





This is what
REAL MEN
EAT.

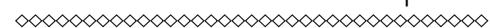
Great Lakes Life Magazine's **ULTIMATE**
all-male grilling guide — from brauts to
burgers and steer to salmon. Go ahead, *indulge*.

**FEEL THE
BURN?**

Avoid buying thin cuts of meat. Anything less than one-inch thick runs the risk of being overcooked too easily.

**BAR-
NONE
BBQ
SAUCE**

Ditch the bottled sauces this summer and make your barbecue a hit with this homemade sauce recipe.



½ c oil

1 small onion (chopped)

1oz garlic (minced)

1qt tomato puree

1pt water

1 c Worcestershire Sauce

½ c apple cider vinegar

¼ c sugar

Mustard powder, chili powder, salt, pepper (to taste)

1. In a medium saucpan, heat oil. Add onions and garlic and cook until onions are soft.
2. Add tomato puree, water, Worcestershire Sauce, and apple cider vinegar. Bring to a simmer.
3. Add sugar and seasonings. Mix together while bringing to a boil.
4. Reduce to a simmer and cook for an additional 20 to 30 minutes, stirring every 5 minutes.

Makes a half gallon.

Looking to give your sauce a little more *KICK*? Consider these alternatives:

- For a HONEY BBQ SAUCE – add approximately 4 to 8 ounces of honey to your sauce as it simmers.
- For a HOT AND SPICY SAUCE – simmer chopped jalapenos and poblano peppers along with the onions and garlic.
- For a RIBS SAUCE – add bourbon or molasses as the sauce simmers.
- For a SAUCE TO COMPLEMENT CHICKEN – add teriyaki sauce.
- FOR A SEAFOOD SAUCE – add lime juice and teriyaki sauce.
- FOR PORK CHOPS – add a raspberry puree.

Forget Miller time: red wine makes an ideal companion for steak.

THE GREAT DEBATE: CHARCOAL VS. PROPANE

TIP:

Piercing a steak with a fork while it is being cooked releases its natural juices. Use a spatula or tongs to flip instead.



COOKING	CHARCOAL	PROPANE
How are you converting your raw meat into a mouth-watering, bacteria-free meal?	A very archaic method of lighting a stack of briquettes. Can sometimes take up to an hour to heat the grill, plus there is no temperature control.	-WINNER- <i>With the simple press of a button, your grill is ignited and within minutes ready to cook, and the flame is completely adjustable.</i>
PRICE	-WINNER-	A little more high tech, a mid- to low-level propane grill retails at around \$100. Add another \$35 for the cost of a propane tank.
FLAVOR	-WINNER: PERSONAL	PREFERENCE- <i>To quote television's biggest advocate of propane, Hank Hill, "You're tasting the meat, not the heat."</i>

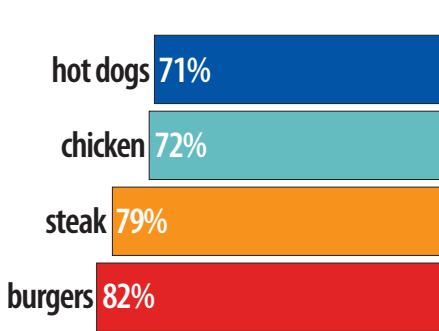


AND THE WINNER IS...

Both. Whether you are cooking via gas, charcoal, or even just over an open campfire, it's still grilling. Enjoy.

GRILLING by the numbers

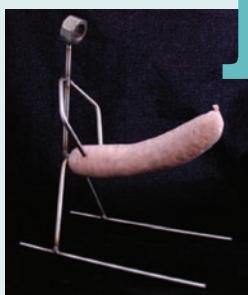
Although veggies like potatoes, corn, and zucchini make for great grilling, the numbers don't lie – men still prefer meat cooked over an open flame.



KNOW YOUR HARDWARE

Before you fire up, arm yourself with some unique (and dare we say essential) grilling tools.

1 HOT DOG HOLDERS



Keep the gristle off your dogs and brats. A variety of holders are available, from standard plastic holder to some very creative ideas. Visit www.dogginroastersy.com to find our staff's favorite – a hilariously suggestive offering.

2 FOOD INJECTORS

Give meats an extra punch by injecting marinades and seasonings directly into them. Available at www.grillingaccessories.com.

3 THE ROTO-KABOB

Putting a new spin on cooking great kabobs, the Roto-Kabob can cook up to six skewers at a time and lets you cook them in an easy rotisserie style. Available at www.grill4all.com.

4 "THE ROOST" BEER CAN CHICKEN ROASTER STAND

The fast and easy way to prepare beer-can chicken for the grill, this handy tool should be a requisite in every guy's grilling arsenal. Available at www.fredsmusicandbbq.com.

5 THE ORIGINAL GRILLSLINGER BARBECUE BELT

If Batman gets a utility belt, why shouldn't the master of the grill? Designed by top chefs, the belt ensures all of your grilling tools are at hands reach. Available at www.grillingaccessories.com.



◀ Meat continues to cook after it's removed from the grill. A rare steak will be medium-rare by the time it's served.

KNOW YOUR CUT.

Not all steaks are created equal. Let GLL be your guide to knowing which cut of beef is best for your grilling needs and makes you the envy of the neighborhood.

SIRLOIN

Usually carved into steaks, choice cuts like T-bone and porterhouse are not only restaurant favorites but are preferred by grillers alike. The filet mignon (cut from the tip of the tenderloin) is the most favored cut.

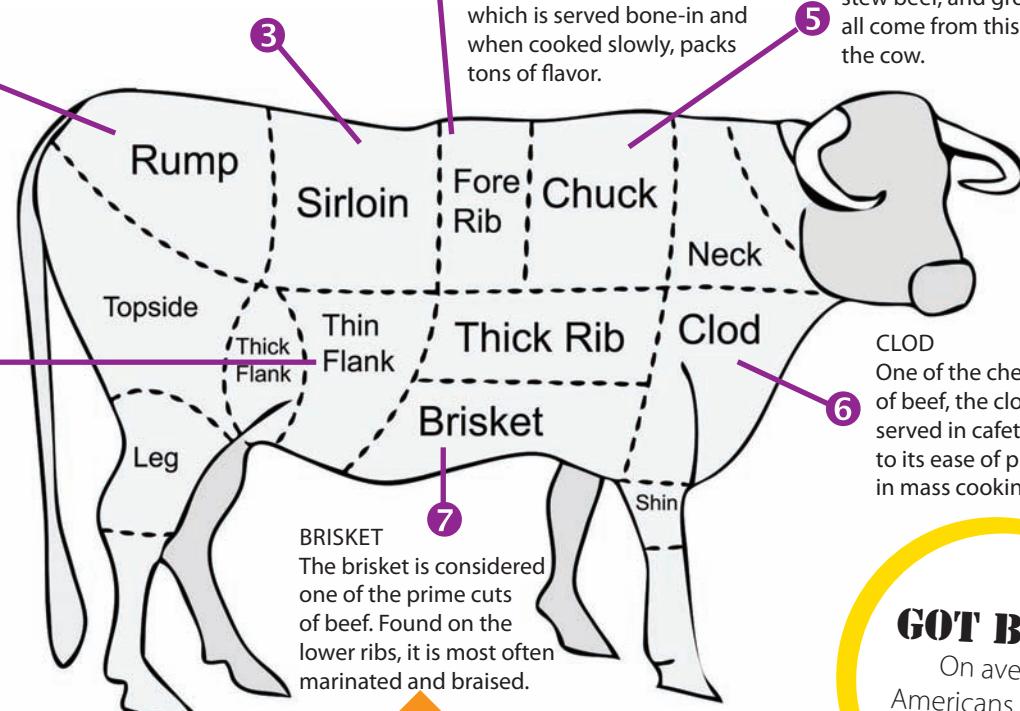
RUMP

The cut from the rump is often referred to as a round. The lack of fat and marbling of this cut leaves it relatively prone to drying out (so it should be cooked in a liquid) and is ideal for jerky.

1

THIN FLANK

Meat from the flank of a cow is preferred for ground beef and patties as well as for flank steak. Because the flank region of the animal is particularly muscular, the cut should be across the grain.



FORE RIB

Cuts from this section include roasts and steaks. Most common is the rib-eye (also known as the Delmonico and the club steak), which is served bone-in and when cooked slowly, packs tons of flavor.

CHUCK

Best braised in liquids, chuck is a popular cut. Pot-roast, stew beef, and ground beef all come from this region of the cow.

HOW DO YOU LIKE IT?

When it comes to the doneness of a steak, eaters are picky. What's tasty and tender to one man might make the next one squirm (couch, couch rare, anyone?). How do you rate?

