

'Stuffed' foods add spin to barbecuing

By Bill Daley, Chicago Tribune

Grilling already has got its steaks, slabs and skewers. With summer coming, maybe it's time to slap another "s" down on that sizzlin' hot grate: as in "stuffed."

Stuffing can mean extra prep work, not something most people will naturally want to deal with on a lazy, hazy summer day. But it's all worth it to Ted Reader, a Toronto chef, barbecuing expert and product developer, who has a number of stuffed recipes in his latest book, "Gastro Grilling" (Pintail, \$25).

"The No.1 reason is to add fun to your food, to change it up," Reader says in making a case for stuffing. "You can grill burgers, hot dogs, steaks and chicken breasts, and that's great. But there's so much more you can do to make these things better."

Stuffing can add flavor and moisture to foods, particularly leaner cuts of meat, says Jamie Purviance, an El Dorado Hills-based chef and author of several grilling cookbooks. (The most recent? "Weber's Big Book of Burgers," Oxmoor, \$21.95, published in April.)

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