

ON THE
GRILL





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Types of Grills

With warmer weather just around the corner, you might start thinking about firing up the grill for an easy al fresco dinner. But what kind of grill will it be? Pellet? Charcoal? Gas? There are lots of options out there, so let's break it down.

CHARCOAL GRILLS

This is the granddaddy of them all, the hot charcoal grill. You've probably used one of these before, as they're the least expensive and most common option out there. These grills don't have temperature dials; instead, you control the heat through airflow. Charcoal grills leave food with a distinct smoky flavor, but they heat up more slowly and require more clean-up than other grills.

They offer excellent heat circulation, allowing the food to cook evenly. The thick ceramic walls tolerate high heat well and also help maintain a low, slow cook for pork shoulder and other juicy cuts. The convection heating in the egg shape means it also makes an excellent pizza oven.

CERAMIC OR KAMADO GRILLS

These egg-shaped grills are extremely versatile and their unique shape gives

GAS GRILLS

One of the most popular types of outdoor grills, gas grills are convenient. But they require an external source of fuel, either in the form of a portable tank or a line from your home's gas supply, which

limits the mobility of the grill. However, they are convenient to use and a breeze to clean up. Multiple burners can create different heat zones for different foods and temperature dials make controlling your cooking a snap.

PELLET GRILLS

A relative newcomer to the grilling marketplace is the pellet grill, which combine charcoal and gas grills. They're electrically powered, but burn hardwood pellets for heat and smoke, meaning you get convenient, precise temperature control with the smoky goodness of

char-grilled food. Some models even allow you to control the grill with your phone.

ELECTRIC GRILLS

These grills are great if you live in an apartment or condo where you aren't allowed charcoal or gas grills for safety reasons. These grills are among the smallest on the market and even come in tabletop models. They heat quickly and cook evenly and are also a snap to clean up, but the electric grill chef will rely on marinades and liquid smoke for most of the flavor.

Sous Vide and Your Grill

Sous vide means “under vacuum” in French and “all the rage” in the kitchen.

It’s the process of vacuum sealing food in a bag with its marinade and spices, if so desired, then cooking it to a precise temperature in a water bath. It cooks food to the exact temperature, giving you consistent, flavorful results. When combined with the power of a toasty grill, meats and veggies are perfectly cooked through with a crispy sear on the outside. Here’s how to do it.

STEAK

A sous vide steak cooks perfectly from edge to edge, with none of the overcooked bands with raw middles. Start by setting a sous vide cooker (these look like immersion blenders and perch on your pot or cooking vessel) to 130 degrees. Season your steak with your favorite seasonings and place in a bag, then seal it using water immersion or a vacuum sealer on the dry setting. Place the bag in the water bath for two hours. Finish the steak by searing on a howling hot grill for about 30 seconds per side. Let it rest for five minutes before serving.

SMOKED MEATS

The experts at sous vide maker Anova start the process on the smoker, setting the temperature as low as you can and not letting the temperature of whatever cut you’re



using exceed what you’re going to cook it at in the sous vide. For example, if you’ve got a brisket, you’re going to need to cook it at 132-165 degrees for 24-48 hours, depending on the texture you prefer in your meats. So don’t let the meat

get more than 165 degrees in the smoker. Once your meat is up to temp, put it in a sous vide bath for the allotted time, then, finally, finish it under a broiler or on a smoking hot grill to get the crust. Season all along the way and experiment

to find the texture you prefer.

VEGGIES

Starchy root vegetables work great in both the sous vide and on the grill. The first step is to use the sous vide to cook your vegetables, then, like with the

steak, you want to sear them to perfection on a hot grill. Season your chosen veg with salt, pepper and butter or any other favorite seasonings, then cook at 185 for three hours. Put them onto a fiery grill to finish the edges to crispy perfection.

Veggies for the Grill

When we think of the sizzle of something hitting the grill, it's usually a fat, juicy burger or a steak.

Grills are perfect for veggies, too, however, and summer's the right season to find them at low prices, especially if you shop local farmers.

MARINADES

Unlike meats, which marinate in terms of hours, veggies can go on the grill after just minutes. Marinate too long, and you'll end up with mushy veg. Go for strong, bold flavors with plenty of garlic or onion, pepper and chilies or soy sauce, and use a light hand on the butter or oil to let the vegetables' flavor shine through. Don't marinate for more than 10-15 minutes.

Fire up the grill to 500-700 degrees. You may want to skewer your vegetables or even prepare them in a grilling plate to keep them from falling into the flames. Lay the vegetables flat along the grill grates and leave them until sear marks form and the vegetables lift easily. Flip and repeat, then serve hot.

For larger, harder vegetables like potatoes and carrots, boil them lightly before grilling to ensure they're cooked evenly and all the way through, or put larger cuts of vegetables in foil packets to steam on the grill.

GRILLED AVOCADO WITH DUNGENESS CRAB SALAD

Yes, we know it's a fruit, but most of us treat avocado like a vegetable. This recipe comes from the Today Show.

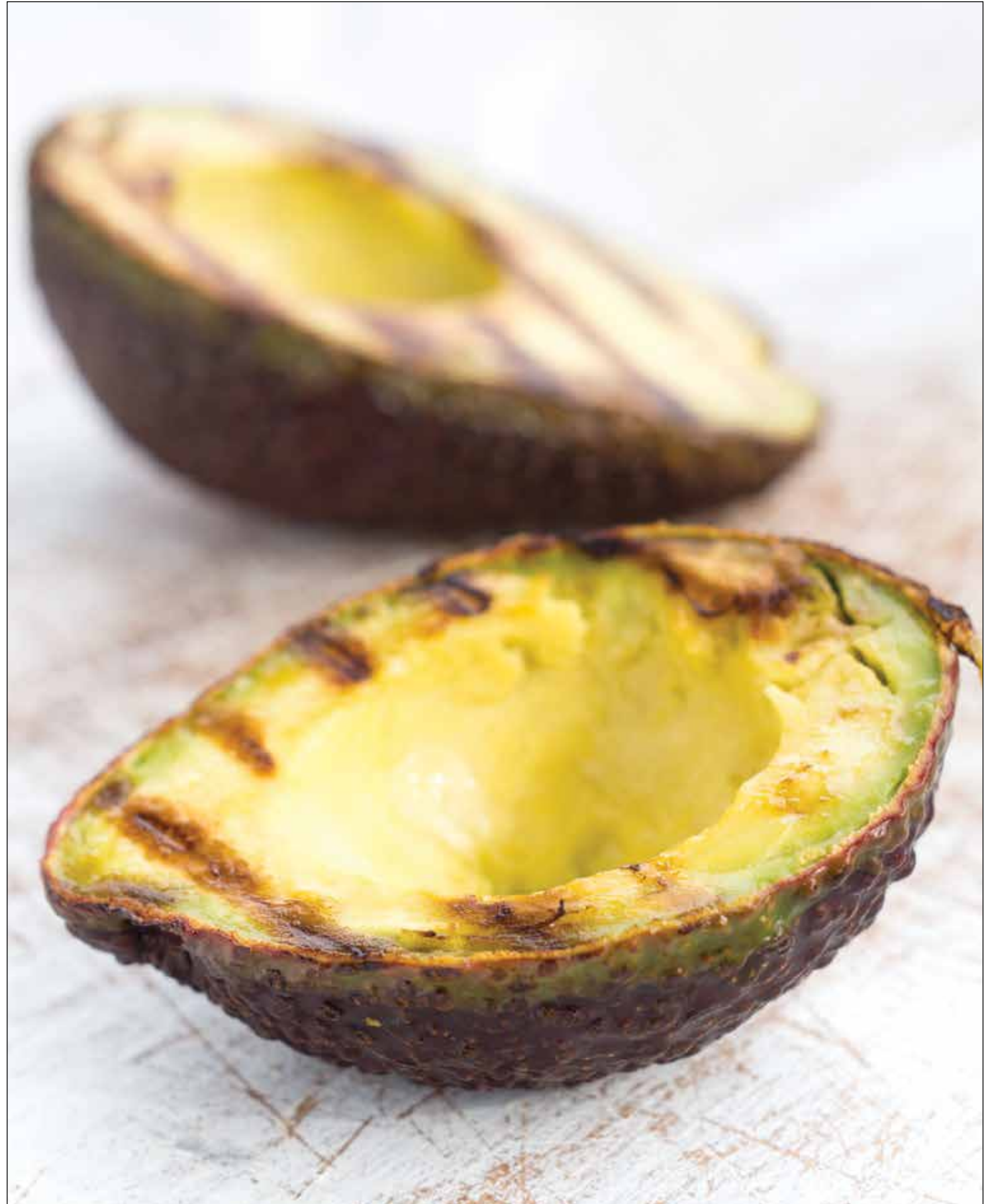
Ingredients

2 avocados
Olive oil
Salt and pepper
8 ounces Dungeness crab meat
2 tablespoons mayonnaise
2 teaspoons Dijon mustard
2 lemons, juiced and zested
2 teaspoons chopped tarragon

Directions

1. Preheat grill to high heat. Cut the avocados in half, remove the pit, brush with oil and season with salt and pepper.
2. Place the avocados on the grill. Once you get nice grill marks on the fruit, remove and set aside.
3. In a mixing bowl, combine crab, mayonnaise, Dijon mustard, lemon juice, lemon zest and tarragon and mix.
4. Place the crab inside the avocado pit and serve.

Note: If you can't find Dungeness crab, you can sub out shrimp or any other kind of light, sweet crab meat or shellfish. Just make sure the chunks are small enough to fit in the pit of your avocados.



Salads for a Summer Cookout

Meats and proteins are the star of the grilling show, but these side salads can easily steal the spotlight.

Look for fresh, cooling sides that can stand up to being out for long periods, particularly if you're hosting an outdoor event. One tip to keep your salads cool: Place them in a bowl, then get a slightly larger bowl and fill it with crushed ice. Nestle the salad bowl inside. Drain and refill as needed.

Go beyond the greens-and-tomato basics with this salad in which tomatoes star instead of playing a supporting role.

SIMPLE TOMATO SALAD

Recipe is from Oprah Daily.

Ingredients

- 2 homegrown tomatoes, sliced ¼ inch thick
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 cup crumbled blue cheese

For the dressing:

- 2 tablespoons balsamic vinegar
- 1 clove garlic, minced
- 1 teaspoon brown sugar
- 1/2 teaspoon Dijon mustard
- Salt and pepper, to taste
- 1/2 cup extra virgin olive oil

Directions

1. In a small bowl, whisk together the dressing ingredients. Stream in the olive oil last, whisking until the dressing is emulsified.



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2. Place the tomatoes on a platter and sprinkle them with salt and pepper. Crumble on the cheese and drizzle with the vinaigrette. Serve.

PASTA SALAD

Pasta salads are another great option for a cookout side, especially if you're looking for something different with a little more weight. This Greek-tinged pasta salad

doesn't have mayonnaise, so it can keep well in a bowl of ice.

- 3 tablespoons red wine vinegar
- 2 tablespoons fresh lemon juice
- 1/3 cup olive oil
- 1/2 teaspoon garlic powder
- 1 teaspoon Oregano
- 1/2 teaspoon Kosher salt
- 16 ounces pasta in your desired shape, try rotini, cavat-

appi or bow ties

- 1/2 cup halved, pitted kalamata olives, reserve 2 tablespoons brine
- 1/3 cup red onion, diced
- 3 cups English cucumber, diced
- 1 pint cherry tomatoes, halved
- 1 orange bell pepper, diced
- 1/2 cup cubed feta
- Fresh oregano, for garnish

1. Cook the pasta according to package directions for al dente, adding an extra minute. Drain and rinse under cold water.

2. In a large bowl, combine the dressing ingredients. Add the olives, red onion and brine, stir to combine. Stir in the pasta, cucumber, tomatoes and bell pepper. Add the cheese just before you serve. Garnish with chopped fresh oregano.

Grill Gear You'll Love

Once you've got the grill of your dreams set up, it's time to choose some accessories to liven up your outdoor cooking.

Here are a few gadgets and gizmos to help you serve up the best grilled meals ever.

BBQGuys Signature Rib Rotisserie Rotating BBQ Grill Trays, \$97.99

These trays turn your grill's rotisserie rod into the perfect grilling surface for cooking juicy ribs low and slow. But it's not just ribs. Stack up seafood, steaks, burgers and more on the trays to diversify your cookout and maximize your grill space. The racks fit most grills on the market with 5/16, 5/8 and 3/4 rods.

Kamado Joe DoJoe Pizza Oven Attachment for 18-Inch Grills, \$249.99

Remember when we said that kamado grills' unique shape makes them a great convection oven, perfect for pizzas? Here's the tool to help you pull it off. This specially shaped pizza oven attachment allows you to achieve steady temps of 400-700 degrees, letting you cook perfect, golden pizzas every time.

Weber 7661 Handle Grill Light with 3 LED Lights, \$40.99

Brighten up your nighttime

grilling with this handle-mounted LED light. You can detach it from the grill and use it as a flashlight, too, and it has a tilt sensor that automatically turns the light on and off when the lid is opened and closed.

Drip EZ Magnetic Spice Rack, \$24.99

Keep your seasonings close at hand with this magnetic spice rack that attaches right to the side of your grill. It has a hardy, rust-resistant powder coated steel construction to make sure it stands up to even the toughest conditions. Just be aware that temperatures of more than 185 degrees can make the magnets lose their grip.

Lion Charcoal Tray for 32- and 40-Inch Gas Grills, \$129

Get the flavor of a charcoal grill with the convenience of a gas grill. Load up these trays with charcoal and set them above the flame of your gas grill to get charcoal grilling with your gas grill. No lighter fluid needed. Once you're done, the ash filters down out of the tray and is collected in the bottom for easy clean up.



A Breakdown of Proteins

Just about anything that walks, crawls, grows or swims can go on the grill.

Here are some proteins (OK, meats) you can put on the grill from most healthy to least healthy from nutritionists HuffPost spoke to.

SALMON

You knew there'd be a fish at the top of the list, and salmon packs a punch with omega-3 fatty acids, plus it grills up beautifully.

"It's especially flavorful when rubbed with a mix of brown sugar and spices," RDN Amy Gorin said. "It's my top choice for a barbecue, because it's a lean protein that also has heart-healthy omega-3 fatty acids."

SKINLESS WHITE MEAT CHICKEN

Skinless chicken breast comes in second because it's high in protein but low in fat, saturated fat and calories. It takes flavor from sauces and marinades well, just watch the salt, sugar and oil.

DARK MEAT CHICKEN

Dietitians say that cooking with the skin on and the bone in can keep chicken meat moist and flavorful, but it should be served without the fatty skin attached.

"If you're doing the grilling, you can remove it before cooking and brush the chicken with barbecue sauce," RDN



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Karen Ansel said. "Otherwise, simply peel it back from the cooked chicken with a fork and dip your chicken in some sauce for extra flavor."

TURKEY BURGERS

A word of warning for the experts: Turkey burgers can be even higher in fat than lean beef burgers. This is because

the skin is often ground in with the meat. Look for labels that say lean on them to help you make better choices.

"Honestly, the calories in beef and turkey aren't significantly different," RDN Amanda Frankeny said. "Whichever you choose, portion out four-ounce patties, load on vegetables or slaw

and use a modest amount of condiments."

PLANT-BASED MEAT SUBSTITUTES

It's important to watch the carbs in these, nutritionists say, and they may not be a much healthier choice than the meat version.

"For example, the fat and

saturated fat in the Impossible burger ranks the same as some animal proteins," RDN Toby Smithson said. "It's also important to note that it has 14 grams of carbohydrates, which is equivalent to the carbs in a slice of bread. You'll need to take this into consideration if you're watching your carb intake."

Smoking 101

Traditional grilling, where you slap a piece of meat onto the fire and flames lap hungrily at the edges, is not the same as smoking food.

Smoking is a low-and-slow method of cooking, done over indirect heat, with hardwood added to give the food a smoky flavor. It usually takes hours rather than minutes, and requires some attention to keep the temperature even and the smoke flowing.

THE HARDWARE

You can use a dedicated smoker, or you can create a smoker out of your existing grill with accessories like smoke boxes or even just a disposable metal pan and some foil. Experiment with different setups to see which gives you the best results for your particular grill.

THE WOOD

As for the software, the wood might be your most important ingredient here. Different woods create different flavor profiles in your meat. Some common woods for smoking are hickory, apple and pecan. You can get wood for smoking in chunks, pellets, logs and flakes. It depends on what kind of grill, what kind of method and how much room you have as to which will work best for you. Speak to the



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experts at your local hardware or cooking store for help. Go easy on the wood as you smoke; adding too much at a time can cause a bitter taste in the finished product. Look for steady streams of white smoke.

WATER

The next most important ingredient — notice how we're not to the meat yet? — is water. Hot air can dry food out, so

you need to use a water pan to add humidity and help stabilize the temperature in your smoking environment. It can be a specialized accessory that fits in your grill or smoker, or just a good old disposable metal tray. Consider adding flavoring to your water, too, like aromatics, apple peels, apple juice or apple cider vinegar. Mist your food every couple of hours while it cooks to keep it moist and flavorful.

AIR

Airflow is critical to keeping a steady cooking temperature. If you're using a charcoal grill, you already know how important airflow is. Keep your vents open and adjust them back if you need to so the fire doesn't get too hot, but don't allow it to go out, either. This is why you want to stay close and keep an eye on your smoke and your food. But don't watch it too closely; keep that lid

closed and the smoke in.

MEAT

Finally. The good part. Some cuts of meat that are great for smoking are ribs, pork shoulders, brisket, pork butts, lamb shoulder, a spatchcocked whole turkey, spatchcocked chicken, chuck roast, beef prime rib, pork belly and beef tri tip. You can also look at seafoods like salmon (choose larger cuts), whole trout and mackerel.