

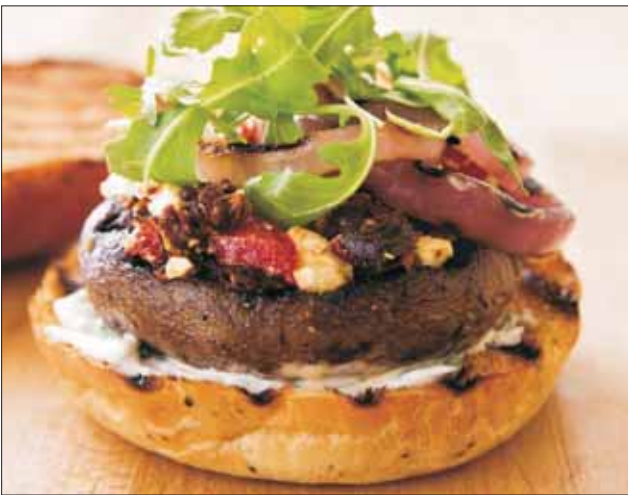
You won’t miss the meat when you make this mushroom burger

By America’s Test Kitchen

Portobello mushroom burgers are no longer just a sad substitute for beef burgers; they are legitimately delicious choices on their own.

For charry grilled portobellos that wouldn’t leak moisture and make the buns soggy, we decided to try scoring them, a technique that works well with oven-roasted mushrooms. It worked like a charm on the grill.

We lightly scored the mushrooms on the smooth, non-gill side in a cross-hatch pattern. This helped expedite the release of moisture, which dripped out and evaporated on the grill, ensuring intense mushroom flavor and toasty, non-soggy buns. The crosshatching also allowed the mushrooms to absorb more marinade — a flavorful mix of olive oil,



MEATLESS MARVEL. *The recipe for Grilled Portobello Burgers is found in the Vegetables Illustrated cookbook. (Joe Keller/America’s Test Kitchen via AP)*

red wine vinegar, and garlic.

Once they were cooked, we filled the portobello caps with a savory mixture of feta, sun-dried tomatoes, and roasted red peppers before stacking them on grilled buns with basil mayo, baby arugula, and sweet grilled onions.

If your mushrooms are larger or smaller than four

to five inches, you may need to adjust the cooking time accordingly. If the mushrooms absorb all the marinade, simply brush the onions with olive oil before grilling.

America’s Test Kitchen provided this article to The Associated Press. More recipes, cooking tips, and ingredient and product reviews are available at <www.americastestkitchen.com>.

Grilled Portobello Burgers

Servings: 4

Start to finish: 50 minutes

- 4 portobello mushroom caps (4 to 5 inches in diameter), gills removed
- 1/2 cup extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 ounces feta cheese, crumbled (1 cup)
- 1/2 cup jarred roasted red peppers, patted dry and chopped
- 1/2 cup oil-packed sun-dried tomatoes, patted dry and chopped
- 1/2 cup mayonnaise
- 1/2 cup chopped fresh basil
- 4 (1/2”-thick) slices red onion
- 4 kaiser rolls, split and toasted
- 1 ounce (1 cup) baby arugula

Cut 1/16”-deep slits on top of mushroom caps, spaced a half inch apart, in crosshatch pattern. Combine mushrooms, oil, vinegar, garlic, salt, and pepper in one gallon zipper-lock bag, seal bag, and turn to coat. Let sit for at least 30 minutes or up to one hour.

Combine feta, red peppers, and sun-dried tomatoes in a bowl. Whisk mayonnaise and basil together in a separate bowl. Push one toothpick horizontally through each onion slice to keep rings intact while grilling.

For a charcoal grill: Open bottom vent completely. Light large chimney starter filled with charcoal briquettes (six quarts). When top coals are partially covered with ash, pour evenly over grill. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about five minutes.

For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Then turn all burners to medium-high heat.

Clean and oil cooking grate. Remove mushrooms from marinade, and brush onions all over with remaining mushroom marinade. Place onions and mushrooms, gill side up, on grill. Cook (covered if using gas) until mushrooms have released their liquid and are charred on the first side, four to six minutes. Flip mushrooms and onions and continue to cook (covered if using gas) until mushrooms are charred on the second side, three to five minutes.

Transfer onions to platter and discard toothpicks. Transfer mushrooms to platter, gill side up, and divide feta mixture evenly among caps, packing down mixture. Return mushrooms to grill, feta side up, and cook, covered, until heated through, about three minutes.

Return mushrooms to platter and tent with aluminum foil. Spread basil mayonnaise evenly over roll bottoms and top each with one mushroom and one onion slice. Divide arugula evenly among burgers, then cap with roll tops. Serve.

Nutrition information per serving: 612 calories (657 calories from fat); 40 g fat (9 g saturated, 0 g trans fats); 37 mg cholesterol; 1134 mg sodium; 49 g carbohydrate; 6 g fiber; 11 g sugar; 15 g protein.

A foolproof way to make chicken drumsticks ultra-tender

By America’s Test Kitchen

With their built-in handles and small size, economical chicken drumsticks are tailor-made for a cookout. So we decided to devise a foolproof way to roast them on the grill to ultra-tender perfection with nicely browned skin and wonderfully juicy meat.

We usually don’t brine fattier dark meat, but since we were roasting the drumsticks for a fairly long time in the grill’s dry heat we brined them first in salt water to help them retain their juices as well as to season them. A light coating of spice rub also upped their flavor.

We set up a half-grill fire with two zones: On the cooler side we roasted the drumsticks beyond their usual doneness temperature of 175° Fahrenheit to 190° F, at which point most of their connective tissue had turned into rich gelatin and their skin had rendered gently.



DELICIOUS DRUMSTICKS. *Grill-Roasted Spice-Rubbed Chicken Drumsticks are easy to prepare. (America’s Test Kitchen via AP)*

Indirect grilling is largely hands off, but halfway through roasting we rearranged the drumsticks, moving those closer to the heat to the outside and those on the outside closer to the heat to ensure all of the drumsticks were done at the same time.

We moved them to the hotter side until the skin was nicely charred and crisp, which took only five

minutes. Before applying the spice rub, smooth the skin over the drumsticks so it is covering as much surface area as possible. This will help the skin render evenly and prevent the meat from drying out.

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Grill-Roasted Spice-Rubbed Chicken Drumsticks

Servings: 6

Start to finish: 40 minutes plus 30 to 60 minutes brining

- 1/2 cup salt
- 5 pounds chicken drumsticks
- 1 recipe spice rub (recipes follow)

Dissolve salt in two quarts of cold water in a large container. Submerge drumsticks in brine, cover, and refrigerate for 30 minutes to one hour.

Place spice rub on plate. Remove drumsticks from brine and pat dry with paper towels. Holding one drumstick by bone end, press lightly into rub on all sides. Pat gently to remove excess rub. Repeat with remaining drumsticks.

For a charcoal grill: Open bottom vent halfway. Light large chimney starter filled with charcoal briquettes (six quarts). When top coals are partially covered with ash, pour evenly over half of grill. Set cooking grate in place, cover, and open lid vent halfway. Heat grill until hot, about five minutes.

For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave primary burner on high and turn off other burner(s). (Adjust primary burner as needed to maintain grill temperature between 325° and 350° Fahrenheit.)

Clean and oil cooking grate. Place drumsticks, skin side down, on cooler side of grill. Cover and cook for 25 minutes. Rearrange pieces so the drumsticks that were closest to the edge are now closer to the heat source and vice versa. Cover and cook until drumsticks register 185° F to 190° F, 20 to 30 minutes.

Move all drumsticks to hotter side of grill and cook, turning occasionally, until skin is nicely charred, about five minutes. Transfer to serving dish and let rest for 10 minutes. Serve.

Barbecue Spice Rub

Makes about 1/3 cup

- 3 tablespoons packed brown sugar
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons garlic powder (You can substitute granulated garlic for the garlic powder, if desired.)
- 3/4 teaspoon salt
- 3/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper

Combine all ingredients in small bowl.

Jerk-Style Spice Rub

Makes about 1/4 cup

If you can’t find whole allspice berries, substitute two teaspoons of ground allspice.

- 1 tablespoon allspice berries
- 1 tablespoon black peppercorns
- 1 1/2 teaspoons dried thyme
- 2 tablespoons packed brown sugar
- 2 teaspoons garlic powder
- 1 1/2 teaspoons dry mustard
- 3/4 teaspoon salt
- 3/4 teaspoon cayenne pepper

Grind allspice, peppercorns, and thyme in spice grinder or mortar and pestle until coarsely ground. Transfer to bowl and stir in sugar, garlic powder, mustard, salt, and cayenne.

Nutrition information per serving: 642 calories (303 calories from fat); 34 g fat (0 g saturated, 0 g trans fats); 311 mg cholesterol; 1215 mg sodium; 5 g carbohydrate; 0 g fiber; 3 g sugar; 72 g protein.

*The staff at
The Asian Reporter
wish you and your family a safe
and happy Independence Day!*