

EMERIL GRILLS
BARBECUE RECIPE
SHOW #ES01

EMERIL'S GREAT GRILLING AND BARBECUE TIPS

Brush cold grill with oil to prevent sticking

Use one-gallon zip-lock plastic bags to marinate up to 1 pound of meats or vegetables in 2 to 3 cups of marinade; seal, pressing out air, set bag in a large pan or baking dish and marinate, refrigerated, turning occasionally

Glass baking dishes work well for marinating too, but avoid aluminum, which will interact with acids in marinades, and soft plastic or rubber containers that pick up odors easily

Trim excess fat from meat to avoid flare-ups; slash fatty edges to keep meat from curling

Fill a plant mister with 7 parts water and 1 part vinegar; use to spray grill when flames flare up

Preheat gas grills at least 15 minutes; for charcoal grills, light at least 45 minutes before, and let burn to hot embers, coated with ash

To flavor your barbecue, add aromatic hardwoods, such as hickory, mesquite or oak chips or chunks or aromatic fruit woods, such as apple or cherry or vine cuttings; soak wood in cold water for at least 30 minutes, then add to hot coals

Begin grilling when grill temperature stabilizes at 300 Fahrenheit

Use your hand to determine approximate temperature; hold your hand 3 inches above the rack and count the seconds you can comfortably keep it in place: 5 seconds for low, 4 for medium, 3 for medium-high, 2 for high

For kebabs: grease flat, narrow metal skewers or soak bamboo skewers in water for 30 minutes

For small, delicate items such as fish, shrimp or asparagus use an oiled grill basket for easy turning

For long-cooking vegetables or fruits (such as potatoes, whole heads of garlic or apples) cut a

large piece of heavy-duty aluminum foil, oil well, fill with sliced vegetables or fruit and seasonings, drizzle with oil, seal and place on hot grill

Use long-handled tools and tongs -- not forks -- to turn meat to avoid piercing and releasing juices

To prevent scorching, brush meat with prepared ^{cook}barbecue sauce only after it is cooked through

Don't forget to use heavy-duty oven mitts, preferably asbestos

EMERIL'S SOUTHWEST DRY RUB

3 tablespoons chili powder

2 tablespoons paprika

1 tablespoon cayenne

1 tablespoon ground cumin