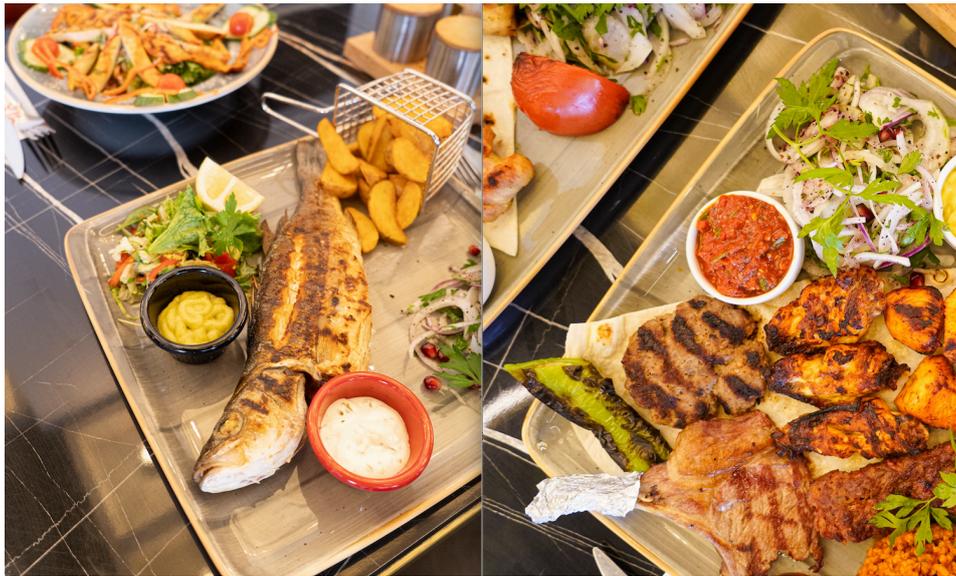


## Grilltipps vom Profi: So gelingt der Sommerklassiker auf österreichische Art

Wenn der Rost glüht: Grillen in Österreich mit Tradition und Qualität. Erfahren Sie, wie Österreich grillt! Tipps von Profi Mehmet Ünal zu Holzkohlegrills, regionalem Fleisch und perfekten Beilagen.



Tipp vom Gastro-Profi: Fisch bei 160–200°C und Fleisch bei 230–300°C auf dem Stabrost mit Holzkohle grillen. © Beigestellt

K Ybb`XYf`F cgh[`Ø\h.´² ghYffY]W`[ f]`h´`a ]h  
HfUX]h]cb`i bX`E i U`]hÀh

⇒² ghYffY]W`k ]fX`XYf`Gca a Yf`ni f`<cW`gU]gcb`ZØf`XYb` ; f]`´´  
@Ji hi l a ZFU[ Yb`k YfZYb`fi bX`Y]b`8f]hhY`XYf`² ghYffY]W`Yf.]bbYb  
k ÒW`Ybh]W`XYb` ; f]`Yf`Ub`´`ja´ ; UfhYbž`Ua´`6U`\_cb`cXYf`Ub  
ÒZYbh]W`Yb` ; f]`d`ÀhnYb`k ]Y`Ui Z`XYf`K ]YbYf`8cbUi ]bgY`´´8cW`  
k À\fybX`?ÀgY`\_FU]bYfž`6fUnk ØfghY`i bX`?chY`Yhng`ni a´`GhUbXUfX!  
F YdYfhc]fY`[ Y\ÒfYbž`k ]fX`XUg`\_i´`]bUf]gW`Y`DchYbn]U`´cZh  
i bhYfgW`Àhnh´`i bX`XUg`9f[ YVb]g`Y`XYh`b]W`h`gY`hYb`i bhYf`ni´`j ]Y`

<]hnYž'ni 'k Yb][ ; YgWka UW\_cXYf'ni ']bhYbg]j Yf'A Uf]bUXY"

; f]``Yb 'k ]Y 'XUa U`g. 'K Ufi a ' < c `n\_c \ `Y 'XYb  
I bhYfgWk ]YX 'a UW h

A Y\ a Yh', bUž; Ughfcbca 'i bX'6YhfY]VYf'XYg'K ]YbYf'@c\_U`g'  
**? ÒnXY'8 ÒbYf**ž'gYhnh'VYk i ggh'Ui Z' < c `n\_c \ `Y [ f]``g": Øf']\ b \ Uh  
X]YgY'A Yh\cXY'b]Wk'h'bi f' [ YgWka UW\_]Wk Y'J cfhY]'Yž'gcbXYfb'Ui Wk  
\_i 'hi fY``Y'H]YZ. ' GWkcb'i bgYfY'J cfZU\ fYb '\UVYb'ØVYf'cZZYbYa  
: Yi Yf' [ Y [ f]``h' 'XUg \ Uh'V]g \ Yi hY'b]Wk hg'Ub'gY]bYf': Ugn]bUh]cb  
j Yf'c fYb ž'gc', bU''8Yf'i bj Yfk YWk gY'VUFY'F Ui Wk [ YgWka UW\_  
YbhghY\h'bi f'VY]' [ Ø\YbXYf'?c \ Yž'X]Y'Y]bY'\_cbghUbhYž' \ c \ Y' < ]hnY  
']YZYfh": Ug[ f]``g'gY]Yb'nk Uf'VYei Ya ž'XcWk ]b'di bWk'5fca U  
\UVYb'g]Y''Ui h', bU''XUg'BUWk gY\Yb"

GY]b'DfcZ]!H]dd. '9]b'gc [ YbUbbhYf'GhUVfcgh' 'U`gc'Y]b'; f]``fcgh'a ]h  
Y]bnY'bYb'A YhU`ghfYVYb' 'gc f[ h'XUZØž'XUgg: Yh'i bX': 'Y]gWk gÅZhY  
[ i h'UVhfc dZYb'\_ØbbYbž'c \ bY'XUgg'XUg; f]``[ i h]a 'Y][ YbYb'8Ua dZ  
j Yf\_cWk h "Gc'V'Y]Vh'XUg'5fca U'fY]bž'XUg: 'Y]gWk'gUZh][ 'i bX  
VY\_ca a h'X]Y' [ Yk ØbgWk hY' ?fi ghY"8]Y'f]Wk h][ Y'HYa dYfUhi f.'Gc  
[ Y']b [ hg'a ]h; YZØ\`

K Yf'Y]b'dYfZY\_hYg'9f[ YVb]g'k ]``ž'a i gg'b]Wk'h'bi f'Ui Z[ i hYg: 'Y]gWk  
gYhnYbž'gcbXYfb'Ui Wk'X]Y'HYa dYfUhi f'ja ']; f]ZZ'\UVYb.

; f]``[ i h	9a dZc \ `YbY'HYa dYfUhi f
: ]gWk / ; YZØ[ Y`	%* \$ &\$\$.7
GhYU_ / '?chY'Yhg	&' \$ ' \$\$\$.7

9]bY'ni '\c \ Y' < ]hnY'ni '6Y[ ]bb'\_Ubb'XUg: 'Y]gWk'Ui » Yb'j Yf\_c \ `Ybž  
k Å\ fYbX'Yg]bbYb'bcWk'fc \ 'V'Y]Vh"; YXi 'X'i bX'[ i hY'; 'i h]g]bX  
XU\Yf'XUg'l a 'i bX'5i ZZØf'Y]b' [ Y'i b [ YbYg; f]``Yf'YVb]g"

F Y [ ]cbU``]gh'Hfi a dZ. 'E i U`]hÅh'Ui g'² ghYffY]Wk  
gWk a YW\_h'a Ub

æa ' ? ÒnXY'8 ÒbYf'\_ca a h'Ui ggW`Y» `]W : `Y]gW`Ui g'² ghYffY]W  
Ui ZXYb'Fcgh' `VYj cfni [ h'Ui g'XYf'GhY]Yfa Uf\_" 8]Y'FY[ ]cbU`]hÀh  
]gh'a ]f'VYgcbXYfg'k ]W h][ "i bgYfY'; ÀghY'a Yf\_Yb'gcZcfh'XYb  
l bhYfgW]YX ž'gU[ h', bU"'CV'@Ja a \_chY`Yhgz'gY`Vgh'[ Yk ØfnhY  
? ÒZhY'cXYf'<YbX'ZØ[ Y'' `VY]'`a 'k YfXYb'U`Y': `Y]gW'gcfhYb'Zf]gW  
a Uf]b]Yfh'i bX'ØVYf'<c`n\_c`Y`[ Y[ Ufh"  
6Y]'XYf'A Uf]bUXY'gYmh'XYf'; f]`dfcZ]Ui Z'B UhØf`]W\_Y]h.'?Y]bY  
: Yfh][ [ Yk ØfnYž'\_Y]bY'; YgW'a UW\_gj Yfgh`f\_Yf"'GhUhhXYggYb  
\_ca a Yb`cWk Yfh][ Y'² `Yž'?fÀi hYfž'Nk ]VY`bž'?bcV`Ui W`i bX  
æ[ \i fhni a '9]bgUm"'Gc`YbhghY`Yb'5fca Ybž'X]Y`XUg': `Y]gW  
Xi fW`Xf]b[ Ybž'c`bY`ni `ØVYfXYW\_Yb"

6Y]'U[ Yb / 'GUi W`b.' 8]Y'c Zh'i bhYfgW`ÀhnhYb  
6Y[ `Y]hYf

: `Y]gW`U`Y]b'a UW`h'bcW`\_Y]b'[ Y'i b[ YbYg'; f]`a YbØ"' 9]bY  
Zf]gW`Y'6Y]'U[ Y [ Y`Øfh]a a Yf'XUni ž'VYhcb'h', bU"'GY]b': Uj cf]h  
\_bUW\_] [ Yg'; f]`[ Ya ØgYž'[ Ya ]gW`hYf'GU`Uhi bX'Y]bY`YfZf]gW`YbXYb  
æ[ \i fhgUi W`a ]h'N]h'fcbY'i bX'A ]bnY"'G]Y`Ufa cb]Yfh'b]W`h'bi f  
a ]h'@Ja a ž'gcbXYfb'Ui W`a ]h': ]gW`cXYf'; Ya ØgY"

; f]`Yb'c`bY`Y][ YbYb'; UfhYb 3'8]Y  
5`hYfbUh]j Y`Ui g': Uj cf]hYb

K Yf'\_Y]bYb'Y][ YbYb'; f]`Yf'VYg]hnhž'a i gg'hfchnXYa `b]W`h'Ui Z'XUg  
9f'YVb]g'j Yfn]W`hYb"'æa '%\$'"K ]YbYf'; Ya Y]bXYVYn]f'\_V]YhYh'XUg  
F YghUi fUbh'? ÒnXY'8 ÒbYf'Y]bY`VfY]hY'5i gk U`U`Ub'Zf]gW`'[ Y[ f]`hYb  
GdYn]U`]hÀhYb' `j cb'@Ja a \_chY`Yhgz'ØVYf': ]gW`V]g`\]b'ni  
[ Ya ]gW`hYb'; f]`d`UhhYb'a ]h'5mfUb"'Gc'k ]fX'Ui g'XYa `gW`bY`Yb  
æa V]gg'Y]b'\_i`\_]bUf]gW`Yg'9f'YVb]g'a ]h'fY[ ]cbU`Yf'E i U`]hÀh'i bX  
cf]YbhU`]gW`Yf'K ØfnY"

k k k "\_cnXYXcbYf!fYghUi fUbh"Uh

6Ygi W\Yb`GjY`i bg`Ui Z.`ZY]gW\i bXWc"Uh