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# INTRODUCTION



Why do we love grilling and barbecuing so much?

When asked that question in surveys, most people say it's because grilled food tastes great and because they like to cook and eat outdoors.

But you knew that, didn't you?

We think another reason that many of us love grilling is that we don't have to cook that way. Instead of a chore, grilling is a sport, an art, a hobby. Folks who wouldn't be caught dead lighting a stove and cooking an omelet will fire up the coals and nurse a brisket for 12 hours.

Yet another reason to love barbecuing is that it touches something fundamental in us. We've been cooking over fire since, well, our ancestors discovered it.

Even in the United States, land of processed foods and giant restaurant chains, barbecue still carries distinctly regional flavors and sparks intensely heated debates.

North Carolinians swear by their pig pickin's. New Englanders have their clam bakes, a cooking method that dates back to the original inhabitants of the region. As you move westward, to Memphis and St. Louis, the ketchup predominates and the vinegar lessens, and "sloppy barbecue"—fatty ribs glistening with sauce, pork piled high on a sandwich with coleslaw—takes over. In the Midwest, chicken joins the ranks of frequently barbecued foods. Finally, when you move far enough West to, say, Texas, an honest-to-gosh barbecue will feature beef rubbed in a mixture of seasonings and served as is. Sauce on the side is strictly optional, and don't even think about drowning the meat in it.

Go all the way to the coast, to California, and grilling takes on an almost European flavor, with vegetables and pizzas and polenta starring alongside the meat, and with smoke provided by dried grapevines and bits of recycled wine barrels. In the northwestern United States and southwestern Canada, salmon is the choice, lightly seasoned in spices and smoked over the delicate sweetness of alder. Go even farther west, to Hawaii, and the pig reappears, as the star (and main course) of the luau. In Mexico, mesquite wood lends its flavor to pork,

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## POULTRY RECIPES

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**Cantonese-Style Sweet and Sour Chicken Breasts**

**Whole Grilled Chicken with Apricot Sauce**

**Chicken Yakitori**

**Chicken Pieces with Molasses Barbecue Sauce**

**Paella**

**Chicken Dogs with Caramelized Onions**

**Pesto Chicken**

**Grill-Roasted Turkey Breast**

**Turkey Burgers with Dried Cranberries**

**Yogurt-Marinated Turkey Legs**

**Grilled Quail**

**Honey-Basted Cornish Hens**

“Poultry is for the cook what a canvas is for the painter,” wrote the famous 19th century food authority Jean Anthelme Brillat-Savarin. We couldn’t agree more. The naturally delicate flavor of chicken, turkey, and quail allows you to use sauces, flavored woods, and herbs in creative ways to tempt the tastebuds.

In this assortment of recipes, we “paint” the birds with a variety of colorful flavors: the anise pungency of pesto, the sweetness of molasses, the tart-sweet flavor of apricots, the tang of sweet-sour sauce.

As a bonus, the white meat of turkey or chicken is naturally low in fat (when you remove the skin). If you're watching your fat or cholesterol, you'll be delighted with the Sweet and Sour Chicken Breasts, Grill-Roasted Turkey Breast, or Turkey Burgers with Dried Cranberries (use lean, all-white-meat ground turkey).

Don't forget, large pieces of poultry such as whole chicken, turkey, or Cornish hens; boneless turkey breasts, and turkey legs must be cooked over indirect heat so the center cooks through before the outside burns.

# CANTONESE-STYLE SWEET AND SOUR CHICKEN BREASTS

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*This classic Chinese sauce also works well with grilled pork, turkey or fish.*

**YIELD:** 6 servings

**LEVEL:** Intermediate

**GRILL TIME:** 10 minutes

**AT THE READY:** Long-handled spatula or tongs, vegetable oil, basting brush, and the cooked sauce

6 boneless, skinless chicken breast  
halves  
Lemon juice to cover chicken  
1 tablespoon peanut oil or canola  
blend oil  
 $\frac{1}{4}$  cup red wine vinegar  
 $\frac{1}{4}$  cup light brown sugar

$\frac{1}{2}$  cup ketchup  
1 cup pineapple juice  
2 tablespoons cornstarch mixed with  
3 tablespoons water  
1 large tomato, cut into thin wedges  
1 large green bell pepper, seeded and  
cut into strips

1. Place the chicken breasts in a glass bowl. Cover the chicken with lemon juice and marinate, covered, in the refrigerator for 3 to 4 hours, turning once or twice. Drain.
2. While the chicken is marinating, heat the oil in a small saucepan over medium heat. Stir in the vinegar, sugar, ketchup, and juice. Mix the cornstarch with water and blend it into the sauce. Continue cooking until the sauce turns clear and thickens slightly, and remove from the heat. Remember to reheat the sauce before serving.
3. Prepare the tomato and green pepper, cover and refrigerate until ready to serve.
4. Prepare the grill for direct heat. Oil the cooking grid. When the coals are medium hot, brush the chicken breasts lightly with oil and place them on the grid, 4 to 6 inches from the heat. Grill, uncovered, about 5 minutes. Turn, again brush with oil, and continue cooking about 7 to 9 minutes, or until the chicken is fork tender and the juices run clear. Do not overcook. Cut the chicken into slices, then set on individual plates. Add the tomato and green pepper to the reheated sauce and pour it over the chicken. Serve immediately. This is good with cooked white or brown rice.