

7 Grill-Tipps von Adi Matzek

Für Fleisch & Den Kamp; Co hat der Maestro sieben Tipps zusammengestellt, wie Fleischer:innen den Hype rund ums Grillen vielleicht besser nutzen können.



Grillkurs mit Adi Matzek © Johannes Kernmayer

; f]``k Y`ha Y]ghYf'5X]`A UhnY_']gh'Y]b`UVgc`i hYf'? ÒbbYf'a]h'XYf
; f]``nUb[Y.': Øf': `Y]gW\'/ '7c'\Uh'XYf'A UYghfc'g]YVYb'H]ddg
ni gUa a Yb[YghY``hž'k]Y': `Y]gW\Yf.]bbYb'XYb'< mdY'fi bX'i a g
; f]``Yb'j]Y``Y]W\h'VYggYf'bi hnYb'_\ObbYb'''K Yf'bcW\'a Y\f']b
GUW\Yb'; f]``Yb']b'gY]bYa '6Yhf]YV'i a gYhnYb'k]``ž'XYf'_Ubb'g]W\
Ui W\'XYa '5i ghf]Ub'6i hW\Yf'7]fWY'UbgW\`]Y»Yb' 'XUni '[]Vh'Yg'U``Y
\DZcg'i bhYf'k k k "[f]``qW\i `Y"Uh"

$H=DD^9=BG.^X]Y^bYiY^: ^Y]gWX_UhY[cf]Y^?U^VFcgY$

 $? U`V`Y]ba U``UbXYfg``? U`V`FcgY`]ghY]b`fY`Uh]j`bYi Yg`DfcXi_hž`XUg Y]bYb`gY\f`ghUf_YbYY][YbYb`7\UfU_hYfYbhk]W_Y`h`\Uh"`9]b`HYgh X]YgYf`bYi Yb`? UhY[cf]Y`nU\`h`g]W\`Ui Z`U``Y`: À``Y`Ui gž`a]h`Yhk Ug Xi b_`YfYf`: `Y]gW\ZUfVY`i bX`Y]bYa`k YgYbh`]W\`\O\YfYb`; Yk]W\h U`g`bcfa U`Yg`? U`VZY]gW\`Yf[]Vh`g]W\`Y]b`]bhYfYggUbhYg`DfcXi_hž k Y`W\Yg`Yj Ybhi Y```Ui W\`ZØf`Y]b``Øb[YfYg`N]Y`di V`]_i a`dUggYb _Ubb"`8]Y`B]YXYfOghYffY]W\]gW\Y`F]bXYfVOfgY`\Uh`\]Yf`Y]bY VYUW\h`]W\Y`9bhk]W_`i b[gUfVY]h`[Y`Y]ghYhž`Xcfh`VY_ca a Yb`G]Y Ui W\`\$\Zaa UhYf]U``i bX`X]Y`6YgW\UZZi b[gk Y[Yž`UVYf`Ui W\`Y]b gYbgUh]cbY``Yg`DC G!A UhYf]U``ZØf`\\f\Y`?i bX.]bbYb"$

H=DD'NK 9= 'GWk Y]b'Y]ba U`'UbXYfg Ub[YVchYb

K Ubb \ UVYb G]Y XUg \ YhnhY A U \ Y]bY \ VYfUfVY]hi b $[\rightarrow fYf]$ NYf`Y[ib['a]h'XYb'GW\b]hh`]ghYb'ia[YgYhnh3'Gc``hY'XUg'Y]b][Y $NY]h' \setminus Yf'gY]b\check{z}'XUbb'dUggh'Yg'Yhnh'[YfUXY'cdh]a U``` VYfdfØZYb$ $G]Y \check{z}^* k]Y \stackrel{\wedge}{=} fY \stackrel{\wedge}{A} \mathring{O}[\]WX _Y]hYb \stackrel{\wedge}{V}Y] \stackrel{\wedge}{X}Yb \stackrel{\wedge}{_} Ugg]gWX Yb \stackrel{\wedge}{G}dUfYf]Vg\check{z}^*XYb$?UffYY_bcWXYb'g]bX'i bX'j Yfgi WXYb'G]Y'Ub'XYb'GdUfYf]Vg'Ybh`Ub[Yhk Ugʻa Y\f': `Y]gW\žij cf'U``Ya ij ca '?YhhYbVYfY]W\'Ui Z'X]Y'F]Vgž ni 'gW\bY]XYb"'8Ua]h'\UVYb'G]Y'Ui hca Uh]gW\'a Y\f'; Yk]W\h'Ub $XYb F Vg ib X X Y ?ib X.]bb Yb k]f X \rightarrow b Yb Ui W Xif W Y]b Yb$ \O\YfYb DfY]g XUb_Yb " 5 i Z XYf Ub XYfYb GY]hY]gh X]YgYf GW b]hh $\mathbb{Z}(S_{0}, \mathbb{Y}_{0}, \mathbb{$ A I $GG^{\circ}8U^{\circ}X^{\circ}Y^{\circ}Y^{\circ}Y^{\circ}U^{\circ}U^{\circ}Z^{\circ}Y^{\circ}b^{\circ}J^{\circ}Y^{\circ}U^{\circ}V^{\circ}h^{\circ}b^{\circ}g^{\circ}X^{\circ}+\$\#$ \$ fYXi n]Yfh'k]fX'i bX'g]W\'X]YgYb'JYf'i gh'Y][Ybh']W\'b]Ya UbX''Y]ghYb _Ubb"'5i W\'j ca 'GW\cdZ'_ObbYb'[Ubn'Y]bZUW\'Y]ba U`'DfYqUž D`i a U`i bX`A cbYm`A i gWY`\YfUi g[YgW\b]hhYb`k YfXYbž'j cf`U``Ya k Ybb 'G]Y 'Y\Yf'[i h'Xi fW\k UW\gYbY 'E i U`]h\h\b']b 'XYf': `Y]gW\VUb_ j Yf_Ui ZYb".6YfUhi b[Yb.XUni .V]YhYb.k]f.gY\f.[YfbY.]b.Y]bYa $_{ca} V b Y f h Y b ; f Y a b U f a h Y g W | G d Y W U Y 7 i h g b a Y b Y f$; f]``gWi `Y`Ub"

H=DD 8F9= F]bX Y]ba U`UbXYfg Ub[YVchYb

6]YhYb'G]Y'Y]bY'Y]bn][Y'5fhj cb'F]bXZY]gWX'k]Y'n"'6"'_`Ugg]gWX
: `YW_j]Y\`Ub'cXYf'V]YhYb'G]Y'\Rightarrow fYb'?ibX.]bbYb'Y]bY
F UggYbj]Y`ZU`h3'K Ybb'G]Y'Y]bYf'F UggY'hfYi'V`Y]VYbž'_ObbhYb'G]Y
]b`XYf'Ni _i bZh'Y]b'DfcV`Ya VY_ca a Yb"'?ibXYb'kc``Yb']a a Yf
k]YXYf'bYi Y'9f`YVb]ggY'ibX'6YgcbXYf\Y]hYb"'HfYi Y']gh''U'Y]bY
kYfhVYghAbX][Y'<UbX`ib[ž'Yg'_ObbhY'UVYf'UiWX'gY]b'XUgg'G]Y
XUVY]'a]h'\Rightarrow fYa '5b[YVch'UiZ'XYf'GhfYW_Y'V'Y]VYb"'8]Yg'gc```_Y]bY
5i ZZcfXYfib['nia'; f]ZZ'UiZ'Uig`AbX]gWXYg': `Y]gWX'gY]b"'6Y]'ibg']b
2 ghYffY]WX'\UVYb'k]f'gWXcb'Y]b][Y'5bV]YhYf'jYfgWX]YXYbYf
F UggYb"'9g'`c\bh'g]WX'XifWXUigžY]bY'fY[]cbU'Y'?ccdYfUh]cb'a]h
Y]bYa '5bV]YhYf'jcb']b'2 ghYffY]WX'[YnØWXhYhYb'F UggYb
Y]bni[Y\Yb"'9g'_Ubb'UiWX'VY]a ': `YW_j]Y\XYff[Ykc\bhY'[ihY
E i U`]hAhgghUbXUfX'kY]hYf'Uig[YVUih'kYfXYbž'UVYf'UV'ibX'ni'Y]b
NigUhnUb[YVch_Ubb'AY\fkYfhVYXYihYb"

H=DD'J=9F.'; f]``gYa]bUf'bUW\'Ui » Yb'ZØf ?ibXYb'U`g'9jYbhh]dd

?i bXYbV]bXi b['Vnk "'!VY`c\bi b['ØVYf`X]Y`Ni gUa a YbUfVY]ha]h ; f]``gWi `Yb`cXYf`; f]``dfcZ]g"; YghU`hYb`G]Y`]a '6Yhf]YV`cXYf`VY] Y]bYa ' \Rightarrow fYf`VYghYb'; Ughfc_i bXYb'Y]bYb`VYgcbXYfYb`5VYbX`ZØf \Rightarrow fY`Hcd_i bXYb"JYf_Ui ZYb`G]Y``]a]h]YfhY`H]\w_Yhg`cXYf`Z]bUbn]YfYb G]Y`Ui g` \Rightarrow fYa 'K YfVYVi X[Yh'Y]ba U``Y]bYb`XYfUfh][Yb?i bXYbUVYbX`a]h`XYa ; f]``!`cXYf`66E!H\Ya U`cXYf`Y]bYa GWk Yfdi b_hh\Ya Už'k Y`WXYg`Yj Ybhi Y```Ui WX`]b` \Rightarrow fYf`H\Y_Y UV[YV]`XYh`k]fX`Vnk "'k YfXYb`gc``"`9]bY`E i YfZ]bUbn]Yfi b['Yf[]Vh g]\WX`Ui hca Uh]g\W\Z`k Ybb`G]Y`Y]b][Y`\&i fbU`]ghYb`i bX A Y]bi b[gV]`XbYf`Y]b`UXYb"

H=DD: B:.; YfÀhYj]Y`ZU`h'i bX; YfÀhYVcca

8]Y:: Yi Yf_ØW\Y'_Y\fh']b'X]Y; ÀfhYb'ni fØW_"'Ni gÀhn`]W\'ni?i [Y`[f]``i bX'7c'g]bX'bUW\'k]Y'j cf'X]Y'hc``Yb'; Ug[f]``[YfÀhY'Ui ZXYa 'J cfa UfgW\"'I bUV\Àb[]['XUj cb'[]Vh'Yg'Y]b][Y'HfYbXg'k]YX]Y'@U[YfZYi Yf_ØW\Yž'X]Y'j cf'U``Ya 'A YbgW\Yb'a]h'; ÀfhYb[Yb]Y»Yb'_ÒbbYb"'8]Y'H]gW\'i bX'G]hn[f]``[YfÀhYž'X]Y'a]h'<c`nVYZYi Yfh'k YfXYb'i bX'a]h'Y]bYf'a Ugq]j Yb'GhU\`d`UhhY'Ui g[YfØghYh

g]bXž[Yk]bbYb]a a Yfia Y\fiX]Y; i bghXYfi?i bXYbgWk]Wkh"8 Ug @U[YfZYi YfZYY]b[i]ghii bj Yf[Y]Wk]JWkžni gÀhn]Wki]ghiui WkiZØfiX]Y _U`hYi&J\fYgnY]hY]bYiK Àfa Yei Y``Yia]hi: Yi YfYa ch]cbiY]bihc``Yf 6Y[`Y]hYf"8 Ugic Zhii bVY`]YVhYiDi hnYbifYXi n]Yfhig]WkiUi ZiY]b A]b]a i a ik Y]``X]YiD`UhhYibi fia]hiXYfiGdUWkhYi[YfY]b][hik]fXii bX a]hi2 ``bYi ij Yfg]Y[Yihik]YXYfiUi ZiX]YibÀWkghYi; f]``WkU``Yb[YkufhYh"8]Yi; Ug[f]``\YfghY``Yfi\UVYbiUi ZiX]YgYbiI a ghUbXi`Ab[ghfYU[]Yfhii bXiV]YhYbij YfgWk]YXYbghYi5fhYbij cbiD`UbWkUgia]h j YfgWk]YXYbYbiA UhYf]U`]YbiUb"iG]YigY\Ybi8]Yi; f]``nUb[Yi]biXYf<UbXiXYgi; f]``a Y]ghYfgik]fXi]a a Yfia Y\fiUi WkiXi fWkiX]Y GdUWkhY``Yf[Àbnh"8]YgYa iI a ghUbXigc``hYiUi WkiX]Yi; f]``h\Y_Y

H=DD'G97 < G.; f]``gYa]bUf'bUW\']bbYbž A]hUfVY]hYfach]jUh]cb

8 Ug 6 YghY]b XYf A]hUfVY]hYfgWXi `i b[]gh X]Y A ch]j Uh]cb " 8]Y $VYghY^A ch] Uh]cb^YfVU^hY^]WVY]^Y]bYa^[Yf]b[Yb^GhfYggdY[Y^$ cXYf'Y]bYa 'VY\YffgW\VUfYb'GhfYggdY[Y`"'K Yb]['GhfYgg'VY[]bbh VY]'\c\Yf'?ca dYhYbn'i bX': UW\k]ggYbž'X]Yg'Yf`Ub[Y']W\'ØVYf : cfhV]`Xi b[": cfhV]`Xi b[']b': cfa 'Y]bYf'HYUa Vi]`X]b[a U» bU\a Y a |h'Y|[YbYb cXYf : fYa XdfcXi _hYb]b : cfa 'Y|bYg ; f] ``gYa]bUfg a]h'XYa :]fa YbhYUa i]a i6Yhf]YVicXYfiUi WXidYfZY_hiZØfiY]bYb :]fa YbUi gZi ['a]h'GhUbXcfhk YWkgY`"'8]Y'dYfZY_hY'l a gYhni b[$[Y^{b}] h^{a} h^{b} h^{a} b^{a} 5b [YVchg!7 YW_{j}cb] cf UbXYbYb$; f]``gYa]bUfYb 'Vnk "'a]h'XYf'[Ya Y]bgUa Yb '?cbnYdhYfUfVY]hi b[a]h'XYa '; f]``gWki `Ub[YVchž'XUg'Ui Z'X]Y':]fa YbVYXØfZb]ggY Ub[YdUggh'k YfXYb'_Ubb"'G]Y'Yf\U`hYb']a 'Ni[Y'Y]bYg [Ya Y]bqUa Ybž'qYbqcf]qWXYb'9f`YVb]qqYq'bYi Yž'j Yfh]YZhY ?ca dYhYbnYb"'9j Ybhi Y``i bhYfgW\]YX`]W\Y'K U\fbY\a i b[Yb']b XYf:]fa Ybghfi _hi f`k YfXYb`XUbUW\`j]Y``Y]W\h'b]W\h'a Y\f`U`g hfYbbYbXžgcbXYfb'[Uf'U`g'VYfY]WXYfbX'Ya dZi bXYb"'8i fWX'X]YgYb 5 i ghUi gW 'VY]a '[Ya Y]bgUa Yb '9fZU\fYb'i bX '9f`YfbYb'j cb Ui » YbghY\YbXYb '6Yhf]YVgdYfgcbYb '_ObbYb 'g]WX 'Ui WX 'bYi Y 9`Ya YbhY`]b`XYf`:]fa Ybghfi _hi f`cXYf`Ui W\`V]g`]b`X]Y 5b[YVchqdU`YhhY'Yf[YVYb"

H=DDG=969B.9jYbhh]ddinif;f]``gU]gcb'&\$&&

 $8]Y 'A \ f)W 'ghUhhZ]b XYb XY'; f] ``!GhUUhga Y]ghYfgW UZh'Z]b XYh'Ua '& ("ibX'&) "'* b]']b '?U]b XcfZ']b 'XYf'GhY]Yfa Uf_'ghUhh"'A]gW Yb'G]Y'g]W ibhYfg'Di V`]_i a ž'gY \Yb'G]Y ž'ghUibYb'G]Y'ibX'j Yf_cghYb'G]Y'8cfh Yf`YVYb'G]Y XYb'5b!'gdfi W '\=\fYf'?ibX.]bbYb'j cb'a cf[Yb"$

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