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Make Your Summer Grilling Season Tasty, Memorable, Safe

Important safety tips, and delicious local ingredients to make this grilling season more fun

Maryland (June 3, 2009) — With summer just around the corner, you almost can hear the buzz of Marylanders rescuing their patio furniture from storage, planting gardens, and dusting off that culinary symbol of summer: the backyard grill. By following a few simple safety tips, you can enjoy tasty, regional recipes with ingredients available throughout the Mid-Atlantic area.

Grilling is an enjoyable, efficient way to prepare restaurant-quality meals at home. But before starting your grill, think safety. A recent survey sponsored by the Propane Education & Research Council (PERC) revealed that almost 50 percent of people surveyed would grill more often if they were more confident about safe grilling.

“Americans love to grill,” said Stuart Flatow, PERC vice president of safety and training. “With more than 95 percent of people planning to grill this summer, PERC wants to ensure a safe grilling season with simple safety tips for using a propane grill. Our survey indicated that when people know more about safety, they are more confident around the grill. That increased confidence leads to better grilling technique and a more enjoyable experience.”

A couple of top safety tips grillers should remember:

- Follow the grill manufacturer’s instructions and keep them handy in case you have problems.
- And keep the grill open until you are sure it is lit.

The PERC survey also found that many Americans no longer reserve grilling for special occasions, especially as the struggling economy leads more people to entertain at home. The organization has joined forces with Rick Bayless, James Beard Foundation Award-winning chef and restaurateur, and Certified Angus Beef LLC to share master grilling techniques to inspire grillers of all skill levels.

“People enjoy the unique taste of grilled food,” said Bayless. “Almost 90 percent of people surveyed said they prefer the taste of meat, seafood and vegetables when grilled versus those foods cooked indoors. And grilling is easy! Keeping recipes simple allows the true local flavors of the fresh ingredients to stand out, and the staples —meat, fresh seafood, local vegetables, herbs, and fruit — are easy to purchase. As a final but important step, make sure you employ proper grilling techniques that take safety into account to ensure both great-tasting summer meals and a good time with your friends and family.”

The following recipe for **Chesapeake Bay Stuffed Burger** combines the best of local ingredients that are now available in your market.

Chesapeake Bay Stuffed Burger

Serves 4

Ingredients:

2 pounds Certified Angus Beef ® ground chuck

1 1/2 cups Fresh Backfin Crabmeat

4 burger buns

2 tablespoons chopped fresh cilantro

6 tablespoons cracker crumbs

2 tablespoons mayonnaise

1/2 teaspoon Dijon mustard

1 teaspoon horseradish

1 teaspoon lemon pepper

1 teaspoon lemon zest

1 teaspoon Old Bay Seasoning

4 teaspoons finely chopped green onion

2 teaspoons minced ginger

Instructions:

1. Season ground chuck with horseradish and lemon pepper. Divide into eight, 1/4-pound patties about 1/4 inch x 5 inches.

2. Make crab stuffing by combining crabmeat and remaining ingredients except buns.

3. Divide one cup stuffing between four of the patties. Flatten crabmeat slightly, leaving about 1/2 inch around edge. Place a remaining patty on top of each and crimp edges with fork, once around on each side. (Burgers may need some reshaping.)

4. Grill on medium-high 15 to 18 minutes, adjusting time and temperature as needed. Serve on burger buns.

Hosting a grilling get-together is easy when you begin with a safe approach, delicious recipes, and grilling tips from the masters. For more safety tips, please visit www.usepropane.com.
