FOOD

How to Grill Steak, Chicken, and Kabobs

1. Grilling adds flame-kissed flavor to any meat.

2. Choose Wisely: If money's no object, line up the New York strip, T-bone, filet mignon, and porterhouse steaks. But if breaking the bank isn't part of your barbequing plan, consider less spendy sirloin, flank steak, and skirt steaks.

3. Size matters: Choose cuts that are 1- to 1-1/4-inch thick. Pay special attention to bone-in cuts: make sure the steak is an even thickness. Meat near the bone will take longer to cook.

4. Use caution with marinades: Over-marinating can result in tough or mushy meat. For additional ways to flavor a steak, try a dry rub or top cooked steaks with herbed butter.

5. Handle hot coals: Sear steaks over direct heat, then move them to indirect heat to finish cooking. For a 1-inch thick steak, a general guide is 5 to 7 minutes per side for medium-rare (145 degrees F). For an accurate reading--and to avoid cutting into that sublime steak--use a meat thermometer to test for doneness.

Fair-Weather Fowl

Chicken is one of the trickiest foods to grill. And maybe the hardest is boneless, skinless chicken breasts. That's because the grill's high heat can dry out the meat before it's cooked through. Avoid drying by lightly pounding boneless chicken breasts to a uniform thickness; the breasts will cook more evenly.

Get on the Stick

1. Call them kabobs, kebabs, satays, or skewers, food on a stick is great for the grill.

2. Cut meats and veggies to the same size. One- to 1½-inch inch cubes work well.

Group foods with similar cooking times together. While a skewer of bell peppers, cherry tomatoes and chicken looks appetizing, those tomatoes may turn to mush--or worse, slither off the skewer--by the time the chicken is done.

3. To stabilize round or hard-to-skewer foods like tomatoes and shrimp, use two skewers parallel to each other.

Kabobs

Grilled steak and chicken that doesn't dry out on the grill, but stays moist and flavorful. These kabobs are simple to make, and delicious to eat. Skewered meat with peppers, onions, and mushrooms in a honey teriyaki sauce.

Ingredients

- 1/2 cup teriyaki sauce
- 1/2 cup honey
- 1/2 teaspoon garlic powder
- 1/2 pinch ground ginger
- 2 red bell peppers, cut into 2 inch pieces
- 1 large sweet onion, peeled and cut into wedges
- 1 1/2 cups whole fresh mushrooms
- 1 pound beef sirloin, cut into 1 inch cubes
- 1 1/2 pounds skinless, boneless chicken breast halves - cubed

Directions

1. In a large resealable plastic bag, mix the teriyaki sauce, honey, garlic powder, and ginger. Place red bell peppers, onion wedges, mushrooms, beef, and chicken in the bag with the marinade. Seal, and refrigerate 4 to 24 hours.

2. Preheat grill for medium-high heat.

Discard marinade, and thread the meat and vegetables onto skewers, leaving a small space between each item.

3. Lightly oil the grill grate. Grill skewers for 10 minutes, turning as needed, or until meat is cooked through and vegetables are tender.