

Don't let the economy get you down—

Grill up a Sizzlin' Summer.

A recession can put a real squeeze on your budget. An easy way to save is to reduce your restaurant visits. But don't get the "dining out" blues; instead, dine outdoors and set yourself up for some sizzling summer fun!

Outdoor cooking is one of the most popular and enjoyable summer activities. It's the perfect, budget-friendly way to make any meal a special occasion because nothing beats the combination of warm weather, good company and something hot off the grill!



Grilling outdoors can be as simple or as complicated as you want to make it.

But no matter what you're cooking—whether you're grilling burgers, barbecuing ribs or roasting veggie kabobs—knowing a few basics will help you serve up restaurant-quality food every time without the restaurant price!

The Flavor Factor. An outdoor fire has a unique effect on the taste of the food you prepare. In some cases, this char-grilled or smoky taste is just what you're looking for. Many entrées can also be enhanced by special seasonings and marinades like the ones we've included on the reverse side. A word of advice: be mindful when lathering on the barbecue sauce. It's a sugar and tomato based sauce that chars quickly, which could result in eliminating the original flavor of the meat you are cooking.



Manage Your Time. Outdoor grilling is an inexact science, with many variables that can impact cooking time. The type and efficiency of grill you use, the size of the cut of meat or seafood, the type of vegetables used—even the wind direction and weather conditions—all come into play. To cope with these variables, many experienced outdoor chefs use two thermometers: one that indicates the temperature of the cooking space, such as an oven thermometer, and one that tests the internal temperature of the meat. Remember to check the temperature often, and take the food off the grill a few degrees early because it will continue to cook even after it's been removed from the heat.

Become a Grillin' Machine. Direct grilling cooks food at high temperatures very quickly and should be used for any main course that is 2 inches thick or less, as well as vegetables like onions and corn on the cob. In the indirect method, the fire is built to the side of the food and cooks it by radiant heat. Indirect grilling is for larger or thicker cuts that need to cook for longer periods of time and is always done with the lid closed. For the appropriate cooking method and approximate grilling times for different foods, see the reverse side.



Sure-Fire Flavor Savors



The Magic of Marinades

Here are some great flavor enhancers that do double duty keeping meat and seafood moist and tender as it cooks—they also add great flavor to vegetables.

MEXICALI MARINADE

1/3 cup oil
2 cloves garlic, crushed
1/3 cup cider vinegar
1/3 cup apple juice
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon pepper
In a small saucepan, heat oil and cook garlic 2–3 minutes. Stir in remaining ingredients and heat through. Cool in refrigerator before using.

GINGER MARINADE

6 tablespoons lime juice
2 tablespoons rice wine vinegar
2 tablespoons olive oil
3 tablespoons honey
1-1/2 teaspoons chopped cilantro
1 teaspoon grated ginger root
1/4 teaspoon red pepper flakes
Whisk all ingredients until blended.

ALL PURPOSE MARINADE

3 cups dry white wine
1/2 cup soy sauce
1/2 teaspoon cayenne pepper
1 teaspoon onion powder
1/2 teaspoon garlic powder
Whisk all ingredients until blended.

FOR BEST RESULTS WHEN MARINATING

- Use a zipper-lock bag for complete coverage and convenient basting. Turn often to coat.
- Don't marinate in a metal container.
- Marinate in the refrigerator for no more than 24 hours. (Meats become mushy if left too long.)
- Unused marinade may be brushed onto food while grilling. However, if you plan to use the marinade as a matching sauce for your dish, be sure to boil out the bacteria before serving. Discard any leftovers.
- If you use a store-bought marinade, don't get one with a thick consistency; it will char.

Add Some Spice to the Fire

- Spreading seasonings onto your coals will add zest and character to your meal. Try rosemary, bay leaves, thyme, basil, oregano or marjoram.
- Toss citrus peels on the coals during the last minutes of grilling to liven up the flavor of whatever you're cooking.
- Dampened, unpeeled whole cloves of garlic can be used the same way as the citrus peels.

Grilling Chart

NOTE: Times are approximate. When indirect grilling, keep lid closed.

Food	Grilling Method	Cooking Time	Instructions
Kabobs	Direct	10–15 min. (rotate as appropriate)	Grill 5–6 in. from direct fire, or sear and continue with indirect fire until done.
Corn on the cob	Direct	10–15 min.	Remove husks, rinse and pat dry.
Asparagus	Direct	5–8 min.	Snap off and discard tough stems and tie in bundles for grilling.
New potatoes	Direct	15–20 min.	Cut in half and grill cut side down.
Hot dogs	Direct	4–8 min. (rotate as appropriate)	If uncooked, boil before grilling.
Ribs	Indirect	30–40 min.	Turn once in the middle of grilling.
3/4-in. Steak	Direct	8–12 min. (flip at 4 min.)	Sear steak with direct heat and follow with indirect heat if needed to prevent burning.
3/4-in. Pork chop	Direct	3–4 min. each side	For medium doneness. For medium well, add approx. 3 min. per side.
Chicken breast, 5–6-oz.	Direct	6–7 min. each side	Use medium heat to prevent drying out.
Whole chicken	Indirect	15–20 min. per lb.	Use medium heat to prevent drying out. Keep grill covered.
Whole salmon	Indirect	20–25 min. per 1/2 lb. (turn only once halfway through cooking time)	Preheat grill to high; turn to medium just before placing fish on grill.
Sea scallops	Direct	8–10 min.	Cook until opaque in color.
Shrimp	Direct	6–8 min.	Cook until pink in color.