



Tiffani's Food For Thought

WELCOME TO THE TCBA COOKOUT!

We Outside Foodies! This time of year I'm in the mood to throw some food on the grill and spend time with my family and friends! The sunshine, the epic card games, and the smell of charcoal remind me of all the summer cookouts growing up.

Cookouts are a staple for summer celebrations and hold such cultural significance in the black community. In fact, I can only imagine how many cookouts took place in honor of **Juneteenth** last week! I hope you

Charcoal vs. Wood Chips: Which Fuels Your Fire?

When it's time to light up the grill it's helpful to understand the difference between a charcoal fire and a wood fire. Both give food it's unique grilling flavor, so what's the difference?

Charcoals are carbonized pieces of wood that burn at higher temperatures for longer times. This makes it ideal for grilling meats that require consistent, high heat. The advantages of using charcoal include: a longer burn time, which is deal for prolonged cooking sessions. Another advantage is its high heat, perfect for achieving that desired char on your meats. And,lastly it has a milder flavor influence. Charcoal's neutral flavor profile allows