



Ontario Home Economics Association

Ask a Professional Home Economist

For Immediate Release

Fire Up the Grill ~ Enjoy Summer Sizzle Year Round

by Margaret Howard, RD, P.H.Ec.

There is special magic to flame-cooking which imparts a flavour to food that no other method can duplicate. Not only do grilled foods taste better but the act of cooking itself seems more relaxed and enjoyable. Grilling is simple, quick, and healthy as it reduces the amount of fat in foods. It's little wonder that grilling has become so popular!

The terms grilling and barbecuing are not the same, although many people mistakenly interchange the two words. Grilling uses relatively high temperatures for fast cooking. True barbecuing uses low temperatures for slower cooking. It is done with a wood fire in the same enclosure, but separate from, the meat being barbecued.

Most cooks do not use their grill to its' full potential. Every course – from appetizers and main courses, to sides and dessert can be cooked on a grill. A sociable way to prepare both family and guest meals, grilling also helps the cook share the workload with others.

My newly released cookbook, **All Fired Up! Year Round Grilling and Barbecuing: Second Edition, Revised and Expanded** (Firefly Books, May 2010, \$24.95), is designed to get people “fired up” about grilling. It covers everything you need to know to get maximum fun and satisfaction from a grill, whether it is charcoal, electric or gas-fired.

All Fired Up! provides over 275 time-tested recipes with cooking methods, easy-to-adapt variations, health and safety tips, suggested menus, and wine pairings by sommelier Del Rollo, National Director of Hospitality, Vincor Canada. Rollo comments, “The most food-friendly wines are ones that have good acidity and the alcohol content is not too high, such as Riesling or Pinot Noir”. A small wine icon included with many recipes indicates a wine to complement the flavours in the cookbook.

Here's a sample recipe from **All Fired Up!**

POMEGRANATE-LEMON LAMB KEBABS with VEGETABLES

Pomegranate, lemon and lamb say Middle East to us. These kebabs are as easily prepared on an indoor grill as outdoors. It's best to precook potatoes and onion for a few minutes before grilling so they finish with the meat. Naturally, zucchini cooks quickly making precooking unnecessary. The perfect wine to serve is a Syrah.

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POMEGRANATE-LEMON LAMB KEBABS with VEGETABLES

1 lb lean boneless lamb (shoulder or leg) 500 g

Marinade

1/4 cup	pure pomegranate juice	50 mL
1 tsp	lemon peel	5 mL
2 tbsp	each: fresh lemon juice and olive oil	25 mL
2	cloves garlic, minced	2
1/4 tsp	each: salt and freshly ground pepper	1 mL
12	potato chunks	12
1	red onion, cut into 8 wedges	1
12	zucchini chunks	12
	Lemon wedges	
4	metal or soaked wooden skewers	4

1. *For lamb:* Trim excess fat from lamb and discard. Cube meat into 1-inch (2.5 cm) cubes and place in a re-sealable plastic bag.
2. *For marinade:* Combine pomegranate juice, lemon peel and juice, oil, garlic, salt and pepper. Pour one-half of the mixture over lamb, turn to coat; refrigerate for 2 to 6 hours. Reserve remaining marinade for basting.
3. Cook potatoes in boiling water for about 10 minutes or until almost tender; drain and reserve. Repeat with onion wedges.
4. Remove lamb from marinade, discarding used marinade. Thread lamb on 2 skewers. Alternately thread potatoes, onion and zucchini on remaining 2 skewers.
5. *For Indoor Grilling:* Preheat indoor grill on medium-high for 5 minutes. Place skewers on lightly oiled grill rack; grill for about 10 minutes or until meat and vegetables are cooked to desired stage of doneness. Turn skewers several times; brush with reserved marinade. Remove lamb and vegetables from skewers and arrange on serving plates with lemon wedges.
6. *For Outdoor Grilling:* Preheat grill on medium. Place skewers on lightly oiled grill rack. Close lid and grill for about 10 minutes or until meat and vegetables are cooked to desired doneness. Turn skewers twice and brush with reserved marinade.

Makes 4 servings.

GRILLED FRESH PINEAPPLE DESSERT: Try grilling a whole pineapple. It's fun! Cut off crown and skin from pineapple. Place fruit on metal barbecue spit. Follow manufacturer's directions, taking care that the fruit is well secured by the prongs at each end of the spit. Make a basting sauce of equal parts of lime juice, orange juice, rum and liquid honey. During grilling, brush the fruit often with the sauce. Sprinkle generously with nutmeg. Slice the fruit crosswise into 1/2-inch (1 cm) thick slices to serve with plain cake and ice cream, frozen yogurt or gelato. A delicious ending to any meal!

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Margaret Howard, RD, P.H.Ec. is a registered dietitian, professional home economist and cookbook author based in Leith, Ontario. Two of her other titles include *The Complete Book of Small Batch Preserving* and *250 Best 4-Ingredient Recipes*. She is a member of the **Ontario Home Economics Association**, a self-regulated body of Professional Home Economists that promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life.

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