



Meathead: The Science of Great Barbecue and Grilling

By Meathead Goldwyn, Greg Blonder

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Meathead: The Science of Great Barbecue and Grilling By Meathead Goldwyn, Greg Blonder

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.

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Editorial Review

Review

"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 Pépin.**”

— 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*

About the Author

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.

Users Review

From reader reviews:

Ellen Jones:

This book untitled Meathead: The Science of Great Barbecue and Grilling to be one of several books that will best seller in this year, this is because when you read this publication you can get a lot of benefit in it. You will easily to buy this book in the book retail outlet or you can order it by using online. The publisher with this book sells the e-book too. It makes you more easily to read this book, as you can read this book in your Smartphone. So there is no reason to you to past this guide from your list.

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This Meathead: The Science of Great Barbecue and Grilling is great reserve for you because the content which can be full of information for you who else always deal with world and get to make decision every minute. This book reveal it information accurately using great manage word or we can say no rambling sentences within it. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but challenging core information with beautiful delivering sentences. Having Meathead: The Science of Great Barbecue and Grilling in your hand like getting the world in your arm, details in it is not ridiculous one. We can say that no guide that offer you world with ten or fifteen moment right but this book already do that. So , this really is good reading book. Hey Mr. and Mrs. hectic do you still doubt that will?

Deanna Marcantel:

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Donald Thomas:

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