

The Secret to Great Grilling: It's All in the Timing

Fruits and vegetables sizzled over a hot grill give your menu an extra zing. Getting it right is a matter of timing—time of year and time over the coals.

Spring Grilling Season

Apricots—cut into halves, remove pits. Thread onto skewers. Grill 4-6 minutes.

Pineapple—peel and core pineapple. Cut into 3/4-inch rings or 1-inch wedges. Grill 6-8 minutes.

Artichoke—trim off stem and outer leaves, cut off top third. Trim thorny tips and boil 30-45 minutes in water (with 3 tablespoons vinegar per quart of water). Drain and cut in half lengthwise. Grill face down 5-8 minutes.

Bell Peppers—rinse and pat dry. Grill 12-15 minutes, turning, and blacken evenly. Place in a paper bag, let cool slightly. Remove charred peel.

New Potatoes—skewer and grill 20-25 minutes, turning.



Summer Grilling Season

Peaches, Nectarines, Plums—peel and cut in half, remove pits. Grill face down 6-8 minutes.

Corn—immerse ears of corn (in husk) in cold water 1-2 hours. Grill either in or out of the husk. For in-the-husk, grill over direct heat until husks are charred (15-20 minutes), turning occasionally.

Eggplant—cut off stem. Cut eggplant in half or into 1/2-inch wedges. Grill 12-15 minutes, turning.

Tomatoes—cut tomatoes in half. Grill 8-12 minutes. Or, skewer cherry tomatoes and grill 2-3 minutes.

Onions—cut in quarters and skewer so onions lie flat. Grill 15-20 minutes.

Garlic—rub whole garlic heads with oil. Wrap in foil. Grill 45 minutes, turning occasionally.



Fall Grilling Season

Apples—core apples and peel if desired. Cut into halves and grill for 10-12 minutes. Or, cut across into rings and grill 6 minutes.

Papayas—peel, if desired, and cut across into 3/4-inch rings. Or cut lengthwise into quarters. Grill 5-8 minutes.

Pears—core pears and peel, if desired. Cut lengthwise or into 3/4-inch wedges. Thread onto skewers and grill 6 minutes for wedges and 10-12 minutes for halves.

Potatoes, Sweet Potatoes or Yams—cut in half or into 1-inch wedges. Cook in boiling water until tender. Grill 8-10 minutes.

Melons—Cut into wedges, remove seeds. Peel, if desired. Grill 3-4 minutes.

