



## Week 4—Grilling Methods

**“Grilling is one of the most popular methods of cooking and one of the most misunderstood. Because of the intense direct heat of the grill, most grilled foods cook faster than other cooking methods. Special attention must be paid to the choice, size and composition of the product. Poor product selection will result in a hard outer crust and raw or mushy flesh when subjected to the high heat of the grill .”**

**-Chef Todd Mohr**

### Selecting Items to Grill

#### Select items of consistent shape and size.

Do not choose an item that is too large to cook completely under direct heat, like a large roast, turkey, or leg of lamb. These must be cooked more slowly under indirect heat.

Smaller, thinner steaks will cook much faster than larger, thicker ones on the same grill.

Large sea scallops can be grilled quickly, bay scallops will cook too quickly and vary greatly in size

#### Select an item with firmer texture

Proteins will coagulate quickly under intense heat

Salmon and swordfish are better grilled than flounder/trout

#### Choose only the most tender cuts of meat

Quick grill times do not tenderize meats the way sauté or braising does. Proteins stiffen and shrink quickly under intense heat.

Tenderloin, flank steak, strip steaks are better choices than top round or shank cuts.

*Combinations of different foods to be grilled (such as vegetable skewers) must be given special attention. Because of the short cooking times, some items may need to be blanched or par-cooked before grilling. Mushrooms will cook much faster than carrots on a skewer. The carrots must be blanched first to assure*

### Determining Doneness

**Temperature** – the only quantifiable way to determine the item’s internal temperature. Insert your instant read thermometer into the largest part of the largest item. Poultry, pork, and most fish should be cooked to a final internal temperature of 165 degrees. This may mean removing it from the grill at 155-160 degrees to allow for carry-over cooking. For beef final temperatures; rare-145, medium-155, well-165.

**Touch** – If your muscle memory is good enough, remember how the item felt when it was raw, then press the cooked item with your finger. The cooked item should have a firm texture, resist pressure and spring back quickly when pressed with your finger. This is a very imprecise method and should only be used when a thermometer cannot, such as with smaller items like shrimp and scallops.

**Looseness of the joints** – When bone-in poultry is done, the leg will begin to move freely in its socket.

**Color of the juices** – beef, poultry, pork and fatty fish like salmon show they are done when the juices run clear or show just a trace of pink. White fat will rise from salmon. This degree of doneness is known in French as “a point”.

**Grilled items should have a well-browned surface, show crosshatched grill marks, and should be moist, tender and juicy throughout.**

### Procedure for Grilling:

- 1) Prepare the item to be grilled by marinating or seasoning as desired. If grilling vegetable skewers or items of different texture, blanch toughest items first to assure even cooking.
- 2) Use a wire brush to remove any burnt particles that may have stuck to the grill grate. The grate can be wiped with a lightly oiled towel to remove any dust and help season it.
- 3) Heat the grill on high, lid closed, to heat coals and grates. Brush your item with oil if desired to help prevent sticking to the grate.
- 4) Place the item on the grate, presentation side down. Leave the grill lid OPEN, unless you are smoking the product, or using indirect heat to roast an item.
- 5) After a few minutes, inspect the item for grill marks by lightly peeking under it. Be careful not to puncture the surface of the product with your tongs that will allow valuable juices to escape.  
**NEVER use a fork to turn your items on the grill for the same reason.**
- 6) After the first sign of grill marks, turn each item 90 degrees to make a cross-hatched pattern.
- 7) Observe the uncooked surface for coagulation of proteins and release of moisture. When the item appears 75% cooked based on the protein color changes and release of clear or slightly pink juices, (“a point”) turn the item to cook the other side.
- 8) Using your instant-read thermometer, remove the item 5-10 degrees before your desired final internal temperature.
- 9) “Bump and Run” – A “bloody” plate is particularly unappetizing. After the product is removed from the grill, as it continues to cook, heat flows to the center of the product and juices redistribute. Rest the product 5 minutes before plating to allow for redistribution of juices.

### Doneness Temperatures

	For beef:	
Very Rare	125-130f	51-55c
Rare	130-140f	55-60c
Medium	140-150f	60-65c
Well Done	150-165f	65-74c
Poultry, Pork, Fish, Game	165f	74c