

Babs

TOP GRILLING TIPS



Girls who Grill

Bring your meat & seafood to room temperature before you put it on the grill (at least 30 minutes) to help it cook more evenly.

Turn your grill on with the lid open

Preheat your grill with the lid closed- at least 10-15 minutes. Always make sure it is hot!

Clean your grill grates after pre-heating the grill. Use a sturdy brush while the grill is hot. Deep clean at least once a year.

Season your meats & seafood well and add sugary sauces and glazes during the last 5-10 minutes of grilling time to ensure your meat doesn't burn or stick to the grill. Apply rubs and dry seasonings liberally! Sometimes just salt & pepper is the best seasoning.

Use an instant read meat thermometer and know your temperature goal in advance. Remember that cooked meat will rise 5-10 degrees after you remove it from the grill.

Don't move food around and resist opening the lid too often. This will help ensure the grill stays hot enough to sear your food and speed up your cooking time, which will prevent food from drying out.

Remember 10 & 2 for the perfect grill marks

Never flatten meat with a spatula when its on the grill. This will release all of the juicy flavor and will cause your meat to be less flavorful.

Always let meat rest after removing it from the grill for at least 5-15 minutes before slicing into it. Cut "against the grain"

My favorite grilling essentials:

Maldon Salt
Veggie basket
Grilling tongs
Instant read thermometer
Grilling gloves



Temperature Scale

Rare Beef - 125-130
Medium Rare - 130-140
Medium - 140-150
Medium Well - 150-155
Well done - 160
Pork - 145
Chicken - 165



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