

How To Cook With A Charcoal Barbeque



(NC) While gas and electric grills have their advantages, cooking with a charcoal grill can deliver the best classic flame-broiled flavour. It can take a bit more effort though, so use these helpful tips from the Home Depot Canada to grill up meals that bring back the delicious smells and tastes from your childhood.

Clean the grates using a grill brush, then coat them with vegetable oil. This will help prevent food from sticking the next time you cook and can also help keep rust at bay.

Use a charcoal starter like the Weber rapid-fire chimney starter to heat up your coals. This grill accessory can significantly reduce

the amount of time it takes for your coals to heat up and does not require lighter fluid, so you won't be compromising the smoky charcoal taste you're craving.

When your coals are grey they're reading for cooking, and one of the keys to getting great results is arranging them properly. When spreading the charcoal remember that the thinner the layer, the less heat they will provide.

Arrange charcoal using stainless steel tongs in a pile on the charcoal grate. If you want to cook with indirect heat, place charcoal to one side so the food can be seared over the coals first before being moved to the other

side for the remainder of the cook time.

Control the heat by adjusting the airflow using the dampers located at the top and bottom of the grill. Opening the top damper lowers the temperature, opening the bottom raises it. Add more coals if the temperature doesn't increase enough.

Soak a few handfuls of wood chips for 30 minutes and place them on the hot coals before cooking for a smoky flavour. There are so many options to choose from that will maximize your recipe versatility – from subtly sweet apple wood chips to classic bold flavours like hickory and mesquite.

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All About Induction Cooking



(NC) Although induction cooking has been around for years, the technology remains a mystery to many of us. With a number of key benefits, induction cooktops are an intriguing alternative to traditional gas or electric ranges.

By using a unique science, induction cooktops use an electromagnetic field of energy to heat pots and pans directly, rather than heating a burner and then waiting for it to transfer heat to the cookware. When a magnetic pan is placed on the cooking surface, the iron molecules in the pan begin to vibrate 20,000 to 50,000 times per second. It is the friction between those molecules that creates heat, warming up only the cookware and the food within it but not the burner itself. The system is intuitive, meaning that when the cookware is removed from the burner, the burner automatically shuts off.

Bob Park of GE Appliances shares three key benefits of an induction cooktop:

Speed and responsiveness. Induction cooktops can work almost twice as fast as their gas or electric counterparts. In fact, with GE Appliances' high-wattage burner, you can bring a pot of water to boil in just 101 seconds. But Park insists that speed is coupled with precision, allowing you to easily achieve and hold just the right temperature to melt, simmer or boil whatever you're cooking.

Efficiency. "With an induction range, you're cooking at record speed, using less energy," says Park. "Also, heat doesn't flow up from a burner to a pot or pan, and so there's no wasted heat."

A safer way to cook. Because only the cookware heats up during the cooking process, an induction cooktop will always be cool to touch, eliminating the possibility of accidental burns, making it perfect for households with children. Plus, say goodbye to spills that end up baked onto your burner – you can wipe an induction cooktop clean quickly and easily just seconds after cooking.

Just remember that the electromagnetic energy needs to interact with iron in your cookware, so not all pots and pans will work with an induction cooktop. Cast iron or magnetic stainless steel pots or pans work best. If you're unsure about whether your cookware qualifies, try sticking a magnet to the bottom of the pan. If it stays attached, you're good to go.

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