

Small Cuts of Meat on a Grill

(So often it is difficult to prepare small amounts of meat on a grill without overcooking. Here are several twists on some easy ways invented by Pam Anderson).

Spice rub of choice (see below—use with the following:)

-1 Tbs. vegetable oil

--choice of meat or poultry

--choose among: 2 pork tenderloins (about one pound each)

8 large boneless, skinless, chicken breasts, tenderloins removed, thick end of each pounded slightly or ½ inch thick

8 large boneless, skinless chicken thighs (or 10-12 medium) trimmed of excess fat

Using gas grill ignite all burners on high for at least 10 minutes. Place selected meat or poultry in a medium bowl; drizzle with oil, then sprinkle with spice rub and toss, spreading with fingertips to coat evenly.

Clean hot grill grate with wire brush then use tongs to swipe grate with rag coated with vegetable oil. Place meat on hot grill rack without overcrowding.

Cover and cook turning only one about half way through—let rest five minutes.

Total cooking times: Pork tenderloins: 8-10 min.

chicken breasts (depending on thickness: 6-8 min.

Chicken thighs, depending on thickness: 10-12 min

Following rubs do best with this quantity of meat:

Six boneless, skinless chicken breasts; eight to ten boneless skinless chicken thighs; 2 pork tenderloins (about one pound each)

Paprika-garlic-spice rub

2 tsps dark brown sugar

1 Tbs paprika

1 ½ tsps black pepper

1 ½ tsps garlic powder

1 tsp salt

Fennel-Garlic spice rub

2 tsps dark brown sugar

2 tsps. Fennel seeds coarsely chopped

1 ½ tsps paprika

1 ½ tsps garlic powder

1 tsp salt

Cumin, Coriander, turmeric spice rub

2 tsps dark brown sugar

1 ½ tsps garlic powder

1 ½ tsps ground coriander

1 ½ tsps ground cumin

½ tsp. ground ginger

½ tsp turmeric

1 tsp salt

