



Grill Like A Pro

9 Tips and Tricks for the Perfect BBQ:

1. Before you get started, dust your grill grates with oil or cooking spray to keep food from sticking. Be sure to let the grates come to temperature before you begin cooking.
2. Bring ingredients to room temperature before you cook; they will then cook more evenly and quickly.
3. Remember the 4-by-4 rule to determine how hot your grill is: If you can keep your palm 4 inches over the coals for 4 seconds, it's at medium heat.
4. For even browning of meat and poultry, pat the surface with a paper towel to remove moisture before grilling.
5. If your steaks curl on the grill, score the outer layer of fat at 1-inch intervals.
6. Refrain from pressing hamburger patties on the grill with a spatula or piercing meat with a fork; you'll lose the juices. Use a spatula or tongs.
7. If you prefer skinless chicken, be sure to marinate the meat first; then baste frequently with leftover marinade during grilling.
8. Use fresh lemon juice in your marinades. It tenderizes meat, blends well with many flavors (from soy sauce and ginger to BBQ sauce), and accents other tastes.
9. Let meats rest at least 5 (if not 10) minutes before slicing them. The meat will absorb and redistribute the juices.