

William Bounds adds fashion and functionality to barbecue accessories with their Sili Gourmet BBQ Brush. The 15-inch long brushed stainless steel handle is beautiful, but it's the silicone bristles that make this basting brush stand out from the crowd. The bristles are non-porous so marinades won't soak in, and can withstand temperatures of up to 500°F. Best of all, the brush is dishwasher safe. Retailing for \$20, the Sili Gourmet is available at [www.wmboundsltd.com](http://www.wmboundsltd.com).

Basting on  
the Barbie

OUTDOOR GRILLING is the all-American pastime, and one that is a perfect match to a healthy lifestyle. Whether you're fixing a family meal or hosting a neighborhood cookout, these products and tips will make your grilling adventure a breeze.

# Cookout Madness

# the tools



## Light My Fire

It's tricky to set fire to charcoal without also setting fire to your fingers. Diamond's Long Reach lighter is 14 inches long and features a rubber grip handle, flame adjustment and a child safety button. At \$3.49, it's the perfect tool to light your fire. Visit [www.diamondbrands.com](http://www.diamondbrands.com) for availability.

## Filet with Finesse

If grilled salmon is on your menu, you'll want to ensure the fish is both beautiful and tasty. The Messermeister Granton Filet Knife slices large and small fish with precision to preserve their delicate texture. Featuring a long, narrow blade, the knife's design enables you to create consistent and even slicing when grilling. With its scalloped texture, the Granton's edge creates air pockets during the slicing process, preventing fish from sticking to the blade and making it easier to grill and serve. Available at specialty retailers nationwide and at [www.cutleryandmore.com](http://www.cutleryandmore.com), the knife has a suggested retail price of \$128.



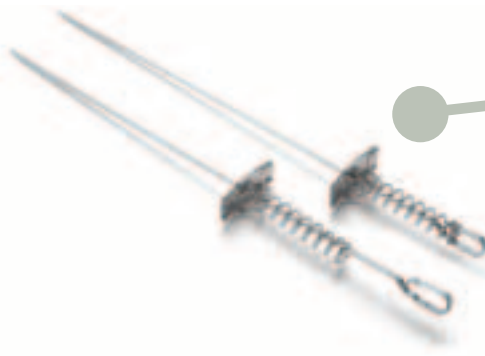
## Splatter Stopper

The must-have fashion accessory for outdoor cooks is the apron. Peacock Cards has dozens of offerings that not only protect your clothes, but that also make a statement. Their mid-length aprons tie at the neck and waist, and feature two center-stitched bottom compartment pouches so that you can keep your recipes close at hand. The cotton/poly twill fabric is machine washable and will see you through dozens of grilling adventures. The aprons, which sell for \$18, can be purchased online at [www.cafepress.com/peacockcards](http://www.cafepress.com/peacockcards).



## Stylish Kabobs

Getting meat and veggies off the skewer and onto the plate can be a messy proposition, but Kuhn Rikon simplifies the process with its BBQ Grill Chef Skewer Set. The flat skewer prevents food from rolling on the grill, helping ensure even cooking. The innovative handle includes stainless steel coils that allow you to push the handle toward the food and onto the plate. The set of two 20-inch skewers retails for \$20. Visit [www.kuhnriikon.com](http://www.kuhnriikon.com) for a retailer near you.



# the tools

## Buyer's Guide

### Iron in the Fire

Whether you're looking for the perfect gift for the barbecue gourmet or simply want to give your cookouts a personalized flair, steak irons will monogram your meat. Made from stainless steel, the irons work with gas grills and charcoal pits alike. Monogrammed steak irons are available for \$39.95 from [www.grillinggifts.com](http://www.grillinggifts.com).



### Grilling Essentials

According to Barbara Caruso, spokesperson for Barbeques Galore ([www.bbqgalore.com](http://www.bbqgalore.com)), there are five basics for every outdoor cook:

**Tongs** ■ Poking the meat with a fork or knife causes the juices to run out and the meat becomes dry, so it's important to use tongs when turning steaks and chops. Locking tongs are even better because they store more compactly.

**Long-handled spatula** ■ Perfect for flipping burgers and keeping your hand away from the heat.

**Heavy-duty oven mitts** ■ Grilled food is hot, so protect your hands when moving accessories or lifting food from the grill.

**A great cookbook** ■ The BBQ Bible or BBQ USA by Steven Raichlen have recipes to help you break out of the usual burgers-and-franks grilling routine.

**Wire grill brush** ■ Keep your grates clean by using a good wire grill brush after every cookout.

If you're going to take the plunge and buy a grill this season, the myriad of choices can be dizzying. Here's some info to help you sort out your options:

#### ● Grill Size

When choosing a grill size, ignore the number of square inches touted by the manufacturer. According to Barbara Caruso, spokeswoman for Barbeques Galore ([www.bbqgalore.com](http://www.bbqgalore.com)), "All the manufacturers include the warming racks in their measurements, and the warming racks greatly differ in size. This renders the square inch measurement rather useless." Instead, Caruso suggests standing in front of the grill and visualize what you usually cook in order to determine what size works best for you.

Most manufacturers offer two sizes of two-burner grills, one about 25% bigger than the other. You'll have more choices as you move into four- and five burner grills. Caruso says, "Keep in mind how many people you usually cook for and what you usually cook. If you grill lots of foods that require indirect cooking, you may need a larger grill than if you exclusively grill foods using the direct method."

#### ● Grilling Surface

Cooking grills are made from chrome-plated steel, porcelain-coated steel, cast iron, porcelain-coated cast iron or stainless steel. According to Caruso, "The chrome grills are found on lower end grills to keep the price down. They are harder to clean than a porcelain coated grill and tend to rust fairly easily."

Porcelain-coated steel grills resist rusting and are easy to clean. Cast iron grills hold the heat extremely well and heat very evenly, but must be kept seasoned with cooking oil to avoid rusting. Caruso notes, "This can be a challenge on a grill that is used and stored outside." Porcelain-coated cast iron has the benefits of cast iron wrapped in an easy to clean and maintain package. "If you get a grill with porcelain coatings, make sure to only use a brass bristle brush to clean the grills, as the brass is relatively soft and will not scratch the porcelain off of the grills," advises Caruso.

Stainless steel grills will last a very long time, but they don't hold the heat or sear as well as cast iron. "If you like to sear your steak so that it is medium rare in the center or if you grill fish filets, make sure the stainless steel grill rods are thick and heavy," says Caruso. If you typically grill indirectly or grill meats—like chicken, pork and roasts—relatively slowly, then stainless steel is an easy to maintain, long lasting choice.

#### ● Burners

Caruso recommends that, if you are going with a typical 2-burner grill, make sure the burners are in an "H" shape and not an "I". The "H" burners spread the heat out more evenly across the expanse of your grill. "I" shaped burners tend to heat only down the center of the grill. Stamped stainless steel burners will last longer than aluminized steel burners, cast iron longer than stamped steel, cast brass longer than cast iron, and cast stainless steel longest of all.

# the flavour



## Drizzle with Care

Williams-Sonoma captures the savory spirits of great global cuisines with their Grilling Drizzles. The Tuscan drizzle infuses olive oil with garlic, basil, rosemary and balsamic vinegar, while the Oaxacan drizzle mixes olive oil with sun-dried tomatoes, garlic, chipotle peppers, chiles and oregano. The Shanghai drizzle enlivens peanut oil with soy sauce, orange zest and toasted sesame seeds. Sprinkle them over meats, incorporate them into salad dressings or use them to boost the flavor of vegetables. The 6.76 fl. oz. bottles retail for \$12 each, and can be purchased from [www.williams-sonoma.com](http://www.williams-sonoma.com).



## BBQ with Dizzy Pig

The Dizzy Pig BBQ Company's Cow Lick beef seasoning packs a spicy and powerful flavor punch without carrying a lick of carbs! The Virginia-based gourmet barbecue spice company puts an accent on grinding whole spices and bottling them while essential oils are still intact. This hands-on approach yields a product brimming with pungent aromatics and wonderfully fresh, intense flavors.

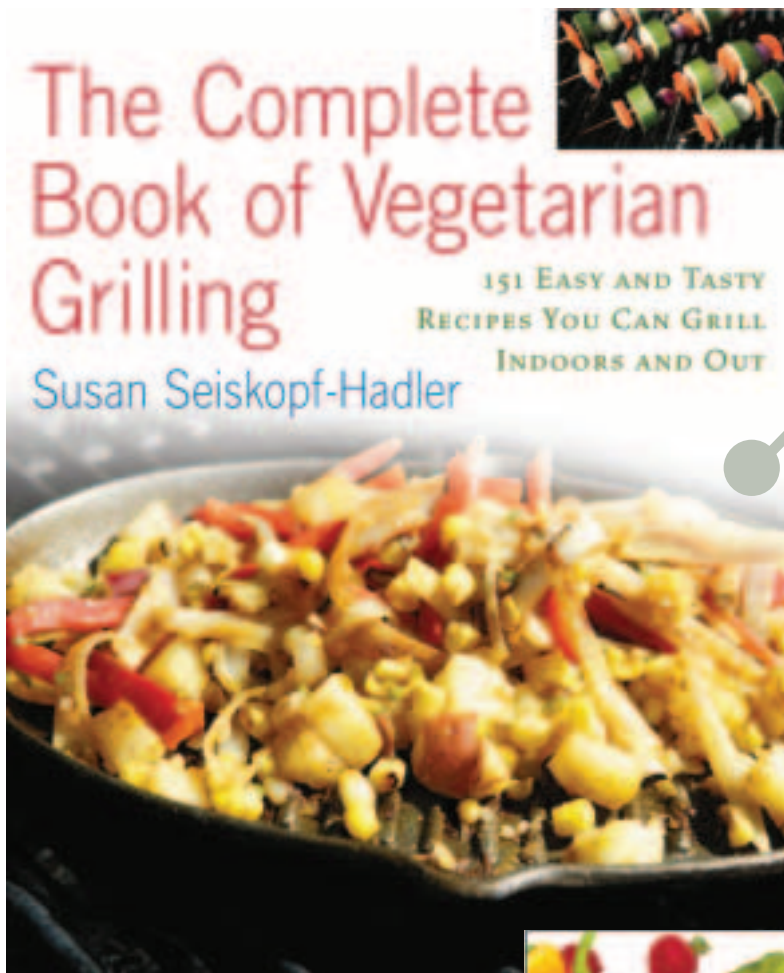
Their Cow Lick beef rub brings a bold peppery bite to steaks, roasts and briskets, but as Dizzy Pig owner Chris Capell notes, "Customers have found uses for the rub beyond what we ever envisioned ourselves: sprinkled on fresh tomatoes, pork roasts, bacon and poultry, as well as in sauces and soups."

Ground without sugar, which will burn over high heat, the carb-free Cow Lick seasoning is ideal for meats cooked on the grill or stovetop. An eight-ounce bottle is \$7, and can be purchased online at [www.dizzypigbbq.com](http://www.dizzypigbbq.com).

## It's the Rub

If you're tired of the same old marinades, add a bit of zing to your beef, fish or chicken with one of Urban Accents' sugar-free rubs. Simply brush with oil and rub in a generous amount of seasoning before putting your meat on the grill. The Chicken and Poultry Rub includes salt, dill, lemon peel and coriander, while the Beef & Burger Rub contains salt, celery seed, dill seed, black mustard, mushroom powder, garlic and crushed red pepper. A two-ounce tin sells for \$4.50, and can be purchased online at [www.urbanaccents.com](http://www.urbanaccents.com).



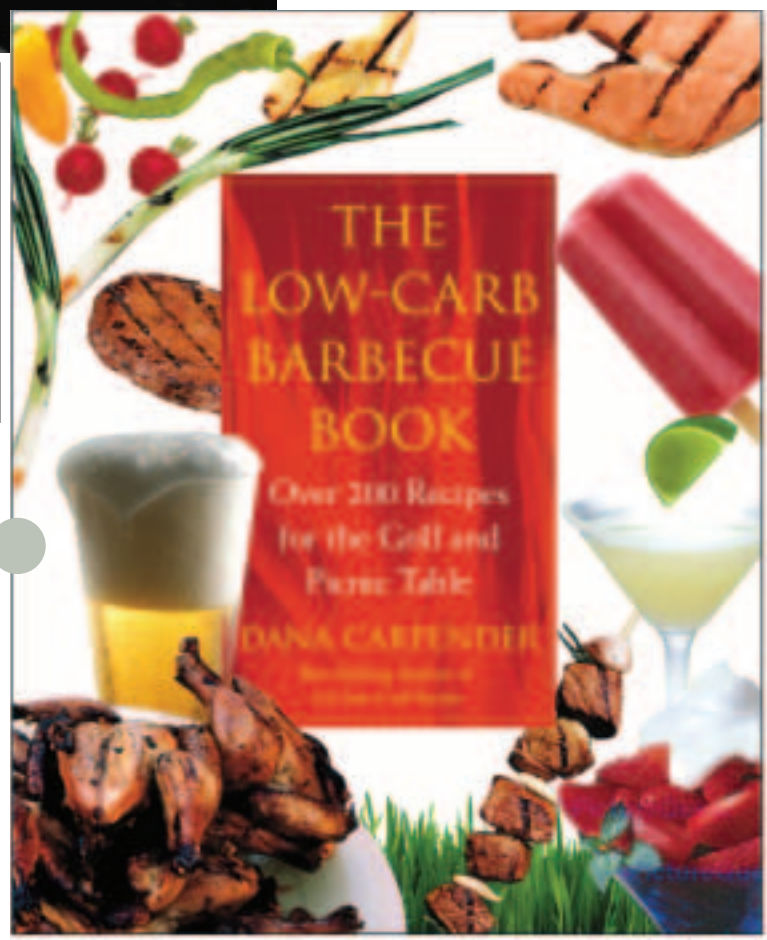
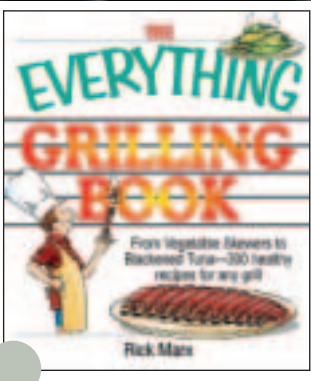


## Field Guides

There's more to grilling than throwing shrimp on the barbie. Here are some cookbooks to both guide you and serve as a springboard for your own culinary imagination.

*The Complete Book of Vegetarian Grilling: 151 Easy and Tasty Recipes You Can Grill Indoors and Out*, by Susan Seiskopf-Hadler, 2005, Fair Winds Press, 224 pages, \$19.95.

*The Everything Grilling Cookbook: From Vegetable Skewers to Tuna Burgers - 300 Healthy Recipes for Any Grill*, by Rick Marx, 2005, Adams Media Corporation, 277 pages, \$14.95.



*The Low-Carb Barbecue Book: Over 200 Recipes for the Grill and Picnic Table*, by Dana Carpender, 2004, Fair Winds Press, 256 pages, \$17.95.

# the books

## Bobby Flay's Top Five Ways to Make Your Grilling Healthy

5. Don't go low-fat, no-fat, low-carb, or no-carb: go good-fat and good-carb – olive and canola oils, salmon, fiber-rich vegetables and whole-grain bread.
4. Don't use fake, processed food.
3. Use lots of fresh herbs and spices – oregano, cilantro, basil, dill, coriander, paprika, cinnamon, chiles, etc.
2. Everything in moderation – portion size does matter.

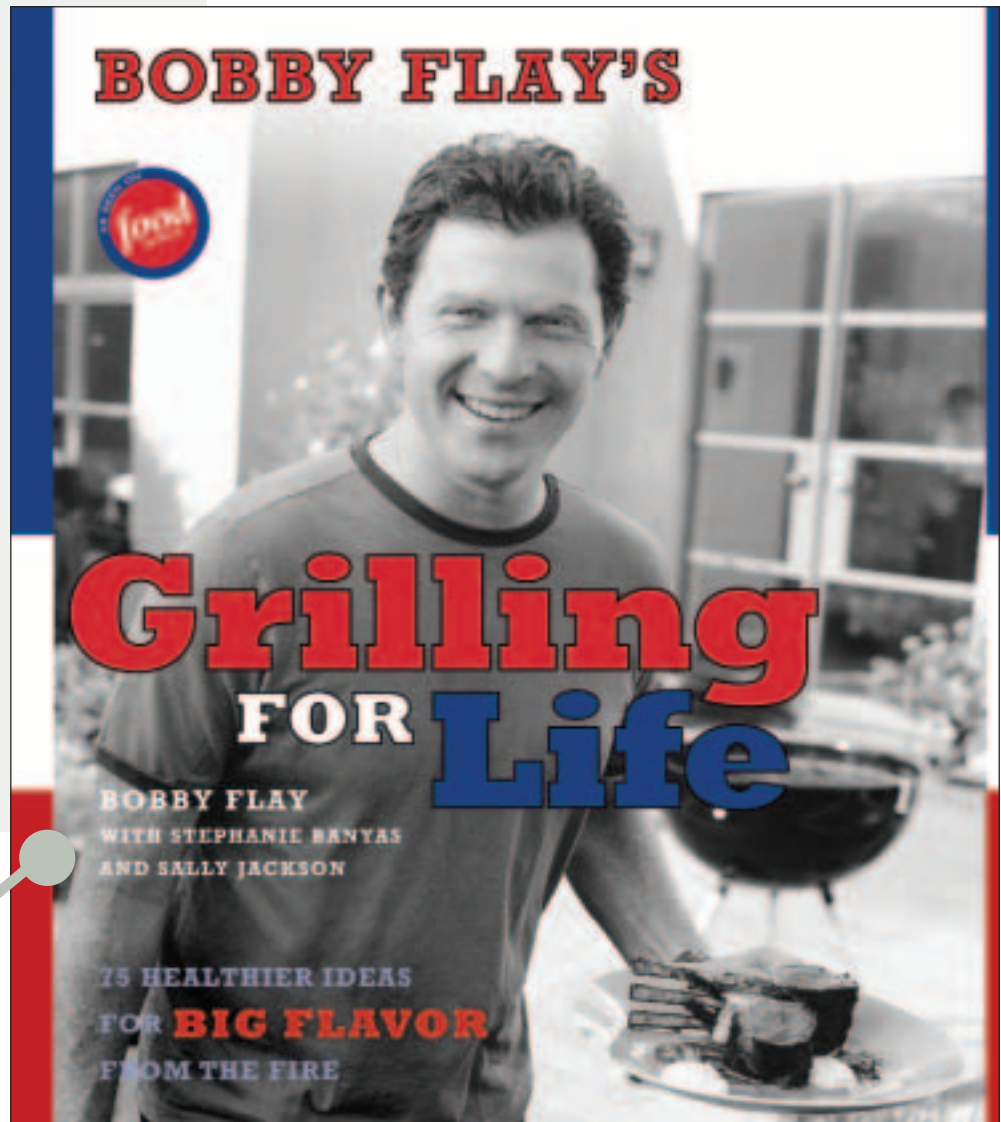
And, most importantly...

1. Let yourself indulge at times—eat French fries or ice cream if you feel the overwhelming urge—*just don't eat the whole plate/pint!*

## Bobby Flay Fires it Up

Celebrity chef Bobby Flay is a new man. He recently got married, he ran the New York City Marathon, and he just turned 40. Perhaps he began reflecting on his eating habits and metabolism. Whatever the impetus, Flay's new book, *Bobby Flay's Grilling for Life: 75 Healthier Ideas for Big Flavor* (Scribner, 2005, \$22) fuses two of America's passions—grilling and healthy food.

In *Grilling for Life*, Flay shows how to take proteins from basic to outstanding without using the unwanted carbs found in many of today's prepared sauces. You'll find lots of omega-3-rich fish, veggies chock-full of fiber, and salads and sides made with complex carbohydrates such as farro, bulgur and buckwheat. Flay shows how to use simple vinaigrettes as drop-dead marinades—all made with heart-healthy oils. Recipes such as Grilled Chicken Tenders with Spicy Chipotle Sauce and Blue Cheese-Yogurt Sauce (nonfat Greek yogurt replaces mayonnaise) or Grilled Red Snapper with Grapefruit-Thyme Mojo (grapefruit replaces oranges for a lower-carb alternative), and incredible flavor additions (toasting nuts on the grill, roasting garlic, adding pickled jalapenos to dishes) prove that healthy can be tasty. "Remember," Flay says, "it will still be all about flavor. I would never do anything less."



## Bobby Flay's Essential Grilling Tools

- Grill—charcoal and/or gas
- Chimney starter
- Brushes
- Tongs
- Meat Thermometer