

EAT SMART BE FIT LIVE WELL

# Cooking Light

JAN | FEB 2006

Start  
the year off  
right

## Hot chili—dig in!



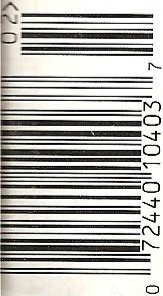
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Well equipped

Classic Beef Shish Kebabs  
(recipe on page 188)



## Indoor grilling

Just because it's cold outside doesn't mean you have to give up grilling. We evaluate the best tools for the job. **By Elizabeth Karmel**

You don't have to either wait until spring to enjoy grilled food or slip into a parka and gloves to fire up the grill on the patio. Thanks to a variety of new grill pans, contact grills, and electric grills, you can achieve great grilled flavor indoors. Burgers are a natural choice, but fish, steaks, and even fruit fare well on an indoor grill. There is a consideration, though: With indoor grilling you can achieve the appearance of food cooked outdoors, but not the smoky flavor. I tested 16 types of indoor grills and found they fall into four categories.

### My Improvised Indoor Grilling System

I hadn't had much luck with grill pans before I worked on this article, so I figured that was because when you use a grill pan, the heat comes only from the bottom of the pan, cooking the food slowly from the bottom up. So I set about looking for a high-domed lid that would retain the heat and allow hot air to circulate around the food. (A shallow lid creates too much steam and hinders the ability to create the grill marks and crusty caramelized exterior that are key to grilling.) I found what I wanted by using All-Clad's 12½-inch Dome Cover (\$51), which is the manufacturer's 12-inch Round Grille Pan (\$100). Together, the pieces create an excellent indoor cooking system: The interior of the food is done when the exterior is golden brown and caramelized—and it takes far less time than an open grill.

### ◀ Rum-Spiked Grilled Pineapple with Toasted Coconut

Grilling caramelizes the sugars in the fruit for a light dessert that is delicious on its own or served with low-fat vanilla ice cream. Any firm fruit, such as peaches and apricots, lends itself to grilling.

- ¼ cup packed light brown sugar
- ¼ cup dark spiced rum (such as Captain Morgan's)
- 1 pineapple, peeled, cored, halved lengthwise, and sliced lengthwise into 12 wedges (about 1½ pounds)
- 1 tablespoon butter
- 2 tablespoons sweetened coconut, toasted
- Low-fat vanilla ice cream (optional)

**1.** Combine the sugar and rum in a microwave-safe bowl. Microwave at HIGH 1½ minutes or until sugar dissolves. Brush rum mixture evenly over pineapple wedges.

**2.** Heat butter in a grill pan over medium-high heat. Add pineapple; grill 3 minutes on each side or until grill marks form and pineapple is thoroughly heated. Sprinkle with coconut. Garnish with ice cream, if desired. Yield: 6 servings (serving size: 2 pineapple wedges and 1 teaspoon coconut).

CALORIES 136 (17% from fat); FAT 2.5g (sat 1.4g, mono 0.8g, poly 0.1g); PROTEIN 0.7g; CARB 24g; FIBER 1.7g; CHOL 5mg; IRON 0.5mg; SODIUM 22mg; CALC 23mg



marks (it's become a popular piece of equipment in our Test Kitchens). And there's a bonus: Just flip the unit over for a griddle to make pancakes for a crowd or use as a warming tray. Cleanup is easy, as well, because of the nonstick surface, and the electrical cord simply detaches so you can immerse the grill in water.

#### Stovetop Grill Pan

These have become standard equipment in

many kitchens because you can pull one out to grill fish, vegetables, even bread and fruit at a moment's notice. The best models are nonstick (for easy cleanup), though many cooks also like cast-iron grills like

All-Clad Stainless Nonstick  
12-inch round grill pan

those made by Lodge. Some cast-iron pans require seasoning or the food will stick (coat the pan with vegetable oil and heat it in a 350° oven for an hour).

My Favorite: All-Clad's Stainless Non-

stick 12-inch round pan (\$100) has a high-quality large surface to stand up to everyday use. For a great lid to use with this pan, see "My Improved Indoor Grilling System," page 180. My runner-up was the cast-iron

Lodge Logic Square Grill Pan (\$25), which comes preseasoned.

#### Stovetop Grill Pan with Panini Press

This relatively new category of grill pan is a stovetop (nonelectric) panini maker—basically, a grill pan with a separate heavy cast-iron press to weigh down a sandwich. The pans were created to capitalize on the popularity of panini sandwiches. My Favorite: none.

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