



## Week 1: Grilling



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## **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! This resource guide focuses on healthy grilling methods as improper grilling can cause potential health 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 are formed when meats, poultry, and fish are cooked at very high temperatures.

PAHs are formed when the 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 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, because 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 ¼ teaspoon of salt.
- In a bowl, combine 2 tablespoons of olive oil, the 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 1/4 teaspoons)
- 1 cup warm water
- 1/2 teaspoon sugar
- 1 1/2 teaspoons salt
- 1 tablespoon olive oil
- 3 1/3 cups all-purpose flour
- Toppings of choice for pizza
- Garlic powder
- Pepper
- Mozzarella cheese

### Directions:

- In a large bowl, dissolve the yeast in the warm water and mix in the sugar. Let sit until it becomes frothy.
- Mix in the salt, olive oil, and flour until the dough is in the form of a ball and is not sticking to the sides of the bowl. On a lightly floured surface, knead the dough until smooth. Add more water or flour as needed.
- Place the dough in an olive-oil greased bowl and cover with a damp cloth. Set aside and let it rise until the size has doubled (approximately 1 hour). Then punch down the dough and knead for approximately 5 to 7 minutes and let rise again until doubled.
- Heat the grill up to high heat. While grill is heating, get the dough out again, punch it down, and divide the dough in half. Form 1/2 inch thick rectangular size shapes. Brush the dough with olive oil, garlic, and pepper. Place olive oil side down on grill. The dough will tend to puff up. Carefully watch for the bottom crust to become lightly browned and remove from heat. Brush uncooked side olive oil, garlic, and pepper and flip so cooked side is up. On cooked side, top it with the toppings you chose and cheese. NOTE: Be careful not to top it too much as you do not want the pizza to become too heavy.
- Lower the heat on the grill and place pizza back on it. Close the lid and cook for a few minutes checking to see when cheese is melted and bottom is browned.

### 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

- $\frac{3}{4}$  cup brown mustard
- 1 cup dry white wine
- $\frac{3}{4}$  cup extra virgin olive oil
- $\frac{1}{4}$  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 the 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. NOTE: 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 ingredients and pour over meat, fish, or poultry. Marinate in refrigerator.  
NOTE: Marinate fish for no longer than a ½ hour. Meat and poultry can marinate longer.

### Play with Your Food

- Use this sauce in 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.



## 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. Add all additional ingredients and stir.
- 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

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 for 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
- **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.

#### **Preparation Directions**

- 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. You will make 4 hobo packs using 2 pieces of foil for each (1 for bottom, 1 for top). Mix potatoes, onions, garlic, and sage together and divide evenly onto each bottom piece of foil. Drizzle each with 2 tablespoons of oil and season with salt and pepper. Working with top sheet of foil, fold together the bottom and top piece of foil until it is completely closed.

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### **Directions for charcoal grill:**

- Open vents on bottom of grill. Light charcoal (80 to 100 briquettes) in chimney starter. Leave about one quarter of the 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.

### **Directions for Gas Grill:**

- Preheat all burners on high and covered for 10 minutes. Reduce heat to moderately low on 2 burners if your grill has 3 (or 1 burner if your grill has 2). Place hobo packs, folded sides down, on low burner side covered with lid for approximately 40 minutes.
- Meanwhile, sear beef on lightly oiled grill rack over remaining burner that is set on high. Close grill lid and turn meat over occasionally, until well browned for about 12 to 15 minutes. Reduce heat to moderate, close lid, and cook beef about 10 minutes, turning occasionally, until a thermometer inserted diagonally into center registers 120°F for medium-rare. 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.



## Sweet Potato and Orange Hobo Packs

**Yield:** Makes 10 to 12 servings

**Active time:** 20 min

**Total time:** 50 min

### You'll Need

- 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

### 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 & 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*