

Librarian's Shelf by Melodee Pedersen

A no-sweat yummy summer with help from the library

If the thought of turning your oven on is making you sweat, why not beat the heat with some books on grilling from the library? Found under the official subject heading of "barbecuing", the library has over 19 titles to help you "get your grill on". If your normal method is to just slap a piece of meat on the grill and call it good, maybe one of these books will inspire you!

The Food Network's Bobby Flay has several grilling books to choose from on the library shelves. "Bobby Flay's Barbecue Addition" by Bobby Flay covers not only choosing a cooker, fuel, wood and cooking gear, but also has recipes for all the courses you might want to serve at a barbeque. Does raspberry-peach aqua fresca sound good?

For the adventurous types out there, try "Charred and Scuffed" by Adam Perry Lang. This chef and author has taken his haute cuisine training from fine restaurants in America and France and applied it to the art of barbeque to create something a little different from traditional barbecuing. He offers advice on "finishing salts" and "spackles", seasonings meant to provide maximum impact and offer an alternative to ketchup and mustard. If you are curious to find out what "scuffed" means, you will just have to check out the book!

"Pizza on the Grill" by Elizabeth Karmel and Bob Blumer takes this family favorite dish and moves it outdoors. If you have never made pizza on your grill before, the book begins with a "basic training" chapter, and even shows how to shape the dough to fit your particular grill. After covering the basics, the authors get fancy with recipes for "Grilled Pineapple and Pancetta Pizza, Croque Monsieur Pizza, and even Kung Pao Cashew Chicken Pizza"-the photographic illustrations will make your mouth water!

If you want to be health-conscious while grilling, try "Grill this, not that!" by David Zinczenko and Matt Goulding, the authors of "Eat this, not that!". This book begins with a rundown of various restaurants' grilled food, how much it costs, how many calories it contains and suggests one of the recipes in the book to try instead. It is not unusual for their version to be 500 calories less than the restaurant version. Not only do the recipes in this book contain calorie information, they also state the fat and sodium per serving, and the cost per serving as well!

I'm sure when you think of grilling, the first thing that comes to mind is meat. However, there are those out there that have adopted a vegan lifestyle or have vegan relatives, and the library has those folks covered as well with "Grilling Vegan Style" by John Schlimm. He asserts that tofu, tempeh and seitan have the ability to absorb the flavors of the same favorite marinades and sauces used for meat. Then he really gets creative. His book has recipes for grilled salads of greens, grilled watermelon, and a veritable smorgasbord of vegetables. He even includes a recipe for grilling popcorn and a vanilla pound cake made with tofu!

I invite you to come on down to the Columbus Public Library and check out one of these or one of our many other cookbooks and enjoy the taste of summer!