The A-B-C's of Q-U-E

rib eyes.

Lamb Ribs: Are a portion of the breast and shall contain no less than seven ribs. Generally, the outside of the rib will be trimmed of fat so at least 70-80% lean meat remains.

Grill Tricks & Tips

· The best outdoor cooking tip anyone can give you is to just grill. You will learn the most about grilling from experimentation and swapping tips with your friends.

To ensure thoroughly cooked, yet moist pork ribs, try boiling them first (generally

smoked taste.

If you don't wear a watch, keep a small portable clock or timer near the grill. Overcooking your meat will dry it out and reduce its flavor.

• When you bring raw meat outside for grilling, never place the cooked meats back on the plate you used to carry them outside. Bring a clean plate or baking sheet outside for carrying finished food back inside.

· When BBQ'ing chicken with a tomato based sauce, grill the chicken without the sauce until it is halfway cooked, then baste with sauce. This

keeps the sauce from burning onto the chicken and ensures maximum flavor.

grilling. Follow the simple directions for use to help achieve that great

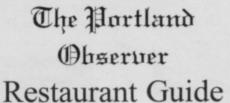
· Quick and easy marinades: In a large plastic freezer bag, place ½ cup teriyaki sauce, one teaspoon of oil, and a dash of water. Close the bag and shake well. Add chicken pieces, shrimp, or vegetables and shake again. Contributions from the following Barbecue Associations

· NBBQA- National Barbecue Association

· BIA-Barbecue Industry of America

IBCA-International Bar-B-Que Cookers Association

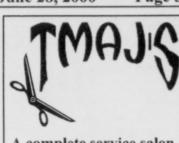
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about 15-20 minutes). After boiling place them on the grill and liberally baste with your favorite sauce. Allow to cook on the grill long enough for the sauce and the flavor of the grill to come through.

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