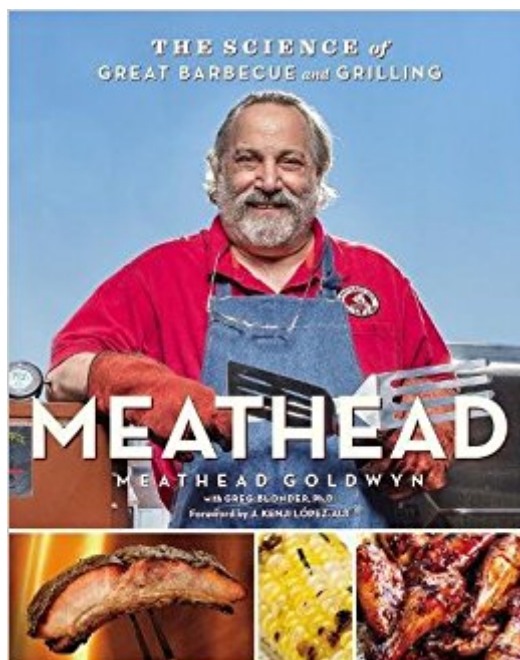


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# Meathead: The Science Of Great Barbecue And Grilling



## Synopsis

For succulent results every time, nothing is more crucial than understanding the science behind the interaction of food, fire, heat, and smoke. This is the definitive guide to the concepts, methods, equipment, and accessories of barbecue and grilling. The founder and editor of the world's most popular BBQ and grilling website, AmazingRibs.com, Meathead applies the latest research to backyard cooking more than 100 thoroughly tested recipes. With the help of physicist and food scientist Prof. Greg Blonder, PhD, of Boston University, he explains why dry brining is better than wet brining; how marinades really work; why rubs shouldn't have salt in them; the importance of digital thermometers; why searing doesn't seal in juices; how salt penetrates but spices don't; when charcoal beats gas and when gas beats charcoal; how to calibrate and tune a grill or smoker; how to keep fish from sticking; cooking with logs; the strengths and weaknesses of the new pellet cookers; tricks for rotisserie cooking; why cooking whole animals is a bad idea; which grill grates are best; and why beer-can chicken is a waste of good beer and nowhere close to the best way to cook a bird. He shatters the myths that stand in the way of perfection. Among the many busted old husband's tales:

- \* Myth: Bring meat to room temperature before cooking.
- \* Myth: Soak wood before using it.
- \* Myth: Bone-in steaks taste better.
- \* Myth: You should sear first, then cook.

The book blends chemistry, physics, meat science, and humor. Lavishly designed with hundreds of full-color photos by the author, this book contains all the sure-fire recipes for traditional American favorites and many more outside-the-box creations. You'll get recipes for all the great regional barbecue sauces; rubs for meats and vegetables; Last Meal Ribs; Simon & Garfunkel Chicken; Schmancy Smoked Salmon; The Ultimate Turkey; Texas Brisket; Perfect Pulled Pork; Sweet & Sour Pork with Mumbo Sauce; Whole Hog; Steakhouse Steaks; Diner Burgers; Prime Rib; Brazilian Short Ribs; Rack Of Lamb Lollipops; Huli-Huli Chicken; Smoked Trout Florida Mullet -Style; Baja Fish Tacos; Grilled Lobster, and many more.

## Book Information

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## Customer Reviews

[View larger](#) **Skinny Steaks from Meathead** Makes: 2 Servings | Takes: 10 minutes **Reverse sear** works best on thicker cuts. For thin steaks and ultrathin steaks like skirt steak, you need a very different technique. As with thick steaks, the goal is the same: a dark brown exterior and a tender, juicy, medium-rare interior. For steaks 1 inch thick or less, the secret is to use very high heat and keep them moving. **Directions** 1. Prep. Trim the surface fat and silverskin from the steaks, if necessary sprinkle with salt and dry bring in the refrigerator for 1 to 2 hours before cooking. 2. Just before you cook it, pat the meat dry with paper towels (moisture creates steam and prevents browning). Sprinkle with pepper and press it in with your hands. 3. Fire up. Get your grill screaming hot. If you are using charcoal, pile the coals just beneath the cooking surface. On a gas grill, drop the grate as close to the burners as possible. Leave the lid off. You won't really be using the indirect zone, but it is nice to have in case you need a safe zone away from the flames. 4. Cook. Put the meat over the hottest part of the grill. You need to stand by the grill and flip every minute so the hot surface cools, inhibiting heat buildup and preventing the interior from overcooking. Aim for a uniform dark brown without grill marks and 125 to 130° F in the middle. Things move fast, so be on your toes. You are a human rotisserie. Be the rotisserie. **Ingredients** 2 steaks, each about 1 inch thick Kosher salt (about 1/2 teaspoon per pound) Freshly ground black pepper Vegetable oil

[View larger](#) **Smoked Potato Salad from Meathead** Makes: 8 servings | Takes: 1 1/2 hours Yes, there are a bazillion ways to make potato salad, but this recipe ups the ante by smoking the potatoes. You can also use your favorite potato salad recipe and replace those plain-old boring boiled potatoes with these smoked potatoes. **Directions** 1. Prep. Place the potatoes in a saucepan and add cold water to cover them by at least 1/2 inch. Add 2 pinches of salt. Fill a large bowl with ice and water and set it nearby. Bring the water in the saucepan to a boil and cook the potatoes until they hit about 150° F in the center. You do not want to cook them all the way through. Test more than one chunk. Drain and cool them immediately in the ice water. Drain them

again after they've cooled for about 15 minutes, then transfer to a bowl and coat them lightly with the oil. 2. Fire up. Get your smoker up to 225° F or set up the grill for two-zone cooking and shoot for about 225° F on the indirect side. Place a grill topper in the indirect zone and lightly oil it. 3. Cook. Gently slide the potatoes onto the topper and space them out so they do not overlap. Close the lid and smoke the potatoes for about 45 minutes, then transfer them to a platter and let cool to room temperature. 4. In a serving bowl, whisk together the Dressing ingredients. Fold in the potatoes, trying not to smush them. Taste and adjust the seasonings. Stash the salad in your fridge for a couple of hours before serving to let the flavors meld; overnight is even better. 5. Serve. Remove the salad from the fridge 30 minutes before serving to let it warm slightly.

**Ingredients** 10 small red potatoes, peel left on and chopped into bite-size pieces Kosher salt  
3 tablespoons cooking oil 1/4 cup finely chopped onion 2 celery stalks, finely chopped 2  
tablespoons sweet pickle relish 1 cup mayonnaise 2 tablespoons Dijon mustard 1/4 cup  
chopped fresh flat-leaf parsley 1/4 teaspoon dried dill Zest and juice of 1/2 lemon 1/2  
teaspoon sugar 1/2 teaspoon garlic powder 1/2 teaspoon kosher salt 1/4 teaspoon coarsely  
ground black pepper

"Readers will be delighted to learn that a man who willingly calls himself Meathead can still be trusted with a collection that has science in the subtitle. Goldwyn, whose day job is running the website amazingribs.com, explores the complexity of heat, meat, and smoke in the first half of his book, with a sense of humor sharper than his nickname suggests and a stack of scientific research provided by physicist Greg Blonder. Then he offers more than 100 recipes to take to the grill...[an] excellent guidebook." --Publishers Weekly

This is the book barbecue nerds have been waiting for. Myth and lore abounds in the world of cooking, and nowhere more so than in the primal arena that exists when humans put open fire and meat together in the great outdoors (or suburban backyard, as the case may be). That's good news for anyone who, like me, longs to understand the science of grilling and barbecue; the thermodynamics of heat transfer under that kettle dome, the chemistry of the smoke ring, and what makes a char-grilled steak so g\*@%# delicious.

Meathead's gift lies not just in factual accuracy, but also in being able to distill complex subjects to their most essential, applicable core in a manner that is a genuine pleasure to read. You'll laugh out loud at his metaphors. A good technical writer will leave you feeling like you know more than when you started. A great one can leave you feeling like more than a passive bystander. It'll make you feel like an active participant, like you've been on a voyage of discovery for yourself. Flipping over each page to discover what lies on the next will

remind you of the very first time you peeked under the cover of your grill and breathed in the alchemy that occurs between smoke and meat. You'll see conventions challenged, techniques elucidated, and myths busted, and you'll have a wildly fun time in the process. With hundreds of pages on techniques, theory, equipment, and background science before you even get to the recipes, this is a book that is squarely aimed at cooks who don't just want a single good rack of ribs coming off their grill, but who want to understand what makes them good and how to repeat it time after time. Soak in enough of the background technique and you won't even need a recipe. You have all the tools you need to develop your own. I love to grill but I'm not barbecue guru. After reading Meathead, I'm gonna be pretty darned good at faking it though.

• J. Kenji López-Alt, Author of The Food Lab • An amazing compendium of barbecue knowledge.

• Aaron Franklin, Franklin Barbecue, Austin, and Author of Franklin Barbecue • Barbecue nerds will delight in Meathead's detail-oriented research. Busting myths and blinding us with science, Meathead is a must for the collection of any serious barbecue cook.

• Mike Mills and Amy Mills, 17th Street Barbecue and authors of Peace, Love, & Barbecue • Barbecuing is a subject that arouses strong opinions, and you won't find many that are stronger than Meathead Goldwyn's. The difference is that he has the evidence to back them up. Anyone from a backyard burger king to a competition smoker is likely to learn something from this book.

• Russ Parsons, Author of How to Read a French Fry • An indispensable barbecue book. It is at once comprehensive and engaging and will become a cornerstone reference book in my barbecue collection.

• Jim Shahin, Washington Post barbecue columnist • As a former scientist, I am thrilled to see a cookbook that is more than just a collection of recipes. Meathead has clearly and simply explained the science of live-fire cooking from understanding the role of fire and smoke to how marinades and brines work to flavor and enhance meat and lots more. Many old myths are debunked as well, using science, not heresy. I predict this book will be lovingly battered and greasy from years of serious use.

• Bruce Aidells, Author of The Great Meat Cookbook • I'm embarrassed to admit how many cooking myths I thought were true. Meathead and his team of scientists and food fanatics, backed by science, sever barbecue fact from fiction to make us better cooks. Learn what's happening at every stage of cooking, from marinating to the last flame lick on the grill.

• Jaden Hair, Publisher of SteamyKitchen.com and author of The Steamy Kitchen Cookbook and Steamy Kitchen's Healthy Asian Favorites • Recipes can get you cooking; proper techniques can get you cooking well. But only understanding the underlying science can make you a smarter cook. And that's what makes this book required reading.

• Barry Sorkin, Owner and Pitmaster, Smoque BBQ, Chicago • A wonderful book filled with years and

years of trial and error with many meats and techniques. A compilation and study of everything that affects your meat's taste and texture." • " Charlie McKenna, Chef Owner of Lillie's Q, LQ Chicken Shack, and Dixie in Chicago "A game-changer reminiscent of the scientific wisdom of Harold McGee and the masterful techniques of Jacques P  pin." • " Paul Virant, Executive Chef of Perennial Virant in Chicago and author of The Preservation Kitchen "The ultimate compilation of the science of barbecue. One would be hard pressed to have a single question or curiosity that is not answered within the pages of this book." • " Linda Orrison, President, National Barbecue Association, 2015-2016 "This is a go-to book in my cookbook library." • " Rick Gresh, Executive Chef, Virgin Hotel Chicago "By far the most comprehensive barbecue book I have seen." • " Dave Raymond, Creator of Sweet Baby Ray's Barbecue Sauce "The bible against which all other barbecue cookbooks will be judged. His truths will set you free." • " Michael Sanson, Editor, Restaurant Hospitality Magazine "When asked 'why,' never have to say 'just because' again. Meathead demystifies the science of great barbecue." When the smoke clears, you'll taste the difference." • " Chris Lilly, Pitmaster, Big Bob Gibson Bar-B-Q, Decatur, Alabama "Meathead chops years off your learning curve with this encyclopedia of barbecue knowledge." • " Chris Hart, author of Wicked Good Barbecue

MEATHEAD GOLDWYN is the founder, barbecue whisperer, and hedonism evangelist behind AmazingRibs.com, the world's most popular outdoor cooking website. His articles have appeared in numerous publications and he was previously syndicated wine critic for the Washington Post and Chicago Tribune. He has taught at Cornell University's School of Hotel Administration and Le Cordon Bleu in Chicago and he has judged food, wine, beer, and spirits all around the world. He lives with his wife in Chicago.

For years I have bought book after book to learn every secret I can about BBQ. Of all the books I've bought, this one is by far, leaps and bounds ahead of the rest. Honestly, you will find every trick you will find in the rest Righetti here in one book. The sauces, rubs, techniques and even methods not commonly thought of as the norm but are far better than what is commonly used. This book will take your BBQ skills right into the professional level . If you only buy one BBQ book in your life, this is the one hands down. I personally have over 1/2 a dozen various smokers & grills I cook outdoors more than indoors so trust me when I say, this is the finest publication on BBQ of all time.

I am an old BBQ cook, a certified BBQ Judge, and a reader of Meathead's columns. He is the

expert in ALL the many types of BBQ's that exist and he reports not about emotion or promotion of a cooker but about it from a technical basis and you really do learn wonderful ways to do BBQ. Over my 30 some years of BBQ cooking, I have changed types and styles of cookers from plain to fancy pellet rigs and now back to the fantastic Pit Barrel Cooker using just old fashioned charcoal. There are very few cookers that can cook the quality and quantity of meat that a Pit Barrel can turn out and taste so spectacularly good. I own over 130 BBQ cook books and this one is the Bible and the ideas, suggestions and recipes are always dead on. Meathead has cooked them. You will enjoy this book and it will make a grand gift to a new BBQ fan. Remember, BBQ is America's gift to the culinary world.

I've been grilling food, casually and not-for-profit, for 40+ years and smoking meats for 20+ years. My wife has been cooking from scratch for at least that long. I have read (and own) dozens of books about BBQ; she's only read maybe 15. We agree that this is, without doubt, the finest single source on the science of BBQ. AND, it is written for beginners as well as for stodgy persons like me who already "know it all". While it will not replace the less than half-dozen "go-to" BBQ/Smoking books I use regularly, it will be, without doubt, first among equals. In addition to fine recipes (some of which I have used since finding them on [amazingribs.com](http://amazingribs.com), Mr. Goldwyn's website), the book discusses the details of grilling - briquettes vs. lump charcoal, presoaking wood chips, etc. - and presents the results of extensive testing of these "givens". Need more info? Check his website [...]. The book is better than his website which, itself, is unrivaled (especially the equipment reviews). And in case you wondered, I have no business or professional relationship with Mr. Goldwyn or [amazingribs.com](http://amazingribs.com) and have not been compensated for this review. I just know good BBQ when I taste it and excellent BBQ writing when I read it.

There are many great and valuable books available for cooking outdoors. I own quite a few. Then ... there is Meathead. This one is truly in a class by itself. A category of one. In the past six months I have read it cover to cover. Twice. I still refer to it regularly. After grilling, barbecuing, and smoking foods outdoors for over four decades, much to the delight of family and friends, I felt I had an experienced skill set when cooking outdoors. I also knew there was always more to learn. Meathead showed me how much I didn't realize that I did not know. Humbling actually. Since then, my outdoor cooking skills have been elevated to a whole new level. If you enjoy cooking outdoors, no matter your experience level, you will learn much more than you may think by owning and reading this book. I've never seen anything like it ... and neither have you.

What a great book, from someone that has a fun style to share BBQ secrets. Since I started following Meathead's website, I have completely changed from Meat Waster to Grill Master! My Wife used to scold me when I brought home Thick porkchops because I would make a mess of them on the grill. Now thanks to learning about Reverse Sear and having a Good Thermometer, the family is buying the Thick Porkchops for me. Ha. I really can't say enough about this book, or Meathead. He has a fun teaching style, and if you pay attention you learn about cooking, not just recipes. Learning about the Myths and How to Do It Right are enough. But then you get invaluable advice on grills, tools, and how to use them. Bonus is the recipes that he has developed, along with rubs and sides. This would make a Fantastic Gift for anyone that has a grill...

Up until last year my bbq knowledge was limited to burgers, hot dogs, and bratwurst being cooked on a cheap gas grill. Then I stumbled upon the AmazingRibs website where you are introduced to a whole new world of bbq. I joined Amazing Ribs, bought a Weber Performer and took the time to read the recipes and follow the staff's instructions step by step. My bbq over the last year is light years ahead from where I started. All of this I owe to Meathead and his staff of highly knowledge personnel. The last minute ribs and the trip-tips recipes are great and so is the rest of the website. Out of respect for all this person has taught me it would of been in poor taste to not purchase a copy of this book. Well the book was purchased, delivered, and read. Overall this is a superbly written hardback book with great photos, recipes, and equipment reviews. Get the book and you will not be disappointed. There are some awesome recipes in there for all skill levels. You WILL NOT BE DISAPPOINTED !!!!!!!!!

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