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(and what's not)

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good fun

JULY 2007

\$3.50 US/\$4.50 Canada, Foreign



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## Q&A: Elizabeth Karmel

This girl can grill! Elizabeth Karmel, author of the grilling bible *Taming the Flame*, sticks a fork in the idea that barbecuing is just a guy thing. Read her secrets to getting all fired up.

**Why has the grill been considered testosterone territory?**

Because grilling used to be all about building a fire. You'd see men with cans of lighter fluid, making their own bonfires, and women just didn't want to get involved. But the advent of gas grills has helped get women into the backyard.

**Besides the less fiery grills, why should women take their turn at the barbecue pit?**

Women make something like 95 percent of the meals

understood why more of them don't grill. It's healthy, you get to be outside, and there's barely any cleanup—it's like a mini-vacation.

**What are some common grilling mistakes?**

There are a few: Don't oil the grates, oil the food. When you put oil on the grill, it'll just burn up into a sticky paste. And always preheat the grill. You wouldn't bake a cake without preheating the oven, right?

**And your number one grilling secret is...**

The grilling trilogy: oil, salt, and pepper. That's all you need