

Let's get down to it: No matter how much your eating has improved so far during our yearlong Cooking Class 2000 series, it'll feel like nothing if you don't know how to grill. Although this primeval technique—using fire and smoke—has roots as far back and wide around as roots can reach, it's also become a quintessential symbol of the good life in America. Even your most culinarily challenged friends and relatives love to show off their prowess by grilling a backyard burger.

We're going to give you the skills to call their bluff. You'll learn to grill so masterfully that when somebody yearns for, say, something as tasty as Chipotle-Marinated Pork Chops With Chimichurri Sauce—instead of Uncle Bob's famous charburger and overtoasted bun—they'll know exactly where to come. And speaking of burgers, we've got two that will make your grill the hottest spot in town.

Grilling is simplicity in action: cooking your food—from meats to veggies—directly over hot coals (or a gas flame) for a short time. There's also an indirect form of grilling (see "Grilling: Fast vs. Slow") that takes a little longer. Both are different from barbecuing, which involves cooking for a long time over low heat.

Somewhat like stir-frying in our May class, grilling puts the emphasis up-front on planning and then on close attention during the rapid cooking. That's why it's important, for example, to choose high-quality ingredients. A little extra at the checkout register for the best cuts of meat or salmon and the freshest shrimp or vegetables will mean everything in those short but decisive moments when food meets fire.

As for equipment, anything from a converted 55-gallon drum to a porch-friendly hibachi to a discount-store weekend special will work fine. Beyond that, only the most basic of gear: flame-proof mitts, an instant-read thermometer, sturdy tongs, a wide metal pancake turner, and platters (see "Quick Grilling Tips"). And don't forget to make a grillside work space.

You know how a good grill brings out the animal in you, but we'd be remiss if we didn't point out that because much of the fat sizzles right off the meat or seafood, grilling is one of the most healthful techniques around. A billion years of evolution can't be wrong.

How



Get hot. Get primal. Put the fire to great burgers, chicken, pork chops, and fajitas. Recipes by Sharon Sanders

to master a grill

Full Credit You'll master these 10 recipes in this installment of Cooking Class 2000.

Indonesian Shrimp Saté With Creamy Peanut Sauce	Texas Dry-Rub Slow-Grilled Turkey Breast
Honey Mustard-Glazed Salmon With Sweet-and-Sour Relish	Beef-and-Chicken Fajitas With Peppers and Onions
Chipotle-Marinated Pork Chops With Chimichurri Sauce	Grilled Italian Vegetables With Pasta
Teriyaki Burgers	Hot-and-Spicy Asian-Rubbed Chicken
Grilled Split Chicken With Rosemary and Garlic	Herb-and-Citrus Turkey Burgers

Techniques You'll Learn

How to grill fish, chicken, chops, and vegetables	How to grill a turkey breast and a whole chicken	Marinating Basting
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Two Great Burgers

We promised you the quintessential backyard burger, but we're giving you a bonus with two—the other is on page 147. If you're serving with buns, toast them during the last 2 minutes of grilling time.

◀ Teriyaki Burgers

- 1 pound ground round
- 1/4 cup low-sodium soy sauce
- 1/4 cup chopped green onions
- 1 teaspoon grated peeled fresh ginger
- 1/4 teaspoon black pepper
- 1 garlic clove, minced

1. Combine all ingredients in a bowl. Divide beef mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
2. Prepare grill.
3. Place patties on grill rack; grill 4 minutes on each side or until desired degree of doneness. Yield: 4 servings (serving size: 1 burger).

CALORIES 175 (35% from fat); FAT 6.9g (sat 2.5g, mono 2.9g, poly 0.3g); PROTEIN 24.4g; CARB 0.9g; FIBER 0.2g; CHOL 70mg; IRON 2.4mg; SODIUM 445mg; CALC 11mg

PHOTOGRAPHY: RANDY MAYOR/STYLING: LYDIA E. DEGARIS



Grill vegetables for 10 minutes, then cut them accordingly. To make sure your vegetables are smoky-tasting, place them directly on the grill, as opposed to using a grill basket.

Grilling: Fast vs. Slow

• **Fast (Direct):** Most people are familiar with direct grilling—the quick, high-heat method that, at its simplest, involves putting food on a grill rack directly over hot coals. Examples include Indonesian Shrimp Saté With Creamy Peanut Sauce and Hot-and-Spicy Asian-Rubbed Chicken. The best candidates for direct grilling are firm-fleshed fish such as salmon, tuna, swordfish, halibut, shrimp, and mahimahi; chicken breasts and thighs; chops; burgers; and steaks. Vegetables can also be grilled directly—just be sure to cut them large enough that they don't fall through the rack (or use a grill basket).

• **Slow (Indirect):** This slightly faster version of ancient, superslow barbecuing is similar to modern oven roasting. Both sides of the grill are fired up; then one side is turned off. If using a charcoal grill, push the hot coals to one side. A disposable aluminum foil pan (also called a drip pan) containing water (or wine, broth, or other liquid) is placed directly over the coals on the side of a gas or electric grill where the heat has been turned off. On a charcoal grill, the pan is placed on the side where the charcoal has been moved. The food is then placed on the rack over the pan. The pan serves two purposes: It creates a steamy environment in which the food can cook, and it catches drippings from the food, minimizing flareups. We use the indirect method for the Grilled Split Chicken With Rosemary and Garlic and the Texas Dry-Rub Slow-Grilled Turkey Breast; good candidates for this type of grilling generally include whole chickens, roasts, turkey breasts, and other large foods. To further intensify flavor, you can brown the food over direct heat at the start or end of grilling.

tips

To create tasty variations on this pasta, try adding different greens or fresh herbs, such as arugula or mint, along with another cheese such as Romano or feta.

▲ Grilled Italian Vegetables With Pasta

These smoky vegetables are also great on an appetizer platter with goat cheese and bread. Salting the eggplant pulls out some of the bitter flavor, but you can skip that step if you prefer. Any short pasta will work.

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| 1 (1¼-pound) eggplant, cut into ½-inch-thick slices | 2 tablespoons extra-virgin olive oil |
| 1 teaspoon salt, divided | 1 tablespoon grated lemon rind |
| ¾ pound zucchini, quartered lengthwise and cut into 1-inch-thick slices | ½ cup thinly sliced fresh basil |
| 1 red bell pepper, seeded and quartered | 6 cups hot cooked penne (about 12 ounces uncooked tube-shaped pasta) |
| Cooking spray | ¼ cup (1 ounce) grated fresh Parmesan cheese |
| 4 plum tomatoes, halved | |
| 4 cups (3-inch) sliced green onions (about 2 bunches) | |

1. Place eggplant in a colander; sprinkle with ¾ teaspoon salt. Toss gently to coat. Cover and let stand 30 minutes. Rinse eggplant with cold water, and drain well.

2. Prepare grill.

3. Place eggplant, zucchini, and bell pepper on grill rack coated with cooking spray. Grill 10 minutes, turning once. Add tomatoes and onions; cook 5 minutes, turning often. Remove the vegetables from grill; cut all into 1-inch pieces except tomato. Cut tomato halves in half lengthwise.

4. Combine ¼ teaspoon salt, oil, rind, and basil in a large bowl. Add vegetable mixture, pasta, and cheese; toss well. Yield: 6 servings (serving size: 2 cups).

CALORIES 333 (20% from fat); FAT 7.3g (sat 1.6g, mono 3.9g, poly 1.1g); PROTEIN 12.2g; CARB 57g; FIBER 6.1g; CHOL 3mg; IRON 4.2mg; SODIUM 295mg; CALC 138mg

Texas Dry-Rub Slow-Grilled Turkey Breast ►

Any kind of wood chips will work here. Serve this moist turkey breast with sweet potato wedges: Cut potatoes into 6 wedges; toss with oil, salt, and pepper, and bake at 400° for 35 minutes or until done.

Keep the leftovers from this recipe on hand—they make great sandwiches.

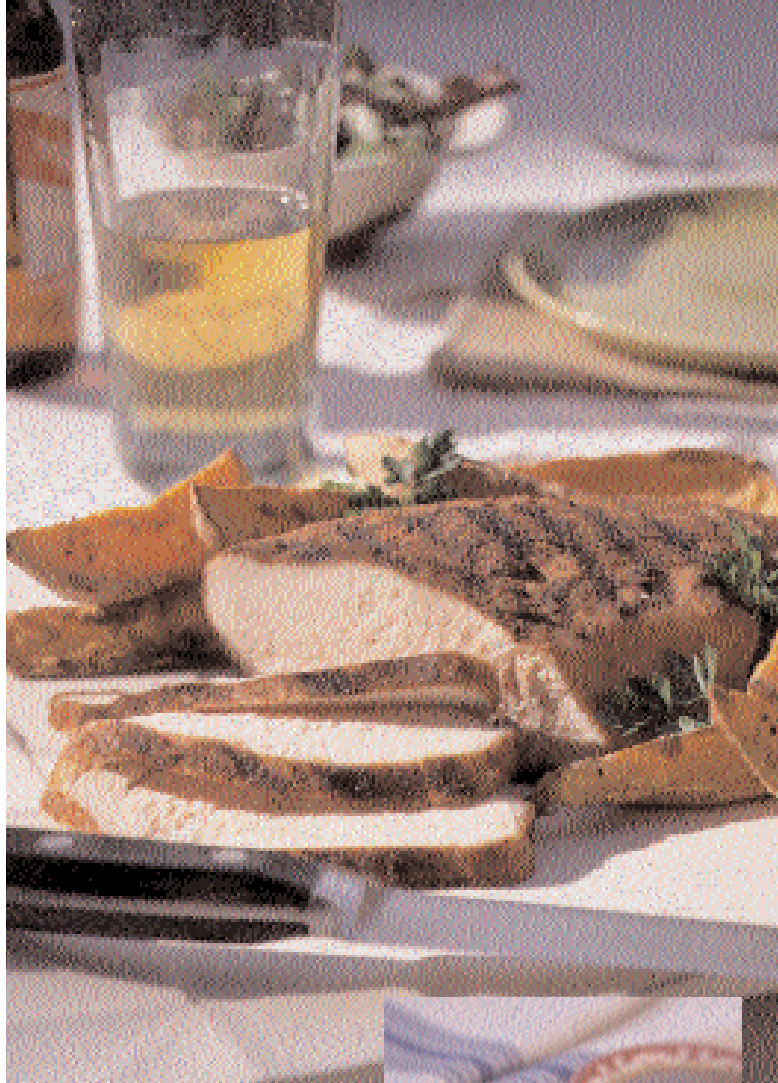
- 1 cup hickory wood chips
- 1 tablespoon Hungarian sweet paprika or paprika
- 1 tablespoon brown sugar
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ teaspoon onion powder
- $\frac{3}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon ground red pepper
- $\frac{1}{4}$ teaspoon ground cloves
- 1 (2-pound) skinned, boned turkey breast half

Cooking spray

1. Soak the wood chips in water 1 hour. Drain well.
2. Combine paprika and next 7 ingredients (paprika through cloves); rub turkey with spice mixture.
3. To prepare turkey for indirect grilling, preheat grill to medium-hot using both burners. After preheating, turn the left burner off (leave the right burner on). Place wood chips on hot coals. Place a disposable aluminum foil pan on briquettes on left side. Pour 2 cups water in pan. Coat grill rack with cooking spray; place on grill. Place turkey on grill rack covering left burner. Cover and grill for 1 hour and 50 minutes or until a meat thermometer registers 180°, turning halfway during cooking time. Yield: 8 servings (serving size: 3 ounces turkey).

CALORIES 139 (19% from fat); FAT 2.9g (sat 0.9g, mono 0.5g, poly 0.9g); PROTEIN 24.8g; CARB 1.8g; FIBER 0.3g; CHOL 57mg; IRON 1.4mg; SODIUM 347mg; CALC 21mg

Use wood chips to impart a subtle but noticeable flavor to slow-grilled foods. Any kind of chips can be used. Sprinkle them directly on the hot coals just before placing the turkey on the grill. Place the drip pan on the side of the grill where the heat has been turned off. Place turkey on rack over drip pan.



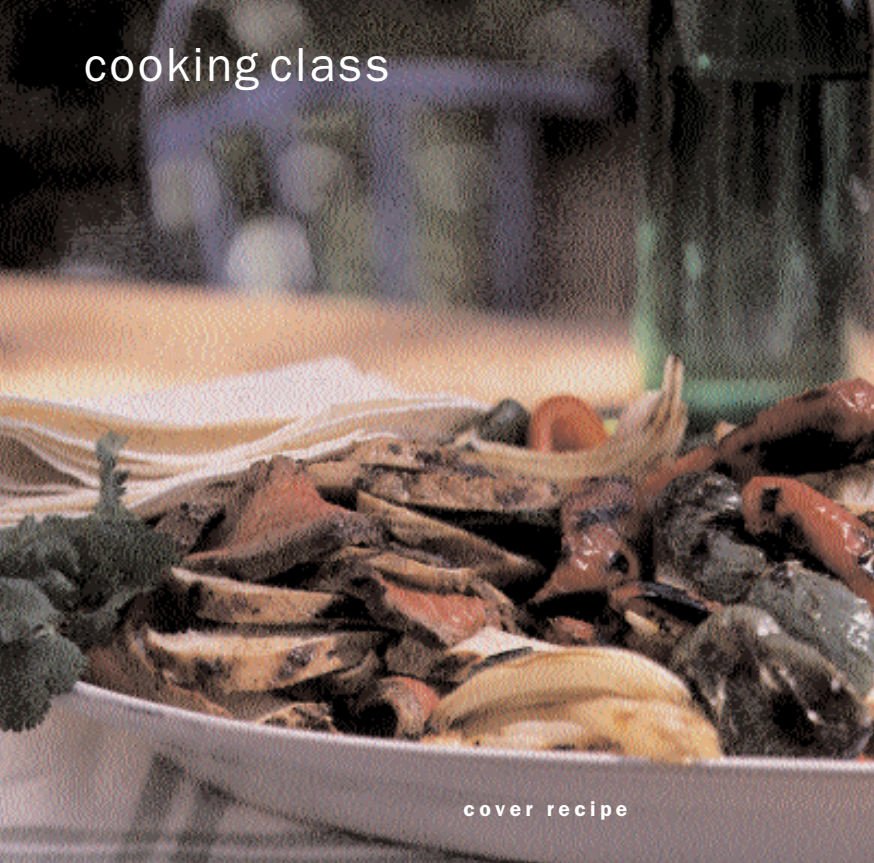
Marinades and Rubs

You can use two traditional methods to perk up the flavors of meat, poultry, or seafood before you slap it on your grill—one wet, one dry.

The wet way—called marinating—relies on herbs and spices set adrift in oil, vinegar, wine, fruit juice, or other liquids. Many traditional cultures used marinades for taste as well as for tenderizing less desirable cuts of meat; the latter use seems important less often today, though certainly tough cuts continue to benefit. Marinating meats and seafoods, which can take hours or even overnight, requires attention to food safety. Always marinate in the refrigerator. If you're also going to use the marinade as a sauce, you must bring it to a boil for 1 minute because it contains uncooked meat or poultry juices.

The alternative to marinating—a dry rub—is a blend of dry herbs and spices. Normally applied immediately before grilling, rubs add flavor not so much by the meat or seafood absorbing them, but by just being there in every bite you put into your mouth. Because there's no vinegar or similar liquid, dry rubs don't tenderize, but they do add layer after layer of flavor. Want a Cajun taste? Use Cajun spices as your dry rub. The same goes for Southwestern, Jamaican, or any other blend of spices.





cover recipe

Serve these with a salad of chopped greens, olives, feta cheese, and Italian dressing.

▲ Beef-and-Chicken Fajitas With Peppers and Onions

The meat and vegetables for these colorful wraps are marinated in a zesty mixture of lime, garlic, and other seasonings.

MARINADE:

- ¼ cup olive oil
- 1 teaspoon grated lime rind
- 2½ tablespoons fresh lime juice
- 2 tablespoons Worcestershire sauce
- 1½ teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon coarsely ground black pepper
- 2 garlic cloves, minced
- 1 (14.25-ounce) can low-salt beef broth

FAJITAS:

- 1 (1-pound) flank steak
- 1 pound skinned, boned chicken breast
- 2 red bell peppers, each cut into 12 wedges
- 2 green bell peppers, each cut into 12 wedges
- 1 large Vidalia or other sweet onion, cut into 16 wedges

Cooking spray

- 16 (6-inch) fat-free flour tortillas
- 1 cup bottled salsa
- ¼ cup low-fat sour cream
- ½ cup chopped fresh cilantro

Fresh cilantro sprigs

1. To prepare marinade, combine first 10 ingredients in a large bowl; set aside.

2. To prepare fajitas, trim fat from steak. Score a diamond pattern on both sides of the steak. Combine 1½ cups marinade, steak, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally. Combine remaining marinade, bell peppers, and onion in a zip-top plastic bag. Seal and marinate in refrigerator for 4 hours or overnight, turning occasionally.

3. Prepare grill.

4. Remove steak and chicken from bag; discard marinade. Remove vegetables from bag; reserve marinade. Place reserved marinade in a small saucepan; set aside. Place steak, chicken, and vegetables on grill rack coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.

5. Wrap tortillas tightly in foil; place tortilla packet on grill rack the last 2 minutes of grilling time. Bring reserved marinade to a boil. Cut steak and chicken diagonally across the grain into thin slices. Place the steak, chicken, and vegetables on a serving platter; drizzle with reserved marinade.

6. Arrange about 1 ounce steak, about 1 ounce chicken, 3 bell pepper wedges, and 1 onion wedge in a tortilla; top with 1 tablespoon salsa, about 1 teaspoon sour cream, and

½ tablespoon cilantro. Fold sides of tortilla over filling. Garnish with cilantro sprigs, if desired. Serve immediately. Yield: 8 servings (serving size: 2 fajitas).

CALORIES 407 (31% from fat); FAT 14.2g (sat 4.3g, mono 7.1g, poly 1.4g); PROTEIN 31.1g; CARB 40.6g; FIBER 5.3g; CHOL 64mg; IRON 3.9mg; SODIUM 841mg; CALC 79mg



Quick Grilling Tips

- Marinate food in the refrigerator.
- Before you place the rack on the grill, always coat it with cooking spray so the food has less chance of sticking.
- Use medium fire for seafood, more intense fire for meats.
- Keep a spray bottle full of water

handy to extinguish flareups that can char your food.

- When grilling meat kebabs, make sure the pieces are all the same size to ensure even cooking. Pounding chicken to an even thickness helps it cook quickly and evenly.
- As a rule, cover the grill when doing slow, indirect grilling with large pieces of food. Leave the grill uncovered when doing fast or direct grilling with smaller items that cook quickly.
- When turning chops, chicken breasts, and the like, use a pair of tongs rather than a meat fork, which pierces the food, allowing valuable juices to escape.
- Always place grilled foods on a clean platter or cutting board.
- In general, give the grill 10 to 15 minutes to heat up properly.

Butterflying

the shrimp makes them more attractive. Be sure that you cut to, but not all the way through, the back sides of the shrimp.



Indonesian Shrimp Saté With Creamy Peanut Sauce

If you can't get jumbo shrimp, get the largest ones possible as they're best for grilling. Thread the shrimp and peppers on two parallel skewers to make them easier to turn. Serve with a side of basmati rice and fresh pineapple wedges. This recipe also works great with chicken.

MARINADE:

- 3 tablespoons water
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon minced peeled fresh ginger
- 1 serrano chile, seeded and minced
- 1 garlic clove, minced
- 1 1/2 pounds jumbo shrimp, peeled and deveined
- 1 red bell pepper, cut into 1 1/2-inch pieces

SAUCE:

- 1/3 cup light coconut milk
- 3 tablespoons reduced-fat peanut butter
- 1 tablespoon fresh lime juice
- 2 teaspoons sugar
- 1/4 cup chopped fresh cilantro
- Cooking spray
- 4 lime wedges

1. To prepare marinade, combine first 7 ingredients in a zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning bag occasionally. Remove shrimp and bell pepper from bag; discard marinade.
2. To prepare the sauce, combine coconut milk, peanut butter, lime juice, and sugar in a blender, and process until smooth. Stir in cilantro; set aside.
3. Prepare grill.
4. Thread shrimp and bell pepper onto each of 4 (12-inch) skewers. Place kebabs on grill rack coated with cooking spray; grill 8 minutes or until done, turning once. Remove from heat; drizzle each serving with 1 tablespoon peanut sauce. Serve with remaining peanut sauce and lime wedges. Yield: 4 servings.

CALORIES 234 (30% from fat); FAT 7.9g (sat 2g, mono 2.7g, poly 2.4g); PROTEIN 29.1g; CARB 10.8g; FIBER 1g; CHOL 194mg; IRON 3.7mg; SODIUM 390mg; CALC 73mg

Thread shrimp on metal or bamboo skewers to save time when turning them on the grill. Instead of flipping one at a time, just flip an entire skewerful. If using bamboo skewers, be sure to soak them in water for 30 minutes so they don't burn.

Honey Mustard-Glazed Salmon With Sweet-and-Sour Relish

Don't forget to keep the skin on the salmon fillets while they grill. It holds the fish together, making the fillets easier to remove from the grill; it also protects them from the heat, ensuring that they don't overcook.

RELISH:

- 1 tablespoon white wine vinegar
- 1 tablespoon water
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1/2 cup chopped red onion
- 1 tablespoon minced fresh parsley
- 1/2 cup chopped yellow squash

SALMON:

- 6 (6-ounce) salmon fillets, skin on (1 inch thick)
- 1/4 teaspoon salt
- Cooking spray
- 2 tablespoons Dijon mustard
- 2 tablespoons honey

1. To prepare relish, combine first 4 ingredients in a medium glass bowl. Microwave at HIGH 30 seconds or until sugar dissolves. Cool. Stir in onion, parsley, and squash. Cover and refrigerate 1 to 4 hours.
2. Prepare grill.
3. To prepare salmon, sprinkle fillets with 1/4 teaspoon salt. Place fillets, skin sides down, on grill rack coated with cooking spray; cover and cook for 9 minutes. Combine mustard and honey in a small bowl; brush over fillets. Cover and cook 2 minutes or until fish flakes easily when tested with a fork. Serve with relish. Yield: 6 servings (serving size: 1 fillet and 1/3 cup relish).

CALORIES 323 (40% from fat); FAT 14.5g (sat 2.5g, mono 7g, poly 3.2g); PROTEIN 35.5g; CARB 10.4g; FIBER 0.9g; CHOL 111mg; IRON 1mg; SODIUM 430mg; CALC 21mg



Grill salmon, skin side down, without turning, for about 10 minutes per inch of thickness. To remove from grill, slide a spatula between the salmon and the skin. The salmon will lift right off, leaving the skin behind.

Grilled Split Chicken With Rosemary and Garlic

In this recipe, the chicken is first split and then flattened (butterflied), a technique that allows for quicker and more uniform cooking. This is easier than you might think—use a sharp chef's knife or kitchen shears to cut along the backbone, then lay out flat. The chicken needs to marinate for 24 hours, so be sure to start a day ahead.

- 1 (3½-pound) chicken
- ½ cup low-fat buttermilk
- 1 tablespoon chopped fresh rosemary
- ½ teaspoon salt
- ½ teaspoon hot pepper sauce
- 2 garlic cloves, minced
- Cooking spray

1. Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Place chicken, breast side down, on a cutting surface. Cut chicken in half lengthwise along backbone, cutting to, but not through, other side. Turn chicken over. Starting at the neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Place chicken, breast side up, in a large shallow dish. Combine buttermilk and remaining ingredients except cooking spray; pour under skin and over surface of chicken. Cut a 1-inch slit in skin at the bottom of each breast half. Insert tip of each drumstick into each slit. Cover and marinate in refrigerator 24 hours.
2. To prepare chicken for indirect grilling, preheat grill to medium-hot using both burners. After preheating, turn left burner off (leave right burner on). Place a disposable aluminum foil pan on briquettes on left side. Pour 2 cups water in pan. Coat grill rack with cooking spray; place on grill. Place chicken, skin side down, on grill rack covering left burner. Cover and grill 1½ hours or until a meat thermometer registers 180°, turning halfway during cooking time. Discard skin before serving. Yield: 5 servings (serving size: 3 ounces).

CALORIES 196 (35% from fat); FAT 7.6g (sat 2.1g, mono 2.7g, poly 1.8g); PROTEIN 29g; CARB 0.9g; FIBER 0.1g; CHOL 88mg; IRON 1.3mg; SODIUM 210mg; CALC 32mg

If you don't want to use a whole bird, use chicken pieces, and grill for a shorter amount of time.

If you don't have time to marinate your pork chops, just skip that step and serve them with the Chimichurri Sauce.

Chipotle-Marinated Pork Chops With Chimichurri Sauce

Chimichurri—an Argentine condiment—is a thick herb sauce packed with flavor. Roasted potatoes are the perfect accompaniment. You can also prepare this recipe with a pork tenderloin or pork loin.

PORK CHOPS:

- ¾ cup fat-free, low-sodium chicken broth
- 1 drained canned chipotle chile in adobo sauce
- 4 (6-ounce) center-cut pork chops (about ¾ inch thick)

CHIMICHURRI SAUCE:

- 1 cup fresh flat-leaf parsley leaves
- ¼ cup fat-free, low-sodium chicken broth
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 2 garlic cloves
- ½ cup shredded carrot
- ½ cup minced fresh onion
- Cooking spray

1. To prepare pork chops, combine ¾ cup chicken broth and chipotle chile in a blender; process until smooth. Combine chile mixture and pork chops in a large zip-top plastic bag. Seal and marinate in refrigerator 2 hours. Remove chops from bag; discard marinade.
2. To prepare Chimichurri Sauce, combine parsley and next 7 ingredients (parsley through garlic) in a blender; process until smooth. Pour into a bowl; stir in carrot and onion. Set aside.
3. Prepare grill.
4. Place the chops on grill rack coated with cooking spray; cook 5 minutes on each side or until done. Serve with Chimichurri Sauce. Yield: 4 servings (serving size: 1 pork chop and ¼ cup sauce).

(Totals include Chimichurri Sauce) CALORIES 311 (56% from fat); FAT 19.2g (sat 5.1g, mono 10.5g, poly 2.2g); PROTEIN 27.6g; CARB 5.4g; FIBER 1.6g; CHOL 84mg; IRON 2.2mg; SODIUM 321mg; CALC 42mg

Place flattened chicken on grill, and turn halfway through cooking.



The Literate Griller

Grilling and barbecue books abound at the bookstore—it seems that most food writers have knocked one out in the past year or two. Our favorites include *The Barbecue! Bible* by Steven Raichlen (Workman, 1998); *The Thrill of the Grill* by Chris Schlesinger and John Willoughby (Chronicle Books, 1997); and *Sublime Smoke* by Cheryl Alters Jamison and Bill Jamison (Harvard Common Press, 1996). Although some emphasize one application or another, all are full of hints and recipes you might want to try.

For a main-dish salad, you can slice the chicken into thin strips and pile on top of greens; then toss with low-fat dressing.

Hot-and-Spicy Asian-Rubbed Chicken

- 2 teaspoons five-spice powder
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon ground red pepper
- 4 (4-ounce) skinned, boned chicken breast halves
- Cooking spray

1. Prepare grill.
2. Combine first 5 ingredients in a large bowl. Rub chicken with spice mixture. Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done. Yield: 4 servings (serving size: 1 chicken breast half).

CALORIES 133 (11% from fat); FAT 1.6g (sat 0.4g, mono 0.4g, poly 0.4g); PROTEIN 26.3g; CARB 1.5g; FIBER 0.1g; CHOL 66mg; IRON 1mg; SODIUM 367mg; CALC 17mg

Herb-and-Citrus Turkey Burgers

- 1 pound ground turkey
- 2 tablespoons minced fresh basil
- 1 tablespoon minced fresh sage
- 1 tablespoon thawed orange juice concentrate, undiluted
- 1 teaspoon grated orange rind
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Combine all ingredients in a bowl. Divide turkey mixture into 4 equal portions, shaping each into a ½-inch-thick patty.
2. Prepare grill.
3. Place patties on grill rack; grill 7 minutes on each side or until done. Yield: 4 servings (serving size: 1 burger).

CALORIES 188 (48% from fat); FAT 10.1g (sat 3.5g, mono 3.9g, poly 3g); PROTEIN 20.2g; CARB 2.1g; FIBER 0.2g; CHOL 95mg; IRON 1.2mg; SODIUM 383mg; CALC 28mg



Cookbook author Sharon Sanders writes about food and culture for the Chicago Sun-Times and other publications.

Course Syllabus

Now that you know how to master the outdoor grill, come back for some old-fashioned baking in July, when we show you how to bake a pie. And don't miss out on the rest of our year-2000 series. Mark these months.

July: How To

Bake a Pie
To Die For

August: How

To Cook
Eggs-tatically

September:

How To Make
Great Pasta
Dishes

October: How To

Roast a Chicken
and Rave

November: How

To Make Plenty
of Bread

December: How

To Make the
Ultimate Light
Cookie

Notes From Home

Anytime during this yearlong series, please let us know if we're giving you what you need. E-mail us (cookinglight@spc.com), fax us (205-877-6600), or write us (Cooking Class 2000, *Cooking Light*, 2100 Lakeshore Drive, Birmingham, AL 35209).