

FIVE TIPS FOR “GREAT GRILLING” FROM SAFEWAY

The below tips are included in the Great Grilling “How-to” Guide, available beginning June 14, 2006, at the nearly 1,700 Safeway Inc. stores across the country.

- **Grilling purists love cooking over charcoal.** Charcoal gives meats and vegetables a rich, smoky taste.
- **Direct heat grilling is best for thin cuts of meat that cook quickly.** It gets them nicely browned on the outside in the short time they take to get done in the middle.
 - Indirect heat cooking is best for large cuts of meat and roasts, because you don’t want to burn the outside and dry out the meat before the center is cooked.
- **For charcoal grills, airflow is important to keep the coals burning.** Bottom vents should be open when preheating grill. During cooking, if grill lid is closed, such as during indirect heat cooking, open top vents.
- **Resist the temptation to turn foods often,** especially if you’re cooking on a gas grill or over indirect heat.
- **Have the right tools on hand, for safe and easy grilling and clean-up:** a wide spatula and long-handled tongs for turning; long-handled brush for basting meats when they’re on the grill; drip pans for catching juices and fat while cooking over indirect charcoal heat; instant-read meat thermometer for making sure thick cuts of meat are cooked to the desired doneness; spray bottle full of water for dousing flare-ups when cooking over charcoal; stiff wire brush for cleaning grill; heavy aluminum foil, useful for cooking certain foods on the grill

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