

A REALLY GREAT GRATE

fine
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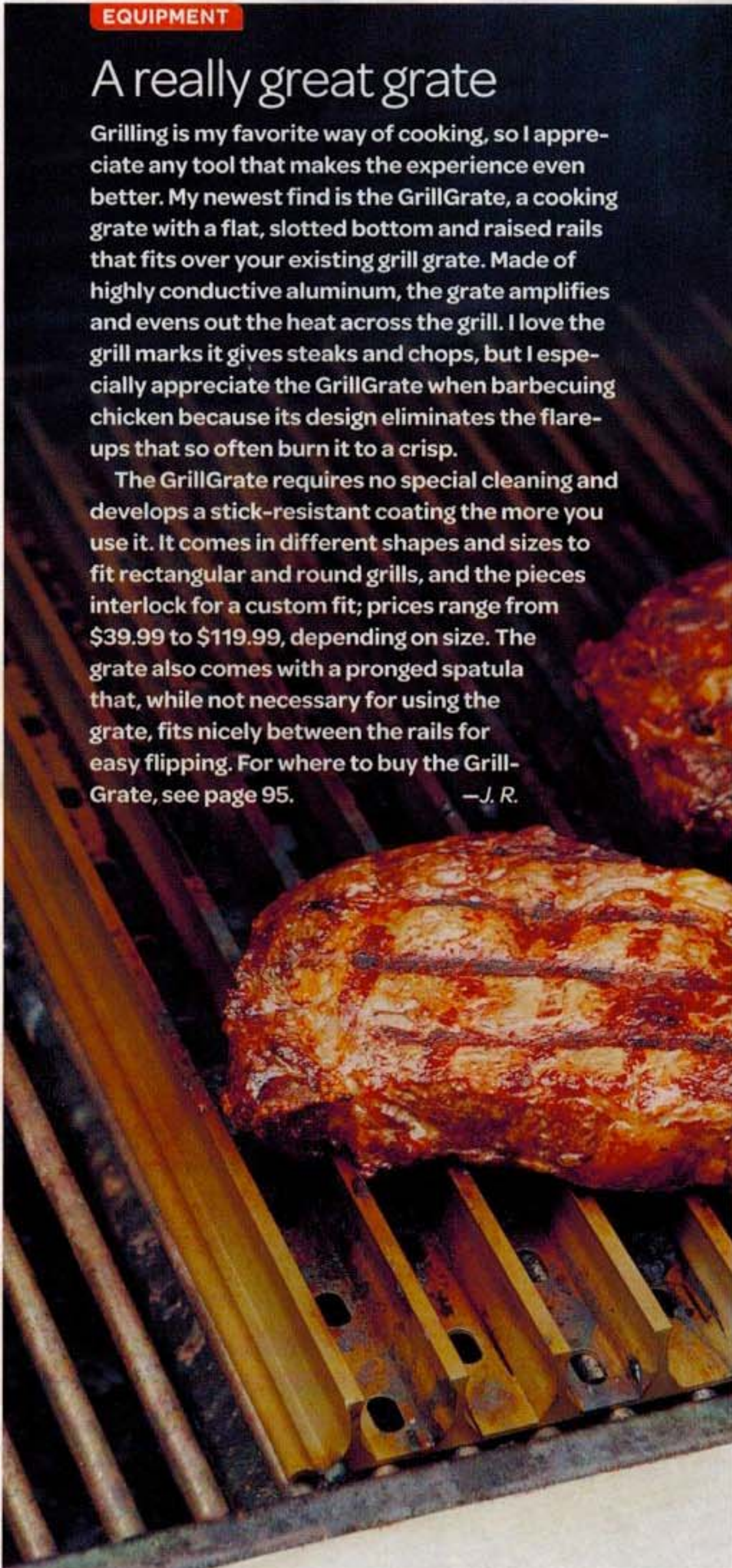
EQUIPMENT

A really great grate

Grilling is my favorite way of cooking, so I appreciate any tool that makes the experience even better. My newest find is the GrillGrate, a cooking grate with a flat, slotted bottom and raised rails that fits over your existing grill grate. Made of highly conductive aluminum, the grate amplifies and evens out the heat across the grill. I love the grill marks it gives steaks and chops, but I especially appreciate the GrillGrate when barbecuing chicken because its design eliminates the flare-ups that so often burn it to a crisp.

The GrillGrate requires no special cleaning and develops a stick-resistant coating the more you use it. It comes in different shapes and sizes to fit rectangular and round grills, and the pieces interlock for a custom fit; prices range from \$39.99 to \$119.99, depending on size. The grate also comes with a pronged spatula that, while not necessary for using the grate, fits nicely between the rails for easy flipping. For where to buy the GrillGrate, see page 95.

—J. R.



INGREDIENT



What's with all the coconut oil?

If you're a close reader of food magazines and websites, you may have noticed that coconut oil is showing up in more and more recipes. For those of us who still remember when coconut oil was vilified, this may seem surprising. What's going on?

For starters, the coconut oil that caused an outcry back in the 1990s was the highly processed stuff full of bad-for-you trans fats. Today's unrefined (or virgin) coconut oil does not contain trans fats and is even being studied for its positive role in everything from thyroid function and weight loss to diabetes and Alzheimer's disease. And though it's very high in saturated fat, its composition is different from the saturated fats in animal products and may actually improve HDL (or "good") cholesterol.

While the jury is still out on the health claims, we believe using pure (not hydrogenated) coconut oil in moderation is fine for one main reason: It's delicious. We love it for its savory yet sweet, slightly nutty flavor. It's a great addition to recipes such as curries, where a little coconut flavor is welcome. —Julia Levy

Photographs by Scott Phillips