

The Who, What, When and How of Infra-Red Grilling

What is Infra-Red?

Infra-Red energy was discovered in 1800 by Sir William Herschel who, dispersed sunlight into its component colours using a prism. He showed that most of the heat in the beam fell into the spectral region just beyond the red end of the spectrum, where no visible light existed. This is infra-red energy. Most materials readily absorb infra-red radiation in a wide range of wavelengths, causing an increase in temperatures of the materials. This is the same phenomenon that causes us to feel warmth when we are exposed to sunlight. The infra-red rays from the sun travel through the vacuum of space, through the atmosphere and penetrate our skin. This causes increased molecular activity in the skin, which creates internal friction and generates heat, allowing us to feel warmth.

Grilling on Infra-Red?

Grilling on a Napoleon Infra-Red grill is like going to a fine restaurant. In both cases, you end up with juicy, flavorful food except on a Napoleon you have the technology of a fine restaurant in the convenience of your backyard. Napoleon infra-red grills generate infra-red radiant energy using ceramic burners with thousands of evenly spaced flame ports. Energy from these flames is absorbed by the ceramic, which then glows and heats up to 1200 degrees. That heat from the infra-red burner immediately sears the food, locking in moisture and flavor. The results are unmistakable---succulent, flavorful food in less than half the grilling time of traditional grills.

Why use Napoleon Infra-Red?

Charcoal grilling is the traditional way of infra-red cooking that we are all familiar with. The glowing briquettes emit infra-red energy to the food being cooked, with very little drying effect. Any juices or oils that escape from the food drip down onto the charcoal and vaporize into smoke giving the food its delicious grilled taste. Now, with Napoleon infra-red technology you can achieve that same grilling experience better, faster and cleaner without all the hassle of charcoal. It's better because the heat is more evenly distributed through all the ceramic burner ports (and it is far easier to regulate than charcoal). It's faster, because Napoleon infra-red grills reach full cooking capacity in as little as 5 minutes (no waiting for the coals to heat up). It's cleaner because the food is not covered in charcoal dust and there is no ash to clean up.

How do I use Napoleon's Infra-Red?

Infra-red grilling is a simple matter of the relationship between the type of food, heat and time. Refer to the cooking times and tips on the back of this bulletin. Modifying them to your experiences with your Napoleon grill and your specific tastes and degree of doneness will give you unflinching grilling results. See infra-red grilling chart on back of this bulletin and Happy Grilling!