

A gourmet grilling spread featuring salmon, steak, and charred potato slices on a blue platter. The salmon is cooked to a medium-rare pink, the steak is a thick cut with a seared exterior, and the potato slices are thick and charred with black spots. The platter is set on a wooden table with fresh herbs like rosemary and thyme scattered around.

Gourmet GRILLING

Ever since humans discovered fire, people have been in the backyard grilling. But we certainly have come a long way since the days of cooking food over a fire on the end of a sharp stick. Today, there are gas or charcoal grills that cost more than many cars and some that come with attachments and tools for every grilling desire.

Grilled food is not just relegated to burgers and hot dogs anymore, either. Flip on the Food Network or peruse the cookbook aisle at your local bookstore and you'll find a multitude of recipes for creating exotic, elegant cuisine using your grill.

With Father's Day right around the corner, forget the tie and treat Dad to an outdoor feast. To help you out, we have compiled a collection of recipes offering new gourmet ideas for your grill. There's something for everyone, from meat and seafood to vegetables and dessert to rubs and sauces. And best of all, everyone will want to help out, setting Dad free from the grill to enjoy some delicious food in the great outdoors.

Grilled Lamb with Potato Slices

Serves 4

A traditional mixture of fresh herbs adds a summery flavor to this simple lamb dish. The leg of lamb will cook more evenly on the grill if it's boned, or "butterflied," first.

1 leg of lamb, about 4½ pounds
1 garlic clove, thinly sliced
Handful of fresh flat-leaf parsley
Handful of fresh sage
Handful of fresh rosemary
Handful of fresh thyme

6 tablespoons dry sherry
4 tablespoons walnut oil
1¼ pounds medium-size potatoes
Salt to taste
Freshly ground black pepper to taste

Place the lamb on a board, smooth side down, so that you can see where the bone lies. Using a sharp, heavy knife, make a long cut through the flesh down to the bone.

Use a sharp kitchen knife to scrape away the meat from the bone on both sides, until the bone is completely exposed. Carefully remove the bone and cut away any sinews and excess fat from the meat.

Cut through the thickest part of the meat so that you can open it out as flat as possible. (Your butcher can butterfly the meat for you if you prefer.) Then make several cuts in the lamb with a sharp kitchen knife and push slivers of garlic and sprigs of fresh herbs into the cuts.

Place the meat in a bowl and pour the sherry and walnut oil over it. Chop half the remaining herbs and sprinkle over the meat. Cover the bowl with a clean dish towel and let marinate in the refrigerator for 30 minutes.

Remove the lamb from the marinade and season it with salt and pepper. Cook on a medium-hot grill for 30 to 35 minutes, turning occasionally and basting with the reserved marinade. Scrub the potatoes, and then slice them thickly. Brush with the marinade and place around the lamb. Cook for about 15 minutes, until golden brown.

Cook's TIP

If you have a spit-roasting attachment, the lamb can be rolled and tied with herbs inside, and spit roasted for 1 to 1½ hours. A spit makes it much easier to cook larger pieces of lamb.

By Pam Knepper

Recipes and photos
are from *Barbecue* unless
otherwise noted.

Grilled Scallops with Lime Butter

Serves 4

Fresh scallops cook quickly, so they're ideal for barbecues. This recipe combines them simply with lime and fennel.

1 fennel bulb
2 limes
12 large scallops, cleaned
1 egg yolk

6 tablespoons melted butter
Olive oil for brushing
Salt to taste
Freshly ground black pepper to taste

Trim any feathery leaves from the fennel and reserve them. Slice the bulb lengthwise into thin wedges.

Cut one lime into wedges. Finely grate the rind and squeeze the juice from the other lime; toss half the juice and rind with the scallops. Season well with salt and fresh black pepper.

Place the egg yolk and remaining lime rind and juice in a small bowl and whisk until pale and smooth.

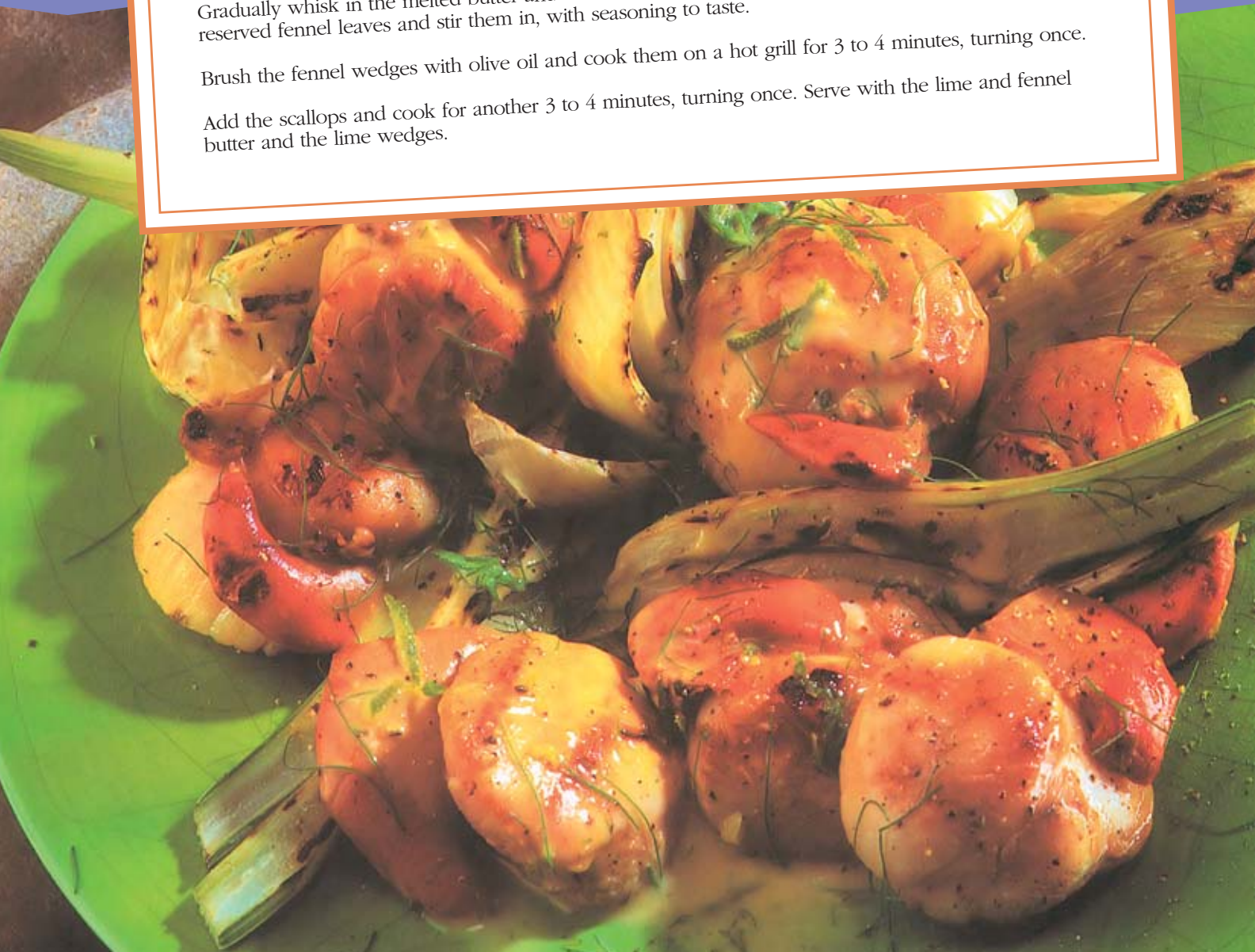
Gradually whisk in the melted butter and continue whisking until thick and smooth. Finely chop the reserved fennel leaves and stir them in, with seasoning to taste.

Brush the fennel wedges with olive oil and cook them on a hot grill for 3 to 4 minutes, turning once.

Add the scallops and cook for another 3 to 4 minutes, turning once. Serve with the lime and fennel butter and the lime wedges.

Cook's TIP

If the scallops are small, you may wish to thread them onto flat skewers to make turning them easier.





Summer Vegetables with Yogurt Pesto

Serves 4

Grilled vegetables make a meal on their own, or are delicious served as a Mediterranean-style accompaniment to grilled meats and fish.

2 small eggplants
2 large zucchini
1 red bell pepper
1 yellow bell pepper
1 fennel bulb

1 red onion
Olive oil, for brushing
Salt to taste
Freshly ground black pepper to taste

Cut the eggplants into ½-inch slices. Sprinkle with salt and let drain for about 30 minutes. Rinse well in cold running water and pat dry.

Use a sharp kitchen knife to cut the zucchini in half lengthwise. Cut the peppers in half, removing the seeds but leaving the stalks in place.

Slice the fennel bulb and the red onion into thick wedges, using a sharp kitchen knife.

Stir the yogurt and pesto lightly together in a bowl, to make a marbled sauce. Spoon the yogurt pesto into a serving bowl and set aside.

Arrange the vegetables on the hot grill, brush generously with olive oil and sprinkle with plenty of salt and freshly ground black pepper.

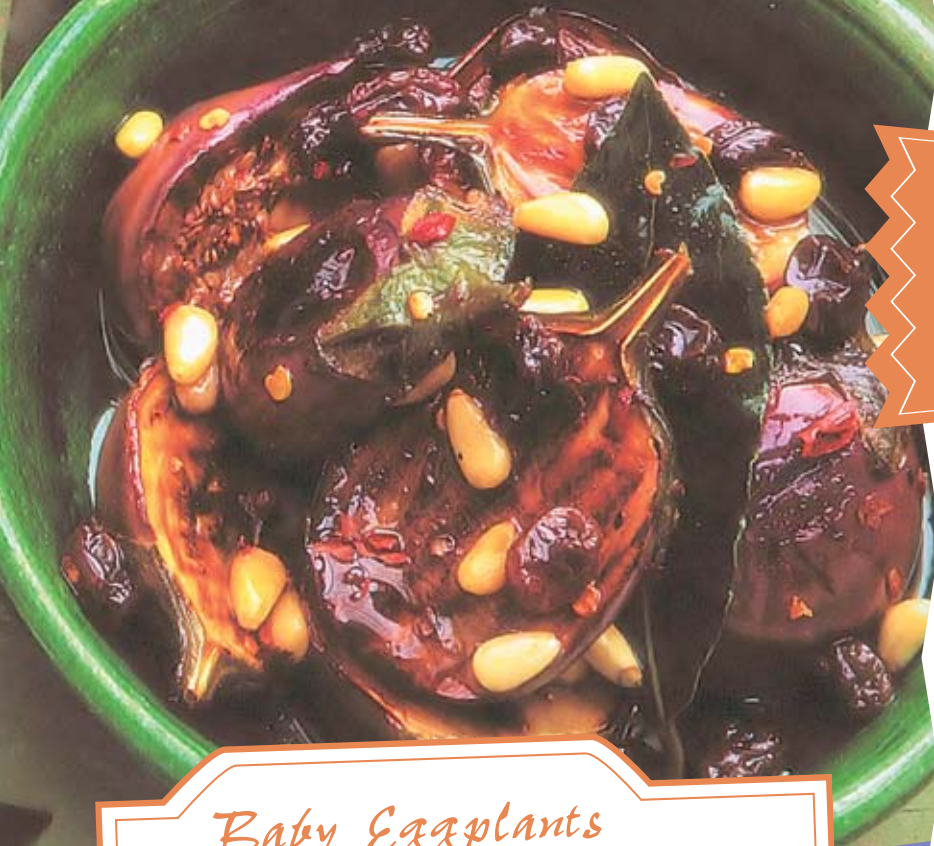
Cook the vegetables until golden brown and tender, turning occasionally. The eggplants and peppers will take 6 to 8 minutes to cook, the zucchini, onion and fennel 4 to 5 minutes. Serve the vegetables as soon as they are cooked, with the yogurt pesto.

Cook's TIP

Baby vegetables make excellent candidates for grilling whole; look for baby eggplants and peppers, in particular. There's no need to salt the eggplants if they're small.

Yogurt Pesto

¾ cup strained plain yogurt
3 tablespoons pesto



THE GRATE

Charcoal

Baby Eggplants with Raisins and Pine Nuts

Serves 4

This is a recipe with an Italian influence, in a style that would have been familiar in Renaissance times. If possible, make it a day in advance, to allow the sweet and sour flavors to develop.

12 baby eggplants, halved
1 cup extra virgin olive oil
Juice of one lemon
2 tablespoons balsamic vinegar
3 cloves
½ cup pine nuts
2 tablespoons raisins
1 tablespoon sugar
1 bay leaf
Large pinch of crushed red pepper
Salt to taste
Freshly ground black pepper to taste

Brush the eggplants with olive oil and cook over a hot grill for about 10 minutes, until charred, turning once.

To make the dressing, combine the remaining olive oil with the lemon juice, vinegar, cloves, pine nuts, raisins, sugar and bay leaf. Add the crushed red pepper, salt and pepper and mix well.

Place the hot eggplants in an earthenware or a glass bowl and pour the dressing over them. Let cool, turning the eggplants once or twice. Serve the salad at room temperature.

Everyone seems to have his or her own opinion about what makes a better grill: charcoal or gas. Let's take a look at the advantages and disadvantages of each.

CHARCOAL GRILLS

Charcoal grills have at least three advantages:

1. They cook hotter.
2. You can burn wood in a charcoal grill, which gives you more flavors.
3. It's easier to smoke in a charcoal grill.

Of course, charcoal grills have a few drawbacks:

- They're fussier and messier.
- They're less predictable and require more attention.
- They gradually lose heat and need to be restocked every hour.

GAS GRILLS

Gas grills, too, have their advantages and drawbacks. Professional pit masters like to complain about gas grills, but actually, 68 percent of American grill owners prefer and use gas, and the number is growing.

On the plus side:

1. Gas grills offer the advantage of push-button lighting.
2. Gas grills provide a constant and consistent heat with the twist of a knob.
3. A propane tank will burn for as long as 20 hours.

The chief drawbacks to gas grills are:

- A slightly diminished flavor in the end product, for unlike charcoal, gas imparts no taste.
- It's harder and, in some instances, impossible to smoke on a gas grill.

DEBATE: vs. Gas

SO WHICH IS BETTER?

It all depends on the individual. Gas grills are great for busy weeknights and charcoal grills are good to use on the weekends, when people tend to have a little more time. If you are testing recipes, gas grills are preferable because the heat is predictable and consistent. However, if you could only cook on one grill for the rest of your life, the decision really comes down to personal choice and what you prefer. Here are some things to keep in mind if you are in the market to buy a gas or charcoal grill.

What to look for when buying a charcoal grill:

1. A tightly fitting domed lid so you can do indirect grilling.
2. Vents on the top and bottom for adjusting the airflow and the heat.
3. A hinged grill grate, which makes it easy to add wood chips to the coals.
4. Sturdy construction and optional side tables.
5. A front-loading grill if you want to smoke a lot of food or grill over wood.

What to look for when buying a gas grill:

1. At least two heat zones, so you can indirect grill.
2. A built-in gas gauge and thermometer.
3. An easy to empty and clean drip pan.
4. A smoker box with a dedicated burner (optional feature).
5. A rotisserie attachment with a dedicated burner (optional feature).
6. A side burner (optional feature).
7. Side tables.
8. Sturdy construction and a good warranty.

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Spiced Pear and Blueberry Parcels

Serves 4

This fruity combination makes a delicious dessert for a hot summer evening. You could substitute other berries for the blueberries if you prefer.

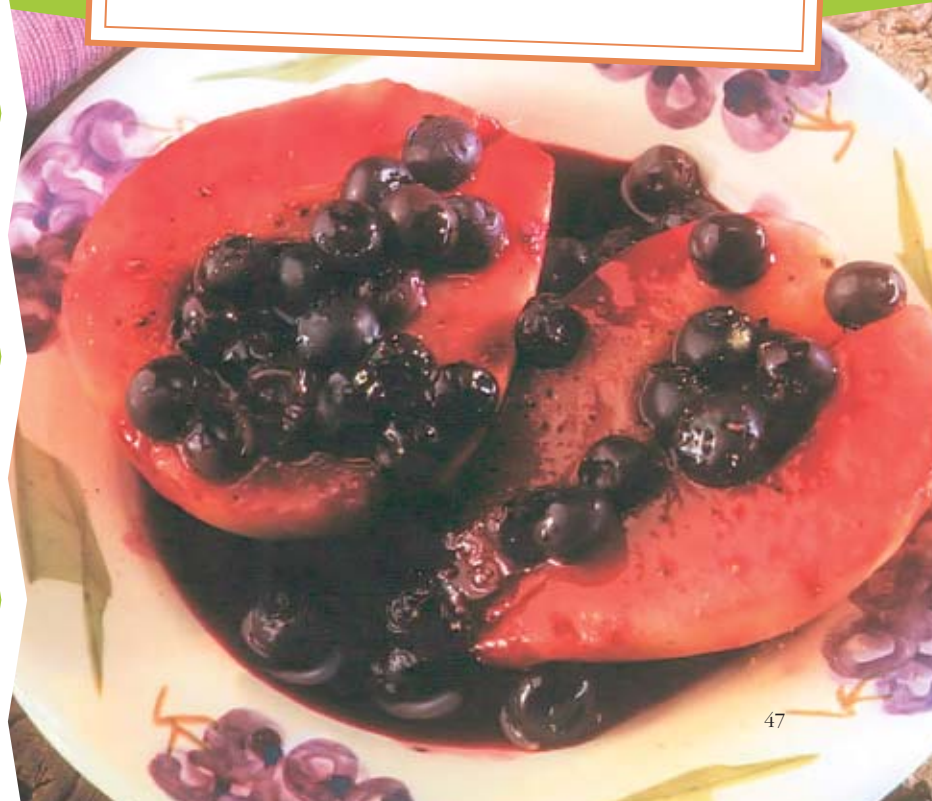
- 4 firm, ripe pears
- 2 tablespoons lemon juice
- 1 tablespoon melted butter
- 1½ cups blueberries
- 4 tablespoons light brown sugar
- Freshly ground black pepper to taste

Peel the pears thinly. Cut them in half lengthwise. Scoop out the core from each half, using a teaspoon and a sharp kitchen knife.

Brush the pears with lemon juice, to prevent them from discoloring.

Cut 4 squares of double-thickness aluminum foil, large enough to wrap the pears, and brush them with melted butter. Place two pear halves on each, cut sides up. Gather the foil up around them, to hold them level.

Mix the blueberries and sugar together and spoon them over the pears. Sprinkle with black pepper. Seal the edges of the foil over the pears and cook on a fairly hot grill for about 20 to 25 minutes.





Barbecue Sauce

A lot of people brag about their secret barbecue sauce recipe. If you don't have your own, start with this to further enhance the flavor of your meat.

Barbecue Sauce

Serves 4

Brush this sauce liberally over chicken pieces, chops or kebabs before cooking on the grill.

2 tablespoons vegetable oil
1 large onion, chopped
2 garlic cloves, crushed
14-ounce can tomatoes
2 tablespoons Worcestershire sauce
1 tablespoon white wine vinegar

3 tablespoons honey
1 teaspoon mustard powder
½ teaspoon chili seasoning
or mild chili powder
Salt to taste
Freshly ground black pepper to taste

Heat the vegetable oil in a large saucepan and fry the onions and garlic until soft and golden.

Stir in the remaining ingredients and simmer, uncovered, for 15 to 20 minutes, stirring occasionally. Remove the saucepan from the heat and allow to cool slightly.

Pour into a food processor or blender and process until smooth. Press through a sieve if you like. Adjust the seasoning to taste.

The 10 Commandments of

1. BE ORGANIZED

Have everything you need for grilling the food, marinade, basting sauce, seasonings and equipment—on hand and at grillside before you start grilling.

2. GAUGE YOUR FUEL

There's nothing worse than running out of charcoal or gas in the middle of grilling. When using charcoal, light enough to form a bed of glowing coals three inches larger on all sides than the surface area of the food you're planning to cook. (A 22½-inch grill needs one chimney's worth of coals.) When cooking on a gas grill, make sure the tank is at least one-third full.

3. PREHEAT THE GRILL TO THE RIGHT TEMPERATURE

Remember: Grilling is a high-heat cooking method. In order to achieve the seared crust, charcoal flavor and handsome grill marks associated with masterpiece grillmanship, you must cook over a high heat. How high? At least 500°F. When using charcoal, let it burn until it is covered with a thin coat of gray ash. Hold your hand about six inches above the grate. After three seconds, the force of the heat should force you to snatch your hand away. When using a gas grill, preheat to high (at least 500°F); this takes 10 to 15 minutes. When indirect grilling, preheat the grill to 350°F.

4. KEEP IT CLEAN

There's nothing less appetizing than grilling on dirty-old burnt bits of food stuck to the grate. Besides, the food will stick to a dirty grate. Clean the grate twice: once after you've preheated the grill and again when you've finished cooking. The first cleaning will remove any bits of food you may have missed after your last grilling session. Use the edge of a metal spatula to scrape off large bits of food and a stiff wire brush to finish scrubbing the grate.

5. KEEP IT LUBRICATED

Oil the grate just before placing the food on top, if necessary (some foods don't require that the grates

East-West Spice Rub

Makes 1 cup

1 tablespoon sugar
1½ teaspoons five-spice powder
1½ teaspoons ground coriander
1½ teaspoons black pepper
½ teaspoon salt

Combine all ingredients in a small bowl. Rub salmon or chicken with spice mixture. Cover; refrigerate 10 minutes before grilling.

Cooking Light Annual Recipes 2000

Rubs

Rubs are defined as mixes of spices, herbs and seasonings that are sprinkled and then gently rubbed into meats before the actual cooking.

According to Steven Raichlen, author of “Ten Commandments for Grilling,” there are two basic ways to use a rub. You can sprinkle it on food just before grilling, in which case the rub acts as a seasoning. Or you can apply it several hours or even a day in advance, in which case the rub both seasons and cures the meat.

Basic Barbecue Rub

Makes 1 cup

¼ cup firmly packed brown sugar
¼ cup sweet paprika
3 tablespoons black pepper
3 tablespoons coarse salt
1 tablespoon hickory-smoked salt or more coarse salt
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons celery seeds
1 teaspoon cayenne pepper

Combine all the ingredients in a mixing bowl and stir to mix. Actually, your hands work better for mixing than a spoon or whisk does. Use your fingers to break up any lumps of brown sugar. Store the rub in an airtight jar away from heat or light; it will keep for at least six months. Use 2 to 3 teaspoons of the rub per pound of meat.

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GRILLING

be oiled). Spray it with oil, use a folded paper towel soaked in oil, or rub it with a piece of fatty bacon, beef fat or chicken skin.

6. TURN, DON'T STAB

The proper way to turn meat on a grill is with tongs or a spatula. Never stab the meat with a carving fork—unless you want to drain the flavor-rich juices onto the coals.

7. KNOW WHEN TO BASTE

Oil-and-vinegar-, citrus- and yogurt-based bastes and marinades can be brushed on the meat throughout the cooking time. (If you baste with a marinade that you used for raw meat or seafood, do not apply it during

the last three minutes of cooking.) When using a sugar-based barbecue sauce, apply it toward the end of the cooking time. The sugar in these sauces burns easily and should not be exposed to prolonged heat.

8. KEEP IT COVERED

When cooking larger cuts of meat and poultry, such as a whole chicken, leg of lamb or prime rib, keep the grill tightly covered and resist the temptation to peek. Every time you lift the lid, you add 5 to 10 minutes to the cooking time.

9. GIVE IT A REST

Beef, steak, chicken almost anything you grill will taste better if you let it

stand on the cutting board for a few minutes before serving. This allows the meat juices, which have been driven to the center of a roast or steak by the searing heat, to return to the surface. The result is a juicier, tastier piece of meat.

10. NEVER DESERT YOUR POST

Grilling is an easy cooking method, but it demands constant attention. Once you put something on the grill, stay with it until it's cooked. This is not the time to answer the phone, make the salad dressing or mix up a batch of your famous mojitos.

Above all, have fun. Remember that grilling isn't brain surgery.

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