

Bloomberg

OK, No Burgers—But What Should You Grill?

Time to put the avocados on the grates, next to the bologna, clams, and cucumbers. By Kate Krader July 12, 2019



Photo Illustration: 731; Food: Getty Images

Last week, Bloomberg Pursuits “accidentally” disrupted Independence Day by announcing that burgers should not be grilled.

That advice came from three different notable chefs (four if you count our previous Do Not Grill List) who argued that grillers were losing valuable fat and juices to the flames, while also sacrificing the kind of caramelized crust that comes from contact with a searingly hot, flat surface like a griddle or *plancha*.

The blowback was fierce. How *dare* we challenge the all-American cookout? (Among the thousands of online comments: “I think these alleged top chefs are Russian trolls trying to subvert our Fourth of July.”)

Amid all the feedback, it seemed we neglected to tell home cooks, standing spatula-in-hand, what *would* be OK to throw on the grates. So back we went to the top chefs in search of foods that you might not realize are actually great cooked over a hot fire. Not T-bones and rib-eye, or asparagus or citrus or skin-on, bone-in chicken—but thick-cut bologna for a smoky sandwich and crisp cucumber for a novel side. Don’t worry, we’re on Twitter if you need to let it all out

Bologna



A grilled bologna sandwich with yellow mustard slaw. *Photographer: Johnny Autry*

Who Says: David Guas, host, *American Grilled*; chef and owner, Bayou Bakery, Arlington, Va.

Why: “When I was little, all I wanted was my bologna sandwich on white bread. Now that I am older, I get to make my own rules, and I grill my bologna—half-inch thick slices on the lit side of the grill until grill marks appear. To make it even better, move the bologna to the unlit side of the grill, cover, and smoke for 10 minutes, preferably over wood chips. You’ll never go back to having bologna *not* on the grill. Extra thick white bread for the win.”

Pork Tenderloin



Pork tenderloin, great for a barbecue. *Photographer: MartinFredy/iStockphoto*

Who Says: David Guas, host, *American Grilled*; chef and owner, Bayou Bakery, Arlington, Va.

Why: “A broad and wide cut of meat with a large surface area and a little bit of fat, like pork tenderloin, is best on the grill—it comes out juicier and more tender than people might think. And it does not have to be cooked well-done. Pork loin also has a mild flavor, so with all that surface area, cooking over wood accents it easily and ever-so-slightly without overpowering its taste. Start with direct heat to get the right color outside, then move the loin to an area with indirect heat to smoke it and fully finish the cooking process.”