 4 minutes per side. When done, remove and let it rest 3-5 minutes.

Prime Rib Roast, King of the Grill

Some people consider this the King of beef barbecuing. It certainly is primo when cooked this way, producing a rich brown crust and juicy pink interior.

Method and Preparations

Indirect, two outside burners

Hickory chips soaked in water at least 2 hours (optional). Remember to place 2 handfuls of hickory chips on lava rocks near outside burners before lighting grill.

Ingredients

Beef Rib Roast, 7-8 lbs

2 garlic cloves, quartered lengthwise, twice, into slivers

1 garlic minced

1/4 cup olive oil

1 Tbsp. soy sauce

1/4 cup chopped fresh basil, oregano, parsley, rosemary

1 Tbsp. ground pepper

1 Tbsp. Kosher or sea salt

1/4 Parmesan cheese

Hickory chips

Steps

Wash and pat dry roast.

Cut slits into the roast, especially near the fatty section and insert slivers of garlic. Make a single slit, about 1/2 inch deep. If you are having trouble inserting the garlic slices, widen the slit by making a second slit at right angles, only 1/4 inch deep, which makes a cross.

Combine olive oil, soy sauce, and minced garlic, fresh herbs, pepper and salt. Set this baste aside for 30 minutes. Then smear this basting concoction on the exterior of prime rib. Top with the Parmesan cheese.

Cook on indirect heat until the internal temperature reaches your degree of doneness. Depending on the size of your roast, it will take about 15 minutes per pound, or about 2 hours for an 8 pound roast. Check for doneness with thermometer.

Remove when done and allow meat to rest for 15-20 minutes, so that juices return to the surface.

Magic Mountain Marinade For Beef Tenderloin

Reprinted from The Bad Boy's Cookbook by Martin Kimeldorf

This recipe is based on the lovely beef tenderloin marinade concocted at the Steamboat Island Inn, located in the Oregon mountains, near the North Umpqua River. Others report that they found this marinade works quite well with both fowl and lamb.

Method and Preparations

Because this is a thick cut of meat, you will sear it first for 2-4 minutes on a side and then finish it with indirect heat.

Plan ahead to marinate for at least 5 hours before you cook. Marinating overnight is a great idea too.

Ingrededs

1-2 pounds, trimmed beef tenderloin (You want fat and the shiny membrane removed)
3/4 cup bourbon
1 can of 7-UP soda
1/2 cup Worcestershire sauce
1/3 cup soy sauce
2 garlic cloves, minced
1 tsp. ginger, ground
1/2 tsp. espresso, ground
1/8 tsp. cinnamon powder
1/2 tsp. salt
1/4 tsp. pepper

Steps

Mix the above ingredients and place with meat in a non-reactive container like glass, plastic or large freezer bag. Marinate for 4 to 5 hours.

Pre-heat with two burners for 10 minutes.

Turn on all the burners and sear two minutes in one direction, then rotate 45 degrees and sear another 2 minutes. Turn it over and repeat this process of branding your meat..

Turn off center burners and cook indirect leaving the outside burners on.

Check for doneness in about 25 minutes. Then let it rest for 15 minutes on a cutting board which can hold juices.

Slice thin and serve with your favorite potato or rice dish.

MartiYaki For Steak & Ribs

This began as a teriyaki recipe and morphed into something a tad bit different. This makes a great marinade for flank steak or beef ribs. For a complete meal, grill asparagus and mushrooms along side the meat. Cook the flank steak in the back of your grill where it's hot, and place asparagus and mushrooms on the front, atop a perforated screen. If you don't have the various

oils on hand, try your favorite oil and about a 1/3 cup of finely chopped onions. Finish with something chocolate.

Method and Preparations

Can use Indirect or Direct cooking for flank steak, and indirect for ribs.

Use a perforated screen for asparagus and mushrooms.

Marinate for 4-6 hours.

Ingrededs

1/3 cup toasted sesame seeds

1/2 cup soy sauce

1/2 cup white sugar

2 Tbs. brown sugar

4 garlic cloves, crushed

1 Tbs. grated gingerroot

1 tsp. chili powder.

1/2 tsp. salt

2 Tbs. apple vinegar

2 Tbs. sesame oil

1/3 cup vegetable oil

1/2-1 pound of quartered mushrooms.

Steps

Toast sesame seed in a dry, hot skillet. Stir frequently for about 3-6 minutes, until the seeds turn slightly brown and fragrant. Toss out if you scorch the seeds because they will be bitter.

Chop and mix the soy, sugars, seeds, garlic, ginger, chili, salt and vinegar in a food processor.

Combine the oils and set aside 3 tablespoons to coat asparagus.

Slowly add the oils to the food processor until the mixture thickens a bit.

Coat 2 pounds of flank steak or ribs and place in refrigerator to marinate. About 30 minutes before you are ready to start cooking, remove meat and let it sit at room temperature.

Quarter the mushrooms and let them soak up the remaining marinade for about 30 minutes.

Flank steaks should be grilled on high about 4 minutes a side. Be sure to oil the grate before putting steaks on because this meat has very little fat content. Ribs should be cooked slowly with indirect heat.

If you add asparagus, they take about 6 minutes, rotating often to avoid burning. Mushrooms can be placed on the grill for about 3-6 minutes, turning them every so often. Using a perforated screen simplifies cooking delicate foods like mushrooms and asparagus.

The Art of The Brisket

If you visit Texas you might think that brisket is the state mascot for barbecuing. In Tumwater, Washington on the other hand, my wife said she would never eat a brisket because, “It’s tough and cheap.” At first I had to agree with her assessment. Even under the most ideal conditions, my brisket did not always come out fork-tender. In fact, I’ll be the first barbecue author to admit that about half of the time my brisket came out the texture of a pastrami.

I then became obsessed with solving the mystery of supremely delicious fork-tender brisket. I conducted countless interviews in barbecue shacks, reviewed dozens of recipes, and spent hours researching online. As a result, this recipe became the most thoroughly researched part of this book. And being persistent led to mastery of the brisket.

It seems that the energy of my passion was successfully translated into this recipe. Several brisket-connoisseurs have rated this as one of the best West Coast briskets. And today my wife and several Texan-friends requests seconds! And yet, after all is said and cooked well done, I still conclude that making a tender and tasty brisket remains an art. Draw close and you will learn how to become a brisket artisan.

Here are the two secrets for making reliably stupendous tender brisket. First plan on cooking the brisket at least 4 to 6 hours (depending on the size). As a rule of thumb, cook it 1 hour for each pound, at least 3 hours but not more than 12 hours total. (And, to help you get through the wait begin by selecting a good book to read, a favorite video to watch, and list of 5 to 10 chores to last the 3 to 12 hours of cooking.) The second secret invokes the “closed cooking” technique. Using a lid or foil, keep the brisket covered about 80% of the cook time. This creates a steamy, moist environment that helps turn convert the meat from lean-and-mean to fork-tender and easily shredded.

This brisket can make a main course by itself or as the main ingredient in a hoagie sandwich. Also, try serving shredded pieces of brisket on sour dough bread, topped with a light coating of barbecue sauce or a favorite mustard. Take a look at the *BHT Steak Sauce (With BLT side dish)* found on page 39 . Yummmm.

Method and Preparations and Steps

If you follow this 3-day, 3-step process you will end up enjoying the most flavorful brisket imaginable. You can certainly skip any of the steps, but working it over 3 days is the pathway to brisket enlightenment. It begins with a brine-marinate the first 24 hours, followed by a rub the next 24 hours, and finished off with 4 to 8 hours of smoke and cooking. Directions for the 3-day, 3-step process follow.

First Day Brine-Marinate

Brining a garlic-infested brisket tenderizes the tough meat and sets it up for smoking. If you want to avoid a pastrami texture and flavor be careful to avoid marinades with more than 1 Tbsp of salt per cup of liquid.

Wash and pat dry the brisket.

Make shallow slices (1/4 to 3/8 inch deep) which crisscross the meat. Slices should be at least 2 inches apart. This accelerates penetration of marinade and also the garlic cloves.

Peel and quarter lengthwise 8 cloves of garlic. Puncture the meat with a knife and insert garlic cloves throughout the brisket.

Place the brisket in a favorite brine or marinade. The *Pickled Beer Brine-Marinade* recipe on page 34 is a sure-fire winner.

If you are going use brine or marinade let it “cure” for at least 24 hours before moving onto the next step.

Second Day Use A Wet Rub

The rub also marinades the beef and will create a mouth-watering crust. The espresso rub recommended is both exotic and aromatic. This rub will linger in your taste-bud memory for quite some time. The first time, smear the rub on thin....once addicted, you can make more and create a thicker rub for your next brisket.

Shake off the excess brine-marinade before applying a rub.

Prepare a wet rub and paint the brisket all over. A light coating will do, not more than 1/8 inch thick the first time you try this. The *Espresso Wet Rub* on page 32 is quite excellent. If you want to amplify the smoky flavor add a 1/2 tsp. of liquid smoke to the rub recipe.

Cover with plastic wrap and refrigerate overnight.

Third Day Smoke And Then Cook It For A Long, Long Time

Smoke mixing with the espresso rub and brine-marinade creates a very unique blend. Each flavor loses its identity and contributes to a mysterious new blend of flavors. No one will guess the crusted brisket is built up out of smoke-infused coffee and salt.

Remove the plastic wrap and place the brisket on a rack inside a roasting pan with the fat side on top. Use the rack to make sure that all sides will be exposed to smoke.

Pre-heat the grill and make the magic smoke thing happen. Once your grill starts smoking, reduce the heat to around 200 °F, and place the brisket pan in the barbecue. Let it slow-smoke for about 1 hour with indirect heat. Keep the heat low!

Remove the pan and add a liquid to a depth of 1/2 inch. You can use water, beer, apple juice but not 3-in-1 oil. Then place the brisket on another rack to elevate it above the liquid. This will insure that the rub on the bottom is not lost to the liquid. (Try using a cookie rack, placed upside down to elevate the meat above the liquid).

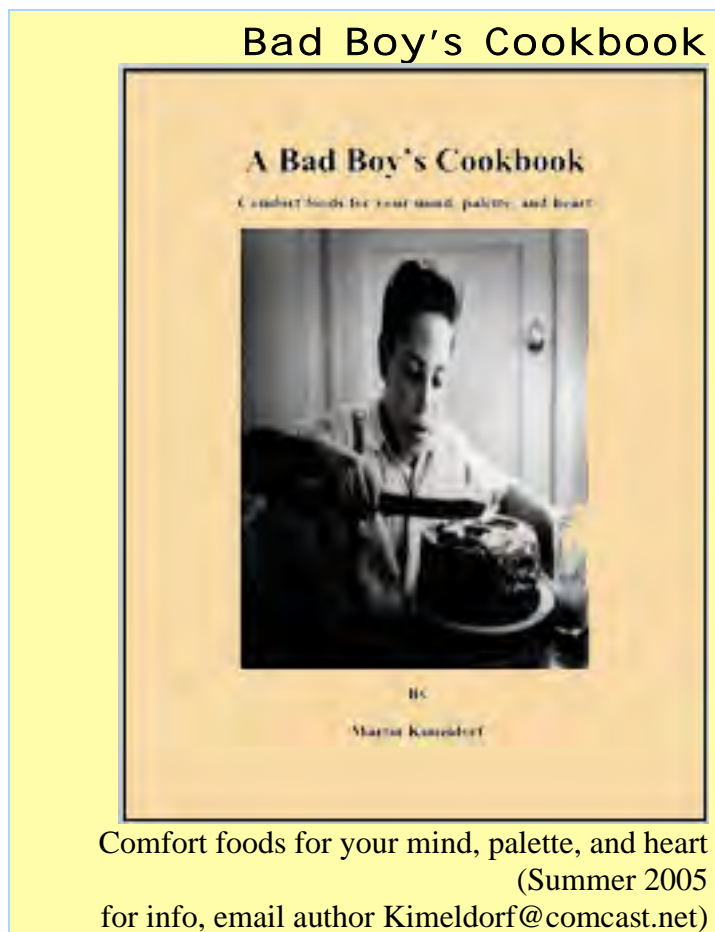
Cover the brisket with at least 2 layers of foil to create a good seal as it cooks for another 5 to 8 hours at about 300 °F. For simplicity I put it in the oven at this time to finish off the brisket. If you want to try and speed things along, trying increasing the temperature by about 50 °F every 2 hours.

Test for doneness every 2 hours. At this time you can baste the brisket with liquid from the pan if you are not trying to preserve the crust made by the rub. You can also slice open the brisket and check for doneness by sight. However, most brisket experts consider the meat done when it “flakes away from the fork” in about 5-10 hours.

Once done, remove the foil and cook an additional 20 minutes to help firm up the espresso crust.

Transfer to a cutting board and let brisket rest 10 minutes. Carve thin slices of the meat across the grain. If it is truly fork tender, you won't be able to cut, but you can pull off pieces as you shred the meat.

Serve on white bread with barbecue sauce or mustard.



FOWL IS (TASTY) FARE

Chicken and Ribs are the bread and butter of many an outdoor cook. Because chicken exhibits a bland taste when compared to beef or lamb, it begs for barbecue sauces and marinades. Grill chicken can become a multi-purpose event. The main course one night and left overs tossed in a salad the next day transforms both the vegetable and protein. For the more adventuresome food safari, place a duck or turkey under the hood.

Here's all you need to know about chicken: it can be tricky and practice will make your chicken grilling perfect over time. Too often the chicken cooks unevenly with some parts blackened and other parts, near the bone, remaining underdone and red. These directions appear lengthy because they cover several different options for cooking chicken. The actual method you choose will prove to be quite simple. First, you have to select the kind of chicken cooking method. To help you decide consider the following "if-you" techniques. Then proceed to the appropriate set of steps. In almost all cases, cut off some of the excess fat to prevent flare ups.

If you want to barbecue a whole chicken, do it slowly over an indirect fire.

If you want to sear large flat pieces such as breasts or thighs, then consider removing the skin to prevent flare ups. If you want to keep the skin on, then begin with the skinless-side or bone-side down. If flare-ups begin, switch to indirect until the fat is rendered, about 10 minutes at the lower heat. Then you can return to the searing position of the grill.

If you want to grill or sear half a chicken then have the butcher split or butterfly the bird. This means the chicken will be broken along the back-bone which lets it lie flat. If you want to split or butterfly it yourself, place the breast side up, and using a large heavy knife, cut along breast or back bone, while trying not to cut completely through. To finish, press down on the center with your palms, along the back-bone to “flatten” chicken. As it flattens you’ll hear bones pop. Lightly oil the non-skin side. Start with skin side up over low heat to avoid flare-ups.

If you want that old-timey chicken parts with barbecue sauce, you need to watch for flare-ups and be prepared to switch from direct to indirect positions on the grill, or from hot to cooler spots. If you are using a sauce with sugars or honey, you should apply it towards the end of the cooking cycle. Otherwise, if you want to mop the chicken with sweetened sauces during the entire cooking, you will have to turn the chicken constantly to prevent the sugars from turning black. And, if you don’t use sugared sauces, you can turn up the heat at the end to create grill marks.

Checking for doneness.

When you are trying a new technique or a new grill use a thermometer. Stick it in the thickest part. On a whole chicken this will be near a joint, like the leg-thigh area. Try not to touch the bone. Chicken is done at around 170 to 175 degrees. Once you get a sense for the look and feel of chicken done to your liking, you can simply test by sticking a small skewer into a thick part. When the juice runs mostly clear, or with only a small trace of pink, then it is done. Remove chicken and let it sit for about 10 minutes. It will continue to cook and the juices will return to the surface, making it more succulent.

Playing The Chicken Options

General Method and Preparations

Pre-heat with all burners on. When ready to place the chicken on the grate, turn off burners you are not cooking over to reduce overall temperature. If flare-ups occur, you can move the chicken to the cooler spots, or over the off burners.

General Ingreds

3 pounds chicken

Salt, pepper, and your favorite seasonings or rub

Barbecue sauce (optional)

General Starting Steps

Wash and pat dry chicken. If you want separate parts, cut them into pieces now.

Add any flavorings that tickle your fancy. Salt and pepper will do just fine as will your favorite herbal rub.

Steps For Barbecuing A Whole Chicken

Cook the bird slowly using an indirect cooking method and check with thermometer. Takes from at least 40 minutes on a medium to medium-low heat.

Steps For Searing Large Flat Pieces, Such As Breasts Or Thighs

This method works well when making chicken kabobs or searing a large flat piece like a breast. The trick: remove the fatty skin to prevent flare-ups. If you miss the flavor of the skin, try marinating the chicken parts overnight.

Cook directly over the fire for 2 minutes. Then rotating about 45 degrees and sear for 2 more minutes to create cross-hatch marks. Turn over the chicken and repeat.

Then cook indirectly for 4 minutes and check for doneness. It can take an additional 4 to 10 minutes depending on thickness of chicken and the temperature you are cooking at.

Steps For Searing Split Or Butterflied Chicken

Split and flatten the chicken as described earlier.

Sprinkle both sides with salt, pepper, and your favorite herbal rub.

Lightly oil the grill.

Place skin side up, bone side down and sear for about 2 minutes. Flip chicken over and sear for another two minutes. Flip and sear for another 2 minutes and then finish indirectly until done, about 15 or more minutes.

Steps For Barbecuing Chicken Parts, With Skin And Mopped With Sauce

If you are not using a sauce, try adding wood chips to enhance your basic seasonings. Otherwise, if you use sauce, a simple salt and pepper sprinkling will do.

To prevent flare-ups, place chicken so it cooks indirectly. On a gas grill this means turning off the center burners and cooking from the sides. If you have a lot of chicken on the grill, you will have to watch for flare-ups. To control flare-ups, some people advocate keeping the lid up, others suggest down, and some argue for using a squirt bottle. In my experience what works best is to move the chicken away from the flare-up and lower the lid, but each grill is different.

Before placing the chicken, lightly oil the grate. If there is a non-skin side to a piece (such as a back or thigh), place this side down on the grill first. Cook for 10 minutes, during which time much of the fat will begin to be rendered. Turn over the chicken parts and cook the other side for an additional 10 minutes.

Turn over and coat the top-side with sauce (if you are using a sauce). Turn over and coat the other side, cooking for 5 more minutes. Check for doneness.

If not done (and most chicken will take another 10 minutes) then repeat turning the chicken, coating and cooking 5 minutes per side. Do this until the chicken is done.

(Note: If you are not using a sauce or if your sauce has no sugars in it, then you can crank up the heat during the last two turns because the sugar won't burn, and the searing heat creates grill marks).

Remove chicken and let it sit 5-10 minutes before serving.



A medley of color and taste with chicken kabobs

Figure 13

Birthday Chicken Kabob Marinade

This recipe was invented on my birthday, April 3, 2001. At age 53 my father was undergoing triple by-pass surgery. But when I turned the bend of 53, I had logged 2260 miles on my bike for the year and was on my way to mastering my grill. I'd like to think that my improvement in health was attributed to barbecuing and bicycling. To celebrate I mixed together chicken kabobs with peppers. This makes a very colorful presentation with the orange, yellow, green peppers coupled to the purple onion. A very festive birthday recipe indeed. Judy developed an excellent side dish made from a mixture of basmati rice, sautéed pecans, and green beans.

Method and Preparations

Direct cooking and use a hot grill.

Marinate for 4+ hours.

Ingreds

- 1/4 cup fresh lemon juice
- 1/4 cup minced or grated onions
- 2 Tbs. Worcestershire sauce
- 2-3 minced garlic cloves
- 1 tsp fresh minced ginger
- 8 juniper berries crushed or minced
- 3 bay leaves chopped fine
- 1 tsp dill
- 1 tsp salt
- 1/2 tsp black pepper

1/2 cup olive oil (1/4 cup if you are not going to use vegetables)

2 pounds of skinless chicken breasts, washed and cut into 1-2 inch thick cubes or rectangles

1 Green pepper, gutted, quartered

1 Orange pepper, gutted, quartered

1 Red Pepper, gutted, quartered

1 Purple onion, quartered

Steps

Combine all the above marinade ingredients in a jar and shake up to thoroughly mix the liquid.

Place 2/3 of the marinade in a large freezer bag with chicken and the rest in another freezer bag with the vegetables. Coat everything and set in the refrigerator to marinate.

Lightly oil a hot grill.

Group the onions, chicken, and peppers on separate skewers.

Because water-logged onions seem to take so long to grill place onions on grill about 10 minutes before you start your chicken and peppers. After that, you'll need to rotate or turn the chicken and peppers about every 2 minutes until done, about 4-8 more minutes.

Remove skewers and then the food, serve with rice.

Grilled Lemon-Oregano Chicken Salad

This recipe will be popular with the healthy-heart and eat-smart crowd. It makes a great main course for a luncheon. This recipe makes enough for about four people. Serve with grilled garlic bread (page 48) and you have a meal for more people. It is best to make the marinade and dressing first. Then while pre-heating the grill you can make an oil mixture for garlic bread, and lightly brush the slices. Do the bread separately, and last, to serve warm.

Method and Preparations

Direct cooking.

Marinate for 2+ hours.

Ingredients for marinade

1/2 tsp. grated lemon peel

2 Tbsp. fresh lemon juice

1/3 cup olive oil

2 Tbsp. chopped fresh oregano

1/2 tsp. minced garlic

4 boneless, skinless chicken breast halves

1 tsp. Kosher or sea salt

Ingredients for salad dressing

3 Tbsp. olive oil

1/2 cup buttermilk

1 tsp. grated lemon peel

1 small fresh lemon, juice
1 small minced garlic clove
1/2 tsp. salt

6 cups, washed, torn, and refrigerated lettuce leaves.
1 pint cherry tomatoes
1 avocado, diced

1/3 cup chopped parsley (optional)

Steps for cooking chicken

Combine marinade ingredients in a non-reactive bowl or large freezer bag. Add chicken and marinate for two or more hours.

Mix ingredients for dressing together in a bowl and set aside.

Wash and tear lettuce, then place in refrigerator to chill.

Pre-heat grill. Before placing the chicken on the grill, shake off excess marinade to avoid flare-ups from the oil. Then direct grill, searing for 2 minutes, rotating and searing 2 more minutes, then turning over and repeating the process. Check for doneness and if it needs more time, use indirect cooking.

Then slice it into thin strips, cutting across the chicken breast.

In a salad bowl add lettuce, tomatoes, and avocado along with chicken strips. Toss with dressing. Allow people to sprinkle parsley atop the salad.

Tarragon-Ricotta Chicken

Who doesn't like stuffed chicken or pork? How about placing a mixture of cheddar and Parmesan cheeses infused with herbs under the skin of a chicken breast? In this recipe you'll butterfly or flatten the chicken to improve more even cooking. You'll begin with a dry marinade or a rub to flavorize it the birdie and then add a thin layer of cheese. This will serve about 4-6 people with side dishes.

Method and Preparations

Indirect cooking.

Ingrededs

1 whole chicken (about 3 lbs.)
Oil

Your favorite barbecue rub or make your own mixture of favorite chicken seasonings. One example could include 3 tsp. salt, 3 tsp brown sugar, 2 tsp. Paprika, 2 tsp. Tarragon, 1 tsp rosemary, 1/2 tsp. cumin, 1/4 tsp. ground pepper.

6-8 ounces your favorite cheddar cheese, grated
1/3 cup Parmesan cheese
1 egg
1 Tbs. dried Basil leaves

1 tsp. Allspice
1/2 tsp. sage
3 Tbs. fresh chopped parsley
1 Tbs. garlic powder
1/2 Tsp. kosher or sea salt
1 Bay leaf, chopped fine.

Steps

Rinse chicken under running cold water, pat dry and wash hands.

Butterfly the chicken. Place it breast side up, and using a large heavy knife, cut along side the breast bone, while trying not to cut completely through. To finish, press down on the center with your palms, along back bone to “flatten” chicken. As it flattens you’ll hear bones pop.

Loosen the chicken skin starting at the front of the cavity, where the breast begins. There is no single clever or perfect way to do this. Try to separate the skin from the flesh using your fingers and a sharp knife. Try to loosen the skin along sides, across the back, and down toward the leg bones.

Lightly oil the outside of the chicken. Sprinkle all over with salt, pepper, or your favorite rub. Let the rub marinate for 2-4 hours in a refrigerator.

Mix the ingredients for the stuffing (cheddar, Parmesan, egg, tarragon, allspice, parsley, garlic, salt, bay leave).

Spoon the ricotta mixture under the skin, distributing it evenly with your fingers. If skin becomes loose, secure it with toothpicks.

Place chicken skin or breast side up in the center for indirect cooking, and check in about 60 minutes. It usually takes an extra 15-30 minutes to reach doneness. When it’s done, the skin will have turned golden brown and the chicken legs move easily. It’s hard to check with a thermometer because of the stuffing. Try slicing into a thigh to check for doneness. You can always finish it off in an oven if it does not appear done enough.

Remove to the cutting board and let rest 10 minutes before carving. A simple approach is to cut the chicken in half length-wise, and then across once or twice to produce 4 to 6 sections, one per plate.

Turkey-Cheese Patty Melt

Everyone tries to barbecue a turkey, but what do you do with the left-overs? Try grinding them up to make patties, flavored with your favorite cheese. Don’t have left-overs? Try buying ground turkey in your local grocery. This recipe makes approximately 4 medium size patties.

Method and Preparations

Direct cooking followed by indirect.

It is helpful to place patties in the freezer for 20-30 minutes prior to cooking.

Ingredients

1 Lb. of turkey (either left overs or ground turkey)
3/4 cup bread crumbs (used as a binder only if you are grinding your own turkey)

3 Tbsp. melted butter
1 clove garlic, crushed

2 Tbsp. fresh chopped tarragon
2 Tbsp. fresh chopped parsley
1 tsp. powdered sage
1/2 tsp. kosher or sea salt
1/4 tsp. pepper or hot spice of your choice

1/2 cup of brie or Swiss cheese (Swiss gives a bigger tang while brie provides more moisture)
1/2 cup of Arugula, washed and set aside

4 hamburger buns or rolls of your choice, cut in half.

Steps and Options

Melt butter and add garlic. Set aside.

If you are grinding your own turkey, cut it first into small cubes and then grind in a food processor until it is a coarse grind. Don't over do, avoid grinding until it makes a paste.

Add 1 Tbsp. of the garlic butter. If you have ground your own turkey also add the bread crumbs.

Loosely mix in the seasonings and then set in the refrigerator to cook and harden for about 20-30 minutes.

Dampen hands to prevent turkey mixture from sticking to your hands. Pre-heat grill as you make patties.

Make patties a little over 1/2 inch thick and as wide as you like. To make the patties uniform, try gently pressing them down with a sauce.

Place your favorite cheese on one patty and then place another on top. Lightly seal the edges.

Lightly coat the inside of the buns with garlic butter. Then do the same on both sides of the turkey patties. Remember go lightly on the turkey.

Sear over high heat on each side about 4 minutes. Then finish off for another 3-4 minutes over indirect heat. During the final 2 minutes, place buns on grill, butter-side down and toast them.

Place Arugula on buns and serve your new-world turkey burger. Some people also prefer a dollop of mayonnaise on the bun to add moisture.

Duckius Orangium

The author of *Barbecue Bible* is a French-trained chef. Steven Raichlen claims that there is no better way to cook a duck than on the barbecue. So when in Rome, try the Duckius Orangium which is Latin for Yummy Duck in Orange Sauce.

The high fat content creates a wonderful flavor, but it also means that you'll want to use a citric (typically orange) basting to cut down the impact of the grease. Lucky you, because

outdoor cooking means a whole lot less clean up compared to oven cooking indoors. By cooking it long and slow on one burner you will produce a duck with crispy skin outside and little fat inside. Allow about 20-25 minutes per pound if you cook with one burner.

Method and Preparations

Indirect-LOW, using only one burner to produce about 300 °F

A liquor license for the duck

Overnight marinade

Small skewers to hold the duck cavity closed over the stuffing

(Chicken throne can be used to keep duck vertical, if you are not putting a stuffing inside.)

Ingrededs

A 5-7 pound duck feeds about 3-4 people. Cook two ducks and double the recipe if you are serving more than 4 people.

1/2 cup each of the following dried fruit: crancherry (a combination of cranberry and cherry) apricot, apple, and raisins

1 small lemon and orange. Grate 3-4 tablespoons of lemon and orange peel, then cut fruit into thirds, leaving the remaining peel on

2 Tbsp. grated orange and lemon peel and place remainder aside

1/2 cup chopped onion

1/2 teaspoon ground ginger

1 cup whiskey

1/2 cup sherry wine or 1/4 cup of a favorite liqueur

1/2 tsp. salt and pepper

3/4 cup orange preserve

3/4 cup apricot preserve

Remaining grated orange and lemon peel

Steps

Assemble marinade from the dried fruit, orange, lemon, onion, ginger, whiskey, sherry, salt and pepper. Let this soak overnight in the refrigerator, typically in a large freezer bag. Put the orange and lemon grated peelings in a separate bag.

Next day, pour off the marinade into a small pan, and stuff the remaining fruit into the duck cavity.

In the pan add the grated orange and lemon peel, along with the orange and apricot preserves. Bring gently to a boil for about 2 minutes. Then, reduce the heat to medium-high and cook for about 5 minutes, while constantly stirring. Put this glaze aside to cool.

Wash and pat dry the duck. Steven Raichlen suggests making a small incision in the fatty part of the duck which is under each wing and in the underside of each thigh. This allows the fat to drip out into your pan. Sometimes you can insert a favorite herb (like garlic) into the slits to emphasize a flavor.

Baste the outside of the duck with the orange glaze you've just made. Save some to baste later.

Place on a rack in a pan, breast side up.

Cook bird for 1 hour, and at that time baste the outside. Thereafter, baste and check for doneness every 30 minutes. The bird should reach 170°F and, if lucky, the outside will eventually turn a deep mahogany brown. Insert thermometer into thickest part. Avoid hitting the bone or dressing. Try inserting the thermometer where the thigh joins the body. Juices will run clear when inside thigh is pierced with fork. It will probably take another 30-60 minutes.

Let sit for 10 minutes before carving.

When serving you might suggest that guests remove the orange and lemon from the dressing, as it can be bitter. The other alternative is to completely remove the peel before adding it to the original marinade.

Home On The Range, And Turkey On The Grill

Nothing is better than grilling a turkey in the winter. And nothing is better than the turkey sandwiches which follow. You may want to add a stuffing to this traditional turkey recipe.

Method and Preparations

Indirect, two outside burners

Your favorite wood chips soaked in water at least 2 hours (optional)

Ingrededs

Fresh turkey

21/2 Tbsp melted butter

salt and pepper (to taste)

1 whole onion (peeled and quartered)

Fresh Herbs (parsley, thyme, rosemary)

Steps

Place 2 handfuls of your favorite wood chips on lava rocks near outside burners before starting to pre-heat.

Remove neck and giblets from cavities of turkey; discard fat.

Rinse turkey thoroughly inside under cold running water; pat dry.

Brush turkey inside and out with butter and seasonings.

Place onion and herbs inside cavity.

Place bird, breast side up, in roasting pan.

Roast turkey (allowing 15-20 min. per pound) until juices run clear when pierced at thigh. The bird will typically reach an internal temperature of 165 degrees at this stage. Check with thermometer to be certain.

Remove turkey and allow to stand 15 min. before carving. Garnish platter with fresh herbs.

PORKY KNOWS NO BETTER

Smoky flavored ribs are required for a complete summer barbecue experience. Throw a pork chop on, and once you get the knack, you'll never go back to the frying pan or broiler. Ribs do best when cooked slowly. Also, try to purchase the best cuts from the center loin area, rib chops and spare ribs.

Branded Pork Chops With Juicy Centers

As mentioned earlier, pork chops can also be challenging. Basically, you want to sear the outside and make sure the inside is cooked through, without making it too dry. If your equipment can't get up to 500 °F it might be best to slow cook the chops indirectly.

Method and Preparations and Steps

Direct for think cuts and add time with indirect for thicker cuts.

Ingrededs

Pork Chops

Your favorite rub or make a simple one using equal portions of salt and garlic powder and parsley, with additions of cumin or cayenne pepper to taste.

Steps

Sprinkle the rub on your chops. Some people like to first coat it with a bit of olive oil and let it sit a few hours in the refrigerator to "marinate" with the herbs.

As a general guide for 1/2 inch thick chops try searing 4 minutes on each side. Thicker cuts, from 3/4 to 1+ inch, need an additional 5-6 minutes of indirect cooking after searing. Move the chops away from a live burner and place the meat over an off burner. When trying to determine doneness on thick cuts use a thermometer because the minutes given are approximations.

Dijon-Maple Syrup Pork Chop Glaze

This glaze is so wonderful, you will want to reserve about half of it for dipping by your plate. It is quite simple to prepare. The only tricky part is the cooking time, which depends on the thickness of your pork chops. One inch seems to be easier to cook because you start with direct heat and end with indirect.

Method

Direct to start, finish with Indirect as needed

Ingrededs

1/2 cup maple syrup
2 Tbsp Dijon mustard
1 Tbsp prepared horseradish
1-1/2 Tsp chili powder
1 Tsp garlic powder
1 lemon, juice

Oil, salt, pepper

Steps

Assemble the glaze ingredients in a lidded jar. Microwave for 20 seconds and then shake up mixture. Divide it into two portions, reserving one portion for the table.

Wash, pat dry and lightly oil the chops. Then salt and pepper them to taste.

Place on the grill for 2 minutes and then turn over. Add glaze to the top-side and cook for 2 minutes.

Turn over and cook with indirect heat for 3 minutes and glaze top. Check for doneness. If it is a one-inch chop, turn over and glaze and cook for 3 more minutes.

Remove, let rest 5 minutes and then serve with the reserved glaze on the side.

Peanut Butter and Root Beer Ribs

This is where Disneyland meets Thailand. Mickey Mouse would travel miles to sup on these barbecued ribs. It's a two step process. You will need to marinade the ribs overnight and then add the magical sauce as it cooks. For the first time, try adding smoke and cooking half the ribs with only the marinade effect—no peanut butter & root beer sauce—and the other half with the sauce. This mild sauce produces a fascinating flavor. If you like heat or spice on your food, I'd recommend adding a rub to the ribs before placing them on the grill. The marinade and sauce also does a great job on chicken.

Method and Preparations

Make the brine-marinade and barbecue sauce the day before. Please consider using the *Root Beer Rib Marinade* on page 31 with about 4 baby back pork ribs (about 4 lbs). The ribs should marinate in for at least 24 hours. Cook the ribs over a low indirect heat and consider adding smoke from your favorite wood chips. Soak the wood chips for at least 2 hours.

Ingrededs for Peanut Butter & Root Beer Sauce

1/3 onion

7 cherry tomatoes

2 cloves of garlic

1/2 can root beer

1/2 cup of your favorite peanut butter (add 1/4 cup later if you like more peanut flavor)

1/3 cup ketchup

3 Tbsp. Honey

2 Tbsp Dijon mustard

2 Tbsp Worcestershire sauce

2 Tbsp lemon juice

2 Tbsp soy sauce.

1/4 to 1/2 tsp cayenne

Method for BBQ Sauce & Cooking

In a food processor chop up the onion, tomatoes and garlic until it is pureed. Add all of these to a medium saucepan.

Add remainder of ingredients to the saucepan and bring to a boil. Then stir and simmer for 3 minutes. Let it cool.

Remove ribs from marinade, cook on a low-slow heat (try one burner on medium or low to achieve a temperature between 150-225 °F). Use the indirect method, where the gas burner or briquettes are on one side and the meat is on the other. When you cook the ribs at around 150 °F it can take up to 2+ hours.

After one hour, open the lid, turn the ribs over and baste the top-side with the sauce. Return in 15 minutes to turn and baste once again. Continue turning and basting every 15 minutes, until almost done.

As the meat pulls away from the bone, towards the end of the cooking time, I like to add one more coat of sauce and then turn up the grill for direct heat. I crisp and brown the outside by cooking at high heat for 1 to 2 minutes on a side.

Herbal Rub and Apricot-Ginger Glaze For Pork Loin

This thyme infused recipe is topped with a chutney-like sauce. This is a variation of the traditional orange marmalade glaze, substituting apricot jam. There will be enough glaze left over to use as a dipping sauce at the table. It will take about 2 hours at 300 °F if you cook it rolled up. But if you lay the pork out flat it takes considerably less time. Don't overcook the pork or it will dry out.

This pork dish goes well with grilled onions and apples slices (oil and grilled). Consider also making skewered potatoes by coating chunks of potato with a mixture of oil with rosemary, lemon, and salt to taste. Then place on skewers and barbecue like kabobs.

Method

Direct searing and Indirect cooking on a rack in a pan.

Can marinate pork for up to 24 hours.

Pork Ingreds

2 Tbs. oil

1 boneless pork loin roast 3.5 to 4 pounds

Pork Rub Ingreds

4 Tbs. fresh thyme

2 Tbs. fresh sage

3 Tbs. fresh rosemary

3 Tbs. paprika

3 Tbs. brown sugar

2 Tbs. garlic powder

1 Tbs. kosher salt

1 Tbs. chili powder

1 tsp. allspice

Pork Glaze Ingrededs

3/4 cup apricot jam
1 Tbs. grated fresh gingerroot (or 1-1/2 tsp. ground ginger)
2 Tbs. Dijon mustard
1/4 cup onion, minced
1 Tbs. oil
2 Tbs. Worcestershire sauce
1-1/2 tsp. celery salt
1 tsp. fresh ground pepper

Cotton string for tying up the roast. (needed only if you roll up the roast again)

Steps

Assembly rub from ingredient list above, modifying as suits your needs.

Cut the strings and unroll the pork roast. Wash, dry, and oil both sides of the pork. Then coat both sides of pork with the rub.

If you want the look of a roast, roll up the meet and tie it together with new cotton strings. Otherwise, leave it flat. Finally, wrap the meat in plastic wrap and refrigerate for 6 to 24 hours.

Before you begin cooking the pork, make the glaze. Place the ingredients in a sauce pan on medium-high heat and continually stir until it starts to bubble or boil. Keep stirring and reduce to low. Let it slowly bubble and simmer for 10 minutes. Pour off about 2/3 of the glaze and reserve the rest for a dipping sauce at the table. Place the remaining amount where it will keep warm, such as on top of the barbecue. You want to apply the glaze as a coating to the meat. If you run out, just add more from the reserved glaze.

Remove pork from the refrigerator and place for indirect cooking on a rack, in a foil lined pan. Cook slowly at a low temperature around 300°F. If you are cooking it flat or unrolled it can be placed directly on the grate (perhaps with a pan of liquid beneath it).

If it is rolled up into a roast, let it cook for 40 minutes. After a crust has formed in about 20 minutes, coat the top with the glaze and let it cook for 10 more minutes. Then rotate and coat the other side.

If you are cooking it unrolled or flat, try coating and turning the pork after 20 minutes.

Check with a thermometer to determine the temperature.

After you turn it, check the pork again in 15 minutes (if it is flat) or 40 minutes (if it is in a roast form). Rotate, generously baste again with the glaze. Check the temperature. It is done when it reaches 160°F. Some cooks like to remove the roast at 155 to 155°F figuring that it continues cooking and reaches 160°F. This avoids overcooking

When it reaches the desired temperature or doneness, remove and cover loosely with aluminum foil as it rests for 10 minutes..

Snip strings of the roast and cut across grain into 1/4 inch thick slices.

Set aside the glaze for dipping at the table.

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LAMB

Lamb is not as universally loved as beef, pork or chicken. What a shame. Many of the “kabob” recipes can be easily applied to lamb. As with a thick steak, you sear the outside and cook indirectly until done. This simple marinade has surprising tasty results. If you sear the outside, you may still have to finish with indirect cooking because dense lamb is often best cooked slowly.

Heavenly Lamb Chop Marinade

Reprinted from The Bad Boy's Cookbook by Martin Kimeldorf

A neighbor in the Pacific Northwest passed on this seemingly simple recipe. It's dynamite with lamb chops, and actually turns any meat into a wonderful meal. This dish goes great with mashed potatoes, where the sautéed onions are served as a garnish for both lamb and spuds. Allocate 2 chops per person, varying this by size of their appetites. This meal serves about four people with side dishes.

Method and Preparations and Steps

Best to marinate overnight.

Direct and indirect for thicker cuts.

Ingredients

6-8 thick lamb chops, (ribs are about 1 inch thick and loins are thicker)

1/2 cup olive oil

1/2 cup onions, chopped

1/2 cup (or 1 small can) tomato juice

1/4 cup lemon juice

1 tsp. salt

1 tsp. marjoram

1 tsp. thyme or oregano

1 tsp. dill

1/2 tsp. pepper or cumin if you want more heat

2 cloves of garlic, crushed

Steps

Mix the ingredients in a non-reactive dish or large plastic bag. Set aside about 1/3 cup of the marinade for basting while barbecuing.

Soak meat for as long as you can, at least 6 hours-over night is best! Remove the onions and sauté until golden brown and use as topping for lamb.

Remove chops and place on a hot grill. Sear about 3 minutes per side and then cook indirectly. It can take an additional 20 minutes of indirect cooking. If you like to work, try basting and turning every 5 minutes, but this last step is optional.



*An open pocket bread just waiting to be stuffed
with lamb and yogurt dressing*

Figure 14

Greek Lamb Kabob Pocket Sandwich

Grilled onions and lamb kabobs coated with garlic and cumin make an incredible combination. Put it in a sandwich and you have the Greek ideal of what's for lunch (or dinner). This riot of flavor begins when you lovingly and gingerly place grilled lamb and onions inside a pocket bread and then top it all off with a few spoonfuls of the yogurt sauce.

Method

Direct, using skewers

1 day in advance create the yogurt dressing and lamb marinade

Yogurt Sauce Ingredients And Steps

Combine the following ingredients and let sit at room temperature for 30-60 minutes before serving.

2 Cups plain yogurt

2 medium size tomatoes, diced small

2 garlic cloves, minced

1 Tbs. lemon juice

3 Tbs. green onions, finely chopped

1 tsp dill

1 Tsp Kosher or sea Salt

8 grinds of pepper

Lamb Kabob Wet Rub Ingredients

2 pounds lamb, cut into 1 inch cubes

2-3 onions

2 lemons, sliced 3/8 inch thick

3 Tbs. olive oil

3 Tbs. orange juice

1-1/2 Tbs. ground cumin

8 cloves of garlic, minced

3 Tbs. parsley

8 grinds of pepper

Kosher salt

Lemon sliced for garnish

Lamb Kabob Steps

Wash and pat dry the lamb and place in a large freezer bag.

Place olive oil, cumin, garlic, orange juice, parsley, and pepper in a food processor and chop away until it has a paste-like consistency.

Put the marinade in the freezer bag and mix it up by hand until all pieces are coated.

Set the marinade in refrigerator overnight.

Cut up onions and lemons. Lightly oil them.

Remove Lamb from the bag and skewer the lamb and onions. Lightly salt each skewer.

Lightly oil grate and place skewers over direct heat. Turn 2 minutes per side until done.

Remove skewers and let sit for 5 minutes. Put on plate with lemon sliced thin to use as a garnish.

Let guests cut lamb into bite sizes which are then placed in pocket breads and topped with yogurt sauce.

My Heroic Lamb and Beef Gyros

This recipe is one of my favorites. With the first bite you board a magic carpet to the middle eastern grill. This is the barbecue version of the well-loved Mediterranean gyros sandwich (pronounced “heroes”). You begin by combining ground lamb and beef with fresh herbs and some spices for zest. After the patties come off the grill, they are cut up and inserted into pocket breads (sometimes called Pita Bread). For every spoonful of meat, dollop in a spoonful of the yogurt dressing. Sometimes it’s also fun to add grilled onions to the mix. The addition of Tahini adds a bit of depth to the yogurt dressing, yielding a slightly nutty flavor. (Tahini is middle eastern version peanut butter, using sesame seeds instead).

Method and Preparations

Refrigerate gyros meat for 1-6 hours before cooking.

Make yogurt dressing at least 1 hour before cooking.

Uses indirect cooking.

Yogurt-Tahini Dressing Ingrededs & Steps

Combine the following to create the dressing.

- 1 cup whole milk Yogurt
- 1/4 cup fresh lemon juice
- 2 Tbs. Tahini
- 1 tsp. salt
- 1/8 tsp. ground pepper
- 2 tsp. of dill
- 1/4 cup fresh parsley, chopped
- 1 cucumber, peeled and diced small.
- 1/2 cup tomatoes diced small
- 1/2 cup finely chopped onions.

Gyro Ingrededs

1 lb. of lamb, boned (or remove bone on your own and buy more)

1 lb. Hamburger

- 2 bay leaves ground
- 5 large leaves oregano (or 2 tsp. dry oregano)
- 5 large leaves basil (or 2 tsp. dry basil)
- 2 Tbsp. lemon thyme leaves (or 4 tsp. dry thyme)
- 3 garlic cloves, crushed

1 Tbsp. salt
1 tsp. Pepper
1 tsp. powdered sage
1 tsp. cumin (less or more depending on how spicy you like it)
1/4 cup Worcestershire sauce
1 Tbs. orange zest (optional, but highly recommended)
1 Tbs. lemon zest (optional, but highly recommended)

1/2 cup olive oil

Gyro Steps

1) Cut lamb into 1-2 inch cube-ish pieces and then cut use a food processor to chop it into very small pieces.

2) Combine all the herbs and seasonings in a large bowl. Extract about 1+ tablespoons of the herbal blend and add this into 1/2 cup of oil in a jar.

Add the chopped lamb and beef to the remainder of herbal blend. Use loose or splayed fingers to mix the meats and seasonings together.

3) Form into mounds the size of a baseball. You can lightly press the mounds between two plates to produce patties with a uniform thickness. These need not be round, in fact they can be slightly square. Typically make patties 1 to 1-1/2 inches thick.

4) Place patties in the refrigerator for an hour or more to marinate and firm up.

5) About 1 to 2 hours before cooking, make the yogurt dressing and let it “season” in the refrigerator.

Just before you put the patties on the grill, remove the yogurt dressing from the refrigerator so it reaches room temperature. Cut pocket breads in half.

6) When ready to grill lightly coat patties with oil and herb mixture. Place on the grill and cook indirectly at medium. Cook like a burger, but typically a bit longer. When done remove and slice across the patty, producing thin strips of meat.

7) Place several strips along the bottom of the pocket bread and then add about 2 tablespoons of the yogurt dressing. Repeat this one more time to finish off the sandwich.

Mustard-Garlic Racks Of Lamb

Reprinted from The Bad Boy's Cookbook by Martin Kimeldorf

This incredible mustard coating came from our friend and professional chef Sara Yada, who has worked in many upscale restaurants in Portland, Oregon. If you like garlic, lamb and a tang on your tongue, you'll love this lamb dish. The sauce will coat about 1 average size rack of lamb. I find that one rack serves about three to four people with side dishes. I've translated her broiler-and-oven-based recipe into a barbecue version.

Method

Indirect on medium in the 300-350 °F range.

Ingrededs For The Mustard Paste

1/2 cup Gray Poupon mustard (or any gourmet mustard)

1/4 cup virgin olive oil

1/2 tsp. thyme

2 medium size cloves of garlic, finely minced

1-2 Tbs. butter

1/3 cup of finely chopped toasted, chopped nuts--pecans, or hazelnuts

Steps

Wash and dry the rack of lamb.

Prepare the sauce by combining mustard, oil, thyme and garlic cloves. Divide this into two equal portions. Add the bread crumbs to the second portion.

Chop nuts and sauté in a pan until they become aromatic or slightly browned.

Paint the rack with about half of the mustard paste from the first portion (the one without bread crumbs). Place fatty side up on a rack, in a pan. Sprinkle nuts across the top.

Cook on medium indirect heat. Begin checking for doneness in about 20 minutes using a meat thermometer or slicing into a thick part to check visually. When it gets close to being done remove the lamb and let it rest 10 minutes.

Leg of Lamb Legerdemain

The flavor for this leg of lamb is so complex and magical that words cannot adequately describe it. It begins with a fairly traditional red wine marinade for 24 hours. Then you add an exotic rosemary-cardamom infused rub for an additional 6 hours of marinating. I begin the red wine marinade one day in advance. The next morning I make the rub and let it do its work until the afternoon, when I put the lamb on the grill. You'll just have to try this feast of lamb, and then email your description for future cookbook editions.

Method:

Begin Marinate 36 hours before barbecue time (1-1/2 day before cooking)

Direct searing following by indirect cooking

Ingrededs

1 small leg of lamb with bone

6 garlic cloves, quartered

Red Wine & Lemon Marinade (see recipe that follows)

Sesame oil

Exotic Rosemary & Cardamom Rub (see recipe that follows)

2-3 Tbs. sesame seeds

Sesame Leg of Lamb Cooking Steps

Wash and pat dry the leg of lamb.

Make incisions into the lamb for quartered garlic clove slices. Insert the garlic all over the entire leg of lamb.

Create the *Red Wine & Lemon Marinade* using wine, oil, chicken stock, Worcestershire, lemon, salt (and described in more detail later in this recipe). Marinate the leg of lamb in a covered, non-reactive dish for 24 hours in the refrigerator. Rotate occasionally to get an even flavoring.

Remove the marinated leg of lamb, shake off excess.

Coat the leg of lamb with sesame oil.

Make the *Exotic Rosemary, Parmesan, Cardamom Rub* by combining herbs, cheese, seasonings and oil (and described in more detail later in this recipe).

Paint the entire leg of lamb with the Rosemary, Parmesan, Cardamom Rub. Let the rub and lamb marinate a second time for 4-6 hours in the refrigerator.

Place the leg of lamb on a medium high grill and sear various sides for 5 minutes at a time. This usually involves searing the top, bottom, and large end. After each time for searing sprinkle the newly exposed side with sesame seed.

Reduce heat to around 325 (medium) and cook indirectly. Check the leg of lamb after about an hour. Medium rare is achieved at about 145°F which takes about 1-1/2 hours of cooking.

Remove lamb and cover loosely with a foil tent, allowing the meat to rest for 10 minutes.

Red Wine & Lemon Marinade Recipe

Combine the following in a non-reactive bowl with lid. Traditionally a dry red wine is recommended for a lamb marinade. However, I have created very tasty versions using a sweeter wine such as a Chianti, even a sweet fruited wine such as Manischewitz.

1 cup your preferred red wine
1/3 cup olive oil
Juice from 1 lemon
Zest from the lemon (the rind scraped off the lemon)
1/2 cup liquid chicken stock
1/2 cup. onion, chopped
1/4 cup Worcestershire
2 Tbs. fresh basil
1 Tbs. fresh rosemary, chopped

1 tsp. kosher salt

Exotic Rosemary, Parmesan, Cardamom Rub Recipe

In a grinder or food processor chop up the bay leaves, rosemary, oregano, garlic. Add the Parmesan cheese, cardamom, salt, cumin, and oil and blend lightly.

2 Bay leaves, ground
1/4 cup fresh rosemary, chopped
1/4 cup Parmesan cheese
3 Tbs. fresh oregano
2 tsp. cardamom
2 Tsp. garlic powder

2 tsp kosher or sea salt
1 tsp. ground cumin
1 Tbs. Sesame oil

VEGGIES

Barbecuing does not have to be only a carnivorous act. In fact, the many excellent, innovative vegetable and fruit recipes found in the *Gourmet Gas Grill* book, will inspire us all beyond the meat-eating menu. Also, when throwing a larger party, it becomes a more inclusive affair if you offer a few vegetable dishes.

Grilling vegetables brings out their unique flavor. Onions and corn will turn sweeter, green beans take on a slightly nutty flavor, and asparagus can become imbued with a smoky flavor. Grilled vegetables for salads retain color and attain a slight smoky flavor. Some vegetables can be done all year, like mushrooms, onions, potatoes. By using different oils you can also get different effects. Sesame seed oil and walnut oil are worth trying.

Vegetables need close watching, because they often need frequent turning or stirring to keep them from burning. Chopped vegetable may require a bit of stirring so as not to burn the onions or peppers. Working them in a basket or on top of a perforated screen makes manipulating the vegetables easier.

Cooking times don't count when grilling vegetables because doneness is defined by your preference for texture and taste. Some only need to go on for a brief moment (like mushrooms) while others may take a quarter hour (such as grilling onions). As you experiment you will master the art of the vegetable grill. You can test for doneness or firmness by inserting a bamboo skewer; and if it enters easily it is done.



Grilled onions and peppers taste sweeter
Figure 15

Eating All Your Veggies

Vegetables are easy to cook using a direct method. They do best when quickly seared, which means turning them about every 2 minutes, for about 4 turns. The tricky part is controlling them on a grill and preventing the smaller pieces like string beans or asparagus or sliced potatoes from falling through the grate. People use various strategies which include placing the veggies in a wire basket or placing a perforated fish screen on the grate and cooking on it. The best method might be to skewer pieces on parallel bamboo sticks or skewers for ease of manipulation. A perforated screen is helpful when you are cooking a pile of vegetables for guests.

Method

Direct cooking.

Ingredients

Vegetables which turn *vunderbar* on a grill include:

Asparagus, green beans

Corn, husked

Red, Green, or Yellow Peppers

Tomatoes

Mushrooms of all kinds, especially when marinated

Potatoes, sliced and seasoned lightly

Onions

General Steps For Grilling Fresh Vegetables

Coat outside of vegetable with a light oil and add a little bit of salt and pepper.

You may want to marinate some items, especially onions and mushrooms.

Rotate over the grill every 2 minutes or so, as you sear the veggies.

Grilled Onion Tips

Leave as much of the outside of the onion intact. The outside layer helps hold the onion and can be removed later.

It can take quite a while to cook the onion even at high heat, up to 30 minutes.

As the onions cook, the slices tend to come apart, so try to move it as little as possible. If you anticipate having to move them, insert toothpicks that are well soaked.

Some people slice the onion thick, about 3/8 inch, oil it and turn it once. At the other extreme, some have tried cooking rather than grilling. They place the entire onion, unsliced, under the hood and cook indirectly for 30 minutes. Remember, it's an experimental art.

Baked & Grilled Potato Tips

To keep skins crunchy, cook on direct heat for 10-15 minutes, turning about every 2 minutes.

Once seared, move potatoes to the front of the grill or another place for indirect cooking. If you have a BMK heating compartment, the potato can be finished there as well.

When grilling potatoes, you can crisp up the product by opening the lid and cooking and additional 2 minutes.



*Corn on the grill,
nothing could be sweeter or nuttier*
Figure 16

Vegan Burger—Tofu Cheese Melt

Grilled tofu makes a great sandwich. The tofu is strictly neutral and will absorb any marinade you concoct. The grilled tofu develops an excellent outer crust and goes well with lettuce, tomatoes and a little mayo on a bun or toasted bread.

Ingreds

1 lb of firm tofu
1 Tbsp toasted sesame oil
3 Tbsp soy sauce
2 Tbsp grated onions
1 Tsp tarragon
1 Garlic, minced

Slices of your favorite cheese

Steps

Wash and pat dry the tofu. Then slice it into pieces about 1/2 inch thick and any other dimensions you might enjoy. If you are using this to make sandwiches, then cut it to fit your bread.

In a bowl mix all the marinade ingredients, reserving a little oil to use later before placing on the grill. Marinade the tofu for about 1 to 3 hours.

Remove the tofu and lightly oil one side which goes oil-side down on a hot grill for about 5 minutes. Just before turning, oil the top and then place this newly oiled side down for another 5 minutes. Towards the end of the 5 minutes place slices of cheese on the tofu. If you are making a sandwich you can also toast your bread, which can be lightly oiled as well.

Veggie Kabobs

These vegetables go very nicely on a bed of your favorite rice. Together they make a light and healthy meal. Your vegetarian friends will appreciate this novel take on traditional shish kabob done with lamb. I recommend marinating the vegetables overnight using the *Red Wine Marinade* found on page 29. To get the most flavor out of this recipe try marinating over night. However, mushrooms need not stay longer than 2 hours in the marinade.

Method and Preparations

Direct cooking and marinate for at least 4 hours before cooking and best is overnight. Soak bamboo skewers for 15 minutes before starting.

Vegetable Ingrededs

3 cups mushrooms
2 cups cherry tomatoes
2 onions, cut into squares
2 peppers (any color like green ,yellow, red, etc)
1/2 pound of tofu cut into cubes. (This is optional, but hey, soy is good fer ya)

Steps

Prepare a wine marinade and put it in a large freezer bag.

Cut the onion into quarters so it approximates the size of the mushroom and tomato. If they fall apart, you can keep them together on the skewers.

Green peppers should be opened, pits and innards removed, and then washed. Cut into quarter pieces so they are not much larger than the other vegetables.

Wash mushrooms, tomatoes and tofu.

Place all the vegetables and tofu in the marinade and refrigerate for 2+ hours. You can place them in the bowl or in a large freezer bag. Make sure all the ingredients get coated. If you are going to use bamboo skewers, soak them in water for the two hours.

Shake off excess marinade and then put vegetables on skewers or a hinged rack.

Preheat grill with all four burners.

Place vegetables carefully on skewers or in a hinged rack. If you use skewers, pierce the mushroom through cap so they won't fall apart. Place vegetables in alternating patterns of mushroom, tomato, onion, pepper and then repeat.

Sear and rotate skewers every 2 minutes. Check for doneness. Tomatoes will cook first. Make sure onions have grill lines to indicate doneness.

PLAYFUL DESSERTS

We begin and end with a playful spirit.

Are you ready to slide down the slippery slope of sugary dreams? Visualize skiing down a mountain of maple syrup while riding a fresh, juicy slice of pear or apple. Remember, fruit is

good for you! And what is more playful than making a gooey, messy dessert out of chocolate, jam and marshmallows?

Fruity Gooey Desserts

There is no better ending to a barbecued meal than fruit from the grill. They provide a light, mouth cleaning finish to any outdoor dining experience. Most fruits develop a more intense flavor after being grilled. Here are some techniques to use with peaches, apples, pears, or similar types of fruits.

Method

Indirect—outside burners

Ingredients

Wash and slice it into 1/4 or thicker slices. This is best done by cutting across the length of the fruit. Try to keep thickness consistent.

Lightly coat with oil and place on the grill. Watch, because a hot grill can sear fruit within a few minutes. Cook long enough to brand the fruit.

After you remove the fruit you can sprinkle on brown sugar or put on a dollop of brown-sugar whip cream.

In addition to the above method, you can also consider adding the following techniques to your fruit grilling repertoire.

Brown-Sugar Whip Cream

Since cream whips into large volume, you may want to start with 1/2 cup because one cup will make enough for 6-8 people.

1/2 to 1 cup of heavy cream (sometimes called whipping cream)

1 tsp. vanilla

2+ Tbsp. of brown or white sugar

Add heavy cream and vanilla to a mixer and set it on high.

As the mixture is being whipped, add in 2 tablespoons of brown sugar and test after mixing about a minute. You may want to add more sugar to taste. If the granular quality of brown sugar bothers you then use white sugar. This may take about 2 to 5 minutes of whipping and up to 4 tablespoons of sugar depending on your sweet tooth.

Syrup Glaze

After fruit is turned once, brush with maple syrup on the top-side. Let people brush more on when serving the fruit at the table.

Honey and Spice Glaze

1/4 cup honey syrup

1/4 tsp. cinnamon

1/8 tsp. allspice

1/8 tsp. nutmeg

Liqueur Glaze

1/4 cup of your favorite liqueur (pear, orange, cherry flavors work well)

3 Tbsp. orange juice or lemon-lime juice (which is used as a mixer in drinks).

Fruit Liqueur Marinade

Mix the following marinade in a plastic bag. Add fruit and put in the refrigerator overnight.

1/3 cup bourbon or whiskey

1/4 cup maple syrup

1 Tbsp. orange zest or orange juice concentrate

1/2 tsp. ground allspice

1/2 tsp. ground ginger

2 Tbsp. of your favorite dessert liqueur (optional)



Who doesn't like dessert gooey with chocolate, jam, and marshmallow, atop a graham cracker?

Figure 17

Marty's Mocha Marshmallow Melts (The 4 M's)

We started with the notion of a playful barbecuing experience and we end with a recipe which embodies the playful spirit. This recipe will take you back to your campfire youth when you cooked s'mores over a fire pit. Just as in campfire of yore, each person will make his or her own. This is a great meal-ender, especially for spicy meals.

Method

It is best if each person uses a small limb to roast the marshmallow. If you resort to using a metal skewer consider how to hold it safely while rotating it. In a pinch I give each guest a leather padded glove or pot holder to hold the skewer. Then they rest the tip of the skewer on a smoker box place about half way on the grill. This way the person can safely hold the skewer and easily rotate the marshmallow as it balances on the smoker box. This recipe may require a bit of eye-hand coordination and is not suited for parties doused with too much liquor...so prove me wrong!

You should ask people to gather around to watch as you prepare your "demo" about 15 minutes before the start of your meal. This way everyone can set up their crackers and skewer the marshmallow. The coffee soaked clouds can then dry out while you eat. Think of this as a team-building activity.



First we skewer the coffee coated marshmallow, testing our eye-hand coordination.

Figure 18



Laying skewers from the front of the grill, tips resting on a smoker box. Watch closely, rotate skewer carefully.

Figure 19

Ingredients & Steps

- 1 whole graham cracker per person.
- 2 Marshmallows per person
- 1 shot of espresso (1 shot will easily baste 6-8 marshmallows)
- 1/2 tsp of ground espresso beans per shot of espresso liquid
- 1 tsp. of your favorite chocolate sauce, per person

1 tsp of a spreadable jam (e.g. as raspberry, huckleberry, marionberry, etc.)

1 bib per person

Before starting, pull (create) 1 shot of espresso and mix with ground espresso beans in a jar. Shake up the jar and then set aside to cool.

Add 2 “demo” marshmallows. Gently shake the jar as you “baste” all sides of the marshmallows. Do this for about 30-60 seconds. Remove marshmallows and place far enough back from the end of the skewer (or limb) in order to leave at least 1 inch of the end or tip exposed. Set aside so marshmallows will dry as you do the next steps.

Atop each cracker place 1-2 teaspoons of a spreadable jam. My favorite is marionberry.

Go eat your main course and let the marshmallows dry a bit.

At the end of the meal, fire up the barbie. Place a brick or metal fire box about 1 foot from the front edge of the grill. You can rest the tip of the skewer on this prop as you rotate the limb or skewer.

Place the jam-coated graham cracker and chocolate sauce near the grill. Have fork handy to remove the cooked marshmallow from the skewer.

Over a medium high grill rotate the marshmallow. The coffee coat will probably prevent it from turning golden brown. You know the marshmallow is done when it keeps sagging, almost as if it will fall off. Remove it pronto. (Plan on a few falling off just like the olden days).

Quickly place hot marshmallow on the jam-coated graham cracker. Lightly drizzle the chocolate sauce over the affair—not too much!

Place a napkin so it runs from your neck down across your chest. Then eat with the utmost delicacy, promising to pre-soak all garments which acquire some of the taste treat.

Roasting a marshmallow is an art learned over time....and a great skill to learn. In fact, some people have been known to list this skill on their resume or include pictures in their career portfolio.



At the end of the meal it's time to reflect on your soul satisfying culinary adventure.

Here we indulge in a comic group smoke.

Not recommended by the surgeon general, unless you only do it once a year (like us)

Figure 20

FINAL WORDS FROM THE TEMPLE OF THE GRILL

Let me end in jest and humor.

Let me end by suggesting there is a connection with soulwork and grillwork.

Let me remind myself of my favorite saying which may very well apply to cooking and the entire story of life itself:

*If you want to make God laugh,
tell Him (or Her) your plans*

I hope you have enjoyed your visit to my Temple of the Grill. In the spirit of cosmic laughter, let me offer you the first (and last) sermon I have from the temple.

Sermon On The Grill

Brothers and Sisters

I plead with you

Let a little Juniper into your marinade...

And I must ask the flock:

who among you

Has ever met a garlic you didn't like?

Who among you

Has ever tasted of roasted marshmallows?

And what about the brine?

Haven't we all taken the cure with Salmon?

I beseech you to follow the way of the holy grill:

Sear to Know

Barbecue to Become!

-Excerpted From Sermon #1

APPENDIX 1—SPICES AND HERBS

Where would we be without spices or herbs? Raichlen observes spice sales have skyrocketed upwards by 62% in a single decade. Similarly, the interest in barbecue sauces has exploded into 750 different kinds now available commercially.

Paul Kirk's book is an excellent primer on the use of spices in barbecue. He wrote in his book, "Spices are gathered from all over the world and have changed the history of the world... He also observed that spices have not only motivated great cooks, but they have historically motivated exploration and, sadly, conquest and war (a.k.a., Attila the Hun, Columbus, Marco Polo). But sharing recipes and tips has promoted community and culinary excellence. Here is my inventory.

You will often find more selection of higher quality spices at lower prices in ethnic markets or in catalogues. Fresh herbs can be grown all year round or purchased in stores. Since they can be expensive if not used up, try placing the left overs on a damp paper towel, in an unsealed plastic bag. Once they dry out, let them completely dry in the open air. Drying can actually intensify the flavor. Raichlen claims you can bring dried herbs to life if you mince them with a little parsley.

Not all salt is equal

Salt can vary in texture, color, and taste. The salt which seems to have the least flavor is kitchen salt. Therefore, try anything but....instead investigate coarse minerals such as kosher, sea, or rock salts. You might want to consider investigating Indian Black Salt which is actually pink and Hawaiian red salt. Also try to use non iodized since this streaks meat. To create an earthy flavor, experiment with salt blend such as celery salt.

When you want to add a touch of sweetness

Allspice for savory and sweet dishes

Coriander is a sweet and exotic smelling spice

Cardamom adds an exotic, sweetness from the far east

Celery seeds add warmth, light flavor

Cinnamon brings a warm, sweetness and can be used with meats

Coriander yields a lemony to orange flavor, with a slight sweetness

Fennel works very well with pork and fish, having an anise or licorice effect

Juniper berries can add a touch of orange and pine sweetness. Use about 6 crushed in a typical dish.

Ginger can be hot and sweet and used in many dishes.

Lemon powder is used in surprising number of dishes and is a good alternative to salt.

Turmeric is like ginger, having a mild, warming, bittersweet flavor with a peppery-orange aroma.

When you want to add a savory tang

Sweet Basil—a bit licorice like, tomato and poultry and fish.

Bay leaf adds a woody effect, and when ground it is quite pungent.

Dill offers a soft buttery flavor.

Garlic powder.

Lemon or Orange zest, this is the outer skin which adds a citric, tangy flavor and aroma. They can also add a sweet element and is useful with rich meats or seafood.

Mustard is a unique, tangy flavor. Paul Kirk suggests “paint” food with mustard before adding rubs. He claims that mustard seals and moistens the meat, while helping rubs or seasonings stick to the surface.

Onion powder

Paprika offers a light musty or earthy flavor. Hungarian versions can be mild or hot (dark red). It is used in many rubs because it also adds color.

Parsley can be used dry or fresh. It helps form crusts on meats.

Poultry seasoning—sage, thyme, marjoram, oregano, savory, onion, celery

Rosemary and Thyme are aromatic which deepen overall flavors.

Sage has a strong odor, somewhat bitter at times, used in poultry a great deal.

Tamarind has a middle eastern exotica.

When you want to add heat or peppery effects

Black pepper is aromatic, white offers an initial brief sting whereas cayenne is fire

Cayenne is very hot, use sparingly!

Chile powder or seasoning is a good introduction to heat. It is usually a blend of garlic, oregano, cayenne and paprika.

Chipotles are smoked jalapeno peppers. In grocery stores they are often found canned in adobo sauce. It can add a smoky flavor and heat. In ethnic and specialty stores the spice can be found in a ground up form such as paprika.

Cumin has more odor than cayenne and it also to be used sparingly.

Tabasco is very hot, use it sparingly, a few dashes at a time.

When you want to add the unexpected or unimagined

Let your imagination be your guide in this section. It should include any favorite flavor which you cannot do without. For instance in this book there are two recipes that include espresso liquid or grounds in a marinade and two recipes using chocolate.

Espresso ground coffee ground beans (or liquid) adds a great savory, smoky flavor to rubs and marinades.

Relish, kosher dill pickles and the pickle juice (sweet, sour, salty) can be used in brine-marinades and as compliments to salts or salt alternative at times.

Anchovies and capers are salty creatures who can bring a bit of intensity to any briny or marinade and mix well with smoky flavors.

Bacon bits are great in pizzas and rubs and some marinades.

Chocolate (sauce, cocoa powder) brings sweetness with a bit of intensity. You might want to look at the Spanish “mole” sauces for ideas.

Jam (your favorite) is a great alternative to standard sugars and honeys.

Manischewitz fruit wines can be used in marinades calling for sweetness and/or fruitiness.

Liqueurs (all flavors imaginable) when you want a pronounce sweetness with an edge.



*Unexpected delights and satisfaction will be yours
If you follow your instincts and creative urges!*

Figure 21

APPENDIX 2—RESOURCES

MY FAVORITE BOOKS

One never sees very far unless standing on the shoulders of those who came before. Pioneers whom I learned from include my father, Dave Seiberlich (a Pacific Northwest smokemaster), Paul Fraaborg (maker of the Iron Works grill), and the expert cookbooks listed next.

Boy Meets Grill. Bobby Flay and Joan Schwartz.

This excellent work brings the gourmet chef's expertise to grilling. There are many creative recipes and he writes in the spirit of the relaxing grill master. Hyperion. NYC, NY. 1999.

Championship Barbecue Sauce by Paul Kirk

Written by a professional who has won many barbecue competitions including World Barbecue Champion seven times. He provides fabulous insight into spices and how to mix them to make rubs, marinades, and sauces. Kirk not only gives you recipes, he teaches you the formulas so you can create your own signature flavors. Additional topics include making and using mustards, catsup, and salsas. This is one of my favorite books. The Harvard Commons Press. Boston, MA. 1998

The Barbecue Bible by Steven Raichlen

This book will stretch your imagination with recipes from all over the world. Learn about what they cook in Afghanistan, Iraq, Italy, South Carolina, Capetown. It's a glorious global tour. Most of the 500 recipes are for direct grilling and include supporting roles for drinks and salads as well as appetizers and desserts.

Barbecue Bible! Sauces, rubs, and marinades, bastes, butters & glazes. Steven Raichlen.

This represents recent and international experiments in the great crusade after Sauces, rubs, and marinades, bastes, butters & glazes. It is a worthy follow-up on the classic work by Paul Kirk. Workman Publishing. NYC, NY. 2000.

Weber's Book of Grilled Pizza. Bob Blumer.

The brief, well written and artful booklet will inspire you to do grilled pizza. Don't overlook this short gem. Weber Inc. Chicago, IL. 2001.

Additional Excellent Resources

If you catch the grilling bug, you may want to read more. Here are a few other resources to consider.

Gas Grill Gourmet by A. Cort Sinnes

An excellent introduction to gas grilling with an emphasis on indirect cooking methods. Sinnes offers tasty appetizers, meats, vegetables and desserts for everyday meals and fantastic feasts. Written clearly with easy to follow directions.

Grilling by Chuck Williams.

This book is part of a series of cookbooks put out by the kitchen experts at William-Sonoma. The pictures alone make this book worth adding to your library. It is thankfully short; making it an easy read for an afternoon barbecue session.

The GutBusters 'Waist Loss Guide. Garry Egger and Rosemary Stanton, Allen and Unwin, Sydney (2nd Edition), 1998.

This intriguing booklet from down-under Australia offers low-calorie barbecue recipes. The clever book features bawdy cartoons and simple recipes. You have to guess at some of the terms since Australian English is a bit different.

Sensuous Vegetarian Barbecue. Vickie Rae Chelf and Dominique Biscotti.

These two cooks are devoted vegetarians. They use spices and oils creatively. Avery Publishing Group. Garden City, NY.1994

Smoke & Spice by Cheryl Alters Jamison and Bill Jamison

This book is about slow cooking and smoking. Though not suitable to gas grilling, you learn many useful techniques for turning inexpensive cuts into royal dishes. This in depth examination will round out any outdoor cooking library.

Sticks & Stones, The Art of Grilling on Plank, Vine, and Stone. Ted Reader and Kathleen Sloan. Willow Creek Press. Minocqua, WI. 1999.

The title says it all. Get a squirt bottle, planks of cedar or alders, and crank up the grill! Recipes are included for fish, beef, chicken, fruits and vegetables.

The Joy Of Grilling. Joe Famularo. Barrons.

This book is filled with excellent pictures demonstrating a variety of techniques. While he has a penchant for using tinfoil, which is not my style, the book is filled with many useful pieces of information and excellent recipes. Hauppauge.NY.1988.

Seafood Grilling Twice A Week. Evie Hansen.

Evie knows how to grill seafood! If you want to learn the art of seafood grilling, there is no better book. National Seafood Educators. Richmond Beach, WA. 2001

Weber's Art of The Grill. Mike Kempster and Jamie Purviance.

This book is chock full of great gourmet recipes. The gorgeous pictures are worth the purchase price! Chronicle Books. San Francisco. 1999.

Not Grill Books, But About Cooking, Living, & Relaxing 3B2K

This is a scrapbook of moments. It begins with a bicycle ride, journeys across the desert of cancer, and comes to rest at a victory barbecue banquet. These 36 pages contain a story, letters, nominations, photos, news articles, and barbecue recipes. All proceeds from sales of this work will be donated to organizations fighting cancer and other debilitating illnesses. It is available at www.publishingonline.com.

Serious Play. A Guidebook For Leisure Wellness

To some, it may seem contradictory to have a serious book about leisure, but if you view time as the most precious of non-renewable resources, then it makes sense to deal seriously with issues of time and money, interests versus boredom, community, life long education, and retirement. Serious Play readers re-establish a new balance between their work and leisure lives. Available at www.publishingonline.com

Bad Boy's Cookbook. Comfort Foods For Your Mind, Palette, And Heart.

This book is about comforting your soul. It does not offer to help you lose weight, live longer, or become purer in your being. But the recipes, proverbs, and love poems just might bring a smile to your lips. The recipes take you back to a time when cooking was an art, a way of life. In essence this book is by a guy who loves his wife, loves to laugh, and loves to eat! Available at www.publishingonline.com.

Special Spice Source

For spice and seasonings research retail sources listed in books by Paul Kirk and Steven Raichlen. When you want to try just a little bit of high quality spice at a very reasonable price trying contacting Buck's Fifth Avenue Culinary Spice Service. They are located at Olympia, Washington and can be reached on the Internet at: www.CulinaryExotica.com/index.html. You can also phone at 1.800.945.3404.

WORLD WIDE WEB SEARCH TRICKS

The web is full of recipes, organizations, tips, tricks, and taboos. You'll find groups to join, barbecues to attend, recipes galore, reports from both experts and everyday grillpeoples, newsletters, and endless listing of equipment, stores, and manufacturers.

Log on and head for your favorite search site. I have successfully used Yahoo, Ask Jeeves, and Google. Like different marinades they each have their own flavor. Once at the search site, begin by entering two general key words in the search engines. The words or phrase that seem to work best are *gas grill* and the word *barbecue*. Here are a few sites gleaned from surfing and linking on the net for a mere 15 minutes.

www.barbecue-store.com
www.barbecuenews.com
www.cookshack.com
www.topgrill.com
www.bbq.about.com
www.grilllovers.com
www.gasconnection.com
www.bbqgalore.com

As you hop about, from site to site, you begin to notice organizations such as the National Barbecue Association (www.nbbqa.org). Then one finds regional and state wide associations. Recipes abound on the net. Looking for a weekly recipe for inspiration? Then try the following

<http://barbecuen.com/recipes/weekly.htm>

If the general keywords bring back too much information, narrow the search with more specific phrases such as “barbecue associations,” “barbecue mailing list,” “gas grill discussion groups,” “infra-red grills” or “barbecue spices.”

Eventually, you’ll bookmark or save the addresses of your favorite sites. Typically, these are “portals” or all-in-one web sites containing links to other sites, recipes, advice, and online discussions groups. The following portals appear to have depth and regular updating.

www.barbecuebible.com
www.mega-zine.com/kitchen
www.bbqsearch.com
www.barbecuen.com/ask.htm

And when you want ideas in general go to sites which feature recipes. Several professional cooks have recommended the following three sites. The first one has proved to be the most versatile and diverse in barbecue terms.

<http://www.chef2chef.com>
<http://www.epicurious.com>
<http://www.cooking.com>



For digital camera owners or photobloggers
[Digital Photo Journal](#)