



Barbecue Basics



Add Smoky Flavor To Outdoor Cooking

(NAPSA)—A national blind taste test recently confirmed what backyard barbeque aficionados have known for years: foods grilled over charcoal have better BBQ flavor than gas grilled foods.

In the taste test sponsored by The Kingsford Products Company, participants were asked to compare chicken, steak or hamburgers cooked over Kingsford charcoal with foods cooked over gas. The tasters preferred the foods cooked over charcoal by a margin of about two to one.

Tasters said they chose charcoal because it gave foods a smoky, real barbecue flavor just like it was grilled over a real wood fire.

Before you throw food on the “barbie,” however, there are a few basic grilling tips you should know:

- Rub the grilling surface with vegetable oil or a non-stick spray to prevent food from sticking.
- Trim excess fats from meat to prevent flare-ups.
- Use tongs or a spatula to turn food. Meat can lose its flavor when pierced by a fork while cooking.
- Clean the grilling surface (once it is cooled) with a wire brush after each use.

For a flavorful dish that really sizzles, use charcoal to cook this great new recipe.

Sweet And Spicy Chipotle Steak

- 2 lbs. top sirloin steak, 1¼-inches thick
- 1½ cups K.C. Masterpiece Barbecue Sauce
- 1 (12-oz.) bottle good quality beer
- ⅓ cup honey



Grilling with charcoal can add a delicious smoky flavor to most any barbecued dish.

- 2 minced Chipotle chiles
- ¼ cup Adobo sauce from canned Chipotle chiles
- Chopped fresh cilantro

In a medium bowl combine barbecue sauce, beer, honey, chiles and adobo sauce; mix well. Place marinade and steak in a large zip top bag; seal well and refrigerate several hours or overnight. Remove steak from marinade and grill over medium hot Kingsford coals for 8 to 10 minutes, basting several times with sauce. Turn and grill for about 8 to 10 minutes more, or until beef is cooked to desired doneness. Remove from grill and sprinkle with chopped fresh cilantro. Serve with grilled vegetables. Makes 6 to 8 servings.

For more helpful grilling tips, visit www.kingsford.com.