

## Chapter 1 : The Hidden Dangers of Grilling | The Oz Blog

*Barbecuing & Grilling: Inside and Out: Sizzling different ideas for the grill, griddle and barbeque [Linda Tubby] on [www.nxgvision.com](http://www.nxgvision.com) \*FREE\* shipping on qualifying offers. A stylish and evocative guide to indoor and out door grilling.*

Infra-red radiation works without any physical contact between the source of heat and the object, but the energy is lost quickly because the rays spread out in all directions, so during cooking the object needs to be quite near the heat source. The food is placed at a distance from the heat source which will brown the surface as required, while cooking the centre to the degree of doneness required. Browning[ edit ] Browning cannot occur at low temperatures, which is why food that is cooked at boiling point as in steaming and microwaving does not brown. When the food is exposed to the radiant heat of a grill, the surface rapidly browns and develops an intense, full flavour. In foods with a high sugar content, the sugar caramelises, first melting and then deepening in colour, and also creating a rich flavour this is the same mechanism as the browning of toast. In foods such as cakes, meats, nuts and coffee beans, the carbohydrate part of the food reacts with other parts of it and the result is browning. This is sometimes called the Maillard reaction after the Frenchman who discovered how it happened. With meats, the browning stage is sometimes called searing. It used to be thought that searing actually sealed the surface of the meat, but this is not the case. How to control the degree of cooking[ edit ] In grilling, the radiated heat is very intense and the surfaces of the food brown rapidly. But there is a big difference between the speed of cooking at the surface and inside the food, and it is important that surface browning occurs at about the same rate as the internal cooking. In an overhead grill this means adjusting the distance of the food from the heat source and in a charcoal grill you might need to move the food to a cooler area after initial browning. Otherwise it is easy to end up with food that is either charred on the outside and under-cooked or even quite cold on the inside or completely dried out, tough even tender meat will toughen in these conditions and burnt. Choice of food for grilling[ edit ] Only certain types of food are suitable for the intense dry heat of grilling. In general they should be tender items which are: Meat should have a reasonable fat content - veal escalopes, for example, are so lean that they will just dry out. Tough cuts of meat are unsuitable for grilling, because the temperatures are too high, the conditions too dry and the time too short for the connective tissue to be converted into gelatin. Tomatoes and mushrooms grill successfully, particularly if they are first brushed with oil, but vegetables with a low moisture content will rapidly dry out and shrivel. Other meanings of the term[ edit ] Grilling is also an ambiguous term that can mean: Double-sided Frying [ edit ] This would be done in a sandwich cooking device, similar to a waffle iron but preferably without the square bumps. The George Foreman Grill works fairly well. The procedure is sometimes also known as toasting, as in the toasted cheese sandwich. Broiling British English usage [ edit ] Most British and European ovens are fitted with radiant grills: The same term is also used to describe the cooking technique where food lying on a rack is cooked by radiant heat from below, as in a barbecue. If no radiant grill is fitted, this is best done in an electric oven , with the door partly open and only the top heating element in use. Gas ovens often provide a less-effective lower drawer for this purpose. The same can be achieved outdoors by vertical grilling, using either stacks of charcoals or fires with high flames fed by standing pieces of thin and long burning-wood. The food will then be placed to receive infrared radiation from the side. Barbecuing [ edit ] This cooking method uses fire. It is usually done outdoors on barbecue grills over wood, charcoal, or propane fires. In other areas, all barbecuing is considered grilling and all grilling over a fire is considered barbecuing. Barbecuing is traditionally done with hardwoods or fruitwoods, such as hickory, maple, mesquite, and applewood, which gives a nice smoke flavor to the food. The meats , fish or vegetables may be prepared by marinating or by applying a combination of spices known as a dry rub. A barbecue sauce may be added before, during, or after cooking. Barbecue also can mean a device for cooking such food, a social event at which such food is served, or any food served with barbecue sauce. Recipes that use some form of grilling[ edit ].

*It turns out, even though we tend to use the words "barbecue" and "grill" interchangeably, there is a difference between barbecuing and grilling. And, if you're a true outdoor chef, it really does matter!*

The Arawak people of South America roasted meat on a wooden structure called a barbacoa in Spanish. It was also applied to the pit-style cooking techniques now frequently used in the Southeastern United States. Barbecue was originally used to slow-cook hogs; however, different ways of preparing food led to regional variations. Taken during the summer of 1951, Kingsford invented the modern charcoal briquette. The local community grew and was named Kingsford in his honor. He suggested to Ford that a charcoal manufacturing facility be established next to the assembly line to process and sell charcoal under the Ford name Kingsford charcoal at Ford dealerships. Stephen, a welder, worked for Weber Brothers Metal Works, a metal fabrication shop primarily concerned with welding steel spheres together to make buoys. Stephen was tired of the wind blowing ash onto his food when he grilled so he took the lower half of a buoy, welded three steel legs onto it, and fabricated a shallower hemisphere for use as a lid. He took the results home and following some initial success, started the Weber-Stephen Products Co. These first Lazy-Man grills were marketed as "open-fire charcoal-type gas broilers" which featured "permanent coals", otherwise known as lava rock. The gas open-broiler design was adapted into the first portable gas grill in by Chicago Combustion Corporation as the Model AP. Gas-fueled grills typically use propane or butane liquified petroleum gas or natural gas as their fuel source, with the gas flame either cooking food directly or heating grilling elements which in turn radiate the heat necessary to cook food. Gas grills are available in sizes ranging from small, single steak grills up to large, industrial sized restaurant grills which are able to cook enough meat to feed a hundred or more people. Some gas grills can be switched between using liquified petroleum gas and natural gas fuel, although this requires physically changing key components including burners and regulator valves. The majority of gas grills follow the cart grill design concept: The wheeled frame may also support side tables, storage compartments, and other features. A recent trend in gas grills is for manufacturers to add an infrared radiant burner to the back of the grill enclosure. This radiant burner provides an even heat across the burner and is intended for use with a horizontal rotisserie. A meat item whole chicken, beef roast, pork loin roast is placed on a metal skewer that is rotated by an electric motor. Smaller cuts of meat can be grilled in this manner using a round metal basket that slips over the metal skewer. Another type of gas grill gaining popularity is called a flattop grill. According to *Hearth and Home* magazine, flattop grills "on which food cooks on a griddlelike surface and is not exposed to an open flame at all" is an emerging trend in the outdoor grilling market. Infrared grills work by igniting a gas fuel to heat a ceramic tile, causing it to emit infrared radiation by which the food is cooked. The thermal radiation is generated when heat from the movement of charged particles within atoms is converted to electromagnetic radiation in the infrared heat frequency range. Infrared grills allow users to more easily adjust cooking temperature than charcoal grills, and are usually able to reach higher temperatures than standard gas grills, making them popular for searing items quickly. There is contention among grilling enthusiasts on what type of charcoal is best for grilling. Users of charcoal briquettes emphasize the uniformity in size, burn rate, heat creation, and quality exemplified by briquettes. Users of all-natural lump charcoal emphasize its subtle smoky aromas, high heat production, and the lack of binders and fillers often present in briquettes. There are many different charcoal grill configurations. Grills can be square, round, or rectangular, some have lids while others do not, and they may or may not have a venting system for heat control. The majority of charcoal grills, however, fall into the following categories: Brazier[ edit ] A brazier grill loaded with fresh charcoal briquettes. The simplest and most inexpensive of charcoal grills, the brazier grill is made of wire and sheet metal and composed of a cooking grid placed over a charcoal pan. Usually the grill is supported by legs attached to the charcoal pan. The brazier grill does not have a lid or venting system. Heat is adjusted by moving the cooking grid up or down over the charcoal pan. Even after George Stephen invented the kettle grill in the early s, the brazier grill remained a dominant charcoal grill type for a number of years. Brazier grills are available at most discount department stores during the summer. Pellet grill[ edit ] Pellet grills are fueled by compressed

hardwood pellets sawdust compressed with vegetable oil or water at approx. The pellets are lit by an electric ignitor rod that starts the pellets burning and they turn into coals in the firebox once they burn down. Most pellet grills are a barrel shape with a square hopper box at the end or side. The advantage of a pellet grill is its temperature versatility. The best pellet grills can hold steady temperatures for more than ten hours. Many use solid diffuser plates between the firebox and grill to provide even temperature distributions. Most hoppers hold 10 to 20 pounds of wood pellets. Pellets in a wide variety of woods including: Pellet technology is widely used in home heating in certain parts of North America. Softer woods including pine are often used for home heating. Pellets for home heating are not cooking grade and should not be used in pellet grills. Square charcoal[ edit ] The square charcoal grill is a hybrid of the brazier and the kettle grill. It has a shallow pan like the brazier and normally a simple method of adjusting the heat, if any. However, it has a lid like a kettle grill and basic adjustable vents. The square charcoal grille is, as expected, priced between the brazier and kettle grill, with the most basic models priced around the same as the most expensive braziers and the most expensive models competing with basic kettle grills. These grills are available at discount stores and have largely displaced most larger braziers. Square charcoal grills almost exclusively have four legs with two wheels on the back so the grill can be tilted back using the handles for the lid to roll the grill. More expensive examples have baskets and shelves mounted on the grill. Shichirin hibachi [ edit ] Various Japanese traditional shichirin Tokyo Egota , made from diatomite The traditional Japanese hibachi is a heating device and not usually used for cooking. In English, however, "hibachi" often refers to small cooking grills typically made of aluminum or cast iron , with the latter generally being of a higher quality. Owing to their small size, hibachi grills are popular as a form of portable barbecue. They resemble traditional, Japanese, charcoal-heated cooking utensils called shichirin. Alternatively, "hibachi-style" is often used in the U. The chef performs the cooking in front of the diners, typically with theatrical flair—such as lighting a volcano-shaped stack of raw onion hoops on fire. In its most common form, the hibachi is an inexpensive grill made of either sheet steel or cast iron and composed of a charcoal pan and two small, independent cooking grids. Like the brazier grill, heat is adjusted by moving the cooking grids up and down. Also like the brazier grill, the hibachi does not have a lid. Some hibachi designs have venting systems for heat control. The hibachi is a good grill choice for those who do not have much space for a larger grill, or those who wish to take their grill traveling. The kettle grill is considered the classic American grill design. It has remained one of the most commercially successful charcoal grill designs to date. Smaller and more portable versions exist, such as the Weber Smokey Joe. The kettle grill is composed of a lid, cooking grid, charcoal grid, lower chamber, venting system, and legs. Some models include an ash catcher pan and wheels. The lower chamber that holds the charcoal is shaped like a kettle, giving the grill its name. The kettle design distributes heat more evenly. When the lid is placed on the grill, it prevents flare-ups from dripping grease, and allows heat to circulate around the food as it cooks. It also holds in flavor-enhancing smoke produced by the dripping grease or from smoking wood added to the charcoal fire. The Weber kettle grill has bottom vents that also dispatch ash into a pan below the bowl. Most kettle grills can be adapted for indirect cooking. The kettle design allows the griller to configure the grill for indirect cooking or barbecuing as well. For indirect cooking, charcoal is piled on one or both sides of the lower chamber and a water pan is placed in the empty space to one side or between the charcoal. Food is then placed over the water pan for cooking. The venting system consists of one or more vents in the bottom of the lower chamber and one or more vents in the top of the lid. Normally, the lower vent s are to be left open until cooking is complete, and the vent s in the lid are adjusted to control airflow. Restricted airflow means lower cooking temperature and slower burning of charcoal. Cart[ edit ] The charcoal cart grill is quite similar in appearance to a typical gas grill. The cart grill can be rectangular or kettle in design, has a hinged lid, cooking grid, charcoal grid, and is mounted to a cart with wheels and side tables. Most cart grills have a way to adjust heat, either through moving the cooking surface up, the charcoal pan down, through venting, or a combination of the three. Cart grills often have an ash collection drawer for easy removal of ashes while cooking. Their rectangular design makes them usable for indirect cooking as well. Charcoal cart grills, with all their features, can make charcoal grilling nearly as convenient as gas grilling. Cart grills can also be quite expensive. Hinges are attached so the top half forms the lid and the bottom half forms the charcoal chamber. Vents are cut into the top and bottom

for airflow control. A chimney is normally attached to the lid. Charcoal grids and cooking grids are installed in the bottom half of the grill, and legs are attached. Like kettle grills, barrel grills work well for grilling as well as true barbecuing. For barbecuing, lit charcoal is piled at one end of the barrel and food to be cooked is placed at the other. With the lid closed, heat can then be controlled with vents.

**Chapter 3 : Grilled Whole Chicken with Barbecue Sauce**

*A stylish and evocative guide to indoor and outdoor grilling: 65 wonderful new recipes shown in beautiful pictures from one of the world's top food photographers Inspiring and innovative barbecue and grill ideas, from quick-and-easy skewered prawns and grilled vegetables to leaf-wrapped whole fish and an American-style seafood beach bake.*

Hide Caption 1 of 10 Photos: Louis "Sandwiches come in two sizes at No. Hide Caption 3 of 10 Photos: The fourth-ranked eatery in Fort Myers, Florida, opened in as an extension of a catering business. Hide Caption 4 of 10 Photos: Hide Caption 5 of 10 Photos: Hide Caption 6 of 10 Photos: Hide Caption 7 of 10 Photos: Hide Caption 8 of 10 Photos: Be prepared for a wait. Hide Caption 9 of 10 Photos: Sweet tea somehow made sense, too. But it took years for me to let go of the habit of declaring a "barbecue" every time I decided to cook hamburgers, steaks or hot dogs on the grill. A friend from Memphis was the first to call me out. Surely, I meant I was going to "grill out," he said. Grilling meat or vegetables for minutes at a time, he said, does not a barbecue make. It would take years for me to see it his way or, more likely, give up the fight after learning what barbecue means to the South. There are rankings and contests and immutable beliefs about who does it best, all dependent on where you live and who your parents are -- much like the origin of my linguistic confusion. Read More An email from my mother about her Memorial Day weekend says it all: In a nutshell, the difference is temperature and time. Grilling is done over direct heat at high temperatures, said cookbook author Matt Lee, one half of the Lee Bros. Barbecue, on the other hand, is both a noun and a discipline, typically left to an esteemed member of the community because of the time commitment, "usually, Uncle Larry," Lee said. Barbecue is cooked over coals at low temperatures using indirect heat by pushing coals to one zone of the cooker and the meat to another zone. Barbecue, for my family, is low and slow cooking, where grilling is intense direct heat," he said. But barbecue is more than a technique, Lilly added. Johnson and many more in between, American politicians saw value in this definition of barbecue, using them as excuses for parties and events for political glad-handing. Like many American traditions, they drew inspiration from existing cultures. Blame it on the BBQ sauce Spanish conquistadors reported seeing Taino-Arawak and Carib natives in Hispaniola roasting, drying and smoking meat "on wooden frameworks over small beds of coals," Lovegren wrote in the article "Barbecue" for the June volume of American Heritage. The framework was called a babracot, which the Spaniards turned into the word "barbacoa," Lovegren wrote. The first European arrivals in America also found natives barbecuing "south of the not-yet-delineated Mason-Dixon Line" and took a liking to it. Lovegren also concluded that barbecue is not grilling. Beyond that, questions such as what kind of meat to cook, for how long and in what kind of sauce will produce just as many opinions as varieties of BBQ sauce in the grocery aisle. Ted Lee blames the sauce for the blending of the terms "grilling" and "barbecue. Signs of "barbecue" being used interchangeably with grilling began to emerge before then. Miller also dug up a reference from food writer Clementine Paddleford , who traveled to five Western states in and visited dozens of homes as a popular food columnist. I doubt if ever again fried meats will be in the running," she wrote. Now the barbecue moves into smart dining rooms in restaurants. Charcoal broiled meats are featured served from the barbecue centered in the dining room and presided over by a chef in high hat. More than other methods of cooking, outdoor grilling afforded families and friends a time to socialize -- another popular American pastime -- while affirming gender roles. Apart from references attributed to his sources, Miller was careful to avoid using the terms interchangeably, "in order to avoid arguments between barbecue aficionados," he said in a footnote to the article. Let me know by tweeting me at grinsli.

### Chapter 4 : The 13 Best Grill and BBQ Accessories

*Barbecuing Grilling Inside And Out Sizzling Different Ideas For The Ebooks Free Download Pdf posted by John Rodriguez on October 18 This is a file download of Barbecuing Grilling Inside And Out Sizzling Different Ideas For The that reader can be downloaded this by your self on [www.nxgvision.com](http://www.nxgvision.com)*

Ok, which is which and is there a difference? You hear them both all the time, almost interchangeably. They are the same thing! I told you it was confusing. In general, the words barbecue and grill can be used interchangeably, they are synonymous. There is no difference between a barbecue and grill when it comes to the hardware used. A "barbecue" or a "grill" are the same thing. However, in some settings the words can take on different meanings, particularly for barbecue cooking versus grill cooking. Barbecue sauce usually refers to a specific type of sauce that can be used on meats either cooked on a grill or barbecue or even cooked in an oven. Here, the word barbecue refers to a type of sauce, typically a rich, thick, slightly spicy tomato-based sauce. Sometimes this does not even imply cooking over charcoal or fire at all! It can be in the oven or stovetop. If on a grill, this can be accomplished by smoker cooking or indirect heat. Indirect heat is accomplished by separating the charcoals so that your food is not directly over them. The lid is then closed so that the food heats by convection of the hot smoke and air inside your grill, similar to how food cooks in the oven. This allows larger cuts of meats or whole poultry to cook slowly, cooking thoroughly on the inside before the outside is burnt to a crisp. In this type of grill cooking the food is cooked at high heat directly above the heat source. This allows quick searing of the surface of the food, leaving the inside tender and juicy. This is great for smaller cuts of meat or cuts you want more on the rare side in the middle, like a nice juicy steak. These differences used as examples are not universal. It can mean different things to different people.

### Chapter 5 : BBQ talk: Difference between grilling and barbecue - CNN

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

Yum Shares Do you know the difference between barbecuing and grilling? Both techniques make some amazing food, but there is one very important difference between them. Is there a difference? It is usually done over direct heat. Many vegetables and some fruits are also great cooked on the grill. Grilling is done over direct heat, where the flame either gas or charcoal is directly below the meat. Barbecuing Barbecuing is cooking foods low and slow. Barbecuing is usually used for cuts of meat like ribs , pork shoulder, beef brisket, or whole chickens or turkeys. These types of meats tend to be tougher, and need the low, slow heat of a barbecue or a slow-cooker in order to get them good and tender. Barbecued food is cooked over very low heat usually degrees Fahrenheit or lower for a very long time hours, or even all day long. Charcoal or wood are commonly used as the heat source for barbecue. Different types of wood give off different smoky flavors that the meat can absorb. The best barbecue chefs pride themselves on a very long cooking time to get the tenderest, most flavorful meat. Marinades are often used for foods that will be grilled. The meat or veggies or fruits soak in a marinade for anywhere from one hour to overnight. The meat absorbs the flavors and some of the liquid from the marinade. The marinade is discarded, and the meat is cooked hot and fast on the grill, resulting in a very juicy, flavorful meal. Spices can be used in either cooking method. Many barbecued foods are treated with a dry rub of spices before they are cooked. This method can also be used for grilling, or simply shake on your favorite seasonings or even just a bit of salt and pepper for some more flavor before putting the meat on the grill. Will you be barbecuing or grilling this summer?

### Chapter 6 : Before & After Barbecue Grill Cleaning | Bar-B-Clean

*So there it is, you now know the differences between barbecuing and grilling and the way heat is used. Be sure to check out our other in depth guides such as the differences in regional barbecue across America and when you should grill with the lid up and down.*

Twice Barbecuing is one of the true joys of summertime. Grilling is fun, affordable, makes food taste good and brings together friends and family. In the midst of good times, however, you might not be thinking about some very real health risks that you are exposing yourself to at the barbecue. Luckily, there are ways you can showcase master grilling skills and also reduce health risks for you and your guests. Read on to find out four grilling health threats and some easy ways to reduce them in your own backyard.

**Char** While char marks in grilled meat look appealing and give a tasty flavor, the char is laden with cancer-causing compounds called heterocyclic amines HCAs that form when meat and high heat are combined to create a blackened crust. High levels of HCAs can cause cancer in laboratory animals exposed to them, and epidemiological studies show that eating charred meats may be associated with an increased risk of colorectal, pancreatic and prostate cancer.

**Smoke** Barbecue smoke contains polycyclic aromatic hydrocarbons PAHs , toxic chemicals that can damage your lungs. As meat cooks, drippings of fat hit the coals and create PAHs, which waft into the air. If you are a grill chef who loves to stand over the barbeque, you are inhaling these toxins. The smoky smell on your clothes and in your hair is also coating the inside of your lungs. The more your grill smokes, the more PAH is generated. The toxins are absorbed along with that delicious smoky flavor right into your food.

**Harmful byproducts** When food is cooked at very high temperatures, a chemical chain reaction can occur that creates inflammatory products called advanced glycation endproducts AGEs that are harmful to your cells and associated with cellular stress and aging. Over time, AGEs accumulate in your organs and cause damage.

**Where do you find AGEs in the barbeque?** Boosting flavor can reduce risk. Precooking removes some of the fat that can drip and smoke, and it greatly reduces the amount of time your meat sits on the grill being exposed to toxins. Less time at high heat also means fewer AGEs are created in your meat. Keeping drippings in the foil can also help to keep your food moist. Another great way to reduce drippings is to choose leaner cuts of meat and trim off any excess fat before you put them on the grill.

**Prevent Foodborne Illness** Undercooked meat contaminated with bacteria like E. Luckily, foodborne illness is often avoidable by using careful food hygiene. Keep in mind that meat should always be kept in the refrigerator while thawing or marinating to prevent bacteria from growing. Not just a momentary spray under the faucet, but an honest wash, just like you would in a restroom. This will help prevent cross contamination. Be careful about using knives and tongs to handle both the raw and cooked meats. While preparing multiple dishes, use different colored cutting boards when making preparing meats and vegetables. Use one color for cutting raw meat and another color for cutting produce. Make it easy on yourself to prevent cross-contamination. So, now that you know how to barbeque with your health in mind, go ahead and fire up your grill.

### Chapter 7 : Barbecue grill - Wikipedia

*Smoking is the same basic concept as barbecuing; in fact, smoke is an inherent component in barbecuing, and to a lesser degree, grilling. However, the temperature is often even lower - between degrees F - and cooking times can extend for days or even weeks.*

The following is a list of handy tips to ensure in your grilling and BBQ successes. Have a spray bottle full of water nearby your grill in case of flare-ups. Then light the coals about 30 minutes before to cooking. At this time, the charcoal should be mostly an ash-gray color with a little bit of glowing red underneath. Light the charcoal with a chimney starter. The only downside to this is that the opening holes in the bottom of your cooker will get covered up. So when you first light your fire, make sure it gets plenty of oxygen to stay lit longer, thereby giving you hotter and longer-lasting coals. If using a smoker, minimize the amount of times you open it. If you intend to eat the skin, rub the outside with a little butter or oil and then lightly season it. Not eating the skin? Although thick bands of fat may be undesirable, try to pick a steak with thin specks and strands of fat in between the muscle tissue. At cooking time, these small bits of fat will melt in a process called marbling and make the meat juicier. Leaner steak cuts possess more flavor but will be a little tougher if cooked past medium. This will make bacteria grow at an exponential rate, plus it will make the meat less fresh. If you need to thaw out meat, do so overnight or all day in the refrigerator. The juices will escape, making the meat drier and less flavorful. Use a spatula or tongs to move and flip your food. Get a dutch oven or a large pot depending on the amount of stuff you grill with a lid when transporting your cooked meats inside. Quick and easy way to grill large vegetables such as potatoes and ears of corn: To reduce the amount of browning or blackening of meat, only apply barbecue or other tomato-based sauces containing sugars during the last 10 or so minutes of grilling. Experiment with different types of marinades, seasonings and rubs to give your food unique and delicious tastes. Got a regular grill that cooks hot and fast but want a little smoke flavoring? First, only line charcoals on the bottom of one side of the grill. Then, place some hickory or mesquite wood chips on top of the hot coals for extra flavoring. Place your meat on the side of the grill away from the coals indirect heat, and keep the lid closed as much as possible. This will increase cooking times quite a bit, but it will be worth it. In fact, this added smokey taste may be so good you may even decide to forgo the barbecue sauce next time you do this. Marinades tenderize meat and addition to giving them some wild flavoring. Tired of the same-old BBQ sauce? Add a little bourbon, rum, beer, or wine to your standby sauce. Mix in some honey, brown sugar, or paprika. Put in lemon juice, chopped onions, red peppers or chile peppers to perk things up. Use these cooking times for grilled fish: Salmon fillets, 6" 8 minutes per side; Salmon or halibut steaks, 5 minutes per side; Trout fillets, 4 minutes per side; Small whole fish, 7 minutes per side; and Large fish, 15 minutes per side. If your whole fish are stuffed, give it a few extra minutes per side. Use these general cooking times for grilled chicken: Breasts and wings, 15" 20 minutes; Thighs and legs, 30 minutes; Chicken halves, 40" 45 minutes; Whole chicken, 75" 90 minutes. On individual chicken pieces, apply sauce and turn every 5 minutes. Whole birds, grill breast-side down and turn over after 45 minutes. Half birds, cook skin-side down for 5 minutes and then flip over and grill for remaining amount of time. Keep your grill grate clean with a stiff wire brush or a piece of crumpled-up foil with a subsequent wipe with a dry paper towel. Dip a folded paper towel in oil and apply to the bars of the grate. Remember, it takes a bit of an adventurous spirit and a whole lotta trial and error before you get really good at barbecuing. Experiment with different kinds and cuts of meat, flavorings and seasonings, types of grills and smokers, and cooking methods. You just might stumble upon something you really like.

### Chapter 8 : How to Clean Your Barbecue Inside Out: 7 Steps (with Pictures)

*If you have managed to steam-soften the inside of the barbecue itself then things ought to be easier. For straightforward grilling with charcoal barbecues, scoop or tip out any coal mess, and clean up the final bits with some damp kitchen roll.*

Chapter 9 : Cookbook:Grilling - Wikibooks, open books for an open world

*Minutes 5 through 8: Use the grill brush to scrub the inside walls above the elements. (Ash and debris will fall onto the foil.) Wipe the walls with a damp paper towel.*