**Mythbusting**

In his book *Meathead: The Science of Great Barbecue and Grilling* the Chicago author enlisted several scientists and physicists (Greg Blonder, Ph.D., of Boston University is also credited) to test (and retest) dozens of methods, techniques and common conventions. Showing his work with a blend of charts, graphs and photography, Meathead gives all the grilling basics.

"People are no longer interested in simply the how, but the why," said Meathead. "I want to explain the concepts and theories of good grilling, of how things work."

We now have the tools to test these theories and rules. Here, and in his textbook, he busts common myths.

**Myth 1: You can test a meat’s doneness by poking it.......WRONG**

Does everyone’s hand have the same firmness?

p. 98

**Myth 2: Let the meat come to room temperature..........WRONG**

It will warm much faster than on the counter and cool meat attracts more smoke.

p. 29

**Myth 3: Soak your wood chips for the most smoke.........WRONG**

Water on the wet wood is steam.

p. 22

**Myth 4: Flip your meat as little as possible...............WRONG**

You get better flavor, more even color, doneness in the interior, better even colored crust, shorter cooking time when you flip more often.

p. 60

**Myth 5: Marinating penetrates deep into meat..............WRONG.**

Meat is 70 % water and oil and water don’t mix.

p. 41
Myth 6: Grill marks are good ........................................WRONG
The goal should be to get golden brown color on as much of the
meat’s surface because this caramelization produces a better
taste.
p. 57

Myth 7: Beer can chicken is the best way to cook a bird……..WRONG
Can blocks sideways movement of beer; never gets hot
enough to steam out of the top.
p. 296

Myth 8: Searing meat seals in the juices..........................WRONG
The crust that forms around the meat is not waterproof, but searing
produces browning and flavor.
p. 32

Myth 9: The more smoke you see, the better.....................WRONG
The barely visible wisp of blue smoke is the key to low and slow.
p.15 & pp.19-20

Myth 10: Cook chicken until the juices run clear...............WRONG
When it’s 165 degrees F, it’s safe. Learn about myoglobin.
p.54

Myth 11: Meat needs to rest after cooking.......................WRONG
Water is not trapped in fibers or spaces between them. Also, resting
makes crust or skin soft, fat waxy, causes overcooking.
p. 7

Myth 12: The fat cap will melt, making the meat juicier.........WRONG
The muscle groups together forms an anatomical barrier between
muscle and fat. The fat drips into the fire, flares, deposits soot on
meat.
p. 45

For more information about these myths: See the pages listed:
Meathead Goldwyn, The Science of Great Barbecue and Grilling, New