

GRILLS AND GADGETS

An obvious requirement for good grilled food is the grill itself. Gas grills have become more common as technological advances make grilling with charcoal seem like an unnecessary hassle.

The fancier and more expensive the grill, the more bells and whistles that come with it — for example, the built-in smoking tray mentioned earlier. Some more high-tech grills come with infrared heating panels that produce more intense heat than a regular burner. Others use a combination of normal gas burners and infrared panels. Some even have built-in rotisserie rods with infrared panels on the back side of the grill.

When it comes to coal grills, “The bulk of what we sell in briquette now is the Big Green Egg,” Alford said. A ceramic green oval that sits in a “nest,” or stand, the Big Green Egg functions as a smoker and grill. It costs \$775 at Fire for Life, and the Egg comes in different sizes, including a portable mini-egg.

If you have a gas grill, but don’t trust yourself to make a foil packet, most grill stores sell ventilated metal smoking tubes that hold wood chips and can be placed directly inside your grill for fool-

proof smoking.

If you’ve got limited space or a limited budget, the Port-a-Chef is a basic gas grill that takes up less than four square feet of space. If price is no object, Lynx makes high-quality stainless steel grills, including a combination grill with regular burners, a rotisserie with infrared panels on both the bottom and back of the grill for a mere \$5,099. Alford says that you can easily spend \$10,000 on grills that function like a backyard kitchen, complete with built-in refrigerators and storage cabinets.

And though he says he wouldn’t spend ten grand on a grill, “I wouldn’t have a grill without a rear burner rotisserie. You can almost not overcook when you rotisserie. Everything comes out so moist.”

With a few grill accessories, you can make just about anything using only a rotisserie. Rotisserie baskets come in different shapes and sizes and are designed for use on a rotisserie, holding meat or veggies inside so that they don’t fall out.

But the tool both Alford and O’Hare say they couldn’t live without is the steak turner, a deceptively simple device that turns steaks and just about anything else that needs flipping. Without scraping off

any rubs or squeezing out any juices, the steak turner pokes a small hole in the steak for easy flipping action.

VEGETARIAN GRILLING

Though grilling is often associated with meat, vegetarian grilling has become increasingly common. While most vegetarians know about Gardenburgers and veggie dogs, vegetarian grilling options are virtually unlimited.

If you’re in a hurry, some of the best pre-packaged soy dogs around are Tofurkey Beer Brats. Basically a giant spiced tofu dog made with Full Sail Ale, the brats are available at almost any grocery store. They’re great for grilling and are more flavorful than any other faux meat I’ve tasted. If you have time to cook your own meal, you can whip up tofu or tempeh shish kebabs, polenta and even pizza on the grill.

Just remember that vegetables will stick to the grates if left on the grill too long. And don’t use non-stick cooking spray unless you want to barbecue your face. Instead, dip a folded paper towel in vegetable oil, then grab it with tongs and thoroughly wipe down the grates.

You can also buy a grill wok, a con-

traption similar to a grilling basket designed to hold chopped vegetables. Eggplant, portobello mushrooms, tomatoes and peppers make good grilling vegetables. Wrap corn in tin foil and you can cook it on the grill as well, though make sure you leave at least 30 minutes for cook time.

Both eggplant and mushrooms of all kinds take marinades well and are sturdy enough to hold up to grilling. If you’re cooking something like asparagus, the indirect grilling method might work better. Wrapping veggies in tin foil can also keep them from ending up charred.

Basic shish kebabs, using either tofu, tempeh, or seitan instead of meat, are also simple to make. And when you’re cooking up non-meats, marinades are even more important for adding flavor.

Grilled pizza is also a good option for both vegetarians and meat-eaters. Cooking pizza on the grill will get you the wood oven taste revered by pizza chefs. Small personal pizzas work better than one large one. Let the dough cook a little bit before adding cheese and toppings. Otherwise, the pizza could get too heavy and fall into the grill. And even if it does, that’s OK. You can always rely on Gardenburgers. *

HONEY STEAK MARINADE

From <http://fitdv.recipezaar.com/29306>
This recipe also works well with chicken and soy products.

1/2 C. soy sauce (Soy sauce is very important for the salt content. If you don’t have enough soy sauce, add extra salt)
1/2 C. honey
2 T. vinegar
1 T. fresh ginger
2 cloves crushed garlic
1/2 C. olive oil
1 1/2 pounds flank steak (or other meats)

If using steak, make several criss-crossing cuts in the meat before marinating.

Marinate for at least 45 minutes, but overnight if you can.

ADOBO MARINADE

From <http://fitdv.recipezaar.com/29984>
A great all-around marinade that can be used with almost any meat, veggie or soy product

5 cloves minced garlic
1/2 t. salt
2 t. dried oregano
1/2 t. ground cumin
1/2 t. dried thyme
1/3 C. orange juice
1/3 C. lime juice
2 T. olive oil
1/4 C. chopped cilantro

Marinate for one hour or overnight if possible.

CHIMICHURRI

(Argentinean sauce for grilled meats)
http://www.whats4eats.com/recipes/r_sau_chimichurri.html

Ingredients:
8 cloves minced garlic
1 T. dried oregano
1 bunch minced parsley
1/3 C. red wine vinegar
1 or 2 t. of salt
3/4 C. olive oil
1/2 t. cayenne pepper
2 T. paprika

Mix all ingredients together well except for the olive oil, using a blender or food processor. Add them to olive oil and use as a marinade for grilled beef, chicken, or tofu.



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