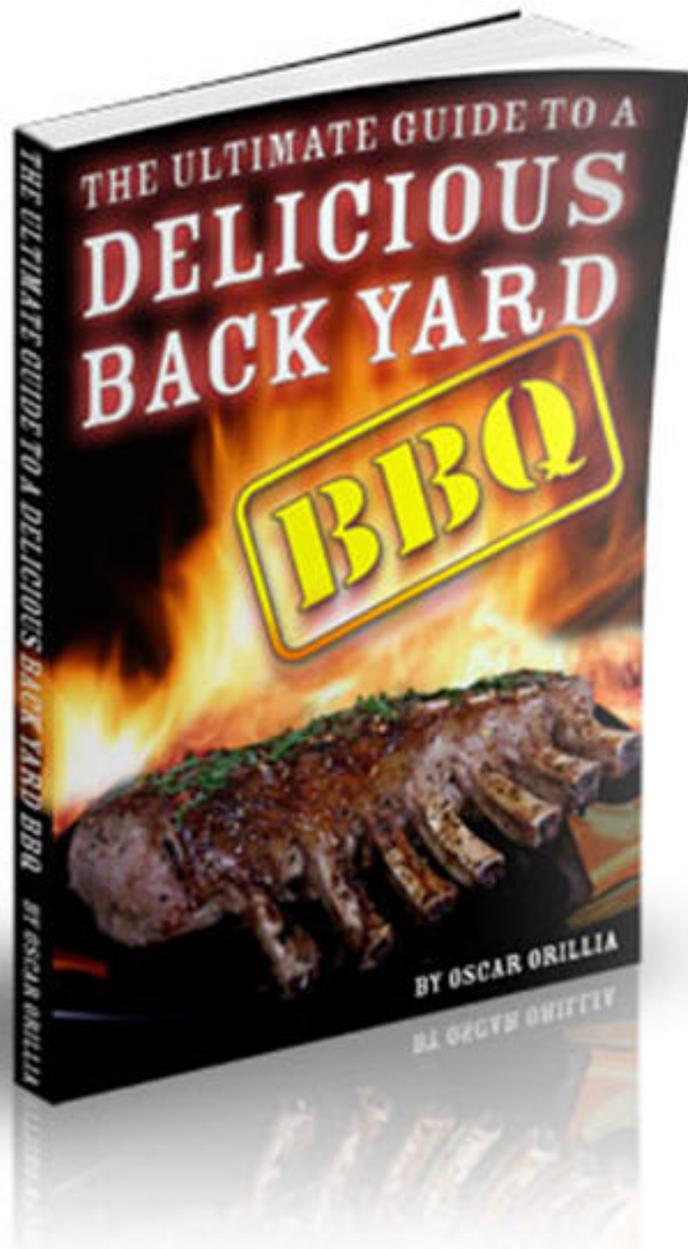


The Ultimate Guide to a Delicious Back Yard BBQ

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The Ultimate Guide to a Delicious Back Yard BBQ

Table of Contents

Chapter 1: Becoming the Grilla Mastah!

Key Terms You Need to Know in the World of Grilling

Key Terms: Direct Grilling and Indirect Grilling

Barbecuing: Do it Soft, Make it Smoke!

Longer Time On Fire: Smoking

Grill Lingo: Your List of Grilling Terms and Definitions

A Few More Tips Before You Start Grillin'

Chapter 2: Your Grill, Your Will

Choosing and Buying Your Very Own Grill and Accessories

Grill Shopping 101: How to Buy a Grill

Grill Accessories: Tools and Utensils You'll Need during Grill Time

Grill Care: Keeping Your Grill Clean, Durable and Efficient

Storing the Grill

Chapter 3: Setting Up the Fire

Setting up the grill

Fuel Up the Fire!

Fixing Your Coals to Perfection

Let the Flames Begin!

Taking Charge of the Flames: Heat Control

Chapter 4: Savor the Flavor!

Make Your Foods Come Alive with Rubs, Oils and Marinades

Marinades: Flavor Deep Down to the Bones

Oil Flavors: Boost the Taste of Tender Meat

Dry Rubs: Greaseless Flavor added with Crisp and Spice

Chapter 5: Sauce it Up!

Complete Your Grilled Dish with the Matching Sauce

Warm Sauces: When and Where to Add Them

Cold Sauces: Experience the "Raw" Flavor

Other Condiments You Can Use to Add Life to Your Meals

Compound Butters: Let the Dairy Fairy Do the Job

Chapter 6: Meat 'N Buns

Burgers, Hotdogs, Sausages and All the Love for the Bun!

Admit It: You Love a Burger!

It's Time to Be Frank: All About Sausages

Chapter 7: Meals on a Skew!

Kebabs, Satays for an Easy Afternoon Cookout

Getting to Know Your Skewers

The Art of Grilling Kebabs: Things You Have to Remember

Veggie Meals Made Better: Have Them on a Stick!

The Ultimate Guide to a Delicious Back Yard BBQ

Beef Kebabs: Taste the Beef Right Down to the Core
We Want Porky! Porky on Stick!
Lamb Kebabs: The Staple Food
Chicken on a Stick: More than Finger Lickin' Good!
Seafood on Sticks: Perfect for the Beach Grill Out!
The Truth About Satays

Chapter 8: Taste it to the Bones!

Savor the Madness of Flavorful Ribs

Knowing the Different Kinds of Pork Ribs
The Various Ways of Grilling Pork Ribs
Beef Ribs: A Fusion of World Flavors Under One Bone

Chapter 9: Grilled Beef

Red Meat at Its Finest!

Getting to Know that Beef Chunk
Preparing for the Grill: You and Your Steaks
Marinating the Beef: They're Best When Soft and Tender
Grilling the Steaks
Grilled Beef Roast: A Luscious Meal for the Family

Chapter 10: Pork-

The Perfect Barbecue Meat

Pork 101: Knowing the Cut
The Rub Secret: Herbs and Spices that Bring Life out of that Pork
Is there Such Thing as the "Perfect Doneness?"

Chapter 11: Feather Galore!

Fowl and Chicken Never Tasted Better!

Chicken: Taste the Flavor Right Down to the Core!
Turkey: It's more than just a Thanksgiving Roast
Game Birds: It's More than Just a Fair Game

Chapter 12: Fish and Seafood

Taste the Waters Right Off the Grill!

Fish Shopping: Know the Kinds of Fish You can Find
The Fresh Cut
Smoked Fish: The Scent, The Flavor, The Taste

Chapter 13: Everything Veggies!

Veggie Cooking Update: What's the Latest?
Truly Veggie!
The Warm Sides: Full Side-Dish Recipes
Defining Cool: Salad Quenchers

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 1

Becoming the Grilla Mastah!

Key Terms You Need to Know in the World of Grilling

Grilling is one of the oldest, yet still prevailing to be the best ways of cooking food to perfection. This is because the heat gets to touch the flesh of with all the flavors intact, unlike other methods of cooking such as frying, sautéing or roasting. Grilling gives a whole new impact on the food when set under charcoal heat, and the smoke also contributes to the overall flavor of your meals. Most of all, grilling has become a wonderful outdoor activity for the whole family, you can sure have the best bonding moments with your folks over barbecue.



But before you head on to the grill and toss your meat on fire, it's important that you prep yourself first with the terms used in this kind of cooking. Language plays a big role when grilling, for there is a jargon used solely for grilling purposes. If you are not familiar with these words, you can put your whole recipe in big danger-and lose the sizzling smoky flavor grilled food has to offer.

The Ultimate Guide to a Delicious Back Yard BBQ

Key Terms: Direct Grilling and Indirect Grilling

When starting out in this field of cooking, you are faced with only two kinds of grilling: direct grilling and indirect grilling. Both provide flavorful meals when done properly, but first be sure to know how they differ from each other.

Cooking food under direct, no-frills grilling

The most common way of grilling food is through direct grilling. All you need is a griller and charcoal to do the job. This is indeed the traditional way of grilling food to perfection, as well as the predecessor of most of today's modern cooking methods.

When one speaks of direct grilling, he simply refers to grilling the food under direct heat. Charcoal is normally used to provide the heat source, but hardwood or gas also proves to be good alternatives if ever charcoal isn't available. Most foods such as pork, beef, chicken, seafood and vegetables are can be grilled directly in order to achieve one's desired flavor, but there are also some foods which do not cater to some crops or produce. These foods are thus better left with indirect grilling.



Direct grilling involves intense heat going deep into the flesh of food that's filled with flavor. Boiling or steamed foods cannot provide this kind of service, mainly because they drain out the flavors of the food while cooking. Frying and sautéing do give the food a crispy texture, but it is only through direct grilling where the skin is crisp yet full of

The Ultimate Guide to a Delicious Back Yard BBQ

flavor, while at the same time you can taste the mingling flavors when you bite the fleshy part.

Grilling is also a good way to cook food especially when you are on a diet. While the food's tastes are kept full and intact, the heat also causes an end product that has lower calories.

Grilling is also a fast way of cooking. This is the type of grilling where you don't need elaborate mixtures and sauces, just an effective marinade, or a combination of salads and condiments to complete the meal.

While it is the faster way of grilling, direct grilling as well can be difficult. Since direct heat cannot be controlled by machines, you would have to watch the food all throughout until it's time to take them out of the grill. Direct grilling simply requires your attention on the heat and on the food, for not watching them closely may burn your food-which is the last thing you would want to happen.

In charcoal grilling, the coals should be scattered evenly across the grill, at about 1 to 2 inches over the edge of the food. The *grill grid*, or the metal lattice in which the food is placed, should be positioned 4 to 6 inches above the coals to ensure adequate heat circulation underneath without the increased risk of burning the food right away.

Most foods are cooked best under medium heat, as this range allows the meat to become tender and release its juices at an even timeframe resulting to a crispy outer layer and a soft flesh without getting charred. However, there are also certain foods which taste best at certain temperatures, such as:

- Pork and chicken need to be cooked first in moderate heat in order to cook the interior flesh afterwards they can be brought down to medium heat to allow a tasty crust to form.
- Sear 1 ½ inch to 2-inch thick steaks over medium-high heat first then finish over medium heat to come up with a crispy exterior while at the same time enjoy a rare to medium-rare interior.

Depending on the recipe that you will follow, direct grilling can be done either with or without the cover. Some foods require a covered grill to enhance the smoky flavor and to enhance the convection, while uncovered direct grilling is more adequate for thinner meats which are easy to cook. Grilling with the cover also increases the risk of overcooking, or even charring of the meat so better check your food every now and then.

If you are going to grill directly with a covered grill, you should leave the vents open to allow more oxygen to come through and increase the heat underneath. The vents can also help control the temperature of the coals. Closing them can lower the heat as oxygen is deprived from getting through the grill.

The Ultimate Guide to a Delicious Back Yard BBQ

Indirect grilling: grill away from the heat

When you are going to cook food using indirect grilling, the heat source should then be arranged to at one side, usually using a drip pan. The food is covered when grilled, for the idea is to cook the food slowly by means of convection.

- If you are using charcoal, arrange the coals at either one side or around the drip pan in such a way that the heat does not directly hit the food.
- Meanwhile, if you are using a gas grill with two burners, open only one of the burners and place the food over the unlit part one. If you are using a single-burner gas grill, wrap the food first in layers of aluminum foil and then place over the grill in low heat temperature.
- Be sure to pre-heat the grills by igniting both burners for 15 minutes on high, covered heat. Once ready, turn off one of the burners and place the food for cooking.
- Place the drip pan underneath the food when grilling indirectly. There are times when you have to add water or apple juice to the pan to keep the grill moist and at the same time enhance the flavor of the food.
- It takes lengthy time to cook food using indirect grilling, so close the grill with a cover to even out the heat and as well capture some of effects of roasting.
- If you are going to cook large pieces of food using indirect grilling, place them in a roasting pan and set the pan on the grill. This way you can achieve a balanced cooked flesh and at the same time be able to collect the pan juices.



The Ultimate Guide to a Delicious Back Yard BBQ

Tips when grilling indirectly:

- If you want to lower the temperature of the coals, you may do so by closing the vents of the grill.
- Be sure to collect the ash after grilling to reduce the mess. Ashes can also be used as plant fertilizers and they are effective on flowering and even fruit bearing plants.

Indirect grilling also provides you with a lot of advantages, not only in terms of cooking food but in keeping a safer grilling environment. Among these benefits are:

- Indirect grilling removes the risk of sudden flare-ups. Since the fat drips to the drip pan and not to the coals, you will not encounter the usual flares you can see and hear in direct grilling.
- Indirect grilling provides you with two kinds of heat levels under one grill. In indirect grilling, you usually have to pre-cook the food under high heat to reach the insides then lower the heat to medium temperatures to give the food a delicious finish.
- Indirect grilling slows down the cooking process. Because of the low-medium covered heat, the food is allowed to soften and become tender as compared with direct grilling. Because of this, when the grill is finished, the food tastes more flavorful.

Indirect grilling works best on thick and uneven meat pieces such as chicken, whole birds and large meat cuts, as it works similar to roasting. It is also recommended to come up with sauces and marinade solutions to give the meat more flavor and aroma, as the interior flesh needs to absorb the taste as well.

Barbecuing: Do it Soft, Make it Smoke!

Barbecuing is a kind of grill cooking where meat cuts are placed over low indirect heat for a long period of time. An effective barbecue session should not only be in low heat temperature, but the grilling should be smoky as well, to add a more crisp and spunk when it comes to flavor.

The Ultimate Guide to a Delicious Back Yard BBQ



Barbecuing is nearly the total opposite of direct grilling, for the latter usually caters to smaller pieces of meat cooked under high temperatures. In barbecuing, the connective tissues of meat pieces are broken down until they become tender morsels which eventually fall apart. Large pieces of meat are usually involved in this grilling technique, mainly because these foods *need* a long period of time in order to become edible. Meats used in barbecue include beef brisket, pork ribs, whole hogs and pork shoulder. Some fish and vegetables can also be barbecued, but for the purpose of giving a smokier appeal.

It is also in this grilling method where you come up with various rubs, marinades, basting and finishing sauces. These mixes add to the flavor and aroma of the meat, and of course provide a more filling meal for you and your guests as they get to taste the flavor right down to the bone.

Since barbecuing is an outdoor activity, it has been a custom to build *barbecue pits*. This is either a hole dug in the ground filled with stones and serves as the place where the grill is positioned, so that the barbecue would create a steamy effect, or an apparatus to hold the fuel that will supply the grill's heat. It is thus important to note that the smoky feel of barbecued meat doesn't actually come from the fat dripping on the coal, but from the smoldering wood.

One good reason why barbecuing takes a long time and demands a lot of smoke is because there are some foods which take a lot of time to absorb the heat, as well as the flavor of the smoke. Fish, for example, when grilled directly, will only result to dry, tasteless meat; when barbecued, it can absorb the flavor rubbed in its surface at the same time acquire the flavor of the smoke.

The Ultimate Guide to a Delicious Back Yard BBQ

Things you need when making a barbecue grill:

- Dripping pan- you will place this under the food to collect all the fat drippings so that it won't go through the coals and result to flare ups.
- Your grill should have partial top vents-your barbecue grill should be vented so that not all of the smoke would go out and evaporate. Remember, the flavor of you mother's smoke is the kind that gives you life. So be forever grateful.
- Make sure to keep a stock of pre-heated coals to keep a steady supply of heat while in the middle of the barbecue. Refresh the coals on the grill every 10 minutes to maintain the same heat as you first placed them to cook the food. The consistency of the heat cooks the food properly and keeps the flavor intact.

Longer Time On Fire: Smoking

If you think barbecuing is already the grilling method that takes the most time before you get tot taste real of the food you grilled, you're wrong. There's one more grilling method which takes more than double the time to cook, even lower fire for cooking, and the development of more smoke to add deeper flavor on the food—*smoking*.

Smoking is type of grilling where you use temperatures between 180 and 250 degrees-a really low fire that's just good enough for a warm bath. Meats especially those which have to be stored in the refrigerator or hung around the kitchen ceiling, like ham, bacon and a southern house outside the mountains.



The Ultimate Guide to a Delicious Back Yard BBQ

There are two kinds of smoking, the dry and the wet smoking:

Dry smoking is a method in which indirect cooking involves a closed charcoal grill. The air vents found in the grill are adjusted to allow just enough air to maintain low, even heat until the food is cooked. Your aim is to keep the oxygen inside the grill so that the flames continue to burst and produce more smoke to flavor the food. In dry smoking, the grill has two chambers: one for the food, and another one that vents heat like smoking from the chamber.

If you want to control the flavor of the food you're going to cook through dry smoking, you can wrap it with foil before placing it on the grill.

Wet smoking. Also known as water smoking, this kind of smoking involves the use of water to keep up with more succulent foods. These include fish, seafood and other vegetables as they easily lose their taste when they become dry.

Water smokers are now being manufactured commercially, and you can use them in case you don't want to do more work with your kettle grill. These smokers come in three different types such as:

- Gas- a gas water smoker is the most expensive yet at the same time the most efficient in doing the job. This kind of water smoker provides regulated, even heat with no risk of flare ups.
- Electric- electric water smokers also offer consistent heat. They have to be plugged in order to work.
- Charcoal- this is the cheapest kind of smoker, and it has to be supplied with pre-heated coal every after a certain period of time in order to maintain long-term cooking.

While water smoking offers more flavor and tenderized food, do not expect the outsides to be crunchy and crispy. Some people don't like water-smoked meals mainly because the crunch is missing, which is actually the main point of grilling.

Grill Lingo: Your List of Grilling Terms and Definitions

Now that you have an idea about the different kinds of grilling and their particular functions, it's time that you learn about the common terms used in grilling, you know what recipes, books and people engaged with barbecue and other outdoor grilling are talking about.

The Ultimate Guide to a Delicious Back Yard BBQ

Basting	-to rub or brush the food with liquid seasoning to add more flavor and moisture
Brazier	-a cheap, common charcoal grill that's best used for quick grilling. Most braziers have partial vents and hoods, while other have rotisserie extensions.
Ceramic briquettes	-briquettes which are made of ceramic and are used to transfer heat from the burners and down to the grill grid. They are more effective to use than charcoal briquettes, but do not provide the smoky flavor most eaters look for.
Charcoal briquettes	-most popular fuel used for grilling. It consists of charcoal, dust and starch and are compressed and shaped like pillow packages which are contained in 5-pound and 10-pound bags.
Charcoal chimney starter	-a metal cylinder used to ignite the charcoal fire. It is filled up with charcoal and newspaper then lit to start the fire.
Charcoal grill	-a common type of grill which uses charcoal as fuel.
Coal grate	-the pan which holds the charcoal while in the firebox.
Drip pan	-pan placed under the grills to catch the food drippings and prevent flare ups from happening.
Electric grill	-a grill run by electric current. More efficient for indoor grilling.
Fire starters	-any combustible material or group of materials used to start the fire on the grill.
Firebox	-the rack which holds the fire on the grill.
Flare-ups	-sudden burst of flames due to fat dripping on the burning coals.

The Ultimate Guide to a Delicious Back Yard BBQ

Gas grill	-a grill run by gas or propane
Grid	-the metal latticework in which the food is placed on the grill.
Grill baskets	-wire baskets which hold sliced vegetables and other delicate meats such as fish and burgers while grilling.
Hibachi	-an open grill that's best used for tailgate grills.
Kettle grill	-a common charcoal grill with a heavy cover. It is good for both direct and indirect grilling.
Lava rock	-volcanic rocks used as coal. They efficiently hold heat, and unlike charcoal, they can be used over and over.
Marinate	-the process of soaking food in a liquid seasoning mixture for a period of time so that the flavor is absorbed by the meat.
Natural lump coals	-coal chunks made out of charred carbon wood residue. The kind of fuel which gives the smokiest flavor on the food.
Roasting	-a kind of grilling method in which the meat is placed in a closed pan and cooked under fire for hours. Whole meat such a turkey is best suited for roasting.
Rotisserie rod	-a skewer which suspends and churns the food above the burning coals during grilling.
Rub	-a mixture of herbs and spices smeared and rubbed against the surface of the food before grilling.
Sear	-to cook the food above high heat to keep all the juices and flavors intact, and produce a brown crusty surface outside.
Smoker box	-a small perforated steel container in which the briquettes are placed to light the fire.
Vent	-are breathing holes in the firebox which allow oxygen to pass through. Opening or closing

The Ultimate Guide to a Delicious Back Yard BBQ

	the vents greatly affects the grill temperature.
Wood chips or wood chunks	-hardwood materials which are also good sources of fuel for grilling. They also provide a good smoky flavor to be absorbed by the meat.

A Few More Tips Before You Start Grillin'

You're getting too excited to start grilling your food and we both know it. But hold your horses! There are still a few more things which you have to note, as they too can help you avoid common mistakes and ensure a successful grilling escapade for you and your guests (if you have any).

- *Don't mind the cooking time stated on recipes-they're just estimates.* Sometimes, what you have to consider when following a grilled food recipe is not the numbers mentioned in the book-but in the factors present in your surroundings. Is the temperature hot enough? Is the wind blowing too fast, or if the food already properly thawed. But checking their actual temperatures, you will have an idea on how to deal with them when it comes to cooking. You will be able to make your own adjustments and judgments in making the perfect grilled meal.
- *Marinate the food in plastic or other non-metal containers.* Since marinating time takes several hours, it is best not to place the food in metal containers while in storage. The marinade solution may produce certain effects on the metals, especially when the mixture is made up of vinegar or citrus juices-they are mild forms of acid.
- *Do not reuse marinade.* Using marinade more than once can provide you with certain bacterial infections. Among the common bacteria found in used marinade seasonings are salmonella, and e.coli., which can cause serious diseases in the long run.
- *Do not bring raw food to room temperature.* Food can spoil fast and easy when taken outdoors without being told so.
- *Monitor you salt sprinkles.* Even a small dash of salt can change the law, and even change the world-by altering the taste of food.
- *Oil your grids.* Grids of the grill should be oiled to produce an easier grip and removal of the food being cooked. Oil the grids one by one to achieve a cleaner, more suitable grill where the foods are placed to be cooked.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 2

Your Grill, Your Will

Choosing and Buying Your Very Own Grill

and Accessories

Grilling is not only a fun cooking activity not only in enhancing your culinary skills but also as a way for you and your friends and family members to bond. In the United States, a lot of families practices barbecue parties as a way of celebration and reunion of families and friends who have been separated for a while. In some states, special events usually end up with barbecue parties as they are more fun, intimate and laid back-meaning you can relax and have a good time.

But if you are in charge of the cooking and food preparation, it is important that you have the right equipment when it comes to grilling. Thus, what you have to think about is your grill! Wait! Do you have a grill of your own? If not, then it's time for you to shop for one, so that you will have something to use on your upcoming barbecue grill get together.

But what if you don't know how to choose a grill?

The answer is simple: we'll teach you how to choose not just any grill, but the right grill for you.

Grill Shopping 101: How to Buy a Grill

There are a few important factors you should consider before shopping for a grill. This factors include the place where you want to use it (indoor, outdoor, or both). You also have to think about how much food are you going to cook each time you will use your grill, what type of fuel do you want to use, as well as how often are you going to use your grill.

If you have already thought about your needs and preferences when it comes to a grill, then we can then scout for some options.

Get to know your choices:

- *Charcoal grills* are grills that use charcoal, wood chips or chunks, or coal briquettes for fuel. They are among the cheapest kinds of grills available in the

The Ultimate Guide to a Delicious Back Yard BBQ

market, and they are also easy to use. Price range for this type of grill ranges from \$30 to as much as \$450 depending on the brand and structure of the grill.



- *Gas grills* meanwhile are more efficient and convenient kinds of grills, and they are easy to set up and clean.



- If you are looking for a portable kind of grill, you may use the *brazier*. *Braziers* are the kind of portable charcoal grills which is good for couples who practice tailgating.
- *Electric grills* are clean and easy to use. They also are convenient in providing instant help and gridding. One great convenience of electric grills is that they do not get dirty and filthy unlike charcoal grills, as they do not produce charring unlike other kinds of grills.

The Ultimate Guide to a Delicious Back Yard BBQ



Gas or Charcoal?

Electric grills are very convenient, yes, but they do not really provide a more practical approach when it comes to grilling. If this is your first time to own a grill, then you may first venture on gas or charcoal grills, as they are cheaper and both can teach you the basics of grilling.

But what exactly do they have to offer?

- **Cost-** when it comes to cost, of course you can save more bucks when you use charcoal grills, as the coal used is relatively way too cheaper than gas. On the average, you will spend around \$40-\$50 on charcoal for a single grilling session, whereas you may have to slash up to \$500 worth of gas for the same grilling time.
- **Flavor-** while most people say that there is no difference between charcoal and gas when it comes to providing flavor on the grilled food, but for grill aficionados, they'd vote for charcoal. Gas grilling sometimes provides a certain petroleum scent, as well as a slight artificial on the food, as compared with charcoal which tends to be more organic and more natural to use.
- **Convenience-** most grill users, especially those who only grill on special occasions, take convenience as an important factor. Since people are busy with their hectic schedules these days, they'd usually prefer to own two grills; a gas grill during weekdays so they can prepare grilled meals in a jiffy, and a charcoal grill to be used on weekend barbecue get-togethers with family and friends.
- **Temperature capabilities-** getting the right temperature is very important for grilling. Once you have the right temperature, you can take control of the whole cooking process, and avoid instances where you end up with charred skins but raw insides. Both grills can provide the heat requirements you need on your grilled recipes, however, they too have their own limitations. Charcoal grills can go as much as 500 degrees, while today's gas grills can reach up to 900 degrees of heat.
- **Lighting the grill-** for some people, it can be quite difficult to light the grill. This usually happens to people who use charcoal grills for the first time, and it usually

The Ultimate Guide to a Delicious Back Yard BBQ

takes a certain period of time for them to get used to lighting the grill. This leaves the gas grills a winner in this category, for most of them are either automatically lit up, or require a tool such as burning stake or kitchen torch in order to start the fire. Some of today's gas grills even come with automatic light switches, thus you can start grilling without the hassle of starting up.

- Controlling the fire- gas grills also become more handy in this category. When you use gas grills, you can easily control the grill temperature because of the switch buttons available on the equipment. Charcoal grills meanwhile require you to check on the fire every now and then, as well as replenish the coals once the fire starts burning out.

There are usually three important factors when buying a grill: one, you have to check if meets your cleaning and maintenance requirements, if it can be ideal for used during winter months such as December or whenever there comes a need for a grilling session. Most of all, it is also important to consider the grill's cosmetic appeal when you plan on purchasing one, mainly because having a handsome grill stimulates your desire to cook dishes over the grid, particularly when your having a barbecue party or even when you're just at home.

Grill Features: Things You Have to Look For

Regardless of being an electric, gas or charcoal grill, there are a set of general features which you have to take into consideration whenever you plan on shopping for a grill. If this is your first time to own a grill, then the more important it is for you to follow these guidelines so that you can have a long lasting, memorable experience when it comes to grilling dishes for your own meals as well as when hosting parties for family and friends.

- Grid Size- the size of the grid is probably the most important factor to look for when checking out a grill of your own. The grid is the surface of the grill, and it must be wide enough to accommodate your dishes especially when you're preparing for a big meal. A grid size 350 by 450 square inches is enough for you to cook a variety of dishes to serve to a big number of guests.



The Ultimate Guide to a Delicious Back Yard BBQ

- Transport Convenience- are you the type who goes not just at the backyard but to other places just to conduct barbecue parties? If so, then you must need a grill that is easy to transport. Look for a grill that's easy to assemble and pack up, the type that can hold a good amount of dishes for cooking, and the kind that's easy to clean up afterwards. A lot of portable grills are out in the market these days, and you can choose from a wide variety of these grills. Most portable grills also are fueled by gas, and that's one thing you have to remember.
- Heat intensity capability- does your grill hold enough heat? Most gas grills provide an average of 22,000 to 50,000 BTUs, or British Thermal Units, the unit of measurement for grill heat. Your grill doesn't necessarily have to provide this much heat, as long as it can produce the temperature you need efficiently. Too much heat can also be a waste of gas or coal, especially when you don't need it- thus you may end up wasting money.

Should you buy branded grills? Grills manufactured by known brands can assure you of better, longer warranties, more reliable usage, and more durable products, as the brands have been tested through time. It is always ideal to purchase a branded grill so that you can experience a long, memorable grilling time, but the price of these grills can be way too expensive as compared with the local grills available in the hardware store. So, if you think you just need a grill for primary grilling practice, then you may first opt for a cheaper, unbranded grill; once you know the ins and outs of grilling, then it's time to invest on a branded, more durable kind.

Tips when shopping for a grill:

Remember that shopping for a grill is like shopping for a car- except that you cannot test drive a grill. Thus you have to assess all the features provided by the grills you have found, and see if they have met up with your requirements, so you know what to expect from the grill you are about use. Here are some tips you can do when shopping for a grill to see if it is worth your money:

- Try lifting the grill's hood. If you see that the grill cannot hold its place properly and has the tendency to fall off once filled with gas and dishes, then look somewhere else. A reliable grill should be sturdy enough to hold the pressure and weight brought about by the fuel and dishes, as well as the heat to be produced by the cooking process.
- Check the knobs, if you are looking at a gas grill. Do the knobs turn easily? Does the gas grill have two burners in case you plan to do indirect grilling? Be sure that the grill is able to provide for your needs, otherwise you would end up spending more than what you actually need.

The Ultimate Guide to a Delicious Back Yard BBQ

Grill Accessories: Tools and Utensils You'll Need during Grill Time

Aside from the equipment, of course you will need a set of tools and accessories in order to conduct your grilling session with ease and convenience. These accessories are not limited to the grill alone, but more importantly focus on handling the food you are going to place on the grid. Here are some of the utensils you will have to check when doing your grill shopping spree:

- *Basting mops and brushes*- basting is one of the most common activities done during grilling, as the food to be cooked over the grid needs to be brushed with mixtures and sauces in order to possess a good flavor once cooked.

The first thing you should check when scouting for basting brushes is the length of the bristles. The bristles should be at least 16 inches long so you can baste the food while being cooked on the grill.



A basting mop, also known as Texas-style barbecue brush, is ideal for slathering the sauce all over the food cooked on the grill. It is ideal for dishes that take a long time on the grill, as fire tends to dry them out; the barbecue brush then keeps them from getting dry and charring, and at the same times provides a continuous flow of flavor all throughout the grilling process.

Basting brushes and mops usually cost between \$5 to \$8. You don't actually have to spend much on a basting brush, as regardless of brand or price, the bristles eventually fall off after a matter of time, and this will prompt you to buy a new one.

- *Cleaning brush*- maintaining a clean grid is important as it keeps the food from acquiring the soot and other residue that have stuck on the grill after it was used. You can clean the grid by using a cleaning brush, which can be bought in the

The Ultimate Guide to a Delicious Back Yard BBQ

hardware store. Most cleaning brushes have stiff bristles and come with scrapers, which allow you to get rid of hard-to remove dirt and soot on the grill.

Before cleaning the grill, you should first oil the grid to ease and alleviate the grime from the metal. However, if you want to get rid of the grease right away, brush the grill using the cleaning brush right after the meal, so that the dirt, grime and other residue can be removed immediately while fresh. Allowing them to set on the grid will only make the cleaning more difficult so it is best that the dirt should be removed before they even get to stick to the grill.

If you don't have a cleaning brush yet, you can use a crumpled ball of aluminum foil to scrub the grid. Nylon or plastic scouring pads are also helpful in cleaning the grill inside and out.

- *Forks and knives*- like when handling your food when eating, forks and knives also play a vital role in grilling-as they help you handle your dish while it is being cooked on the grill. The size of ideal grilling forks and knives is 16 inches, or more, depending on how big your dish is.

When handling meat pieces during roasting or grilling, be sure not to pierce the meat too deep, especially when you are going to turn it upside-down. It may tear the meat apart, causing damage and even loss of flavor and tenderness.

It is important to invest on high quality forks and knives because you will be using them a lot in preparing and handling the food pieces once they are placed on the grill. You will be using a lot of knives to cut meat and vegetable pieces, thus having a good set of butcher's knives, carving knives and other kinds of knives will come in handy once you get your hands on the grilling process.



The Ultimate Guide to a Delicious Back Yard BBQ

When it comes to selecting knives, the most important factor you need to consider is their sharpness. A cutting edge knife is always reliable as it provides you with a variety of uses when dealing with different kinds of dishes which you need to prepare and cook on the grill. Thanks to today's innovations, the knives available in the market are now made with harder, more elastic steel, and do not easily dull.

Asian knives are also handy, and they usually come with keen sharpness and precision. They are ideal to use when chopping vegetables and thin slices, but be careful since they can easily slice human skin apart.

- *Grill cover*- grill covers meanwhile protects your grill from wear and tear, regardless where you use it. If you usually leave your grill outdoors, then the cover will keep it dry and clean from rain and humidity, and it protects the grid from rusting easily. Grill covers are either made of vinyl or cloth, and fit different grid sizes. Cover the grill after it cools down from use, and be sure that it is dry and clean before you place the grill cover on top of it.
- *Grilling mitt*- grilling mitts protect you from getting burned from handling the grill, skewers, and all other utensils which can conduct intense heat during the grilling session. The mitts should fit your hands properly and comfortably, and at the same time be insulated enough to protect you from feeling the heat brought by pans, pots and all other stuff placed on the grill.

Grilling mitts should be long enough to run past the elbow, and should be coated with flame retardant, just in case it catches fire right on the spot. Sturdy, durable mitts usually cost \$7, but some cost as much as \$20.

- *Skewers*- are you a sucker for kebabs and satays? Then you would need a set of skewers to satisfy your cravings. Skewers hold your grilled meat and vegetable pieces, and they should be between 15 and 18 inches long to be able to hold the pieces without the tendency of breaking apart while being cooked. Some skewers meanwhile are between 6-8 inches long, and these meanwhile are more suited for party cocktails and smaller pieces.

There are two common skewers found in the market: the bamboo and metal skewers. Bamboo skewers are more ideal for kebabs as the natural wood provides more organic flavor on the food. You should however, soak the skewers in the water for 30 minutes to ensure sturdiness and strength in holding the food while on the grill.

Metal skewers meanwhile are popular these days because they are more reliable in holding different grilled dishes. They also come with holders and are now easy to turn, but still be sure to hold them with the mitts on to protect yourself from feeling the intense heat.

The Ultimate Guide to a Delicious Back Yard BBQ

- *Spatula*- a spatula has a variety of uses, including grilling. Be sure however to use a wooden, long handle spatula as it can deal with the heat better than other kinds of spatula. A spatula is used to flip or turn over the grilled food which cannot be handled properly by tongs or other tools. A plastic spatula may melt during use; a metal spatula meanwhile can transfer the heat into your hands, causing burns in the end.
- *Tongs*- tongs are like big forceps which handle food pieces while on the grill. They are used to pick and place the food on the grill, and turn them over to cook the other side. They are ideal to use because you don't have to pierce or poke the food anymore, and provides more function as compared to other food handlers such as spatulas, forks and knives.
- *Torch light*- torch lights are usually used during evening outdoor grilling. If you don't have enough light to focus on your grilling during an evening barbecue session, then this can serve such purpose. Torch lights come in poles in which a lamp is placed on top, and they provide adequate lighting for you to see the food you are cooking.
- *Water bottle*- when cooking on the grill, it is ideal to keep with you water placed on a spray bottle, so that you can control occasional flare-ups when the fuel receives more than required oxygen. Some grilled rotisserie dishes are also sprayed with water or other fluids to retain their moisture, so the spray really comes in handy. Use a fine spray nozzle to ensure atomized water to come out, as too much water may extinguish more than enough flames, or can even help in increasing the fire on the grill.

Gauging the heat

When grilling, it is important that you know the exact temperature of your grill, as the heat determines the success or failure of your grilled dishes. Placing the food on extremely high temperatures may cause your food to char or burn, while low temperature grills meanwhile can slow down the grilling process and eat a lot of time to cook your food. To be able to gauge the right temperature, you should use a thermometer to see the exact heat figures. There are two kinds of thermometers which you can use on checking grill temperature, and these are:

- Instant read thermometer- this thermometer is used by placing it inside the meat and it tells you the exact temperature inside the food. Instant read thermometers are convenient to use; you just have to take them out immediately as they may burn or melt while on the grill.

The Ultimate Guide to a Delicious Back Yard BBQ



- Stainless steel insert thermometer- this is a heat-resistant thermometer usually used on roasts. You can use this by spiking it on the meat before it is placed on the grill, and throughout the cooking process, it registers the temperature. This kind of thermometer only works best on thin cuts, however, and may not provide accurate temperature on bigger pieces of meat.

Temperature gauges are thermometers found on gas and electric grills, and they measure the temperature of the grill itself. These gauges however are not found in charcoal grills, so some companies began to manufacture individual gauges to be attached on this kind of grill.



Surveying tools for your grilling needs

Are you starting to get in touch with your inner griller spirit? If so, the it's time for you to get hold of more advanced grilling tools which you can use on your recipes as well as other grilling activities. Among them are:

- *Baskets*- grilling baskets are the perfect tool when grilling hard-to-handle foods such as fish and seafood. Through baskets, you are assured that the foods on the grill are kept in place no matter what happens. Baskets also make flipping

The Ultimate Guide to a Delicious Back Yard BBQ

turnovers an easy job, as all you have to do is flip the basket over. Aside from seafood, grilling baskets are also used on thin meat slices and onion rings as well as thin vegetable pieces.



- Box-like baskets are used on almost all kinds of grilled foods, such as seafood, onion rings, thin meat pieces and vegetable slices.
- Fish-shaped baskets meanwhile are used on fish to keep them intact while being cooked. The flesh of the fish is quite delicate, and while skewing and piercing can easily tear it apart, baskets meanwhile keep the skin full and flawless all throughout the grilling activity.
- Flat baskets meanwhile are used on burgers, sausages and fillets. These cuts are delicate than usual meat pieces, and require extra care when cooked on fire.

Grilling baskets are usually made of metal, thus it is important to wear mitts when handling them, as they too are capable of handling and transferring heat. Also, choose the kind with long handles which extend beyond the grid. Long handles help protect you from getting burned or losing grip of the basket due to extreme heat.

- *Grill toppers*- toppers meanwhile are perforated baskets in which small, delicate foods are placed in order to be grilled. Some foods, such as vegetable slices and mushrooms, can easily break and fall apart when placed on the grid right then and there, whereas grill toppers hold them with care and keep the food intact while being cooked.
- *Vegetable toppers*- veggie toppers are a relatively new innovation when it comes to grilling tools. Vegetables are rather poked on the small skewers found on top of the toppers, and are cooked whole.

The Ultimate Guide to a Delicious Back Yard BBQ

- *Rib racks*- for meat pieces which cannot be laid on the grills, they can meanwhile be placed on specially-designed racks which are capable of cooking them to perfection while at the same time protecting them from falling apart.
- *Smoker box/smoker pouch*- smoker boxes or pouches are nothing more than compartments which you can use to place your smoking paraphernalia during grilling. Smoker boxes are more common on gas grills, and it is where herbs or wooden chips are placed to provide a smoky aroma on the food being cooked. Smoker pouches meanwhile are used on charcoal grills, and they can be made by using some materials found at home.



- *Side burners*- these are attachable burners which you can use to reheat foods or create sauces for your main grilled dish. They are either included in the grill set or are sold separately. Side burners are usually found only in gas grills.
- *Motorized rotisserie*- rotisseries help in cooking slow food evenly by balancing the heat on the grill. Through rotisseries, you don't have to watch over your dishes all the time, and you can just baste them occasionally until they get cooked.

Grill Care: Keeping Your Grill Clean, Durable and Efficient

Your grill will become your best friend when it comes to this kind of cooking method, so you should know how to handle it with utmost care. A broken or damaged grill can greatly affect your food, and you may face really serious issues when using a problematic grill. Thus, to keep your grill from committing mistakes or even cause accidents, here are steps you can do:

The Ultimate Guide to a Delicious Back Yard BBQ

Oiling the grid

Oiling the grid alleviates the grease, dirt and all other residue that have stuck on the metal lattice during a number of grilling sessions. It also helps your grilling session by:

- Preventing your food from sticking on the grill
- Allowing you to clean your grill with much ease

Oiling is pretty easy; you just wipe or spray the grids with vegetable oil. Spray only before you use the grill-and not while the grill is already on fire.

If you think it's time to replace your old grid, then you can purchase replacements in the hardware store, and they cost around \$15 to \$20. It is best to replace your old grid with a new one after a year's use, so that you won't be cooking food on top of a grid that has undergone a year's worth of dirt, grime, oil and residue.

Interior and exterior cleaning

Grills, whether branded or not, may last for many years, if taken care of properly. You can do so by cleaning them inside and out. Here are some helpful maintenance pointers:

- *Brush the grids right after use.* Brushing the grids removes the food and other residue that have stuck on the lattice during grilling, thus helping you clean and wash the grill easier later on. It also keeps bacteria and parasites from dwelling on the grill.



- *Clean the grill with soap and water from to time.* Of course your grill gets dirty after a number of uses, thus you have to wash it with soap and water in order to

The Ultimate Guide to a Delicious Back Yard BBQ

remove all the dust, dirt and residue left on it. This keeps your grill with longer life and durability, not to mention maintaining its cosmetic appeal.

- *Clean the insides of the grill with the same soap and water solution, or use an aerosol cleaner for hard to reach places of the grill.* Scour the grill with a brush until you get rid of all the dirt and residue that have stuck inside. Then rinse the grill and leave it to dry. Do not scrub the exterior part of the grill especially if it is made of porcelain. It will only damage the grill's appearance.
- *Make it a point to unclog the burners regularly.* Due to grime and other residue, the burners get clogged and therefore lose their usual efficiency. You can prevent this from happening by cleaning the burners from time to time and getting rid of the items which clog the burner holes. An indicator of clogged burners is uneven flame, or when no flame comes out of the burners anymore.
- *Replace the briquettes when needed.* Rocks or briquettes get greasy from time to time, so have them replaced once they start giving off the grease. They are relatively cheap so get a new set of lava rocks or ceramic briquettes after 12 to 18 months to ensure quality flame and flavorful aroma on the dishes.

Storing the Grill

Keeping the grill in a storage area is important, as this protects the grill from faster wear and tear. You can use the grill anytime of the year regardless of season, as long as you know how to take care of it, and keeping it in a safe place provides longer life and durability on the grill.



You can store your grill outdoors by placing it under a shaded spot, and keep it covered whenever it is not in use. Most grills come with covers, but you can also purchase a

The Ultimate Guide to a Delicious Back Yard BBQ

cover to protect your grill. Be sure to clean the burners first and have them dry before storing them, so as they won't attract molds and mildew as well as rust to set the grids.

If you have a portable grill, clean it thoroughly first before storing it in a cool dry place, such as the garage, and take it out only when you're about to use it again.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 3 Setting Up the Fire

You know how a barbecue party or any other normal cookout becomes perfect? It's when the food is cooked just right. And the food comes out perfect only when the fire is perfect, and this is the next lesson you have to learn about grilling. Taking control of the fire means you know how to cook your food right, and this is something you have to master.

Setting up the grill

Before you set up your grill for a cookout, you should remember the safety measures you must do in order to prevent any accident to take place. You will be using fire in this activity, and fire can sure bring about a lot of danger when not controlled properly. There are strict precautions when it comes to starting the fire on your grill, whether you are to use a gas or charcoal grill, so better pay attention on the lessons that will teach you how to grill safely and easily.



First, find a strategic location on where to place your grill. The location of the grill affects the efficiency and safety of your cookout, as you have lesser worries when it comes to the cooking proper. Here are some pointers you have to remember when looking for a grill location:

- Never ever use your grill in an enclosed area-unless of course if it is electric. Using it inside the house, garage, trailers or any enclosed spaces may cause fire.

The Ultimate Guide to a Delicious Back Yard BBQ

- Do not place the grill near a clothes stand. It may catch your clothes which you left in the backyard to dry, and may cause fire. For that matter, place the grill away from any flammable or combustible items, such as stacks of paper, gasoline tanks or structures that may easily ignite.
- Use a deck protector when placing the grill on a wooden deck. This prevents the deck from getting burned.
- Do not place the grill where strong winds pass by-they may blow the embers away and may be caught by flammable materials.
- Stay close to the kitchen so you have less time to get stuff such as food and utensils inside the house and back to the grill.
- If you are going to grill at night, place the grill under bright light so you can see how your cooking's going.

Once you have the grill placed on an ideal location, you should next check the current status of the grill-if it is clean enough to start functioning, or if it needs extra cleaning or replacement. Here are the areas you should examine when checking out the grill:

- Make sure the grill is free of cobwebs, insect eggs or other residue that may block the burners. As much as possible the entire grill is free of anything to ensure safety and cleanliness while you're cooking your meals.
- If you are using a gas grill, see if the tubes leading to the propane cylinder are properly attached, and if they are free from things that can cause blockage.
- Check if the hoses have holes or cracks; if you happen to smell even the slightest hint of gas from the grill, don't attempt to use it anymore. It may indicate a gas leak.
- Keep all ignited materials such as cigarettes away from the grill. They may cause flare-ups if not managed properly.
- Check if the propane cylinders have already incurred rust, as rusting corrodes the containers, resulting to leakage. If you find damages due to rusting, it's time to replace the cylinders with new ones. You can either buy new cylinders or have them replaced from the store where you bought the grill.

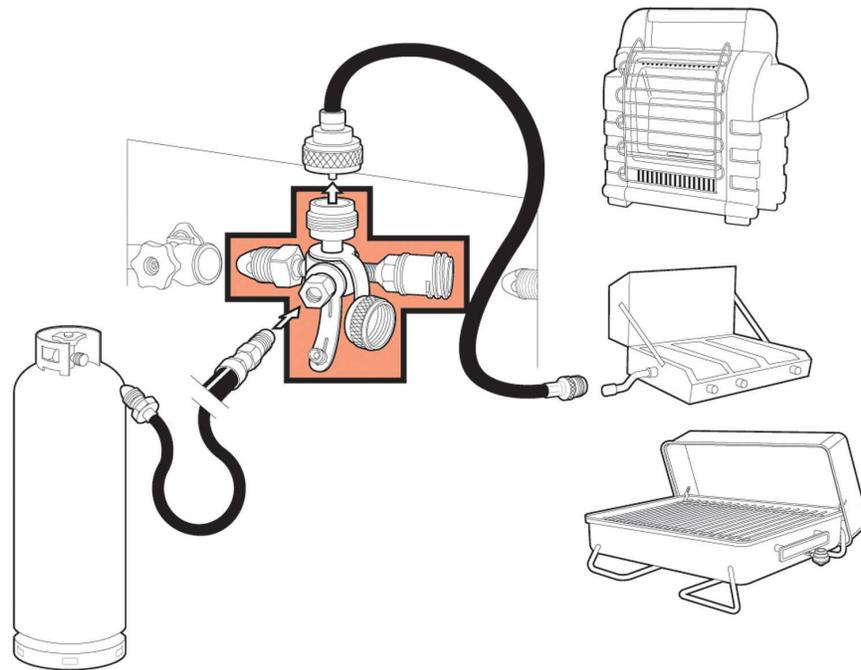
Fuel Up the Fire!

Now that you have set up the grill, it's time to prepare for the fuel you are going to use to supply the fire while cooking. The method of preparation varies on the kind of grill you are going to use, so here's what you can do:

Gas grills: Propane is the name of the game

Propane is the most common fuel used in gas grills, and if you have decided to use a gas grill, then here are some things you have to ensure about propane:

The Ultimate Guide to a Delicious Back Yard BBQ



- Propane is contained in a cylinder tank, so before attaching a propane tank weigh it first to see that you have the right amount of propane to consume. A full propane cylinder weighs approximately 30 pounds, while an empty tank weighs 18 pounds. If your tank weighs only 28 pounds, then it means your propane supply is half-empty.
- Choose the right gauge. There are two kinds of gauges, the one that measures how much propane have you used, and the other which indicates how much gas is left. Gauges are usually attached in the gas cylinder, but if yours doesn't have one, then you can get a gauge from the hardware store and attach it to your gas tank. To be sure you're using quality tested gauges, use one that has a mark of "UL Approved."
- Use *Accu-LevelTape* on your propane cylinder. This kind of tape acts like litmus paper. When plastered on the cylinder and tapped with boiling water, it changes its color at the level to where the propane is used up. This tape costs around \$3 and can be purchased at any propane cylinder store.

Old-school grilling: Briquettes and Charcoal

There are two kinds of fuel used in traditional grilling, i.e. charcoal grilling. You can use natural lump charcoal, or the more modern briquettes.

Both fuels can provide adequate heat for grilling, and they also promote a smoky flavor to your dishes, that's why some people prefer to use them than gas grills. Briquettes however do not burn as fierce as natural lump charcoal, but they are easier to control and fire out.

The Ultimate Guide to a Delicious Back Yard BBQ

Briquettes are sold almost everywhere, but not all provide the same kind of quality fire and heat. If you want to find the best briquettes, you can test a few brands before choosing which gives you the best form of heat on your grilled dishes. Remember that when choosing briquettes, they should be uniform in shape and are not chipped or crumbled.



If you are starting out with traditional grilling, you may opt to use fire-starter briquettes, the kind that is already showered with lighter fluid thus making them easier to ignite. These briquettes easily burn however, thus you should still have a good supply of regular briquettes to maintain the fire.

Meanwhile, if you don't want much fuss or mess when grilling, or when you only have a few dishes to cook, you can use the light-the-bag briquettes. These briquettes are easy to use, as you don't have to bring them out of the bag-just burn the corner of the bag and let them set the fire on your grill.

Natural lump charcoal on the other hand is made of chunks of hardwood. They produce clean-burning fuel, and ignite faster than briquettes. Since natural lump charcoal is more organic, provides a more natural smoky flavor, and most of all gives off a really good flame, they cost more than briquettes.

Natural lump charcoal gives super-high temperature flames, thus professional grillers use them for special dishes and cooking activities. If you have a background in grilling then it would be easy for you to use natural lump charcoal. However, if you are just learning how to use this traditional fuel for your grilling sessions, here are some things to keep in mind:

The Ultimate Guide to a Delicious Back Yard BBQ



- Natural lump charcoal still contains a bit of moisture, thus it may cause snaps or sudden flare-ups which may easily startle you. It's normal, so don't be scared.
- This kind of charcoal produces high intensity flame, so your food will cook faster than normal. Your cooking time will vary as compared with using briquettes, and it will take a number of tries before you get the right amount of cooking time for your dishes.

The use of hardwood chips or chunks: Bring in the Smoky Flavor

Hardwood chips are add-ons to your grilling activity. They're not actually used to help keep the fire burning, but rather provide more flavor to your smoked goodies. These essences come in the form of chunks or chips, and both provide the same effect. Chips burn faster than chunks, however, but there's no question as to who gives the better aroma.

Here are the common hardwood chips and chunks you can choose from:

- Maple-great for ham and pork
- Apple-works best on poultry
- Pecan-can be used on seafood and poultry dishes
- Cherry-perfect for game fowl
- Hickory-is common on barbecue dishes
- Alder-also works best on seafood
- Mesquite-the ideal flavor for red meat

Using hardwood chips on traditional charcoal grilling is easy. Just scatter the chips or chunks over the coals before you start the fire, and allow them to burn and create some flavorful smoke before placing the food on the grill.

The Ultimate Guide to a Delicious Back Yard BBQ



Only use a handful of the chips or chunks on briquettes, as they burn faster and may scorch your food. Thus, for best results, pre-heat the chunks first before mixing them with the coals. Another way of using chips and chunks is by igniting them together with the coals, and once they turn ashy, scatter them around the edges of the grid to create a surrounding smoke on the food once placed on the grill. This provides a great effect especially on indirect grilling, as the food absorbs the flavor of the chips better.

If you are going to use hardwood chips or chunks on a gas grill, place them on a smoking drawer or box attached to the grill before starting the fire. If your gas grill doesn't have one, you may wrap the chips in an aluminum foil and poke holes on it, just like the procedure done in a smoke pouch. You can also buy a separate smoke box for better use and ease.

Fixing Your Coals to Perfection

Charcoal grilling can be tricky, and by the proper arrangement of the coals you can achieve better flavor and well-done dishes, as the positioning of the coals provide better heat circulation which will in turn cook the food evenly. Thus, here are some fast tips you should take note of when arranging your coals:

- *For direct grilling-* place the coals 1-2 inches beyond the food you are going to cook on the grill. Then pour the briquettes according to your need, and spread them evenly on the grill. It takes around 30 briquettes to grill a pound of meat, and try to estimate how much coal you need to cook your dish. Once you've made a good estimate, place the coals in the center of the grill before setting the fire, then once they carry the flames, scatter them evenly on the grill.
- *For indirect grilling-* begin by using 25-30 briquettes on one side of the grill. While cooking, replenish the briquettes by placing 8-10 briquettes every 45 minutes.
- *If you are planning to do both direct and indirect grilling-* do the directions prescribed for indirect grilling, then place the meat pieces at one side of the grill where the coals are not situated, and those pieces for direct grilling right above the side where the coals are located. If you opt for slow-cook grilling, place the

The Ultimate Guide to a Delicious Back Yard BBQ

meat first on the side where the coals are placed to give a crispy skin, then move it to the side without the coals to for the interiors to absorb the heat.

Let the Flames Begin!

Now that you are ready to set up the fire, it's time to finally time to ignite the flames. Firing up your grill of course requires a lot of prudence, for, as mentioned a lot of times above, fire can cause potential dangers to you and your property if not controlled.

Of course, if you chose to use a gas grill, then most of the fire hazards can be avoided. Today's gas grills are made to provide quality flame at the safest way possible. But still, do follow safety precautions. Also, test the gas grill before using it, by:

- Open the grill cover, and keep it open as you light the fire
- Turn on the gas cylinder, and set the valve to full mode
- Set the burner control(s) to high mode
- Push the ignition button to light the fire of the grill
- If the grill doesn't open right away, push the button again
- If there's still no flame coming out, turn off all the burner controls and then the valve cylinders. Wait for 3 to 5 minutes and check if there's any gas that comes out of the burners, then try doing the previous steps to see if there's fire finally coming out.

If the initial lighting steps went fine, set the burner controls to the highest levels for preheating purposes. The preheating process usually takes 15-20 minutes, then tone down to your desired temperatures to begin the grilling.

Some of today's advanced gas grills come with gauges which indicate if the grill is already hot enough for food to be placed. Some tell the exact temperatures of the grill, while others are set to levels such as low, medium and high.

Meanwhile if you are using a charcoal grill, all you need is a match to light the flames up. Just be careful when lighting the coals, as you may get burned if you don't know how to control the sparks.

There are however, some tools you can use to light up your coals:

- *Butane lighter*- probably the most common ignition tool you can use aside from matches is the regular butane lighter. It's easy to use, and is relatively cheap. Just use some fire-starters to help you lit up the coals with less worries. Newspaper, lighter fluid, and some wood can help ignite your coals in a jiffy.

When lighting the coals using butane lighter, make sure that you start the flames at the bottom of the coals, so that each coal or briquette will be charred to perfection. Fan the coals occasionally to speed up the ignition, and make sure

The Ultimate Guide to a Delicious Back Yard BBQ

that the coals already contain even embers before you place the food to be grilled.

- *Electric coil charcoal igniter*- this sophisticated lighting tool obviously uses electricity to fire up the coals, and doesn't need any fire starter material to work. Just plug the coil and place it under the coals for 8-10 minutes, unplug from the switch and keep. The coals are already evenly lit by then, so you can move towards scattering them on the grill to even out the heat by using a pair of tongs.



- *Chimney lighter*- chimney starters are usually used to light up the bonfire inside the fireplace, and you can still use these to ignite your fire on the grill. It uses a few fire starters such as newspapers, and provides quality fire when handled correctly.

First, place the crumpled pieces of paper inside the chimney starter, then to be followed by the briquettes or charcoal, then light up with butane lighter. Since the heat is enclosed in the device, the fire on the paper will spread evenly towards the coals, making them hot and sizzling. Remove the embers from the chimney starter, and spread evenly on the grill to promote fire.

Taking Charge of the Flames: Heat Control

In every grilling activity, you can never use Billy Joel's lines "*we didn't start the fire...*" because it is you who will light up the fire in order for the grill to be used. Thus, here are some safety precautions and maintenance steps you should keep in mind when igniting your grill:

1. Make sure that the embers in your grill are glowing red. If they begin to look ashy or powdery, then it's time to add more coal to continue fueling the fire. You

The Ultimate Guide to a Delicious Back Yard BBQ

should however check the evenness and balance of the coals, as very hot and combined coals can make your food dry, or if the fire is very low, it will take a long time for you to cook your meals.



2. Check the temperature of your embers at all time. To see if the grill is hot enough to sustain your foods' cooking needs, you can place your palm just on top of the grid and feel the heat from there. If you suddenly feel a scorch, it means the embers are very hot. Cooler and cooler embers indicate lesser temperature, which may be because there is less supply of charcoal.

You can maintain the heat of your grill by scattering the embers evenly on the grill, or combining them into a heap when it comes to indirect grilling.

What if your fire is too hot? If it is really scorching, you may adjust the temperatures by:

1. Scattering the embers to lessen the intensity of the heat of the grill
2. Partially closing the grill vents, so that less oxygen will enter the grills and lower the temperature of the embers
3. Place the food far from the coals so that they will not face the heat directly

My fire is not strong enough! What shall I do?

1. Gather the coals together so they can create a more intense heat
2. You can also increase the grids to permit more air
3. Open the vents to allow more oxygen to come and burn with the coals
4. Check the coals if they already are ashy, maybe your coals need immediate replacements

Maintaining the fire on the grill also means taking care of the flare-ups, and you can lessen the risks of flare-ups by spraying water on the embers every now and then-or whenever you hear the embers spark. Controlling a grease fire can be done by means of scattering baking soda on the coals. Having a bucket of water, sand and a fire extinguisher nearby is also handy, just in case of emergency.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 4

Savor the Flavor!

Make Your Foods Come Alive with Rubs, Oils and Marinades

Food is not only something we consume to fulfill our body's need to survive-it also satisfies our tastes and fantasies. And food can never be food without the right flavor, the right zest and the right aroma. Dishes such as meat and other solids are, by nature, created bland, thus they need to be splashed, infused and soaked in different herbs, spices and sauces in order to become delectable to one's taste buds.



This chapter then discusses the use of oils, rubs and marinades in making grilled dishes tasty as ever before. You will not only be introduced to the different ingredients in making these substances, but will also be taught how to create the flavors, by means of the various sauces, juices, herbs and spices man had discovered since time immemorial.

Marinades: Flavor Deep Down to the Bones

Meat, fish or poultry can only taste best when sprinkled with flavors. While you have salt and pepper right on the table, your taste buds are looking for a different kick on your food. You are longing for something new, not just in terms of taste but with the scent as well. Since salt and pepper cannot address that need for you, it's then time to check out

The Ultimate Guide to a Delicious Back Yard BBQ

the ingredients which, when combined, create a new taste that fills your heart's desires-*marinades*.

Marinades have been around for ages, but they were first introduced to the world by the French. However, Asian history says that marinating has been practiced in countries such as India for centuries, and it is only through modern innovation that the Western eye has opened up this cooking breakthrough to the rest of the world.



Marinades are a combination of the different sauces, juices, herbs and spices to help your food taste better, to give it more spirit and life. Unlike rubs and oils, marinades are used to inject flavor down to the deepest parts of the meat, as the flavor cannot just be skin-deep. The best foods are those with flavor, and you can achieve the best dishes by means of marinating.

Selecting your marinade ingredients

Choosing the ingredients for a marinade sauce is easy, unless you want one that gives off a new kind of taste-which you have to experiment on. There are actually a myriad of flavors you can create of the marinade ingredients available in the market, and you can even infuse them with the juices or herbs you have at home.

The Ultimate Guide to a Delicious Back Yard BBQ



One of the common ingredients of marinade solutions are citric juices. These acids have the capability to tenderize the tissues of the meat, and through this the meat becomes softer to chew, easier to digest, and not to mention turns to be more flavorful to the taste buds. Among the common citric juices used for marinades are lemon zest and orange juice. These extracts add life to the meat as they provide a mixture of sweet and sour, and when combined with spices, they give a unique kick that will sure wake up your sense of taste.

The good thing about marinade ingredients is that you have all the power to create flavors-they can be oily, tangy, spicy, sweet or sour, or a combination depending on what ingredients you used and how you used them. A lot of recipes have been developed using a few ingredients, and over time, they have evolved to meet the changing preferences of human taste buds who in turn judge whether the flavors are good or not.

Are you planning to make your own marinade sauce? If so, then here are just a few guidelines to help you come up with a rich, interesting flavor on your food:

- *Know the kind of meat you are going to use.* Is it white meat, chicken or fish? By tradition, and of course over the test of time, it has been accustomed to create oily marinades for white or leaner kinds of meat.
- *Chunky, high-fat red meat needs more acid.* Since red meat is more tangy and takes a long time to tenderize, acidic sauces suit more to this kind, to help speed up the tenderizing process while at the same time provide flavor to the meat.

Aside from the kind of meat, you should also consider the different ingredients which work best together. Not all spices and sauces form a great flavor, as some of them have the tendency to contradict each other's tastes and rather come up with a bitter flavor.

- Are you the kind who likes the taste of Asian dishes? If so, then soy sauce fits your type of sauces. Soy sauce works best with other Oriental-based herbs and spices, such as ginger, garlic, scallions and sesame oil. Soy sauce is also easily

The Ultimate Guide to a Delicious Back Yard BBQ

absorbed by fish, beef, pork and chicken, and can blend with other ingredients such as sugar, vinegar, peanut oil, chili and cilantro leaves.

- Wines, are suitable for red meat such as beef and lamb, and game fowl. Red and white wines become more flavorful when mixed with chopped garlic, olive oil and herbs such as rosemary, thyme, and bay leaves.
- Chilies such as Tabasco, chili pepper, cayenne pepper and crushed red pepper give a kick on ready made sauces, thus giving a different, spicy flavor on your dish.
- Sweet ingredients like honey, sugar, marmalade, brown sugar and molasses give your grilled dish a glaze. These sauces are recommended on ham, chicken and other roasted dishes.
- Peanut oil gives a mild, appetizing flavor; sesame oil meanwhile is strong and should be used in limited amounts.
- If you want to feel a natural zest on your grilled foods, add a dash of lemon and orange granules on your dish.
- Chopped, minced or whole garlic provides a strong aroma on every kind of grilled dish.
- Dijon-style mustard, when mixed with olive oil, dry white wine, lemon juice or chopped fresh herbs will make poultry and fish dishes a big hit.
- Yogurt's acidic properties give kebabs a delectable, authentic taste, especially when coated with turmeric, cayenne pepper, ginger, paprika, garlic and onion.

Salt, contrary to cooking myths, doesn't affect the release flavors brought by other ingredients, and it even allows the meat to tenderize and absorb these mingling tastes. So if you wish to bring out more flavor to your dishes, then add salt.

Marinade containers: What should you use to marinate your food?

When preparing to marinate your food, you should first think about the container where you will place your food and your marinade sauce. You can always place your marinade on a plastic container that has enough space to keep the meat immersed in the sauce. It is important to keep the meat evenly soaked so that all pieces would equally absorb the flavor of the sauce, otherwise they would not taste the way you expect them too.

The Ultimate Guide to a Delicious Back Yard BBQ



The ideal container meanwhile for marinades is an air-locked plastic bag such as *Ziploc*. Meat pieces are more soaked in the marinade solution, and the liquid sauces have more ability to move around and be absorbed by the meat.

How long should I marinate my dishes?

One difficult step in the marinating process is deciding the time how long to marinate the food. Most red meat dishes take a long time to tenderize, so it is best to allow them to marinate overnight to ensure that they come out soft and flavorful the next day. Do check on the meat every few hours and turn them over so that the top side gets the same flavor as the face turned side down.

Some cookbooks and recipes tell you to marinate the food 2-3 hours before grilling-and that's not true. Your meat will not be able to fully absorb the flavors brought by the marinade solution, and will only provide flavor on the skin, leaving the interiors bland and flavorless.

Can marinade sauces be used for basting and rubbing?

Yes, you can use leftover marinade sauces on dishes, especially when you plan to give them more flavors during reheating. However, sauces used on fish and poultry do need to be reheated in order to kill the bacteria left by raw meat-raw fish and chicken are rich in salmonella so better heat the sauce first to avoid salmonella fever or food poisoning.

Sauces which contain sugars and sweets are also good in glazing and caramelizing certain dishes. These work best on roasted foods, as well as cold cuts and barbecues. Not only will your food taste good, they will also look delectable. Just take notice of the

The Ultimate Guide to a Delicious Back Yard BBQ

grilling time as glazing can speed up the food's cooking process-and even have the surface charred if not looked after.

Some recommended marinade sauces used over the years:

Hoisin Marinade Sauce (Hawaiian Style)

(<http://www.recipezaar.com/Hawaiian-Hoisin-Marinade-and-Sauce-for-Meats-107427>)

Ingredients

1 cup ketchup
3/4 cup hoisin sauce
1/2 cup honey
5 tablespoons soy sauce
5 tablespoons dry sherry
1/4 cup white wine vinegar, plus
2 teaspoons white wine vinegar
1/4 cup sesame seed
2 tablespoons curry powder, plus
2 teaspoons curry powder
2 tablespoons oriental sesame oil, plus
2 teaspoons oriental sesame oil
2 tablespoons orange zest
2 tablespoons fermented black beans
2 tablespoons minced garlic
1 tablespoon chili paste with garlic

Directions

1. Whisk all of the ingredients in a large bowl to blend; brush the meat of your choosing with half of the sauce; cover meat and remaining sauce separately and refrigerate overnight.
2. Cook meat as per your liking, basting frequently with some of remaining sauce; place the remaining sauce in a heavy, small saucepan and bring to a simmer; serve, passing the remaining sauce separately.

Peppery Soy & Cilantro Marinade (Makes 1-1/2 cups)

(http://www.alanskitchen.com/BARBECUE/PepperySoy_Marinade.htm)

Ingredients

1/2 - cup light soy sauce
1/2 - cup oyster sauce
1/4 - cup rice vinegar
1/4 - cup peanut oil
1/4 - cup cilantro, chopped
4 – cloves garlic, peeled and chopped
3 – scallions, trimmed and chopped (include white and green parts)
1 – tablespoon grated, fresh ginger
2 – teaspoons sugar
1 – Chipotle chile pepper, seeded and minced

Directions

The Ultimate Guide to a Delicious Back Yard BBQ

1. In a small mixing bowl, blend all ingredients. Place meat, chicken, or fish in a glass, ceramic, or plastic container and pour in marinade.
2. Allow the chicken or meat to marinade for at least 6 hours but it is better to let it marinade overnight.
3. However, it is best that you marinade fish for 30 minutes to an hour. You want to turn every once in a while.

Barbecued Pork

(<http://www.cooks.com/rec/view/0,1727,153180-231201,00.html>)

Ingredients

1/4 c. soy sauce
2 tbsp. dry red wine
1 tbsp. brown sugar
1 tbsp. honey
2 tsp. red food coloring (optional)
1/2 tsp. ground cinnamon
1 green onion, cut in half
1 clove garlic, crushed
2 whole pork tenderloins (about 12 oz. each), trimmed
Green onion curls

Directions:

1. Combine soy sauce, wine, sugar, honey, food coloring, cinnamon, onion and garlic in a large bowl. Add pork, turning tenderloins to coat completely. Cover and refrigerate 1 hour or overnight, turning meat occasionally.
2. Drain pork, reserving marinade. Place tenderloins on wire rack over a baking pan. Bake in preheated 350 degree oven, turning and basting often with reserved marinade, until cooked through, about 45 minutes.
3. Remove pork from oven; cool. Cut into diagonal slices. Garnish with Green Onion Curls.

French Provencal Marinade

(http://www.gravy.com/bbq/provencal_marinade.html)

Ingredients

1 fifth Beaujolais wine
1/4 cup olive oil
2 tablespoons Gravy Master
2 tablespoons dried rosemary leaves
2 teaspoons dried thyme leaves
1 teaspoon ground black pepper
1/4 teaspoon dried sage leaves
3 cloves garlic, crushed

Directions:

Combine all ingredients. Makes about 4 cups marinade.

The Ultimate Guide to a Delicious Back Yard BBQ

Lemon-Rosemary Marinade

(<http://bbq.about.com/od/marinaderecipes/r/bl10210a.htm>)

Ingredients

3 large lemons
1/2 cup fresh rosemary (3 tablespoons dried rosemary)
1/4 cup of olive or salad oil
6 cloves garlic, minced

Directions

Cut lemons in half and squeeze out the juice into a nonreactive bowl or resealable plastic bag. Throw in the lemon halves and remaining ingredients. Mix together well. Great for chicken. Marinate for at least 4 hours.

Papaya-Soy Marinade

(<http://bbq.about.com/od/marinaderecipes/r/bl10224b.htm>)

Ingredients

1 papaya, thinly sliced
2 tablespoons soy sauce
2 tablespoons sugar
1 teaspoon salt
1 teaspoon pepper

Directions

Cover the bottom of a glass baking dish with half of the sliced papaya. Layer on the meat evenly and top with the remaining papaya slices. Combing soy sauce, sugar, salt and pepper and pour evenly over the whole pan. Cover with plastic wrap and press down firmly. Refrigerate. Marinate beef overnight, poultry for about 2 hours.

Oil Flavors: Boost the Taste of Tender Meat

As mentioned above, white meat, as well as tender meat cuts work best with oily sauces, and because of this oil flavorings are created to give the said dishes more definition. You don't really have to soak the meat in such sauces in order to absorb the flavor, as there are certain sauces that only have to be rubbed on the exteriors of the meat in order to grab a distinct taste.

The Ultimate Guide to a Delicious Back Yard BBQ



Oils insulate the food and keep them moist during cooking, and this ability is best applied on tender meat and dishes, such as poultry, fish, and other tender meat cuts. You can combine oils with citrus flavors and other herbs, and all you have to do is rub them on the outer layers of the food. Do not, however, pour the oils on the food, as it may cause flare-ups; rather, brush the oil solutions on and around the food before and while they are on the grill.

Unused or leftover oils should be disposed immediately, as they easily contain bacteria that may cause diseases when used once again.

Here are some of the popular oils used to add flavor to your favorite dishes:

- *Ginger-Soy oil*- mix $\frac{1}{4}$ cup of vegetable or peanut oil with 2 teaspoons of soy sauce, 1 teaspoon grated ginger and 1 tablespoon sesame oil. Then whisk together with 1 crushed garlic, salt and pepper. Goes best with chicken, turkey, tender beef and fish.
- *Lemon-Rosemary oil*- Mix $\frac{1}{4}$ cup rosemary, 6 tablespoons olive oil, 2 teaspoons grated lemon peel, 2 teaspoons lemon juice, and 3 cloves garlic in a blender until smooth. Brush on sirloin steak, boneless chicken, or sea scallop shells. Grill the dishes under medium fire.
- *Mustard-Worcestershire oil*- combine 1 teaspoon of Dijon-style mustard, $\frac{1}{2}$ cup olive oil, and 2 teaspoons of Worcestershire sauce until smooth. Season with salt and pepper. Works best on chicken, fish, beef and lamb cuts.

The Ultimate Guide to a Delicious Back Yard BBQ

Dry Rubs: Greaseless Flavor added with Crisp and Spice



Aside from marinade sauces and oils, dry rubs are also considered a great way to provide flavor on grilled dishes. Rubs are a dry mixture of herbs and spices which serve as coating to your meat and fish pieces. You may use some oil to provide moisture on the dish, but you may opt to go for the usual dry coating and rub it against the surface of your dish.

Rubs provide certain benefits oils and marinades don't such as:

- *They can be added right before you place the food on the grill.* Unlike marinades which take a long time before you can cook the food, rubs provide instant flavor on the food as you can add them right before the food is about to be cooked.
- *Rubs contain little or no liquids.* Dry rubs reduce the occurrence of flare-ups!
- *Rubs stick better on the food's surface than oils.* Since they are dry, rubs make the skin of your food crispy and crunchy, while at the same time keeping your food's interior flavors.

Small pieces of fish and seafood stand are kept from crumbling over the grill when coated with dry rubs, as the rub holds them together for support. Spice-rubbed turkey meanwhile should be wrapped in plastic or foil in order to retain the flavors while being grilled.

The Ultimate Guide to a Delicious Back Yard BBQ

The amount of rubs to be used depends on your taste, but usually 1 teaspoon of rub is good enough for a pound of meat. Just be sure to coat the rub on the meat properly to avoid the meat from being torn apart.

How do you make rubs? Most rubs are a combination of crushed herbs, and you can do these by using a mortar and pestle. More innovative techniques have been introduced over the years though, so now you can blend your rubs by means of an electric blender or a coffee grinder, just be sure to clean them first as the rubs may also include the taste of the previous residue used on the said equipment.

Below are some of the common rubs used on most grilled dishes. You can make some of your own too.

Texas Style Dry Rub

(<http://www.cooks.com/rec/view/0,1749,138185-246198,00.html>)

Ingredients

1/4 cup salt
1/2 tablespoon white pepper
1 tablespoon celery salt
3 tablespoons ground cumin seed
3 tablespoons paprika
2 tablespoons black pepper
1/2 tablespoons garlic powder
2 tablespoons chili powder
1/2 tablespoon lemon peel, (zest)
1 tablespoon cayenne pepper
1 tablespoon dry mustard

Directions

Mix all ingredients well, store in plastic bag or jar until ready to use.
To use, rub into meat before putting on grill or in smoker.

Barbecue Brisket Rub

(<http://www.smoker-cooking.com/barbeque-brisket-rub.html>)

Ingredients

Two tablespoons kosher salt
One tablespoon coarse ground black pepper
Two teaspoons brown sugar
Two teaspoons sweet paprika
One teaspoon mild chili powder
One teaspoon onion powder
One teaspoon dried oregano
One teaspoon ground cumin
One half teaspoon garlic powder
One quarter teaspoon cayenne pepper (optional)

Directions

The Ultimate Guide to a Delicious Back Yard BBQ

Combine all of the ingredients, seasoning the brisket 12 to 24 hours before cooking on the grill or in the smoker. To help the dry rub adhere, I lightly rub the meat with a little olive oil or other vegetable oil before shaking on the rub.

This dry rub mix will keep for several weeks in an airtight container.

Barbecue Rub Recipe

(<http://www.buzzle.com/articles/barbeque-dry-rub-recipes.html>)

Ingredients

1 Tbsp coriander seed
2 Tbsp sweet paprika
1 Tsp dried oregano
½ Tsp garlic powder
1 Tbsp black peppercorns
2 tbsp brown sugar
1 Tbsp dry mustard
1 Tsp cayenne pepper
2 Tbsp chili powder
1 Tsp brown mustard seeds
1 Tsp dried thyme
½ Tsp onion powder
½ Tsp whole cloves

Directions

In a small skillet, heat coriander seeds, mustard seeds, peppercorns and cloves over medium heat. Keep the pan swirling gently, until all the ingredients become fragrant. Then, remove the pan from heat and let the ingredients cool. When cool, grind all the ingredients to a powder in a mortar or spice mill. Pour this mixture in a small bowl. Then, add all the remaining ingredients. Mix well. Store this mixture in an airtight container. You can use this mixture to rub on meats or ribs. It should be rubbed for at least 15 minutes prior to cooking.

Spicy Dry Rub

(<http://www.rachaelraymag.com/Recipes/rachael-ray-magazine-recipes/on-hand-ingredients-recipes/Spicy-Dry-Rub>)

Ingredients

2 tablespoons smoked sweet paprika
2 teaspoons brown sugar
2 teaspoons coarse salt
2 teaspoons freshly ground pepper
1/2 teaspoon dried thyme
1/4 teaspoon cayenne pepper

Directions

In a small bowl, stir together the paprika, brown sugar, salt, pepper, thyme and cayenne pepper.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 5

Sauce it Up! Complete Your Grilled Dish with the Matching Sauce

Sauces have changed the way every meal is eaten, as they provide a different flavor on your dish, making them taste better and more flavorful. Of course, the same goes with grilled food, and these days, sauces now play a very important role when it comes to grilling, for they give not just a different flavor to keep you enticed on your dish-sauces complete the grilled meal itself.



Warm Sauces: When and Where to Add Them

Warm sauces are the common sauces you make out of the ingredients in your kitchen. They are usually mixed under low to medium fire until they can be splattered all over your grilled meat, fish and poultry. It's actually easy to make them, as long as you know which ingredients to use, and where to use them.

Below are some tried and tested flavorful sauces you can use on your grilled meals:

The Ultimate Guide to a Delicious Back Yard BBQ

Creamy Tarragon Sauce

(<http://homecooking.about.com/od/condimentrecipes/r/blsauce58.htm>)

Cook Time: 10 minutes

Ingredients

1/4 cup butter or margarine
1 Tablespoon all-purpose flour
1 cup milk
1/2 cup sour cream
1 teaspoon dried tarragon
1 teaspoon dried chervil
1 teaspoon dried basil
1 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Melt butter in a medium saucepan over medium heat; stir in flour. Cook 1 to 2 minutes or until flour is brown. Gradually add milk; stir until flour mixture dissolves. Continue to cook, stirring constantly, until sauce thickens.

Stir in [sour cream](#), [tarragon](#), chervil, [basil](#), [garlic](#) powder, salt, and pepper. Store in an airtight container in refrigerator. Give with instructions for serving.

To serve, transfer sauce to a medium saucepan. Cook over medium heat 3 to 5 minutes or until heated through, stirring occasionally. Serve warm with meat.

Yield: about 1-1/2 cups sauce



The Ultimate Guide to a Delicious Back Yard BBQ

Asian Peanut Sauce

(http://www.ehow.com/how_2300465_make-asian-peanut-sauce.html)

Ingredients

3/4 cup quality natural peanut butter
1/4 cup chicken broth or water or bouillion water
3 tbsp. rice wine vinegar
1 tbsp. freshly peeled and minced ginger
1 tbsp. freshly peeled and minced garlic
2 tsp. red chile flakes (or to taste)
1 tbsp. tamari or soy sauce
Fresh cut green onion or chives (optional)
Thai hot sauce to drizzle over if desired

Directions

Place peanut butter, broth, rice wine vinegar, ginger, garlic, chile flakes and tamari or soy sauce in blender.

Puree and taste for vinegar and spice. Also taste for texture; it should be not too thick, nor too watery.

Decide what needs to be adjusted. Needs more tang? Add a dash more vinegar. Not spicy enough? Add 1 tsp. more chile flakes. Needs more garlic or ginger? Mince one more clove or a little extra ginger. Needs more liquid? Add a dash more broth or even more soy sauce if it could use extra salt. Sauce that is too thin benefits from more peanut butter.

Blend again and taste. Add to pan during last five minutes of cooking, when sauteing vegetables, tofu, meat or a mixture of these, and toss gently.

Pour mixture over rice or noodles, sprinkle with chopped spring green onion and enjoy. Those who love an ultra-spicy taste can add a drizzle of Thai hot sauce to the top of the dish. Leftover peanut sauce can be stored in a sealed container in the refrigerator for up to two weeks.

Apricot Mustard Sauce

(<http://www.cdktichen.com/recipes/recs/70/Apricot-Mustard-Sauce93565.shtml>)

Ingredients

2 cups apricot jam
1/4 cup mustard powder

Directions

In a small saucepan, combine jam and mustard (they can be mixed and refrigerated up to 1 day ahead). Transfer 1/2 cup mixture to a small bowl to glaze ham. Set aside saucepan with remaining mixture to serve as the sauce.

Ginger Butter Sauce

(<http://www.cookingcache.com/beef/grilledribeyesteakwithgingerbutter.shtml?rdid=rc1>)

Ingredients

1/4 cup minced fresh cilantro, parsley or green onion
1/4 cup butter, softened

The Ultimate Guide to a Delicious Back Yard BBQ

2 tsp grated gingerroot
1 tsp hot pepper sauce

Directions

Mix Ginger Butter ingredients together. Spoon onto a piece of plastic wrap. Shape into a log, roll up and refrigerate until firm.

Chicken Mushroom Sauce

(<http://allrecipes.com/Recipe/Easy-Creamy-Chicken-Mushroom-Sauce/Detail.aspx>)

Ingredients

1 tablespoon butter
1 onion, chopped
1 pound fresh mushrooms, sliced
5 cloves garlic, minced
1 pound small shell pasta
1 (10.75 ounce) can condensed cream of mushroom soup
1/8 cup heavy cream
5 teaspoons ground black pepper, or to taste
2 tablespoons paprika
1 pinch salt
3 cups shredded Medium Cheddar cheese
2 cups chicken breasts, cooked and chopped

Directions

In a large skillet, melt butter over medium heat and add onion, mushrooms and garlic; saute until golden brown.

Bring a large pot of lightly salted water to a boil; add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan over medium-low heat, combine soup, cream, ground black pepper, paprika and salt; heat until sauce thickens.

Add mushroom mixture to sauce and bring to a slow boil over medium heat; stir in cheese and chopped chicken.

Cold Sauces: Experience the “Raw” Flavor

While there are warm sauces, it is also important to remember about cold sauces. These sauces are easier to prepare, but more importantly, there's a bigger reason for having cold sauces in your meal: they complement meals which are all spiced up and flavored to perfection-thus keeping your appetite on the grilled food served on your plate.

Below are some of the cold sauces which keep our taste buds happy and delighted while eating grilled meals.

The Ultimate Guide to a Delicious Back Yard BBQ

Manhattan Umeboshi Sauce

(<http://www.chow.com/recipes/25785>)

Ingredients

2 tablespoons umeboshi [plum](#) paste
3 tablespoon olive oil
1 medium [cucumber](#), peeled, seeded and chopped
1 small clove garlic, pressed

Directions

Place all ingredients in a [blender](#) and puree until smooth

Cucumber Raita Sauce

(http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=222611)

Ingredients

1 (16-ounce) carton plain fat-free yogurt
1 cup chopped seeded peeled cucumber
1 cup chopped seeded tomato
1/2 cup minced red onion
1/4 cup chopped fresh mint
1 teaspoon ground cumin
1/2 teaspoon salt

Directions

Spoon yogurt onto several layers of paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 10 minutes. Scrape into a bowl using a spatula; stir in remaining ingredients. Cover and chill 2 hours; stir before serving.

Teriyaki Sauce

(<http://www.groupprecipes.com/987/teriyaki-sauce.html>)

Ingredients

1/4 c of cold water
1/4 c of tamari soy sauce (soy sauce)
2 tbspn of cornstarch
3 tbspn of brown sugar
1 minced garlic clove
1 dash of fresh grated ginger

The Ultimate Guide to a Delicious Back Yard BBQ



Directions

In your saucepan stir constantly while adding 1 c of water, brown sugar, soy sauce, ginger, garlic and bring to a boil.

Take the cornstarch and dissolve it in a 1/4 c of cold water and add to the sauce.

Consistently stirring allow the sauce to thicken.

If you're not happy with the thickness of the sauce then add more water or soy sauce.

Horseradish Sauce

(http://www.bbc.co.uk/food/recipes/database/horseradishsauce_1304.shtml)

Ingredients

15g/1/2oz freshly grated horseradish, soaked in 2 tbsp hot water

1 tbsp white wine vinegar

pinch of English mustard powder

pinch of caster sugar

salt and pepper to taste

150ml/5fl oz double cream, lightly whipped

Directions

Drain the soaked horseradish and mix with all the other ingredients.

Other Condiments You Can Use to Add Life to Your Meals

Sauces and flavorings definitely provide better distinction to your grilled food, but while you think that they are all you can use to give your dishes a better taste, then you're wrong. There are also some condiments which you often take for granted but can be actually found in your kitchen, and they can serve the flavors which you are looking for in your meals.

Salsas

Ever tried acting like a Mexican even once? Well if so, then you should have made your stunt more authentic by serving up some salsa sauce on your meals. Salsas are a blend

The Ultimate Guide to a Delicious Back Yard BBQ

of chopped tomatoes and some chili (optional) topped on meat and fresh veggie meals, such as burritos and nachos. But salsas can be used on other meals too, and they do make a great alternative to ketchup over grilled burgers and red meat dishes.



The raw, natural sweetness of the tomatoes balance the salt and other flavors that your taste buds have recognized, thus retaining your interest on the food you eat. You become a happier, more energized eater during your grill fiesta!

Fresh Tomato Salsa

(<http://www.great-salsa.com/tomato-salsa-recipe.html>)

Ingredients

- 2 large, red ripe tomatoes, peeled and seeded
- 1 garlic clove peeled
- 1 Anaheim green chili, seeded and cut into thirds
- 3 green onions, cleaned and cut into 1 inch pieces
- 4 oz canned chopped green chilies
- 1 to 3 whole jalapeños, deveined and seeded (Optional to taste)
- 1/4 cup fresh [Cilantro](#), chopped
- 1 teaspoon olive oil
- 1 Tablespoon lime juice
- salt and pepper to taste
- 1/4 cup ice water

Directions

Char the tomatoes over a gas grill or under the flame of a hot broiler for a few seconds, turning them until the peel blisters. Slip off the peel, and the flesh will still be firm. Remove the green stem core and cut the tomatoes in half vertically. Use a teaspoon to scoop out the seeds.

In the food processor, turn the motor on chop first and drop in the *garlic, cilantro, green onions* and **jalapeños** into the bowl of the food processor to chop for just a few seconds.

Turn off the motor and scrap down the sides of the bowl using a rubber spatula.

The Ultimate Guide to a Delicious Back Yard BBQ

Add all the remaining ingredients from the tomato salsa recipe, tomatoes, Anaheim chili, the chopped green chilies, olive oil and lime juice . Process with brief pulses to reach the desired texture, somewhere between a chow-chow relish and a textured puree.

You want to see bits of all the vegetables through out the salsa.

Salt and pepper to taste.

Pour into a serving bowl and allow to season for approximately one hour.

Just before serving mix in the 1/4 cup of ice water to cool the salsa.

Mayonnaise



One of the common dressings of all is mayonnaise. This versatile dressing can be used for spreads, salads and even sauces. Mayonnaise is made up of finely beaten egg whites and should be served chilled and stored in the refrigerator right away, as it can easily spoil when left attended. Mayonnaise can be mixed with other ingredients to form more delectable sauces that may satisfy all your cravings on your grilled meals.

Fresh Herb Mayonnaise

(http://french-sauces.suite101.com/article.cfm/two_flavored_mayonnaises)

Ingredients

1/2 lb spinach leaves
2 Tbsp chopped shallots
1/4 cup watercress leaves (stems removed)
1/4 cup flat-leaf parsley
1 Tbsp tarragon leaves (or more to taste)
2 1/2 cups good quality mayonnaise

Directions

Toss the spinach and all the herbs into a spall pot of boiling water. Cook for just one minute. Dump them immediately into a colander and rinse under cold running to stop the cooking. Pat them dry with a towel and transfer them to your food processor.

The Ultimate Guide to a Delicious Back Yard BBQ

Pulse a few times until they are chopped very fine. You don't want a slurry. (Alternatively, you can chop them very fine.)

In a medium bowl, add the mayonnaise and stir in the herbs until well blended. Refrigerate until ready to use.

Provencal Mayonnaise

(http://french-sauces.suite101.com/article.cfm/two_flavored_mayonnaises)

Ingredients

2 cups good-quality mayonnaise
4-5 oil-packed anchovy fillets, finely chopped
1 large garlic clove, minced
2 hard-boiled egg yolks, pressed through a sieve or a ricer
1/4 cup flat-leaf parsley, minced
2 Tbsp capers, drained and minced
1 - 2 shakes of cayenne pepper (to taste)

Directions

In a medium bowl, mix all the ingredients.
Taste and adjust the seasoning, if necessary.

Chutneys

Chutney is a kind of sauce made up of different fruits and vegetables, and it is commonly referred to as the "Indian pickle." Chutneys of different variants are usually served with curry dishes, but they too can make a great pair with grilled dishes, particularly those which provide a spicy flavoring.

Mango Chutney

(http://simplyrecipes.com/recipes/homemade_mango_chutney/)

Ingredients

2 cups sugar
1 cup distilled white vinegar
6 cups mangoes (4 to 5), peeled and cut in 3/4-inch pieces
1 medium onion, chopped (about 1 cup)
1/2 cup golden raisins
1/4 cup crystallized ginger, finely chopped
1 garlic clove, minced
1 teaspoon mustard seeds, whole
1/4 teaspoon red chili pepper flakes (hot)

Directions

Combine sugar and vinegar in a 6 quart pot; bring to a boil, stirring until sugar dissolves.
Add remaining ingredients and simmer, uncovered, until syrupy and slightly thickened, 45 minutes to 1 hour. Stir occasionally during cooking.
Pour into clean, hot jars leaving 1/2-inch headspace; close jars.

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Apricot-Date Chutney

(<http://homecooking.about.com/od/condimentrecipes/r/blcon49.htm>)

Ingredients

2 pounds dried apricots
2-1/2 cups pitted dates, chopped
3 cups brown sugar, firmly packed
3 cups golden raisins
2 cups white wine vinegar
2 cups water
1 Tablespoon mustard seed
1 Tablespoon salt
2 teaspoons ground ginger
1 teaspoon ground coriander
1/2 teaspoon ground nutmeg

Directions

Soak the apricots in enough water to cover for 30 minutes. Drain and put into a large saucepan. Add the dates, brown sugar, raisins, vinegar, water, mustard seed, coriander, ginger, salt, and nutmeg.

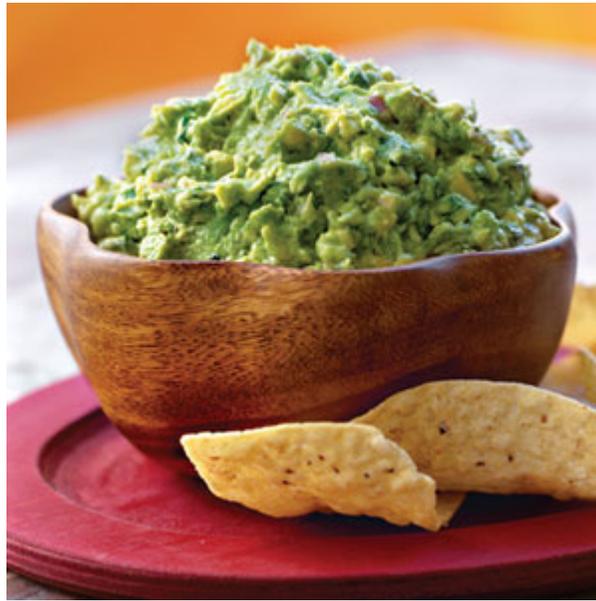
Simmer on low heat until thickened, stirring frequently to prevent sticking, 45 minutes to 1 hour.

Ladle hot chutney into sterilized 1/2-pint jars, leaving 1/2 inch of headroom. Run a rubber spatula around the insides of the jars to release trapped air bubbles. Wipe the rims of the jars with a clean cloth. Place lids in position and tighten the screw bands. Process for 10 minutes in a boiling-water-bath canner.

Other condiments you can use

While you are introduced to sauces, dips and dressings, you should also remember that some taste buds look for side dishes which can counter the strong flavors brought about by the flavors found in the main grilled meals. Thus you can serve them on the table so you and your guests would have more choices in keeping a happy, contented grilling party.

The Ultimate Guide to a Delicious Back Yard BBQ



Guacamole

(http://simplyrecipes.com/recipes/perfect_guacamole/)

Ingredients

2 ripe avocados
1/2 red onion, minced (about 1/2 cup)
1-2 serrano chiles, stems and seeds removed, minced
2 tablespoons cilantro leaves, finely chopped
1 tablespoon of fresh lime or lemon juice
1/2 teaspoon coarse salt
A dash of freshly grated black pepper
1/2 ripe tomato, seeds and pulp removed, chopped
Garnish with red radishes or jicama. Serve with tortilla chips.

Directions

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl. Using a fork, mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours.

Keep the tomatoes separate until ready to serve.

Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready.

Just before serving, add the chopped tomato to the guacamole and mix.

The Ultimate Guide to a Delicious Back Yard BBQ

Olive Tapenade

(<http://homecooking.about.com/od/saladrecipes/r/blcon106.htm>)

Ingredients:

20 pitted Kalamata olives, coarsely chopped
1 Tbsp rinsed, drained, and chopped capers
1 tsp fresh lemon juice
2 tsp olive oil
1/2 tsp anchovy paste (optional)
Fresh cracked black pepper
Directions

Combine Kalamata olives, capers, lemon juice, olive oil, anchovy paste, and pepper. Mix well. Refrigerate and use within two weeks.

Compound Butters: Let the Dairy Fairy Do the Job



Another great way of adding flavor to your grilled dishes, particularly with red meat such as beef and lamb pieces, is by using compound butters. Compound butter is simply your regular butter mixed with herbs and spices and other seasonings. Flavored butters as they are, these work well with various kinds of dishes ranging from grilled vegetables to barbecue and roasts.

Traditional Compound Butter Recipe

(<http://www.foodnetwork.com/recipes/alton-brown/compound-butter-recipe/index.html>)

Ingredients

1 pound butter
3 to 4 tablespoons extra virgin olive oil
2 tablespoons fresh chives, chopped
1 tablespoon thyme, chopped
1 tablespoon sage, chopped
1 tablespoon rosemary, chopped

The Ultimate Guide to a Delicious Back Yard BBQ

Directions

Chop the butter into uniform chunks using the dough scraper.

Place the oil into the food processor and add the chives. Process until the chives are finely chopped. Add the remaining herbs and blend until the herbs have colored the oil. Using the whisk attachment, whip the butter in the mixer's work bowl at medium speed until it softens and lightens in color, about 5 to 7 minutes.

Add the herb oil to the butter and beat for another 2 minutes until oil is fully incorporated. Remove butter from bowl and spoon onto parchment paper or plastic wrap. Roll into a log, using the edge of a baking sheet to form a tight log. Chill for 2 hours before serving.

Chili-Lime-Tequila Compound Butter

<http://www.chow.com/recipes/10933>

Ingredients

6 tablespoons unsalted butter (3/4 stick), at room temperature
2 teaspoons minced jalapeño or serrano chiles (seeds and membranes removed)
1 tablespoon freshly squeezed lime juice (from 1/2 medium lime)
2 teaspoons tequila (optional)
2 teaspoons freshly ground black pepper
1 teaspoon kosher salt

Directions

Place butter in a medium bowl and, using a rubber spatula, soften until butter is very spreadable. Add remaining ingredients and mix until thoroughly combined.

Place compound butter on a sheet of plastic wrap. Roll into a log and twist the ends to seal. Place butter in the refrigerator to harden.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 6 Meat 'N Buns Burgers, Hotdogs, Sausages and All the Love for the Bun!

One of the staple foods of the modern day *homo sapien* is the burger. Regardless of where you're from or what you do, your life will never be complete if you haven't tasted a burger yet. Burgers are flat, round processed meats made of ground beef that's usually grilled and sandwiched in between two buns packed with your favorite dressing, served to fill your hunger and appetite. Burgers have grown with us through the years, and they've already made a mark in history.



We all love burgers and their variations mainly because they are filling, delicious and easy to eat. Most of all, they are cheap! So, whether you love those grilled beef patties or go for the roasted hotdogs in the corner of the street, for sure you would love this chapter-for this particular part of the book deals with everything you can do to have a savory bun-stuffed meal!

Admit It: You Love a Burger!

Burgers play a big role in our lives. They are either our staple food or a more delectable alternative meal to the usual rice or potatoes we have at home. Burgers and sausages satisfy our need for protein, our craving for processed food, and of course, our desire to

The Ultimate Guide to a Delicious Back Yard BBQ

eat without using the table utensils. There are more than 101 reasons to love burgers, and if you do so, then you should learn how to make your own authentic burger meals- and that's through grilling.



Grilled burgers are always the best, as compared with the usual skillet fried patties. Grilled burger and hotdog meals give an air of originality, as sense of home and belongingness, and serves as an avenue for a good party. So, if you are into having a burger party, then here are some of the important things you should consider:

Choosing the kind of burger meat

Knowing the kind of burger meat is probably the most important factor when doing a grilled burger party. There are only two things that make a mess out of a burger patty, and those are:

- The burger patty being too thick, resulting to a burned exterior and a raw middle; or
- The burger meat is too lean it becomes dry.

Choosing the kind of burger meat depends on your personal choice, but by tradition, ground beef is used to produce the best burger patties in town. The consistency should be 80-85% lean meat, with around 20% fat, to retain just enough grease and taste. The chuck is usually the part that gives that kind of meat, so if you want a near perfect burger patty, then you can begin with this part.

The Ultimate Guide to a Delicious Back Yard BBQ

Seasoning your meat

Ground beef will never be a burger patty if you don't mix it with seasonings. Of course you need to provide your meat with great flavor, as this is where all will boil down when it comes to judging the best kind of burger. Better know the ingredients you are going use when seasoning your meat. Here are some helpful guidelines:

For ½ pound of meat:

- *Traditional burger mix*- ¼ teaspoon salt, ¼ teaspoon pepper. That's it.
- *Asian-Spiced burgers* consist of 3 tablespoons teriyaki sauce, ¼ cup scallions, 1 clove chopped garlic, and salt and pepper to taste
- *Veggie burgers* meanwhile consist of chopped onions, ½ cup grated carrot, 1 egg, ¼ cup flour, 1 clove chopped garlic, 1 teaspoon chopped basil, and salt and pepper.
- *Middle-eastern burgers* are seasoned with ½ teaspoon paprika, ½ teaspoon cinnamon, 2 tablespoons chopped raisins and 2 tablespoons chopped onions, in addition to salt and pepper. Middle-eastern burgers are usually served with pita bread.
- *Italian burgers* are mixed with ¼ cup grated onion, 2 teaspoons chopped basil, ½ teaspoon dried oregano, 1 egg yolk and salt and pepper. You can add parmesan cheese while the burger is being grilled. Sprinkle grated parmesan cheese 2 minutes before the burger patty is done.
- *Mexican burgers* meanwhile are seasoned with ¼ cup onions, ½ teaspoon jalapeño pepper, salt and pepper, and ¾ teaspoon cumin. Mexican burgers are served with tortillas with tomato salsa or guacamole.

If you want to have grab a new taste in your burgers, then you can also see what your refrigerator has in store. Don't hesitate to try and make your own homemade recipe-it may turn out to be a hit once you serve it in your grilling party!

The Ultimate Guide to a Delicious Back Yard BBQ

Preparing your burger patties for the grill



When making burger patties, it is important that you do not overmix the ingredients, as the ground beef may break apart and no longer hold itself together-you may be required to use more holding ingredients such as eggs and flour, which affect the natural flavor brought about by the burgers. Mix with ease.

Another important reminder when it comes to preparing the patties is by making uniform molds. Try your best to make patties of the same shape and size you can evenly balance the number of patties you will yield, at the same time know the consistency of the burger patty-you will be able to gauge if the patty is too thick or just right.

Keep your patties chilled in the refrigerator first before taking them to the cookout. Chilling them prevents the onset of airborne bacteria to thrive on the patties, and at the same time strengthen the hold of the ingredients together so they retain their shape when cooked on the grill.

Do not flatten the burger patties while on the grill, no matter how tempted you are to do so. Flattening them will only extract the flavors out of the meat, leaving them dry and tasteless when cooked.

So, excited to cook your burger meals? Here are some useful recipes you can use:

Juicy Grilled Burgers

(<http://southernfood.about.com/od/burgerrecipes/r/bl60718c.htm>)

Ingredients:

- 1 1/2 pounds ground chuck or ground round
- 3 tablespoons fine dry bread crumbs

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2 teaspoons Worcestershire sauce
2 tablespoons grated onion
1/2 teaspoon garlic powder, optional
2 tablespoons tomato juice
seasoned salt and pepper
sliced tomatoes, optional
sliced pickles, optional
sliced onion, optional
lettuce, optional
condiments, as desired

Directions:

Prepare a grill for high heat.

Combine the beef with bread crumbs, Worcestershire sauce, grated onion, garlic powder, and tomato juice. Shape the meat into 4 to 5 large patties. Sprinkle both sides of burgers lightly with seasoned salt and pepper.

Put burgers on a lightly oiled grill over the prepared coals and grill for about 5 to 7 minutes on each side, or until done as desired. Serve on split toasted buns with your choice of sliced vegetables and condiments.

Grilled Mexican Chicken Burgers

(<http://www.bettycrocker.com/recipes.aspx/grilled-mexican-chicken-burgers>)

Ingredients:

1 lb ground chicken or turkey
1 package (1 oz) Old El Paso® taco seasoning mix
4 slices (1 oz each) Monterey Jack cheese
4 hamburger buns, split
1/4 cup guacamole
1/4 cup Old El Paso® Thick 'n Chunky salsa

Directions:

Heat gas or charcoal grill. In large bowl, mix chicken and taco seasoning mix. Shape mixture into 4 patties, about 3/4 inch thick.

Place patties on grill over medium heat. Cover grill; cook 14 to 16 minutes, turning once, until thermometer inserted in center of patties reads 165°F. Top each patty with cheese slice for last 2 minutes of cooking.

Place patties on bottoms of buns; top with guacamole, salsa and tops of buns.

Asian Burgers with Wasabi Slaw

(<http://www.grouprecipes.com/52909/asian-burgers-with-wasabi-slaw.html>)

Ingredients:

Wasabi Slaw:

1/3 cup mayo or enough to bind as desired, low mayo fat okay
1 1/2 tsp wasabi powder
3 cups pkg. coleslaw mix (cabbage and carrots)
1/2 cup red bell pepper strips
1/4 cup chopped green onion

Burgers:

1 lb ground beef, as lean as possible

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4 Tbs soy sauce (low salt is okay, too)
1 1/2 tsp minced garlic
4 large romaine or Boston lettuce leaves

Directions:

Mix coleslaw ingredients, blend well and chill.
Combine beef, 1 Tbs soy sauce and garlic.
Shape meat into 4 patties.
Grill uncovered 11 to 13 minutes or done, basting with remaining soy sauce.
Place burgers in lettuce leaves and top with the slaw.
Yield 4 servings.

Toppin' it up! Toppings to make your burgers more delectable



Burgers can be greasy and too heavy for the taste buds to take, thus to balance the flavors, you can add some toppings over your burger meals. You can make your own toppings out of fruits and vegetables, but here are some of the basic toppings used on burgers which you too can follow:

- *Cheese*- you can use all kinds of cheese on burgers, as long as they created a velvety thickness once they melt. The best kinds of cheeses used on burgers are cheddar, Swiss or Fontina. Try the hard kinds of cheeses, as they are easily grated and do not become gooey on the teeth unlike others such as mozzarella.
- *Bacon strips*- be sure that they are crispy fried before they are placed on top of the burger. You can add lettuce and cucumber as well.
- *Mushrooms*- sautéed mushrooms add a tangy taste on the burger, thus you taste a different kind of zest when making a bite.
- *Avocado*- found usually on Mexican burgers, you can add a spread of avocado or guacamole mixed with lemon sauce on your burger meal.
- *Fruit chutney*-mango, tomato or peach chutneys give a different kick on your all-meat meal. They provide a balance of sugar and spice, and yes, everything becomes nice!

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- *Pickles*- if you prefer the typical diner-burger, then jarred pickles will do the trick.
- *Salsa*- going Chicano? Then add a teaspoon full of tomato salsa on your burgers to give that authentic Mexican taste.
- *Onions*- if you want some juicy spice, onions can provide you that taste. Grilled or sliced onions can be placed over the burgers before serving.
- *Pesto sauce*- get the Italian-Mediterranean taste by spreading pesto sauce on your buns before placing the grilled burgers on them.

It's Time to Be Frank: All About Sausages

Aside from burgers, another kind of meat product perfect for grilling is the family of sausages. Hotdogs, frankfurters, and all other sausage varieties are considered great for grilling, as they are cured with all the different spices and flavors, which explode once tasted. Sausage-making is a kind of art in the food industry, and almost every country has its version of a sausage or hotdog. These tasty cuts are filled not just with flavor but of fat as well, making them even more delectable when grilled.



Before heading on to your grilled hotdog party, you should first be acquainted with the kinds of sausages you will meet. The usual kinds include:

- *Frankfurters*- known as hotdogs, franks, whatever you call them, are smoked sausages made from beef, chicken, pork or turkey. Usually packed in plastic casings, frankfurters range in different sizes from cocktail, bite-size pieces to “footlong” franks. According to US laws, all-beef franks should not be used with extenders such as soybean or cereal products.
- *Chorizo*- chorizos are Mexican sausages made of pork. It is usually smoked and flavored with garlic, and taste hot and spicy.

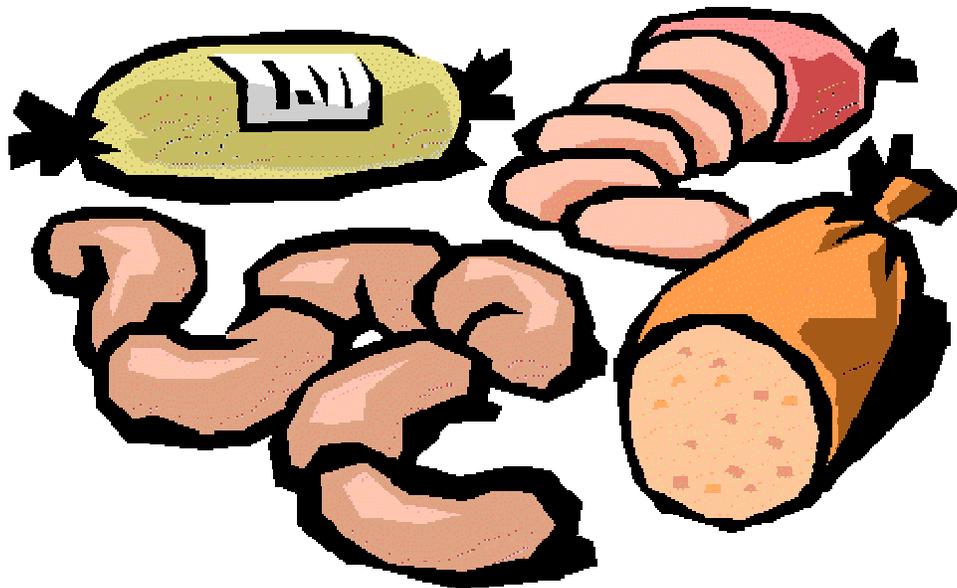
The Ultimate Guide to a Delicious Back Yard BBQ

- *Bockwurst*- bockwurst is a fresh kind of sausage that hails from Germany. It is made from pork and veal and is seasoned with salt, pepper, chives and parsley.
- *Bratwurst*- this is another, more popular German veal or pork sausage, sold either fresh, smoked or precooked. It is moderately spicy and is seasoned with coriander, nutmeg and ginger.
- *Knockwurst*- fully cooked sausage flavored with a lot of garlic and less spices.
- *Salami*- this is a kind of uncooked sausage that is safe to consume without cooking since it has been preserved by heavy curing. Its variants include pepperoni, which is air-dried and seasoned with lots of spices and garlic. Pepperoni is found usually on pizza
- *Polish kielbasa*- this is a fully cooked smoked sausage made of pork, veal and beef. It can be spicy depending on the seasoning.

Sausages are usually sold uncooked, cooked, smoked or heavily cured. Uncooked sausages should not be placed in room temperature for long, more so when the place is warmer than usual, as it may easily rot or lose its flavor. As much as possible keep the sausages in the refrigerator, to keep their freshness intact.

Cooked sausages meanwhile should not be kept frozen though as they may lose their flavor and taste bland.

How to cook your sausages



Unlike other meat cuts and pieces, franks should not be placed on the grill right away, unless you already know how to prepare them for the cooking process. If this is your first time to grill frankfurters, here are some guidelines you should be reminded of:

The Ultimate Guide to a Delicious Back Yard BBQ

- Uncooked sausages should be precooked before grilling to allow their natural oil and flavors to be released. The grease can also cause flare-ups once they drip onto the grill.

Prick the sausages slight several times using a knife or fork, then let them simmer in water, beer, wine or apple cider for 5-10 minutes or until they are fully cooked. Once cooked, you can place them on the grill until the meat turns brown and crisp. Turn them often to produce an even color.

- Cooked sausages meanwhile just require a few minutes of grilling in order to achieve the flavorful smoky taste and bubbly, crispy skin. This is what makes hotdogs a favorite afternoon snack. Hotdogs usually cook in three minutes, while bratwursts take around 5.
- It is important to constantly turn the sausages while on the grill as they have the tendency to char when unattended. Turning them over also evens out the cooking process and gives your franks a well-cooked appeal. You can use a rectangular grill basket if you want a faster turnover of cooked sausages, as it can hold a number of franks in one grilling.

What to top your sausages?

Just like burgers, grilled sausages need some toppings too. These toppings add a bit of excitement on the meat, and do not leave you tired and exhausted of eating just a plain frank on a bun. But what can you use to top your sausages?



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- *Ketchup, mayonnaise and mustard*-these three condiments are always the perfect team in providing a delectable grilled sausage sandwich. Works with every taste and every age!
- *Pickle relish*- pickles give a sweet-sour fruity-veggie appeal to your sausage meal, and it's packed with more nutrients.
- *Coleslaw*- it acts like pickle relish, but it combines a taste of mayonnaise and cabbages a good alternative to the plain ketchup-mayo duo.
- *Cheese*-all kinds of cheeses, from grated cheddar to softer cheeses fit sausage meals.
- *Tomato salsa*-aiming for a Spanish festival? Then pair your grilled chorizo with tomato salsa and nachos!

Here are some recipes you can use in doing delectable grilled sausage meals:

BeerWursts

(<http://bbq.about.com/od/porkrecipes/r/blb91118b.htm>)

Ingredients:

12 bratwurst sausages
24 ounces beer (I use stout)
a disposable aluminum pan

Directions:

Preheat grill and prepare for [indirect grilling](#). Place aluminum pan over unheated part of grill. Pour beer into pan. Place sausages over the direct heat. The fire should be a medium heat. Close the lid and cook for about 5 minutes. Turn sausages frequently. When the bratwursts start to brown move them into the aluminum pan with the beer. When all the sausages are in the pan close the lid and cook for about 20 more minutes. Serve right out of the pan so that the sausages are hot and juicy. These sausages are great as they are or put them in a bun and eat like a hot dog.

Grilled Sausage and Pesto Pasta

(<http://www.foodreference.com/html/grilled-saus-pp.html>)

Ingredients:

12 ounces Italian sausage links
8 ounces farfalle or other small pasta shape, cooked and drained, kept warm
1/2 cup basil pesto, purchased or homemade
1/2 red bell pepper, seeded and diced
2 oz. grated Parmesan cheese
Fresh basil, chopped

Directions:

Prepare medium-hot fire in grill; grill sausage directly over fire, turning to cook and brown evenly, about 10-12 minutes.

Remove from fire and set aside.

In large shallow bowl, toss farfalle and pesto; toss to coat evenly.

Slice sausage into rounds and add along with diced red pepper and cheese.

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Garnish with chopped fresh basil.

Serving Suggestions

Use the hot grill to grill garlic bread or heat focaccia to accompany this easy and hearty summer dish. Toss fresh garden tomato wedges lightly with a vinaigrette to serve alongside. Grill fresh peaches over dying coals, brush with butter and brown sugar and serve on top of vanilla ice cream.

Firehouse Grilled Sausage Sandwich

(<http://www.grouprecipes.com/31410/firehouse-grilled-sausage-sandwich.html>)

Ingredients:

1 tablespoon olive oil
1 tablespoon butter
1/2 medium red onion, sliced
1 sausage
1 hard French or sour dough roll, split
honey mustard
coleslaw, drained
salt
freshly ground black pepper

Directions:

Place the olive oil and butter in a heavy-bottomed skillet set over medium-high and heat until it sizzles. Add the sliced onions, lower the heat a bit, and cook, stirring occasionally, until golden brown and translucent -- approximately 8 to 10 minutes. Turn off the heat and keep the onions warm in the skillet while you prepare the other ingredients. Split the sausage and grill or fry it for about two minutes on each side. Cut the roll in half lengthwise and grill or warm it. Slather with the honey mustard. Place the onions on the bottom roll and top with the sausage. Sprinkle with the salt and pepper and top with approximately 1/4 cup of drained coleslaw. Top with the second half of the roll, gently press down, and serve immediately.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 7

Meals on a Skew! Kebabs, Satays for an Easy Afternoon Cookout

Grill cookouts sometimes need not be tedious or tiring, as there are occasions when we need the food to be cooked faster and easier. Thus, if you opt for cleaner, no mess meals to serve on a sunny grilling afternoon, then this calls for nothing less than kebabs!



Kebabs and satays (the more authentic kind of serving of the famous dish) are wonderful meals to serve especially in outdoor parties mainly because of the following reasons:

- They are easy to prepare
- You can complete one meal in just one stick serving
- Less cleanups
- Meat and veggie pieces are easy to cook!

Kebabs are fun to do, mainly because they are thinner than normal meat pieces, and they are easier to handle thanks to the skewers. But before you head on to preparing for kebabs on your next meal, here are the guidelines you should know:

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Getting to Know Your Skewers

The main feature of kebabs is that they use skewers. Skewers come in two kinds, the metal and the wooden form. You may opt to use any of these two in your kebabs and satays, but it's important to know how they function so you will be able to see when and where they are best used.

	Wooden	Metal
Shape	<i>Round and slender, usually shaped like elongated toothpicks</i>	<i>Long, flat and slender</i>
Size	<i>Around 6-8 inches long</i>	<i>Around 10-18 inches long</i>
Appearance	<i>Plain looking, but truly functional</i>	<i>Sometimes come with decorative markings to off more style</i>
Price	<i>Sold in dozens or hundreds, usually cheap</i>	<i>Sold in 5-10 pieces; more expensive but durable</i>
Preparation	<i>Have to be soaked in water for 30 minutes to prevent getting burned on the grill</i>	<i>Can be used immediately</i>

The Art of Grilling Kebabs: Things You Have to Remember

As mentioned earlier, kebabs are easy to make, and even a five-year-old can do them. However, if you are a newbie in this grilling activity, then here are some tips that can help you:



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- If you want your meat pieces to cook faster, pack them loosely on the skewer. This will allow more heat to circulate in and around the meat. Pack the pieces tightly if you want a medium/rare cook.
- Cut the meat and vegetable pieces into uniform sizes so that they can be cooked evenly under the same heat and time period.
- You can also turn hotdogs into kebabs by piercing them into the skewers together with some other party foods. Cut the hotdogs first into bite size pieces before placing them on the stick.
- Veggies, and some seafood meat such as shrimps are softer and tender, and they have the tendency to flake and tear faster while on the grill. To give them more support, use two wooden skewers on the pieces or use a flat skewer to prevent them from slipping while being turned.
- Use fruit juice or vinegar on grilled pork or lamb to give them flavor while being grilled.

Remember to use mittens when handling kebabs. Like other grilled dishes, they are *too hot to handle*.

Heat tip: If your kebabs are not cooking fast enough, you can increase the heat by covering the grill during the last 5 minutes of cooking. If your grill doesn't have a cover, you may also use an overturned pot or your grill's aluminum drip pan.

Veggie Meals Made Better: Have Them on a Stick!

Kids hate veggies. And it takes time and tons of effort to make them eat a carrot, much more a different kind of vegetable. But you know, kids eat what they think is delicious, and with some eye candy trick, you can easily make them munch on veggies in no time—the secret all lies on the presentation.



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Veggie kebabs are a new and fun way of cooking vegetables for kids. By placing vegetable pieces on a stick and putting them on the grill, you can easily trick your kids by making them think that these kebabs are just like the usual meat ones they like, and by brushing some flavor every now and then, your kids would sure like holding one like a hotdog stick and brag to everybody how yummy their kebab tastes.

Take note however that since vegetables come in uneven shapes even when cut into uniform sizes, they still have the tendency to fall apart due to their weight and the heat of the grill. You can prevent this from happening by doing the earlier suggested advice of using two wooden skewers to hold the veggies, or by using a flat skewer to keep them from falling whenever they are turned.

Vegetable Kebabs

(<http://www.epicurious.com/recipes/food/views/Vegetable-Kebabs-235477>)

Ingredients

For vinaigrette

1/2 cup white-wine vinegar
1 tablespoon balsamic vinegar (preferably white)
1 large garlic clove, minced
1 1/4 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup olive oil

For vegetables

1 lb small zucchini, cut crosswise into 3/4-inch-thick slices
1/4 cup olive oil
1 1/2 teaspoons salt
3/4 teaspoon black pepper
3/4 lb cherry tomatoes
1 lb baby eggplant (about 4 inches long), cut crosswise into 3/4-inch-thick slices
10 oz cremini mushrooms, trimmed
2 yellow bell peppers, cut into 1 1/2-inch pieces
1 large red onion, cut into 1 1/2-inch pieces

Special equipment:

18 (12-inch) metal or wooden skewers (soaked in warm water 30 minutes if wooden)

Directions

Make vinaigrette

Whisk together all vinaigrette ingredients in a glass measure until combined.

Skewer and grill vegetables:

Toss zucchini in a large bowl with 2 teaspoons oil, 1/4 teaspoon salt, and 3/4 teaspoon black pepper.

Repeat with remaining vegetables, working with 1 type at a time and keeping each batch separate.

The Ultimate Guide to a Delicious Back Yard BBQ

Thread vegetables onto skewers (thread zucchini and eggplant horizontally through slices so cut sides will lie flat on grill; leave about 3/4 inch between tomatoes, mushrooms, bell peppers, and onions), using 3 skewers per type of vegetable and not mixing vegetables on any skewer.

Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).

Grill kebabs in 2 batches on lightly oiled grill rack, covered only if using gas grill, turning over once, until vegetables are tender (vegetables, except tomatoes, should be lightly browned; tomatoes should be blistered and shriveled), 6 to 10 minutes (timing will vary among vegetables).

Transfer skewers as cooked to a platter and, if desired, remove vegetables from skewers. Drizzle with some of vinaigrette and serve remaining vinaigrette on the side.

Cooks' notes:

- Vegetables can be threaded onto skewers 1 day ahead and chilled, covered.
- If you aren't able to grill outdoors, you can broil vegetable skewers in 2 batches on oiled rack of a broiler pan 4 to 6 inches from preheated broiler, turning over once, until golden, about 6 minutes per batch.

Beef Kebabs: Taste the Beef Right Down to the Core

Why do people like beef kebabs? Because unlike other beef dishes you can actually feel the beef set into your teeth with every chew. Some dishes require the beef to be cooked with other ingredients in a lengthy period of time before you can actually taste it, but with kebabs, you become one with the beef.



Beef kebabs are cooked rare, medium or well done. You can opt to have any of these tastes, by increasing or decreasing the amount of heat of the grill. Beef pieces usually take 10 minutes to cook, and be sure to watch how done the meat becomes every now and then. You can check by slicing a beef cut using a knife.

However, in order to taste the fullness and flavor of the beef, you should be able to cook it properly, and this calls for the right heat temperature paired with the amount of cooking time. Things become tricky however, when the beef pieces are matched with

The Ultimate Guide to a Delicious Back Yard BBQ

veggies and other items on one skewer and cooked altogether on the grill. To avoid mishaps, you can:

- Pre-cook the beef so it would be tender before it is placed on the skewer
- Cook the kebabs under indirect heat

Kofta Beef Kebab

(<http://www.grouprecipes.com/7217/kofta-beef-kebab.html>)

Ingredients:

3 lbs extra fine ground beef (ask butcher to run it through 2-3 extra times)
1 large onion
1/2 cup of fresh parsley, chopped
salt
pepper

Directions:

Using a food processor, finely chop onion and parsley. Add onions and parley to ground beef in a large bowl. Add salt and pepper to taste.

Form the mixture into small balls and place 4-5 balls onto a skewer. If you are using wood skewers, be sure to soak in water first to prevent from burning on the grill. Shape the meat into a cigar shape on the skewer.

You can either bake at 350 for 45 minutes or grill for 20-25 minutes until done.
Serve on pita bread or over a bed of white rice.

Korean Beef Kebab

(<http://www.yumsugar.com/3373997>)

Ingredients:

bamboo or metal skewers
1 pound tender beef, such as rib-eye or filet mignon, cut into thin 2-inch-long strips
1 tablespoon soy sauce
2 cloves garlic, minced
1 teaspoon Asian sesame oil
1 tablespoon sugar
1 teaspoon freshly ground black pepper
5 or 6 green onions, cut into 2-inch lengths
1 package rice cake sticks

Directions:

Soak the short (5- or 6-inch) bamboo skewers in cold water for at least 30 minutes.

Meanwhile put the beef in a medium bowl, add the soy sauce, garlic, sesame oil, sugar, and black pepper, and toss to combine, making sure all the beef is coated with the marinade. Let sit for at least 20 minutes.

The Ultimate Guide to a Delicious Back Yard BBQ

Using 2 parallel skewers, thread the beef, green onions, and rice cakes alternately on the sticks.

Prepare a medium-hot coal fire or preheat a gas grill to medium. Grill the skewers until the meat is browned on both sides and cooked through, 3 to 4 minutes on each side.

Serves 5-6.

We Want Porky! Porky on Stick!

Pork kebabs are famous because they taste really good and provide a juicy meat together with a crunchy crust. Even smaller pieces provide the same taste, and among the parts used for pork kebabs include the leg, loin and shoulder. But other parts do well too. Grilling pork kebabs take an average of 10-12 minutes, and should be brushed with grease and flavors every now and then to prevent drying and losing their taste.



Tomato Marinated Pork Kebabs

(<http://bbq.about.com/od/porkrecipes/r/bl50624b.htm>)

Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients:

- 1 1/2 pounds country style boneless pork ribs, cut into 1 inch cubes
- 1 cup tomato juice
- 3 green onions, sliced
- 4 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 teaspoon marjoram
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions:

The Ultimate Guide to a Delicious Back Yard BBQ

Combine all ingredients except pork. Mix well. Place pork pieces in a large resealable bag. Pour marinade over top. Seal and refrigerate for 4 hours.

Preheat grill. Thread pork onto skewers and place on a hot grill. Cook for 7 to ten minutes or until done.

Remove from grill and serve.

You can add thin onion slices, bell pepper pieces to skewers if you wish.

Summer Pork Kebabs

(http://www.waitrose.com/recipe/Summer_Pork_Kebabs.aspx)

Ingredients:

3 tbsp extra virgin olive oil
1 tbsp tomato purée
5 tbsp Worcestershire sauce
1 tsp smoked paprika
450g pork fillet, trimmed and cut into 16 cubes
2 peppers, deseeded and cut into 3cm pieces
1 large red onion, cut into wedges
300g pack cherry vine tomatoes

Directions:

Preheat the oven to 220°C, gas mark 7. Mix 1 tbsp olive oil, the tomato purée, Worcestershire sauce, paprika and seasoning. Add the pork and marinate for a few minutes. Put the peppers, onion and tomatoes in a bowl with the remaining olive oil. Mix to coat.

Thread the vegetables and pork on metal skewers. Cook on a baking sheet for 15 minutes then grill for 2-3 minutes.

Lamb Kebabs: The Staple Food



The Ultimate Guide to a Delicious Back Yard BBQ

Lamb kebabs are the original kebabs, as they are the staple food in the Middle East, where kebabs and satays originated. Lamb cooks easily, and is the most flavorful meat when it comes to kebab cooking. It only takes 10 minutes to cook lamb kebabs, but be sure to check the meat every now and then to see if it's already done.

Persian Lamb Kebab

(http://www.essortment.com/all/lambkebabsreci_rwxn.htm)

Ingredients:

16 oz. lamb, cut into 1 inch chunks
1 onion, coarsely chopped
½ cup sunflower oil
2 cups natural yogurt
½ cup lemon juice
a spinach salad to serve
soft crusty rolls to serve

Directions:

Combine onion, oil, yogurt and lemon juice. Add lamb pieces and coat thoroughly. Cover and chill for 5 hours.

Preheat grill to hot. Using metal skewers, pierce centers of each piece until full. Balance skewers on a grill pan and cook for 5 minutes each side, or until juices run clean. Serve hot with a spinach salad and soft crusty rolls.

Uighur Lamb Kebabs

(<http://www.chow.com/recipes/26396>)

Ingredients:

1 pound boneless lamb leg or shoulder

Marinade

1 medium onion, coarsely chopped
2 tablespoons vegetable oil
1/4 cup pomegranate juice, or substitute 1/4 cup fresh lemon juice mixed with 1 teaspoon sugar
1 teaspoon salt
1 teaspoon freshly ground black pepper
1 tablespoon finely chopped garlic
3/4 teaspoon cayenne

Directions:

Cut the lamb into small pieces, approximately 1 inch square, leaving on a little fat. Set aside.

Process the onion to a paste in a food processor. Transfer to a medium bowl and stir in the remaining marinade ingredients. Add the lamb pieces and stir so they are all coated with marinade. Cover and let sit for 2 hours in the refrigerator.

Prepare a medium-hot fire in a charcoal grill or preheat a gas grill. If using bamboo skewers, soak 8 skewers in water for 30 minutes.

The Ultimate Guide to a Delicious Back Yard BBQ

Thread the pieces of meat onto 8 bamboo or metal skewers (the latter are used in the photograph). Don't crowd them; the pieces of meat should barely touch one another.

Place the skewers on the hot grill, about 4 to 5 inches from the coals. Grill for 2 minutes on the first side, then turn. Cook for 7 to 8 minutes more, turning periodically to ensure good color and even cooking.

Cooking times will vary somewhat depending on whether you use bamboo or metal skewers and on the heat of your grill, and whether you wish to leave the lamb pink in the middle or to cook it right through.

Serve on the skewers, on a platter.

Chicken on a Stick: More than Finger Lickin' Good!

If you are used to tasty, flavorful fried chicken you hold on your hands, then it's time to experience how it is to eat chicken on a stick. Chicken pieces cut from the breast area are the best parts used on kebabs, and they are usually paired with vegetables to come up with a full meal. Chicken wings and legs can also be skewered, and they too taste great-sans the mess!



Before placing chicken on the grill, better soak them on marinade first, to absorb more flavor which they will show off as they get cooked. Chicken kebabs are great for various meals, including bread, potatoes and rice.

Indonesian Chicken Kebabs

(<http://www.cooks.com/rec/view/0,1839,156162-231206,00.html>)

Ingredients:

- 6 boneless chicken breasts, cut into chunks
- 1 red pepper, cut into chunks
- 1 green pepper, cut into chunks
- 6 metal or bamboo shish kebabs

Marinade:

The Ultimate Guide to a Delicious Back Yard BBQ

1 c. peanut butter
1/2 c. chili sauce
1/2 tsp. cayenne
1/4 c. lemon juice
1/2 c. soy sauce
1/4 c. brown sugar
3 tbsp. garlic, minced
8 green onions, finely chopped

Directions:

Marinate chicken 12-24 hours. Place on shish kebabs, alternating chicken and peppers. Broil or grill slowly over a low fire, turning frequently and basting with extra sauce.

Teriyaki Chicken Kebabs with Pineapple

(<http://www.cooks.com/rec/doc/0,1739,155160-243197,00.html>)

Ingredients:

3/4 c. dry white wine
3/4 c. peanut oil
3/4 c. teriyaki sauce
1 tbsp. minced fresh thyme or 1 tsp. dried thyme
6 garlic cloves, minced
1 tbsp. minced fresh ginger
2 1/4 lbs. boneless chicken breast halves, skinned and cut into 1 inch pieces
1 1/2 lbs. pineapple, cut into 1 inch pieces
1/2 lb. snow peas, halved
24 bamboo skewers, soaked in water and drained

Directions:

Combine first 6 ingredients in large bowl. Add chicken to bowl and stir to coat. Refrigerate at least 4 hours or overnight. Drain chicken, reserving marinade. Alternate chicken, pineapple, and snow peas on skewers. Preheat barbecue and brush grill with oil. Brush skewers with marinade. Grill until chicken is cooked through, turning frequently and basting with marinade (about 10 minutes). Brush with marinade and serve.

Makes 12 kebabs.

The Ultimate Guide to a Delicious Back Yard BBQ

Seafood on Sticks: Perfect for the Beach Grill Out!



Just arrived from a fishing expedition? Got some fresh seafood such as shrimps? Then if you want to rather get some beer and enjoy a laid back sunset party with your friends after a hot day of fishing, then doing some kebabs is the perfect meal to serve.

Seafood pieces are the best when it comes to kebabs, as they are easy to pierce on the skewers. Just be sure to hold them properly using two wooden skewers or flat metal skewers so they won't slip. Fish meat meanwhile has to be cut into bite size pieces first before they are skewered. Some meanwhile have to be parboiled first in order to soften otherwise they would end up hard and brittle when grilled.

Teriyaki Glazed Seafood Kebabs

<http://www.foodnetwork.com/recipes/emeric-lagasse/teriyaki-glazed-seafood-kebabs-recipe/index.html>

Ingredients:

8 ounces swordfish, cut into 1 ounce portions (about 1 by 1-inch squares)
8 sea scallops, about 1-ounce each
8 large shrimp
1 teaspoon salt
1/2 teaspoon freshly cracked white pepper
3/4 cup teriyaki sauce
3 tablespoons peanut oil
1 tablespoon minced garlic
1 tablespoon minced ginger
1 tablespoon minced green onion
2 teaspoons sesame oil

Directions:

In a medium bowl, place the swordfish pieces, scallops and shrimp. Season with the salt and pepper. Add the remaining ingredients and toss to mix well. Let the ingredients marinate for 30 minutes, and then thread on 4 (12-inch) metal skewers. Start with a piece of swordfish, followed by a shrimp, next a scallop

The Ultimate Guide to a Delicious Back Yard BBQ

and repeat. Continue with the remaining 3 skewers, each should have 2 pieces of swordfish, 2 shrimp and 2 scallops.

Heat a grill to medium and lightly oil the grill grates. Place the skewers on the grill and cook for about 4 minutes, basting with the remaining marinade. Turn the kebabs over and cook on the second side for an additional 4 minutes, being sure to baste the seafood. Remove from the grill and serve immediately with Heirloom Tomato Salad.

Heirloom Tomato Salad:

2 pounds assorted red, yellow, and green heirloom tomatoes
1 tablespoon mirin
2 teaspoons sesame oil
1 lime, juiced
Salt and pepper

Slice tomatoes and layer on a plate. In a small bowl, combine remaining ingredients. Drizzle over tomatoes.

Tandoori Seafood Kebabs

(<http://www.grouprecipes.com/sr/17197/tandoori-seafood-kebabs/recipe/>)

Ingredients:

2 lbs salmon fillets, cut into 2-inch cubes
1 tbsp minced fresh ginger
1 jalapeño, seeded & minced
2 tbsps fresh lime juice
1 onion, cut into thin wedges
1 pint cherry tomatoes
2 tbsps sliced fresh cilantro
1/2 to 1 tsp salt
1 tbsp ground cumin
1 (8-oz) container plain yogurt
1/2 tsp ground cardamom
2 garlic cloves, minced

Directions:

Stir together first 9 ingredients in a large shallow dish. Add fish, tossing carefully to coat. Cover up & chill 30 mins. Alternately thread salmon, onion, & tomatoes on 8 (6- to 8-inch) skewers.

Grill, covered with lid, over medium-high heat (350° to 400°) 4 to 6 mins on each side or until done.

The Truth About Satays

In Asian countries, satays are more common instead of kebabs. Satays are rather thinner strips of pork, beef and lamb pierced on bamboo skewers, marinade in great flavors and grilled. They are usually found on the streets and are enjoyed by people of all ages, natives and foreigners alike.

The Ultimate Guide to a Delicious Back Yard BBQ



Satays are usually served with peanut sauce, but these days you can have them with oyster sauce, or any other Asian dressing around. Why not try satays for a change? They are easier to cook, and are guaranteed to carry an authentic Asian taste.

Chicken Satay with Peanut Sauce

(<http://thaifood.about.com/od/thairecipes/r/thaichickensate.htm>)

Ingredients:

8-16 skinless chicken thighs, cut into small pieces or strips, or the equivalent of beef (enough for your family/party)
1 package wooden skewers

SATAY MARINADE:

1/4 cup minced lemongrass, fresh or frozen (if using fresh, see below for instructions)
1 small onion, quartered
2 cloves garlic
1 thumb-size piece galangal or ginger, peeled and sliced
1/4 of thumb-size piece fresh turmeric, OR 1/2 tsp. dried turmeric
2 Tbsp. coriander seeds, ground in a coffee grinder, OR 1 Tbsp. ground coriander
2 tsp. cumin
3 Tbsp. dark soy sauce
4 Tbsp. fish sauce
5 Tbsp. brown sugar
1 Tbsp. fresh lime juice

Directions:

If using wooden skewers, soak them in water while you prepare the meat. This will prevent them from burning (I find the kitchen sink works well for this).

Cut chicken or beef into thin pieces or strips (small enough to easily skewer). Place in a bowl.

The Ultimate Guide to a Delicious Back Yard BBQ

Place all marinade ingredients in a food processor (discard the upper stalk of lemongrass, if using fresh). Process well.

Taste-test the marinade - you will taste sweet, spicy, and salty. The strongest tastes should be SWEET and SALTY in order for the finished satay to taste its best. If necessary, add more sugar or more fish sauce (instead of salt) to adjust the taste.

Add the marinade to the meat and stir well to combine. Allow to marinate for at least 1 hour, or longer (up to 24 hours).

When ready to cook, slide the pieces of meat onto the wooden skewers. Tip: Fill only the upper half of the skewer, leaving the lower half empty so that the person barbecuing has a "handle" to work with. This makes it easier to turn the satay during cooking.

Barbecue the satay, OR grill on an indoor grill, OR broil it in the oven on a broiling pan or baking sheet with the oven set to "broil" (Place satay close beneath the heating element and turn the meat every 5 minutes until cooked). Depending on how thin your meat is, the satay will cook in 10 to 20 minutes.

Serve with rice and Thai peanut sauce for dipping. ENJOY!

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 8

Taste it to the Bones! Savor the Madness of Flavorful Ribs

We have already discussed about the different dishes that are great for grilling, such as burgers, and kebabs, and now's the time for us to focus on a particular kind of meat part that becomes a great meal when cooked on the grill: the ribs.



Why do we love ribs? Yes, from the outside they are just slabs of bones connected by meaty tissues, but once you taste them, you'd not let go of them from your mouth. Why? Because the rib bones absorb as much flavor as normal meat-even more. Once they are seasoned and placed on the grill, the bones become flavorful, thus by the time you eat them you ask nothing but more of the bony sticks rather than the meat itself.

Ribs are loved by people from all walks of life, especially when they are cooked the right way. Ribs are served almost everywhere, from family barbecue parties to fancy restaurants. It's not really difficult to achieve juicy, succulent ribs-it all boils down to how you place your ribs over the flames. And this chapter will teach you how.

The Ultimate Guide to a Delicious Back Yard BBQ

Knowing the Different Kinds of Pork Ribs:

You might have gone to a restaurant that features their specialty being “baby back ribs,” or “spare ribs.” While these both are rib meals, you may be wondering what kind of ribs these are, and what difference do they make when it comes to eating? Well, these are just two varieties of ribs. Before using ribs as your course to cook over the grill, you must first know that there are three varieties of ribs, the *back*, *spare* and *country style*.

- *Back ribs* or *baby back ribs*, as they are fancily called, are ribs cut from the center section of loin chops. The back ribs are tender and juicy, and can nearly be classified as finger food. People love back ribs because they are tender and flavorful, and are full of meat. A slab of back ribs, or 1 ½ pounds of ribs take up to 2 hours to cook over indirect heat.



- *Country-style ribs* are cut from the shoulder of the loin. These ribs have the most amount of meat, thus they are chunky, since they come from the backbone and not the ribcage. For them to cook and tenderize according to your preferences, better braise them first for the meat to soften.
- *Spareribs* come from the underside of the pig, near the bacon. They have the least part of meat, and are the most popular rib meal because of the flavor they possess. A full slab of spareribs weighs around 3-5 pounds, and takes around 1-2 hours to cook.

The Various Ways of Grilling Pork Ribs

Grilling pork ribs nowadays is done in various ways and methods, as through time chefs and cooks have found new ideas in coming up with great grilled rib meals as opposed to

The Ultimate Guide to a Delicious Back Yard BBQ

the traditional way of grilling. You can check out the cookbooks you have to see the different suggestions on how to grill pork ribs.

However, if there's one important step that's never left out in every pork rib grilling, that's the seasoning. The marinade process is always given utmost value when grilling ribs, as the seasoning gives flavor and taste to the entire dish. You may have a slab of perfectly grilled ribs, but without the right flavor, then everything would end up a mess.

Aside from the seasoning, ribs rely on the sauce for great taste. By coming up with the right sauce, you won't miss out on the savory goodness provided by grilled ribs. There are a lot of recipes in making rib sauce, so better check them out and see which can make your mouth water.



Some recipes meanwhile require you to *degrease* the ribs first before putting them on the grill. Degreasing is the removal of excess fats in order for the ribs not to fry out while cooking over the fire. You can degrease your ribs by placing them in the oven first before placing them over the grill. Degreasing is also helpful to reduce the fat content of your rib meals.

Indirect grilling is the best recommended way of cooking your ribs, as direct grilling can easily char the bones and leave them dry. Also, indirect grilling allows the heat to circulate inside the ribs for a longer period of time, making the meat tender when served.

Here are the steps on how to cook your ribs to perfection:

1. Build an indirect fire by placing the coals and embers on one side of the grill. Indirect grilling is recommended for rib cooking as it provides more space for the heat to circulate, as well as space for the rib slabs to stay away from the fire. (The directions for building an indirect fire are indicated in Chapter 1)

The Ultimate Guide to a Delicious Back Yard BBQ

2. Cook the ribs for 1-2 hours over medium, slow, indirect heat. Slow heat is important as it helps not to leave the ribs charred, and allows more capacity to cook the ribs right to the very core.



Using a drip pan is also important when cooking the ribs, as it is expected that more juices will drip off from the ribs while cooking. This prevents the risk of flames and flare-ups to take place while grilling.

3. Add some sauce to your ribs. Prepare a sauce for your ribs to provide more yet balanced flavor on the whole meal. Grilling the ribs leave the meat dry, and having some sauce ready can change the whole meal for the better.
4. Check your ribs every now and then while cooking. The rib slabs may be done from the outside, but still see how the whole rib is doing. Sometimes after 2 hours of cooking, the ribs still need to be over the fire to cook off those certain parts that need more time to get done, so be vigilant. The last thing you would want to have is a bowl of brittle ribs while their meat is too chunky to bite.

4th Of July Sweet-Sour Barbecued Ribs Recipe

(<http://www.cdkitchen.com/recipes/recs/475/4thOfJulySweetSourBarbecu66977.shtml>)

Ingredients:

1 1/4 cup Ketchup
3/4 cup Water
1/4 cup Honey
2 tablespoons Worcestershire Sauce
4 teaspoons Lemon Juice
1 small Onion, chopped
1/2 teaspoon Salt
1/2 teaspoon Pepper
6 pounds Back Ribs

Directions:

The Ultimate Guide to a Delicious Back Yard BBQ

Mix together the ketchup, water, honey, Worcestershire sauce, lemon juice onion, salt, and pepper. Cook for about 10 minutes, stirring occasionally.

Prepare a charcoal grill, and cook ribs over medium-hot coals, turning occasionally. Brush ribs with sauce after each turn. Cook ribs until desired doneness. Remove from barbecue and enjoy.

Texas Pork Spareribs

(http://www.texasbarbeques.com/bbq_ribs_recipes.html)

Ingredients:

4 racks pork spareribs
1 1/2 cups white sugar
1/4 cup salt
2 1/2 tablespoons black pepper
3 tablespoons paprika
1 teaspoon cayenne pepper
2 tablespoons garlic powder
1/2 cup chopped onion
4 cups ketchup
3 cups hot water
4 tablespoons brown sugar
pinch cayenne pepper
salt and pepper to taste
1 cup soaked wood chips

Directions:

Trim away any excess fat from ribs. In a medium bowl, stir together the sugar, salt, black pepper, paprika, the 1 teaspoon of the cayenne pepper, and garlic powder. Rub spice mix all over the ribs. Place the ribs in two 10x15 inch roasting pans, piling two racks of ribs per pan. Cover, and refrigerate for 8 or more hours.

Preheat oven to 275 degrees F (135 degrees C). Bake uncovered for 3-4 hours, or until the ribs are tender and just about falling apart fall apart.

For the barbeque sauce, remove 4-5 tablespoons of drippings from the roasting pans, and place in a skillet over medium heat. Cook onion in pan drippings until lightly browned. Stir in ketchup, and heat for 3 to 4 more minutes, stirring constantly. Next, mix in water and brown sugar, and season to taste with cayenne pepper, salt, and pepper. Reduce heat to low, cover, and simmer for 1 hour, adding water if it gets too thick.

Preheat grill for low heat. When grill is ready, add the soaked wood chips to the coals or to the smoker box of a gas grill. Spray grill's grate with a coat of cooking spray. Place ribs on the grill but do not overcrowd. Cook for 20 minutes, turning occasionally. Baste ribs with sauce during the last 10 minutes of grilling only.

Tangy Glazed Grilled Ribs

(<http://southernfood.about.com/od/porkribs/r/bl50909h.htm>)

Ingredients:

3/4 cup red currant jelly
1/2 cup chili sauce
1 teaspoon ground ginger

The Ultimate Guide to a Delicious Back Yard BBQ

1/2 teaspoon dry mustard
dash ground red pepper
4 pounds pork spareribs, excess fat trimmed

Directions:

In a small saucepan combine jelly, chili sauce, ginger, and mustard; heat, stirring with a fork, until smooth and well blended.

Cut racks into thirds or quarters. Place ribs on rack in a baking pan and bake at 350° for 1 hour. Place ribs on oiled grill rack. Grill about 6 inches from medium coals for about 30 to 40 minutes, turning once. Baste with jelly mixture and grill for about 15 to 20 minutes longer, basting and turning the ribs frequently.

Serves 4 to 6.

Sirloin Stockade Hickory Sauce

(<http://www.cooks.com/rec/view/0,1615,146164-245202,00.html>)

Ingredients:

1 lb. brown sugar
1 (#10) can catsup
1/4 c. liquid smoke
1/2 c. Worcestershire sauce
1 1/2 oz. coarse black pepper
1 lg. diced onion
4 tbsp. butter

Directions:

Melt butter. Simmer onions 5-7 minutes. Add remaining ingredients. Simmer 30 minutes; cool. Good on barbecued foods.

Beef Ribs: A Fusion of World Flavors Under One Bone

Pork ribs are more popular than beef ribs, yes, but beef ribs do provide a whole new sense of a grilled rib meal. Beef ribs are recommended to be grilled under low, slow heat because they take a longer time to cook. You also have to pre-cook the ribs in order for them to become softer to chew and more flavorful. Braising or pre-cooking the ribs in the oven is a good way to prepare them for the grill. Beef ribs are also perfect when grilled with a smoky flavor, thus when placing them over the grill, be sure to use flavored chips to provide the aroma you want your meal to possess.

The Ultimate Guide to a Delicious Back Yard BBQ



Korean ribs are also perfect for a grilled meal. These are smaller cuts of beef ribs which are soaked in marinade and flavored to perfection. These ribs are taken from the spareribs section and each piece has three crosswise-cut bones. The best thing about Korean ribs is that they are short, flavorful, and cook under a short period of time-12 minutes. Korean ribs are a great appetizer to other full course meals.

Hawaiian Beef Back Ribs

(<http://www.worldfamousrecipes.com/beef-back-ribs-recipes.html>)

PREP AND COOK TIME: About 30 minutes, plus at least 1 hour to marinate

NOTES: Even on snow-covered decks, gas grills sizzle with these ribs.

Look for Chinese rice wine and hoisin or char soy sauce in a well-stocked supermarket or Asian market. If marinating the ribs up to 1 day ahead, cover and chill.

MAKES: 3 to 4 servings

Ingredients:

6 to 8 beef back ribs (6 to 7 in. each, 3 1/4 to 4 lb. total), cut apart
1/2 cup prepared teriyaki sauce
1 tablespoon Chinese rice wine or dry sherry
1 tablespoon prepared hoisin or char sui sauce
1 tablespoon prepared barbecue sauce or catsup
1/4 cup canned crushed pineapple
3/4 teaspoon hot chili flakes

Directions

1. Rinse beef ribs and pat dry. In a 1-gallon heavy plastic food bag or a deep bowl, mix teriyaki sauce, rice wine, hoisin sauce, barbecue sauce, pineapple, and hot chili flakes. Add ribs; seal bag and turn to coat meat well, or turn ribs in bowl to coat and cover airtight. Chill at least 1 hour or up to 24 hours.

2. If using a charcoal grill, mound and ignite 70 charcoal briquettes with vents open. When coals are dotted with ash, in about 15 minutes, push equal portions to opposite sides of grate. Add 5 briquettes to each mound of coals.

If using a gas grill, turn heat to high, cover, and heat for 10 minutes. Adjust gas burners for indirect heat on each side of grill (none down center); keep heat on high.

The Ultimate Guide to a Delicious Back Yard BBQ

3. Set barbecue grill in place. Lay meat on grill, not directly over heat (to avoid flare-ups). Cover barbecue; open vents for charcoal. Cook, basting ribs occasionally with marinade the first 20 minutes and turning as needed for even browning, until meat is rare (red in center of thickest part; cut to test), 20 to 25 minutes total, or medium (pink in center of thickest part; cut to test), 30 to 35 minutes total. If meat is not as brown as you like, move over direct heat and turn frequently. Transfer ribs to a platter or plates.

Per serving: 576 cal., 66% (378 cal.) from fat; 35 g protein; 42 g fat (17 g sat.); 11 g carbohydrates (0.2 g fiber); 1,582 mg sodium; 121 mg cholesterol.

Beef Ribs

Ingredients:

2 large racks of beef ribs OR 3 large racks of baby back ribs
2 large Ziplock freezer storage bags
Dry Rub (yields 2 Cups but keep indefinitely)
1 C sugar
1/2 C paprika
1/4 C Kosher salt
1/4 C celery salt
3 tablespoons onion powder
3 tablespoons chili powder
2 tablespoons cumin
2 tablespoons black pepper
2 teaspoons dried mustard powder
1 teaspoon cayenne pepper

Classic Barbecue Sauce (yields about 4 cups)

1 teaspoon seasoned salt
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon mild curry powder
1 teaspoon paprika
1/2 teaspoon ground allspice
1/2 teaspoon ground cinnamon
1/2 teaspoon mace
1/2 teaspoon freshly ground black pepper
1/2 teaspoon cayenne pepper
2 c ketchup
3/4 C dark molasses
1/2 C white wine vinegar
1 teaspoon Tabasco sauce

Directions:

Mix all dry rub ingredients together. Store in a covered jar.

In a large bowl, mix sauce dry ingredients together well. Add ketchup, molasses, vinegar and Tabasco. Transfer mixture to a saucepan and heat over a medium flame until warm, stirring frequently. The idea is to make sure the dry ingredients melt into the sauce.

Buy your ribs and make your dry rub the day before you plan on cooking. To apply dry rub, sprinkle (rather than actually rub) the mixture on the meat - it should be moist enough so the rub sticks to the

The Ultimate Guide to a Delicious Back Yard BBQ

surface. A light coating is sufficient, but use as much as you like, as it tends to come off during handling and cooking. Seal your ribs in plastic bags and refrigerate overnight. You can also prepare your sauce that day and set it aside in the refrigerator.

If you are planning on barbecuing these ribs, set the temperature at roughly 250° F and cook the ribs with the lid closed. Adding some soaked mesquite or other hardwood chips is recommended, but not necessary. Cook the ribs for approximately 2 1/2 - 3 hours, or until the meat has shrunk back well from the bone. About 15 minutes before the ribs are done, add a generous coating of the barbecue sauce. Serve with the remaining sauce and ice cold beer.

Texas-Style BBQ Beef Back Ribs

(<http://www.worldfamousrecipes.com/beef-back-ribs-recipes.html>)

Prep: 10 minutes

Cook: 2 hours

Servings: Serves 6-8

Ingredients:

2 racks of beef back ribs (7 ribs per rack)

2 Tbsp. black pepper

1 Tbsp. ground oregano

1 Tbsp. paprika

2 tsp. celery salt

1/2 tsp. ground cayenne pepper

Directions:

Combine all spices. Rub over surface of ribs to coat well.

Preheat oven to 300°F.

Place ribs on a rack in a roasting pan. Add 1/2-inch of water to bottom of pan. Cover pan with foil and tightly seal edges.

Bake at 300°F for 2 hours.

Remove ribs from pan and place on grill over medium coals for 15 minutes. Serve with your favorite barbecue sauce.

Cut between ribs to serve.

Korean Ribs

(<http://www.groupprecipes.com/163/korean-ribs.html>)

The Ultimate Guide to a Delicious Back Yard BBQ



Ingredients:

4 pounds beef short ribs, 2-1/2 inches in length
2/3 cup Kikkoman Teriyaki Marinade & Sauce
2 large garlic cloves, pressed
2 tsp hot pepper sauce
1 tbsp toasted sesame seeds
1 tsp sugar

Directions:

Slice the meaty side of ribs, opposite the bone, 1/2 inch apart and 1/2 inch deep, both lengthwise and crosswise. Put ribs in a large plastic food storage bag.

Mix together teriyaki sauce, garlic, hot pepper sauce, sesame seeds and sugar then pour on top of the ribs. Remove all the air from the bag; and close securely. Flip bag over many times to coat the ribs completely. Refrigerate 4 hours, occasionally flipping the bag.

Remove ribs then discard marinade.

Grill (or broil) 4 inches from hot coals (or the heat source) turning occasionally, for 15-18 minutes, or until ribs become crisp and brown.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 9

Grilled Beef Red Meat at Its Finest!

Beef can be tender, juicy and truly flavorful when cooked on the grill. In the past chapters we have discussed about some methods on how to prepare beef meals such as hamburgers, kebabs and ribs, but this time our main focus is on the beef meat itself. So, if you are the red meat enthusiast, brace yourself for a chapter full of nothing about beef and its role in the world of grilling.



Why do people love beef? Beef is a kind of meat packed with true flavors, and its grease has a life of its own when it comes to touching the taste buds. Beef can play a big role in your grilling party, but before you welcome the red meat army to your feast, you should get to know the chunks first.

Getting to Know that Beef Chunk

There have been a lot of worries about the fat and cholesterol content of beef, but the fact is, beef is a kind of meat full of nutrients which you should not miss. Indeed a 16-ounce steak has to do a lot in affecting one's calorie counter, but it also has a lot to provide when it comes to certain nutrients such as zinc, niacin, iron, phosphorus and B vitamins.

The Ultimate Guide to a Delicious Back Yard BBQ

However, despite being a source of healthy food, beef can also carry harmful bacteria. The meat easily gets contaminated with bacteria when exposed to open air, and to avoid this, you should do the following precautions:

- Do not thaw the meat in open air. This increases the risk of the meat to incur bacteria from the air. Rather, thaw it inside the refrigerator. Besides, the meat's texture is better when inside the ref.
- Store the meat at the freezer or refrigerator right after buying.
- Pre-cook all beef at 160°F heat before cooking on the grill to remove all the bacteria. Fresh meat meanwhile is less likely to get bacteria.
- Never place cooked meat on the same plate in which raw meat was first held.

Aside from freshness, beef is also graded according to quality and cut. The following rules will give you a better understanding of the different grades and cuts you will encounter when talking about beef.

Beef Grades

In order to provide better-quality beef, the US Department of Agriculture has imposed a program for meat packers to come up with great meat, and not just the kind from dead carcass. Thus, in order to ensure that the meat is of the best cut, consumers are presented with grades which gauge the quality of the meat.



When it comes to beef cuts, the more *marbling* (or how evenly distributed are the flecks of fat within the meat) the beef, the more flavorful it becomes. Graders also have to look for characteristics such as maturity, color, and texture of the meat in order to decide on its quality.

The Ultimate Guide to a Delicious Back Yard BBQ

The USDA has imposed eight grades for meat, and the grade can be found on the package label. For the past twenty years, better grades of beef have been catered mainly on steakhouses. The grades have not changed, but these days, meat that was first graded as “Choice,” can now be classified as “Prime,” depending on meat sellers.

The following is a description of the three grades commonly found meat shops and supermarkets these days, so you will have an idea of what to purchase once you decide going on a steak grill party:

- *Prime*. Prime is the grade with most marbling. It is the highest quality grade, and this kind of beef is usually sold in restaurants and specialty butchery shops. It consists only of 2 percent of the meat today. It can be difficult to find and is really expensive. Prime beef is made of high quality bred cows which are fed on the best feeds, thus producing the most luscious flavors so far.

Since Prime beef is the most delicious of all grades, some restaurants and groceries fake it when selling this kind of meat in the market. If you encounter an add that reads “prime” with a lower case “p” and does not show the USDA mark, it means you’re not likely to get real Prime beef.

You should also be aware of the difference between *wet aged* and *dry aged beef*. American beef is usually aged, as aging produces more flavor by tearing down the meat’s muscle tissues. This makes the beef more tender and flavorful, and lighter than the usual.

Dry aged beef is beef stored for several weeks inside a cold locker. It is released with a rich, powerful flavor, and is considered the best kind of steak.

Wet aged beef is sealed in a plastic and kept in the cold locker for only a few days with its own juices. It doesn’t have as much flavor as *dry aged beef*.

There are some restaurants and supermarkets that claim to sell “dry aged” beef but they actually sell wet aged beef which they store in their own refrigerators for a few more days. This doesn’t do anything to get the flavor and tenderness of dry aged beef.

“Prime rib” meanwhile of roast beef is not a grade; it is just a cut from meat between the short loin and the primal chuck.

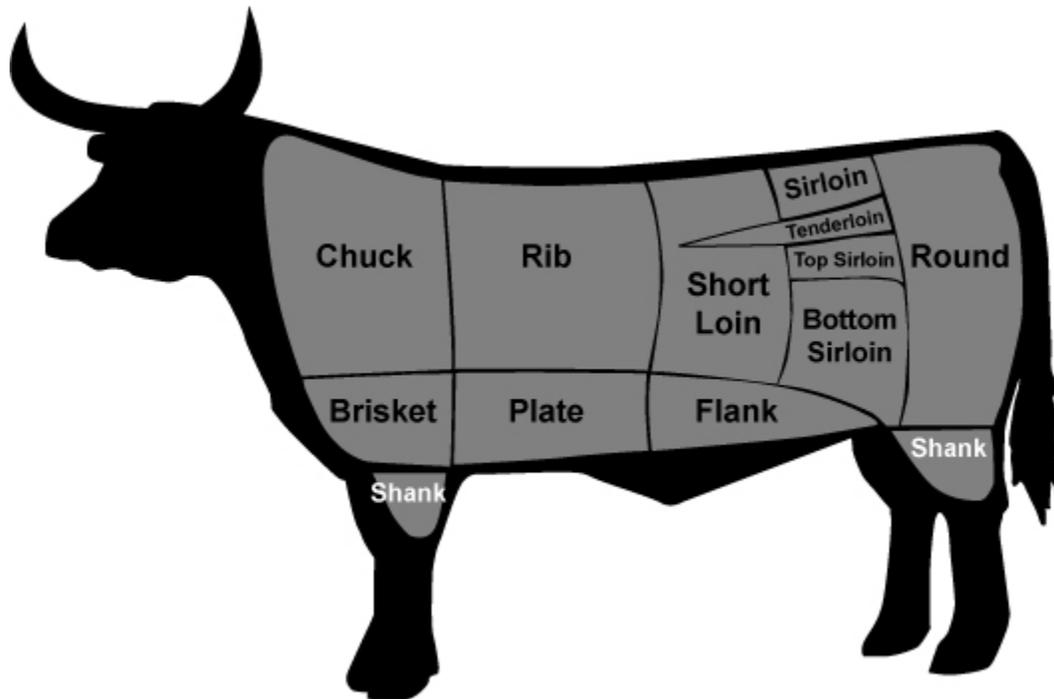
- *Choice*. It is a juicy, tender grade, but it isn’t as tasty as Prime beef. About 44 percent of available meat in the market is Choice. It is flavorful, and actually cheaper than Prime.
- *Select*. Select is the least marbling kind of meat grade. It is cheaper than Prime and Choice, and consists of 27 percent of available graded meat. This grade is best for braising and stewing.

The Ultimate Guide to a Delicious Back Yard BBQ

You may have heard of the term “Angus” beef. Angus is not a grade, but a breed of steer. “Certified Black Angus” meanwhile refers to a company that sells high-grade Top Choice beef and some Prime.

While you are presented with graded meat, be reminded that another 27 percent of all meat remains ungraded and is referred to as *no roll*.

Beef Cuts: They've Got Names!



Meat cuts have names. They can sometimes be confusing due to their regional differences and the way butchers describe the cuts, but it doesn't really matter, as long as you, the meat shopper, would be able to identify the kind of beef cut that you want. Below are some of the most common cuts suitable for grilling, those which you will find at the neighborhood meat shop or supermarket:

- **Tenderloin-** it is a long boneless cut with three sections, and weighs 4 to 6 pounds. It can be cut and bought as a smaller roast, tenderloin strips or as individual steaks, and are great for kebabs. It takes around 12-15 minutes for tenderloin cuts to cook to medium rare.
- **Top loin (strip) steak-** this is a classic steak, also known as New York Strip and Kansas Strip. It is considered the finest beef cut because of its marbling and texture, not to mention real beef flavor. The steaks are usually boneless, but others prefer boned strips as the bones add more succulence once they are cooked. Strip steaks take about 12-15 minutes to cook.

The Ultimate Guide to a Delicious Back Yard BBQ

- **Filet mignon-** these are steaks cut from the end of the tenderloin. They are the most tender cut of beef available in the market. They cook fast, at around 13-15 minutes for medium-rare to medium.
- **Porterhouse and T-bone steaks:** from the short loin section, these steaks have two muscles, the tenderloin and the top loin. The T-bone helps in giving a distinctive look in the steaks. While they both come from the same section, Porterhouse and T-bone steaks differ in size of their tenderloin muscles, the bigger muscle belonging to the Porterhouse, while the smaller going to the T-bone. The Porterhouse steak is also called *sweetheart* steak, because it is composed of two steaks joined in one. These steaks cook in an average of 20 minutes.
- **Rib-eye-** another boneless cut, this comes from the rib section. This cut has less fat, and is suitable for grilling. Rib-eye steaks cook at around 11-14 minutes if uncovered. If covered, this steak cooks in 9-12 minutes over medium heat.
- **Sirloin-** next to the round and cut from the hip portion, sirloin steaks are usually sold boneless. They are more affordable, are tender and versatile for any kind of dish. They make great kebabs, are good for frying and almost any other cooking method. These steaks cook around 15-17 minutes over the grill.
- **Flank-** flanks are less tender than all other cuts. They have to be soaked under marinade for a longer period of time in order to soften and get more flavor. They are cooked to medium rare, and last around 5-10 minutes to cook over the fire.

Preparing for the Grill: You and Your Steaks

Before you head on the grill, you should first determine how thick your steaks should be. It's no longer a matter of preference here, as the best thickness for grilling steaks is 1 inch. You may notice though that most steaks sold in the supermarket is only $\frac{3}{4}$ inch. You can have more control on a 1-inch thick steak than a thinner one, and a $\frac{3}{4}$ inch steak's doneness can easily change from medium-rare to medium depending on the grill's hotness. Thus, when ordering your steaks, ask your butcher to slice your steaks at 1-inch thick so that you don't have to remove much fat from the steak. Too much fat can cause flare-ups on the grill, while the right amount makes your steaks juicy.



The Ultimate Guide to a Delicious Back Yard BBQ

Once you're on the grill, it is recommended that you put in medium heat to grill a 1-inch thick steak. Medium heat provides a brown crust without the risk of charring. If you are using charcoal, build a fire that extends 2 inches beyond the edges of the meat, so you won't run out of fuel during the last few moments of grilling.

Wash and dry your utensils thoroughly when handling the beef to prevent the risk of bacterial contamination on the food.

Marinating the Beef: They're Best When Soft and Tender

Not all beef cuts are tender by nature, thus marinating the tougher cuts helps a lot in making them soft and easy to chew. Most people like tender steaks plain, but still by marinating, you can transform your steaks into delicious dishes you and your guests will love.

Tender beef cuts such as the porterhouse, sirloin and tenderloin don't need marinating since they already are soft. These cuts are just rubbed with a variety of seasonings to provide flavor while being grilled. However, they still can get more flavor when soaked at around 15 minutes to 2 hours under a good mix of flavors.

Over-marinating tender beef cuts may cause the meat to become mushy, so that's something you must avoid.

Less tender cuts such as the skirt, flank, top round, chuck steaks and eye round need longer marinating time, around 6 hours to overnight.

Grilling the Steaks

When grilling, you don't have to *sear* a steak. To sear is to pre-cook the meat over verigh high heat until it browns on both sides. Bigger pieces of meat such as a thick roast or a 2-inch thick steak may require searing, followed by slow, low heat grilling. Bigger cuts need some searing, but don't cook them long enough to blacken their outer surfaces.

Doneness boils down to a matter of taste, but take note that even prime beef loses its fine taste or texture if cooked beyond medium. Thus, here's a list of degrees of doneness in beef according to the National Cattlemen's Beef Association:

Very Rare: 130 degrees	Rare: 140 degrees
Medium Rare: 145 degrees	Medium: 160 degrees
Well-done: 170 degrees	Very well-done: 180 degrees

The Ultimate Guide to a Delicious Back Yard BBQ

The temperature tables become very helpful especially when you are using a meat thermometer on bigger roasts. However, for steaks and smaller cuts, the doneness can be found by looking at the meat's interior color. Rare meat is bright red and full of juice, while medium meat has a lighter color with light brown edges. Well-done meat meanwhile is brown-gray.

The heat of the gas and charcoal grills also varies. Take note that the cooking times in this book are just estimates, and checking the insides of the meat by cutting the piece with a sharp knife is required, so your dish won't be overdone. Once your beef is overcooked, you can no longer reverse the results.

Before serving, allow the meat to stand on the grill for a few minutes so that the juices would stabilize and go all throughout the meat, thus the steak will become much tender and done when eaten.

Marinated Sirloin Steak

(<http://www.tasteofhome.com/Recipes/Marinated-Sirloin-Steak-3>)

Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- 4 teaspoons steak sauce
- 1 tablespoon lime juice
- 1 tablespoon brown sugar
- 1-1/2 teaspoons minced fresh gingerroot
- 1 garlic clove, minced
- 1/2 teaspoon sesame oil
- 1/8 teaspoon pepper
- 1 boneless beef top sirloin steak (3/4 pound)

Directions:

In a small bowl, combine the first eight ingredients. Pour 1/4 cup into a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for at least 2 hours. Cover and refrigerate remaining marinade for basting.

Coat grill rack with cooking spray before starting the grill. Drain and discard marinade. Grill steak, covered, over medium heat for 8-11 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), basting frequently with reserved marinade. Yield: 2 servings.

Glazed Beef Tournedos

(<http://www.tasteofhome.com/Recipes/Glazed-Beef-Tournedos>)

Ingredients:

- 3 tablespoons steak sauce
- 2 tablespoons ketchup
- 2 tablespoons orange marmalade
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped onion
- 1 garlic clove, minced

The Ultimate Guide to a Delicious Back Yard BBQ

4 beef tenderloin steaks (6 ounces each)

Directions:

In a small bowl, combine the steak sauce, ketchup, marmalade, lemon juice, onion and garlic. Set aside 1/4 cup for serving.

Coat grill rack with cooking spray before starting the grill. Grill steaks, uncovered, over medium heat or broil 4-6 in. from the heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), basting frequently with remaining sauce. Just before serving, brush steaks with reserved sauce. Yield: 4 servings.

Asian Grilled Steak

(<http://www.makinglifebetter.com/food-recipes/recipe/4730/2/asian-grilled-steak>)

Ingredients:

3/4 cup Wish-Bone® Italian Dressing
3 Tbsp. soy sauce
3 Tbsp. firmly packed brown sugar
1/2 tsp. ground ginger (optional)
1 to 1-1/2- lb. flank, top round or sirloin steak

Directions:

Combine all ingredients except steak in small bowl.

Pour 1/2 cup marinade over steak in large, shallow nonaluminum baking dish or plastic bag. Cover, or close bag, and marinate in refrigerator, turning occasionally, 30 minutes or up to 24 hours. Refrigerate remaining marinade.

Remove steak from marinade, discarding marinade. Grill or broil steak, turning once and brushing frequently with reserved marinade, until steak is desired doneness.

Grilled Steak with Fresh Corn Salad

(<http://food.yahoo.com/recipes/eatingwell/419/grilled-steak-with-fresh-corn-salad>)

Ingredients:

1 tablespoon minced garlic
3 teaspoons extra-virgin olive oil, divided
1/2 teaspoon salt, divided
1 1/4 pounds boneless strip (top loin) steaks, trimmed
5 large ears corn, husked
2 medium tomatoes, chopped
1 small orange or red bell pepper, diced
2 tablespoons chopped fresh basil
2 tablespoons red-wine vinegar

Directions:

Preheat grill to high.

Combine garlic, 1 teaspoon oil and 1/4 teaspoon salt in a small bowl. Rub the mixture on both sides of steaks. Place the steaks and corn on the grill. Grill the steaks 2 to 4 minutes per side for medium-rare. Let

The Ultimate Guide to a Delicious Back Yard BBQ

them rest while the corn finishes cooking. (The steaks will continue to cook while resting.) Grill the corn, turning to cook all sides, until some of the kernels are slightly charred, 8 minutes total. Let stand until cool enough to handle, about 5 minutes.

Remove the kernels from the cobs using a sharp knife. Combine the corn, tomatoes and bell pepper in a medium bowl; stir in basil, vinegar, the remaining 2 teaspoons oil and 1/4 teaspoon salt. Slice the steaks and serve with the corn salad.

Grilled Beef Roast: A Luscious Meal for the Family

Beef roast is simply delicious, and it is even more luscious when cooked outside the oven. Why? Because you would be able to feel the primal way of cooking when you do it without using an oven, as the grill provides a different kind of roasting your oven cannot make.



Here are some of the beef roasts used for grilling:

- *Tenderloin.* Considered as the most elegant piece of meat for grilling, the tenderloin is also the most expensive meats you can find in the supermarket. When grilling tenderloin, you have to remove the meat from the grill 5-10 minutes before the final desired temperature. The internal temperature of the roast will rise 5-10 degrees after it has been removed, while resting for 15 minutes inside the foil. If you want your roast rare, remove the meat when the temperature is between 130 and 135 degrees; medium rare roasts meanwhile are in between 135 and 140 degrees; and medium roasts are removed when the temperature is between 145 and 150 degrees.

Another rule when roasting tenderloin is to check that the roast is evenly thick from both ends. Even thickness promotes even cooking. The butcher often ties the thin end to make it evenly thick, but to ensure better cooking, have the tail end cut.

The Ultimate Guide to a Delicious Back Yard BBQ

- *Rib-eye roast.* This kind of roast is very tender, and it absorbs the strong, smoky flavors of the charcoal fire. If you include the bone, it becomes a *prime rib-eye roast*. This roast is cooked indirectly in a covered grill over medium-low heat for 15-20 minutes.
- *Beef round tip roast.* Also called *sirloin tip*, this cut is boneless. It is packed with enormous flavor and becomes tender when cooked medium-rare. Like the rib-eye roast, this beef is cooked indirectly over medium-low heat, for 20 minutes.
- *Tri-tip roast.* The tri-tip roast can now be purchased in supermarkets unlike before. This roast is relatively small, and weighs around 2 pounds. This cut is cooked over direct heat for 30 minutes. The tri-tip steaks meanwhile are cut across the grain into 1-inch thick steaks, beginning at the long flat end of the roast. A pack of tri-tip roast can consist of 5 steaks, with some meat used for stir-frying or kebabs.
- *Boneless chuck roast.* A boneless chuck roast comes from the shoulder and is around 3-4 pounds. It isn't a very tender meat, and it should be placed on marinade for 8-24 hours before placed on the grill. It is grilled in indirect heat, covered over medium-low coals for 25 minutes for rare to medium-rare.
- *Brisket.* A brisket requires several hours of long, slow indirect cooking to tenderize. Then it is barbecued, with the meat usually sliced across the grain and then smothered in a thick tomato-based barbecue sauce.

These roasts are served best with baked potatoes. Place them on the grid for about one hour before the roast is fully cooked.

Marinated Grilled Chuck Roast

(<http://recipes.epicurean.com/recipe/14709/marinated-grilled-chuck-roast.html>)

Ingredients:

1 Cup of Ketchup
1/2 Cup red Wine Vinegar
1/4 Cup Oil
2Talb. Garlic Powder
1Tsp. Salt & Pepper
2 Tbs. Worcestershire Sauce
2 Talb. minced onions (Either dried or fresh)
nice sized chuck roast or London Broil

Directions:

Mix all ingredients well. Take a nice size chuck roast, or London Broil and put everything in a large zip lock bag. Marinate meat over night or at least 4 hours ahead. Brown meat on both sides of grill, than turn the heat down to low on the grill and continue to cook until done the way you like it. It is much better when done no more than medium. You can either keep adding the marinade to the meat while it's cooking or

The Ultimate Guide to a Delicious Back Yard BBQ

you can cook it and use it as a sauce. (Just bring it to a boil). For London Broil, make sure you cut meat at an angle and against the grain.

Honey Soy Grilled Roast

(<http://www.recipezaar.com/Honey-Soy-Grilled-Roast-59081>)

Ingredients:

2 lbs beef roast (I use chuck, sirloin tip, shoulder, eye of round, etc.)

MARINADE

2 cloves garlic, mashed

2 teaspoons salt

1 cup chicken bouillon

1/4 cup soy sauce

1/4 cup honey

1/4 cup catsup

1/2 teaspoon baking soda

GLAZE

1/4 cup honey

1/2-1 teaspoon dry mustard

Directions:

Place roast in re-sealable plastic bag. Mix all marinade ingredients and pour over meat, seal bag, and refrigerate 6-8 hours or overnight, turning bag times. To grill, cook over HIGH heat for 25-45 minutes, turning often to prevent burning.

(Time will depend upon how hot the grill is and how rare or well-done you like your meat.)

While grilling, baste roast often with the marinade. Remove meat from grill and place on platter. Pour Glaze over roast and spread to cover. (I often double the Glaze because we like it so much).

Slice roast across the grain into very thin slices and lay them in the juices on the platter. Medium rare roasts will be more tender than those cooked longer.

NOTE: You can use any weight roast, but the thickness should be between 2-1/2 to 3 inches for the roast to be medium rare if cooked 35 minutes. Add 8-10 minutes to cooking time for each additional 1/2-inch increase in thickness.

VARIATION FOR RIB: Use marinade for spareribs.

Bake in 450 degree oven about 10 minutes. Reduce heat to 350 degrees and cook for another hour or until done. If desired, after cooking in the oven, remove ribs, and place on a HOT outdoor grill for 10 minutes to brown the ribs.

Place ribs on platter and pour Glaze over.

Grilled Roast Beef

(http://www.recipe4living.com/recipes/grilled_roast_beef.htm)

Ingredients:

1 (5 to 7 lb.) standing rib roast

The Ultimate Guide to a Delicious Back Yard BBQ

1 clove garlic
Salt and freshly ground black pepper

Directions:

Prepare a grill for indirect cooking. If gas, turn only one side on, or just the front or back burner, depending on grill's configuration. Placing an aluminum tray of soaked wood chips over flames to impart a wood flavor to meat is optional. If grilling over wood or Charcoal, build a fire on one side of grill only. Sprinkle meat liberally with salt and pepper. Cut the garlic clove and rub all over meat. If you want intense garlic flavor, cut slivers of garlic and use a sharp, thin-bladed knife to insert them into meat. Place roast directly on cool side of grill and cover. Monitor meat's temperature and keep fire alive, Checking every 30 minutes or so. Target internal temperature for meat is just over 120 degrees for rare, 125 degrees for medium-rare (meat's temperature will climb about 5 degrees after you take it off grill). A 5-lb. roast will be done in under 2 hours; a 7-lb.er in just over 2 hours. Let meat rest before slicing and serving.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 10

Pork- The Perfect Barbecue Meat

When it comes to barbecue, nothing beats the succulence of pork when placed on the grill. Thus, in this chapter, we will teach you how to select the best parts of pork in order for you to have the best ever barbecue party. You will also learn how to come up with various sauces needed to entice you, your family and guests to eat more and finish off that luscious meat that's rich and juice and flavor right from the grill.

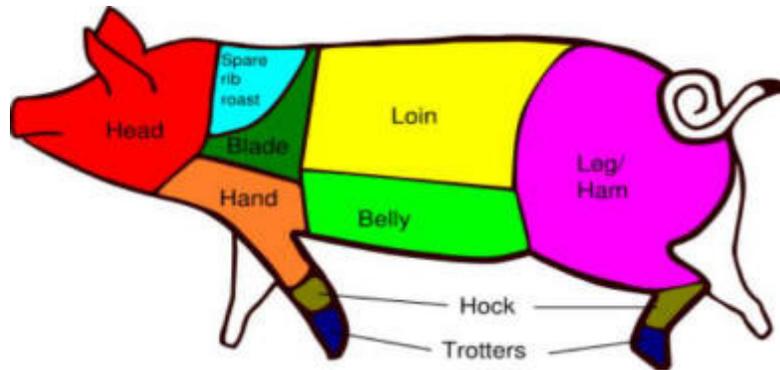


Pork 101: Knowing the Cut

A lot of people don't like eating pork because they believe it contains a lot of fat. Well, if you think about the sausages or spareribs, then you are absolutely right. But pork meat, especially the ones taken from the loin and leg, are not fatty. The real pork flavor however lies in the fatty parts, and fat adds a lot of taste especially for barbecue. Lean ribs meanwhile are not as tasty as the fatty ribs, and that's one thing you should remember.

What to look for in pork cuts: the main feature of pork that's ideal for grilling is that it should be firm and finely-grained. The pork should have a healthy pink color and the fat meanwhile is firm and white.

The Ultimate Guide to a Delicious Back Yard BBQ



There are a lot of meat cuts, but only the choice parts are found in the butcher shop. If you are going shopping for pork meat, here are the cuts which will most likely show up for you:

- *Leg*. The hind leg is among the most succulent parts of pork meat. It is the portion of the animal which can weigh up to 15 pounds, and consists of the butt and shank. The butcher usually cuts the leg into various boneless parts, and a roast from the leg may be called a *boneless fresh ham roast*. The butt meanwhile should be cooked under low heat for a long time so it would become tender; the shank on the other hand takes lesser time.
- *Loin*. Next in line when it comes to tenderness is the loin. It is available with or without the bone, and it is in this part where you can find the meatiest ribs. The leg and loin are both delicious when prepared in various ways, from chops to kebabs.
- *Shoulder*. The shoulder is divided into two cuts:
 - *Picnic ham*. This part is cut towards the leg. It is less tender and inexpensive, and is best cut into chunks for stews or steaks.
 - *Boston butt*. The Boston butt can weigh up to 6 pounds and is fatty and juicy. This cut is best for steaks and can also be cooked whole. It is also used for sausage meat.

The massive pork roasts, the picnic ham, Boston butt and fresh ham, can be transformed into barbecued dishes. The Boston butt however, due to its high amount of fat, is the favorite of pit masters because it retains its juiciness and succulence despite the long barbecue process.

Are you longing for the classic pulled pork sandwich? Then you can do this by roasting the Boston butt for hours and pulling the meat apart into thin strips, tossed with barbecue sauce, and finally served on bread or hamburger buns.

The Rub Secret: Herbs and Spices that Bring Life out of that Pork

Do you know the main difference between indoor and outdoor cooking? You get to save produce those flavorful drippings when you cook indoors. The drippings are left on the pan when fry, sauté, bake or roast that luscious meat, thus, your meat is showered with

The Ultimate Guide to a Delicious Back Yard BBQ

great taste while being cooked. When you grill the meat however, the flavors drip and waste away into the embers. Thus, when grilling, it is important that you prepare good marinade and rubs to keep up with a great flavor on your meat.



A lot of seasoning combinations have worked well with pork, and almost every marinade you can find in cookbooks and in the internet are suitable for your pork barbecue. Here are some of the most favorite marinades concocted over the years:

- *French Provençal Rubs.* This is a combination of dried, crushed herbs such as ground ginger, bay leaves, rosemary, salt and black pepper.
- *West Indian and Jamaican Rubs.* This meanwhile are a mixture of paprika, cayenne, and hot pepper with complementary sweets such as cinnamon, ginger, allspice and brown sugar.
- *Asian spice Rubs.* Anise, cinnamon, ground cloves, red pepper and ground ginger make up this rub.
- *Greek-style marinade.* This is made up of olive oil, lemon juice, garlic, oregano, salt and pepper.

If you are going to marinate pork, use a resealable plastic bag such as Ziploc. This way you can throw the bag after the meat is marinated, and you won't have a lot of dishes to wash. More importantly, the plastic bag lets the meat absorb more of the marinade. Bows and pans have to be of the exact right size and shape for the marinade to get through the food. You can meanwhile press the plastic to conform to the meat's shape. Don't forget to get all the air out of the bag and seal it tightly so the marinade won't leak.

The Ultimate Guide to a Delicious Back Yard BBQ

Is there Such Thing as the “Perfect Doneness?”

Grilling pork, as much as grilling meat, can be very tricky. You might just need to do more practice to get the timing right. Doneness can be achieved depending on the meat's thickness and the amount of fat, bone, muscle and grain of the pork meat, so cooking time varies from one cut to another. Finally, cooking time also depends on the fire's heat and how far the grid is situated from the heat.



Back in the past, pork is traditionally cooked to the internal temperature of 185 degrees, as it was believed that it would be less at risk to the trichinosis bacteria when cooked at that temperature. These days however, it is now proven that trichinae can be killed at 135 degrees, so cooking pork meat at a temperature of 155 to 160 degrees is safe, not to mention that it produces a juicier, more flavorful meat.

One effective way to check the doneness of the pork is by using a meat thermometer. You can also cut into the meat while it is still on the grill when you're near the end of the estimated cooking time. The main indicator that the meat is already done is when its juices are clear and the meat is no longer pink. If you are grilling boneless meat, you would not consume much time-just cut into the thickest part of the pork so you can see if it's already done.

Meanwhile, if you like grilling pork until it becomes well done, expect to see some red areas in the meat. Don't panic, the red color is natural, as the presence of exhaust gases from them grill cause the meat to grow red.

The Ultimate Guide to a Delicious Back Yard BBQ

If you are trying to come up with a fully-cooked, moist and flavorful piece of meat, then it takes practice. There is such thing as perfect doneness, and it consists not only of the moist and flavor, but when the meat slightly gives in when pushed gently with a tip of a spatula. Here are some tips you can follow when perfecting your pork roast:

- Turn over the pork or move it to a cooler part of the grill when you see that the meat cooks too fast.
- If the meat cooks slowly or when the coals have lesser heat, cover the grill to increase the heat.

As far as the grilling experts are concerned, covering the grill when cooking pork is a matter of preference. Thus, in this aspect, you can do whatever your heart desires, as cooking the meat in a covered or uncovered grill does provide you with advantages and shortcomings. While covering the grill gets rid of unevenly cooked meat and adds an even smokier flavor, you do are to face the chances of overcooking the meat-and even char it later on, especially when it is combined with sweet marinades.

- *If you decide to cover the grill*, use moderate to medium heat and begin by cooking 1-inch chops for 5 minutes per side. Check them before the estimated time and remove them sooner if needed. Remember that covering requires close monitoring, as other pork cuts may take more cooking time.
- *If you grill the meat without the cover*, you are at risk to an unevenly cooked meat. When grilling without the cover, increase the heat to medium-hot and grill for around 5-6 minutes per side.

Regardless if you grill the meat with or without the cover, move the pork around on the grill, from the hotter to the cooler spots and vice versa, to keep it from burning. Moving it around also helps to come up with even cooking. If you are going to use special glazes that contain sweet ingredients, baste them on the meat at the last few minutes of the cooking time to keep the pork from getting burned.

Top of the Chops



The Ultimate Guide to a Delicious Back Yard BBQ

Pork chops is among the most popular pork slices cooked on the grill, especially when they are paired with sauerkraut and applesauce. Why are they a favorite? Simply because they easily absorb the marinades, rubs and other flavors seasoned on them.

When grilling pork chops, they should be sliced at about 1-inch thick pieces, for you to take more control of the cooking. The thickness also allows the pork to come up with a nice, crispy crust without the meat drying out.

If you are going to grill any piece of meat, such as pork chops, using the grill cover, you tend to lose control over the grilling process you won't be able to monitor if the food is cooking fast or slow. Better remove the grill cover to see how the chops are doing before you decide to turn them. Also, make the necessary adjustments by moving the chops to hotter or cooler spots.

Cordon Bleu Pork Chops

Ingredients:

- 4 bone-in pork loin chops (1 inch thick)
- 1/2 cup ketchup
- 1/2 cup water
- 1/4 cup white vinegar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brown sugar
- 2 tablespoons dried minced onion
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon ground mustard
- 4 thin slices fully cooked ham
- 4 thin slices part-skim mozzarella cheese

Directions:

Cut a pocket in each chop. Combine the next 10 ingredients. Reserve 1/2 cup for basting and refrigerate. Pour remaining marinade into a large resealable plastic bag or shallow glass container. Add pork and turn to coat. Seal bag or cover container; refrigerate overnight, turning meat occasionally.

Place a cheese slice on each slice of ham; roll up jelly-roll style. Drain pork and discard marinade. Insert a ham/cheese roll in each pocket; secure with soaked toothpicks.

Grill, covered, over medium heat, turning and basting occasionally with reserved marinade, for 25-35 minutes or until a meat thermometer reads 160°. Remove toothpicks. Yield: 4 servings.

Gingered Pork Tenderloin

Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- 1/4 cup sherry *or* reduced-sodium chicken broth
- 2 tablespoons canola oil
- 2 tablespoons minced fresh gingerroot

The Ultimate Guide to a Delicious Back Yard BBQ

2 teaspoons sugar
2 garlic cloves, minced
2 pork tenderloins (1 pound *each*)

Directions:

In a large resealable plastic bag, combine the first six ingredients; add the pork. Seal bag and turn to coat; refrigerate for 8 hours or overnight.

Coat the grill rack with cooking spray before starting the grill. Prepare grill for indirect heat. Drain pork and discard marinade. Grill covered, over indirect medium-hot heat for 25-40 minutes or until a meat thermometer reads 160°. Let stand for 5 minutes before slicing. Yield: 6 servings.

Grilled Pork Roast

Ingredients:

2/3 cup canola oil
1/3 cup soy sauce
1/4 cup red wine vinegar
2 tablespoons lemon juice
2 tablespoons Worcestershire sauce
2 garlic cloves, minced
1 to 2 tablespoons ground mustard
1 to 2 teaspoons pepper
1 teaspoon salt
1 boneless pork loin roast (2-1/2 to 3 pounds)

Directions:

In a large resealable plastic bag, combine the first nine ingredients; add pork. Seal bag and turn to coat. Refrigerate overnight.

Prepare grill for indirect heat. Drain and discard marinade. Grill roast, covered, over indirect heat for 1-1/2 hours or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. Yield: 8 servings.

Pork Roast with Mango Salsa

Ingredients:

3 tablespoons paprika
1 tablespoon garlic powder
2 teaspoons dried oregano
2 teaspoons dried thyme
3/4 teaspoon cayenne pepper
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon pepper
1/4 teaspoon ground nutmeg
1 boneless whole pork loin roast (2-1/2 pounds)

SALSA:

1 medium mango, peeled and chopped
1/2 cup chopped seeded plum tomatoes
1/2 cup chopped red onion
1/2 cup chopped peeled cucumber

The Ultimate Guide to a Delicious Back Yard BBQ

1/4 cup lime juice
2 tablespoons minced fresh cilantro
1 tablespoon olive oil
1 tablespoon dry red wine *or* cider vinegar
1 teaspoon ground cumin

Directions:

In a small bowl, combine the first nine ingredients. Rub over the roast. Place in a shallow baking dish; cover and refrigerate for 3 hours or overnight. In a large bowl, combine the salsa ingredients; cover and refrigerate until serving.

If grilling the roast, coat grill rack with cooking spray before starting the grill. Prepare grill for indirect heat. If baking the roast, place on a rack in a shallow roasting pan.

Grill pork, covered, over indirect medium heat for 1-1/4 hours or bake, uncovered, at 350° for 1-1/2 hours or until a meat thermometer reads 160°.

Cover loosely with foil and let stand for 15 minutes before slicing. Serve with salsa. Yield: 8 servings.

(<http://www.tasteofhome.com/Top-10-Recipes/Top-10-Grilled-Pork-Recipes>)

Brine: Crude salt at its finest

Brine is a special solution of water and salt, which marinates food right down to the core. This is an easy way to inject flavor into the meat, especially the big cuts. Corned beef is probably the most popular brined dish, as it is soaked in brine and rinsed before boiled with vegetables such as cabbage.

Grilled Beer Brined Pork Chops

Ingredients:

For brine:

2 cups water
1 bottle dark beer
1/4 cup kosher salt
1/4 cup brown sugar
1/4 cup molasses
1 1/2 cups ice

For chops:

6 pork chops, bone-in
6 cloves garlic, minced
2 teaspoons salt
2 teaspoons black pepper

Directions:

Combine all ingredients for brine in a large bowl. Place chops in a resealable plastic bag and pour brine over it. Seal bag and place in refrigerator for 3-5 hours. Preheat grill for medium-high heat. Combine garlic, salt, and black pepper in a small bowl. Take chops out of bag, pat dry, and rub with garlic mixture. Place pork chops on grill and cook for 10-12 minutes per side. Remove from heat and serve.

The Ultimate Guide to a Delicious Back Yard BBQ

Loving the Tenderloin

Pork tenderloin is a part of the meat that comes from the pig loin. It only weighs around 1 pound and is wrapped and sold in the supermarket. Tenderloins are always a favorite because they are soft and tender, and can be marinated with any kind and number of seasonings then cooked either directly or indirectly. Indirect cooking will however ensure you that the meat will turn out moist, browned and tender within 30 minutes.

You can perfect cooking pork tenderloin by cooking it at a 160 degree internal temperature. You should however remove the meat from the grill when the temperature at the thickest part of the meat reaches 155 degrees. Allow the meat to stand loosely for 10 minutes before slicing. As the meat rests, the internal temperature will continue to increase, and the flavors will then settle into the roast. Be sure to pour the flavors right back into the meat as they run from the roast after the meat is carved for the slices.



The heat of the grill is usually not as intense as that of charcoal fire, thus be reminded that the cooking times are just estimates in most of the recipes found in this book. For best results however, cook pork tenderloin on a gas grill so you can have more control of the grilling process. Here are some effective tips you can do when using a gas grill:

1. Preheat the grill first with both burners set to high.
2. Once the grill is hot, turn off one burner and adjust the other to medium-hot.
3. Grill the tenderloins for 25-40 minutes over indirect heat or until done.

If the tenderloins are still uncooked after 40 minutes, reduce the heat to medium, then move them directly over the heat, and continue to cook until they get done. Turn the meat occasionally, and switch their positions by placing the ones farthest from the coals in places closest to the heat.

The Ultimate Guide to a Delicious Back Yard BBQ

7-6-5 Grilled Pork Tenderloin

(http://www.finecooking.com/recipes/grilled_pork_tenderloin.aspx)

Ingredients:

1/2 cup kosher salt
1/2 cup granulated sugar
2 pork tenderloins (about 2 pounds total)
1 recipe concentrated fruit glaze (use Sweet Chili Glaze, Rosemary-Orange Glaze, Curry-Apple Glaze, or one of your own creations)
Freshly ground black pepper to taste
1 recipe Fruit Salsa, Orange Balsamic Sauce, or Mango Chutney Sauce for serving (optional)

Directions:

Brine the tenderloins

In a medium bowl, mix salt and sugar with 1 quart cool water until dissolved. Trim the tenderloins of excess fat and silverskin and submerge them in the brine; let stand about 45 minutes. Remove the pork from the brine, rinse thoroughly, and pat dry.

Season and grill. Rub the brined tenderloins all over with the glaze and then season with the pepper. Or, season to taste with another flavoring of your choice.

Heat a gas grill, turning all the burners to high until the grill is fully heated, 10 to 15 minutes.

Put the pork on the hot grill grate. Close the lid and grill for 7 minutes. Turn the pork over, close the lid, and grill for another 6 minutes. Turn off the heat (keep the lid closed) and continue to cook the pork for another 5 minutes. At this point, an instant-read thermometer inserted into the middle of the thickest end of the tenderloin should read 145° to 150°F. (If not, close the lid and let the pork continue to roast in the residual grill heat.) Remove the pork from the grill and let rest for 5 minutes before carving. Cut across the grain into 1/2-inch slices and serve immediately, with the sauce of your choice.

Manhattan Grilled Pork Tenderloin

(<http://www.foodnetwork.com/recipes/saras-secrets/marinated-grilled-pork-tenderloin-recipe/index.html>)

Ingredients:

3 (3/4 to 1 pound) pork tenderloins
1/2 cup soy sauce
1/2 cup dry sherry
1/2 cup honey
1/4 cup rice wine vinegar
1/4 cup vegetable oil
2 tablespoons fresh orange juice
1 1/2 tablespoons minced fresh rosemary
1 tablespoon minced shallots
1 teaspoon minced fresh ginger

Directions:

Trim the tenderloins of all fat and silverskin. Place them in a shallow baking dish large enough to hold them without crowding.

The Ultimate Guide to a Delicious Back Yard BBQ

Combine the soy sauce, sherry, honey, vinegar, oil, and orange juice in a medium bowl, whisking until well blended. Stir in the rosemary, shallots, and ginger. Pour the mixture over the tenderloins. Cover with plastic wrap and allow to marinate at room temperature for 2 hours.

Preheat an outdoor grill or indoor grill pan.

Remove the pork from the marinade, shaking off any excess. Place the tenderloins on the grill and cook, turning frequently, for about 18 minutes, or until an instant-read thermometer inserted into the thickest part reads 155 degrees F. Transfer to a platter and allow the meat to rest for 10 minutes before carving. Meanwhile, place the marinade in a small saucepan over medium heat and bring to a simmer. Simmer for 10 minutes, or until slightly thickened.

Slice the pork into 1/4 inch-thick slices, spoon the hot marinade over the pork. Serve with a tossed salad.



Mojo Marinated Pork Tenderloin

(<http://www.globalgourmet.com/food/egg/egg0798/mojo.html>)

Ingredients:

Mojo Marinade and Sauce

Juice of 3 large oranges (approximately 1-1/2 cups)

Juice of 2 large limes

6 tablespoons olive oil

1/3 cup minced fresh parsley

2 tablespoons minced fresh oregano

1 teaspoon salt

2 plump garlic cloves, minced

Two 12-ounce to 14-ounce sections of pork tenderloin

Avocado slices and red-ripe tomato slices, for garnish

Directions:

At least 2-1/2 hours and up to the night before you plan to grill the pork tenderloins, mix the *mojo* ingredients in a small bowl. Place the tenderloins in a plastic bag and pour about two-thirds of the *mojo* over them; cover the remaining *mojo*. Refrigerate the pork and the remaining *mojo*, which will become a sauce.

The Ultimate Guide to a Delicious Back Yard BBQ

Remove the pork from the refrigerator, drain it, and blot any excess moisture from it. Let the pork sit covered at room temperature for 20 to 30 minutes.

Fire up the grill for a two-level fire capable of cooking first on high heat (1 to 2 seconds with the hand test) and then on medium heat (4 to 5 seconds with the hand test).

Transfer the tenderloins to the grill, arrange them so that the thin end is angled away from the hottest part of the fire. Grill the tenderloins uncovered on high heat for 3 minutes, rolling them on all sides. Move the tenderloins to medium heat and estimate the rest of the cooking time according to the thickness of the meat. Thin tenderloins (about 1-1/2 inches in diameter) need an additional 10 to 12 minutes on medium, and fat ones (about 2-1/2 inches in diameter) require up to 25 minutes. Continue rolling the meat on all sides for even cooking. The pork is done when its internal temperature reaches 155 degrees F. to 160 degrees F.

If grilling covered, sear the tenderloins first on high heat uncovered for 3 minutes, rolling them on all sides. Finish the cooking with the cover on over medium heat for at least 8 to 10 minutes (for 1-1/2 inch diameter meat) or up to 20 minutes (for 2-1/2 inch diameter meat).

Carve the pork into thin slices, garnish with avocado and tomato and serve hot accompanied by the reserved *mojo*. For a fiesta, serve a salad of black beans, rice, corn, and red bell peppers followed by *Pina Colada Pineapple Spears*.

Technique Tip:

Consider turning this tenderloin into a sandwich, the way most *mojo*-flavored pork is served in Florida. On toasted Cuban bread or a split crusty roll, pile the meat, a slice of ham, black beans, and sharp cheese, all topped with more *mojo*. Immensely sloppy and intensely good, the sandwich demands lots of napkins.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 11

Feather Galore! Fowl and Chicken Never Tasted Better!

While we are used to enjoying them fried, chicken and fowl actually provide more taste and flavor when served from the grill. The whole world loves chicken, and it is because it is one versatile meat, which can be cooked in a wide array of methods while at the same time it remains inexpensive. Chicken is also one food with no religious conflicts, thus you can gather everyone from all walks of life to enjoy a hearty chicken meal with you.



If you are however tired of using chicken for your grilling parties, then you can also find more ideas on other fowl kinds which you can also use on the grill, such as turkey and other game birds.

Chicken: Taste the Flavor Right Down to the Core!

The flavor of chicken is always appealing, and the meat easily adapts to different rubs and marinades and even simple seasonings. However, when it comes to grilling, you have to be careful when using chicken. But why?

Chicken can be seared, especially when you have its skin on. However, it can also brown and char quickly, without the heat getting inside the meat. You of course wouldn't want this to happen, right? So to avoid such mishap, grill the chicken over direct heat

The Ultimate Guide to a Delicious Back Yard BBQ

and turn them occasionally, as well as move them to hotter or cooler areas in order to maintain even cooking.

When grilling chicken, it is important to follow certain steps as you are going to cook the meat under direct heat. If you realize that the meat cooks too fast or is getting charred, then take it off the heat immediately and place it on indirect heat, continuously turning it to avoid overcooking.

1. Place the dark-meat parts such as the legs and thighs first on the grill. These parts take longer to cook than the white meat parts. Also, these pieces should be placed on the hottest part of the grill.
2. Place the other parts, such as the wings and breast, after 10 minutes, or when the legs and thighs have already browned on both sides. White meat breasts cook fast, and easily dry out when not attended.
3. Be consistent in turning the pieces from side to side throughout the whole grilling process, so that you are sure that none of the chicken pieces are cooking too quickly. This ensures you of an evenly cooked chicken meal.

Never ever leave the chicken unattended especially when it's over direct heat. Monitor the pieces so that you can have a crispy, smoky and juicy chicken that's full of flavor once you take it out of the grill.

4. Check if you chicken is already done. If you are using an instant-read thermometer, the boneless chicken breast should register 160 degrees, while the bone-in breast should reach as much as 170 degrees. You can also make a small cut into the thickest part of the chicken, and make sure that the juices run clear and the meat would not display any pink parts. Move the cooked chicken pieces to the coolest parts of the grill to keep them warm until the other pieces get cooked.

Cover the grill to raise the temperature. If you want a consistent medium heat, set the heat on the gas grill or close the vents on the charcoal grill. Closing all the vents cools the heat down, while opening them allows more oxygen to come in and increase the heat.

Chicken Needs Utmost Care!

Chicken is one kind of meat that has to be handled carefully, not only because its meat is already soft and tender, but also because it is known to carry different bacteria that can be harmful to human health. Salmonella contamination was once infamous in chicken eaters, but the said strain can easily be killed if the chicken is cooked properly at 160 degrees for boneless parts, and 170 degrees for bone-in breasts.

Here are a few tips you can follow when handling and preparing chicken:

- Keep the poultry at the refrigerator until it is set for cooking.

The Ultimate Guide to a Delicious Back Yard BBQ

- Thaw frozen poultry inside the refrigerator. Thawing outside can contaminate the meat, and dry the fibers as well.
- Do not cook the bird if it gives off an odd odor.
- Wash the chicken thoroughly with cold running water before cooking.
- Wash your hands and utensils thoroughly, as well as the work surface when you're finished handling the raw chicken meat.



Grilling the breasts

Chicken breasts are the part with most white meat. Because of this, the part can be grilled in various methods. They can be deboned and cooked lean, or seasoned with various herbs and rubs, or sliced into thin strips or thick cubes for luscious kebabs.

Four Seasons Grilled Chicken Breast

(<http://www.cdktichen.com/recipes/recs/567/4SeasonsGrilledChicken61927.shtml>)

Ingredients:

- 1 1/2 cup chili sauce
- 3/4 cup red wine vinegar
- 1 1/2 tablespoon prepared horseradish
- 2 cloves garlic, halved
- 1 teaspoon salt
- 4 (6 ounce) bone-in chicken breasts

Directions:

Mix chili sauce, vinegar, horseradish, garlic and salt in a bowl.

Reserve 1/2 of the marinade. Add chicken to bowl; turn to coat. Cover; marinate in refrigerator for about 5 mins.

Preheat grill or broiler. Remove chicken from marinade; discard marinade in bowl. Place chicken on grill

The Ultimate Guide to a Delicious Back Yard BBQ

or on broiler pan. Grill or broil chicken, turning and basting frequently with half the reserved marinade, until juices run clear when meat is pierced with a knife, about 30 mins.

Heat remaining reserved marinade in a small saucepan, stirring occasionally. Serve hot alongside chicken.

Apple Honey Grilled Chicken

(<http://www.cdktichen.com/recipes/recs/567/AppleHoneyGrilledChicken64689.shtml>)

Ingredients:

1/3 cup Apple jelly
1 tablespoon Honey
1 tablespoon Mustard -- Dijon style
1/2 teaspoon Cinnamon
1/2 teaspoon Salt
4 Chicken breasts halves, skinless, boneless

Directions:

Heat grill. Oil grill rack.

In a small bowl, combine all ingredients except chicken; blend well. Brush chicken with sauce mixture; place on grill over medium heat. Cook 15 to 20 minutes or until chicken is fork tender and juices run clear, turning occasionally and brushing frequently with the honey Dijon sauce mixture.

When you are going to marinate any kind of food, remember to use a container that's made of plastic, ceramic or glass. Metallic materials react with certain acids such as vinegar and lemon juice, causing a change in color and taste.

Breast meat is more flavorful when grilled with the skin. The skin however contains a lot of fat content which may cause risks to those who are watching their weight-not to mention that the skin may cause flare-ups. You may opt to go for skinless breasts by pulling the skin off before you place the meat on the grill. Skinless breasts cook in about 10 minutes, as compared with pieces with the bone and skin intact.

You may also grill the breasts with the skin just to add the flavor and moisture on the meat, then remove the skin afterwards.

The Ultimate Guide to a Delicious Back Yard BBQ

Wings: Chicken zest will truly make you fly!



Wings were used to be discarded by cooks thinking they cannot be eaten, but later on it was discovered to be the most flavorful parts of the bird. The discovery of chicken wings can be traced back in a restaurant in Buffalo, New York.

On October 30, 1964, the sons of Teresa Bellisimo, owner of Anchor Bar in Buffalo, arrived starving. Mrs. Bellisimo had nothing left on her refrigerator except for an oversupply of chicken wings, so she had them on the fryer and added some margarine, hot sauce and blue cheese dressing. Her boys loved the result, and so did the others in the bar. Thanks to that night, the Buffalo Chicken Wings was born.

Teriyaki Grilled Chicken Wings

(<http://www.cooks.com/rec/view/0,171,155161-244199,00.html>)

Ingredients:

40 chicken wings
36 oz. teriyaki sauce
1 c. sesame seeds

Directions:

Trim and discard the wing tips. Cut the wings in half. Cover with teriyaki and marinate for at least 4 hours. Grill over charcoal until crisp and browned or broil until crisp and browned.

Spicy Chicken Wings

(<http://www.cooks.com/rec/doc/0,161,128182-251194,00.html>)

Ingredients:

12 whole chicken wings
2 tablespoons garlic salt
2 tablespoons black pepper
2 tablespoons cayenne pepper

The Ultimate Guide to a Delicious Back Yard BBQ

2 tablespoons fresh greek oregano leaves
2 cups blue cheese dressing, recipe follows

Directions:

Rinse the chicken wings under cold running water, then drain and blot dry completely with paper towels.

Place the wings in a large bowl and sprinkle with the garlic salt, pepper, cayenne, and oregano. Season just 1 side of the wings for mild, or for hotter wings, turn the wings to coat the other side with seasonings and then cover and marinate in the refrigerator for 24 hours. Preheat a grill to medium-high.

Grill chicken wings, turning once, until the juices run clear when pierced with a fork. Serve immediately with a side of Blue Cheese Dressing.

Blue Cheese Dressing: 1/4 pound blue cheese 1 cup mayonnaise 1 tablespoon red wine vinegar 1 tablespoon lemon juice 2/3 cup evaporated milk 1/4 teaspoon garlic salt 1/4 teaspoon celery seed

Blend all ingredients together in a food processor. Transfer to a bowl, cover, and refrigerate until ready to serve.

Chopping the Chicken into Quarters



Chicken quarters provide a more convenient way of grilling the bird meat because you have lesser pieces to attend to. Some grilling chefs also believe that quartered chicken locks in the moisture and succulence better than other pieces of chicken. Chicken quarters also look delicious to eat once served.

The Ultimate Guide to a Delicious Back Yard BBQ

Grilled Chicken Quarters with Grape Tomato Salad

(<http://www.goodhousekeeping.com/recipefinder/grilled-chicken-quarters-with-grape-tomato-salad>)

Ingredients:

4 (or 5) lemons
3 clove(s) garlic, crushed with press
1 teaspoon(s) olive oil
Kosher salt and coarsely ground black pepper
1 (about 4 pounds) chicken, quartered
1/4 cup(s) red onion , finely chopped
1/4 cup(s) (loosely packed) fresh basil leaves, chopped
2 pint(s) (about 4 cups) grape or cherry tomatoes , each cut in half

Directions:

Prepare outdoor grill for covered direct grilling over medium heat.

From 3 to 4 lemons, grate 3 tablespoons plus 1 teaspoon peel and squeeze 1 tablespoon juice. Cut remaining lemon into 4 wedges and reserve for serving with chicken.

In small bowl, combine 3 tablespoons lemon peel with garlic, olive oil, 1 teaspoon salt, and 1/2 teaspoon black pepper. With fingertips, gently separate chicken skin from meat on chicken breasts and thighs. Rub half of lemon-peel mixture on meat under skin; rub remaining mixture all over skin.

Place chicken on hot grill rack. Cover grill and cook chicken 30 to 40 minutes or until juices run clear when thickest part of thigh is pierced with tip of knife, turning over once. Transfer chicken pieces to platter as they are done.

Meanwhile, place chopped onion in cup of ice water and soak 10 minutes; drain well. In medium bowl, combine onion, basil, tomato halves, lemon juice, 1/4 teaspoon salt, 1/4 teaspoon pepper, and remaining 1 teaspoon lemon peel. Makes about 4 cups tomato salad.

Arrange each grilled chicken quarter on a dinner plate and top with grape tomato salad. Garnish each plate with a reserved lemon wedge.

Cranberry-Grilled Chicken Quarters

(<http://www.mombu.com/cuisine/hot-meals/t-cranberry-grilled-chicken-quarters-1341629.html>)

Ingredients:

1/2 cup jellied cranberry sauce
1/4 cup catsup
1 tablespoon brown sugar
1 tablespoon vinegar
1 tablespoon prepared mustard
1/4 teaspoon garlic powder
1 2-1/2- to 3-pound broiler-fryer chicken, quartered
Rice pilaf (optional)
Parsley (optional)

Directions:

The Ultimate Guide to a Delicious Back Yard BBQ

For sauce, in a small saucepan combine cranberry sauce, catsup, brown sugar, vinegar, mustard, and garlic powder. Bring to boiling; reduce heat and simmer, uncovered, 5 minutes, stirring occasionally.

Meanwhile, break wing, hip, and drumstick joints so chicken pieces lie flat. Grill chicken, skin side down, on an uncovered grill directly over medium coals for 20 minutes. Turn chicken; grill for 20 to 30 minutes more or until chicken is tender and no longer pink, brushing with sauce during the last 10 minutes of grilling. Heat any remaining sauce until bubbly. Serve sauce with chicken. Serve with rice pilaf and garnish with parsley, if desired. Makes 4 servings.

To grill by indirect heat: Arrange preheated coals around a drip pan in a covered grill. Test for medium heat above pan. Place chicken, bone side down, on grill over drip pan. Cover and grill for 50 to 60 minutes or until chicken is tender and no longer pink, brushing occasionally with sauce during the last 10 minutes of grilling.

Grilling the legs

Chicken legs, as well as the thighs are packed with enormous flavor. They are indeed dark meat, but they are delicious and when cooked on the grill you will not resist picking on them once they're served on your plate.



Spicy Grilled Chicken Thighs and Legs

(<http://kimsunee.com/blog/2009/05/tandoori-inspired-spicy-grilled-chicken-thighs-and-legs/>)

Ingredients:

- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped fresh mint leaves
- 4 garlic cloves
- 1 (2-inch) piece fresh ginger, peeled
- 1 serrano chili, stemmed
- 1 tablespoon ground coriander
- 1 tablespoon smoked paprika (pimenton ahumado)
- 1 tablespoon coarse kosher salt

The Ultimate Guide to a Delicious Back Yard BBQ

1/2 tablespoon white sesame seeds
1/2 tablespoon ground turmeric
1 teaspoon ground cinnamon
1/2 cup olive oil
1 1/2 cups plain whole-milk yogurt
juice of 1 fresh lemon
2 pounds bone-in, skinless chicken thighs
2 pounds chicken legs

Directions:

Purée first 11 ingredients in food processor or blender. With machine running, gradually add oil through feed tube and process until blended. Add yogurt and lemon juice to processor and mix until just blended. Score thighs and legs with a sharp knife and place chicken in a large glass (or other non-reactive) bowl. Pour yogurt mixture over chicken; rubbing mixture into the meat. Cover and refrigerate minimum 1 hour or overnight.

Prepare grill (medium heat). Place chicken on grill. Cover and cook until chicken is cooked through, turning every 10 minutes, about 25 to 30 minutes total. Serve hot or at room temperature. Garnish with fresh lemons and chopped fresh cilantro and mint, maybe some toasted sesame seeds or nigella.

Serve with grilled Naan and steamed Basmati rice.

Grilling the whole chicken

One of the simplest chicken grilled recipes is that of a whole grilled chicken. Since it is whole, the meat gets to keep its juices. Just be sure to baste the chicken frequently so it won't burn or char. You may also opt to move the meat into indirect heat when the grill starts to burn the skin.



The Ultimate Guide to a Delicious Back Yard BBQ

Whole Grilled Chicken with Lemon and Garlic

(<http://www.recipezaar.com/whole-grilled-chicken-with-lemon-and-garlic-373176>)

Ingredients:

1 head garlic
1 teaspoon extra-virgin olive oil

For the paste

lemon zest, from 2 lemons
2 tablespoons fresh lemon juice, divided
1 1/2 teaspoons fresh rosemary, finely chopped
1 teaspoon kosher salt
1/2 teaspoon black pepper, freshly ground

For chicken

1 whole chicken, 4-5 lbs
kosher salt
black pepper, freshly ground
4 sprigs fresh rosemary
1/4 cup dry white wine
1 lemon, thinly sliced (optional)

Directions:

To roast the garlic, remove papery outer skin from the head and cut about 1/2 inch off the top to expose the cloves. Drizzle with olive oil and grill or bake at 350 until the cloves are soft (30-40 minutes).

To make the paste, squeeze the roasted garlic from the individual cloves into a small bowl. Add the lemon zest, 1 tablespoon of the lemon juice, rosemary, salt and pepper. Mix well.

Remove and discard the neck and giblets. Rinse the chicken inside and out under cold water and pat dry with paper towels. Loosen the chicken skin gently with your fingers and spread half of the roasted garlic paste under the skin on the breast.

Season the inside of the chicken cavity with salt and pepper and add the rosemary sprigs. Truss the chicken with cotton string. Pour the remaining 1 tablespoons of lemon juice and the wine (carefully) into the cavity.

Coat the outside surface of the chicken with the other half of the paste, pressing it into the skin.

Grill the chicken, breast side up, over Indirect Medium heat until the juices run clear and the internal temperature reaches 170 degrees in the breast, about 1 1/4 - 1 1/2 hours. Halfway through grilling, slide three lemon slices under the string on top of the breasts (optional).

Transfer the chicken to a platter, cover loosely with foil and allow to rest for 10 minutes before removing the string and carving. Serve warm.

The Ultimate Guide to a Delicious Back Yard BBQ

Turkey: It's more than just a Thanksgiving Roast



If there's one truly delectable and nutritious fowl meat you should take notice of, that's turkey. It's low in fat, yet it needs more attention when grilled. We all know how turkey tastes, and it's one of the reasons why we have it served during Thanksgiving. Well, turkey is also a versatile dish, and it can be served at anytime of the year.

Maple Brined Wood-Smoked Turkey

(<http://www.cooking.com/Recipes-and-More/recipes/Maple-Brined-Wood-Smoked-Grilled-Turkey-recipe-1048.aspx>)

Ingredients:

For the Brine:

2 cups brown sugar

1 cup maple syrup

3/4 cup coarse salt

3 whole heads garlic, cloves separated (but not peeled) and bruised

6 large bay leaves

1 1/2 cups coarsely chopped unpeeled fresh ginger

2 teaspoon dried chili flakes

1 1/2 cups soy sauce

3 quarts water

Handful fresh thyme sprigs

For the Turkey:

olive oil for brushing

12- to 14-pounds fresh turkey

Directions:

TO BRINE THE TURKEY: Combine all the brine ingredients in an enamel or stainless-steel pot big enough to hold the brine and turkey. Bring to a simmer, remove from the heat, and let cool completely.

The Ultimate Guide to a Delicious Back Yard BBQ

Remove the neck and giblets, rinse the turkey well, and put it in the cold brine; add water if the brine doesn't cover the bird. Refrigerate for 2 to 4 days, turning the bird twice a day.

TO COOK THE TURKEY: Remove the bird from the brine, pat it dry, lightly brush it with olive oil, and set aside. Prepare the grill by lighting about 30 charcoal briquettes or small pieces of hardwood charcoal, preferably in a chimney starter. When the coals are hot and spotted gray, put an aluminum-foil drip pan that's at least 1 inch deep in the middle of the grill. Arrange half the coals on one side of the pan and half on the other. Put 1/2 cup or so of wood chips in a double layer of aluminum foil and set them on the hot coals.

Put the upper rack of the grill in place and center the turkey, breast side up, on the rack over the drip pan. Cover the grill and partially close the air vents. Regulate the vents to keep the wood chips smoking and the coals burning slowly, checking every 25 min. or so. Add charcoal periodically. Keep the temperature in the grill between 275 and 325 degrees.

Add more wood chips as you need them. Keep the smoke going for 1 1/2 to 2 hours; then remove the chips and continue cooking without smoke until the bird is done. The total cooking time for a 12- to 14-lb. bird is about 3 to 3 1/2 hours. Test the turkey with an instant-read thermometer in the thickest part of the thigh or breast. You can also cut a small incision at the leg-thigh joint to see that the juices run clear. When the internal temperature reaches 155 degrees, remove the turkey from the grill. Let it rest at least 20 minutes before carving.

Spiced Turkey

(<http://www.foodreference.com/html/sp-grill-turkey-1108.html>)

Ingredients:

1/4 cup sugar
1/4 cup kosher salt
2 tablespoons cracked black pepper
2 tablespoons ground ginger
1 tablespoon ground cinnamon
1 whole boneless turkey breast (about 4 pounds), skin removed and breast cut in half
4 garlic cloves, crushed with side of chef's knife
Peach Salsa (below)

HONEY GLAZE

2 tablespoons honey
2 tablespoons Dijon mustard
1 chipotle Chile in adobo, minced
1 teaspoon balsamic vinegar

Directions:

Prepare turkey: In 2-quart saucepan, heat sugar, salt, pepper, ginger, cinnamon, and t cup water to boiling over high heat. Reduce heat to low; simmer 2 minutes. Remove from heat; stir in 3 cups ice water.

Place turkey breast in large ziptight plastic bag; add brine and garlic. Seal bag, pressing out excess air. Place bag in bowl and refrigerate breast, turning occasionally, 24 hours.

Prepare outdoor grill for covered direct grilling over medium heat.

Meanwhile, prepare glaze: In small bowl, stir honey, mustard, chipotle, and vinegar until blended. Set aside.

The Ultimate Guide to a Delicious Back Yard BBQ

Remove turkey from bag; discard brine and garlic. "With paper towels, pat turkey dry and brush off most of pepper. With long-handled basting brush, oil grill rack. Place turkey on hot rack over medium heat. Cover grill and cook turkey, turning once, 20 minutes. Brush turkey with glaze and cook 5 to 10 minutes longer (depending on thickness of breast), brushing and turning frequently, until temperature on meat thermometer inserted into thickest part of breast reaches 165°F. (Internal temperature will rise 5°F upon standing.) Place turkey on cutting board and let rest 10 minutes to set juices for easier slicing.

While turkey rests, prepare Peach Salsa (below).

Serve turkey hot, or cover and refrigerate to serve cold.

PEACH SALSA

Makes About 4 Cups

3 pounds ripe peaches, peeled, pitted, and cut into 1/2-inch cubes
1 green onion, finely chopped
2 tablespoons fresh lime juice
1 small hot red pepper such as cayenne, seeded and minced
1/2 teaspoon salt

In medium bowl, stir peaches, green onion, lime juice, hot pepper, and salt until mixed.

Game Birds: It's More than Just a Fair Game

Game birds are extremely delicious, and aside from that, they are very healthy to consume. They have lower fat and cholesterol as compared with chicken and turkey. And since game birds use their muscles more, they burn off their fat faster.



Game birds may be tasty, however, since they don't have much fat, they require more basting. They cook faster though, and they become great party choices especially when you don't have enough time to prepare for your guests.

The Ultimate Guide to a Delicious Back Yard BBQ

Wild vs. Farm-raised Game Birds

While they are both game birds, the wild and the farm-raised kinds have their own set of distinctions, but not everything has to do with the taste. Wild game birds have only become available in the market during the recent years, and you can have your own wild game meat in a matter of days as you have to make an order from the butcher's store or at the internet.

Freshly killed game that's properly dressed and hung has true flavor, and the taste comes from what they have eaten during their lifetime. Because of this, no two game birds taste alike.

Getting your own freshly killed game can be difficult. It takes skill and experience to hunt for fresh game, and you need a hunter for that. You also need to be sure if the meat is healthy, and you would need an inspector to do the checking. Nowadays, game birds are now produced on farms, and these game birds, also offer delicious flavor.

Game Bird Varieties

Below are some of the common game birds you can use on your grilling party:

- **Rock Cornish game hen.** This hen doesn't come from a rock; nor does it hail from Cornwall, England. It's actually an American breed between a Plymouth Rock hen and a Cornish game cock. A small bird, it weighs only less than two pounds, and is good for two people.
- **Grouse.** This is a full-flavored red meat bird that is difficult to find. It hails from Scotland and is usually sold at restaurants. Since the bird feeds on evergreens, it sometimes has the spruce-like undertone. One grouse is enough for one person, and is best when roasted or grilled in halves.
- **Partridge.** This is a strong-flavored bird that's plump and best when spit-roasted or grilled. It is usually served with braised cabbage or rice.
- **Pheasant.** This farm-raised bird is a good alternative to chicken.
- **Poussin.** Poussins are not actually game birds—they are just small spring chickens that have a sweet flavor and soft flesh. They have 25 percent less fat than chickens, and should be marinated before grilling.
- **Quail.** These small birds are easy to cook and have a nice flavor. They require just a simple grilling and served with marinades such as ginger and soy sauce.
- **Squab.** A squab is a young pigeon that has a red meatiness and is great with red-wine marinades. Wild pigeons are difficult to find, and are best when roasted on a spit and braised.

The Ultimate Guide to a Delicious Back Yard BBQ

Grilled Pheasant Breast with Tomato Basil Pesto

(<http://www.gamebirdhunts.com/Resources/GameRecipes/PheasantRecipes/GrilledPheasantBreastwithTomatoBasilPesto/tabid/285/Default.aspx>)

Ingredients:

4 pieces Boneless Pheasant Breast
2 tsp Oil (olive is nice for this recipe)
1lb Pasta - your favorite - we used Gemini
1 Large Tomato, diced
1jar Prepared Basil Pesto
Salt & Pepper

Directions:

Heat skillet to high, put 1-2 tsp olive oil in pan. If grilling, heat grill to high. Remove skin from pheasant breasts (when grilling, brush oil on both side) and season with salt & pepper.

Place pesto in sauce pan and add diced tomatoes. Heat on low until warm. Set aside with lid on to preserve heat. Stir slightly before serving. Cook pasta per directions on box.

When grilling, cook each side 4-5 minutes then turn 1/4 turn and grill 2 more minutes. This will give nice grill pattern on meat.

If preparing on stove top: place pheasant in skillet, sear on both sides, then turn down heat to medium. Cook 5-6 minutes on both sides.

Place pasta on plate, ring with colorful vegetable medley. Top pasta with breast, and placed tomato basil pesto across breast for delightful presentation

Quail with Fruit and Nut Stuffing

(<http://paleofood.com/gamebird.htm>)

Ingredients:

8 quail
Salt and freshly ground black pepper
1-1/2 cups orange juice
1/2 cup raisins
3 cloves
1/2 cup dried coarsely chopped apricots
1/2 teaspoon powdered ginger
1 teaspoon grated orange peel
1 cup chopped pecans
olive oil

Directions:

Preheat oven to hot (450 degrees). Wash and dry the quail. Sprinkle inside and out with salt and pepper.

In a saucepan combine the orange juice, raisins and cloves. Bring to a boil, reduce the heat and simmer five minutes. Strain the mixture, discarding the cloves and reserving the orange juice and raisins.

In a mixing bowl combine the raisins, apricots, ginger, orange peel, and the nuts. Mix well and use the mixture to stuff the quail.

The Ultimate Guide to a Delicious Back Yard BBQ

Place the quail on a rack in a shallow open roasting pan and brush olive oil. Bake five minutes. Reduce the oven temperature to slow (300 degrees) and bake twenty-five minutes longer, basting frequently with the remaining orange juice.

Place the quail in a chafing dish. Season the liquid in the roasting pan with salt and pepper to taste and pour over the quail. When steam rises from the chafing dish, serve at once. 8 servings



The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 12

Fish and Seafood Taste the Waters Right Off the Grill!

Grilling fish and seafood is a common practice especially for people who live by the waters. The flesh of seafood can be very tender, and you may overcook it in no time. However, there's no need to worry, for by knowing the right tips you can actually come up with the best grilled fish dishes you could ever imagine.



Cooking the fish on the grill is not just a healthy way of cooking the catch, it also give the fish a great flavor. It also retains the nutrients found on the fish, such as omega-3 fatty acids and low fat content. Shellfish meanwhile can also be grilled-it may be an odd-sounding idea but it surely is a great dish to serve when cooked over the fire.

This chapter is dedicated to grilling mainly fish and seafood. You may that health-conscious buff looking for ways to avoid fat and cholesterol, and this is a great outlet to go to. So, are you ready to promote a healthy lifestyle without risking your appetite? Then start reading!

Fish Shopping: Know the Kinds of Fish You can Find

These days, thanks to the increased appetite for seafood, you can now find a wide array of fish and other sea delicacies in the market as compared to a few years back. Once-rare species are now common in the market, such as tilapia, orata, branzino, mahi-mhi, Arctic char, and other oysters such as Olympias and Kumomotos. But it's not only because of the increased demand for seafood; the industry of fish farming has as well increased significantly over the years.

The Ultimate Guide to a Delicious Back Yard BBQ

While fishing proves to be a great business, the ecosystem meanwhile is not happy about the rise of the industry, for this means that more species are at risk to become endangered. Overfishing, pollution and global warming have all contributed to the problems faced by fish and seafood, and because of this more and more species have grown extinct. You can no longer eat “wild” fish safely, because when you say wild, you may be munching on species which have already been contaminated by mercury and other chemicals such as mercury. Thus, before eating a scrumptious “fish” meal, be sure that you know where the fish or seafood was caught.

The Fresh Cut

Fish tastes best when caught fresh from the waters. Most people don't like fish because it normally tastes “fishy,” but the odd taste or odor can be attributed to the fish not being that fresh anymore. Thus, when eating fish, make sure you got it fresh from the waters, have it properly dressed, scaled and grilled.



When shopping for fish, here are some guidelines you can follow:

- *Smell the fish before buying.* When buying fish, let your nose sniff on each piece, particularly on the gills. If you smell that “fishy” scent, then move to the next store.
- *Do not buy fish that's packed with ice.* Frozen fish is not fresh! It might have been stacked for a number of days already, thus it has already lost its flavor and smell. Sellers usually bury their fish in ice, so better watch out.

The Ultimate Guide to a Delicious Back Yard BBQ

- *Thaw frozen fish in the refrigerator.* Flash-frozen fish, if you happen to purchased some, remains to be fresh. You can thaw it inside the refrigerator for 24 hours until it becomes tender. Do not refreeze fish.
- *Get to know your fishmonger.* Better make friends with your fishmonger or supermarket owner so you can get updates as to when they get new, fresh fish to sell. In time they will give you the best quality fish since you have already established a good relationship.

Marinating fish is similar to marinating other kinds of meat. And like the previous chapters, we recommend marinating fish in a resealable plastic bag for it to absorb the flavor of the seasonings. Some fish however are best marinated in a shallow container as it needs to lie flat in the dish.

Fish Steaks: Thick and Easy

Unlike other meats that require being thin enough in order for you to control their grilling process, fish meanwhile can be grilled thick. Thick slices allow you to cook the fish better, especially when you're just new to the world of grilling. And, if fish steaks are sliced thin, they tend to dry out or fall apart. Thus, ask your fishmonger to cut your steaks at 1 to 1 ½ inches thick so you'd achieve desirable results.



Timing is also important, but when dealing with fish steaks you don't have to worry about overcooking. Here is one tip you can check out when cooking fish steaks:

- *Grill the steaks directly over moderate coals.* Turn the fish steaks only once during cooking. A moderate fire provides a lot of heat to make a brown sear and cook the fish steaks nicely, without the risk of charring.
- *Be aware of the factors that affect the steaks' cooking time.* Most fish steaks cook in around 8 minutes, and they continue to cook more after they are taken off the grill. Cooking times differ however, depending on the wind, temperature and heat on the grill.

The Ultimate Guide to a Delicious Back Yard BBQ

- *Check the insides of the fish to see if it is done.* A few minutes before the estimated cooking time is over, poke the fish using a thin-bladed knife to see if the flesh is already done. Solid, tender flesh that's not translucent means the fish is cooked.
- *Take off the fish from the grill a few moments before the cooking time is over.* The fish continues to cook even when removed from the grill, so take them off the heat to avoid getting overcooked.

Grilled Salmon Steaks

(<http://www.foodnetwork.com/recipes/good-eats/grilled-salmon-steaks-recipe/index.html>)

Ingredients:

4 salmon steaks 1-inch thick
1 teaspoon whole cumin seed
1 teaspoon whole coriander seed
1/2 teaspoon whole fennel seed
1 teaspoon dry green peppercorns
Sea salt or kosher salt
Canola or olive oil to coat steaks

Directions:

Prepare grill by lighting 4 quarts of charcoal (1 starter chimney's worth), or turning gas grill to medium-high.

Examine steaks for pin bones by rubbing fingers over surface of meat. If found, remove with bone tweezers or pliers reserved for culinary uses.

Using a sharp paring or boning knife, trim bones from the cavity side of the steak. Trim the stomach flaps so that 1 side is missing about 2 inches of skin and the other, 1 inch of meat. Roll the skinless section up into the hollow of the cavity, then wrap the other around the outside to form a round resembling a filet mignon. Tie in place with 2 passes of butcher's twine. (Do not tie it too tight or fish will pop out during cooking.)

Combine cumin, coriander, fennel and peppercorns on a double thick piece of aluminum foil and toast over grill, shaking gently until seeds become fragrant. Crush seeds in mortar and pestle or pour into spare pepper grinder. Coat steaks lightly with oil, season with salt, then liberally grind toasted seeds on both sides of steaks.

Quickly wipe hot grill grate with a rag or towel dipped in a little Canola oil, then grill fish to medium rare, about 3 minutes per side. (Fish should be well colored on the outside and barely translucent at the center. Serve steaks alongside simple salad dressed with "Veni, Vedi, Vinaigrette."

Classic Nantucket-Style Grilled Fish Steaks

(<http://www.epicurious.com/recipes/food/views/Classic-Nantucket-Style-Grilled-Fish-Steaks-232343>)

Ingredients:

4 seafood steaks, such as yellowfin tuna, halibut, swordfish, or sea bass, about 10 ounces each, 1 inch thick
1/2 cup mayonnaise

The Ultimate Guide to a Delicious Back Yard BBQ

Kosher salt
Freshly ground pepper
Lemon wedges, optional

Directions:

Build a charcoal fire or preheat a gas grill.

Coat the steaks on both sides with mayonnaise. Season to taste with salt and pepper.

Place the fish on the cooking grate over direct medium heat. Cover and cook, turning once halfway through the cooking time, until the fish is opaque but still moist in the center, about 10 minutes.

When done, let the fish rest for 3 to 5 minutes. Serve with additional salt, pepper, and lemon wedges, if desired.

Grilling the whole fish

Do you know what makes the best grilled fish? It's when it is served whole-with the heads and tails intact. Well, this goes for small to medium-sized fishes of course, as we have to make exemptions for bigger ones like tuna or swordfish, which are better served as steaks. The trout, red snapper, porgy, bass and blue fish meanwhile are best grilled whole.



A whole fish is a great choice for grilling mainly because the skin protects the flesh from falling apart while it gets cooked. Also, a whole fish retains its juice and is easier to turn.

Whole Grilled Fish, Greek Style

(<http://www.foodnetwork.com/recipes/emeric-lagasse/grilled-whole-fish-greek-style-recipe/index.html>)

Ingredients:

4 whole branzini, or other small Mediterranean fish, 14 to 16 ounces each, gutted, scaled and bones removed but head, skin and fillets left intact (should be about 8 ounces each after processing)
Salt and freshly ground black pepper

The Ultimate Guide to a Delicious Back Yard BBQ

3/4 cup olive oil, plus more if necessary
1/4 cup lemon juice
1 1/2 teaspoons chopped fresh parsley leaves
1 tablespoon chopped fresh oregano leaves

Directions:

Preheat a grill to medium-high.

Rinse the fish well under cold running water and pat dry with paper towels. Season the fish all over inside and out with salt and freshly ground black pepper. Brush each fish generously with 1/2 tablespoon of the olive oil and place directly on the grill. Cook, turning occasionally and coating with more olive oil if necessary, until flesh flakes easily and fish is cooked through, about 6 minutes per side. Place fish on a platter. Meanwhile, in a small bowl combine remaining olive oil with the lemon juice, parsley, and oregano. Season to taste with salt and pepper. Serve fish drizzled with the olive oil-lemon mixture.

Feel the Fillets

White fish fillets can be delicate, and they are not the easiest fish to grill. Since they are delicate, they need to be handled with extra care. Excessive marinating can cause the fillets to tear apart, as well as direct grilling. Overcooking, most of all, destroys the whole fish fillet dream.



To avoid those fillet nightmares, here are some tips you can do:

- *Grill the fillets on a perforated aluminum foil.* You can punch the foil with fork tines to do so. The foil supports the fillets and keeps them from falling apart.
- *Use a fish basket.* A fish basket is usually a fish-shaped tin basket that is used to place the fish and seafood for grilling. Use baskets with long handles, so you can turn the fish easier.
- *Keep the grid clean.* Fish, given its delicate flesh, easily get stuck on the grid, causing the fibers to tear apart.

The Ultimate Guide to a Delicious Back Yard BBQ

- *Coat the fillets in a layer of oil before placing them on the grill.* This helps in keeping the fish moist and juicy. It also prevents flare-ups. Oil based marinade is also helpful in doing this trick.
- *Oil the grid before using to prevent flare-ups.*
- Never overmarinate. Fish tissues easily react to the acids brought about by the marinade thus making them fall apart.
- *Do not try to move the fish over after placing it on the grid.* Let the fish sear for a while so it would be easier to flip it around.
- *Do not flip the fillets more than once.* It will destroy the appearance of the fish and will overcook it as well.
- *Hover the fillets and check the interiors with a thin knife to check doneness.*

Fish fillets come either dressed or undressed. Flatfish varieties are always sold skinless, but those which are sold with skin have a barrier to overcooking. The skin also holds the fish tissues together while cooking.

Cajun Grilled Fish Fillets

(<http://www.cooks.com/rec/view/0,1817,152189-237197,00.html>)

Ingredients:

2 lbs. orange roughy, 3/4 inch thick slices
1 lg. onion, sliced 1/2 inch thick
1 bell pepper, sliced 1/2 inch thick
1 lg. ripe tomato, diced
1 thin sliced lemon
Garlic powder to taste
Paprika

Directions:

Combine all ingredients (except fish) and mix in frying pan over medium heat. Place fish fillets on top of hot ingredients.

Sprinkle with garlic powder and paprika and place lemon slices on fish. Grill fillets for 10 minutes each side, sprinkling with garlic powder each time. Place lemon slices on top. Serves 4.

Grilled Fish Fillet in Pineapple Cilantro

(<http://www.cooks.com/rec/doc/0,1662,136191-245198,00.html>)

Ingredients:

SAUCE WITH EQUAL

26% calorie reduction from traditional recipe.

1 can (20 ounces) sliced pineapple in juice, drained, reserving juice
3/4 cup reserved pineapple juice
2 tablespoons lime juice
2 cloves garlic, minced
2 tablespoons water
1 tablespoon cornstarch

The Ultimate Guide to a Delicious Back Yard BBQ

2 tablespoons minced fresh cilantro
1 to 2 teaspoons minced jalapeno pepper
2 tablespoons Equal® Spoonful*
Salt and pepper to taste
6 salmon, haddock or halibut steaks or fillets (about 4 ounces each), grilled

Directions:

Cut pineapple slices into 1/2-inch pieces. Combine pineapple pieces, reserved pineapple juice, lime juice and garlic in medium saucepan. Heat to boiling. Reduce heat and simmer uncovered 2 to 3 minutes.

Combine cold water and cornstarch. Stir into boiling mixture. Boil, stirring constantly, until thickened.

Remove from heat. Stir in cilantro and jalapeno pepper.

Stir in Equal®; season to taste with salt and pepper. Serve warm sauce over fish.

Citrus Grilled Plaice

(http://www.martins-seafresh.co.uk/Web_Recipes3/recipes14.htm)

Ingredients:

4 x 175g (6oz) plaice or lemon sole fillets
1 orange
1 lemon
25g (1 oz) butter or margarine
20ml (2 dessertspoons) fresh
chopped parsley
salt and pepper

Directions:

1. Finely grate the rind of the orange and the lemon. Squeeze juice from half of each fruit.
2. In a small pan melt the butter and add the rind, juice, parsley and seasoning. Pre-heat the grill.
3. Lay plaice fillets on the grill pan and brush with the citrus mixture.
4. Cook under a medium heat for 4-6 minutes (8-10 if cooked from frozen), continually brushing with the citrus mixture.
5. Serve with boiled or croquette potatoes and vegetables.

When it comes to the grilling time, it's really hard to give concrete advice as to when the fish should be on the grill. Everybody has his and her own preference for doneness, so you should rely on your estimating skills to determine how long will it take for your fish to stay on the grill.

The Ultimate Guide to a Delicious Back Yard BBQ

Smoked Fish: The Scent, The Flavor, The Taste

Smoking is also a great way to intensify the flavor of the fish, and lightly smoked fish can be done easily by the use of a supply of wood chips. If you plan to smoke your fish, then here are tips in doing it:

- Use high-fat and dark-fleshed fish when smoking since they carry more moisture for slow-cooking. Fish with less moisture can dry out easily.
- Small fish such as trout and mackerel can be left whole and should be wet-cured in water, salt, sugar and seasoning.
- Ideal fish for smoking include salmon, tuna, mackerel, swordfish, and marlin.
- You may opt to slice larger fish into fillets or steaks and dry cure them first before putting them on the grill.
- Leave the skin on the fish, as it acts as a barrier to the fire during grilling. Just remove the skin after cooking.

Grill Smoked Salmon

(<http://www.epicurious.com/recipes/food/views/Grill-Smoked-Salmon-238247>)

Ingredients:

3 whole gutted salmon, each about 2 1/2 pounds and 4 inches thick, head on or off

Directions:

Build a fire in a smoker/grill for indirect heat. Maintain a temperature of about 300°F. Put each fish in an aluminum foil roasting pan, bending the short ends if necessary to lay the fish flat.

Place the fish "boats" in the cooker on the side opposite the coals.

Smoke the fish for about 35 minutes. (Smaller fish will take 8 to 10 minutes per inch of thickness.) The salmon is done when it is almost opaque throughout but still pink in the center. (If substituting white fish, cook until opaque throughout.)

Remove the salmon from the smoker. Transfer to a cutting board and fillet or cut into steaks, or place on a large platter and carve at the table.

Shell out Sister! Clams, Scallops and Mussels

The members of the mollusk family such as mussels, clams and oysters can be cooked directly over the grill or wrapped in aluminum foil. The idea is to keep their juices intact to retain their flavor and aroma.

The Ultimate Guide to a Delicious Back Yard BBQ



To keep the juices, place their shells with cup side down, facing the fire. Or just wrap them in an aluminum foil or pan before placing them on the grill.

Grill only the mollusks with tightly closed shells, and remove those with broken shells. These sea foods also easily turn toxic, so don't soak them in water or in a plastic bag. Instead, place them in a large, uncovered bowl and store in the refrigerator after purchase.

Scrub the hard shell clams clean under running water before grilling. Soft-shell clams meanwhile hold a lot of grit and sand, and they can be cleansed by soaking them in salted water with added cornmeal.

Be sure not to overcook shellfish. Oysters are done when they start to open slightly, while clams and mussels pop wide open when done.

Charcoal Grilled Oysters

<http://www.grouprecipes.com/71690/charcoal-grilled-oysters.html>

Ingredients:

48 unshucked oysters

Rock salt

Lemon wedges

Sauce:

1/4 cup white wine vinegar

1/4 cup dry Vermouth

3 tablespoons chopped shallots

3/4 pound ice cold butter

Grated lemon zest

Salt and freshly ground pepper

Directions:

Scrub and rinse oysters and set aside. Light charcoal grill and allow 45 minutes for it to reach proper temperature. Reduce vinegar, Vermouth and shallots in saucepan until only 2 tablespoons of liquid remain. Adjust to very low heat then cut butter into 1/2" slices and whisk one piece at a time into liquid.

The Ultimate Guide to a Delicious Back Yard BBQ

Whisk constantly with each addition until sauce is creamy and thick. Add lemon zest then season to taste. Keep sauce warm over water that is the same temperature as the sauce. Line two large shallow pans with rock salt and heat in the oven. Put oysters flat side-up directly on the grill when coals are pure white hot. Remove with tongs when shells begin to open. Shuck oysters then discard top shells and place in their deep shells in hot rock salt to keep warm. Serve oysters with sauce and lemon wedges.

Soft-shell Crabs: Soft sea swimmers, tender meaty grillers

Soft-shell crabs are crabs that already lost their hard shell. These crabs become a luscious meal when cooked over the grill, and they can be cooked all year-round. The best time to cook these crabs is in the month of May until the end of the summer.

Grilled Soft-Shell Crabs with Tartar Sauce

(<http://www.foodandwine.com/recipes/grilled-soft-shell-crabs-with-tartar-sauce>)

Ingredients:

TARTAR SAUCE

1 cup mayonnaise
1 tablespoon drained capers, finely chopped
1 tablespoon snipped chives
1 tablespoon finely chopped cornichons
1 tablespoon minced pickled jalapeños
1 tablespoon fresh lemon juice
1 tablespoon finely chopped tarragon
2 teaspoons Dijon mustard
1 teaspoon seafood seasoning, such as Old Bay
Salt and freshly ground pepper

CRAB SANDWICHES

Vegetable oil, for the grill
1 stick (4 ounces) unsalted butter
2 garlic cloves, minced
2 small shallots, minced
1 teaspoon seafood seasoning, such as Old Bay
4 rolls, split
12 cleaned soft-shell crabs
Salt and freshly ground pepper

Directions:

MAKE THE TARTAR SAUCE: Combine all of the ingredients in a bowl.

MAKE THE CRAB SANDWICHES: Light a grill. Brush the grate with oil. Melt the butter in a saucepan. Add the garlic, shallots and seafood seasoning and cook over high heat until fragrant, about 2 minutes; don't let the garlic brown.

Grill the rolls until golden; move the rolls to a cooler part of the grill. Brush the crabs generously with the aromatic butter and season with salt and pepper. Grill the crabs over high heat, turning occasionally, until bright red, crisp and charred in spots, about 4 minutes. Spread the tartar sauce on the rolls, top with the crabs and serve.

The Ultimate Guide to a Delicious Back Yard BBQ

Shrimp: The ultimate seafood classic



Shrimp is the most elegant form of seafood dish-not to mention among the most versatile ones. Shrimp can be stuffed then grilled, or made into kebabs, depending on your preference. Just be sure that when grilling shrimp, use the one's that's fresh from the catch, and not those which have been shelled and deveined. Those have already lost their freshness, so they don't taste great anymore. It's also a great practice to devein the shrimp yourself.

Grandma Carolina's Grilled Stuffed Shrimp

(http://www.contessa.com/recipes/recipes_detail.php?id=228)

Ingredients:

1 Pound 26/30 Uncooked Tail-On or Tail-Off Contessa Shrimp
3 cups Italian bread, cut into large cubes
1/2 cup mortadella chopped
2 tablespoons chopped parsley
2 garlic clove, chopped
Pinch or 1/8 teaspoon of nutmeg
2 eggs
30 thin slices of pancetta
Olive oil to coat

Directions:

Place shrimp on flat surface, slice halfway through shrimp to butterfly and pound lightly to flatten. Salt and pepper the shrimp. Place Italian bread in a food process and pulse until a coarse breadcrumb consistency is achieved. Combine the bread, mortadella, parsley, garlic, nutmeg and eggs in a bowl and mix well.

Stuff one tablespoon of mixture inside the shrimp.

Wrap a pancetta slice around each shrimp.

Brush the shrimp with olive oil.

(Optional) For best results, refrigerate the stuffed shrimp for an hour before cooking. This will firm up the

The Ultimate Guide to a Delicious Back Yard BBQ

shrimp and pancetta and prevent it from falling apart while cooking.

Grill or pan fry on low turning occasionally until golden brown. About 3-4 minutes on each side.

Joe's Crab Shack Stuffed Shrimp Embrochette

(<http://recipes.smashits.com/8118-recipe-joes-crab-shack-stuffed-shrimp-embrochette.html>)

Ingredients:

20 medium raw shrimp, peeled, deveined, tails removed

1 recipe Joe's Crab Shack Seafood Stuffing

20 jalapeno slices

2 slices Monterey jack cheese, cut in 1/2-inch pieces

20 slices uncooked bacon

Directions:

Slice down middle the opposite side you deveined. Lay shrimp cut side up and press 1 tablespoon Joe's Crab Shack Seafood Stuffing into each shrimp cut. Lay a slice of jalapeno and a piece of cheese over the stuffing. Wrap each stuffed shrimp in a slice of bacon. Thread 5 shrimp on a bamboo skewer; repeat 3 times. Grill shrimp over a medium flame for 5-7 minutes on both sides.

The Ultimate Guide to a Delicious Back Yard BBQ

Chapter 13 Everything Veggies!

Grilling speaks about luscious meats and juicy flavors dripping out and evaporating with the smoke. You think about barbecue and broiled meats and kebabs, and the last thing that pops into your mind is... vegetables.



But while you try to shut your mind off those greens, you should also think about veggies as great munchies when grilled, for they too have their own flavors to share! Vegetables are present in most Mediterranean and Middle Eastern grilled goodies, and they maintain the balance of flavors between all the charbroiled meats you have consumed.

This chapter is dedicated to veggies for a change, and don't worry, it's not all about the grilled stuff, but the various ways on how you can have the greens on your party without the hassle, and even enjoy having them around as well.

Veggie Cooking Update: What's the Latest?

Has mommy ever tried to grill your veggies back when you were a kid? If she did, then for sure you're a veggie lover now. Grilled veggies give off a delectable taste whenever they are grilled, as their natural juices are on the flow. Boiling meanwhile takes away the natural sweetness and flavor of these greens, not to mention the vitamins intact, while sautéing meanwhile adds more fat and calories.

The Ultimate Guide to a Delicious Back Yard BBQ

Not all veggies however are suited for grilling, and those which taste just right when cooked over the fire include *onions, asparagus, sweet peppers, corn, potatoes, eggplant, tomatoes, scallions, and zucchini.*

Season's finest: giving the veggies extra flavor

Veggies, like other grilled items, become tastier when brushed with seasoning. Veggies are usually basted with olive, corn and peanut oil in order to attain a richer flavor, as well as a dash of salt and pepper for the crude taste. Other flavorings include *kosher salt, grated ginger, ground cumin, tarragon, hot chili, and ground garlic.*

A lot of vegetables transform into luscious meals with a little marinating, as they easily absorb the flavors of marinade. So, when marinating veggies, allow up to 30 minutes of soaking time for them to get flavors of the mixture. Longer marinating time will only make the pieces mushy and unappealing to eat.



When adding flavors, it is better to toss the veggies with the oil and seasonings in a large bowl before placing them on the grill. This is easier than brushing them piece by piece.

Some vegetables benefit when wrapped in aluminum foil packets. When inside the foil, they retain their color and moisture, and of course, flavor. Just poke a few holes on the packet so that the smoke can get inside the veggies. If you want low-calorie packets, use broth, lemon juice and fresh herbs for seasonings, so there's no need to use butter and oil.

When grilling veggies, be sure to combine those with the same cooking times so that you can maintain even cooking. At the same time, turn the vegetable packets occasionally to keep the food inside from burning.

The Ultimate Guide to a Delicious Back Yard BBQ

Care during grilling

Vegetables can burn quickly, and that's a fact. Thus, when grilling vegetables, be sure to handle them with care. Below are some quick guidelines when grilling vegetables:

- *Make sure that the grid is clean.* A clean grid ensures that the vegetables won't get the flavors of the past foods placed on the same grill. It will also prevent the veggies to stick on the grid.
- *Grill the vegetables under medium fire.* An intense fire will only burn the veggies.
- *Use a basket when grilling vegetables.* Grilling baskets, which are featured in our previous chapters, are a great tool in keeping veggies from falling and falling apart while on the grill.
- *Do the skewer test.* To determine doneness, pierce the vegetable with a skewer.
- *Monitor cooking times when grilling vegetables.* When you are going to cook vegetables with other long-cooking foods such as meat, grill the vegetables first at the outer parts of the grid to keep them warm.

You can save time and energy by parboiling the vegetables such as potatoes, hard-shell squash, and carrots before you place them on the grill. Also, cut them into bite-size chunks to shorten your grilling time.

Truly Veggie!

Here are some of the common vegetables used for grilling, and as well as the ways how they are grilled.

- *Artichokes.* Fresh artichokes should first undergo parboiling for 20 minutes before grilling over medium-hot flame. Slice the vegetable into halves lengthwise, then scrape the inedible choke. Brush the artichoke with garlic and lemon juice to carry more flavor before setting on the grill. You may also use bottled artichoke, which is already cooked and packed in oil.
- *Asparagus.* Grilled asparagus is great when broiled to a golden brown crisp. To grill, trim the woody ends off then peel the base up to 4 inches of the tip. Then brush the stalks with flavored oil to absorb more aroma, and place them perpendicularly to the grill over medium-hot coals. The stalks turn brown and cook in around 6 minutes, while thicker stalks may take up to 15 minutes.

Linguine With Grilled Asparagus And Shiitake Mushroom Vinaigrette Recipe

(<http://www.cookingcache.com/pasta/linguinewithgrilledasparagusandshiitakemushroomvinaigrette.shtml?rclid=rc1>)

Ingredients:

1 1/2 tablespoons dark sesame oil
1 tablespoon minced peeled fresh ginger
1/4 teaspoon crushed red pepper

The Ultimate Guide to a Delicious Back Yard BBQ

3 garlic cloves minced
1 1/2 cups thinly sliced shiitake mushroom caps (about one 3 1/2 oz. package)
1 cup sliced button mushrooms (about 3 oz)
1/4 cup rice vinegar
1/4 cup low sodium soy sauce
1/4 cup minced fresh parsley
1/4 cup pineapple juice
2 tablespoons water
2 teaspoons sugar
1 pound asparagus spears
4 cups hot cooked linguine (about 8 oz. uncooked)

Directions:

Heat oil in a large non-stick skillet. Add ginger, crushed red pepper and garlic; cook 1 minute. Add mushrooms; cook 2 minutes. Add vinegar, soy sauce, pineapple juice, parsley, water and sugar; stir and remove from heat.

Snap off tough ends of asparagus; remove scales with a knife. Brush asparagus with some of the vinaigrette; keep remaining vinaigrette warm (cover with lid of pan)

Prepare grill or broiler. Grill or broil asparagus 3 minutes or until lightly browned. Place asparagus on pasta and top with remaining vinaigrette.

Makes about 4 servings (although my husband and I made a big dent with just two.)

- *Belgian endive*. Endives are great for grilling, and its bitterness is actually mellowed down when roasted. Grill endives by cutting the heads in half lengthwise, then marinate in bottled Italian dressing. Grill the endives covered over medium high heat for 8 minutes until tender, and turn them once for even grilling.
- *Broccoli*. Broccoli can be grilled, but they have to be parboiled first. Thus, trim the broccoli and remove the thick stalks. Then cut the crowns into small clusters and place in a covered pot with salted boiling water for 3-5 minutes until crisp-tender. Drain and rinse under cold water, then mix with salad dressing before placing them on the grill. You can also wrap them in aluminum foil with other vegetables. It takes around 5-8 minutes to grill broccoli.

The Ultimate Guide to a Delicious Back Yard BBQ



- *Brussels sprouts.* These sprouts taste a lot like cabbage, and they can stand the smoky charcoal flavors. Parboil the sprouts before grilling, then drain and brush with olive oil or other seasoning before they are pierced on skewers and placed over high heat for 12 minutes.
- *Carrots.* Carrots contain a natural sweetness which can be released through grilling. Cut the carrots into 2-inch pieces and brush them with oil before grilling over direct medium heat for 20 minutes until tender. You can also parboil the carrots for 10 minutes before grilling them for 10 minutes.
- *Grilled corn on a cob is common almost everywhere.* Some recipes require soaking the husks first for 30 minutes under the water to prevent scorching. However, you can skip this step and proceed with the grilling. Begin by stripping off the dark green husks, and carefully peeling back the remaining husks. Place the ears on an oiled grid and grill over medium heat for 5-10 minutes. When the corn is cooked, remove the remaining husks, then brush with melted butter with salt and pepper to taste. Then grill for another 5 minutes or until the corn is slightly charred.
- *Eggplant.* When grilling eggplants, slice the vegetables into 1-inch thick slices and brush with oil. Then grill the pieces over medium-hot flame for 10-12 minutes, turning every 5 minutes until the sides are evenly browned. Toss these grilled eggplants into pasta or salad.
- *Garlic.* When grilling a whole head of garlic, slice across the top of the head, exposing the tip of the cloves. Brush with olive oil and then wrap in aluminum foil. Grill over medium high heat for around 45 minutes or until the cloves are tender.
- *Leeks.* Leeks are like giant scallions, and make a perfect side dish when grilled. Remove and discard the green tops, then slice the leeks lengthwise before rinsing in cold water. Drain them well and brush with olive oil. Grill, cut side down for 7-8 minutes and then brush again with some olive oil before turning the other side for another 7-8 minutes until tender.
- *Mushrooms.* Mushrooms can be grilled. They however should not be soaked in water when cleaning. Just wipe off all the sand and grit with a damp paper towel, then dry them quickly. Slice the stems of the mushrooms so they lay flat, while

The Ultimate Guide to a Delicious Back Yard BBQ

other bigger mushrooms can be halved or quartered before grilling. Baste them with olive oil before and during grilling, and let them stand on the grill for 5 minutes until lightly browned.

Thai Grilled Mushrooms

(<http://recipes.wuzzle.org/index.php/91/2799>)

Ingredients:

2 Cloves Garlic
2 Sprigs Cilantro
10 White Peppercorns
1/2 Teaspoon Salt
2 Tablespoons Soy Sauce
10 Ounces Field Mushrooms -- whole
1 Teaspoon Chili Powder
3 Tablespoons Fish Sauce
6 Tablespoons Lime Juice
2 Medium Red Shallots -- finely chopped
1 Teaspoon Cornstarch
2 Tablespoons Cilantro

Directions:

Combine everything before the mushrooms. marinate mushrooms in this for 2 hours. grill or broil mushrooms until done about 3 minutes. serve bite size with chili lime juice sauce. to make sauce combine remaining ingredients in bowl and use for dipping mushrooms.

- *Onions*. All kinds of onions can be grilled. They can be peeled, quartered or halved and brushed with any kind of marinade and grilled over medium-hot fire for 5-6 minutes per side.
 - *Grilled red onions* can serve as a side dish or as hamburger toppings. Grill them for 15 minutes when placed in a skewer.



The Ultimate Guide to a Delicious Back Yard BBQ

- *Whole shallots* meanwhile should be parboiled in water for 2 minutes before grilled over medium heat for 10-15 minutes.
- *Green scallions* can be grilled with little preparation. Trim off the tops and brush with oil before placed on the grill over medium heat for 8-10 minutes. Serve them whole or in bite-size diagonal cuts.
- *Parsnips*. They are like carrots with a nutty flavor when broiled. Scrub the parsnips clean and slice lengthwise, then place on medium-hot coals for 15-20 minutes, with occasional basting and turning every 8 minutes.
- *Peppers*. Roasted peppers are more flavorful than the regular peppers, and regardless of color, these vegetables make great for pizza, salads and as side dishes for roasted beef, fish, sausage and pork.
- *Potatoes*. All kinds of potatoes are fit for grilling. Scrub them clean and leave them whole, or cut them into ovals, rounds, chunks or wedges before grilling. You can ember-roast whole baking potatoes by washing and pricking them in several places before placing them on the grill. Oil the skin and place them into the hot embers for 40 minutes until tender. Potatoes are done when they can now be pierced with a thin blade of a knife or a fork.

Herb Grilled Potatoes

(<http://www.care2.com/greenliving/herb-grilled-potatoes.html#>)

Ingredients:

4 large baking potatoes, halved lengthwise
8 large fresh rosemary sprigs
1/4 cup extra-virgin olive oil or canola oil
Fine sea salt and freshly ground pepper to taste

Directions:

Oil a grill basket and arrange the potatoes in it with a rosemary sprig on top of each half. Lock the basket and brush the potatoes and rosemary with olive oil, then season with salt and pepper.

Grill the potatoes over direct heat, turning frequently, for 20 to 30 minutes, depending upon thickness of potatoes, until a knife inserted in the thickest part of a potato goes in easily. Remove the rosemary and serve.

Note: To add a kiss of smoke to the already grilled potatoes, make an indirect fire by pushing coals to one side in a charcoal grill or turning one burner off on a gas grill. Transfer the grill basket to the cooler side, sprinkle a handful of water-soaked wood chips on the coals or place a metal container containing 1 cup of dry wood chips close to a burner on a gas grill, and close the lid for 15 minutes.

- *Squash*. There are two kinds of squash, the hard-shelled and the summer squash.
 - *Hard-shelled squash*- they can be ember-cooked directly in the coals. Grill the squash pieces for 40-60 minutes until they become tender.

The Ultimate Guide to a Delicious Back Yard BBQ

- *Summer squash*- they require no peeling and become more delicious when marinated or stuffed. Cut the squash into rounds or cubes and grill over medium to medium hot fire for 12-15 minutes until brown.

Grilled Summer Squash

(<http://allrecipes.com/Recipe/Grilled-Yellow-Squash/Detail.aspx>)

Ingredients:

4 medium yellow squash
1/2 cup extra virgin olive oil
2 cloves garlic, crushed
salt and pepper to taste

Directions:

Preheat the grill for medium heat.

Cut the squash horizontally into 1/4 inch to 1/2 inch thick slices so that you have nice long strips that won't fall through the grill.

Heat olive oil in a small pan, and add garlic cloves. Cook over medium heat until the garlic starts to sizzle and become fragrant. Brush the slices of squash with the garlic oil, and season with salt and pepper.

Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional garlic oil, and turn occasionally to prevent sticking or burning.

- *Tomatoes*. Tomatoes are best grilled when cored and sliced in half, then brushed with oil or butter before placed on the fire. Grill them over medium hot fire for 2-5 minutes, turning once.

Garlic Grilled Tomatoes

(<http://www.globalgourmet.com/food/special/2001/howtogrill/tomatoes.html>)

Ingredients:

1 cup wood chips (optional; preferably oak), soaked for 1 hour in cold water to cover, then drained.
6 ripe red tomatoes
Coarse salt and black pepper
6 cloves garlic
3 tablespoons extra-virgin olive oil
1 piece Parmigiano-Reggiano cheese (1 to 2 ounces)
1 to 2 tablespoons fresh thyme leaves

Directions:

Cut the tomatoes in half crosswise. Season with salt and pepper.

Peel and pulverize the garlic. Heat the oil in a small frying pan over medium heat. Add the pulverized garlic, and cook until just starting to turn golden brown, 1 to 2 minutes. Pour the garlic and oil into a heatproof bowl.

The Ultimate Guide to a Delicious Back Yard BBQ

Set up the grill for direct grilling and preheat to high. If using a gas grill, place the wood chips, if desired, in the smoker box or in a smoker pouch and preheat until you see smoke.

When ready to grill, brush and oil the grill grate. If using a charcoal grill, toss the wood chips, if desired, on the coals. Place the tomatoes cut-side down on the hot grate and grill until nicely browned, 3 to 5 minutes, rotating them 45 degrees after 2 minutes to create an attractive crosshatch of grill marks. Turn the tomatoes with tongs, spoon the fried garlic over the tomatoes, and continue grilling until the bottoms (the rounded parts) are nicely browned, 3 to 5 minutes.

Transfer the tomatoes to plates or a platter. Grate the Parmigiano-Reggiano over the tomatoes and sprinkle them with the thyme. Serve at once.

Variation:

To make garlic-grilled plum or cherry tomatoes, place 12 whole plum tomatoes or 24 cherry tomatoes in a mixing bowl and toss with half of the olive oil and pulverized garlic, some salt and pepper, and half the thyme. Place the tomatoes on the hot grate (use a vegetable grate for the cherry tomatoes). Grill until the skins are darkly browned and blistered, turning the tomatoes with tongs, 6 to 8 minutes in all. Transfer the tomatoes to a platter and sprinkle with the remaining oil, garlic, thyme, and the grated cheese. Serve at once.

The Warm Sides: Full Side-Dish Recipes

Veggies are great for salads and tosses, but they do not suit up for almost every occasion. Thus, if you are looking for warmer sides, here are some recipes that work best with meat and veggie grilled goodies, which you can do at the same time while attending on your grill.



The Ultimate Guide to a Delicious Back Yard BBQ

Mushroom and White Bean Stew over Couscous

(<http://www.ochef.com/r11.htm>)

Ingredients:

1-1/2 pounds small whole white mushrooms
1-1/2 cups couscous
1-pound can stewed tomatoes
1-pound can cannellini beans (white kidney beans), rinsed and drained
1/4 cup chopped fresh parsley
Grated Parmesan cheese (optional)
1 cup diced onions
4 cloves garlic, chopped
1-1/2 tsp dried Italian seasoning
2 cups water
2 pinches cayenne pepper

Instructions:

Quickly rinse and dry the mushrooms, and trim off the ends of the stems. Cut any large mushrooms in half.

Coat a large nonstick wok or 12-inch skillet with olive-oil cooking spray and preheat over medium to medium-high heat. Add the mushrooms, onions, garlic, and Italian seasoning, and cook, stirring often, for 8 to 10 minutes, or until the mushrooms are tender.

While the mushrooms are cooking, place the water in a 1-quart saucepan, and bring to a boil over high heat. Stir in the couscous and cover. Remove from the heat, and allow to sit for 5 minutes, or until all of the water has been absorbed.

Using a knife, slightly cut up the tomatoes in the can. Add the tomatoes, beans, and cayenne pepper to the mushroom mixture. Stir to mix, and cook for about 3 minutes, or until heated through.

Stir the parsley into the couscous. Divide the couscous among individual serving plates, and top with the stew. Serve immediately, as is or topped with a sprinkling of Parmesan cheese.

Yang Chow Rice

(<http://www.cdktichen.com/recipes/recs/479/YangChowFriedRice61814.shtml>)

Ingredients:

2 tablespoons vegetable oil
1/4 cup green onions, chopped
2 eggs, slightly beaten
1/4 cup green peas, uncooked
1/4 cup cooked shrimp, diced
3 cups cold cooked rice
1/4 cup barbecued pork or ham, diced
1/2 teaspoon light soy sauce
1 tablespoon dark soy sauce

Directions:

Swirl vegetable oil around bottom and sides of a heated wok. Add onions and eggs, quick-fry, then add peas and shrimp and blend together.

The Ultimate Guide to a Delicious Back Yard BBQ

Immediately add rice and press gently to sides and bottom to separate kernels.

Add pork or ham, salt, and soy sauces. Mix together quickly and serve.

Defining Cool: Salad Quenchers

Salads are always best during hot summer days. Thus, when you have a summer afternoon barbecue party, you should not miss out on the most flavorful salads that will not only keep your senses cool, but of course give you nothing but the best of the greens the world can offer.

Asparagus and Tomato Salad with Yogurt-Cheese Dressing

(<http://allrecipes.com/Recipe/Asparagus-and-Tomato-Salad-with-Yogurt-Cheese-Dressing/Detail.aspx>)

Ingredients:

1 (10 ounce) package frozen cut asparagus, thawed
1 tomato, chopped
2 tablespoons thinly sliced green onion
3 tablespoons nonfat plain yogurt
1 tablespoon grated Parmesan cheese
1 teaspoon prepared mustard
10 leaves lettuce

Directions:

Thaw frozen asparagus and drain well. In a medium bowl, combine the asparagus, tomatoes, onions and set aside.

In a small bowl, whisk together the yogurt, cheese and mustard. Add to the vegetable mixture and toss until well coated. To serve, line salad plates with romaine lettuce leaves and spoon salad on top.

Asian Cucumber Salad

(<http://allrecipes.com/Recipe/Asian-Cucumber-Salad/Detail.aspx>)

Ingredients:

2 cucumbers - halved lengthwise, seeded, and sliced
2 teaspoons salt
1/2 cup rice vinegar
1/4 cup white sugar
2 tablespoons sesame oil
1 tablespoon minced garlic
1 tablespoon minced fresh ginger root
1 tablespoon sesame seeds
4 fresh red chili peppers, sliced

Directions:

Put the cucumber slices in a colander and sprinkle with salt; set aside to drain for 1 hour.

Whisk the vinegar and sugar together until the sugar is dissolved; add the sesame oil, garlic, ginger, and sesame seeds; stir.

The Ultimate Guide to a Delicious Back Yard BBQ

Rinse salt off the cucumber slices by running under cold water; place in a large bowl with the sliced red chili peppers. Drizzle the dressing over the vegetables and toss to coat. Serve immediately.

Southern Potato Salad

(<http://allrecipes.com/Recipe/Southern-Potato-Salad/Detail.aspx>)

Ingredients:

4 potatoes
4 eggs
1/2 stalk celery, chopped
1/4 cup sweet relish
1 clove garlic, minced
2 tablespoons prepared mustard
1/2 cup mayonnaise
salt and pepper to taste

Directions:

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain and chop.

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water; peel and chop.

In a large bowl, combine the potatoes, eggs, celery, sweet relish, garlic, mustard, mayonnaise and salt and pepper. Gently mix together and serve warm.

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