

Welcome to the first edition of our newsletter! Each issue, we will bring you helpful grilling hints, tips, and suggestions, as well as grilling recipes to help make your backyard cookout a delicious success!

Thank you for your interest and being a customer of The Backyard BBQ Grill Company!

Steve and Kelley Adams and family

To reduce sticking while cooking....

Your grilling and outdoor cooking experience will be much more successful if your grill starts off clean before you begin cooking. Use a grill brush or some crumpled aluminum foil to knock off loose food particles when preheating your grill. Don't forget to lubricate your grill racks, too. A non-stick cooking spray (before heating, please!...not over direct flames!) can help reduce sticking. If you've forgotten to do that before heating, check your leftover meat trimmings....a piece of trimmed steak or chop fat or chicken skin held between tongs or on the end of a long bbq fork can also lubricate your hot grate. Just rub it carefully over the top of the grill rack; the fat within will quickly melt onto the hot grill grate and lubricate it to reduce sticking.

Check your propane level before starting....

It's easy to check how much propane is remaining in your tank. When using a gas grill, be sure to regularly check how much propane remains in your tank. There are several accessories on the market that can easily monitor your propane level without lifting the propane tank. Better yet, keep a full, spare propane tank handy so you never run out of fuel. The Backyard BBQ Grill Company can also replace your fuel supply with a fresh tank as an additional part of our cleaning service....just call us for more details.

Indirect cooking on a gas grill

Everyone knows how to cook over direct heat on a grill, but some of the best outdoor cooking is done indirectly....Indirect cooking is a great way to cook large roasts, whole chickens, etc. and get real slow cooked barbecue flavor on a gas grill. To grill by the Indirect method on a gas grill, pre-heat the grill with all burners on High. Then adjust the burners on each side of the food to the temperature noted in the recipe and turn off the burner(s) directly below the food. For best results, place roasts, poultry, or large cuts of meat on a roasting rack set inside a disposable heavy-gauge foil pan. For longer cooking times, add water or other liquids, like beer, to the foil pan to keep drippings from burning. Be sure to season your meats well...indirect cooking allows for long-term flavor transfer from your seasonings to the meat. Keep an eye on your liquid level frequently, so the pan doesn't dry out and burn. Indirect cooking is almost always accomplished with the lid of the grill closed. For even more flavor, you can use a wood chip box over the direct heat of the burner to allow for some smokiness. Be sure you have enough propane before you start...indirect cooking takes longer!

This Editions' recipe

Hamburgers

I know, boring, right? How exciting can a hamburger be? It's ground meat. What else needs to be said? I thought for our inaugural newsletter, discussing the most-grilled meal in the country might be a good place to start.

The all-American hamburger can be average, good, excellent, or outstanding....here's some ideas that may help bring your hamburgers into the latter category....

The meat

Use a good quality of ground beef, especially chuck, sirloin, or round.....I've found that an 85/15 mixture of lean vs fat is the tastiest. Unless you are really concerned about extra fat, using the 93/7 mix results in dry, coarse burgers. The 80/20 or 70/30 mixes are flavorful, but have too much shrinkage and fat for my taste. Plus, they tend to flare up on the grill more.

The patties

Form your meat into 6 to 8 ounce patties. Make the thickness more or less even, but after forming, make a small depression in the center on one side. Do your burgers ever puff up while cooking, and kind of look like flattened tennis balls? If so, the depression will help them stay flat. If you form them ahead of time, place them on a plate, cover with plastic wrap, and keep refrigerated for food safety.

The seasoning

Keep it simple. Coarse kosher salt and fresh cracked black pepper are standard. If you like seasoned salt, you can use that too. Season both sides liberally before cooking. If you are watching your salt intake, there are excellent salt free blends available in the market. Resist the desire to put chopped onions, bread crumbs, chopped vegetables, etc, into the meat before grilling. This is a hamburger, not meat loaf. There is a time and place for those, just not now.

The cooking

Have the grill preheated to high. This should take about 12-15 minutes for most grills. Make sure the cooking grate is clean and lubricated. Grill each side for about 4 minutes for medium degree of doneness, a bit less if you like medium rare, and a minute or two longer for well done. You can use an instant read meat thermometer, inserted from the side to the center of the patty, to check for doneness. 155-160 degrees is about medium. If you are adding cheese, put it on a couple minutes after you flip the burgers, and close the lid to aid in the melting.

The bun and toppings.

Totally a matter of personal preference. The ideal burger to me is topped with brown mustard, like Guldens, a thin slice of sweet Vidalia or red onion, and a thick slice of ripe tomato. Each to their own!

There, wasn't that easy? Future editions of our newsletter will feature recipes for chicken, steaks, chops, ribs, and grilled lamb, among other things.

Thanks for reading, and good grilling!