



# THE ATLANTIAN



THE TRAVEL ISSUE

## READY, JET, GO!

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Luxe Locales in Between

### +PLUS

Fashion: Sweet Southern Whites  
Summer at The St. Regis Bal Harbour  
Itineraries of Atlanta's Jet-Set  
Pasta King of Buckhead  
Party POV: High Museum Winemaker Dinner  
Eat Sheet: Cucina Asellina, KR SteakBar & More

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The 10 Commandments of Grilling from Jonathan and Justin Fox of Fox Bros. Bar-B-Q:

**10 Grill: Rain or Shine**

We love cooking with charcoal, but sometimes it's easier to pull out the gas grill on those nights when you don't have as much time. Have one of each so you can grill in any weather.

**9 Brine Time!**

Always use brine when grilling lean cuts of poultry or pork. Whether you brine for an hour or overnight, it will make a huge difference in the moistness and flavor of your barbecue.

**8 Take Your Meat Out Early**

Take your meat out of the fridge at least 20 to 30 minutes before grilling to ensure even cooking on the cut.

one place will also allow it to caramelize and sear properly.

**4 Tongs Are Your Friend**

Never stab your meat with a fork; all that will do is allow the juice to escape. And never press down on meat when grilling unless you are going for a hard sear. That meat never did anything to you, so don't stab or press it!

**3 Don't Run Away**

It's best to just grab your favorite beverage and hang out close by while grilling. Don't ruin all of your hard prep work by burning the meat while you've left it unattended. Sit tight and enjoy the experience.



### 7 A Clean Grill Is a Good Grill

Remove old ash from charcoal grills before adding new coals—this helps with airflow. On both gas and charcoal grills, clean grates are crucial; charred stuck-on bits don't add flavor!

### 6 Hot, Hot, Hot

Your grill needs to be hot to ensure proper cooking. Coals should be white and glowing, and a gas grill should be on high or medium-high with the lid closed.

### 5 Don't Play With Your Meat

Turn your meat once while it's cooking; this allows it to cook quickly and evenly. Letting your meat cook in

### 2 Don't Get Saucy Too Soon

Your favorite sauce adds tons of flavor to the meat, but it's best to add sauce at the end. A lot of sauces contain sugars and oils, which can create flare-ups and cause the meat to burn. Instead, take the meat away from the direct heat, apply your sauce and close the grill lid to allow the sauce to cook and create a lip-smacking taste.

### 1 Let Your Meat Rest

One of the most important parts of grilling is to let your meat rest for five to 10 minutes after you pull it off the grill to let the juices settle and give you that tender juicy cut you desire. *1238 Dekalb Ave. NE, 404.557.4030, foxbrosbbq.com* —Sarah Gleim