

Grilling 101



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To BBQ or To GRILL?

You mean there's a difference?



You bet! Although most American's don't understand the differences, and even when they do they tend to use these two terms interchangeably. But to aficionados the differences are night and day. In other areas in the kitchen we will dig a little into the different styles of outdoor cooking. At least those styles practiced

here in America.

Basically the differences between barbecue and grilling can be summarized in the following fashion:

- grilling involves cooking over intense heat (500° or more) for short (an hour or less) periods of time
- barbecuing means cooking over low heat (225° or less), with smoke, and for long periods of time

To be sure these are over simplifications because recipes abound that represent far flung variations on these themes. Nevertheless, the principles above serve as the best differentiation between grilling and barbecuing.

But the bottom line is...who cares? Both styles of cook-

Grilled Pound Cake with Ice Cream and Pineapple & Berries

Fresh whole pineapple
Pound Cake (thawed)
Melted butter
Spicy Pineapple Rum Sauce, opt
Vanilla ice cream
Frozen or fresh berries (I used frozen mixed berries)
Coconut
Coconut Lime Sauce (or other sweet sauce)
Sweet Sprinkles of your choice

Using the **Pineapple Wedger**, wedge pineapple and slice halves into ½-in slices. Pre-heat **Grill Pan** and **Grill Press** on medium heat for 5 minutes Grill pineapple slices with a little butter in Grill Pan using Grill press. Set aside. Slice pound cake and brush both sides with melted butter using the **Chef's Silicone Basting Brush**, then grill in Grill Pan using Grill press. In the meantime, if desired, toast coconut on the small bar pan in the microwave. Warm frozen berries in microwave - just long enough to thaw.

Assemble: Layer pound cake, pineapple, Pineapple Rum Sauce, scoop of vanilla ice cream, berries, coconut and drizzle with Coconut Lime Sauce.

Opt. Skip coconut and use one of our Chocolate Sauces or our new Butterscotch Rum Sauce. Opt. Add Sweet Sprinkles of your choice.

Grilled Antipasto Panzanella Salad

1 med. zucchini
1 med. red onion
1 pkg (9 oz) frozen artichoke hearts, thawed
1½ Tbsp olive oil, divided
½ tsp coarsely ground black pepper
1 loaf (4 oz) ciabattta bread, sliced in half horizontally
2 oz soft fontina cheese, cut into four pieces
4 thin slices mortadella
(Italian bologna, at Fred Meyer's deli)
¼ C pitted kalamata olives, cut in half lengthwise
¼ C sliced pepperoncini
¼ C prepared balsamic vinaigrette
1 tsp fresh oregano leaves, finely chopped

Prepare grill for direct cooking over medium-high heat. Cut zucchini in half lengthwise with **Santoku Knife**, then crosswise into ½-in pieces. Cut bell pepper lengthwise into strips; cut strips crosswise into ½-in pieces. Slice onion lengthwise into ½-inch-thick wedges. Combine zucchini, bell pepper, onion, artichoke hearts, 1 Tbsp of the oil and black pepper in **Stainless (4-qt) Mixing Bowl**; toss to coat

Brush bread with remaining ½ Tbsp oil using **Chef's Silicone Basting Brush**. Place one piece of cheese crosswise along bottom half of each mortadella slice. Fold in sides of mortadella and roll up.

Preheat **BBQ Grill Tray** on grid of grill 3 minutes. Add vegetable mixture to grill tray; grill, covered, 9-12 minutes or until crisp-tender, stirring occasionally with **BBQ Slotted Spoon**. As vegetables are grilling, add bread to grill. Grill bread 1-2 minutes per side or until grill marks appear. Remove bread from grill. Add mortadella bundle to grill. Grill bundles 2-3 minutes or until grill marks appear, turning occasionally with **BBQ tongs**.

Remove mortadella bundles and grill tray from grill. Transfer vegetables to same mixing bowl. Add olives and pepperoncini; mix gently. Slice bread into ½-in cubes. Add cubed bread, vinaigrette and oregano to vegetables in mixing bowl; stir gently. Serve mortadella bundles over salad.

Grilling Methods

Direct grilling refers to the method whereby you cook *directly* over hot coals (see section below to determine how hot, *hot*, really is) usually with the cover off to maintain optimum temperature of the coals. This is true grilling because the essence of grilling involves the quick searing of the surface of the food. This ensures the charring and caramelizing that defines grilled food.

Indirect grilling is not true grilling, it's really more like oven roasting, but done outdoors in a grill. For this method the coals are heaped on two sides of the grill with an open space between them and often separated by a drip pan. The food is placed in the center of the grill and cooks *indirectly* with the grill covered to build up enough heat to roast the food. A general rule-of-thumb is that anything taking a *short* period of time should be grilled directly and anything taking longer should be grilled indirectly. As with all rules there are *exceptions*. Take for example beef steaks. Steaks should be *seared* directly over the coals and then finished indirectly, off of the coals. The charts below suggest which method to use based on the type of meat as well as the particular cut.

Multi-Level grilling means maintaining different levels of heat in the same grill. This is accomplished by stacking the coals so as to produce two (or more) heat zones. This is ideal for foods that need to be seared over very hot coals then moved to a cooler fire to finish off the cooking.

Charcoal grilling tips for the beginner

The number of briquettes you use depends on the size of your grill, the amount of food you will be cooking, weather conditions and cooking time.

As a general rule, plan on using about 30 briquettes to cook 1 pound of meat. A five-pound bag contains 75 to 90 briquettes. Make sure you have enough briquettes to cover the grill pan in a single layer, extending about 2-3" beyond the area of the food on the grill. First place the briquettes in the grill pan to check for quantity, then stack them for lighting or remove to place in a chimney starter.

When the weather is cold or windy, you will need more briquettes to reach an ideal cooking temperature. More about that later. To light charcoal with the pyramid method, stack the charcoal into a rough pyramid shape. Soak the charcoal with at least 1/2 cup of lighter fluid (**never** use gasoline!!!). Wait a few minutes to let the chemicals soak into the briquettes, then light the charcoal with a long handled match or fire starter. As the coals begin to burn and ash forms, arrange them with long handled tongs into a single layer. Don't squirt lighter fluid onto hot coals, since the fluid could catch on fire and burn back up to your hand.

A chimney starter looks like a coffee can with a handle, divided into two compartments by a metal disc. It lets you get a really good fire going with no chemicals.

- *Place crumpled newspapers in the bottom portion of the starter
- *Remove the rack from the grill and place the chimney starter in the bottom.
- *Fill the top half of the starter with charcoal.
- *Then light the newspaper through holes in the bottom of the starter. The fire will draw up through the starter, lighting the charcoal.
- *Leave the chimney starter where it is, and in about 20-30 minutes the coals will be ready.
- *With a heavy, long-sleeved oven mitt, carefully empty the coals into the grill pan.
- *Arrange the coals into an even layer with long tongs

Grilled BBQ Chicken Pizza

- 1 small red onion
- 2 garlic cloves, peeled
- 2 C shredded cooked rotisserie chicken
- 1 C BBQ Sauce
- 2 tsp finely chopped fresh oregano leaves
- 1/2 tsp coarsely ground black pepper
- Cornmeal for dusting
- 1 lb frozen prepared pizza crust, thawed
(I use Winco or Trader Joe's dough)
- 6 oz marbled cheddar cheese, grated
- Additional fresh oregano leaves for garnish

Prepare grill for indirect cooking over medium-high heat. Slice onion crosswise using **Simple Slicer**. Combine Chicken, 1/2 Cup of sauce, oregano and black pepper in **Small Batter Bowl**; toss to coat. Generously sprinkle **Pastry Mat** with cornmeal; place dough onto center of mat. Using **Baker's Roller**, roll to a 12-in circle. Place dough onto **BBQ Pizza Pan**, gently stretching to cover bottom. Spread remaining 1/2 cup sauce evenly over crust to within 1/2 in of edge. Top with chicken mixture, garlic and onion; sprinkle with cheese. Place pizza pan on grid of grill. Grill, covered, 18-22 minutes or until crust is deep golden brown, carefully rotating pan occasionally using **Silicone Oven Mitt**. Remove pizza pan from grill. Sprinkle pizza evenly with additional oregano, if desired. Remove pizza from pan; cut pizza into 12 slices.

Recipes

Best BBQ Sauce

1 C ketchup
2 Tbsp ***Smokey BBQ Rub***
1/4 to 1/2 C brown sugar
2 tsp apple vinegar

Mix together and heat thoroughly.

Rules of Grilling

- **Rule 1:** Always keep your grill grate clean to prevent sticking.
- **Rule 2:** Oil the food, not the grill. Oil burns away at high temperatures so it is pointless to oil the cooking grate.
- **Rule 3:** Always give yourself plenty of time. Don't leave your family and/or guests waiting.
- **Rule 4:** Always keep an eye on what you're grilling.
- **Rule 5:** Do not use spray bottles of water to control flare-ups. Flare-ups are caused by too much fat and too much heat. Trim excess fat and when you turn meat on the grill move it to a different part of the grill.
- **Rule 6:** Do not add sugary sauces or marinades to meat on the grill. This causes burning.
- **Rule 7:** Keep your grill away from anything flammable like lighter fluid, fences, your house, etc..
- **Rule 8:** Spice up your food a good hour before you grill. This lets the flavor sink in.
- **Rule 9:** Have the proper grill tools to do the job.
- **Rule 10:** Place grilled food on a clean plate.

Grill Temperatures

Here is a tried and true technique for determining if your grill is ready to cook. This terminology is widely accepted by grill chefs so now when the recipe calls for a "hot" grill you'll know just when yours is ready. Hold your hand over the center of the grill close to the grate. The amount of time you hold your hand in place gives you your cooking temperature.

- 5 Seconds - Low
- 4 Seconds - Medium
- 3 Seconds - Medium High
- 2 Seconds - High
- 1 Second - Crazy Hot