



Week 1 Participant Manual: **Grilling**



Week 1 Contents

- Guidelines Healthy Grilling
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- Alton Brown shares some Grilling Tips

Journaling

- What are your thoughts on grilling as a staple way to cook foods?
- What are some things you need to change to make your grilling a healthier experience?



The Goodness of Grilling

Summer time is here. Let the grilling begin! Grilling is a wonderful way to enjoy foods. And this resource guide focuses on methods on how to grill in a healthy manner as improper grilling can cause potential health problems.

Let's take a look at why and what we can do to prevent these problems.

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

HCAs

These are formed when meats, poultry, and fish are cooked at 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 tips below will help reduce cancer forming compounds (PAHs and HCAs) from being formed.

Healthy Grilling Tips

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 portions 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.



Great Grilling Recipes

Grilled Eggplant with Feta Cheese

You'll Need

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

Directions

- Cut eggplant into ¼ inch circles and sprinkle each with a ¼ teaspoon salt.
- In a bowl, combine 2 tablespoons olive oil, feta cheese, tomatoes, and oregano.
- Brush eggplant with remaining olive oil (use more if necessary) 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.

Play with Your Food

Use basil or parsley instead of oregano



Pizza on the Grill

You'll Need

- 1 package active dry yeast (2 ¼ teaspoons)
- 1 cup warm water
- ½ teaspoon sugar
- 1 1/2 teaspoons salt
- 1 Tablespoon olive oil
- 3 1/3 cups 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 knead the dough until smooth. Add more water or flour as needed.
- 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 knead 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 carefully remove from heat. On uncooked side top it however you would like but be careful not to top it too much as you do not want the pizza to become too heavy.
- Then place back on grill 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.

Play with Your Food

- Experiment with various toppings.
- Make personal size pizzas and let people choose their own toppings



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
- 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 in a sealed container in a refrigerator for a couple of hours (turning the container every so often) grill the chicken and enjoy.

Play with Your Food

Try it with different types of honey.



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.
- Works well on fish, shrimp and chicken.
 - When marinating seafood marinate for no longer than a ½ hour.

Play with Your Food

Use apple cider vinegar instead of sherry.



Beer Steak Marinade

Note: Beer works great as a meat 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
- 1/4 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.

Play with Your Food

Experiment with using various dark beers.



Teriyaki Sauce

You'll Need

- 1 garlic clove, crushed
- 1/2 tsp. fresh ginger, minced
- 2 Tablespoons brown sugar
- 1/2 cup soy sauce
- 1/2 cup water

Directions

- Mix all.
- Pour over meat, fish or poultry.
- Marinate fish for ½ hour. Meat and poultry can marinate longer..

Play with Your Food

Use this sauce in other dishes other than just a marinade for grilling. It works well incorporated to stir fries made with both meats and vegetables.



Turmeric Garlic Marinade

You'll Need

- 1 clove garlic finely minced
- 2 teaspoons garlic powder
- 1 ¼ teaspoons ground turmeric
- 1/8 teaspoon salt

Directions

- Stir garlic, spices and salt into 1/2 cup water. Brush over meat, and marinate overnight in refrigerator.

Play with Your Food

Replace the garlic powder with onion powder. Or try a mixture of both.



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Homemade BBQ Sauce

You'll Need

- 2 teaspoons olive oil
- ¼ cup finely chopped onion
- 1 garlic clove
- 3 Tablespoons white vinegar
- 1 Tablespoon Worcestershire sauce
- ½ cup tomato sauce
- 1 ½ Tablespoons brown sugar
- ½ teaspoon chili powder (less if you do not want such a kick)
- ½ teaspoon chipotle sauce or hot sauce (chipotle sauce will add a smoky flavor)
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- 1/8 teaspoon pepper

Directions

- In a sauce pan heat olive oil. Sauté garlic and onion until slightly soft and fragrant and be careful not to burn.
- Next add all additional ingredients. Stir to combine.
- Continue to cook, stirring occasionally on low heat until thickened consistency is reached.

Play with Your Food

- Adjust spice level as you see fit.
- Decrease vinegar amount for a less tangy sauce.
- This sauce will keep for at least 2 ½ weeks in refrigerator.



Hobo Packs Recipes

Grilled beef tenderloin with Yukon hobo packs

- This recipe seems long, but it's only because there is some explaining that needs to be done regarding the hobo packs.
- But it is mostly just common sense, and once you put this together once you will see that it's really easy to toss together.
- And don't let the preparation time throw you either. Most of the time is spent at the grill, with your friends, "cooking". That is, you'll be turning the hobo packets once every ten to fifteen minutes. That's a job I can live with!

Active time: 1 1/4 hr

Start to finish: 1 3/4 hr

You'll Need

- 2 tablespoons black peppercorns
- 1 1/2 tablespoons kosher salt
- 2 tablespoons olive oil
- 1 (2 1/2-lb) center-cut beef tenderloin roast, trimmed and tied
- 1 1/2 lb fingerling or baby Yukon Gold potatoes (about 16), halved lengthwise
- 1/2 lb pearl onions (about 16), blanched in boiling water 1 minute, drained, and peeled
- 12 garlic cloves
- 2 tablespoons minced fresh sage
- 1/4 cup extra-virgin olive oil
- 1/2 cup sour cream
- 6 bacon slices, cooked and crumbled
- 1/4 cup thinly sliced fresh chives

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Special equipment

12-inch-wide heavy-duty aluminum foil; a 22 1/2-inch kettle grill with a hinged top rack (if using charcoal); a large chimney starter (if using charcoal); long metal tongs; a 17- by 12 1/2- by 3 1/2-inch disposable aluminum roasting pan (if using charcoal); an instant-read thermometer.

Before you start

Coarsely crack peppercorns (see note, below). Stir together pepper and salt in a small bowl, then add oil and stir until combined well. Rub spice mixture all over beef.

- Tear off 8 (2-foot-long) sheets of heavy-duty foil and arrange in 2 stacks of 4. Divide potatoes, onions, garlic, and sage between stacks, arranging in 1 layer in center of foil, then drizzle each with 2 tablespoons oil and season with salt and pepper. Working with top sheet of foil, fold each side over potato mixture to enclose, then turn package a quarter turn and repeat folding and turning package with each piece of remaining foil. Make second hobo pack in same manner.

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If you're using a charcoal grill:

- Open vents on bottom of grill. Light charcoal (80 to 100 briquettes) in chimney starter. Leaving about one quarter of grill free of charcoal, bank lit charcoal across rest of grill so that coals are about three times higher on opposite side.
- Charcoal fire is medium-hot when you can hold your hand 5 inches above rack over area where coals are piled highest for 3 to 4 seconds. Using long metal tongs, lift up one hinged side of rack and put hobo packs, folded sides down, on portion of bottom rack with no coals on it. (One side of packages will be in direct contact with coals.) Cook hobo packs, turning a quarter turn with tongs every 15 minutes, 45 minutes total.
- While hobo packs are cooking, sear beef on lightly oiled grill rack directly over hottest part of coals, uncovered, turning occasionally and, if necessary, moving around grill to avoid flare-ups, until well browned, 12 to 15 minutes total. Move beef to coolest part of grill, then cover with inverted roasting pan and grill, turning occasionally, until thermometer inserted diagonally into center registers 120°F for medium-rare, about 10 minutes. Transfer beef to a cutting board and let stand, loosely covered with foil, 15 minutes.

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**If you're using a gas grill:**

- Preheat all burners on high, covered, 10 minutes. Reduce heat to moderately low on 2 burners if your grill has 3 (or 1 burner if your grill has 2) and cook hobo packs, folded sides down, on grill rack, covered with lid, over moderately low burner(s) 40 minutes.
- Meanwhile, sear beef on lightly oiled grill rack over remaining burner on high, covered with lid, turning over occasionally, until well browned, 12 to 15 minutes total. Reduce heat to moderate and cook beef, covered with lid, turning over occasionally, until thermometer inserted diagonally into center registers 120°F for medium-rare, about 10 minutes. Transfer beef to a cutting board and let stand, loosely covered with foil, 15 minutes.

Serving tips:

Thinly slice beef, then remove potato mixture from packages and serve with sour cream, bacon, and chives.

Notes:

- To crack peppercorns, coarsely crush with a mortar and pestle or wrap in a kitchen towel and press with bottom of a heavy skillet.
- If you aren't able to grill outdoors, beef can be seared in a hot lightly oiled well-seasoned ridged grill pan over moderately high heat, turning occasionally, until well browned, about 15 minutes total, then transferred to a large roasting pan with potato mixture scattered around it and roasted in middle of a preheated 450°F oven until thermometer registers 120°F, 20 to 25 minutes.
- Transfer beef to a cutting board and continue to roast potato mixture until vegetables are tender, about 5 minutes more. Keep vegetables warm in a bowl, covered, while beef stands.



Sweet Potato and Orange Hobo Packs

Yield: Makes 10 to 12 servings

Active time: 20 min

Total time: 50 min

Ingredients

- 8 medium sweet potatoes (5 lb), left unpeeled, halved lengthwise and cut crosswise into 2-inch pieces
- 2 navel oranges, left unpeeled, thinly sliced
- 2 large red onions, peeled and trimmed (leaving root ends intact) and cut into 1/2-inch-thick wedges
- ½ cup unsalted butter, melted
- 1/4 cup olive oil
- 1 cup golden raisins
- 1/3 cup honey
- 1/3 cup fresh lemon juice
- 1/4 cup chopped fresh parsley
- Special equipment: heavy-duty foil

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Directions

- Prepare grill for cooking.
- Toss together sweet potatoes, oranges, onions, butter, oil, and salt and pepper to taste.
- Put a 2-foot-long double layer of foil on a work surface. Place half of sweet potato mixture in center and sprinkle with 1/2 cup raisins. Cover with a third sheet of foil and tightly roll up all sides to seal. Wrap packet in a fourth sheet of foil to ensure insulation.
- Make another packet with remaining vegetables and raisins.
- Put packets side by side directly on hot coals. Cover grill and open grill vents, then grill packets until vegetables are tender, about 30 minutes.
- While packets are grilling, stir together honey, lemon juice, and parsley. Remove packets from grill and carefully unwrap. Drizzle vegetables with honey mixture.

Cooks' notes:

- Gas grill method: Put packets on grill rack and close lid. Roast with grill set to moderately low.
- Oven method: Toss potatoes, oranges, onions, raisins, butter, and oil together in a large shallow roasting pan. Cover tightly with foil and roast in a preheated 450°F oven until potatoes begin to soften, about 50 minutes. Uncover and roast until vegetables are browned in spots and tender, about 25 minutes more.

Reference for Hobo Packs: Gourmet Magazine, 2000

A Great, Concise and Helpful Grilling Article by Alton Brown:

<http://www.npr.org/blogs/thesalt/2012/05/26/153718482/clean-your-grill-and-other-hot-holiday-tips-from-food-networks-alton-brown>