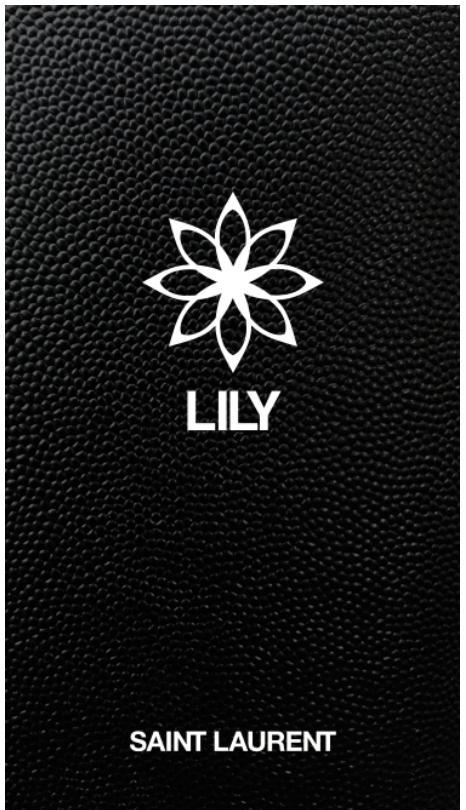
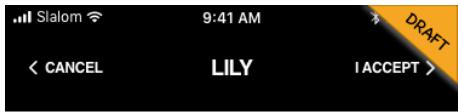


Login and home

A screenshot of a mobile login interface. It has a black textured background. At the top right, there is a yellow triangular badge with the word "DRAFT" in white. Below the badge, the word "LILY" is centered. There are two input fields: one for "Email address" and one for "Password", both with placeholder text. A large black button labeled "LOGIN" is positioned below the password field. At the bottom, there is a link "Forgot your password?".

Terms and Privacy Policy

While some people really seem to have a knack for barbecuing – always grilling up a perfect meal – for the rest of us, it is something that must be learned, not something that just comes naturally. Believe it or not, there is technique involved. It's not just a matter of following your cooking instincts.

One of the main secrets of knowing exactly how to make a delicious, tasty meal every time is knowing how and when to use high heat or very hot coals.

Subheading Lorem Ipsum

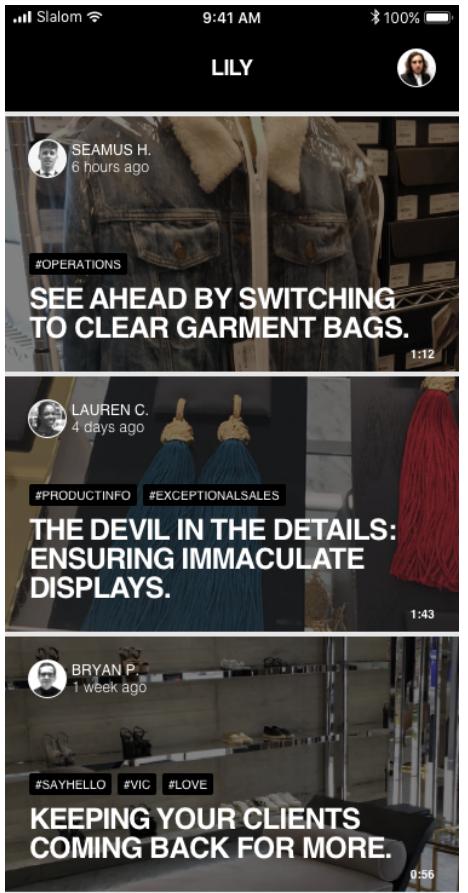
Though you may have heard the term "seal in the juices" when it came to barbecuing, you may even have tried some techniques every now and then, but unless you're doing it properly, you won't be getting it right. For the best results, many barbecue chefs cook vegetables and medium-rare steaks by first using a high heat in order to sear the outside of the food and seal both the juices and the flavors inside.

Though this technique is good for foods that you don't want to cook thoroughly, it shouldn't be overused. If you're cooking a meat such as hamburgers or pork ribs, they must be cooked all the way through in order to avoid bacterial contamination. Therefore, searing them to seal in the juices doesn't do anything but give you dry, or charred food.

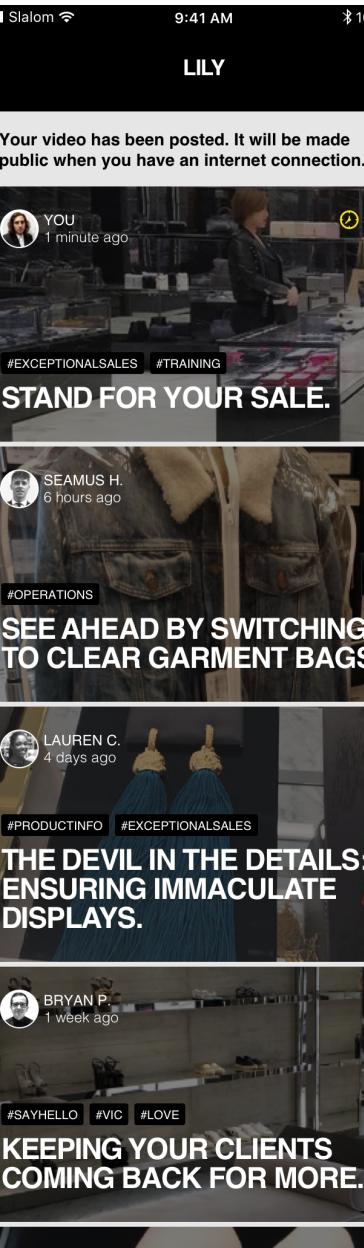
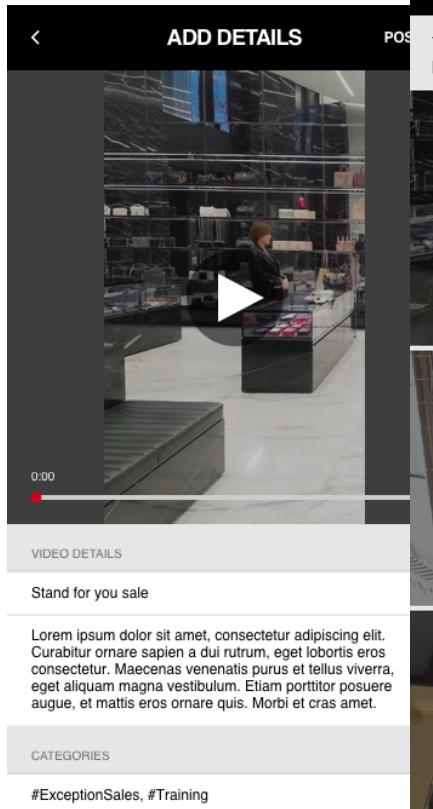
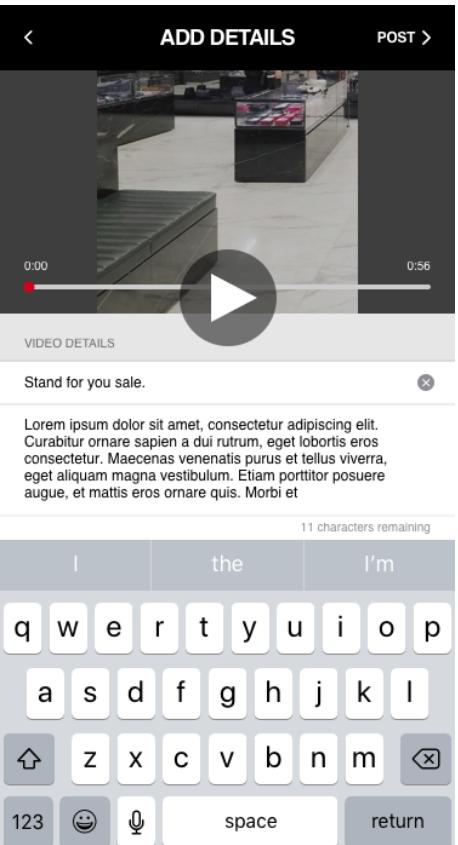
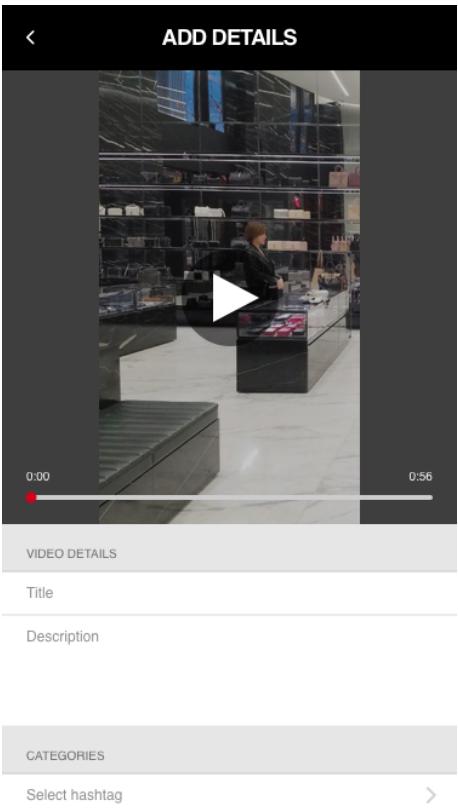
This can be explained by understanding the way that meat cooks on a barbecue. As it is heated, the cells and the fibers of the meat will tighten, squeezing out much of the juices. Therefore, if you're only cooking a meat partially, searing it will help to seal in the juices by quickly cooking the outer layers of the food. However, if you should leave the food on this high heat, the inner layers will cook too quickly, vaporizing all of your precious and tasty juices. Try the technique a few times until you get it right. Pay attention to what you're doing, so that when you do accomplish the right technique, you know how to repeat it.

When you are using high heat, the rule of thumb is to cook on each side for a maximum of five minutes (a total of ten minutes). After ten minutes, anything that you're cooking should be moved aside to a medium heat so that it can finish cooking at that lower temperature.

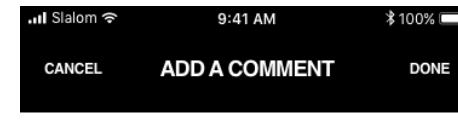
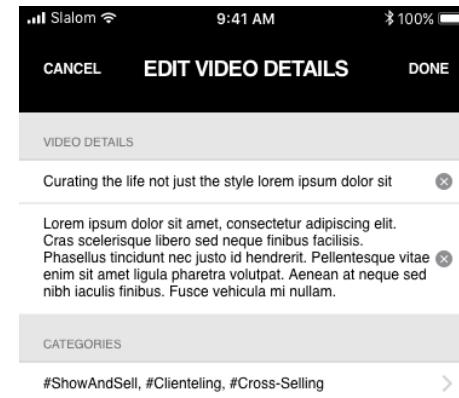
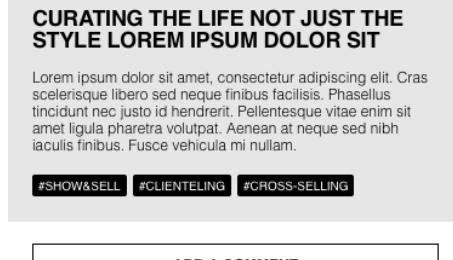
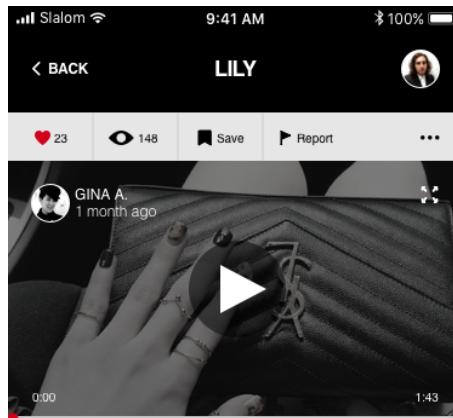
There are many ways to recognize how hot your fire really is, to make sure that it's always perfect for any kind of food that you're cooking on your barbecue. One of the most common tests is simply to hold your hand a couple of inches away from the grill. If you're only able to keep it there for about a second, your grill is at a high heat (that is, over 600



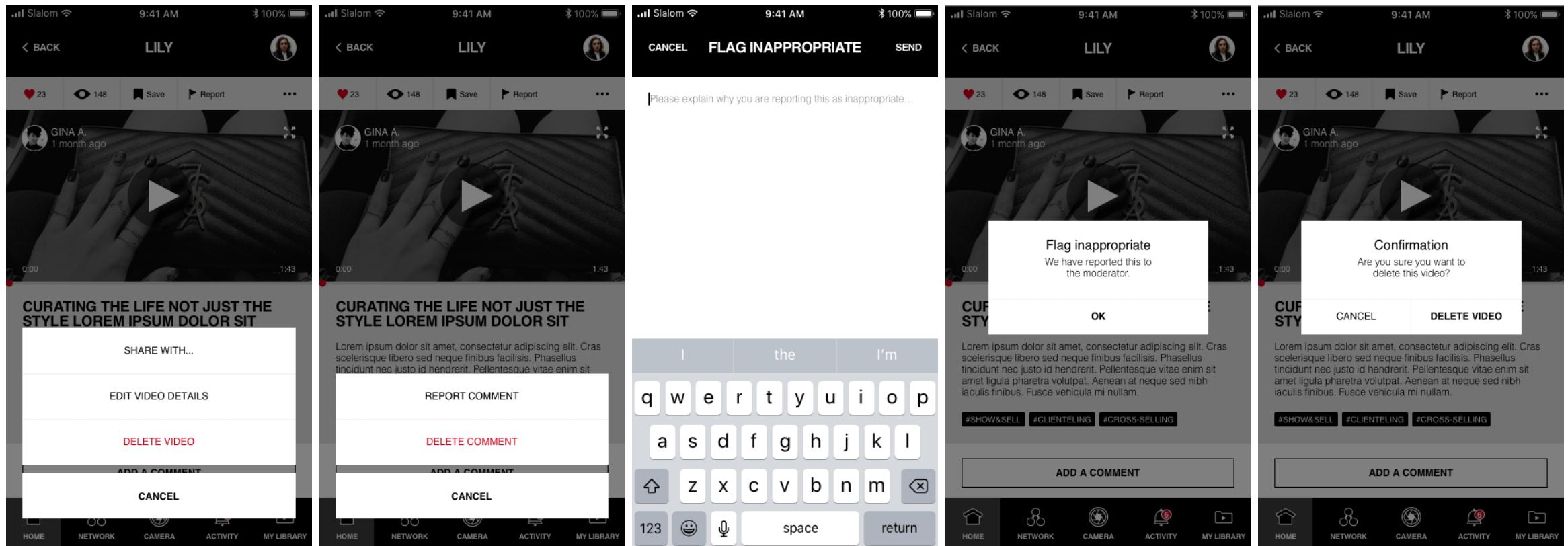
Record and post a video



Video article and key video article functions



Moderation and administration



Global Navigation

