



BBQ FAQ

It's the season. Who needs a reason?

MARINADES VS. DRY RUBS

Many schools of thought on this one. Basically the difference between the two is an acid.

Marinades contain citrus, vinegar, or alcohol that tenderizes the meat, breaking down connective tissue.

Dry rubs are more commonly used on grilled or smoked ribs or pork loins, while marinades work well with chicken or fish. Both infuse flavor into your favorite grilled entree. The ingredients and an airtight, large plastic food-grade bag or casserole dish are all you need for either method.



MARINADE

Works well with chicken breasts, thighs, and legs

- 1 cup olive oil
- 4 garlic cloves, smashed
- 1/4 cup fresh basil rough chopped
- 4 sprigs fresh thyme
- 1 inch slice fresh ginger, peeled and roughly cut in half or quarters
- One lemon zested, juiced, and sliced
- 1/2 tsp salt
- 1/2 tsp pepper



DRY RUB

Great with pork ribs or pork loin

- 1 cup brown sugar
- Half tsp cinnamon
- Half tsp garlic powder
- 1/8 tsp cayenne (add more or omit depending if you like the heat!)
- 1/4 tsp cumin
- 1/4 tsp ancho chili powder
- Half tsp salt
- Half tsp pepper

HEAT SOURCE



Charcoal

Rich, depth of flavor.



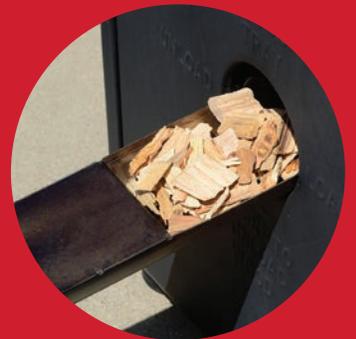
Gas

Quick, high heat ideal for searing.



Electric

Plug into an outlet and away you go! Similar to gas grills when it comes to temp control.



Smoker chips

Smoky, low-and-slow flavor. Available in a variety of flavors such as apple, hickory, and mesquite.

HOT TIPS:



Avoid starter fluid

Charcoal lighter fluid releases toxic fumes and can be dangerous with open flame. Instead use a chimney device when heating charcoal.



Cooking clean

To avoid contamination, don't use marinade to baste. Either boil the existing or make up a new batch.



Give it a rest

Grilled meats should always rest for a minimum of 10 minutes off the heat and tented with foil. The juices remain inside and lock in more flavor.