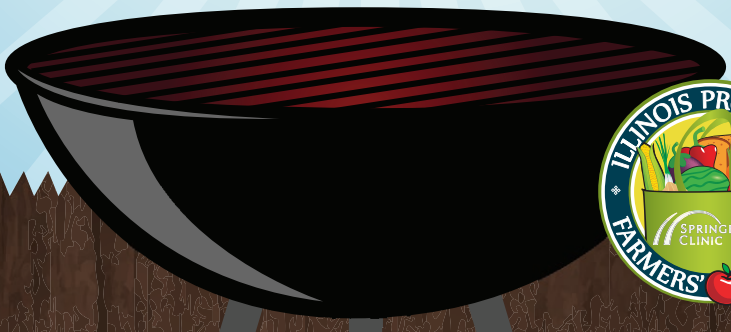
BECOME A

MASTER GRILLER

BARBECUE TO PERFECTION

BEEF, PORK, CHICKEN, FISH, VEGETABLES AND FRUIT



ILLINOIS PRODUCTS FARMERS' MARKET

SPRINGFIELD CLINIC

TOOLS FOR GRILLING SUCCESS

TOOL	USE	TOOL TIP
Metal or Wooden Skewers	Kabobs	Soak wooden skewers for 15 min. before threading to prevent burning on the grill. Make kabobs with items that cook at the same rate.
Foil	Grilling foil packets Balled up to be used as a scrubber for the grate	Use a double layer of aluminum foil; add vegetables, a tbsp. of water, and a tbsp. of butter. Fold and crimp the edges to seal the packet. Cook using indirect heat.
Grilling Basket	Helpful for grilling small vegetables that may fall through the grates	Vegetables are typically tossed with olive oil and then grilled in the basket. Mix up your favorite vegetables to create a simple side dish.
Plank	Used for seafood but can be used for any type of grilling for enhanced taste	See How to Grill Using a Plank in the Fish & Seafood section
Smoke Box & Various Wood Chips	Additional flavor	Keep a bag of hickory or fruit wood (Apple or Cherry) on hand year-round. Explore the many other options available. Soak chips for a couple of hours before you plan to grill.
Meat Thermometer	Check the internal temperature of your meat	Insert the thermometer in the thicker part of the meat and leave until it reaches desired temperature depending on meat.

BEEF & BURGERS

ITEM	PREPARATION	GRILLING
Steak, Filet Mignon, Flat Iron Steak, Hanger Steak, New York Steak, Ribeye Steak, Porterhouse Steak	Marinate your cut of steak if you prefer. Season the meat using any sauces, herbs, or spices you desire.	Pre-heat the grill for 30 min. Place meat on the grill grates. Grill the steak, covered with foil, on medium-hot for 10 min. Remove from the grill using tongs, let rest for a few minutes, and then slice into thin pieces across the grain to serve.
Burgers	Begin by using fresh, lean ground hamburger meat. Season the meat using any sauces, herbs, or spices you desire. Shape the hamburger meat into 1/2 to 1/3 pound patties about 1/2 inch thick, and the diameter of a hamburger bun.	Bring the grill to a nice hot temperature and brush the grill grates with oil to prevent sticking. Cook for about 4 to 5 min. before flipping them and cooking for 3-4 min. longer. If desired, add a slice of cheese 2 min. before burgers are done grilling. Remove your burgers from the grill and let them rest for a few minutes on a plate before assembling into buns with toppings.

TYPE OF BEEF	DIRECT/ INDIRECT HEAT	GRILLING TEMPERATURE
SKIRT STEAK, MEDIUM 1/2-inch thick avg. grill time: 5 min.		
HOT DOG 4 ounces avg. grill time: 6 min.		
NEW YORK STRIP STEAK, MEDIUM 1-inch thick avg. grill time: 7 min.		
PORTERHOUSE STEAK, MEDIUM 1-inch thick avg. grill time: 7 min.		
RIBEYE STEAK, MEDIUM 1-inch thick avg. grill time: 7 min.		
BURGER 3/4-inch thick avg. grill time: 9 min.		
FLAT IRON STEAK, MEDIUM 1-inch thick avg. grill time: 9 min.		
HANGER STEAK, MEDIUM 1-inch thick avg. grill time: 9min.		

GRILL MASTER KEY

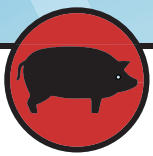
INDIRECT HEAT

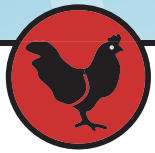
DIRECT HEAT

LOW HEAT 250-350° F

MEDIUM HEAT 350-450° F

HIGH HEAT 450-550° F



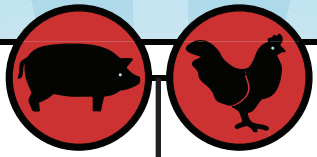


PORK & CHICKEN

Chicken breasts are a good choice for beginners, because cooking times are easier to predict.

ITEM	PREPARATION	GRILLING
Pork	Season pork with any sauces, herbs or spices you desire.	Use the 7-6-5 method of grilling. Place on the grill for 7 min. Flip. Grill for 6 more min. Now turn the heat off and leave the lid close for 5 min. Remove meat from heat and let rest for 7-8 minutes before slicing.
Chicken Breast	Begin by pounding the meat to a uniform thickness (about ½ inch for a chicken breast). Season to your liking with any sauces, herbs or spices.	Place on a preheated grill. Turn your meat regularly to minimize flare-ups and prevent burning. Cook on both sides for 10 min. each. Once the meat has thoroughly cooked, remove from the grill and let it rest on a plate for a few minutes before serving.
Chicken Thighs, Drumsticks	Lightly season chicken ahead of time to allow for flavors to absorb.	Place chicken on the grill, slightly away from the hottest part. Cook chicken about 8 to 10 min. on each side until cooked through.

TIP: According to the USDA, pork tenderloin needs to reach 145 degrees internally to be safe to eat. So we recommend using a meat thermometer inserted at the thickest part at this point to check that it's 145 or just slightly under, as it will carry-over cook while resting.



TYPE OF PORK	DIRECT/ INDIRECT HEAT	GRILLING TEMPERATURE
PORK CHOP 1-inch thick avg. grill time: 9 min.		
PORK TENDERLOIN 1 pound avg. grill time: 18 min.		
BRATWURST, FRESH 3-ounce link avg. grill time: 23 min.		

**Bone-in should first be cooked on direct heat before being transferred to indirect.*

TYPE OF CHICKEN		
BONELESS, SKINLESS CHICKEN THIGH 4 ounces avg. grill time: 9 min.		
BONELESS, SKINLESS CHICKEN BREAST 6-8 ounces avg. grill time: 10 min.		
CHICKEN THIGH, BONE-IN* 2-3 Ounces avg. grill time: 40 min.	*3-5 min. direct, 20-30 min. indirect*	
CHICKEN DRUMSTICK, BONE-IN* 5-6 ounces avg. grill time: 40 min.	*4-10 min. direct, 30 min. indirect*	
CHICKEN BREAST, BONE-IN* 10-12 ounces avg. grill time: 40 min.	*4-10 min. direct, 30 min. indirect*	

GRILL MASTER KEY

INDIRECT HEAT	DIRECT HEAT	LOW HEAT 250-350° F	MEDIUM HEAT 350-450° F	HIGH HEAT 450-550° F

FISH & SEAFOOD

The trick with seafood is to make sure it doesn't stick.

ITEM	PREPARATION	GRILLING
Seafood (Oyster, Shrimp, Scallops, Clams, Fish Fillets, Lobster Tail)	For larger filets, cut your meat into smaller portions to ensure that the fish cooks evenly. Lightly brush with olive oil.	Preheat your grill for at least 30 min. Brush grill grates with oil if cooking directly on grates to reduce sticking. Cook your fish on one side for 3 or 4 min., and use a spatula to carefully flip it to the other side. Grill other side for 3-4 min.

HOW TO GRILL USING A PLANK

Pre-soaking the Plank. Soak the plank in water for at least 2-6 hours. Try adding white wine, beer or apple cider and fresh herbs to the soaking solution for a different flavor.

Preparing the Plank. Dry the plank and lightly coat the top surface with olive oil or vegetable oil. Pre-heat the grill on high for 10 min. with the lid closed. Adjust the grill temperatures to medium heat and pre-heat the plank by placing it on the grill for 5 min. Have a spray bottle of water on hand to extinguish any flames.

Preparing the Seafood/Fish. Place seafood on the plank, add spices or sauce according to the desired recipe. Place the skin side down if fillet is not skinless.

Plank Grilling. Place Plank on grill. Close the lid and cook according to your recipe. Do not turn the seafood over on the plank. It will cook completely with the skin side down. Keep the lid closed to capture smoke and retain heat. Check briefly every 5 min. for flare-ups. If a flare-up does occur, reduce the heat and use a spray bottle of water to extinguish the flames.

After Grilling. Remove the plank from the grill and place in a container of water, rinse the used plank with soap and water and let dry. Re-soak for another use is optional. Store plank in a dry, clean place. It is suggested to reuse grilling planks about 2-3 times.

TYPE OF SEAFOOD	DIRECT/ INDIRECT HEAT	GRILLING TEMPERATURE
OYSTER 3-4 ounces avg. grill time: 3 min.		
SHRIMP large avg. grill time: 5 min.		
SCALLOP 1 1/2 ounces avg. grill time: 5 min.		
CLAM** 2-3 ounces avg. grill time: 7 min.		
FISH, FILET OR STEAK 1-inch thick avg. grill time: 8 min.		
LOBSTER TAIL 6 ounces avg. grill time: 9 min.		
FISH, WHOLE 1 pound avg. grill time: 18 min.		

*** Discard any clams that do not open during the grill process*

GRILL MASTER KEY

INDIRECT HEAT	DIRECT HEAT	LOW HEAT 250-350° F	MEDIUM HEAT 350-450° F	HIGH HEAT 450-550° F

VEGETABLES & FRUIT

Heat works to caramelize the natural sugars and juice in vegetables and fruit; combined with smokey grill flavor they equal mouth-watering taste.

BASICS OF PREPARING & GRILLING DELICIOUS VEGETABLES & FRUIT:

Vegetables & fruits are best grilled on medium (350°) or medium-high (400°-425°) temperatures. Cook all fruits and vegetables directly over moderately hot coals or use indirect heat. Rotate or move them to a cooler part of the grill during cooking to ensure that the outside isn't cooking too quickly. Follow the grilling instructions for each particular vegetable to determine exact cooking temperature.

Rinse, trim, and slice your vegetables, and brush them with a coat of olive oil to prevent them from sticking on the grill. A non-stick grate, grilling basket or foil packets lightly coated with oil can also be helpful.

ITEM	PREPARATION	GRILLING
Peppers	Cut in half lengthwise. Brush with olive oil.	Grill 6-10 min. skin side down, 3-4 min. on other side at 400-425 degrees.
Corn	Pull husks down, remove silk. Soak for 15 min. in cold water. Pull husk up.	Grill for 10-20 min. turning several times at 350 degrees.
Onions	Peel and cut into ½ inch thick rings. Brush with olive oil.	Grill for 8-10 min. turning several times at 400-425 degrees
Asparagus	Sprinkle lightly with salt. Roll spears in olive oil. Sprinkle with seasonings, salt and pepper to taste.	Grill 5-10 min. turning every few min. until tender at 400-425 degrees.

TYPE OF VEGGIE/FRUIT	DIRECT/ INDIRECT HEAT	GRILLING TEMPERATURE
SQUASH/ZUCCHINI 1/2 inch slices avg. grill time: 4 min.		
ASPARAGUS 1/2 inch thick avg. grill time: 7 min.		
TOMATO half avg. grill time: 7 min.		
SHITAKE OR BUTTON MUSHROOM whole avg. grill time: 9 min.		
ONION 1/2-inch slices avg. grill time: 10 min.		
BELL PEPPER whole avg. grill time: 13 min.		
PORTABELLO MUSHROOM whole avg. grill time: 13 min.		
CORN, HUSKED 1 ear avg. grill time: 13 min.		
CORN, IN HUSK 1 ear avg. grill time: 28 min.		

GRILL MASTER KEY

INDIRECT HEAT	DIRECT HEAT	LOW HEAT 250-350° F	MEDIUM HEAT 350-450° F	HIGH HEAT 450-550° F

VEGETABLES & FRUIT

continued...

ITEM	PREPARATION	GRILLING
Eggplant	Cut in half lengthwise or into circles about ¼ inch thick. Brush with olive oil.	Grill for 4-5 min. per side at 400-425 degrees.
Leek	Cut in half lengthwise. Brush with olive oil.	Grill 4-6 min. per side at 350 degrees.
Mushrooms	Brush with olive oil.	Grill 8-10 min. per side at 400-420 degrees.
Summer Squash/ Zucchini	Cut in thirds or halves. Brush with olive oil and sprinkle with salt.	Grill for 5-8 min. at 400-425 degrees.
Fennel	Remove stalks. Cut the bulb in half lengthwise or slice, keeping part of the root attached. Brush with olive oil and sprinkle with salt.	Grill for 5-6 min. per side at 400-425 degrees.
Artichoke	Cut in half lengthwise. Press down to spread leaves open. Brush with olive oil and sprinkle with salt.	Grill for 15-20 min. per side or until base istender at 350 degrees.

GRILLING SAFETY & TIPS

MEAT SAFETY

Cook times presented are general guidelines that can vary depending on desired doneness, thickness, and amount of each item being cooked, or other factors. For safety reasons, always use a cooking thermometer to gauge the internal temperature of meat products.

USDA SAFE MINIMAL INTERNAL TEMPS

Fish or Shellfish	Beef, Pork Steaks or Chops	Ground Beef or Pork	Chicken
145 degrees F	145 degrees F	160 degrees F	165 degrees F

FRUIT & VEGETABLE TIPS

- Don't peel vegetables before grilling — you'll get more nutrients and enjoy a smokier flavor. Leave the husk on corn to act as a natural insulator, keeping the steam in and preventing the corn from drying out. Fruits generally do need to be peeled prior to grilling.
- Veggies like eggplant, fennel, onions, mushrooms, peppers, sweet potatoes, summer squash and tomatoes should be raw when placed on the grill.
- Ideal grilling fruits are firm and barely ripe. Watermelon, pineapple, apples, peaches and pears can all take the heat. Soak them in liquor or drizzle with honey before grilling for an added burst of flavor.
- While mushrooms technically aren't vegetables, they are often a go-to grilling item! Meaty portabellas are a great burger substitute, while button mushrooms make for tasty kabobs.

SPRINGFIELD CLINIC

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