



Barbecue Basics

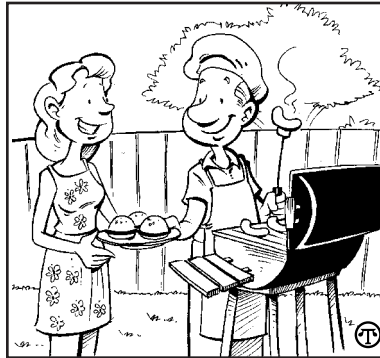


The Cowboy In The Kitchen Takes On The Backyard Grill

(NAPSA)—Millions of Americans fire up their grills each year and flavor their favorite meats with rubs, salsas and sauces. Their choices of meat and seasonings are as dynamically different as those doing the grilling. Bostonians baste lobster tail with lemon butter. In Memphis, they marinate their pork and grill it with a glaze of orange marmalade. In New Orleans, crawfish is seasoned Cajun style. In Texas, home of Cowboy Cuisine, beef is scorched to tongue-tingling perfection.

Texas-style Cowboy Cuisine, raised to new heights courtesy of chef/author Grady Spears, is the art of taking simple seasonings and applying them liberally to a wide variety of meats. According to Grady, simplicity, seasoning, slow cooking and no-fuss fun are at the heart of Cowboy Cooking. "I believe most backyard barbecue enthusiasts can master the art of Cowboy Cooking with a few easy lessons. The secret is applying seasonings liberally to your favorite meats and vegetables and then stacking up the side dishes with traditional favorites like mashed potatoes, biscuits and baked beans." Among his suggestions are the following tried -and -true rules of the range:

- Most of the sauces and spices burn off when you barbecue, so don't be shy—smother your meats with them!
- Bathe the meat in sauce before the grilling begins.
- Pre-cook and prepare as much of the food beforehand as possible so that you can savor each moment of the barbecue with



When you barbecue, the fire should be on the grill, not in your belly.

friends and family.

- Use tongs to turn your steak. A fork will pierce the meat and allow those delicious juices to escape.

- Have pickles, relishes, peppers, sauces, salsas, chutneys and spices ready to go.

- After oiling the surface of the meat, rub it with brown sugar, or you can also use cola soda pop. It caramelizes and seals the juices inside the meat.

"What people want is good, wholesome food without too much fuss," says Spears. "So wander round your garden or walk through the produce aisle of your local grocer and wrestle up some fresh and dried herbs and spices. While lots of good food sprinkled liberally with paprika and chili powder can add zest to any meal, it can also bring on heartburn." Fortunately, should heartburn strike, there's a new way to put out the fire. Pepcid® Complete is the only combination heartburn remedy developed specifically to safely and effectively stop acid

indigestion fast, and deliver long-lasting relief in a single tablet.

With an effective heartburn remedy available, there's even more reason to savor the thrill of grilling—and spice it up. Here's a hearty suggestion for your next barbecue.

Molasses Rub Sirloin Steak
(from *The Great Steak Book*)
(Makes 4 to 6 Servings)

Molasses Rub

- 1 cup packed brown sugar
- 2 tablespoons molasses
- 2 teaspoons paprika
- 2 teaspoons dried thyme leaves
- 1½ teaspoons kosher salt
- 1½ teaspoons freshly ground black pepper
- 1 teaspoon garlic powder
- 4 to 6 tablespoons unsalted butter
- 2 pounds sirloin steak

To prepare the rub, combine all the ingredients in the bowl of a food processor and process until the mixture is well blended. The rub can be prepared in advance and stored in an airtight container until ready to use.

Using your hands, completely cover the steaks with the rub, place them on a plate, cover with plastic wrap, and refrigerate for 2 to 4 hours. Remove the steaks from the refrigerator and allow them to return to room temperature while you prepare the grill. Grill the sirloin for 6 to 8 minutes per side for medium rare.