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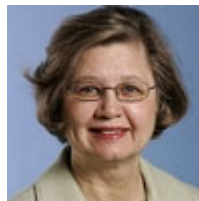
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Kathie Smith

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Grilling season goes green



As consumers go green, so has their grilling. To meet demand for environmentally-friendly products, manufacturers are producing grills that use less propane and more eco-friendly charcoal. With older grills, you can monitor fuel to waste less and thus use less.

Consumers can also buy the best-quality foods and take precautions to reduce grilling risks. In the process, you'll find a healthy way of eating that's still picnic-friendly.

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Ken Rosenbaum

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- EAT: Menus, recipes**
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- RESTAURANT: Evans Street Station (Tecumseh, Mich.)**
- EAT: Dinner menu**
- HEAR: Alan Merhar**

- CHEF ELIAS HAJJAR**
- RESTAURANT: Poco Piatti (Toledo and Perrysburg)**
- EAT: Menu**
- HEAR: Elias Hajjar**

- CHEF LANCE SCOTT**
- RESTAURANT: Navy Bistro (Toledo)**
- EAT: Menu**

- CHEF MIKE ROSENDAUL**
- RESTAURANT: Ciao! (Sylvania)**
- EAT: Menu**
- HEAR: Mike Rosendaul**

- MANCY'S**
- RESTAURANT: Mancy's Steaks (Toledo)**
- EAT: Mancy's Steaks Menu**
- RESTAURANT: Mancy's Italian (Toledo)**
- EAT: Mancy's Italian Menu**
- RESTAURANT: Mancy's Bluewater Grille (Maumee)**
- EAT: Mancy's Bluewater Grille Menu**
- HEAR: Rob Campbell**

- CHEF LYNNE WANG**
- RESTAURANT: Asian Tea Tree Bistro (Perrysburg)**
- EAT: Menu**
- HEAR: Lynne Wang**

- CHEF RICK WHITEHEAD**
- RESTAURANT: Gladieux Catering (Toledo)**
- EAT: Dinner Menu**
- HEAR: Rick Whitehead**

According to the Hearth, Patio, and Barbecue Association, there are 59 million grills in the United States. For the last couple years, high-end grills were the talk of the season: gas, electric, infra-red, and charcoal.

This year, we'll be looking at the number of BTUs new gas grills use and the grill tools and fuel we use when barbecuing. Consumers will be comparing the energy efficiency of gas grills with multiple burners and higher gas consumption to those with convection technology and single-burners or even electric grills. According to Fire Stone Home Products, conventional grills use about 60,000 BTU. Fire Stone's new grills with the new technology make 30,000 BTUs cook like 60,000, according to the company.

Leslie Wheeler of the HPBA says green grills have three components: the manufacture, use, and disposal of products. Consumers can surely go green with how they use their products.

I've seen too many novice grillers douse their charcoal with lighter fluid to the point that the cooked food can taste or smell like the fuel. Besides being dangerous due to an out-of-control fire, that's not healthy.



Rick Browne, author of The Best BARBECUE on Earth (10 Speed Press, \$22.95), advises cooking with gas (propane or natural gas) to reduce carbon footprints from barbecue grilling. Gas is the lowest carbon footprint among fuels used to cook foods for backyard barbecues he says.




But if you are using charcoal, he advises not to use charcoal briquettes. The most popular brands emit more carbon monoxide than propane, he says. "Use green products like the 100 percent organic natural briquettes produced by Lokki." (He expects this product to be in retail stores this summer.)

Ms. Wheeler noted the pellet grill in which the fuel is wood pellets made from recycled sawdust. "With recycled fuel, it is a niche product sold at specialty retailers," she said.

When using lump charcoal or briquettes, do not use liquid starters because they are among the most toxic substances and contain harsh petrochemicals, Mr. Brown advises. Use organic fire starters, chimneys, or lint.

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CHEF CHRIS MOORE
 **RESTAURANT: Manhattan's (Toledo)**
 **EAT: Menu**

CHEF CHRIS DEWART AND CHEF MOUSSA SALLOUKH
 **RESTAURANT: La Scola (Toledo)**
 **EAT: Menu**
 **HEAR: Chris Dewart**

CHEF DON YAMAUCHI
 **RESTAURANT: Saltwater (Detroit)**
 **RESTAURANT: Bourbon Steak (Detroit)**

CHEF MICHAEL SYMON
 **RESTAURANT: Lola (Cleveland)**
 **RESTAURANT: Lolita (Cleveland)**
 **HEAR: Michael Symon**

meat to 18 ounces cooked per week. Use smaller cuts of meat, such as kabobs, and limit portion size.)

Use natural cleaning products, biodegradable or compostable plates, bowls, and utensils, and cloth napkins. Don't use plastic bags when shopping: bring your own tote bags.

Kathie Smith is The Blade's food editor.

- » E-mail her at food@theblade.com
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