



## Bobby Flay's Boy Gets Grill

By Bobby Flay

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Sequel to the bestselling *Boy Meets Grill*, *Boy Gets Grill* marks Bobby Flay's return to the fire with his first grilling book in five years.

The connection between Flay and fire began when, as a kid growing up in New York City, Bobby learned to grill during trips to the Jersey Shore. As a young chef starting out, he always wanted to work the grill station, and when he opened his first restaurant in 1991, he called it Mesa Grill. The word *grill* was firmly hooked to his name. And then, the Food Network called.

Like his highly rated prime-time grilling show, *Boy Gets Grill* is set on a rooftop in Queens overlooking the Manhattan skyline and celebrates the explosive flavors of his hometown's diverse neighborhoods. This is Bobby Flay's New York, and everywhere he goes, there is great grilling: from Chinatown to Astoria, Queens (Greek food); Arthur Avenue in the Bronx (for old-style Italian); and lower Lexington Avenue (better known as Curry Hill, for Indian); and the flavors go on and on.

The question isn't "Can I grill this?" but "Is there a reason not to grill this?" Usually the answer is "Go ahead and try it!" Throughout, Bobby gets more and more out of the grill, making life easier and encouraging everyone to think big, have fun, and get their hands dirty.

The grill is no longer for weekends only. The recipes in *Boy Gets Grill* are the quickest and easiest that Bobby has ever created, making the grill a perfect vehicle for busy weeknight meals. Flavors are (pleasantly) challenging. For the simplest of suppers, try Grilled Quesadillas with Sliced Steak, Blue Cheese, and Watercress; Grilled Shrimp with Triple Lemon Butter; Grilled Tuna with Red Chile, Allspice, and Orange Glaze; or a Pressed Cuban-Style Burger.

*Boy Gets Grill* is also full of great ideas for entertaining and enjoying the company of family and friends. In the "Big Parties" section, Bobby takes hosts and hostesses through every step of preparation for a Fish Taco Party, Burger Bar, and a Skewer Party (perfect for backyard cocktail parties where one hand stays free to hold a glass). There are even recipes for brunch on the grill.

The book includes cool drinks to sip while the fire gets hot, as well as appetizers,

salads, simple desserts, and, of course, the meats, fish, and poultry that everyone loves to grill. Bobby also gives tips on what equipment you need to grill (and more important, what you don't); six simple (and decidedly low-tech) steps to test for doneness; how to gauge how hot your fire is; and Bobby's Guide to Steak.

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## Editorial Review

From Publishers Weekly

Although grilling is often synonymous with red meat, roaring flames and testosterone, Flay, star of the Food Network's *Boy Meets Grill* (and author of the book of the same name), shows that there is a sensitive, more elegant side of grilling. The CBS *Early Show*'s food correspondent presents an array of impressive dishes made for grilling, from the sweet and sour Brick-Grilled Baby Squid with Tamarind-Mint Dressing to Grilled Chicken with Toasted Chiles, Coconut Milk, Lime, and Crushed Peanuts. Many of Flay's recipes feature international flavors, and he seems to have a knack for fish, shellfish and poultry. That doesn't mean, however, that the native New Yorker doesn't enjoy a hunk of beef grilled to perfection every once in a while. For those cravings, Flay offers the Pressed Cuban-Style Burger, an amalgam of "a big, fat burger oozing melted cheese and pickles" and "a big, fat Cuban sandwich oozing melted cheese and pickles," or Grilled Ribeye Steak with Cilantro-Garlic Butter, which has a "straightforward flavor punch." Flay gives a copious introduction to every recipe and often cross-references techniques (which he reviews at the book's outset) and offers suggestions for accompaniments (for example, if you're serving the divinely simple Rum-Brown Sugar-Glazed Shrimp with Lime and Cilantro, prepare grilled corn on the cob and avocado salad as sides). Most of Flay's salads, dips, pizzas and quesadillas, as well as the main dishes, are uncomplicated and draw on fresh ingredients, and novices should have no trouble following his easygoing instructions. Color and b&w photos.

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From [Booklist](#)

The irrepressible Flay teams with noted food writer Moskin in another of his cookbooks on the art of grilling. Flay personifies the urban griller. He uses top-quality ingredients from a vast array of ethnic cuisines to produce a panoply of flavors favored by contemporary palates. Guacamole gets a kick from the addition of grilled corn kernels. Quesadillas go over the top with a garnish of fresh thyme-scented salsa, three cheeses inside, and a dollop of ricotta on top. Grilled potatoes make a novel potato salad, especially when dressed with blue cheese. Cedar planks, so popular for grilling salmon, serve equally well for grilling lobster, which is then accompanied with roasted corn and chipotle pepper salsa. Flay's compulsion to tinker extends even to a classic sandwich, the BLT, and he adapts it for grilling by using green tomatoes and a bit of goat cheese. Flay's television shows and his fertile imagination for the pairing of smoky and sweet ingredients make this a sought-after title. *Mark Knoblauch*

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About the Author

**Bobby Flay** is one of the most beloved -- and famous -- chefs in America. He is the food correspondent for CBS's *The Early Show*, appearing biweekly to report on food and cooking across America. In addition to his highly rated prime-time Food Network show *Boy Meets Grill*, his newest show, *BBQ America with Bobby Flay*, debuted in the summer of 2004. He is the chef-co-owner of two celebrated New York City restaurants, Mesa Grill and Bolo, which recently received a three-star rating from *The New York Times*, and is opening Mesa Grill Las Vegas in the summer of 2004. This is his fifth book.

## Users Review

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