

Grilling Isn't Just For The Guys Anymore

(NAPSA)—The backyard grill has been traditionally labeled a “man’s domain.” But the times are a-changin’. In fact, according to a recent survey, the number of female grillers blazing a path straight to this beacon of manliness has risen 20 percent in the past five years.

“Although more women are wielding the tongs today, many may still feel apprehensive about charming the ultimate ‘hot head’—the grill,” said Jennifer Bushman, television personality, author of the best-selling “Kitchen Coach” cookbook series, and owner of the Nothing To It! Culinary Center in Reno, Nev.

To help bridge this perceived gender gap at the grill, Bushman has joined forces with the female grilling experts at Weber to reissue its popular “Weber’s Girls’ Guide to Grilling.” The following is an excerpt of this handy grilling guide.

Choose your partner. It comes down to this: gas or charcoal? Since blind taste tests show no significant difference in flavor either way, the decision depends on your personal preference. If you like to build and tend to the fire as well as the food, you’re a good candidate for a charcoal grill. If you prefer precise temperature control and the ultimate in convenience, a gas grill is for you.

Always accessorize appropriately. Grilling is like fashion—good accessories make all the difference. Stick to the three T’s—long-handled tongs, a thermometer, and a timer. It’s also helpful to have a brass-bristle brush to scrub the grill’s grates after cooking. (Unless you have cast-iron grates—for those, use a steel brush!)

Armed with a grill and the right accessories, here are a few simple rules to get you started:



More women are enjoying the thrill of the grill.

No Poking or Squeezing. You’ve probably seen people poke their meat and or press down on it with a spatula. Maybe you’ve even done it. If so, please stop! Poking allows juices and flavor to escape and can dry out your food, and pressing down on it squeezes out precious flavor.

If you’re lookin’, it ain’t cookin’. Resist the urge to open the lid and check on your food every couple of minutes. Every time you lift the lid, heat escapes, and it takes longer for the food to cook.

Moisturize. To help brown your food evenly and keep it from sticking to the cooking grate, brush or spray a light coating of oil on the food—but never spray oil on the grill grates. This contributes to flare-ups and clogged burners.

Ready to test your skills? Try this recipe from “Weber’s Girls’ Guide to Grilling”:

Steak with Shiitake Seasoning

For the seasoning:

¼ ounce dried shiitake mushrooms

1 teaspoon whole black peppercorns
3 tablespoons peanut oil
1 flank steak, 1½ to 2 pounds and about ¾ inch thick

For the sauce:

2 tablespoons soy sauce
2 teaspoons granulated sugar
2 teaspoons rice vinegar

To make the seasoning: In a spice grinder or coffee mill, grind the mushrooms and peppercorns to a powder. Transfer the powder to a small bowl, add the oil, and stir to create a paste. Smear the paste evenly over both sides of the flank steak. Let the flank steak sit at room temperature for 20 to 30 minutes.

To make the sauce: In a small bowl, whisk together the sauce ingredients.

Grill the flank steak over Direct Medium heat until the internal temperature reaches 145°F for medium rare, 8 to 10 minutes, turning once halfway through grilling time. Remove from the grill and allow to rest for 3 to 5 minutes. Cut across the grain into thin strips. Place the strips in a medium bowl. Pour the sauce over the strips. Toss to evenly coat. Serve warm. Makes 4 to 6 servings.

For a free copy of “Weber’s Girls’ Guide to Grilling,” which includes information and tips about choosing the right grill, taming the flame, cooking times, grill safety, recipes and more, call the Weber Grill-Line at 1-800-GRILL-OUT. The Grill-Line is open 24 hours a day, 364 days a year and is staffed by certified barbecue experts who will provide answers to grilling questions, make recipe suggestions, and share meal-planning ideas.