



GRILLING TIPS FROM LAURENT TOURONDEL

With summer approaching, Executive Chef Laurent Tourondel has some suggestions for grilling at home from his latest cookbook *Bistro Laurent Tourondel* (Wiley, Oct. 2007).

WOOD CHIP TIPS:

The more wood chips you use, the more pronounced their flavor will be in the meat. Soak wood chips in water for about 30 minutes before using. Hickory wood chips create a pungent aroma typical of Southern cooking. Mesquite gives food a sweeter and more delicate aroma.

BEEF BRISKET:

Beef brisket smoked and slow cooked in barbeque sauce turns out so tender you can cut it with a fork. Plan to smoke the meat one day, and then bake it the next day, since the total amount of time required, mostly unattended, is about fourteen hours. Either an indoor or outdoor smoker can be used with excellent results.

BURGERS:

Tourondel suggests seasoning your burgers with butter, salt and cracked black pepper. Patties should be one inch thick and molded in a metal cutting ring to achieve a perfect circle. Grill over medium heat.

“Some chefs will say this is crazy but for a burger on the grill, you can make it juicier and moister by dipping the patty in water for about 30 seconds. No longer than that!”



GRILLING VEGETABLES:

Be sure to grill asparagus quickly over high heat so that they do not become soft.

(Recipe for Grilled Asparagus with Butter M.D' is attached)

When grilling fresh corn, wrap the husk back around the corn after seasoning it, to keep the kernels tender and moist while infusing it with flavor from the butter and seasonings

(Recipe for Grilled Corn with Herb Butter is attached)

GRILLING SEAFOOD:

When baking fish, use a spiced salt crust to keep the meat moist and flavorful, while allowing the fish skin to pull away when the salt is removed, making it easy to serve

Season shrimp with salt, pepper and olive oil. Preheat a barbeque or stovetop grill to high heat. Add the shrimp in a single layer. Cook until browned and cooked through, about 2 minutes on each side.