

## 10 BBQ Cooking Tips

1. Coat grill rack with non-stick spray or vegetable oil before preheating to prevent food from sticking.
2. When grilling fish (except salmon), grill with the skin side down or on aluminum foil.
3. Salmon is rich in natural omega oils; you can pop it on the grill without oiling. Start by grilling the salmon skin side up, allowing the natural fat under the skin to be drawn into the filet, keeping it rich and moist.
4. If you're grilling scallops, use fresh ocean scallops. These should be a pinkish tan or ivory color, not unnaturally white.
5. When grilling BBQ ribs, pork butt, or tenderloin, cook unwrapped for 50 to 75% of the time to infuse smoke and flavor. The remaining time wrap with heavy aluminum foil to retain moisture and tenderness
6. When choosing an inexpensive steak, opt for flank steak rather than skirt steak, which can be tougher. They're usually marinated before being grilled.
7. Chicken thighs may be one of the cheaper cuts, but they do great on the grill! Thighs are more flavorful and the extra fat in the skin makes them better suited to grilling.
8. Grilling vegetables in aluminum foil, with oil, prevents them from falling through the grill gates.
9. You can leave the husk on the corn. Once you see the shape of the kernels burning through the husk, your corn is ready.
10. Grilled Caesar Salad - ? Sure – the Romaine lettuce ends will char, but it stays remarkably crisp and sweet, with a char-grilled flavor.

## Direct vs. Indirect Grilling

**DIRECT** — Direct grilling is a fast method; the heat is high and the cooking time is shorter. With direct grilling, the food is placed directly above the heat source (charcoal, propane or electric). This type of grilling method works best for vegetables, hamburgers or steaks. It's important to stand by your grill when using direct heat and watch the food carefully so it won't burn. Make sure you turn the food as necessary. Close the cover of your grill to get a good sear, but again, don't leave that grill unattended.

**INDIRECT** — The indirect method of grilling involves placing your food on the grill away from the direct heat source. This means you need to keep your coals or flame off to the side of the food, not directly under it. This is a slower method of grilling, which will require a longer cooking time, but it is much more forgiving. Indirect grilling works great for pork roast, ribs, whole chicken, turkey and beef brisket.

*Information provided by John McLemore, President/CEO of Masterbuilt*