



2024

ON THE

Grill

Successful GRILLING

Did you know that there is a technical difference between grilling and barbecuing? Grilling requires a relatively high temperature, more than 315° C, generated by open flames or embers. This method is often confused with typical barbecue cooking which, in its traditional form, is a very slow cooking method, using a low, indirect heat that is generated by smouldering logs or charcoal. Many hardware stores sell bags of woodchips of various types that can add delicious flavour to your grilled foods.

For cooking good cuts of meat, the technique of using indirect heat is very simple: all you have to do is light the burners on one side of a propane barbecue and place what you want to cook on the other side. This is also a good way to avoid charring the meat, which imparts carcinogenic substances called heterocyclic amines.

Crucial to any kind of grilling is the cleanliness of your barbecue and metal grill. Thoroughly brush and oil the



grill before and after each use, and empty and clean out the pan that collects the fat drippings, usually located under the barbecue. Slacking off on basic barbecue maintenance might leave you with doubtful tasting meats.

Did you KNOW?

Grilling is serious business in the hearts and minds of millions of people, which is perhaps the reason why individuals tend to be so devoted to their preferred method of cooking foods over an open flame. That devotion extends to the type of grill cooks use, which typically comes down to a choice between gas grills that utilize propane and charcoal grills that burn charcoal. Though the debate over which type of grill is better will likely never end, charcoal devotees insist that science is on their side. Grilling with charcoal leads to the release of an aroma compound known as guaiacol. Guaiacol is produced during the breakdown of lignin, a resin that BarbecueBros.com notes holds strands of cellulose together to form wood. As lignin breaks down, guaiacol is released, providing foods cooked over charcoal with a uniquely smoky, bacon-like flavor. That unique flavor is absent from foods cooked on a gas grill, which charcoal grill enthusiasts point to as proof that their preferred method to grill meat is superior to other means.



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How to improve the flavor profile of GRILLED FOODS

Many people insist grilling has no peers when it comes to cooking methods. Part of the allure of grilling is undoubtedly the chance to spend time outdoors in warm weather, which is when many people do the bulk of their cooking over an open flame. But grilling also produces unique flavors that simply can't be replicated.

It might be impossible to match the flavor of foods cooked over an open flame, but that doesn't mean those flavors can't be augmented. Grillmasters can try these strategies to improve the flavor profile of their favorite grilled dishes.

- ADD SOME WOOD. Wood is often utilized to add some extra flavor when smoking foods, but it also can add flavor when grilling in a more traditional way. Wood chips can be soaked in water or even wine or beer so they don't burn so quickly that the flavor gains are negligible. Wood chunks or logs will burn slower than chips, so there's no need to soak them. Wood imparts a unique flavor to grilled foods, making meals even more delicious.

- APPLY A DRY RUB TO THE FOOD. Dry rubs are made from dry ingredients like herbs and spices. Dry rubs don't penetrate the meat too deeply, which means they don't need much time to add flavor. That's ideal for people who decide to grill at the last minute and want to add flavor even if they don't have the time to marinate their meat.

- BRING MEAT TO ROOM TEMPERATURE PRIOR TO PUTTING IT ON THE GRILL. Meat that goes directly from the refrigerator to the grill is likely to cook unevenly, which can affect the overall flavor of the meal. But this issue is easily overcome by taking the meat out



GRILLMASTERS CAN TRY THESE STRATEGIES TO IMPROVE THE FLAVOR PROFILE OF THEIR FAVORITE GRILLED DISHES.

of the fridge about 20 to 30 minutes before putting it on the grill. Doing so lets the meat reach room temperature and increases the likelihood it will cook evenly.

- SEASON YOUR VEGETABLES, TOO. Meat and other proteins might garner the bulk of the grilling attention, but vegetables are worthy additions to any grill grate. Grilled vegetables can be made even more flavorful with some light seasoning with a little kosher salt and/or black pepper before placing them on the grill. As the vegetables cook, they will absorb the salt, which adds to their flavor profile. Dried herbs also can be used to season grilled vegetables for even more flavor.

Grilled foods are incredibly flavorful. That flavor profile can be even better when grillmasters employ a few simple techniques.

Tips to clean your GRILL

Millions of people across the globe have a passion for grilling. Cooking over an open flame imparts a unique flavor to a variety of foods, and that profile can be augmented with marinades, wood chips and a host of other tweaks that help to create a delicious finished product.

Though many people grill throughout the year, this particular method of cooking is most popular in summer, when welcoming temperatures compel cooks to prepare meals outdoors. As grilling season kicks into high gear, grillmasters can embrace these strategies to ensure their grills remain clean.

- CLEAN AFTER EACH USE. Once food is cooked, cooks' minds immediately shift to eating. But cleaning a grill immediately after each use can make it easier to remove all the debris that can gather as foods cook. Fat, grease, melted cheese, marinades, and other substances can accumulate on the grill over time. Though grillmasters can eat before cleaning their grills, keep the fire going until after eating (vents can be slightly closed to reduce the heat somewhat), then scrape food and other debris off the grill. Grates that are still warm are easier to clean, but use heat-proof grilling gloves when cleaning warm or hot grates to reduce burn risk.

- OIL THE GRATES BEFORE COOKING. A light coating of oil brushed onto the grill grates prior to cooking can reduce the likelihood that food sticks to the grill while it's being cooked. Food stuck to a grill can be difficult to remove, but the oil can reduce the likelihood that ground beef from burgers or chicken breasts will stick to the cooking surface.

- DEEP CLEAN THE GRILL EVERY SO OFTEN. Grill grates may not need a deep clean after each use, particularly when only preparing food for a handful of people. However, a deep cleaning every so often, and after heavy usage during backyard barbecues, can remove debris that can accumulate and pose a health risk over time. Follow the grill manufacturer's instructions regarding cleaning the grill. Some might



suggest traditional dish soap like Palmolive is safe to use, while others might recommend particular soaps that can protect the long-term life of the grill. Cast-iron grill grates generally should not air dry, so dry these parts off immediately after cleaning.

- USE THE RIGHT TOOLS. Steel grill brushes are popular, but these cleaning tools can be unsafe. Steel brush bristles can break off during vigorous cleaning sessions, and they may get stuck on the grill during the cleaning process. If stuck on the grill, steel bristles can easily attach to food. The cooking experts at Epicurious note that steel brush bristles can cause throat and/or abdominal

issues if consumed. Alternatives to steel bristle grill brushes are widely available, but grillmasters should know that some, including nylon brushes, should not be applied to a grill until its grates have cooled off.

- CLEAN ALL COMPONENTS. Grease traps, ash pans and the interior of the grill, including its sides and the inside of lids, can be periodically cleaned to reduce grease buildup and the risk of exposure to germs.

Grilling is a wildly popular summer pastime. Ensuring grills are clean prior to cooking can make foods more flavorful and decrease the risk of illness.

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8 steps for getting perfectly GRILLED BURGERS



To wow your guests with perfectly grilled burgers at your next cookout, follow these eight steps.

1. Use medium ground beef instead of lean for a tastier burger. You can also mix different meats like pork or lamb.
2. Season your meat with enough salt and pepper to give it some flavor. Add other seasonings as desired.
3. Make your patties the same size to ensure

they cook within an identical timeframe. Using a kitchen scale or measuring cup will help. A quarter pound (or approximately half a cup) is ideal for creating patties.

4. Flatten the patties before grilling them and use your finger to make shallow divots in the middles. This will prevent your burgers from becoming dome shaped.
5. Get a good sear on the outside of your patty by getting the grill very hot before putting the burgers on.
6. Only flip them once. Rotating, squashing or moving them around will cause your meat to become tough.
7. Cook for three minutes on each side for medium rare (not recommended when using pork), four minutes a side for medium or five minutes a side for well-done burgers.
8. Allow your burgers to sit for five minutes before eating.

Toast some buns, garnish with your favorite toppings and enjoy!



2024 ON THE Grill Yummy delicious BBQ KEFTA



This delicious traditional dish from North Africa is perfect for a quick lunch in the backyard. The amount of fresh herbs (parsley and cilantro) you use is a matter of taste; feel free to experiment! Serve with tzatziki sauce or with plain yogurt, fresh vegetables and pita bread.

INGREDIENTS

(For 6 servings)

- 2 lbs. ground meat (beef, lamb or a combination of both)
- 2 medium onions, finely chopped
- 1 tsp cumin
- ½ cup chopped fresh parsley
- ½ cup chopped fresh cilantro
- A little salt and pepper

DIRECTIONS

1. Combine all ingredients in large bowl.
2. With wet hands, shape mixture into sausages about six inches long. Use wood or metal skewers, if desired; they will make your work easier, both for the look of the sausages as well as for serving.
3. Grill on the barbecue.
4. Serve.

Stuffed Asian BBQ PORK CHOPS

In addition to being very tasty, these pork chops are really easy to prepare. You can choose chops with or without bones, although it's easier to cut open boneless chops in order to stuff them.

INGREDIENTS

- 4-6 pork chops about 1-inch thick, with or without bones.

MARINADE

- ½ cup soy sauce
- 2 tbsp vegetable oil
- 2 tbsp hoisin sauce (or brown sugar)
- 2 garlic cloves, chopped
- 1 tbsp fresh ginger, chopped
- 2 tsp toasted sesame oil
- 1 tbsp Chinese vinegar (or white vinegar)

STUFFING

- ½ cup chopped cashews
- 2 large green onions, chopped
- 2 celery stalks, chopped
- 8-10 white mushrooms, chopped
- 1 tbsp fresh ginger, chopped
- Pepper to taste

DIRECTIONS

1. Using sharp knife, make incision along length of



- each chop (to stuff them in step 8).
2. Place ribs in large plastic freezer bag.
3. Whisk together all marinade ingredients and pour over chops.
4. Refrigerate for at least one hour or overnight, shaking bag from time to time.
5. Heat barbecue to medium/high.
6. Remove chops from fridge and set aside two tbsp of marinade.
7. Pour a little oil in fry pan and sauté nuts, onions, celery and mushrooms for a few minutes. Add marinade and cook over low heat for a few minutes longer or until marinade has completely evaporated.
8. Stuff chops with this mixture. If necessary, close openings with toothpicks.
9. Grill 3 to 5 minutes on each side. Serve immediately.

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