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Here are a few tips to keep you young

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Barbecue like a pro this summer by following these grilling tips

A barbecue can grill, roast, bake and rotisserie cook all types of food—think of it as an outdoor oven. An entire meal can be prepared on a barbecue, thus eliminating the many trips from the kitchen to the backyard, giving you more time to enjoy the outdoors and your guests.

To help you barbecue like a "pro" this summer, Canadian Tire suggests the following techniques:

1. Heat your barbecue thoroughly before cooking anything on it. Clean off any bits of food from the grill with a long handled wire grill brush.

2. A light application of cooking oil prior to use will help to keep food from sticking to the warming rack.

3. Use the warming rack to cook chicken legs, ribs, fish and vegetables and other delicate items, that should be kept away from the direct heat.

4. When grilling meat, apply sweet basting sauces made with sugar, honey or syrup during the last 10 to 15 minutes of grilling to prevent burning. Savoury sauces such as mustard and teriyaki can be applied throughout the grilling process.

5. Don't over cook the food in the pretense of making it "falling off the bone" tender. Invest in a meat thermometer to guarantee your food is cooked to perfection every time.

6. Avoid constant flipping of your food. Turn food only when necessary to cook evenly.

7. Rotisserie cooking tips: Use a



spray bottle or basting brush to baste meat or poultry as it turns on the rotisserie spit. Experiment with different liquid combinations such as soy sauce, sherry, fruit juice, chicken or beef broth.

8. The temperature of your barbecue changes each time you open the lid and even the best temperature gauge will not react instantly. For the best cooking results, try to cook with the lid down as much as possible.

9. Always use a clean platter to serve cooked meat, poultry or fish. Never serve these on the same plate that held them raw.

—News Canada

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