

A close-up photograph of a grill with several pieces of salmon, onions, and mushrooms. The salmon is topped with fresh rosemary and red peppercorns. The grill is set over a bed of charcoal.

On the
GRILL

Gadgets to Elevate Your Cookout

It doesn't get much more primal than meat over a fire, but there are a slew of new gadgets and accessories to make your cookout more high tech.

Check out the latest in innovations for your gadget-focused grill master.

SMART GRILLS

Even grills have Wi-Fi these days. No matter the preferred fuel, there's a grill out there that will allow remote monitoring and other features using the internet to provide alerts for flipping food, managing heat and more. Some smart grills allow for remote control to adjust temperatures and help with maintenance and safety.

Things to consider: Pick a grill with firmware updates and ongoing app support, The BBQ Guys say. That will keep you cooking for years to come. Choose a grill that works in the same ecosystem as your other smart devices.

CLEANING MADE EASY

The Grillbot keeps your

grill clean and pristine with just a touch of a button. Its nylon brushes work on any grate type, the company says, and it comes loaded with set run cycles for ease of use. When it's done, it automatically shuts off. The brushes are dishwasher safe for easy cleanup. The Grillbot retails for less than \$200 and comes with a variety of accessories, such as replacement brushes and cases.

KEEP IT COOKING

One of the easiest ways to add smart features to your grilling routine is by using a smart thermometer or meat probe to get your food cooked to perfection. Key features to look for include alerts, ambient temperature monitoring, long battery life and multiple probes.

Things to consider: Evaluate how the thermometer

charges and how long battery life lasts.

For quick grilling, a shorter life will be fine, but smoking meats takes hours. The thermometer will need to be able to take the heat. Also consider the range of the Bluetooth or Wi-Fi connection. Will your phone still connect when the probe is in use and you're on the couch?

SOUS VIDE SET-UPS

Sous vide — French for under vacuum — is a cooking technique that submerges vacuum-sealed food in a water bath that's heated to a precise, consistent temperature. Grilling enthusiasts swear by sous vide for moist, succulent meat finished with a quick sear on the grill. To get started with sous vide, you'll need a quality

vacuum sealing machine and an immersion circulator for cooking.

Things to consider: Sous vide cook times are often low and slow, so get one with app connectivity so you can cook while going about your daily life. Look for a model that can handle the volumes of water you'll need and whether the noise levels are acceptable.



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Make the Most of Meats

Meat prices in the U.S. have shot up in the past year, sometimes by as much as 30% over the past 12 months. As grocery bills get bigger, more shoppers are turning to bargain cuts of meat.

Just because it's a bargain, though, doesn't mean it's not delicious. Try these budget-friendly cuts at your next cookout.

CHUCK EYE STEAK

Chuck eye steak comes from the shoulder of the cow and is sometimes called the poor man's ribeye. It has a similar rich, beefy flavor but can be more tough than the ribeye. These steaks are great grilled or pan-seared to quickly sear in juices. Avoid overcooking, and use acidic marinades that help break down muscle fibers to make it more tender.

BONE-IN PORK CHOPS

Flavorful meat starts in the bone, and choosing a bone-in chop means the meat is less likely to dry out. Look for thinner chops to save money and cooking time. These less expensive cuts may be called blade chops or sirloin. Cook the chops until the thickest part of the meat not touching the bone hits 145 degrees.



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CHICKEN LEG QUARTERS

Chicken quarters, which include both the leg and thigh, can often be found on sale for around \$1 per pound, making them a great choice to feed a crowd on a budget. Leaving the bone in and the skin on adds flavor and moisture to the meat.

SPICE-RUBBED LEG QUARTERS

Recipe is from Allrecipes. Makes 10 servings.

Ingredients

For the brine:
 5 cups water
 1/3 cup white sugar
 1/3 cup kosher salt
 1/2 cup white vinegar
 5 pounds chicken leg quarters

For the dry rub:
 7 tablespoons dark brown sugar
 4 tablespoons smoked paprika
 3 tablespoons chipotle chili powder
 1 1/2 tablespoons kosher salt
 1 tablespoon coarsely ground black pepper

2 teaspoons garlic powder
 1 teaspoon onion powder
 1 teaspoon cayenne pepper
 1 teaspoon ground cumin
 1/2 teaspoon ground nutmeg

Directions

1. Mix the brine ingredients in a food-grade, nonreactive container. Rinse the chicken and pat it dry. Brine it for two hours.
 2. Mix the rub ingredients together. Heat the oven to 300 degrees. Remove the chicken from the brine and pat it dry. Sprinkle dry rub over each piece, rubbing it

into the skin and meat. Set some of the rub aside. Place the chicken in a foil-lined baking dish, skin-side down. Cover with foil, but not tightly.

3. Bake for an hour. Remove chicken from the oven and increase the temperature to 450 degrees. Remove the foil cover and turn the chicken over. Sprinkle the remaining dry rub over the chicken and return to the oven.

4. Bake until the skin is crispy and a thermometer inserted into the thickest part of chicken reads at least 165 degrees.

Mastering the Reverse Sear

We're used to searing a thick steak to get a perfectly crisp outside, but this technique turns that on its head, starting off thick cuts low and slow and finishing with a high-heat sear for a juicy, restaurant-quality steak.

HOW DOES IT WORK?

By starting the meat low and slow, it dries out the exterior, making sure the ending sear works more efficiently. This eliminates the gray band of overcooked meat that often coats the outside of the steak and gives the meat a consistent, edge-to-edge doneness. You can also reverse sear other cuts, including roasts, as long as they are thick enough to take the low heat and still achieve the desired level of doneness (or not-doneness).

Try the technique out by making these ribeyes.

REVERSE-SEARED RIBEYES

Recipe is from Certified Angus Beef. Serves four.

Ingredients

2 16-ounce ribeye steaks, 1 1/2 to 2 inches thick
2 teaspoons coarse kosher salt
1 teaspoon fresh cracked pepper
1 tablespoon canola oil
2 tablespoons butter

1 garlic clove, lightly smashed
2 sprigs of thyme
1 sprig of rosemary

Directions

1. Heat the oven or a grill to 275 degrees. Season the steaks evenly, on both sides, with salt and pepper.

2. Place the steaks on a sheet pan with a wire rack or on an oiled grate. Bake or grill the steaks until they reach an internal temperature of 115 degrees for medium rare. This should take between 30-60 minutes, depending on how thick the steaks are.

3. Remove the steaks from the

oven and allow them to rest. Heat a cast iron skillet to medium high on the grill or on the stovetop. Pat the steaks dry with a paper towel.

4. Add canola oil to the pan, then add the steaks. Sear for one minute to develop a deep brown color. Add butter, garlic and herbs to the pan.

Flip the steaks and sear one more minute while using a large spoon to constantly baste the steaks with the melted butter.

5. Remove steaks to a cutting board. Pour the butter and herbs over the steaks and allow to rest for five minutes before serving.



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Making Breakfast on the Grill

Get outdoors first thing in the morning by cooking up breakfast on the grill.

Some things you'll need, in addition to the grill, a griddle top, foil or a cast-iron skillet. Take advantages of cooler temps first thing in the morning by whipping up these recipes on the grill.

BLUEBERRY CINNAMON CAMPFIRE BREAD

Recipe is from Taste of Home. Serves eight.

Ingredients

- 1 loaf cinnamon-raisin bread, sliced
- 6 large eggs
- 1 cup milk, half-and-half or cream
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup chopped pecans, toasted
- 2 cups fresh blueberries, divided

Directions

1. Prepare a grill with low heat. Arrange bread slices on a greased, double thickness of heavy-duty foil. Pull up the sides but leave the top open.
2. Whisk together the eggs, milk syrup and vanilla. Pour it over the bread. Sprinkle with the nuts and a cup of blueberries. Fold the edges over the top, crimping to seal.
3. Place the foil packet on the grill until the eggs are cooked through, about 30-40 minutes. Remove from heat and let stand 10 minutes. Sprinkle with the remaining blueberries before serving.



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GRILLED EGG-AND-CHEESE BREAKFAST FATTY

Recipe is from Food Network. Serves 10.

Ingredients

- 4 large eggs, boiled

- 15 bacon slices
- 2 12-ounce packages of breakfast sausage
- 8 slices of ham
- 12 slices American cheese
- 8-10 cinnamon rolls, halved crosswise, or Kaiser rolls, split

Directions

1. Place a large piece of parchment on a work surface. Arrange eight of the bacon slices horizontally on the parchment. The edges of the bacon should touch but not overlap. Weave the remaining slices

in an over-under pattern to create a woven lattice design.

2. Turn the parchment paper so that one of the short sides is in front of you. Spread half the sausage in an even layer over the bacon. Lay half the ham over the sausage, overlapping the slices slightly. Leave a one-inch border around the edge between the sausage and the ham.

3. Cover the ham with American cheese slices in a single layer, overlapping slightly if needed. Cover the cheese with another layer of ham.

4. Arrange the remaining sausage lengthwise in the center of the ham. Press it into a rectangle positioned crosswise across the center of the ham so that the longer side of the sausage rectangle is in front of you. Put the eggs in a line down the center of the sausage rectangle so the tips are touching. Fold the sausage up and over the top of the eggs.

5. Using the parchment under the bacon as a guide, wrap the layered meat around the sausage to form a roll. Arrange it seam side down and shape to be as much of a cylinder as possible. Wrap the parchment tightly around the meat and transfer to a baking sheet. Wrap it in plastic wrap and chill for at least an hour and up to overnight.

6. Prepare a grill for medium, indirect heat. Place the meat roll seam-side-down over the indirect heat. Cover and cook until the bacon is browned, about 20 minutes. Turn the roll and cook seam-side-up until golden and cooked through, about 20 minutes more. Transfer the roll to the direct heat and cook, turning once, until the bacon crisps. Transfer to a cutting board and rest the meat for 5-7 minutes. Serve on the cinnamon rolls or Kaiser rolls.

Steaks Going Vegetarian

Big slabs on the grill don't necessarily have to be meat. Plants are getting on board the steak bandwagon, too, and they're for more than just the vegetarians at the cookout.

GRILLED CAULIFLOWER STEAK

Recipe is from Allrecipes. Serves four.

Ingredients

1/4 cup olive oil
 1 lemon, juiced
 2 cloves of garlic, minced
 1 teaspoon salt
 1 teaspoon smoked paprika
 1 teaspoon brown sugar
 1/2 teaspoon chili powder
 1 pinch ground black pepper
 2 large heads cauliflower

Directions

1. Heat a grill to medium-high heat. Lightly oil the grate.
2. Whisk oil, lemon juice, garlic, salt, smoked paprika, brown sugar, chili powder and black pepper together.
3. Remove the tough bottom leaves from each cauliflower. Do not remove the stem. Place the cauliflower heads onto a cutting board with the stem facing upwards. Cut vertically on both sides of the stem to remove loose florets. Cut each cauliflower vertically through the stem into two even steaks an inch to an inch and a half thick. Remove any remaining small leaves from the



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steak. Place them on a baking sheet.

4. Brush one side of each steak with some of the oil mixture. Place the steaks on the preheated grill, oil side down, for five minutes. Brush more oil mixture on top of the steaks and flip. Grill until golden brown and slightly charred, about five minutes more. Drizzle with remaining oil and remove to a plate.

GRILLED EGGPLANT STEAK WITH CHIMICHURRI SAUCE

Recipe is from Fustini's Oils and Vinegars.

Ingredients

1 1/4 cup packed fresh parsley leaves
 3 tablespoons packed fresh oregano leaves
 2 garlic cloves, chopped
 1/3 cup plus 4 tablespoons herbed olive oil, divided
 1/4 cup lemon balsamic vinegar
 1/2 teaspoon red pepper flakes
 Salt and pepper, to taste
 1 large eggplant, trimmed and sliced lengthwise to 1/4 inch thickness
 Grilling rub of your choice
 4 medium Russet potatoes, cut into 1/2-inch wedges

Directions

1. Make the chimichurri: Add the parsley, oregano and garlic to a food processor. Pulse until finely chopped. Scrape the herbs into a bowl and stir in olive oil, balsamic, red pepper flakes and salt.
2. Season both sides of the eggplant with salt. Arrange the eggplant on a wire rack set over a rimmed baking sheet and allow to drain for 30 minutes. Rinse the eggplant and pat dry. Brush both sides of eggplant with two tablespoons of oil and season with salt, pepper and grilling seasoning.
3. Place the potatoes in a large

pot and add enough cold water to cover by an inch. Season the water with salt and bring to a boil. Reduce heat to medium and simmer until the potatoes are tender. Drain and transfer the potatoes to a large bowl. Pat dry and toss with 2 tablespoons of olive oil.

4. Heat the grill to medium-high. Grill the eggplant and potatoes, turning halfway through, until golden and tender, about 5 minutes for the potatoes and 8 minutes for the eggplant. Transfer the vegetables to a platter or plate. Season to taste and serve with chimichurri.

Earth-Friendly Grill Fuel

Sustainability is achievable even on the backyard grill. There are a variety of grill fuels out there that are eco-friendly.

They're better for the environment while still cooking up tasty grilled treats.

IS CHARCOAL SUSTAINABLE?

The short answer is no. Charcoal is made by heating wood to between 572 degrees and 1,292 degrees in a low-oxygen environment. This removes moisture as well as compounds such as hydrogen, methane and tar. Many mass-market charcoal briquettes are made by crushing charred wood and mixing it with binders and other

ingredients to make consistent briquettes. Charcoal puts out more particulate matter, the University of Illinois says, and about two times more carbon dioxide emissions than propane gas. However, it is theoretically a renewable resource, provided more trees are planted to replace the wood used to make the charcoal.

WHAT ABOUT GAS?

So is gas sustainable? Also, not really. Most gas grills run on propane, which is not a renewable resource. It's a

fossil fuel that takes millions of years to form. It has to be refined and transported, both processes heavy on emissions. While charcoal leaves ash behind in the grill, propane gas burns more cleanly and is non-toxic and non-caustic, meaning it won't harm the soil or water if a leak happens.

WHAT ABOUT GRILL PELLETS?

Now we're getting somewhere. Grilling pellets are made from recycled, compressed hardwood sawdust and waste wood, not virgin timber. However, this depends on the manufacturing process. Read the labels on your preferred brand of pellets to make sure they're manufactured in a green process.

Pellets can also burn more cleanly, Energy Pellets of America says, producing little ash.

Now that we've broken down sustainable grill fuels: What you're putting on the grill matters more than what you're putting in it, the University of Illinois says. Food production accounts for a quarter of the world's greenhouse gas emissions, Carbon Brief says. Meat and dairy, specifically, accounts for about 15% of greenhouse gas emissions. Beef is the worst offender, followed by lamb and mutton, dark chocolate, coffee, shrimp, palm oil, pork and poultry. The most green foods include nuts, apples, citrus and root vegetables, Carbon Brief says.

International Inspired Rubs

Go globetrotting without leaving the backyard with these tasty rubs from around the world.

KOREAN BBQ RUB

Recipe is from Better Homes & Gardens.

Ingredients

2 tablespoons packed brown sugar
1 tablespoon black sesame seeds
1 tablespoon white sesame seeds
2-3 teaspoons crushed gochugaru chiles or Korean chile powder
2 teaspoons garlic powder
1 teaspoon dry mustard
1 teaspoon paprika
1 teaspoon black pepper

Try this rub on chicken, ribs, pork and more.

MEXICAN DRY RUB

Recipe is from Perdue Farms. This is enough for one whole chicken.

Ingredients

2 tablespoons chili powder
1 tablespoon paprika
2 tablespoons brown sugar

Directions

Mix the dry ingredients together and rub all over a whole chicken. Enclose the chicken in a double layer of foil and place it breast side up. Close the grill and cook for about two hours, until a thermometer in the thigh reaches 180 degrees. Allow to rest, loosely covered with foil, 10 minutes before carving.

DRY CHIMICHURRI RUB

Recipe is from Food.com.

Ingredients

1 tablespoon dried parsley
1 tablespoon dried onion flakes
1 teaspoon dried oregano
1 teaspoon dry garlic granules
1 teaspoon red chili pepper flakes
1 teaspoon dry basil
1 teaspoon paprika
1/2 teaspoon bay laurel powder or 1/2 teaspoon

flaked bay laurel leaf

1 teaspoon salt

Directions

Combine all ingredients. For a finer consistency, pulse a couple of times in a spice grinder. To make a chimichurri sauce, add two tablespoons of water and two tablespoons of vinegar to the dry mix. Allow to rehydrate for about 15 minutes and add four tablespoons of olive oil. Use immediately.

PŪLEHU STEAK RUB

Recipe is from Keeping it Relle, a Hawaiian food blog. Makes enough rub to season steaks for four.

Ingredients

3 tablespoons Hawaiian salt
1 tablespoon 'alaea salt
1/2 teaspoon garlic powder
1/2 teaspoon ginger powder
1/2 teaspoon pepper
1/2 teaspoon onion powder

Directions

Rub steak with the seasoning and allow it to sit for 20-30 minutes before grilling to your desired doneness.

FÜSZER HUNGARIAN-STYLE SPICE BLEND

Recipe is from Semiserious Chefs.

Ingredients

2 teaspoons ground black pepper
2 teaspoons Hungarian paprika
1 teaspoon dill
4 teaspoons dried chives
1/2 teaspoons garlic granules
1/2 teaspoon sea salt
Lemon zest

Directions

Combine all the ingredients and use a mortar and pestle to grind into a finer texture. Use on any grilled meats or to add flavor to stews and soups.

