

GREAT GRILLING

This Trend Is Hot: The Thrill Of The Grill

(NAPSA)—Grilling is one of America's most popular food-related activities. It beckons more and more Americans to their backyards each year. Grilling, or barbecuing as it is referred to in some parts of the country, is *hotter* than ever!

In fact, according to the Barbecue Industry Association, 75 percent of U.S. households own a barbecue grill and 57 percent of those who own grills use them year-round. We relax with family and friends in the yard and enjoy our favorite foods—from meats to fish and vegetables straight off the flame.

Americans love grilling because they are looking for easy dinners that require minimal clean-up and offer healthy alternatives. Even restaurants touting fresh grilled goods are getting rave reviews.

Adding to the trend, indoor grills are creating a stir in meal-time planning. This is an excellent, safe way to continue to grill year round—allowing, for example, a taste of summer in January—right inside your kitchen. Just don't try to improvise by using your outdoor grill inside. Using an outdoor grill in a tent, trailer, garage or enclosed area can create lethal amounts of carbon monoxide.

Ribs are a grilling favorite, especially for a casual backyard barbecue. They can be pre-cooked (oven-braised), creating a great make-ahead recipe. This recipe only requires ten minutes of grill time. Tools that make this job easier are tongs and a basting brush such as those the Pampered Chef® offers. Serve with deli coleslaw, corn on the cob, watermelon wedges and frosted brownies for a tasty summer meal.



Kansas City BBQ Ribs make a great grilled dish.

Kansas City BBQ Ribs
Prep time: 20 minutes, Cook time:
1 hour, Grill time: 10 minutes

Ribs

4½-5 pounds pork baby back ribs (2 slabs)
5 garlic cloves, pressed
1½ teaspoons Pantry Lemon Pepper Seasoning Mix
3 cups tomato juice

Sauce

1½ cups ketchup
1 cup packed brown sugar
½ cup cider vinegar
¼ cup Worcestershire sauce
1 teaspoon chili powder

1. Preheat oven to 400°F. For ribs, cut each slab into thirds using Kitchen Shears and place in Rectangular Lid/Bowl. Press garlic over meaty sides of ribs using Garlic Press; spread with Skinny Scraper. Sprinkle with Seasoning Mix. Carefully pour tomato juice around ribs; cover with Rectangular Baker. Bake 1 hour. Carefully remove Baker from Lid/Bowl. Remove ribs from Lid/Bowl. Discard

tomato juice.

2. Meanwhile, for sauce, whisk together all ingredients in Petite Saucepan using Nylon Spiral Whisk. Bring to a boil over medium-high heat; reduce heat to medium-low and cook 10 minutes, stirring occasionally. Reserve ¾ cup sauce for serving with grilled ribs.

3. Prepare grill for cooking at medium temperature. Place ribs, meaty side up, on lightly greased grid of grill. Brush with half of remaining sauce using Barbecue Basting Brush. Cover; grill 5 minutes. Turn ribs over using Barbecue Tongs; brush with remaining sauce. Continue grilling, covered, 5 minutes. Reheat reserved sauce and serve with ribs.

Yield: 6 servings

Cook's Tips: Baby back ribs are really pork loin back ribs that are shorter, thus making them easier to hold when eating. Pork loin back ribs will work equally well in this recipe.

Ribs can be baked up to 2 days before being grilled. Wrap tightly and refrigerate until grilling time. The sauce can be prepared at the same time. Refrigerate in covered container.

If using a charcoal grill, light charcoal briquettes and allow about 30 minutes for coals to reach a medium cooking temperature. The surface of the coals will be ash-covered. Coals should be spread in a single layer. If using a gas grill, consult the owner's manual for heating directions.

To learn more about the Pampered Chef and to find a nearby Kitchen Consultant call (800) 266-5562 or visit <http://www.pamperedchef.com>.