

A Visit with Rick Browne: Cookbook Author & Barbeque America Host
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I'm excited to announce that Rick Browne, cookbook author of many titles and the creator and host of *Barbeque America*, stopped by for a blog visit. He generously answered some questions for us and also shared a couple of recipes that you won't find anywhere else on the Internet. Cedar Plank Swordfish is available now and Sweet Potato Biscuits will be available next week! Sounds delicious!

Julie-For those of us who love to grill, what would you recommend to help us avoid the potential cancer-causing carcinogens involved?

Rick-These concerns are WAY overrated, you'd have to BBQ three times a day for 4-5 years, burning your food each time, to have an affect. Just use moderation, buy and cook lean meat, cut off excess fat (remembering though that a small amount of fat adds flavor, tenderness, moisture). Don't burn meat, chicken, or fish, and if there are burned spots, cut them off.

Julie-Why does the fat make a difference?

Rick-From what I have read, it seems that the charred parts of the food and the smoke from burned fat and juices specifically is a concern. But again, you'd have to consume huge quantities of burned BBQ to be affected.

Julie-What do you enjoy the most about being on the big shows like The Today Show, Live with Regis, etc.?

Rick-Seeing my old friends again. I have been lucky enough to be invited on Regis' show 6 years in a row and love both of them—they are real, genuine, fun, and very professional to work with. Same with other shows, the hosts for the most part are genuine, have a lot of fun doing their interviews and tasting great BBQ - who wouldn't? Also love showing the audience fun foods and preparation methods: Beer-Butt Chicken, BBQ Ice Cream, BBQ Apple Pie in a Brown Bag, BBQ Grand Marinier Soufflé, Chicken Under a Brick, etc.

Julie-Do you grill everything? What is something, besides lettuce, that we shouldn't grill?

Rick-I do tons of grilling and smoking at home. Four or five meals a week at least. Hard to do spaghetti, jello, or whole emu on the grill (although I have a fantasy about doing a beer-butt emu or ostrich sometime). And who says you can't do lettuce? I do. I take baby lettuce, quarter it, brush with olive oil that you've seasoned with some garlic salt, paprika, and cumin - grill each side quickly until you just get grill marks - remove and drizzle on more of the seasoned oil - serve as a side dish or warm salad.

Julie-Oops. I should have picked pudding! Thanks Rick for coming by!