



## HOW TO ... GRILL LIKE A MAN

Who says you need a penis to play with fire? Elizabeth Karmel, author of Taming the Flame and GirlsAtTheGrill.com, wants you to take back the grill from the guys

## LIGHT UP

all air vents and mound charcoal briquettes into a pyramid, leaving a little gap at the bottom. Slide some crumpled newspaper into the gap and light. Cover until coals are coated with a light-gray ash.

To start a charcoal grill, open

## GET COOKIN'

Place steaks, burgers, and most veggies directly over the flame. For larger cuts of meat—brisket, chicken pieces, rbs—place food away from the flame and let it cook with reflected heat, like in a convection oven.

## GRILLING DON'TS

- Skip BBQ forks—piercing the
- meat lets all the juices escape.

  Butter burns—don't risk it!
- Lighter fluid can alter your food's taste and cause dangerous flare-ups, so steer clear.
   (But just in case, always keep a fire extinguisher on hand.) >>