



# Meathead: The Science of Great Barbecue and Grilling

*Meathead Goldwyn, Greg Blonder*

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For succulent results every time, nothing is more crucial than understanding the science behind the interaction of food, fire, heat, and smoke. This is the definitive guide to the concepts, methods, equipment, and accessories of barbecue and grilling. The founder and editor of the world's most popular BBQ and grilling website, AmazingRibs.com, Meathead applies the latest research to backyard cooking more than 100 thoroughly tested recipes.

With the help of physicist and food scientist Prof. Greg Blonder, PhD, of Boston University, he explains why dry brining is better than wet brining; how marinades really work; why rubs shouldn't have salt in them; the importance of digital thermometers; why searing doesn't seal in juices; how salt penetrates but spices don't; when charcoal beats gas and when gas beats charcoal; how to calibrate and tune a grill or smoker; how to keep fish from sticking; cooking with logs; the strengths and weaknesses of the new pellet cookers; tricks for rotisserie cooking; why cooking whole animals is a bad idea; which grill grates are best; and why beer-can chicken is a waste of good beer and nowhere close to the best way to cook a bird.

He shatters the myths that stand in the way of perfection. Among the many busted old husband's tales:

- \* **Myth:** Bring meat to room temperature before cooking.
- \* **Myth:** Soak wood before using it.
- \* **Myth:** Bone-in steaks taste better.
- \* **Myth:** You should sear first, then cook.

The book blends chemistry, physics, meat science, and humor. Lavishly designed with hundreds of full-color photos by the author, this book contains all the sure-fire recipes for traditional American favorites and many more outside-the-box creations. You'll get recipes for all the great regional barbecue sauces; rubs for meats and vegetables; Last Meal Ribs; Simon & Garfunkel Chicken; Schmancy Smoked Salmon; The Ultimate Turkey; Texas Brisket; Perfect Pulled Pork; Sweet & Sour Pork with Mumbo Sauce; Whole Hog; Steakhouse Steaks; Diner Burgers; Prime Rib; Brazilian Short Ribs; Rack Of Lamb Lollipops; Huli-Huli Chicken; Smoked Trout Florida Mullet -Style; Baja Fish Tacos; Grilled Lobster, and many more.

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