

Better
Homes
and Gardens.

fresh
grilling

200 DELICIOUS GOOD-FOR-YOU
SEASONAL RECIPES

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[Greek Chicken Salad with Smoked Peaches, Pecans, and Creamy Yogurt Dressing](#)



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garden-fresh grilling

IT'S THE EVOLUTION OF GRILLING: WHAT STARTED AS THE ANCIENT PRACTICE OF COOKING A PIECE OF MEAT, FISH OR GAME OVER A FLAME GETS FAR MORE INTERESTING WITH THE ADDITION OF A FRESH ELEMENT—SEASONAL FRUITS AND VEGETABLES THAT BRING FRESHNESS, FLAVOR, AND NUTRITION TO THIS POPULAR COOKING METHOD.

More and more, it seems, we want to eat our vegetables. The proliferation of home gardens, farmer's markets and CSAs (Community Supported Agriculture) both supports and is proof of a growing interest in the healthfulness and variety of the foods we eat. No longer relegated to side-dish status, fresh vegetables and fruits now more readily take center stage or are given equal weight to the meats, poultry and fish on our plates. The days of steaming or boiling being the only options for cooking fresh vegetables are long past. Flame-kissed fruits and veggies are extraordinarily flavorful—and beautiful too.

Every recipe in *Better Homes and Gardens® Fresh Grilling* features fresh produce in some form—and in a variety of preparations, from classic American ([Southern Spiced Flat Iron Steaks with Grilled Green Tomatoes](#)) to flavors from around the world ([Piri Piri Scallops with Spinach-Pineapple Salad](#)). There are recipes for any occasion, from a quick fork-free weeknight dinner ([Muenster, Cabbage, and Apple Sandwiches](#)) to elegant appetizers ([Grilled Artichoke Hearts with Grilled Sweet Onion and Lemon Aioli](#)) and desserts ([Grilled Strawberries with Sweet Corn Shortcakes and Limoncello Whipped Cream](#)) perfect for entertaining.


Special features of *Fresh Grilling* include a [Grilling Basics](#) section that covers equipment needs and grilling methods. On-page tips included with recipes provide information on ingredients, preparation and grilling timings and methods. A series called 6 Fresh Ideas inspires with quick-hit uses for some of the most popular and prolific produce, including tomatoes, zucchini and summer squash, strawberries, and sweet peppers. And before you even start cooking, check out the [Produce Guide](#) for information on choosing, storing and preparing fresh fruits and vegetables, from Apples to Zucchini.


With a grill and some gorgeous fresh produce, a delicious dinner is just a few flame-licks away. Enjoy!

at a glance

The recipes in this book feature icons to help you find something healthy or quick—or both.

The following icons indicate a recipe meets the following criteria:

 **LOW CALORIE** Appetizers 200 calories or less per serving; Main Dishes 500 calories or less per serving; Salads and Sides 150 calories or less per serving; Desserts 300 calories or less per serving.

 **WEEKDAY FRIENDLY** Recipe is 30 minutes or less from start to finish.



grilling **basics**

COOKING FOOD OVER AN OPEN FLAME MAY BE THE MOST PRIMITIVE WAY TO MAKE DINNER, BUT THERE ARE A FEW THINGS YOU NEED TO KNOW ABOUT MODERN GRILLING BEFORE YOU EMBARK ON IT. HERE ARE THE FUNDAMENTALS OF EQUIPMENT, FUEL, AND COOKING TECHNIQUES.

grill types

THE KIND OF GRILL YOU BUY WILL DEPEND ON YOUR PERSONALITY, YOUR LIFESTYLE, AND YOUR COOKING STYLE—WHETHER YOUR DAYS ARE RELAXED OR BUSY, AND WHETHER YOU WANT EVERYTHING AS STREAMLINED AS POSSIBLE OR IF YOU DON'T MIND SOME EXTRA STEPS. HERE'S A QUICK LOOK AT THE TWO BASIC TYPES OF GRILL.

CHARCOAL GRILLS

The fuel for this most basic type of grill is charcoal. They generally have a round or square box construction with a charcoal grate that holds hot coals on the bottom and a grill rack above. Most models feature vents on the bottom and the lid to control temperature.

The most common type of charcoal grill is the kettle grill, which features a deep, rounded bowl and lid that is ideal for barbecuing and smoking. The temperature is controlled by manipulating vents on the top and bottom. For a portable option, consider a hibachi. This grill consists of a small firebox with one or two grill racks. Use it for direct-cooking small cuts of meat.



The classic kettle-style grill allows heat control from two sets of vents—one at the base of the kettle and one on the lid.

GAS GRILLS

Fueled by propane tanks or a natural-gas hookup, this type of grill is a convenient alternative to a charcoal grill. Gas grills have a metal box lined with liquid-propane burners on the bottom. The burners are topped by a heating surface of metal bars, lava rocks, or ceramic briquettes that disperse heat throughout the grill. The smoky aroma and flavor of grilling is generated as drippings from food fall onto the hot bars or stones.



When choosing a gas grill to fit your cooking style, look for such essential features as a reliable, easy-to read thermometer; quick-start ignition; and sturdy, easy-to-clean grill grates—one of which is elevated.

KEEP IT CLEAN

Retain your new grill's sparkly clean exterior and keep it ready to use by investing in an inexpensive grill cover. Put the cover on the grill as soon as the grill has cooled after each time you use it.

fuel the fire

THERE'S MORE THAN ONE WAY TO MAKE A FIRE. FIND THE FUEL THAT BURNS BEST FOR YOU.



NATURAL BRIQUETTES

These are made from pulverized lump charcoal held together with natural starches instead of the synthetic binders used in composition briquettes.



COMPOSITION BRIQUETTES

Made from burned wood and scraps, coal dust, camphor, and paraffin or petroleum binders, these briquettes can give food an unpleasant taste. Use a quality brand if you do use them; inexpensive brands can give you less-than-satisfactory results.



CHARWOOD OR LUMP CHARCOAL

The fuel choice of chefs and professional grillers, lump charcoal is formed from hardwoods such as maple, oak, and hickory that have been burned down at very high temperatures. It lights more quickly and burns cleaner and hotter than briquettes. It does not contain additives or petroleum and imparts some natural flavor to foods. Downsides include occasional sparking, limited availability, and a higher cost than alternatives.



WOOD

The first fire built by humans was fueled by natural wood, and it continues to be the best choice for delivering intense heat, a long burn, and producing great smoky flavor. Natural woods, such as hickory, oak, and fruit-tree wood, are available in chips and chunks.



CHIMNEY STARTER

This method of lighting coals involves placing charcoal or wood chunks on a grate in the middle of a cylindrical steel pipe. Crumpled newspapers or paraffin starters are placed in the bottom and lit.

temperature control

THERE ARE TWO METHODS OF COOKING ON A GRILL: USING DIRECT HEAT OR INDIRECT HEAT. WHICHEVER YOU USE, THE GRILL TEMPERATURE HAS TO BE MONITORED FOR BEST RESULTS. THAT MAY BE SIMPLER ON A GAS GRILL—JUST CHECK THE THERMOMETER AND TEMPERATURE GAUGE—BUT IT CAN BE DONE ON A CHARCOAL GRILL AS WELL.

DIRECT AND INDIRECT GRILLING

Direct grilling is the method of placing food on the grill rack directly over the heat source. This can be done with the lid on or off—check the manufacturer’s directions to be sure. Direct grilling is the best method for tender, thin, or smaller quick-cooking foods that generally cook in less than 30 minutes. This includes burgers, steaks, chops, chicken pieces, and vegetables. For even cooking, you usually need to turn the food just once during grilling time.

To set up a two-burner gas grill for direct grilling, set one burner on high for searing, and one burner on medium for finishing grilling. To set up a three- or four-burner gas grill, set one burner on high and one or two burners on medium. Leave the remaining burner off.

Indirect grilling is ideal for larger foods, such as roasts or turkeys, that take longer to cook. This low, slow grilling method positions food on the rack away from, or to the side of, the heat source with the grill cover closed. It allows them to cook through without burning. Similar to roasting in an oven, heat inside the grill reflects off the interior surfaces, cooking the food from all sides. There is no need to turn the food.

To set up a two-burner gas grill for indirect grilling, set one burner on high and cook the food over the unlit burner. For a three-burner grill, turn on the front and rear or outside burners and cook the food in the center. For a four-burner, turn on the outside burners.

ADJUST THE COALS

To lower the temperature in the grill, spread the coals farther apart. To make the fire more intense, gently tap the coals with long-handled tongs to remove loose ash and pile them closer together.

ADJUST THE VENTS

The flow of oxygen inside the grill determines the temperature—the more air, the higher the heat, and vice versa. To increase the heat, open the vents. To decrease it, partially close them.



ADJUST THE RACK HEIGHT

Some grills have adjustable grill racks. Use low levels to sear food and high levels for slow cooking. For medium heat, place the grate about 4 inches from the fire.



HAND CHECK

Coals are ready for cooking when they are covered with ash. To check the temperature, use a built-in or separate flat grill thermometer. Or, you can use the method many chefs use: Place the palm of your hand 2 to 3 inches above the grill rack and count the number of seconds you can hold it there. The chart below will help you determine the temperature.



HAND-CHECK METHOD

TIME	THERMOMETER	TEMPERATURE
2 seconds	400°F to 450°F	Hot (high)
3 seconds	375°F to 400°F	Medium-high
4 seconds	350°F to 375°F	Medium
5 seconds	325°F to 350°F	Medium-low
6 seconds	300°F to 325°F	Low



DIRECT AND INDIRECT GRILLING SETUPS FOR A CHARCOAL GRILL

To set up a charcoal grill for the direct grilling method, spread the hot coals evenly over the bottom of the charcoal grate. No matter where the food is placed on the cooking grate, it will be directly above the heat source. The most common way to set up a charcoal grill for indirect grilling is to set the coals to the side next to a drip pan over which to place the food (below, left). You can also set up a ring of fire and place the food in the center (below, middle). The reverse is the bull's-eye, which creates a small area of direct heat in the center, with a perimeter of indirect heat (below, right).



grilled vegetables & fruits

THE RECIPES IN THIS BOOK INCLUDE INSTRUCTIONS FOR GRILLING THE FEATURED FRUIT OR VEGETABLE, BUT FOR QUICK REFERENCE OR FOR USE IN OTHER RECIPES—OR SIMPLY AS A QUICK SIDE DISH—HERE'S HOW TO GRILL SOME OF THE MOST COMMON FRUITS AND VEGETABLES. TO COOK THEM EVENLY WITHOUT CHARRING, KEEP THE HEAT AT MEDIUM—YOU'LL BE ABLE TO HOLD YOUR HAND ABOVE THE HEAT FOR 4 SECONDS BEFORE PULLING AWAY.

[Asparagus](#) | [Cherry Tomatoes](#) | [Corn](#) | [Eggplant](#) | [Fennel](#) | [Green Beans](#) | [Mangoes](#) | [New Potatoes](#) | [Onion](#) | [Peaches](#) | [Baby Sweet Peppers](#) | [Pineapple](#) | [Radishes](#) | [Romaine Lettuce](#) | [Strawberries](#) | [Tomatillos](#) | [Zucchini and Summer Squash](#)



ASPARAGUS

PREP: Snap off and discard tough, woody base from the stems.

PRECOOK: No

GRILL DIRECTLY: 7 to 10 minutes over medium heat or until tender. Grill perpendicular to grill rack so they do not fall through or use a grill basket.



CHERRY TOMATOES

PREP: Thread tomatoes on wooden skewers that have been soaked, leaving a $\frac{1}{4}$ -inch space between pieces.

PRECOOK: No

GRILL DIRECTLY: 3 to 5 minutes over medium or until tomatoes have softened, turning once.



CORN

PREP: Peel back husks and remove silks. Replace husks around corn. Place corn with husks in a bowl or pan. Cover with water. Soak for 1 hour; drain. Tie husks at the top with strips of husks or 100-percent cotton kitchen string. Remove husk strip or string and pull husks down to serve.

PRECOOK: No

GRILL DIRECTLY: 25 to 30 minutes over medium heat.



EGGPLANT

PREP: Cut off tops. If smaller size, cut lengthwise; if larger cut crosswise into 1-inch slices.

PRECOOK: No

GRILL DIRECTLY: 8 to 10 minutes over medium heat or until tender.



FENNEL

PREP: Remove fronds. Trim and quarter fennel bulb.

PRECOOK: No

GRILL DIRECTLY: 11 to 14 minutes or until tender.



GREEN BEANS

PREP: Trim green beans.

PRECOOK: Bring water to boiling in a saucepan. Add green beans; blanch for 3 minutes. Transfer to a bowl of ice water to cool for 5 minutes. Dry on paper towels.

GRILL DIRECTLY: Preheat grill basket for 5 minutes over medium heat. Toss beans with olive oil; add to basket and grill 8 minutes or until tender.

GRILL BASKET

Grill baskets and woks come in handy when you don't want to risk losing one precious piece through the grates of your grill. Perforated baskets with low sides are available in various sizes and shapes, making it easy to flip and turn ingredients. Before cooking in the grill basket, toss veggies in oil. Grill veggies, covered, checking for doneness every 5 minutes.



MANGOES

PREP: Halve, seed, and peel mango.

PRECOOK: No

GRILL DIRECTLY: 6 to 8 minutes over medium heat or until tender, turning once.



NEW POTATOES

PREP: Halve potatoes.

PRECOOK: Bring water to boiling in a saucepan; add potatoes. Simmer, covered, for 10 minutes or until nearly tender. Drain well.

GRILL DIRECTLY: 10 to 12 minutes over medium heat on grill rack or until tender, or use a grill basket.

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