

ENDS AND TRENDS WITH KIM AND KAREN



Kim's Tip: Common Grilling Mistakes to Avoid

It's that time of the year again to pull out your grills for outdoor cookouts. Grilling is supposed to be easy and carefree but can sometimes go wrong with scorching and burning mistakes. Here are a few tips on common mistakes to avoid while grilling:

- **Not Prepping Ingredients Ahead of Time** – Make sure all your ingredients are cut, mixed and ready to go before lighting your grill to prevent your meat from going up in flames.
- **Inadequate Tools** – Having the proper tools, such as heavy duty, long-handled tongs, spatulas, grilling brushes and kitchen towels, to avoid burning yourself.
- **Cooking on a Dirty Grill** – Your grill should be cleaned either before or after every use to prevent food from sticking to the grill.
- **Grilling Too Soon** – If using charcoal briquettes, they should be fully lit before food is placed on the grill so that the chemicals they contain are not still burning off and flavoring your food.
- **Grilling Only Over Direct Heat** – Briquettes should not cover entire grill. Make a zone of your grill for indirect heat to allow your food a place to cool if a flame flare-up occurs.
- **Avoid Keeping Grill Covered** – Covering the grill while cooking over direct heat promotes the build-up of smoke that you will taste in your food. Use cover only for indirect heat cooking.
- **Using Too Much Sauce Too Early** – Sauces increase flavor but some contain sugars that burn easily. It is better to add toward the end of the cooking process to avoid loss of flavor.
- **Checking the Temperature** – To ensure your meat is properly cooked and done, get a thermometer to check it.
- **Eating Too Soon** – To seal in juices and flavor, let meat rest for a few minutes before serving.

Now that you know the dos and don'ts for proper grilling, let's get to cooking. Happy grilling!!!