

Welcome to the next 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*

### **Cover your grill**

You've invested a lot of money on your grill, and you also have invested money with us maintaining and cleaning it. I'm always amazed at folks that leave their grill uncovered, exposed to the elements all year long. Lots of things can happen, just about all bad. Rainwater can accumulate inside, causing expensive parts to corrode and rust. So far this spring, I've cleaned out birds' nests, mouse nests, loads and loads of dust, leaves, dirt, and pollen, and even acorns than a squirrel had somehow gotten into the grill (I still don't know how). I guess he enjoyed the flavor of smoked nuts...

Seriously, though, if at all possible, invest in a cover. Your grill will last longer, be cleaner, and cook better.

### **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.

I also recommend, if you're grilling lean meats such as boneless skinless breast of chicken, lean steaks like filets, etc, give the meats a quick spritz of Pam-type spray before and after seasoning. It will help the seasonings to stick, and the meat not to! The added calories are negligible. After you put the meat on the grill, resist the urge to move it until the grill marks form. Raw meat sticks, then releases as it browns. Just give it a chance, and it won't stick, and your greasy buildup will be lessened, too!

*This Editions' recipe*

## **Boneless Grilled Marinated Leg of Lamb**

A lot of people don't care for the taste of lamb. And why not? So many times it's overdone, tough, and fatty, as well as being "gamey" tasting. And that nasty mint sauce, yuck. My brother and I developed this simple technique as part of our barbecue cooking team, The Backyard BBQ Brothers. We have won several awards with this recipe since 2004, and now the secrets can be yours.....it's so simple, too. Try this out on your next grilling event; you'll be surprised at how good it is. If you enjoy a good steak, you'll love this.

### ***The meat***

Buy a boneless leg of lamb from your butcher, or, we actually get ours at Sam's Club. They average about 3 to 3 1/2 pounds each, and cost around \$4.99 per pound. Boneless is important to the preparation, as you'll see.

### ***The Prep***

Unwrap the leg, and remove any twine or netting the butcher used to hold it together. Lay it on your cutting board as flat as possible, and using a sharp knife, remove as much fat and silver skin as you can, it contributes to the "gamey" taste. You will see that the leg is composed of several different muscles, running in a couple different directions. If you end up cutting the leg into a couple different sections to facilitate removing the excess fat and sinew, no problem. For the really thick pieces of the leg, butterfly them so you have a more of less even thickness of about an inch to inch and a half. You will end up with a little less than a pound of trimmed sinew and fatty parts; so you'll have around 2 to 2 1/2 pounds of lean, tender meat. If that's more than you want to grill, save the biggest parts for the grill, and cut the remainder into cubes to freeze for later...you can use for either shish kebabs or a lamb stew.

### ***The seasoning***

This is the easiest part, and so simple. Lay the meat flat on your cutting board, and rub at least two tablespoons of chopped garlic all over both sides of the meat. (We use the bottled kind in olive oil) Don't skimp on the garlic! Pepper both sides generously with cracked black pepper. Kosher salt is great, too. Place the meat into a Ziploc bag, and squeeze the juice of a lemon over it. If the lemon is small, use two. Add about 1/4 cup, or a bit more, of extra virgin olive oil to the bag, and then close, removing as much of the air as possible. Squish the meat around inside the bag to be sure the lemon juice and olive oil get distributed. Place the bag into a dish in case it leaks, and put it into the fridge. Marinate for at least 4-6 hours, or all day, giving it a squish every so often to redistribute the marinade.

### ***The cooking***

Have the grill preheated to medium 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 5-6 minutes for medium degree of doneness, a bit less of you like medium rare, and a minute or two longer for medium well done. You can use an instant read meat thermometer, inserted from the side to the thickest part of the leg, to check for doneness. 135-140 degrees is about medium.

We do recommend medium rare or medium; no more. You want to retain juiciness; and some pink in the meat. This is just like cooking a steak; no problems, right?

Let it rest for a few moments on the cutting board before slicing across the grain into 1/4" slices. If you slice it right, and with the delicious marinade, it will be as tender as the best sirloin steak!

### ***The serving***

We like to serve ours with grilled bread, brushed with a bit of olive oil, pepper and garlic, just like a bruschetta. We also make either a rice pilaf or a baked potato, or grill some asparagus and always a big Greek-style salad with romaine, tomato, green pepper, cucumber, thin slices of red onion, olives, and feta cheese, dressed with oil and vinegar dressing.

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



*Thanks for reading, and good grilling!*