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Today's

# Diet & Nutrition

HEALTH / NUTRITION / FITNESS / LIFESTYLE / BEAUTY / CUISINE

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# Flavor

From

the

# Fire

## Grilling Is Hot!

—  
By Michele Deppe

*Grilling isn't just for weekends!  
We've turned to leading grillmeisters  
for advice, inspiration, and recipes  
that will keep you grilling from  
Monday through Sunday.*



Children's laughter is carried on the breeze from the sandy lakeshore through the tall white birches. The sun's departing rays gild the Indian village. A delectable scent fills the air.

Freshly caught salmon is bound to a large wooden plank that stands upright and proud like a totem pole, while flavor-enhancing plumes of smoke from a roaring campfire engulf the fish.

That's how people cooked their catch in the 17<sup>th</sup> century—or last weekend—because plank grilling is so delicious that it's still popular with those in the know.

#### THIS WOMAN'S SMOKIN'!

"Native Americans used to bind fish to large pieces of alder or cedar wood and place them downwind of a bonfire," says Gena Knox, a soft-spoken blonde with a honeyed southern accent. Knox has such a passion for grilling on wood that she created Fire & Flavor Grilling Company, offering cooking planks, cedar papers, and grilling accessories so contemporary cooks can conveniently achieve the same flavors.

"The food rests on a wood plank or is wrapped in cedar paper, and the wood chars on the bottom as it sits on the grill, making a lot of smoke. The grill lid contains the aromatic smoke, and that's what cooks the food and gives it such wonderful flavor," says Knox. "And the food stays nice and moist." Her palette is so accustomed to savoring the robust, woodsy flavor of cedar that she says politely, "If salmon hasn't been planked, I'm not at all tempted to eat it."

Maple planks are her favorite. "Maple imparts a mild, buttery richness that doesn't overpower halibut, shrimp, pork, or vegetables," says Knox, whose favorite recipe in her *Gourmet Made Simple* cookbook is maple-grilled fresh green beans dressed with crumbles of tangy bleu cheese and sweet pecans. The planks, which are soaked in water before charring against the hot flames, also come in oak, an aged flavor that's great for beef, and alder, which is slightly sweet and versatile. Hickory provides a hearty smoke, strong enough to stand up to game and massive cuts of meat, and cherry planks are tart and fruity.

#### TURNING UP THE HEAT

For a masculine (albeit pyromaniac) perspective, we turn to David Joachim, who says, "A leaf blower works great to get some extra oxygen blowing into your grill." Joachim and Andrew Schloss have written a massive 5-pound reference book, *Mastering the Grill*, which effectively dispels the notion that grilling is an unpredictable, "inexact science." They share their secrets about the science and mechanics of grilling and explain the mysteries of heat transference and the physics of fire. Their position: If you understand what happens physically during grilling, you can master the grill. For example, charcoal burns drier than gas, which is why it sears meat well.

Referring to the encyclopedic nature of the book, Joachim says, "Whatever the interest level, it's all here. But we realize that although some people want to be experts, others just want to make dinner." If you're just interested in really great recipes, *Mastering the Grill* has those in abundance.

As Joachim and Schloss explain, barbecuing is a slow-cooking method to tenderize fatty, rough cuts of meat. Grilling, on the other hand, is typically a quick method of cooking lower fat meats. Since grilling is time efficient, why save it just for weekends?

#### GRILLING EVERY DAY

Busy mom and cookbook author Diane Morgan says, "I grilled a lot at home, and it occurred to me that other people aren't thinking this way; they're not using the grill as a weeknight tool." This thought prompted her to share some of her "Monday through Friday recipes" and easy weekend fare in her new cookbook, *Grill Every Day: 125 Fast-Track Recipes for Weeknights at the Grill*.





# Recipes From *Gourmet Made Simple*

by Gena Knox



### Planked Salmon With Asian Barbeque Sauce

Plank grilling gives salmon a moist, delicious flavor. The sauce is easy to make but gives the dish an exotic touch—and it's just as good on chicken or pork as it is on salmon.

**PLACE** outdoor  
**PREP TIME** soak + 5 minutes  
**COOK TIME** 15 minutes  
**YIELD** 4 servings

**Salmon**  
4 six-ounce salmon fillets or a single 1½ pound fillet  
1 15-inch cedar, maple or alder grilling plank, soaked  
1 tablespoon sesame seeds

**Sauce**  
¼ cup ketchup  
¼ cup hoisin sauce  
2 tablespoons rice vinegar  
1 tablespoon soy sauce  
1 tablespoon toasted sesame oil  
1 tablespoon grated fresh ginger  
½ teaspoon crushed red pepper

**FIRST**  
Combine sauce ingredients in a medium bowl. Divide in half, using one-half for basting and reserving the other to serve with the salmon.

**NEXT**  
Preheat grill to medium-low heat. Brush half of the sauce on the salmon, then sprinkle with sesame seeds. Place soaked plank on the grill, close the lid and allow plank to heat 3 minutes. Turn plank over, place salmon directly on heated side and close the lid again. Cook 12 minutes (for medium), or until desired doneness.

**LAST**  
Remove salmon and plank from grill and allow to rest 3 minutes. Serve with the remaining barbeque sauce.

**TD&N Nutrient Analysis:** Calories: 370; Total Fat: 17 g; Saturated Fat: 2 g; Polyunsaturated Fat: 6 g; Monounsaturated Fat: 6 g; Cholesterol: 107 mg; Sodium: 1,126 mg; Carbohydrates: 14 g; Fiber: 0 g; Protein: 40 g

### Cedar-Wrapped Shrimp With Asian Tomato Salsa

The unique flavor of this salsa sets it apart from more traditional versions. Serve with crispy won tons for an easy appetizer.

**PLACE** indoor/outdoor  
**PREP TIME** 15 minutes  
**COOK TIME** 8 minutes  
**YIELD** 4 servings



**Shrimp**  
1½ pounds large shrimp, peeled and deveined, tails intact  
4 ten-inch or 8 six-inch cedar papers, soaked

**Salsa**  
2 medium tomatoes  
½ English cucumber, diced  
2 scallions, sliced  
¼ cup chopped fresh mint  
1 small jalapeño, finely chopped  
2 tablespoons rice vinegar  
2 teaspoons soy sauce  
1 teaspoon toasted sesame oil  
1 tablespoon sesame seeds

**FIRST**  
To prepare salsa, combine all ingredients in a medium bowl. Season with salt and pepper; set aside.

**LAST**  
Preheat grill or grill pan to medium heat. Season shrimp with salt and pepper, then divide equally among soaked papers. Fold the edges of the papers over the shrimp, securing with cotton string if necessary. Place shrimp packets on grill; cook 3 minutes per side, or until shrimp are pink. Remove from grill and serve immediately with Asian salsa.

**TD&N Nutrient Analysis:** Calories: 233; Total Fat: 5 g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 0 g; Cholesterol: 259 mg; Sodium: 504 mg; Carbohydrates: 8 g; Fiber: 2 g; Protein: 37 g

## Grilled Caesar Salad With Sun-Dried Tomato Dressing

A fresh new blend of classic flavors, I always make a little extra dressing to toss with grilled vegetables.

**PLACE** indoor/outdoor

**PREP TIME** 10 minutes

**COOK TIME** 5 minutes

**YIELD** 4 servings

### Salad

4 hearts of romaine lettuce  
Baguette slices, toasted on grill or in oven  
1 large clove garlic

### Dressing

4 sun-dried tomato halves (not packed in oil)  
1 cup boiling water  
1 tablespoon balsamic vinegar  
1 tablespoon fresh lemon juice  
1 clove garlic  
1 teaspoon sugar  
½ teaspoon anchovy paste (or one anchovy, patted dry)  
3 tablespoons olive oil  
1 ounce finely grated Parmesan cheese

### FIRST

Preheat grill to medium heat. Cut hearts of romaine in half, lengthwise, and set aside. Slice garlic clove in half; rub exposed end onto each toasted baguette slice and set aside.

### NEXT

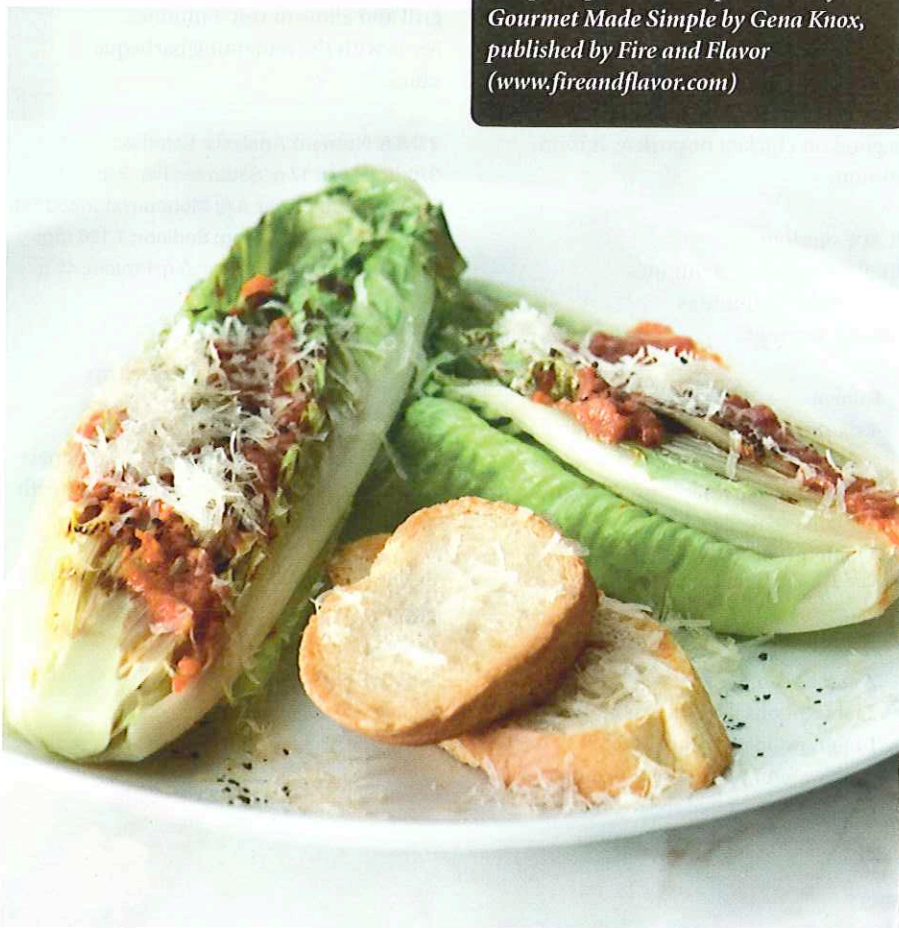
Bring the water to a boil in a pan; place the sun-dried tomatoes in the boiling water and remove pan from heat. Wait 5 minutes for the tomatoes to rehydrate. Remove tomatoes from water, reserving the water for later use. In a food processor, combine rehydrated tomatoes, vinegar, lemon juice, garlic, sugar, anchovy paste and 3 tablespoons of tomato liquid. Purée while slowly drizzling in olive oil. Add more tomato water (1 to 2 tablespoons) until the desired consistency is reached. Season the dressing with salt and pepper.

### LAST

Place lettuce halves, cut side down, on grill and cook for 2 to 3 minutes, until grill marks start to form. Remove from grill and transfer to platter. Drizzle dressing over grilled hearts, top with Parmesan cheese and serve with baguette slices on the side.

**TD&N Nutrient Analysis:** Calories: 224; Total Fat: 14 g; Saturated Fat: 4 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 0 g; Cholesterol: 9 mg; Sodium: 493 mg; Carbohydrates: 19 g; Fiber: 5 g; Protein: 7 g

*Recipes reprinted with permission from Gourmet Made Simple by Gena Knox, published by Fire and Flavor ([www.fireandflavor.com](http://www.fireandflavor.com))*



## NO-CHARCOAL GRILLING

Looking for a no-charcoal alternative?

Fissler's Crispy Steelux grill pan lets you sidestep the less-than-healthy aspects of charcoal grilling. The inside surface of the pan has a patented honeycomb Novogrill surface that gives meat, poultry, tofu, or fish a crispy browned surface with little added fat.

[www.fisslerusa.com](http://www.fisslerusa.com)



# Grilling Essentials

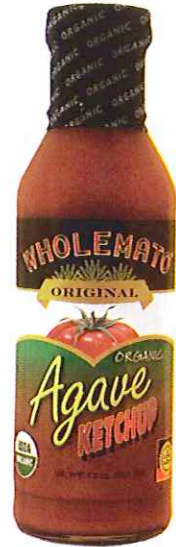
■ One hundred percent all-natural birch skewers are packaged with one of three finger-licking varieties of spice rub and a recipe to help you perk up the flavor of seafood, chicken, pork, beef, and vegetables cooked on the grill or in the oven.

[www.fireandflavor.com](http://www.fireandflavor.com)



■ Ketchup is ketchup, right? Not necessarily. For a new flavor experience, try Wholemato's Original Organic Agave Ketchup. It's an interesting blend of ripe organic tomatoes, unique spices, and organic agave nectar, a natural sweetener that scores low on the glycemic index, making it especially appealing to people with diabetes.

[www.wholemato.com](http://www.wholemato.com)



■ If you'd rather shake your flavor, try Grill Shakers, The Spice Hunter's grilling spices and sea salts, now in four new flavors plus 10 original flavors—something for everyone! And look for Flavor Discoveries, the company's new line of sauce blends, rubs, and gourmet salts.

[www.spicehunter.com](http://www.spicehunter.com)

■ Need inspiration for creating great grilled foods? See what master grillers are cooking up in *Real Barbecue: The Classic Barbecue Guide to the Best Joints Across the USA — With Recipes, Porklore, and More!* Authors Vince Staten and Greg Johnson update this classic cross-country BBQ lovefest.

[www.globepequot.com](http://www.globepequot.com)



■ Add some taste to your kebobs from the inside out with Callison's Fine Foods' Seasoned Skewers, flavored grilling sticks that get the flavor inside the food. They're made from untreated birchwood flavored with herbal extracts and all-natural oils. Just spear your food and grill. They come in Thai Coconut Lime, Garlic Herb, Citrus Rosemary, Indian Mango Curry, Honey Bourbon, Mexican Fiesta, Ginger Mango, Hickory BBQ, and Smoky BBQ. The company also makes seasoned grilling planks in three flavors and six varieties of seasoned salts.

[www.seasonedskewers.com](http://www.seasonedskewers.com)



■ Please your vegetarian and carnivore guests alike at your next cookout with Sunshine Burgers' new barbecue burgers. They're prebaked and don't stick to or fall through the grill. Like all Sunshine Burgers, they're vegan friendly and free of gluten and soy.

[www.sunshineburgers.com](http://www.sunshineburgers.com)