

Technique Tip Sheet - Grilling 101

🔪 Steps to Great Grilling

Always brush either the food, the grill, or both generously with oil to prevent sticking.

Be sure to heat the grill before adding food.

Season meats just before grilling. Salting too early will draw out the moisture in the meat, making it difficult to brown meat properly.

Don't be a serial flipper. Constantly flipping or moving the food will prolong your cooking time and prevent food from browning properly.

Allow meats and poultry to rest after removing them from the grill. This will allow the juices to redistribute throughout the food so they won't spill out onto your cutting board when you slice them.

Don't press food flat while it's on the grill. You'll send the food's juices straight into the fire.

🔪 Grilling Gear

The right tools will help you grill your best. Here are 3 grilling must-haves:

1. Meat Thermometer - You'll need this to make sure your meats/poultry are fully cooked.
2. Long-handled Tools - Tongs, spatulas and basting brushes with long handles will keep your hands & arms safe while working over an open flame.
3. Wire Brush - Purchase a brush with stiff, wire bristles for scrubbing your grill clean.

🔪 Add Flavor to Grilled Food

Rubs are combinations of herbs, spices and other ingredients that are rubbed onto uncooked food before grilling.

Marinades are liquids that foods are soaked in to make them more flavorful. The longer it marinates the more flavor it absorbs.

Sauces are wonderful finishes to grilled foods. They're brushed on in the last few minutes of cooking or used for dipping when served.

🔪 More Grilling Tips

Check out our grilling page online: <http://cookingclarified.com/grilling/>

Get more grilling tips & recipes in my e-book, [*The Best International Flavors You're Not Grilling With: 30 Recipes for Rubs, Marinades & Sauces with Global Appeal.*](#)

Copyright Chef Danielle Turner. All rights reserved.

Chef Danielle teaches the A-B-Cs of cooking at CookingClarified.com. Visit often to learn the tips, tools and techniques that make cooking simple.