

# Great Grilling

## Heat Up Your Backyard Grilling Skills

(NAPSA)—A few simple tips can help you brush up on your grilling skills. Mike Garcia, executive chef at the Pollo Tropical chain of 121 chicken-on-the-grill restaurants, says grill cleanliness is next to grill deliciousness. That's why it's important to start with a clean and clutter-free grill.

How you position your meats, fish or vegetables is equally important. "Try to position your food



**Simple Grilling Secrets: Add the sauce when items are almost done to prevent sauce from burning.**

items in their own unique section of the grill, particularly if you can localize them to one of the burners, to control temperature and prevent flare-ups," said Garcia.

Apply cooking oil or nonstick cooking spray on the grill before it is heated to prevent food from sticking. Use tongs to turn the meat instead of a barbecue fork to prevent natural juices from escaping.

When barbecuing meat, it's best to turn it just once. Turning it more often slows down the cooking and may cause the meat to become dry.

Finally, wash all cooking and serving utensils that may have come in contact with raw meat.

For more information, visit [www.PolloTropical.com](http://www.PolloTropical.com). The chain is known for its marinated and Caribbean-style food items.