

Summer Grilling Tips

Here are some of my favorite grilling tips to help make your cookouts special.

For an exceptionally delicious grilled steak:

1. Pre-heat your grill to about 500-550 degrees. This is hot enough to sear in the juices and give your steak those beautiful grill marks! Grill marks are the most important part of the process.
2. After searing both sides, lower the heat to medium, keeping the lid closed. This will allow the heat to circulate, cooking the steak evenly. Turn the steaks every 2-3 minutes to keep the juices from running out.
3. Use an instant read meat thermometer to take the guesswork out of grilling. An internal temperature of 130 degrees is medium rare (cool red center), 150 degrees is medium (warm pink center), and 170 degrees is well done.
4. Use the right utensils to protect yourself from the heat. Long-handled tools and barbeque mitts offer important protection. Use tongs or turners to turn your steak, avoiding forks. Forks will puncture your food, allowing juices to escape.
5. Cooking times can vary depending on the outside ambient temperature. Allow more cooking time on cold or windy days, and less in extremely hot weather.

Now, what do you say you fire up the ol' grill tonight and let's get grilling!

Enjoy!
Chef Mike