# the grilling issue oonappétit



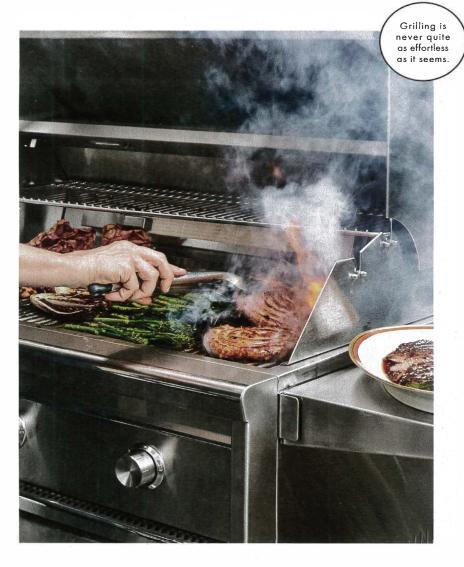


Jalapeño-Marinated Pork Chops

Spiced Scollops with Lime Moyo F. 90

Grilled Chicken Caesar Sandwiches Jumbo Shrimp with Coconut-Chile Sauce

## **Editor's Letter**



### I've (Sort of) Got This

► THE LONGER I GRILL, the more I realize I don't actually know what I'm doing. (Although, of course, I act like I do—tongs in one hand, beer in the other, pontificating about internal temperatures and how that strip steak needs time to rest before we slice it.) Grilling is such a temperamental form of cooking that you're constantly reacting to what it throws at you, bobbing and weaving to the intensity of the fire, struggling to figure out that sweet spot between your bone-in chicken being dried out and a cringey medium-rare.

But if you grill long enough, you begin to learn what you don't know. At least, I finally have. With just a modicum of humility, let me put down my lager and share some grilling truths that I've (finally) come around to. → I need a headlamp. For years I've ribbed our food director, Carla Lalli Music, for looking like a miner when she grills. And yet, every summer, there I am, fumbling around in the dark because I started the coals too late. Time to get enlightened.

→ And about coals: briquettes > hardwood lump. I swear by charcoal, and nothing matches the ferocity of hardwood lump charcoal. But the steady, consistent heat that conventional briquettes deliver is what better suits the average griller.

→ Clean the grates immediately after you finish grilling—not two weeks from now when they're encrusted with gunk.

→ And don't ever walk away from your grill. That's always when flare-ups occur.

→ A steak (even a thick one) never needs the cover on. Sear it well and then slide it to the cooler side of the grill to finish cooking.

→ **But bone-in chicken? Top down.** You want to transform your grill into an oven so that dark meat cooks all the way through.

→ **Speaking of doneness**—there is no shame in using a digital thermometer.

→ **But you don't need "grilling tools."** You need 12-inch standard-issue tongs and a sturdy metal spatula for burgers. That's it.

→ Marinate after grilling. Not sure why it took me so long to realize this. Get a quality char over high heat first, then douse your flank steak (or pork chop or snapper fillet) with a marinade to imbue it with flavor and juiciness. See page 62 to read up on this game-changing technique.

→ **Grill more vegetables.** Think broccolini, snap peas, you name it + olive oil + salt + a hit of acid.

→ **Buy yourself a grill basket.** It's what will prevent those snap peas (and asparagus and mushrooms) from slipping through the grates.

→ Skewers for the win. When I was growing up, kebabs meant chunks of tough beef bumping up against chewy zucchini. I now pick one protein, like boneless chicken thighs, and thread it on a skewer. If I baste them generously over high heat, they'll develop an irresistible caramelized crust.

→ Okay, so maybe I do need a gas grill. After my upstairs neighbor griped about the plumes of smoke my charcoal chimney constantly coughed up, I splurged on a Lynx gas grill. It's comically easy to use and gets so beastly hot that I find myself grilling far more often—proving once again that I might not always know what I'm talking about. But don't worry, I'll keep doling out advice as if I do.

> ADAM RAPOPORT editor in chief @rapoport on instagram

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