

Title:

When to Use High Heat on Your Barbecue

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372

Summary:

Its a mystery how some people seem to have the knack for for barbecuing how they always seem to get everything exactly spot on and not like the rest of us who end up burning the sausages. Believe it or not, there is technique involved other than just using the force.

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Article Body:

Its a mystery how some people seem to have the knack for for barbecuing how they always seem to get everything exactly spot on and not like the rest of us who end up burning the sausages. Believe it or not, there is technique involved other than just using the force.

One of the main secrets to knowing how to cook a mouth watering meal on your barbecue is knowing when to use high and low heat.

When it comes to barbecuing you could have heard cooks refer to "sealing in the juices" and you may have even tried to attempt this technique yourself, but as with everything if you do not know what you are doing then you are doomed to fail. If you watch the way the best cooks do a barbecue they cook their veg and steaks on a high heat to sear the outside before slow cooking this is a very effective method of sealing in the juices

This method should be used for foods that are to be partly cooked through such as a medium rare steak. However if you are cooking food like ribs or burgers that have to be cooked right the way through it is advisable you use a low heat to prevent any sort food poisoning.

This is better explained when it is better understood how the process actually works, as the meat is heated, the cells and the fibers of the meat tense up, squeezing out much of the juices. So if you only want to lightly cook the meat then searing it will help to seal in the juices by quickly cooking the outside. But be careful not to cook on a high heat for to long, or the inner layers will

cook too quickly, vaporizing all of your precious and tasty juices.

When you are using high heat, the rule of thumb is to cook on each side for a maximum of five minutes each side. 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.

Remember, when it comes to high heat, practice makes perfect, and the perfect is well worth the practice!