

# GRILLING 101

Lea & Perins

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| FOOD                         | SIZE                         | TIME (med. High - direct heat)  | INTERNAL TEMP.  |
|------------------------------|------------------------------|---|-----------------|
| Burgers                      | 3/4 inch thick               | 5 min, then flip and cook 3 more min. for medium  | N/A             |
| Skirt Steak                  | 1/2 inch thick               | 5 min, then flip and cook 3 more min. 6 to 8 min., then flip & cook 5 to 7 more min.                  | 130 Deg.        |
| Flank Steak                  | 3/4 to 1 inch thick          | 6 min. per side   | 130 Deg.        |
| Filet Mignon                 | 1 to 1-1/4 inch thick        | 4 to 5 min. per side  | 125 Deg.        |
| Top Sirloin Steak            | 3/4 inch thick               | 6 min. per side   | 130 Deg.        |
| Strip Steak                  | 3/4 to 1 inch thick          | 5 to 6 min. per side  | 130 Deg.        |
| Rib-Eye Steak                | bone-in 1 inch thick         | 6 to 8 min. per side, covered, over indirect; then 2 min. per side over direct                        | 125 Deg.        |
| T-Bone/ Porterhouse          | 1 to 1-1/2 inch thick        | 5 to 6 min. per side  | 160 Deg.        |
| Boneless Chicken Breast      | 6 to 8 ounce rach            | 15 min. over indirect (skin-side up & covered), then flip and cook, uncovered, for 10 to 12 more min. | 160 Deg.        |
| Chicken Thigh & Drumstick    | 10 ounces each               | 4 to 6 min. per side  | 140 to 145 deg. |
| Pork Chops                   | bone-in 3/4 to 1 inch        | 16 to 20 min., turning occasionally   | 140 to 145 deg. |
| Pork Tenderloin              | one pound                    | 2 to 3 min. per side  | N/A             |
| Shrimp                       | large, peeled & deveined     | 4 to 5 min. (skin-side down), then flip and cook 2 to 3 more min.                                     | N/A             |
| Thick Fish Fillets or Steaks | 3/4 inch thick, 6 to 8 ounce |   |                 |

## HOW TO LIGHT A GRILL

### Fill The Chimney

Turn the chimney starter upside down and stuff newspaper in the bottom. Turn the chimney right-side up. Place it on the bottom grill grate and fill with briquettes. (Make sure the grill vents are open.)

### Start The Fire

Pile an equal amount of hardwood lump charcoal next to the chimney. Light the newspaper through the holes in the bottom of the chimney. (This mix of briquettes and lump charcoal is ideal. The briquettes burn steadily for a long time; the lump charcoal burns super hot and adds flavor.)

### Let It Burn

Once the charcoal catches fire, wait 15 to 20 minutes. The flames will die down and the briquettes will be glowing hot and ashed over.

### Fill Your Grill

Using an oven mitt, dump the hot briquettes onto the unlit lump charcoal; arrange them with long tongs. Replace the top grate. Wait about 10 minutes for the lump charcoal to catch fire before cooking. (This amount of coal should last 45 minutes to one hour.)

## DIRECT AND INDIRECT HEAT

### Direct Heat

This is the more common setup - the food is cooked directly over hot coals. To prep the grill, spread them evenly on the bottom, then replace the top grate. (Use for burgers, hot dogs, boneless chicken breasts or anything that is less than two inches thick.)

### Indirect Heat

Use this setup for low-and-slow grilling (You'll only need half a chimney's worth of charcoal). To prep the grill, push the hot coals to one side. Replace the top grate. Place the food on the cooler side of the grill and cover. (Use for bone-in chicken, ribs and other thick cuts.)

FOR GAS GRILLS: To prepare for indirect cooking, preheat to medium-high with all burners on. Turn off half the burners (the middle one if there are three); place the food on the cooler part of the grill and cover.

## STEP UP YOUR CONDIMENTS

### **Scallion-Bacon Ketchup**

Cook four slices of diced bacon until crisp. Drain on paper towels, reserving the drippings. Mix 3/4 cup of ketchup, 1/4 cup chopped scallions, the bacon, one tablespoon of bacon drippings and one tablespoon of Worcestershire sauce.

### **Jerk Spiced Ketchup**

Stir 3/4 cup of ketchup with two tablespoons of jerk seasoning and two tablespoons of steak sauce until well combined.

### **Reuben Sauce**

Cook one chopped onion, 1/2 cup of chopped sauerkraut and one teaspoon of caraway seeds in olive oil until browned, about 8 minutes. Stir in two tablespoons of mayonnaise, two tablespoons of ketchup, two teaspoons of sweet pickle relish, a dash of Worcestershire and 1/2 cup of grated Swiss cheese.

### **Hoisin Barbecue Sauce**

Cook two minced garlic cloves in olive oil until softened. Stir in 1/4 cup of hoisin sauce, 1/4 cup of steak sauce, one tablespoon of soy sauce, one tablespoon of ketchup and 1/3 cup of water. Simmer until thick, about 10 minutes. Let cool, then stir in 1/2 teaspoon of sesame oil and one chopped scallion.

### **Root Beer Barbecue Sauce**

Combine twelve ounces of root beer, 1/2 cup of ketchup, 1/4 cup of lemon juice, 1/4 cup of orange juice, two tablespoons of barbecue sauce, two tablespoons of brown sugar, two tablespoons of Worcestershire sauce, one tablespoon of molasses and 1/2 teaspoon of ground ginger in a saucepan. Simmer until thick, stirring, about 45 minutes.

### **Red Onion Marmalade**

In a skillet, heat 1/4 cup of olive oil. Add two thinly sliced large red onions. Cover and cook over low heat until soft, about 30 minutes. Stir in 1/3 cup of steak sauce. Cook, uncovered, until thick, about 20 minutes.

### **Ancho Mayonnaise**

Seed two dried ancho chile peppers and toast in a dry skillet for 1 minute. Soak in very hot water to soften, about 20 minutes. Drain and puree with 1/2 cup of mayonnaise, the juice of 1/2 orange and two tablespoons of steak sauce until smooth.

### **Jalapeno Tartar Sauce**

Mix one cup of mayonnaise, one cup of chopped pickled jalapenos, one chopped scallion, one tablespoon of lime juice, one tablespoon of chopped cilantro and 1/2 teaspoon of Worcestershire sauce.