



Cooking Notes

Issue 1 • 8-9-2010
Grilling - Direct Method

It' Time to Grill!

Grilling is one of the joys of summer. For the next few weeks we'll share some grilling tips that will help you grill with confidence and expertise.

Direct or Indirect Method?

The **Direct Method** is exactly what the name implies: the food is cooked directly over the heat. It is best for foods that cook fairly quickly – if it's less than 2 inches cook direct. Fish, burgers, steaks, sausage, chops and vegetables are perfect for direct grilling. Direct heat is also the method for searing meat and that is what gives you the crisp flavorful outside and the moist, tender inside.

To grill using direct heat here are a few simple steps:

1. With a charcoal grill get you coals nice and hot and spread them evenly in the grill
2. If using a gas grill turn all burners on relatively high and preheat with lid closed
3. Place food on cooking grate directly over heat and adjust temperature for your recipe
4. Keep lid on, except when turning and basting
5. Remember to keep an eye on your food to make sure it doesn't overcook

For more grilling tips check out:
<http://www.sazs.com/Barbecue/GrillingTips.html>

