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COMPLIMENTARY ISSUE

SIERRA HERITAGE MAGAZINE

at HOME

2007 NO. 3

THE COMPLETE HOME DESIGN GUIDE



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OUTDOOR LIVING

The Thrill of the Grill



It stirs the senses and pleases the palate. Whether seared, smoked or classically sizzled, delectable dishes created with new-generation grill technology place barbecued foods in the category of artistic cuisine.

"Grills are extremely versatile," says Camille Renk, consulting chef and food stylist for Robert H. Peterson Company (RHP) of City of Industry, CA. "They have ample room to place assorted vegetables, fish and meats, and the flame can be controlled to accommodate various cooking temperatures. On some models, the side burner allows the user to incorporate various cooking methods to one space while the rotisserie option allows a grill to cook assorted meats, rib roasts and an entire fish using the fish basket."

The latest grill products from RHP include multi-fuels, searing stations and remote controlled hoods. "One of our great features is a charcoal basket for use with a gas grill. Instead of using lighter fluid to ignite the coals, the gas grill starts the coals and when they're ready for grilling you shut off the gas," explains Elaine Remy, marketing manager. Once the food is cooked and the coals have cooled, the basket can be easily removed and the ashes tossed.

Also available is a searing station with infrared burner as an independent side cooker or option inside your grill that heats up to 1400° to seal in juices. This makes for a tasty piece of meat. As a backburner, it cooks from the back so food will not drip and cause flare-ups.

Their Magnum series grill comes with an e-burner that looks like the Starship Enterprise, but is designed to take the place of a regular burner, and distributes a gas and air mixture that burns hotter and allows for even heat distribution. On its premium line of grills, the adjustable remote control hood makes it easy for the user to adjust air circulation.

Taking advantage of these features, Camille Renk has grilled everything from kabobs, fish and chicken to broccoli, and has turned grilled romaine lettuce hearts into a zippy Caesar salad.

At Lynx Professional Grills, innovators added hood springs, special lighting and an upgraded ignition system. "Adding new, meaningful features into the grill produces a better food product and makes it easier to use," said Brian Eskew, marketing manager of the Commerce, CA firm.

Lynx designers added blue LED lighting above the control knobs and an internal halogen light over the grill surface for easy use in the evening. And, to make sure its ignition systems don't fail, Lynx incorporated a glow-coil ignition system that ignites the gas on individual burners. "It provides for ease of use and is very efficient and safe," said Eskew.

(facing page) THE ELITE MAGNUM IS THE CENTERPIECE OF THIS EXQUISITE OUTDOOR KITCHEN - HEARTH, PATIO & BARBECUE ASSOCIATION

(facing page inset) THE GRILLING SURFACE OF THE FIRE MAGIC MAKES GRILLING ENJOYABLE AND DELICIOUS - HEARTH, PATIO & BARBECUE ASSOCIATION

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Lynx grills also have a dedicated rotisserie burner option that faces the cook. "Put the meat on the spit rod, turn the burner on, close the lid and check it every 45 minutes. Because the burner is facing the meat instead of underneath it, it is constantly marinating itself in its own juices," said Eskew. He added this grilling tip: After you cook a large piece of meat, let it sit for 10-15 minutes. If you wrap it in the aluminum foil that caught juices in the basting pan, it will absorb those juices.

CFM's Vermont Castings grill is a hot ticket. Made of cast iron, the grill produces a radiant heat that cooks the food and adds flavor, according to Tim Kuhn, category manager. Also well-lit for nighttime grilling, the Vermont Castings grill offers a choice of three lid colors. "We think these colors offer something different while complementing the outdoor room well," said Kuhn.

"It has a very large cooking surface which affords different heat zones," said Steph

Largari, CFM's consulting barbecue chef. "The heat can get as intense as you want it, and you can do indirect cooking or add smoke."

With its patented indirect cooking system, wood-pellet-fueled Traeger Grills provides grillers with the option of barbecuing, smoking or baking. These easy-to-use grills plug into a 110-volt outlet for igniting the pellets, and within 10 minutes they are ready for cooking. Handmade from steel in the U.S., these grills even come in a pig or longhorn steer design.

Their versatility also makes for some unique dishes. "We cooked pineapple upside-down biscuits on our grill and they were scrumptious and easy to do," said Bruce Bjorkman, director of marketing.

Whether biscuits or briskets, pizza or poultry, there's a grill on the market that will turn the most basic griller into a baron or baroness of barbecue.

(left) BOTH DEPENDABLE AND STYLISH, THE VERMONT CASTINGS 3-BURNER GRILL FITS COMFORTABLY IN MODEST AREAS - CFM CORPORATION, VERMONT CASTINGS

ARTICLE PROVIDED BY DEIDRA DARSA OF HEARTH, PATIO & BARBECUE ASSOCIATION, 703.522.0086 OR VISIT HPBA.ORG

MEDITERRANEAN PORK AND SIRLOIN BURGERS

SERVES: 10
PREP TIME: 30 MINUTES
COOK TIME: 15 MINUTES

3 LBS. GROUND SIRLOIN
3 LBS. GROUND PORK
1/2 CUP ROUGHLY CHOPPED GARLIC
1/2 CUP FINELY CHOPPED SCALLIONS
1/4 CUP BASIL
1/4 CUP PARSLEY
1 TABLESPOON CRACKED PEPPER
1 TEASPOON CHILI FLAKES
1 1/2 TABLESPOONS DRY OREGANO
1 1/2 TABLESPOONS DRY BASIL
2 CUPS JARLSBURG OR SWISS CHEESE, SHREDDED COARSELY
2 TABLESPOONS OLIVE OIL
1 TABLESPOON SALT
1/4 CUP WATER

MIX INGREDIENTS WELL THEN HAND FORM OVAL BURGERS, EACH WEIGHING APPROXIMATELY 8 OZ. GRILL THE BURGERS SLOWLY OVER MEDIUM-LOW HEAT. SERVE WITH THICK SLICED TOMATOES, BASIL LEAVES, ROMAINE LETTUCE, RED ONIONS AND A SPLASH OF BALSAMIC VINEGAR.

ROSEMARY SKEWERED CHICKEN WITH LEMON BASIL & OLIVE OIL

SERVES: 10
PREP TIME: 45 MINUTES NOT INCLUDING MARINATING TIME
COOK TIME: 15 MINUTES

20 10" LONG ROSEMARY BRANCH SKEWERS WITH FOXTAIL END, SOAK SKEWERS IN WATER FOR 1 HR
CHICKEN TENDERS/BREAST CUT 1" X 4"
LEMON HALF MOON PIECES 1/2" THICK
1/2 CUP LEMON JUICE
1 TABLESPOON LEMON ZEST
1 TABLESPOON GARLIC
4 TABLESPOONS BASIL
1 TEASPOON BLACK PEPPER
1/4 TEASPOON CHILI FLAKES
4 TABLESPOONS HONEY
1/2 CUP OLIVE OIL
SALT AND PEPPER FOR SEASONING

WEAVE CHICKEN STRIPS ONTO SKEWERS, COMBINE INGREDIENTS AND MARINATE SKEWERS OVERNIGHT. SEASON WITH SALT AND PEPPER JUST PRIOR TO GRILLING AND SERVE AS AN APPETIZER OR LIGHT MEAL.



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