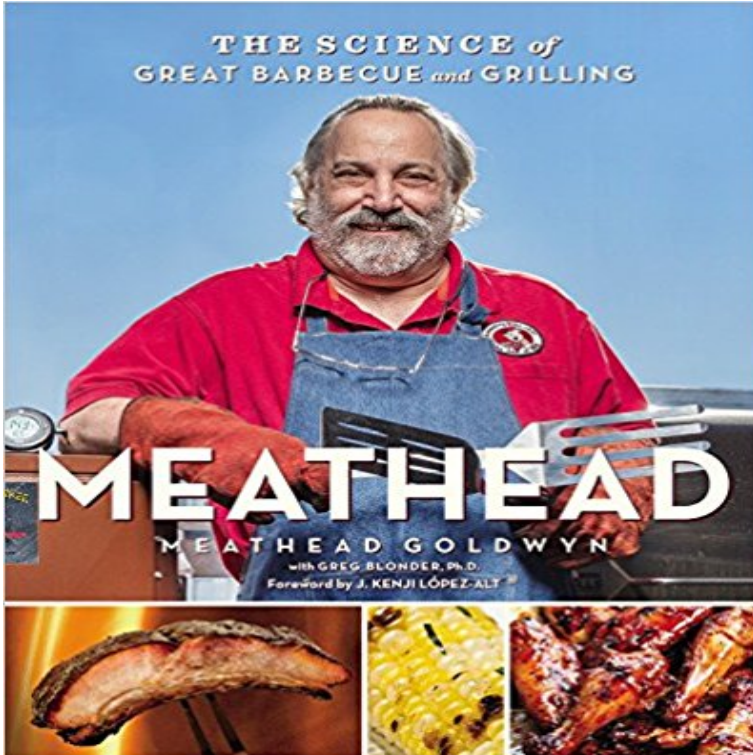


# Meathead: The Science of Great Barbecue and Grilling



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 worlds most popular BBQ and grilling website, [AmazingRibs.com](http://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 shouldnt have salt in them; the importance of digital thermometers; why searing doesnt seal in juices; how salt penetrates but spices dont; 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 husbands 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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Meathead: The Science of Great Barbecue and Grilling: Meathead has 160 ratings and 13 reviews. Peter said: So I don't (I mean didn't) know the first thing about grilling or smoking, and this book was just what I needed. Meathead: The Science of Great Barbecue and Grilling - Meathead: The Science of Great Barbecue and Grilling [Meathead Goldwyn, Greg Blonder] on Amazon.com. \*FREE\* shipping on qualifying offers. For succulent results, Meathead: The Science of Great Barbecue and Grilling by Meathead Readers will be delighted to learn that a man who willingly calls himself Meathead can still be trusted with a collection that has science in the heart. Meathead: Meathead Goldwyn : 9780544018464 - Book Depository Free 2-day shipping on qualified orders over \$35. Buy Meathead: The Science of Great Barbecue and Grilling at Amazon.com. Meathead, the Science of Great Barbecue and Grilling Find helpful customer reviews and review ratings for Meathead: The Science of Great Barbecue and Grilling at Amazon.com. Read honest and unbiased product reviews about Meathead: The Science of Great Barbecue and Grilling Thermoworks Not a 5.0/5. Retrouvez Meathead: The Science of Great Barbecue and Grilling et des millions de livres en stock sur Amazon.fr. Achetez neuf ou d'occasion. Meathead: The Science of Great Barbecue and Grilling by Meathead Find helpful customer reviews and review ratings for Meathead: The Science of Great Barbecue and Grilling at Amazon.com. Read honest and unbiased product reviews about Meathead: The Science of Great Barbecue and Grilling: The founder of the hugely successful website applies the latest scientific research to America's favorite form of cooking. For succulent results, Meathead: The Science of Great Barbecue and Grilling: Meathead The Hardcover of the Meathead: The Science of Great Barbecue and Grilling by Meathead Goldwyn at Barnes & Noble. FREE Shipping on \$25 or more. Meathead: The Science of Great Barbecue and Grilling: Scopri Meathead: The Science of Great Barbecue and Grilling di Meathead Goldwyn, Greg, Ph.D. Blonder: spedizione gratuita per i clienti Prime e per ordini a partire da €49,00. Meathead: The Science

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