

# The Goodness of Grilling

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Summer time is here. It is nice be able to be outside again and enjoy the wonderful ways of grilling. Grilling is a way we should enjoy cooking our food and today we are going to focus on methods to do it in a safe manner.

## Grilling in the wrong way can cause potential health problems

Lets take a look at why and what we can do to solve these problems.

Grilling in an improper fashion can lead to the production of heterocyclic amines also called PAHs, and polycyclic aromatic hydrocarbons also called PAHs also called HCAs. Both are known to be cancer causing compounds.

### HCAs

These are formed when meats, poultry, and fish are cooked a very high temperatures.

### PAHs

These are formed when animal tissue fat from meat, poultry and fish drip onto the hot coals.

The good news... They both can be minimized with proper grilling techniques.

The American Institute for Cancer Research provides a list of tips to help limit the amount of HCAs and PAHs that are formed during grilling.

# The Goodness of Grilling

## Healthy Grilling Tips

These will help reduce cancer forming compounds (PAHs and HCAs) from being formed

1. Marinate meat before grilling.
2. Trim the fat. Lean and trimmed meat has less fat to drip on the hot coals.
3. Pre-cook meat and fish and then finish them on the grill.
4. Keep meat portion thin to reduce the time on the grill.
5. Avoid letting drips hit the hot coals. Cover the grill with punctured aluminum foil and keep a water bottle handy to control flare-ups.
6. Flip food frequently. Cooking at a lower temperature and turning often allows for faster cooking.
7. Remove charred and burnt portions of foods before eating.
8. Grill fruits and vegetables, they do not form PAHs on the barbeque.

## Yummy Cooking Recipes

### **Grilled Eggplant with Feta Cheese**

Yields: 8 servings

#### You'll Need:

- 3 Tbsp extra virgin oil
- 1 Tbsp fresh oregano leaves, chopped
- 2 medium eggplants
- ½ tsp salt and a couple of extra pinches
- ¼ tsp freshly ground pepper
- ¼ cup crumbled feta cheese
- 1 medium tomato, diced

#### Directions:

Cut eggplant lengthwise and sprinkle each half with a ¼ tsp salt. Next, cut into ½ inch thick slices. In a bowl, combine 2 Tbsp olive oil, feta cheese, tomatoes, and oregano. Brush eggplant with olive oil and add pepper. Place the eggplant on a hot grill, cover and let cook for 5 minutes before turning over. Let cook for another 3 to 4 minutes or until tender and/or browned. Transfer eggplant to a platter and cover with feta cheese mixture.

### **Honey Mustard Chicken Marinade**

#### You'll Need

- ¾ cup brown mustard
- 1 cup dry white wine
- ¾ cup extra virgin olive oil
- ¼ cup honey

# The Goodness of Grilling

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- 3 garlic cloves, minced
- 2 Tablespoons soy sauce
- 1 teaspoon dried minced onion

## Directions

Combine all ingredients in a medium bowl. Pour the marinade over the chicken and let sit sealed container in a refrigerator for a couple of hours (turning the container every so often) grill the chicken and enjoy.

## **Citrus Marinade**

### You'll Need

- ½ cup orange juice
- 2 Tablespoons Sherry, dry
- 1 green onion, chopped
- 1/8 teaspoon powdered ginger
- ¼ cup soy sauce
- 1 garlic clove, minced
- 1 Tablespoon olive oil

### Directions

Combine all ingredients. Makes approximately 1 cup.  
Works well on fish, and chicken

## **Beer Steak Marinade**

This recipe provides enough marinade for 1 lb sirloin.  
Note: Beer works as a great tenderizer

### You'll Need

- 1/8 cup soy sauce
- 1 cup dark beer
- 2 tablespoons brown sugar
- 2 teaspoons molasses
- 1 Tablespoon fresh grated ginger
- ¼ teaspoon cayenne

### Directions

Combine marinade ingredients in a shallow bowl. Add sirloin.  
Cover and refrigerate for at least 1 hour, or up to 24 hours.  
Grill steaks.

## **Pizza on The Grill**

### You'll Need:

# The Goodness of Grilling

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- 1 package active dry yeast
- 1 cup warm water
- ½ teaspoon sugar
- 1 1/2 teaspoons salt
- 1 Tablespoon olive oil
- 3 1/3 cup all purpose flour

## Directions

In a large bowl, dissolve the yeast in the warm water and mix in the sugar. Let sit until it becomes frothy. Next mix in the salt, olive oil and flour and mix well until the dough is in the form of a ball and the dough is not sticking to the sides of the bowl. Then turn the dough out onto a lightly floured surface and kneed the dough until smooth. Then place the dough in a bowl that has been greased with oil and cover the bowl with a damp cloth. Set aside and let rise until doubled-approximately 1 hour. Then punch down the dough and kneed for approximately 5 to 7 minutes and let rise again until doubled.

Next heat the grill up to high heat. Get the dough out again. Punch it down and divide the dough in half and form ½ inch thick rectangular size shapes. Brush the grill with olive oil place one of the dough shapes on the grill. The dough will tend to puff up. Carefully watch for the bottom crust to become lightly browned and turn the dough over. Now top this side how ever you would like but be careful not to top it too much as you do not want the pizza to become too heavy. Then close the lid and cook for a few minutes checking to see when cheese is melted. This recipe is one that you will get your own feel for it. So the first couple of times check it frequently to make sure you do not burn it and over time you will come up with the length of time that works for you, topping that work for you and so on.