

Grilling is year-round for this family

BY NORMAN PRADY
SPECIAL WRITER

If Memorial Day just past was the start of barbecuing season across America, it was merely another in the endless series of strolls to the grill for the Thomas family of Beverly Hills.

"We cook out three or four nights a week," said Susie Thomas, 36, a pre-K schoolteacher. "Everything tastes better. The meat is juicier. A steak in the oven is dried out. I've got to have it done on a grill."

But it isn't just the taste of the food that drives the Thomas family out of the house for more than half of their daily dinners. Susie and her husband, Dr. Mark, 34, a pediatrician, like the reduced clean-up.

"No pans," said Mark. "No big mess in the kitchen. And, we like being outdoors."

Susie and Mark use a propane grill, but they don't have big issues about the taste of propane cooking versus charcoal cooking.

"We use a charcoal grill when we go camping and it tastes a little different, but the propane is ready faster."

Anyway, they have wood-chip holders made for propane grills, which give them charcoal-grill benefits of mesquite and hickory smoking.

For Connor, 8, and Keley, 7, it doesn't matter what kind of fuel you use to cook their hot-dogs as long as you don't burn them.

Mark likes to grill salmon fillets, strip steaks, marinated shrimp, and chicken. For Susie, the greatest thrill of the grill is not animal but vegetable.

"When I was growing up," she said, "Everyone grilled hamburgers and hot-dogs and then when I was older someone made vegetables on the grill and that was wonderful. Smoky grilled vegetables. In a specially made grill wok. Wonderful."

Perhaps not traditional, she said, but wonderful.

Try grilling veggies too

SUSIE'S GRILLED VEGGIES

For the vegetables

- 3 zucchini
- 3 yellow squash (the size of zucchini)
- 3/4 cup cut-up Shiitake mushrooms
- 3/4 cup cut-up Portabella mushrooms
- 1 Vidalia onion

(The selection of vegetables can vary as long as the uncooked firmness of the vegetables is the same so that cooking time will be equal)

For the marinade

- 1 cup (or more) Balsamic vinaigrette, ready-made or your own
- 2 garlic cloves
- dash of lemon juice
- 1/4 cup grated Parmesan cheese

Utensils

- A cook-out wok is recommended. The pan is perforated all

around to let smoke reach the vegetables while containing them. Usually available at home and hardware stores.

Slice 1/4-1/2-inch rounds of the zucchini, squash and onion. Cut the mushrooms bite-size. Put all into a deep glass mixing bowl. In a measuring cup, stir the grated cheese into the vinaigrette, add the lemon juice and garlic. Pour mixture over the vegetables, adding vinaigrette as necessary to cover completely. Cover bowl with plastic wrap and refrigerate. Overnight marinating is recommended.

After marinating, bring the vegetables to near room temperature. Warm the grill wok. With a slotted spoon, lift the vegetables out of the marinade and put into the wok.

Cooking times will vary depending on the temperature of the grill and preference for al dente or soft vegetables. Possibly 10-20 minutes, with continual stirring to cook evenly.

Remove wok from grill with hot-pads or oven mitts.

Give grilled turkey a try

BY THE ASSOCIATED PRESS

Try turkey on the grill. Here's a summary of steps for grilling whole turkey:

1. **Preparation:** Unwrap thawed turkey, remove giblets, pat dry. Prepare your grill for indirect heat method. Make sure heat source (coals or gas burner) is not directly under turkey.

2. **Grill:** Follow charcoal and gas grill directions (directions follow).

3. **Check:** Use a meat thermometer to check for doneness.

4. **Carve:** Let turkey rest for 15 minutes, then carve and enjoy it.

Charcoal grilling

Prepare charcoal grill for indirect heat method. Position drip pan in the middle of grate and place 25 to 30 briquettes along each side; burn briquettes until covered with gray ash.

Pat turkey dry, spray completely with cooking spray and place on cook grate over drip pan. Cover grill, leave vents open.

Add 6 to 8 briquettes to each side of the pan every 45 to 60 minutes.

Cook turkey to an internal thigh temperature of 180° F, and breast temperature to 170° F.

Remove turkey from grill and let stand 15 minutes before carving.

Gas grilling directions:

Allow 1 inch between turkey and grill lid. Prepare gas grill for indirect heat method. Place drip pan directly on flavorizer bars, ceramic briquettes or lava rocks.

Preheat burners on high for 10 to 15 minutes with lid closed.

Pat turkey dry, spray completely with cooking spray and place on cook grate over drip pan. Close lid.

Adjust burners to maintain

medium heat.

Cook turkey to an internal thigh temperature of 180° F, and breast temperature to 170° F.

Remove turkey from grill and let stand 15 minutes before carving.

Refer to your grill owner's guide for more information on the indirect heat method.

Handling and grilling safety guidelines:

■ Keep fresh turkey in refrigerator and grill as soon as possible, no later than "use by" date.

■ Prevent uncooked juices from dripping onto other foods in refrigerator by placing turkey on a tray.

■ Do not stuff turkey.

■ Wash hands with hot soapy water after handling raw turkey.

■ Spray unheated cook grate with cooking spray to reduce sticking.

■ Do not use packaged-turkey lifter when grilling turkey. Use thick, washable oven mitts to lift cooked turkey from grill to platter.

■ Never pierce turkey with a fork while grilling or juices will escape.

■ Grill faster-cooking turkey products like burgers over direct heat.

Grill tips:

■ **Convenience:** Put bastes and sauces in squeeze bottles to make applying them easier - no messy brushes to clean.

■ **Flavor:** Turn your charcoal grill into a smoker. After the coals are heated, simply add 1/2 cup drained wood chips - apple, cherry or hickory - on each mound of charcoal for a rich flavor.

■ **Variety:** Experiment with new recipes and different cuts.

Source: Butterball Turkey. For more information visit www.butterball.com

Healds from page B1

There is no cork tint with synthetic corks. They do not crumble or break. High-profile St. Francis Vineyards & Winery in Coliform's Sonoma County adopted synthetic corks years ago.

If you buy a bottle of the excellent value St. Francis Cabernet Sauvignon \$16 or one of the best merlots from California, 1999 St. Francis Merlot \$24, you're guaranteed two things: The wine will not be corky and there will not be cork pieces floating in the glass. If you buy wine based on what you like from past experience, you'll probably choose St. Francis again because of its high quality.

Kim Crawford, a fine New Zealand brand, bottled its 2000 "naked" (latest moniker for unopened) chardonnay \$18 in a screw cap bottle.

Its sauvignon blanc has a synthetic cork. Congratulations to California's Bonnie Doon Vineyard that has taken the domestic lead. Owner and innovative marketer Randall Graham has always been a risk taker. On July 15, 2002, he will release 80,000 cases of Co' del Solo Big House Red and White (about \$10) with a screwcap closure. It is the largest U.S. bottling to date of a fine wine with a screwcap!

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.

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