



Grilling Recipes: 100 BBQ & Grilling Recipes (100 Murray's Recipes) (Volume 3)

Kate Murray

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This is the 3rd book in the new Cookbooks series: "100 Murray's Recipes" Direct cooking method: the food is on the grill for cooking on the grill for coal. Coal is evenly distributed throughout the grid. Preparation comes at the expense of direct heat, coming from coal, and not so much of the heat reflecting off the lid and grill the walls. A direct method of preparing food, cooking time is up to 30 minutes. These may be pieces of meat (house specialty grilled steaks of beef, fish, poultry, and vegetables. In this case, the temperature inside the grill exceeds 300 degrees ° C, resulting in rapid clogging of pores of food, whereby cooked food becomes more gentle, less degree dries during cooking, although there is usually fried crust. In addition, under the influence of high temperature, the faster rendering of fat, so the cooked food is less oily. This fact is noted by nutritionists. I'm sure these recipes will help you face the weekend with a smile.

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