

Summer Time And The Cooking Is Easy

With a little experience and practice, you'll find that cooking on the grill is easy and versatile. So start grilling!—design exciting meals for your friends and family, full of fresh flavors and nutrition.

Direct Grilling Tips

Brush the cooking grids with vegetable oil before cooking, to prevent food from sticking.

Grilled foods can take on exciting, distinctive flavors by simply placing fresh herbs on the briquette during the final 20 minutes of cooking. Soak these herbs in water for 20-30 minutes prior to placing them on the heat. Alternatively, use soaked hickory or mesquite chips placed in a foil tray or cast iron smoker box, to create distinctive flavors in your grilled meats and vegetables.

Marinades, rubs, and sauces can be used to create interesting meat dishes, bursting with flavors. Marinades can also be used to tenderize less tender cuts of meat and to increase the juiciness of meats. By preparing your marinades and sauces in advance, you free yourself from the kitchen, enabling you to enjoy your friends and family while your supper cooks on the grill. Here are some tips:

- Acidic ingredients in marinades like red wine, lemon juice, and balsamic vinegar tenderize and increase the juiciness of meats.

- A tomato or sugar based sauce should be reserved until; the last 10-15 minutes of cooking, as the sugar has a tendency to

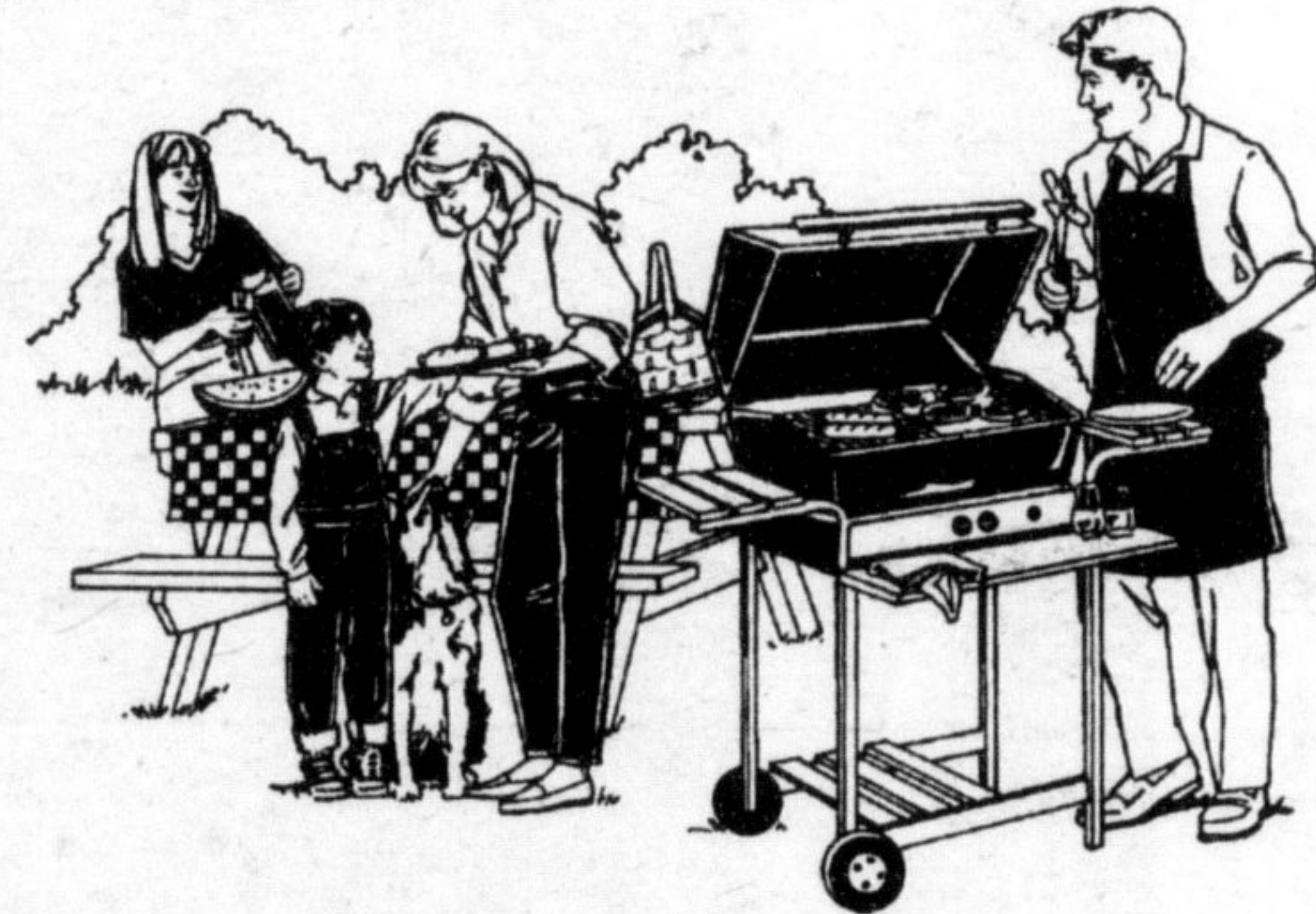
caramelize or burn if subjected to heat for prolonged periods of time.

- Meats should be marinated in the refrigerator for four-12 hours depending on the size and cut. Be especially careful during the hot summer months not to let meat or fish sit out on the counter longer than 20-30 minutes.

- Use your imagination and whatever fresh herbs you have growing in your garden, or dried herbs and spices in your cupboard, to create flavourful rub for you grilled meats and poultry. Massage the herbs and spices into the meat with your hands, let stand, and when grilling is complete, you will have a tasty, crusty entrée to bite into.

- Before using bamboo skewers for your kebabs and satays, soak them in water for 30 minutes to prevent the wood from burning.

- Never use a fork to turn meat or poultry; the fork's prongs will pierce the food, resulting in the loss of natural juices. Use long handled tongs and/or a long handled spatula to turn food.



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HOT off THE GRILL

Fire it up this summer with M&M Meat Shops

<p>Mesquite Burgers A delicious burger with a distinct flavour!</p> <p style="font-size: 2em; font-weight: bold;">6⁹⁹</p> <p><small>8 x 142g/5 oz 1.13 kg/ 2.5 lb</small></p>	<p>Chicken or Turkey Burgers Lean & Juicy, Great on the BBQ!</p> <p style="font-size: 2em; font-weight: bold;">5⁹⁹</p> <p><small>8 x 113g 4 oz</small></p>	<p>Tasty Burgers Our best selling burger! Seasoned to great taste!</p> <p style="font-size: 2em; font-weight: bold;">7⁹⁹</p> <p><small>16 x 3.2 oz 91g</small></p>	<p>Chicken Breasts Individually frozen, Boneless, Skinless, Fillets removed</p> <p style="font-size: 2em; font-weight: bold;">14⁹⁹</p> <p><small>1.36 kg 3 lb box</small></p>
<p>Ball Park Sausage 7"-long and mildly spiced!</p> <p style="font-size: 2em; font-weight: bold;">6⁹⁹</p> <p><small>6 x 125g/4.4 oz 750g/ 1.65 lb</small></p>	<p>Rib Steaks Boneless, Properly aged 21-28 days!</p> <p style="font-size: 2em; font-weight: bold;">15⁹⁹</p> <p><small>6 x 6 oz 170g</small></p>	<p>Pork Loin Chops Bone in, centre cut, Rib end and tenderloin end</p> <p style="font-size: 2em; font-weight: bold;">13⁹⁹</p> <p><small>1.36 kg / 3lb 7-8 pieces</small></p>	<p>Black Tiger Shrimp Ring Thaw n' Serve 25-32 shrimp</p> <p style="font-size: 2em; font-weight: bold;">4⁴⁹</p> <p><small>8 oz 170g ring</small></p>

Milton Location (next to Harvey's) 420 Main St. 878-1848

You Could WIN

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