

Year-round Grilling Trend Continues To Heat Up

Expert Offers Tips, Hearty Recipe for Cold-Weather Grilling

(NAPSA)—When temperatures begin to dip, dedicated grillers don't shy away from grilling outdoors. According to the 23rd annual Weber GrillWatch Survey, 50 percent of American grill owners grill year-round—and 74 percent report using their outdoor grill at least once a week—an increase from 69 percent last year.

“In colder weather, I recommend grilling foods that should be flipped once and don't require much attention, like steaks and burgers,” says New York Times best-selling author Jamie Purviance, whose latest cookbook, “Weber's Time to Grill,” features more than 200 recipes and plenty of advice and techniques to ensure a delicious meal every time you grill.

Here's one of his comfort food favorites that infuses the great taste of grilled steak into his classic chili recipe.

Steak and Ale Chili with Beans

Serves: 6 to 8

Prep time: 30 minutes

Grilling time: 4 to 5 minutes, plus 1 to 1¼ hours to simmer the chili

Rub

- 2 teaspoons ground cumin
- Kosher salt
- Ground black pepper
- 1 pound skirt steak, about ¾ inch thick, trimmed of excess fat, cut into foot-long pieces
- Vegetable oil

Chili

- 1½ cups finely chopped yellow onion
- 1 tablespoon minced garlic
- 2 tablespoons pure chili powder
- 2 teaspoons dried oregano
- 2 cans (16 ounces each) chili beans, such as pinto beans, with liquid



More Americans are grilling year-round.

- 1 can (28 ounces) diced tomatoes
- 1 bottle (12 ounces) stout beer
- 2 tablespoons cider vinegar
- ½ teaspoon Worcestershire sauce
- 2 cups finely grated cheddar cheese (8 ounces)

1. Prepare the grill for direct cooking over medium heat (350° to 450° F).

2. In a small bowl, combine the cumin, 1 teaspoon salt and 1 teaspoon pepper. Lightly brush the steaks on both sides with oil and season evenly with the rub. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.

3. Brush the cooking grates clean. Grill the steaks over direct medium heat, with the lid closed as much as possible, until cooked to medium-rare doneness, 4 to 6 minutes, turning once. Remove from the grill and let rest for 3 to 5 minutes. Cut the steaks into ½-inch pieces.

4. In a large saucepan over medium heat, heat 1 tablespoon oil. Add the onion and garlic

and cook until the onion is tender, about 5 minutes, stirring occasionally. Stir in the chili powder and oregano and cook until fragrant, 1 to 2 minutes. Add the remaining chili ingredients and increase the heat to bring the chili to a boil. Reduce the heat to low, add the steak, cover, and simmer for 20 minutes. Uncover the pan and continue to simmer until the chili thickens to the consistency you like, 40 to 50 minutes, stirring to the bottom of the pan occasionally. Season with salt and pepper. Serve warm topped with grated cheese.

For a copy of “Weber's Time to Grill,” visit www.weber.com.

Key Tips For Cold-Weather Grilling:

In below-freezing temperatures, plan on doubling the time it typically takes to preheat the grill in the summer.

Keep the lid down as much as possible to avoid lowering the temperature inside the grill.

Position gas grills so the wind is perpendicular to the gas flow and not blowing the flame down the burner tubes.